

MU 1701 The Joy of Divine Humor and Levity

Syllabus

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Ascended Master Sponsors

Joviel

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Fun Wey

Laugh-a-Lot

Purpose of Course

This course will familiarize the student with the nature and benefits of humor and levity and their importance on the spiritual path. Suggestions for cultivating a practice of divine humor and levity will be given.

General Objectives

1. Understand the basic definitions of Joy, Divine, Humor, Levity
2. Understand the nature and benefits of humor and levity, the relationship between them and how they lead to joy
3. Understand the importance of humor and levity on the spiritual path
4. Learn how to cultivate a practice of divine humor and levity that will lead to their mastery

Course Outline

Overview of class

Part 1. Basic Definitions

- A. Joy (<https://www.wordnik.com/words/joy>)
- B. Humor (<https://www.wordnik.com/words/humor>)
- C. Levity (<https://www.wordnik.com/words/levity>)
- D. Divine (<https://www.wordnik.com/words/divine>)
- E. Mirth (<https://www.wordnik.com/words/mirth>)

Part 2. Nature, Benefits, Magic and Examples of Humor, Levity and Joy

Part 3. Nature and Benefits of Levity

Part 4. Relationship of Humor and Levity

Part 5. How Divine Humor and Levity Lead to Joy

Part 6. Humor and Levity on the Spiritual Path

Part 7. Cultivating the Practice of Divine Humor and Levity

- A. Practices
- B. Hasya Yoga
- C. The Mantle of Mirth
 - a. Responsibility

Part 9. Wrap up Questions and Answers/Discussion