

## Laughter and Truth as medicine

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Sometimes life is funny, sometimes absurd, sometimes coincidences amaze me. Laughter is always good medicine what ever is happening in my life - health challenges, financial issues, relationship problems. [Laughter and the meaning of life](#) is what this week's Sandbox is about. I just saw a Joe Dispenza movie where he mentions a study of diabetes patients where they ate some sugary food then 50% of them got insulin for an hour and the other 50% watched a comedy movie for an hour. They measured the DNA repairs in each group related to pancreas function - both improved - and the laughter group had improved twice as much as the insulin group...

Here in Bolivia I had a big clearing yesterday - lots of diarrhea starting at 5am and very low energy. I got some Reiki from my roommate Vicki and some remote healing from Glory Lane and Sandra Soloman in US which all helped. And took a long salt/baking soda bath which is good for cleaning toxins out of the body and clearing the aura (and relaxing!). I fasted most of the day to give my body more energy to heal. And I think the "cause" of this one day sickness was too much fear of the future, unprocessed violence from a movie (Lord of the Rings part III) and the day after carnival hangover energy from the whole town (I don't drink but I am very sensitive to others' energy). I also did some meridian healing on my large intestine meridian - which by the way (coincidence?) according to Chinese medicine is most active at 5am- 7am which is when the diarrhea started. Anyway I feel wonderful today and working on staying in the "now" and letting spirit take care of the future. :-)