



MeruUniversity.org

THE JOY OF DIVINE HUMOR AND LEVITY

Meru University Class 1701

Instructors

David Keil

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Meditation

Soar in Spirit

- Bee Gnome video
 - *(1:57 minutes)*



Purpose of Course

- Become familiar with the nature and benefits of humor and levity
- Recognize their importance on the spiritual path
- Cultivate a practice of divine humor and levity



Ascended Master Sponsors

Lanello

El Morya

Laugh-a-Lot

Maitreya

Omraam Michaël Aïvanhov

Levity, Angel of Joy

Heartstream

- *Commercial break* -

- Heartstream from Levity, Angel of Joy
 - Delivered on May 27, 2014
 - *(18:37 minutes)*



Student Sharing

- What highlight from Levity's Heartstream was meaningful to you?

General Objectives

- Basic definitions
- Nature and benefits of humor and levity
- How humor and levity lead to joy
- Humor and levity on the spiritual path
- Cultivating a practice of humor and levity



Part 1: Basic Definitions

Joy

(<https://www.wordnik.com/words/joy>)

- n. Intense and especially ecstatic or exultant happiness
- n. The feeling of happiness, extreme cheerfulness
- n. Diversion; festivity
- Being in the Presence of God (David Lewis Feb 2016)





Humor

(<https://www.wordnik.com/words/humor>)

- n. The quality that makes something laughable or amusing; funniness
- n. The disposition to find ludicrous aspects or suggestions in common facts or notions
- n. In lit., that quality which is characterized by the predominance of the ludicrous or absurdly incongruous in the choice or treatment of a theme, distinguished by its humane and sympathetic quality

Levity

(<https://www.wordnik.com/words/levity>)

- n. Lightness of manner or speech, especially when inappropriate; frivolity
- n. The state or quality of being light, buoyancy
- n. Lightness of spirit or temper



Divine

(<https://www.wordnik.com/words/divine>)



- adj. of or pertaining to a god
- adj. Supremely good or beautiful; magnificent
- adj. Extremely pleasant; delightful
- adj. Godlike; heavenly; excellent in the highest degree; supremely admirable; apparently above what is human

Mirth

(<https://www.wordnik.com/words/mirth>)

- n. Gladness and gaiety, especially when expressed by laughter
- n. The emotion usually following humour and accompanied by laughter; merriment; jollity; gaiety
- n. Pleasure; joy



Course Title—Deciphered!

**THE INTENSE EXHILARATING
PLEASURE AND EXULTANT
HAPPINESS OF SUPREMELY
GOOD AND HEAVENLY PERFECT
LUDICROUS OR ABSURDLY
INCONGRUOUS YET HUMANE
AND SYMPATHETIC THOUGHTS
AND EXPRESSIONS AND
BUOYANT, TRIFLING FRIVOLITY**

Part 2. Nature and Benefits of Humor



Nature of Humor

- Unexpected results, situations or relationships
 - Makes us laugh (or groan!)
- Verbal/mental/action
- Mind/intellect detects an incongruity
 - An “error” somehow becomes “funny”



