



Enjoyed by all.  
Valued by all.  
And all welcome a "return visit" of that style of humor.

Laughter at the expense of others is not humor. At best, it is ignorant. On the other end of the scale the word \*cruel\* could be used.

## LAUGHING AT MYSELF

Here's a formula for laughter:

"Slip or Stumble" = Immediate Joy.

You may not get that. But my kids who are reading this will :)

And here is the missing word: dad.

If dad slips or stumbles in speech or in some physical way, it brings instant -- and often continuing -- joy to my kids.

It always has!

Dad trips -- sustained laughter.  
Dad falls down -- better yet.  
Dad trips \*and\* falls -- ecstasy!

But it doesn't stop there. Oh, no.  
It can be even better if dad says something "wrong."

Years back the family was trying to figure out how old our dog was. A very serious family discussion. "C" had been with us since he was a puppy.

As we were attempting to calculate the exact number of years he had been with our family, I uttered these now infamous words: "Yes, that was in October of '86. That's when I had my back surgery. And that's when we got him."

I repeated that phrase one too many times.  
I \*know\* I did.

You know how it goes --

"Ah, dad." (pause)  
"Tell us how you know when we got Cinnamon?" (pause)  
"Was it when you had your back surgery?" (smiling now)  
"And that was in what year... 1986?" (laughter)

My family is ruthless. Absolutely ruthless. They \*still\* enjoying basking in that moment!

I'll let you in on a little "secret," though: I enjoy laughing with them about that time. I love to hear the members of my family laugh, period. It is a special joy of mine.

Yes, even about me.

## CREATING LAUGHTER

Laughter can heal, give hope, relieve tension and help put life in perspective.

That's an impressive list. Who wouldn't want to give those things to people?

Good humor is good for people -- real good.

If you desire to be a positive influence in the lives of others, keep developing your skill at creating ways to make them laugh.

They'll love you for it!

## ONE MORE TIME

Good humor means...

Laughing with people instead of at people.

Laughing at myself and truly enjoying it!

Creating laughter on purpose because I realize its inherent ability to bring healing, hope and balance into my life and the lives of those around me.

## YOUR TURN

Make sure you laugh \*with\* someone this week. Share the joy of the moment. Let them know by your eye contact, your sincere joy, and your "joining in" with them that you delight in what delights them.

Be open to laugh at yourself. Look for and accept any humorous part of your own life this next week. Take delight in your own "good humor moments."

Create laughter. Send a joke in an email. (My daughter always loved this one-liner: "I think. Therefore, I am single.") Tell a story. Bring a fun-filled movie over to someone's house to watch together. Anything. Just create some laughter :)

WHY?

Because...

It's good for you  
It's good for your family  
It's good for your friends  
It's good for your business  
It's good for your country

Yours for a day filled with beautiful moments in time,

Lee

-----  
Lee is a seminary administrator, has a part-time business at home, and writes his own motivational mailing entitled "A Beautiful Moment In Time." Permission is given to distribute article. This entire paragraph must be included. Email him at: Lee@vital-sea-nutrients.net  
Or click here -- <http://www.vital-sea-nutrients.net>

[Get-Articles.com : 1000's of reprintable business and internet marketing-related articles.](#)

[Submit your article for reprint.](#)