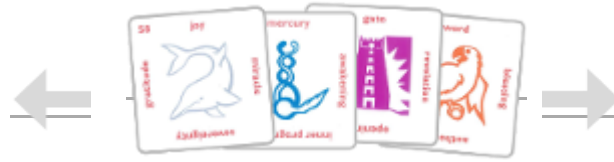


# Eternity Game:Humour



The Eternity Game



## The Helpers

[\[show\]](#)

## HUMOUR

You may be surprised to find 'humour' among the helpers on our way, but the idea that a spiritual or higher life excludes humour is wrong. Only when we have a highly-developed sense of humour will we be able to proceed on the long way towards perfection, with its often discouraging and occasionally frightening experiences.

The angels can fly, some philosopher has said, because they take themselves lightly. And to look with humour at oneself, at one's little ego with all its heaviness and obstinacy, is a condition *sine qua non* of liberation. Laughter, as Homer discovered long ago, is a gift of the gods, and most of the difficulties and obstacles of life disappear before

### cheerfulness

which kills our nightmares, and quickly and efficiently chases away the demons of darkness.

### optimism

as a habit is a firm seat, an asana, a throne on which you may retire from the difficulties, and it is always a sign of a true yogi, a saint and a sage. It is also an infallible key to

**success.**

Our symbol, the monkey, reminds us that the most difficult part of our evolution is in the past, and that from now on optimism and humour are justified.

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