

**Excerpt from the book “The Power of Laughter – at work”
By Thomas Flindt –**

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**Chapter 5
Laughter and joy in the present moment**

Happiness is to enjoy this moment fully.

Thomas Flindt

Laughter and the present moment

Laughter and the present moment are two sides of the same coin. When you laugh, you are transported into the present. It is not possible to think whilst you are laughing, and therefore, laughter is a direct entrance into the here and now. The present moment is the way to laughter. When you are fully present, you can feel yourself here and now. You are in your body. You can really sense and enjoy life right now. If you want more laughter in your life, you must search for or be in the present moment.

We live in a society, which is very much guided by thoughts of tomorrow. We often forget what we should be for each other right now. Our thoughts are in control of our feelings. Many of us are controlled by our wishes and expectations for the future. We are educated to be skilful and bright. The brain is considered purely as a genius tool for designing the life we want...at some point in the future! Many of us forget the present moment. It is now that your life is actually being lived! Putting it bluntly, if you are not here in the moment, then you are not living!

In these times, we are witnessing a rapid growth in the establishment of yoga centers, meditation courses and tai-chi workshops etc. All of them have one purpose: to teach us to release our thoughts. Thoughts control our lives to such a great degree that many of us, are not aware of what we are actually feeling in this moment.

What are you feeling right now? Are you living the life you want to live, or do you need to make just a few more changes to get more out of life? The time machine has already been invented. It sits in your skull and goes by

the name of 'the brain'. If you are like most people, then you probably spend most of your life in this time machine. The brain is a fantastic tool, but if you are completely controlled by it, then you most probably have a certain amount of fear, worry and personal limitation in your life.

As a rule, states of fear and worry are connected to the future. Limitations are usually coupled to the past, where one lives with a story about "all the things one cannot do".

In the present moment, you can experience happiness, freedom and intimacy. It is our thoughts about the future that cause us the biggest problems. Just stop and think a moment about how many of your worrisome thoughts never actually manifested as reality. Think about all the hundreds and thousands of hours, where you have imagined unpleasant and fearful things that *might* happen, but which never actually happened. Wouldn't you like to be free of a few thousand worries?

Time is a strange concept created by and existing within our minds, our human minds. Time does not exist in the animal or plant kingdom. Have you ever seen a worried tulip? A tulip that stands there, getting anxious about its future? No, right? What about a worried dog or cat? Probably not. That is what is so fantastic about nature, about plants and our four-legged friends – they just *are*. You hardly ever see an angry dog. But if you do, you can be sure where that anger comes from - the owner. We love our dogs and cats because they are very present in the now. Your dog is not angry because you shouted at it yesterday; it cannot feel that anger right now. Or to put in another way, dogs forgive extremely quickly, because they do not live in the past. You have to ask yourself here, isn't it more important to feel good now rather than feel angry about something that happened five, ten or twenty years ago? One of the biggest keys to freedom is forgiveness. When you forgive others, you liberate yourself. You release a bond of anger and bitterness that in no way contributes positively to your life in the present. If you can forgive others, you can also forgive yourself. For most people, it is not an easy task to forgive others. A lot of feelings need to be exposed, and one risks to get caught up in further conflict. Therefore, you can start by trying to forgive without words. Start by saying to yourself that you now forgive those you need to forgive. When you have begun to forgive on the mental level, you can then proceed on to Stage 2 and involve the body. The body has all feelings stored within its

cells and the body is the strongest instrument of communication we have. In laughter, we may find accept, recognition and forgiveness. Create a situation where you can laugh together with the person you need to forgive – and the forgiveness process will begin to roll. Laughter gives surplus in the moment and makes it easier to contain and deal with conflicts.

Exercise in forgiveness

Decide to forgive the people you need to forgive. Say to yourself: *I forgive this person or these people. I wish for genuine presence and power here and now.* Your brain has now begun to forgive, so you need to take the body along too. Put yourself in a situation where you will be able to laugh with the person or people you want to forgive. When you laugh together, you communicate peace and forgiveness to each other.

