

## Quality #4: Discipline and Structure

### Getting Your Funny Back

After spending ten years paying back a million dollars in debt I had become quite a sober person. There was no time for silliness. Work, work, work. It was the evening of the groom's dinner for the marriage of my third daughter, Christina, that I got the wake up call.

It was my time to share. I stood and walked to the front of the room. Free from years of financial struggle I was relaxed and calm. I shared several humorous stories about Christina. That was easy to do. She was always joyful and laughing and doing crazy things. We laughed and cried as the stories unfolded. The tribute was genuine, funny and appropriate.

As I returned to my table, my oldest son, David, stood to greet me. He held me in his arms and kissed me on the cheek and said, "Dad, it is good to have your funny back." The lesson that night delivered by a wise and observant son was clear. I had worked hard and provided. We had survived a crisis. But, it would have been much easier if I had not lost my funny in the process.

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? If not, listen to this story.

Has anyone had a child that knows how to push buttons? My youngest son was masterful. In response I would try to talk to him. His eyes would gloss over and he would transport to another planet. This was frustrating and my response was to get more intense. The more intense, the farther away he would drift. That only caused me to be more intent on breaking through and making him understand the error of his ways!

One evening we were standing in the breakfast nook having one of these one-way conversations when it hit me just how funny this must look if anyone was watching. Me walking around this stone statue actually believing that it could hear me. I erupted into laughter. The harder I laughed the more conscious the statue became until a human

being stood before me. He started to laugh. The harder we laughed together the more bonded we became.

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 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 build mental constructs - 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.