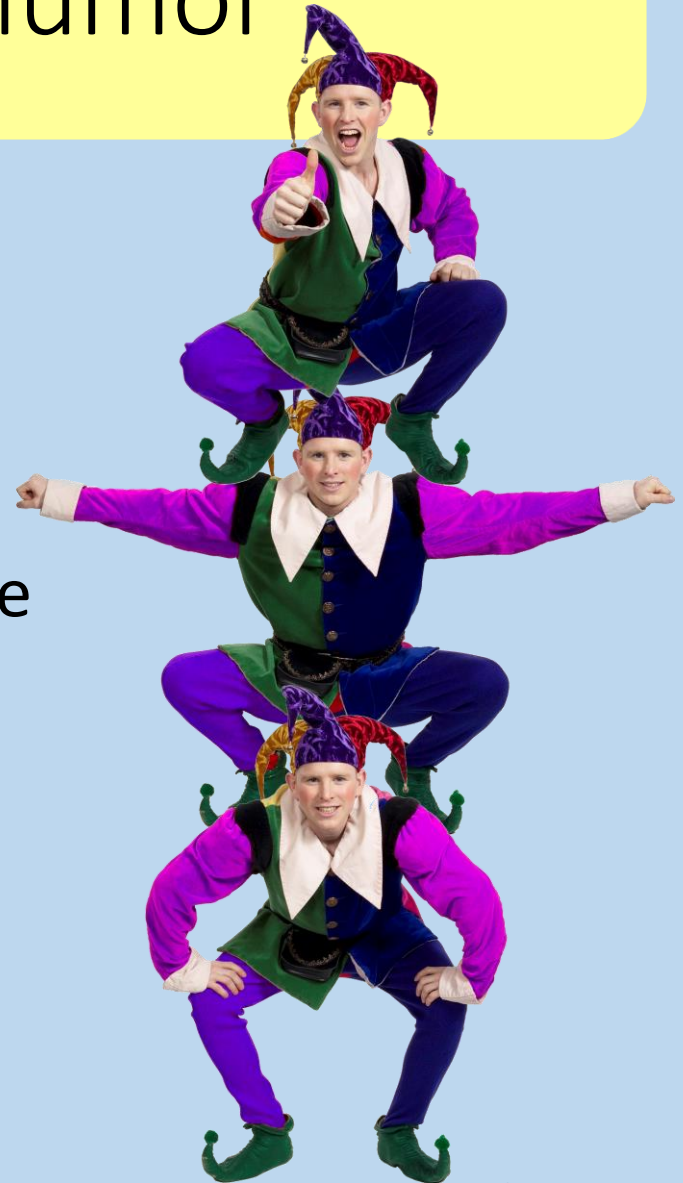
Benefits (Magic!) of Humor

- Jolts us out of the mental → feeling
- Raises vibration/consciousness
- Relieves tension
- Dispels worry, fear and over-seriousness
- Unifies a group
 - Breaks down barriers
 - Connects at heart level
- We become as a child
- Realigns us with heartbeat/breath of God
- Healing with humor – medical effects of humor



Examples of humor

- Look in a mirror!
< *Student sharing* >
- What are some memorable examples of humor that you have experienced?



Part 3. Nature and Benefits of Levity



Nature of Levity

- Lightness of mood
- Spirit of playfulness
- Tendency of our souls to ascend



Magic of Levity

- Relieves stress
- Promotes health
- Lifts us above the seeming burdens of life
- Raises consciousness into higher/spiritual realms
- Nurtures a feeling of oneness with all

Examples of Levity

Student sharing



Describe an experience where you felt
the youthful exuberance of a child

*Part 4. Relationships of
Humor, Levity and Joy*

Relationship of Humor and Levity



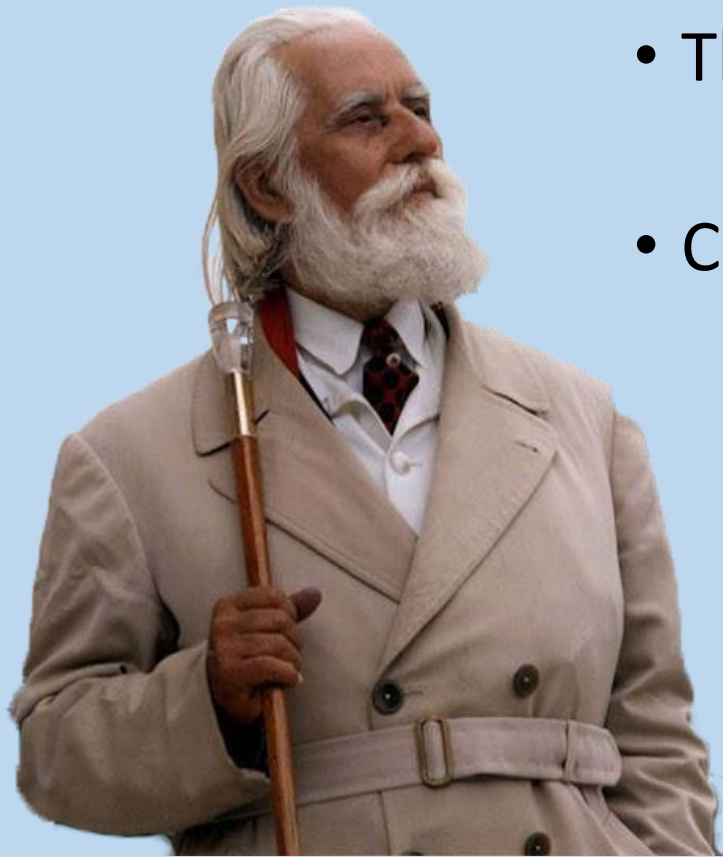
- Humor “breaks the ice” and promotes the playful mood of levity
- The lightness of levity enables us to see better the humor all around us