Be conscious in the present moment

The more conscious you are in the present moment, the better you will be at making the right choices. When you are truly present, you will sense and feel what is right for you right now. Life is one long ‘now’, so it makes perfect sense to direct all one’s energy into the present moment. Many people have their focus placed way too far out into the future. Of course, it is necessary to look into the future now and then, just as long as it doesn’t become a habitual state of mind. Personally, I have set myself 4-5 goals, wishes or aims for the future, but I am very conscious about working on these goals in the present moment. I enjoy thinking about these goals a couple of times during the day, and I think about the pleasure I experience by just being on my way towards them and sense the energy that they will bring me. When I feel the energy these accomplished aims will bring me, the joy of the journey is doubled. I also attract these dreams more quickly when I understand how important it is to feel the energy and joy that lies inherent within them.

The less conscious you are in the moment the more you will make “wrong” choices. If you are not directing your attention to the moment then you won’t be aware of your feelings here and now. A journey of a thousand miles starts with the first step, and each step has a particular meaning for you. With each step along the way, you will learn about, feel and

notice the nature of your life, building your identity and life experiences upon this. If you consider your steps insignificant, then your life will be insignificant.

If you make wrong choices, you will find yourself out on one of life's small detours. Perhaps no choice is really wrong, for even a wrong choice will serve the important purpose of showing you what you *don't* want in your life. Some people choose to make many, many small detours. They walk on and on until it hurts so much, they just have to turn around. Others live their entire lives in pain – oblivious to the possibility of making new choices. In their minds there exists only one possibility, only one choice. The good news is, that you will be offered thousands of chances in this life. In the arising of every new moment, you have the possibility to choose something new. If you experience, time after time, that your life has gone off course, then it is time to stop and reflect on what you can do differently in this very moment.

If you should happen to find yourself walking or driving through Austin, Texas, one day and you see a car with the number plate: 2 OCT, then maybe you should pause a moment to wonder. The car's owner happens to be Lance Armstrong, one of greatest figures in sporting history. The 2nd of October is the day that Armstrong was born, or to put it more accurately, this is the day he considers to be his "real" birthday. It was on this day in 1996 that the doctors gave him the following verdict: you have testicle cancer, it is spreading through the rest of your body and the chance of you surviving is 40% at the most. "That was the day it all began, the day that I think of as my real birthday", Lance Armstrong has told journalists all over the globe. He is now the only man in the world ever to have won the prestigious and demanding Tour de France seven times.

Lance Armstrong is now a role model for millions of people the world over. Why? Because he lives out his full potential as a human being. The lesson that lies in Armstrong's example is that sometimes we have to hit rock bottom before we can get into contact with our true selves. My wish with this book is to give you the possibility to come into contact with the truest and deepest aspects of who you are – without having to hit rock bottom first.

The way to find the real and true you is through consciousness. To attend to yourself. To look at yourself from within. You can take an aspirin if you have a headache and you don't want to identify where the pain really originates from. Psychologists use the technique of examining the past in order to identify the cause of current suffering. But looking back in this way can have the opposite effect, because it holds us in the pain that, for most people, lies in the past. On the other hand, there is seldom pain in the moment – for example, as you sit and read this book. Look around you, be aware of your surroundings, and decide that there is nothing to be afraid of right now. This decision requires conscious awareness, and this is the only way to see behind the veil that hides the moment.

One way of avoiding or removing pain, is the conscious awareness that you are not your past or your future, you are your present. Release your thoughts about the past and future and know that you have everything within you to be present right now.

Positive and negative control

Control of your inner life gives tranquility, surplus and balance.
Control of others gives disturbance, chaos and imbalance.

Every human quality contains the potential for good. In the same way, every human quality holds the potential for bad. *All things in moderation*, as the saying goes - an excellent guideline for regulating behavior and ensuring our well-being. Everything we exaggerate, whether it be food, wine, cigarettes, sport, sex or something else, can return and hit us in the neck like a boomerang.

It is good to be able to exercise self-discipline. But, if you think that you can steer and control everything around you, then I am certain, that you generally are not having much of a good time. It is quite simply an impossible task you are trying to achieve. You will never – not in your wildest dreams – have the chance of controlling anyone but yourself. The world is constantly changing. You are constantly changing. Your neighbor is constantly changing. And this includes both negative and positive change. Everybody is in a continuous process of being motivated, inspired and de-motivated by events in the world around them – a world, which is developing at intense speed. Nothing and no one remains constant.

Everything is moving, growing and dying. Everything is changing all the time. When you can accept this, that nothing is permanent, and that everything is changing, you can perhaps also accept that nothing will fit into your fixed frame. Even your frame is actually constantly growing and changing.

