

# 'JUST LAUGHING' - a Mindfulness Meditation ~

## STEPHANIE NASH

00:00:00 So what we're going to do is you're going to close your eyes and I will guide it from  
00:00:24 the top of your head.  
00:00:45 So we're now going to do a meditation called a laughing meditation.  
00:00:54 And laughing is optional.  
00:00:58 And feel free to jump in at any time but I will give some guidance.  
00:01:06 Or maybe I won't.  
00:01:28 Feel free to slap your hand if you want.  
00:01:54 Put your hand over your shoulders.  
00:03:38 And whether you laugh or not, you can tune into expansion and contraction, cessation,  
00:03:53 and expansion, and contraction, and cessation, and contraction, and expansion, and contraction,  
00:04:18 and expansion, and contraction, and expansion, and contraction, and expansion, and contraction.  
00:05:42 Hmmm Time to get some sleep  
00:05:53 ございます  
00:08:02 It's a good abdominal workout.  
00:08:09 Did you guys not?  
00:08:14 I did.  
00:08:16 I'm going to take a nice deep pleasure.  
00:08:23 We'll sigh, really big breath in.  
00:08:30 We need another one.  
00:08:37 Big breath in.  
00:08:42 That was 10 minutes.  
00:08:48 In honor of all laughing meditation people everywhere.  
00:08:57 Close your eyes and tune into your body.  
00:09:01 What's going on?  
00:09:04 If sounds happen, it's just like laughter shock.  
00:09:08 If you have to laugh, laugh.  
00:09:13 Just really tune in and feel the flow.  
00:09:16 Where are you feeling?  
00:09:18 Anything that wants to spread, let it.  
00:09:24 Open to the massage from the inside through the body.  
00:09:32 What's the face feel like?  
00:09:38 Belly, hands, feet, whole body.  
00:10:07 It's very serious.  
00:10:26 Hear the sounds of laughter.  
00:10:29 Other people's laughter.  
00:10:31 Feel it on your body.

00:11:00 Mm.

00:11:56 I'm going to die.

00:11:58 I'm going to die.

00:12:00 I'm going to die.

00:12:10 As much as it pains me to do this.