



# AWARENESS & REFLECTION IS POWER

## The Musical Notes of Humour

By Alexandra Browne-Hill

**We often hear the saying that laughter is good medicine.** How true that feels. My favourite sound in all the world is the giggling of children. Laughter has the frequency of lightness and a ring of hope to it. I have often used humour to gauge where I am sitting on my own emotion barometer.

Shooting out unexpected witticisms sprinkled with giggles and particularly to people I don't know often results in special moments of connection. Yes, there are a load of painful issues all around us that require awareness and tact or sensitivity and gentleness but there is also a lot going on that could be celebrated with a hearty blast of laughter.

I bring this up because my main interactions seem to be based on humour. Even in dark times our family has resorted to black humour but nonetheless it is very definitely humour. It has been interesting for me to notice that Spirit love to laugh and spend a lot of time feeling amused at our human behaviour. My experience indicates that the Lighter and Ethereal Beings just love to laugh. There are times in life when humour is simply not available and life is deeply serious but very often there are more opportunities available to smile and be uplifted than what we think there are.

Last year I had been unwell with dizzy spells and had actually fainted at the wheel of my car. This led to my anxiety when driving on freeways and I questioned my safety along with those around me. One day I set off down the four lane freeway feeling a little dizzy and began to fret. Even although I am not a natural worrier, I admit to great discomfort and fear on this occasion. So I talked to the Universe out loud and implored them to help me to maintain the security of all. In desperation I prayed "please keep everyone around me safe and watch over me," I begged.

Before I had completed my sentence, my attention was grabbed by a large truck I had not seen in the rear view mirror of my car as it moved up alongside me. Mid way through my appeal, I turned and watched in slow motion, flabbergasted, to see huge red words written on the side of the truck. It read "Your Safety is Our Business"! The truck hesitated and moved off into the distance. Instinctively, it felt an obvious response to my worries and I burst out in laughter and chuckled my way down the freeway to my destination without further ado. I did not see the truck creep up on me nor did I see the truck leave the area.

There are moments in our lives where we can gather up strength, courage, hope and faith by seeking out the treasures in our experiences. Sifting through the heaviness of life drudgery can be worthwhile by seeking a hearty laugh. I cannot help but smile at the synchronicity of life!

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