Deepak Chopra writes in his book, *The Path to Love* :

Any desire to keep things smooth, predictable, and comforting has the same shadow hanging over it. There can be no sense of security in your existence when it depends upon outside factors, for the unpredictable changes of reality can never be controlled.

In Deepak's and my own words: if you are dependent on other people and the world behaving in a particular way (your way), you will never feel calm inside. The only thing you should wish for is the ability to be able to control your self. The only way to have genuine control is to let go of all the things you wish to control, because control is just the brain's illusion that everything is predictable. The present moment is always different from the "now" you thought would happen. The outer world always reacts differently than we had expected. Trying to form a "now" that will perform as we wanted, is an impossible task. Yet, despite this, many of us spend a great deal of time trying to make things happen according to some set idea about how things should be. By letting go of that idea, we can return our focus to the present moment. The moment becomes much clearer when you don't use your energy trying to control the future.

What is realistic?

You probably know people who will tell you, that you have to be realistic. Usually family and friends, well-educated people, who seem to know just what is best for you. But what is best for you and what is realistic? Realism means reality. Or for those who use the word in this way – to mean what they think is possible. 600 years ago, most people believed that the earth was flat, as flat as a pancake. There was no other possibility available. It was an obvious law of nature, a certainty in both the individual and collective consciousness. At that time in history, it was reality. If you were naïve enough to believe that things might be different, then you would surely end up in hell, together with all the sailors who

had sailed over the edge. It took some very brave astronomers to break the power of that dogma.

What is real for you can be quite unreal for others. And what is impossible for you can be simple and easy for others. So when we tell other people what we believe to be possible, we are normally making such judgments from a standpoint of what is possible for us; our own personal laws of nature. The reality that is available for me must quite simply be the reality available to others. We assume that our own horizons are the horizons of others. To put this in another, rather more negative, way: we tend to assume that we share our own limitations with those around us.

When others tell you what they think is best for you, what is right for you, they are actually telling you what is best or right for themselves.

“We don’t see things as they are, we see things as we are”
Anais Nin

As author, Anais Nin, notes so astutely, we don’t perceive things and people as *they* are, but as *we* are. Other people might not have the same level of imagination, courage or creativity that you contain. Therefore, other people can never really choose what is right for you. Only you can sense and know what is the right choice for you!

The times in your life where you make exactly the right choices are accompanied by the experience of acting in total accordance with the possibilities available in the present, along with that wonderful feeling of ‘rightness’ that flashes through your body in exactly that moment. It is said that intuition is the soul whispering to you between two thoughts.

Intuition is the voice within that often has the right answer. You probably have lots of examples from your own life of times when your brain or reasoning capacity has taken decisions for you; some situation in which you had been told by parents, friends or your own brain, that you had to be realistic and do the ‘right thing’. You listened to common sense, to your logic, only to later discover, that you had made the wrong choice. Then you recall, that there was a voice inside you that had told you to do something different. To learn to rely on analytical reasoning is a natural part of any western, modern upbringing. But if you are controlled by the

intellect, you will miss out on the truth of your emotional and spiritual nature.

Stress

We live in a time, where we need to learn something new about the concept of time. A few have started, but all too many have not opened their eyes to the development that is currently taking place in society. 70% of all illness prevalent in the western world is due to stress or stress-related disease. Now, just hang on a minute - what is actually going on in our world right now? 70% of the illness we suffer is something we have created ourselves. Lifestyle diseases. Not your average, run-of-the-mill bacteria that comes to knock you out on a dull Wednesday afternoon. No - it is your mind that has run away from you – out into the future trying to solve all kinds of things – while your body withers away in the present moment. If you are not here in the present, then you will be oblivious to all the small signals your body is constantly sending you.

In the old days (about 100 years ago), 80% of the population worked on the land. At that time, most people used their bodies fully. Much of this work was characterized by routine and did not demand much in the way of mental effort. In other words, the brain could relax as the body worked. Today, the situation is completely the opposite. Many of us have undertaken long periods of academic study and are highly trained in using our mental capacities to make a living. Businesses today demand great flexibility. Products and ideas develop at such great speed, that we need to be able to think into the future to survive. It is also fine to be able to plan and direct ones attention towards the future, but the problem arises when we forget ourselves in the present. If we don't return to the here and now when we have finished work, then we actually never stop working. When you leave work in the evening, you normally switch off your computer. But do you give your brain a chance to rest when the day's work is done?

