



# DON'T TAKE YOURSELF TOO SERIOUSLY.

**"We often add to our pain & suffering by being overly sensitive or over-reacting to minor things and sometimes taking things too personal."**

**– Dalai Lama**

Do you have moments when you feel frustrated because it HAS TO happen in a certain way or overthinking WHY or blaming when it did or did not happen TO YOU?

Do you easily get stuck in a mood or repetitive thought? Zooming in further & further, being the centre of your universe. Feeling you are the only one experiencing this. Leaving you feeling more isolated.

Humour is a powerful tool to enlighten in the moment. To zoom out & observe your thoughts or situation & not identify with it or get sucked in. To be lighthearted.

When you observe your 'flustered little self' as another person. Isn't it funny? How we talk to ourselves? How hung up we can be over something? How it was THE worst in the world then, and weeks later, you laugh about it with friends over & over again.

Viewing yourself with a bit of humour, makes you feel lighter and comfortable to share it with (trusted) others, realizing we all experience the same. That's spirituality.

There is something freeing in laughing about it with someone else. When you feel you don't struggle alone, feelings of anger, guilt or shame tend to dissolve. Plus, it might help them to accept & laugh about some of their own 'mistakes'.

View life as your playground, then life happens FOR you, not to you. Challenges arise and we can choose to get stuck or we can learn from it, connect with others & come back to the present to enjoy fully.

The biggest enemy of joy, is having rigid expectations. To force life, rather than flow with it. The challenge is to find a balance between caring too much or not at all.

When we worry we become small. Not present. Isolated. Powerless. When we are grateful and trusting, we are limitless.

Thus, we invite you to zoom out often, be grateful for your experiences & laugh about your own 'problems'. Have fun this month!

**"A little foolishness, to enjoy life.  
A little wisdom to avoid the errors.  
It will do."**

**- Oysho**