



Essential Energy

Cyndi Dale



The Healing Power of Humor

Sometimes the only way we get through “one of those days” is with humor.

I am almost embarrassed to share about my most recent “bad day.” I was working at home and quite comfortably clothed, since my clients were on the phone. I would like to boast that I was wearing Lulu-approved yoga apparel, but that was not the case. The sweatpants outfit was leftover from my oldest son’s high school days, which means it was, indeed, much worn.

When I work I leave the back door open so the dogs can run. However, when it started raining and Lucky the Elder rushed in but Honey the Puppy did not, I automatically knew he was up to something.

In-between client calls I stepped outside. Honey was enthusiastically attacking a tree. Gathering mud on my tennis shoes as I sloshed through the rainy backyard, I discovered a huge cache of mushrooms. Honey had also.

Of course they were not dog friendly and of course I spent every minute between clients scraping mushrooms out

of a tree and cleaning up after Honey’s stomach upset. I called the vet, but since Honey’s symptoms had abated, she said to just watch him.

I was ecstatic to reach the time for my last client and waited by the phone for her call. However she did not and my assistant, who is terrific, had unfortunately forgotten to mention that this client was coming in-person. You can only imagine how I looked.

What could I do but explain and laugh?

Even the most professional of healers will require more than a dollop of humor to deal with a challenging situation. Sometimes the joke is on us, as it was on me in the situation described. Sometimes the comedic is the only source of inspiration to offer a client.

I have not heard many workplace experts speak about the importance of humor. The list of professional criteria usually includes education, skills practice, swivel chairs, and decent lighting. Much is made of sick leave policies and grievance protocol, as if healers enjoy their own employee handbook. But humor? It is not on the list but it ought to be.

Humor is defined as the quality of being amusing or comic. It is also a state of mind. Most major upsets are not inherently funny, and we do not need to see them as such. Getting the news of a friend’s heart attack does not — and should not— promote amusement. Helping a client moving through chemotherapy is not a joking matter. But humor can help us deal with events that are so ridiculous and out of our control that the only reaction is to roll our eyes.

There are many types of humor. These include the ability to laugh at life, bond in the moment, embrace sarcasm, act out imitations, self-deprecate, and go deadpan. Dark humor makes light of something serious and surreal humor points out the bizarre nature of occurrences. When my client walked into my home office, I relied on self-deprecation to point out the surreal nature of the serendipitous events.

More than once I have dealt with unexpected events in my own life using humor, such as the time my son broke his hand sledding. This kid, who participated in hockey, baseball, and football, had never done much more than scrape a knee. Of course he would hurt himself in a non-lethal activity two



days before Christmas. Sarcasm helped me contain my stress so I could focus on Gabe and his needs.

I recently worked with a client whose list of hardships was stupendously long. It included two accidents, in which only the cars were damaged; three lost sets of keys, along with three expensive visits from a locksmith; a demotion for non-sensical reasons; the hacking of her email; and the misuse of her credit card. At the end of her recitation, all I could say was, "That's it?" We laughed and got down to work. I believe the levity allowed us to probe the energetics of the issue and decide what was occurring on that level.

Of course most of the time our best "soft" healing tools are compassion, empathy, gratitude, intuition, and the like. Once in a while, however, the comedic balances out the tragic. As shared by Mary Pettibone Poole, an author during the early 1900s, "He who laughs, lasts."

We can all use a little more lasting power. €



Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy healing. She has worked with over 30,000 clients in the past 20 years. To learn more about Cyndi, her work, books and products please visit: www.cyndidale.com.