Eckhart Tolle begins his book, *Practicing the Power of Now*, with the following words:

*The Beginning of freedom is the realization
That you are not “the thinker.”*

*The moment you start watching the thinker,
A higher level of consciousness becomes activated.
You then begin to realize that there is a vast realm
of intelligence beyond thought, that thought is only a
tiny aspect of that intelligence.
You also realize that all the things that truly matter –
Beauty, love, creativity, joy, inner peace –
Arise from beyond the mind.*

You begin to awaken.

What Eckhart Tolle is saying here, is that freedom is the knowledge that you are not “the one that thinks”. When you release the idea that you are your thinking mind, then freedom begins. It is truly liberating to allow your mind to totally relax. On the other side of thought, another dimension arises. It is here you can be released from tension and stress. It is here that you are free. This is where you find yourself when you laugh. On the other side of thought, you will find beauty, love and inner peace. Here you will be able to experience the present moment’s genuine essence and magnificence. Here you will experience life as life was actually meant to be experienced. Here, you can and will be able to laugh without reason. Here, laughter is as natural a part of you as your breath.

For most of our lives, “reality” is an illusion: your everyday life, your “now” (if you live your life as most westerners do) is based on experiences from your past, or are built on ideas regarding the future. Yet, neither the past nor the future actually exist – the future hasn’t yet manifested and the past is gone. If you really want to experience life, you need to give up the concept of time and you need to release your thoughts. Yes, yes, I know this is easier said than done – you have your arrangements and meetings and you have to fetch the children etc, all within the parameters of time. Granted, for these purposes the clock is a very good tool, but when you have fetched the children, when the day’s work is over, when you are actually free, wouldn’t you like to practice what it means to access life in the here-and-now?

If the answer is yes, then you first have to release the idea that you are only your thoughts. You are your thoughts, your mental life, but you are much, much more than this. You are your body, your spirit and your soul.

You are your heart. Your body has communicated to you for many years. Many times you have not listened and you have either become sick or something else mysterious has happened in your life. Your heart also talks to you. The heart beats in your body in the present moment - with every feeling you have, in every moment you have. Your heart tries to communicate to you too.

Your brain is often out traveling in time. It is your brain that stresses you all the time with its constant reminders of the tasks of tomorrow. It is also your brain that keeps you from the present moment and life's true essence: laughter, the joy of life and love. Try closing this book for a moment. Try to sit for a minute and observe your thoughts. Notice how many of these thoughts have nothing to do with what is happening now. Notice how the mind deserts the moment constantly. Try for one minute – NOW!

If you want to change your relationship with the present moment (and life), you will first have to change your perception of yourself as mind/ego. I am certain that, over the years, you have been witness to a certain level of communication between different aspects of 'you' - the brain and the heart. Sometimes, when you have pushed yourself too hard (the mind has pushed you too hard), you may have had the experience of an inner voice that has spoken to you. This inner voice is your heart, your essence, your genuine nature, protesting about the way you are living your life.

Can it really be true that we have to get so far out before we begin to listen to our true selves, our hearts? I know many people that have had to go through serious illness before they began to listen to themselves (their hearts). Don't get me wrong, I think the brain is a wonderful tool. The brain can integrate and order experiences and impressions. The brain can store past experiences. The brain can calculate and work with concepts, solve riddles and create on many levels. The brain is amazing and you have to use it. The brain is the source of much value in our lives and we must praise and appreciate it for all that it achieves. You must not, however, identify only with your mental capacities or your ego, just consider it to be a part of you. An ego you can use and not an ego that uses you.

An inner dialogue between the heart and the brain

I believe everyone knows the experience of inner dialogue. Here are a couple of examples of such dialogue:

“Just stop it now!” (who is telling who to stop?)

“I can’t bear myself any longer” (who is “I” and who is “myself”?)

“I don’t know whether I should choose A or B” (There is a part of you that wants A and a part that wants B. What are the two aspects of you that cannot agree – who is actually talking and who is listening?)

Let us expand on the last example. I am certain, that at some point or other, you have been in a situation where you have had difficulty choosing. One part of you wanted A and the other part wanted B. This is an example that there are two sides of you and that they want two different things out of life.