How Divine Humor and Levity Lead to Joy

- Humor induces the light mood of levity
- Levity nurtures the joyful feelings of happiness and cheerfulness
- Extreme and intense joy propels us into the Presence of God—This is True Joy!

Omraam on Joy

- Omraam Mikhaël Aïvanhov
- The Wellsprings of Eternal Joy
 - Izvor Collection – No. 242
- Chapter 17: The Long Road to Joy



Meditation

- *Immersion in mirth* -

- Heart Mirth video
 - *(4:53 minutes)*



*Part 5. Humor and
Levity on the Spiritual
Path*

Points to Ponder

< Student sharing >

- How does God laugh?
- How do the Ascended Masters laugh?
- What are the aroma and taste of levity?



The Ascended Masters and humor/levity

- Morya: The twinkle of mirth is needed on earth
(POW Vol. 1 No. 13 – El Morya – November 7, 1958)
- Morya's Quips
- Jesus' Jewels of Joy
- Fun Wey—the Wey of Fun
- Krishna Land
- Laugh-a-Lot
- Maitreya

Adepts and humor/levity

- Having FUN!! on the path
- Yogananda's anointing
- Mark Prophet



Student Sharing

- Share a humorous story you know about an ascended master or adept

*Part 6. Cultivating a
Practice of Divine Humor
and Levity*

Hasya Yoga

(https://en.wikipedia.org/wiki/Laughter_yoga)

- Laughter is easily stimulated in a group when combined with eye contact, 'childlike playfulness' and laughter exercises
- Fake laughter quickly becomes real
- Laughter Yoga brings more oxygen to the body and brain by incorporating yogic breathing which results in deep diaphragmatic breathing
- Deep breathing saturates the body with prana

