

Hearty laughter

"A person's attire and hearty laughter, and the way he walks, show what he is," Sir 19:26-30.

"Then he looked up at his disciples and said: 'Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who weep now, for you will laugh,'" Luke 6:18-21

1. Desire **I desire the gift of laughter.**

- I hold a smile, symbol of laughter and joy – a contagious smile releases face and heart. I remembering the last thing that brought a smile to my face. Then I ponder the variety of laughter, from grin to chuckle to roar.
- Alternatively, I find a photo of someone who makes me laugh, even in the worst of times. I recall those occasions to immerse myself in the lifting feeling of laughter ... Whether symbol or friend, I consider how important this is in these grim times.
- I ask the Spirit for the gift of laughter, a sense of humour, a heart in balance.

2. Rest **I rest in the laughing Trinity.**

- I read the prayer texts. I imagine I am surrounded in a circle by the Laughing Trinity. Father, Jesus and Spirit address me by name, saying, 'Blessed are you who weep now, for you will laugh'.
- I consider how laughter heals, humanizes and liberates. It is close it is to wonder. If I am in a dark place, where grief, sadness or overwhelm fill my day, I rest awhile, now and reflectively throughout the day, in the presence of the Laughing Trinity...

3. Laughter **I breathe in the Spirit of Laughter.**

- I imagine and feel the Spirit of Laughter breathing release, joy and delight into me. I breathe it in deep, wait, then breathe it out through my stress, sadness or tears. I repeat as desired – breathing, smiling, happier...
- I conclude in thanks, considering two things. First, if possible, can I get in touch with the one who made me laugh, to reconnect. Second, to decide who I might pass this exercise on to, and how. Urgently, who needs healing laughter now?

Prayer time:

- Fifteen minutes. Five minutes each for the three steps.
The three dots ... indicate the places to pause.
If you are specially moved at any of the steps, remain there for the rest of the prayer.