

Playfulness:

Feeling free follows from fanciful fun and festivity. (In plain English: Lighthearted fun expands our joy and frees our spirits.)

Fun and joy build self esteem, self worth, self confidence, and our ability to heal. Playing purely for the fun of it is a key ingredient of joy. Play enhances the quality of life. Play that is aligned with the healing principles nurtures us and our relationships.

There are many myths attempting to limit play. For these and other reasons, letting go of inhibitions may initially feel unfamiliar or even scary. With practice, it eventually feels freeing and joyful.

Play is for adults too. There is research that shows that it prolongs the functionality of our minds and actually gives us a physiological boost. Playful activities can increase the elasticity of the brain and nurture creativity and learning. Play can center us, giving us a more balanced perspective of ourselves and our lives.

For these reasons it is wonderful for us to embrace play in our lives as a way to further our healing and to live ever more fulfilling lives.

Vital Cycle: The more fun we have the more joy we feel. The more joy we feel the more fun we have.

Activity: Make a list of activities and events that you take part in that are fun for you. This may include hobbies, elements of your work, relationships that are fun. Then make a list of activities and events that you might wish to explore.