

## ***InVest: 55 – Be Tickled Pink***

In terms of healing our hypothalamus, one of the last steps in transmuting a soul mistake or trauma is being able to **laugh at it**. Our tendency, however, is to cling to our guilt, our shame, and our fears of repeating the pattern. We hang on like barnacles stuck on a ship's hull below the water.

We also hang onto our hurts, our grudges and our desperate desire for revenge. Sure, we say that we forgive a person, that uncaring clod who treated us like dirt. Still, at some deep level, we mortals just love to suffer. We want our pound of flesh, not realizing it is our flesh we are cutting.

So, what is it about yourself or your reaction to others that you have not yet been able to laugh about? Aren't you sick of having your shorts in a bunch over this? How about you give your hypothalamus a little happiness by adding more levity, joy and laughter to your life?

Here's our affirmation for today, tomorrow and all tomorrows: **I am the funniest person on the planet!** And it's true. There's not one of us who is not a laugh a minute, if only we would stand back and laugh at our fears, our guilt, our sorrowful shame (oh, woe is me), and let's not forget how much better than you I am (I'm perfect and you are not, so there).

Sure, cry your tears. Cut your losses. Get as righteously indignant as the situation calls for. And then have a good laugh at the whole thing and let it go. Remember, that besides you, the person who must annoys and hurts you is the second funniest person on the planet. Why not laugh at him or her?

Lighten up. Laugh. Tickle yourself pink!

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Abraham Lincoln once said, "A man is about as happy as he makes up his mind to be."