

Life is About Laughter & FUN!

This life was never meant to be boring, drudgery, heavy, hateful and full of shoulds and must dos.

It's about laughter. You're supposed to have FUN!

Think about it... would you ever choose to play a game you hated? Ok maybe you'd play another game of Candyland to make your 4 year old happy. But I mean an adult game. Would you play poker with your friends because you hated the game? Or play World of Warcraft or Halo or Runescape or those other interactive online games because they made you miserable? Would you force yourself to suffer through another bowling tournament on the Wii? Or drag yourself out of bed early on a Saturday morning to play golf because you hated swinging those clubs?

NO!!!!

Games are fun... it's what we do to escape the drudgery of life! We do them because they make us happy and because we WANT to.

And life is supposed to be that way too. Once upon a time when our higher self put their quarter in the slot and decided to play they knew it would be the ultimate gaming experience! And to them it is. It's just that our limited awareness has forgotten that and instead of playing we feel like we're trapped in this hell we call life. And furthermore we've forgotten there are so many experiences available to us, so we stay caught in this seemingly endless loop of playing the same small roles over and over again. It's like staying on the first section of the first screen in Mario, killing that same little monster over and over again and never realizing you just have to run right a little bit for the whole Mario world to open up to you!

Changing your perspective to see life as a game with the purpose of having fun opens up so many new things to you. Even if nothing outward changes instantly, just the act of changing your perspective gives you a new lease on life.

Suddenly you go to work and see the absurdity of your job. I mean really.... Will the world stop spinning if you don't file that report or if your widgets don't ship until tomorrow? Is new, improved toilet paper really a life or death thing? Probably not. You see the absurdity of all the rules society makes and that you make for yourself. Is it really necessary to follow a certain route home every single day or cut the lawn in the exact same pattern? Does Thursday always have to be meatloaf day and heck....does meatloaf always have to be made the same way? It's really silly how we make up these rules, call them reality, then get all upset if something isn't just the way we think it should be.

The truth is that for most things in life there truly is no "right" way. When you understand that an amazing thing happens. You open yourself to the possibility that there are other ways of interacting with the world around you. You become more willing to accept other ways of being. And heck, you may even try a few of them yourself. Maybe you'll even *gasp* have meatloaf on a Monday!

And along the way you'll find yourself laughing more and having more fun. Which... you guessed it... puts you more in the flow of life. Which translates to more synchronicities, more dreams realized, more manifestations happening and more of the world appearing exactly as you want it to.

This week's exercise: Do something FUN every day this week. Yes, EVERY DAY! It can be alone or with others, it doesn't matter. But for a little while every day you have to completely immerse yourself in fun. The more you laugh the better. Extra points if you have to stop to catch your breath :^)

Note: first time someone suggested this I thought it was really hokey. But I tried it anyway and by the end of the week I felt soooo much better! Problems I had at the start of the week had resolved themselves or evaporated all together. I had more energy and felt healthier. And I found myself looking forward to each new day, something I hadn't always done previously.

Excerpt from the first draft of [Becoming a Master Manifester](#) by Maria the Muse.

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