The two aspects of you that cannot reach an agreement are your heart (your essence) and your brain (your ego). The brain is going after option A. It sees with the eyes of the past, for the brain only knows you from the past. The brain knows what you are like. It knows how you “have always been”, sees you in terms of the past, and thinks that this cannot be changed right now. Therefore, the brain chooses A. And seen from the perspective of the future, the brain is sure it knows what will happen in the future. The brain knows that A is the right answer, but the heart says B. The heart is in the moment, in your body. The heart is aware of what your body is feeling. The heart can feel that B is really the best choice for you now. You can feel in your guts, that B is the right choice.

What should you choose then? The brain/reason says A. The heart/feelings say B. Which is correct? Who has the right answer? Is the brain or the heart? Is it the brain, which masters thought on many levels, in the future and in the past; the brain that likes to travel out in time? Should you listen to it? Or the heart, that beats steadily within your body right now? The heart knows very well what you are feeling right now. Is it this aspect of yourself you should listen to?

The goal, as far as I can see, is to become conscious of both what your heart *and* your mind are saying – to your feelings *and* your reason.

Become aware of what is going on inside you and learn to notice whether it is your heart/feelings or your brain/reason which is currently at the helm. Become conscious of who you are and learn when it is right to choose with the brain and when it is right to choose with the heart.

Heart-Brain exercise

Here is an exercise, which is designed to help you choose between the heart and the brain and vice versa.

This exercise is a good start to becoming more present in the moment.

Allow yourself 10 minutes every day for a week. Switch off your mobile phone and the radio and try and exclude any other source of noise.

Sit down in a comfortable position and know that you have time for yourself right now.

Feel and become aware of your breath. You breathe in and you breathe out again. Take a few minutes to establish a good breathing rhythm. Feel your heart. Feel your heart and experience that you are your heart. Imagine that you are looking at the activity occurring in your brain from a position in your heart. You are your heart. Observe your thoughts from this place. Notice what kind of thoughts come and go in your mind. Sit in your heart and observe your thoughts in this way for ten minutes.

When you have done this exercise every day for a week, you will achieve a different level of consciousness. You will experience that you have become able to view your thoughts from outside. Thus, you will become conscious that you are not your brain's activity. You will notice that a great many thoughts pass through your mind that you actually have no need for. You will now have the possibility to erase from your mind those thoughts concerned with everyday anxieties, worries and negativity – thoughts that are often unfounded. Some of your thoughts have perhaps become rigid aspects of your personal pattern, and you naturally have to be willing to make an effort to yourself to get rid of them. But you know now that you have a choice! If you do the work, you will experience a dimension of freedom that perhaps you have not known before.

When you do this exercise and you experience thoughts in your brain that do not contribute positively to your life, then say stop. Every time some useless negativity arises in your mind, then say stop. At a point, you will become so well-trained in managing your mind, that you will also be able to transfer this ability onto your everyday life and control your helpful and less helpful thoughts. When you have trained and observed your mind long enough (this can take weeks, months, years), you will find that you are able shut off your thoughts completely, whenever you want to.

The reward that lies in being able to access the moment is that everything is experienced more intensely. Positive experiences, a conversation, a sunset, a hug, eroticism, the weather, children, etc are all experienced much more powerfully than normal, because one is much more present in what is now. Negative experiences are therefore also experienced more intensely, which is positive in the respect that we are able to truly feel if something influences us, and thus react more quickly to it. By being in one's heart and observing one's thoughts as isolated processes -without actually identifying with them – we can stop negative thoughts from taking a hold, simply because we don't let them take control.

I wrote this poem early in the morning on November 6th, 2005 (on my birthday). I was sitting that morning, surrounded by a light morning mist by the lakes in central Copenhagen, and suddenly felt myself to be connected with everything around me: the swans, the gulls, the ducks, a couple of people out jogging and many sleeping Copenhageners (it was a Sunday). The poem is meaningful to me. Read it a few times and see whether it has meaning for you:

*I am the present moment
In the present moment am I
In the present moment I will always be*

If you ask me what happiness is, I will answer: happiness is enjoying this very moment to the full.

