

Reflection for Tuesday October 13, 2020

The Best Medicine

*Psalm 126: 1-3*

*When the Lord restored the fortunes of Zion,*

*we were like those who dream.*

*Then our mouth was filled with laughter, and our tongue with shouts of joy;*

*then it was said among the nations,*

*“The Lord has done great things for them.”*

*The Lord has done great things for us,*

*and we rejoiced.*

When I was studying to become an occupational therapist, I was introduced to a book by Norman Cousins, *The Anatomy of an Illness*. A short but powerful book which highlights the healing effects of laughter. Not just the basic ha ha ha but the value of a full belly laugh. I was thinking about how much we need to laugh right now and how therapeutic laughter is for our bodies, minds, and spirits. What would our community look like if we regularly laughed with one another?

We spend so much time on negative comments, tearing each other down, and trying to prove we are right that we have lost the ability to just have a little fun and laugh with each other. Imagine if we devoted as much time to laughter as we do to fighting about everything. I wish I had the skills of a comedian so that I could make people laugh out loud. Sometimes I get lucky and say something funny and I enjoy laughing at myself.

I am challenging myself to focus each day on making sure that I help someone to smile and laugh. I extend that same challenge to you. Make it a priority to help others smile and laugh. Make it a priority to laugh each day. I give you permission to be silly. Afterall, what is the most infectious thing we can hear? The absolute belly laughs of a baby! No one can listen to the belly laughter of a baby and not want to join in. Laughter is a precious gift from God and one we forget about in the serious nature of our day to day lives. Take time, smile, laugh, really laugh, it will help you feel better and will also help those around you. The best medicine, laughter!

In Peace,

Pastor Suzanne