



# Laughter Yoga:: Exercises, Jokes and Spiritual Stories

*Nils Horn*

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## **Laughter Yoga:: Exercises, Jokes and Spiritual Stories** Nils Horn

Laughing is healthy. Laughing makes you happy. Be happy. Become a Buddha. Enlightenment is happiness without a reason. You do not need a specific reason to be happy. Laugh Yoga is a good way to get happiness energy flowing.

There are various methods to do laugh Yoga. You can watch funny videos. You can also read jokes on the internet until you laugh. Or you can just laugh without a reason. That's the main form of laugh Yoga. You reach the energy of humor, and at some point the laughter is in you.

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