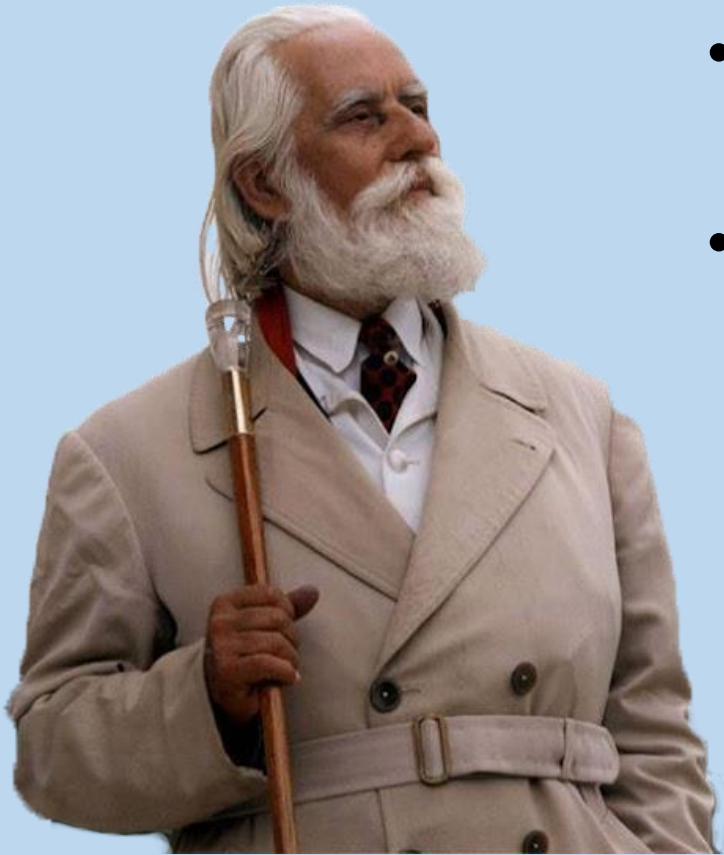
Healing with Laughter

- Norman Cousins healed himself with laughter in the 1980's



Omraam on Laughter

- Omraam Mikhaël Aïvanhov
- The Laughter of a Sage
 - Izvor Collection – No. 243
- Chapter 6: Seriousness, tears, laughter, celebration



The Tao of Humor and Levity



- See all as One
- See all as good
- Live in the NOW
- *Love, Love, Love!*
- Take nothing personally (lower self)
- See through the other's eyes, from the other's point of view
- Maintain a cheerful attitude
- *Love, Love, Love!*
- Trust in God—S/He desires to give you the kingdom
- Realize that nothing (on earth) is real
- Bless (send Love to) everyone and every situation you encounter
- Abide in an Attitude of Gratitude
- Sing and dance—anytime, anywhere
- *Love, Love, Love!*

Practices

- Look for the ridiculous in situations and events
- Look for silly/absurd interpretations of wordings
- Celebrate unexpected results and relationships
- Loosen up
- Do something silly
- Laugh often
- Have fun!



The Mantle of Mirth

- Responsibility
 - Create a bubble of Joy around you
 - Manifest God Delight in your world
 - Uplift all you meet
 - Note: Joy can be brought into *any* subject
- When is “humor” *not* divine?
 - When it insults, offends or injures another
 - When it draws consciousness to lower levels
 - When it disrupts a solemn occasion
 - When it disturbs a sacred forcefield



Part 7. Recap

Recap

- Teachings of the Ascended Masters
- Heartfriend sharings
- Basic definitions
- Nature and benefits of humor and levity
- How humor and levity lead to joy
- Humor and levity on the spiritual path
- Cultivating a practice of humor and levity



Part 8. Wrap Up

Final Items

- ~~Test~~ (the Universe will test you!)

< Student final sharing >

- Questions?
- Comments?
- Anything else to share?

Homework Assignment

- *mandatory* -

- Go to the Heartstreams Database page on our website
<http://www.heartscenter.org/TeachingsBlogs/HeartStreamsandDiscourses/TheHeartStreamsDatabase/tabid/66/Default.aspx>
- Search on “laugh”
- Read, copy and save in a document at least a dozen paragraphs that contain the word “laugh”

Homework Assignment

- *ongoing* -

- Practice what we preached
- Be joyful
- Laugh often
- Do something silly
- Look for humor everywhere
- Levitate! (as in Mary Poppins)

Homework Assignment

- *extra credit* -

- Find an aisle
- Roll in it
- Repeat as desired

David Lewis said that we would have you rolling in the aisles! (December 20, 2016)

Resources on our class website

- Meditation videos
- Levity Heartstream text
- Text of Laugh-a-Lot's Heartstream where he offers to help us laugh more often (not shared)
- Text and/or references for several other items shared

Parting Thought

Whether happy or gloomy, just laugh!
It'll raise up your spirits: just laugh!
And if something's so funny
It tickles your tummy,
Well then, by all means, just laugh!

Laughter is ~~often~~ the best medicine

from *Glimmericks, Inspiring Limericks* by Richard Arnold Lorenz

THANK YOU!



David and Richard



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