

I greet you all, still smiling with reflections of yesterday's meeting on *Spirituality and Humor*. It was a delightful meeting and a wonderful discussion. Sandy. Z set the tone for the theme by reading a piece from *Shift Happens* by Robert Holden, reminding us that it's all about energy and our attitude in approaching everything in our sphere of influence. We giggled and guffawed a lot, enjoying the progress that has been made to live heartily in these precious and powerful days of shift and change.

The gamut of the offerings ranged from whimsical masks in my Healing Room, a Talking Frog, to Laughter Yoga. We acknowledged Dr. Norman Cousins, who in his own agony and challenges brought forth research on the value of humor and laughter in the healing process. Several shared a variety of hilarious poems, with excerpts from a Methodist's women's trove of very funny "play on words", to "Jewish Tao and Zen" which had us rolling off our seats. There were also several personal stories of seemingly grave "moments" where humor kept things light, literally, bringing things back into balance and harmony. It was a powerful meeting!

Our next meeting will be at Helen's home and the topic is *Planning My IEP* (Individual Education Plan), which will be focused by Sandy, a retired special education teacher. Sandy will translate this important document for our own personal use as a "plan/path to spirituality". Come prepared to share your story/progress/plan, and have

paper and pencil ready for a guided exercise. I will send out a reminder the week before the May 6<sup>th</sup> meeting.

To everyone far and wide, here in person or joining us each month in spirit, rich blessings, kindness, comfort and joy!

***Go well and Be the “glow of Light” that comes from within your Soul animating your physical form as you move about in your world. Your Lightness of Being is an “inside job”!***

Warmly, DeAnna

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