The meaning of life

When you are intimately present in the here-and-now, you have the possibility of discovering the deeper meaning of life. In the present

moment you can come into complete accord with your own deepest values and be able to find out what is really important to you. You will be able to know your own truth. Maybe the ultimate meaning of your existence is not apparent to you today. But taking a series of small decisions that are right for you will eventually lead you onto a path where life will flow more easily. This is a place where you just 'are' without making an effort to 'be'.

I have found many paths to the present moment. The present is a place where I am in complete balance, peace and accord with all that exists in that moment. I am here, without being my past or my future, present to all other life, just now. I am aware of my pulse, I can feel the pulse of all life on earth – animals, plants and other human beings.

A time when I really access the present moment is when I ride my motorcycle on long trips on the highways and byways. The summer of 2004 was the start of a long look into the eternal now. On a motorcycle journey between Copenhagen and Skanderborg in Jutland, I saw the meaning of life; the meaning of my own life.

I started my day, Thursday, August 5th, 2004, at 10.30 am with a laughter event for *L'Oreal* at their headquarters in Copenhagen. *L'Oreal* were launching their new product, '*Happy Derm*', a cream claimed to give a smoother and more beautiful complexion. 30 sales representatives were gathered that day to launch this product in a rather special way - by laughing with me. The laughter session went according to plan, and I left the friendly sales reps with red cheeks and a sweet smile on their lips at 11.30am. I was now ready to head off for Skanderborg, to attend the beautiful music festival that is held there once a year. This year, I had decided to make the 300 km journey by motorcycle. If you have never ridden a motorbike before, let me try and give you a detailed insight into my physical and mental experience of traveling the highways on two wheels. Motorbikes are a pleasure in themselves, and for me, traveling on them is not about arriving at a particular goal or destination, but about the journey itself. This attitude is symbolic of my view of life: it is the present moment, which is important, and not the future or the aimed-for destination.

When I have driven for a while, left the city behind and have come out onto the wide expanses of the open road, something happens. A connection arises between me and my motorbike. On the highway there are no mobile telephones, no car radios, no coffee or tea to spill in my lap. Here, there is only myself, 700cc and the horizon. I ride a chopper, which has an engine that sounds like a fishing boat. After driving for some time, my thoughts begin to melt away, the words disappear and my sense impressions become radically accentuated. The shifting smells from the natural world around me become a part of my body and my breath. The wind on my cheeks, makes my face relax. The thudding of the engine becomes one with my body, the pulse of the motorbike becomes my pulse, my heartbeat becomes its heartbeat. There arises a sensual trinity between nature, the earth and me. Everything is one and on the same frequency. It was here that I, on the road to Skanderborg, became a part of an almost divine picture. It was here that I felt and saw how everything is connected. It was here that I saw the meaning of life.

It was now early evening and the sun hang, mild and round, casting shades of pink out into the beautiful evening sky. I suddenly saw how everything was bound together by love. I saw how everything lived and grew from love. I saw that deep down, every animal, plant and human just wants love. I saw, felt and experienced that life is very simple. We live for love and we die in its absence. Everyone wants to love – everyone – and it is only our egos that limit our potential for love. The heart is full of love and the heart has unlimited supplies of love to give. It is the ego that prevents us giving of this love. When hearts meet hearts, love is present. When hearts meet egos, love is present. When egos meet egos, it is only ego that is present. The answer is love, the solution is love.

In reality, everybody has understood the meaning of life. Everyone is hunting for love, looking for it in some form or another. Instinctively, we know that it is here – in love itself – that we will find the meaning of life. Within true unconditional love lies peace, harmony and balance. Here is the place where paradise on earth exists. When we are together with another person, giving and receiving unconditional love, we experience a lightness and happiness that can make our bodies laugh without any reason. This is why children laugh without any reason. When children run around playing, they feel a lightness and joy from within. Children are the products and the recipients of unconditional love. For the same

reason, children are much more in their hearts, because we adults tend to communicate from the heart when we are with them. We communicate more readily with our bodies and our feelings when we are with children.

When adults communicate with adults, they move up into their minds (and here is where fear, worry and distrust etc. exists). Therefore, a lot of adult communication goes wrong. Fear breeds fear, distrust leads to distrust and worries just produce more worries. If we want to change this world, then we have to focus on that which is the most important in this world: love! We have to learn to listen to our hearts. We should communicate to both adults and children from our hearts. Start with the heart right now – here lies truth and the meaning of it all.