

Quality #4: Discipline and Structure

Getting Your Funny Back

- **Download PDF of Unedited Transcription of Audio**
- **Listen to the audio – Getting Your Funny Back (5) minutes**
- **Download PDF of Practicum**
- **Alternate listening to Scrolls VI and VII**

What has happened in your life to steal your funny (your joy and laughter)?

Are you ever too serious? If yes, what impact might this be having on those closest to you?

Laughter is often the best medicine. In Scroll VII: *I will laugh at the world*, Og gives us some sage wisdom. He writes, “*And how can I laugh when confronted with man or deed which offends me so as to bring forth my tears or my curses? Four words I will train myself to say until they become a habit so strong that immediately they will appear in my mind whenever good humor threatens to depart from me. These words, passed down from the ancients, will carry me through every adversity and maintain my life in balance. These four words are: This too shall pass. I will laugh at the world.*”

Consciously choose to find humor in difficult situations. Select one thing that is happening in your life, professionally or personally, that is threatening to steal your funny. Step back and put yourself in the shoes of those who are observing your behavior. What are they seeing? Is this who you want to be? How would they respond if YOU stepped back, took control of these thoughts and found your funny? How could this relieve tension in the work place or at home? Can you feel these thought processes fighting you? Finding any humor yet?

This week catch yourself in “one of those moments” when you are frustrated, intense or even angry. Step back and see it for what it is. Consider some spontaneous laughter and observe the impact it has on others.

This doesn’t always work, but sometimes these thoughts and the need to be right, to be heard, to be understood, to fix, to guide, to correct, can cause us to do really silly and often harmful things. Next time, consider humor. It is cleansing and it is healing.

Whether your thoughts are preoccupied with ideas about what is right or wrong, or they create expectations - and react accordingly, or they want you to resist order and structure, once you become aware, YOU can keep them from controlling your life and getting in your way. When unbalanced and left unchecked, they can quickly undo the progress you are making with other qualities of an Intentional Creator.