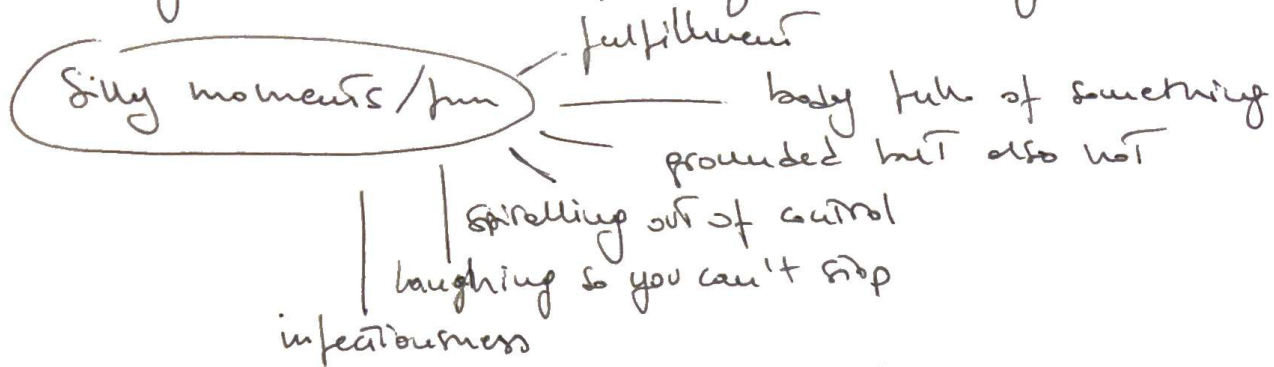


Holding the breath - Suppressing - Pretending - Protecting oneself



SESSION OF GENERATING LAUGHTER / FUNNINESS THROUGH MOVING:
We get a bit stumped here. Trying to make ourselves laugh isn't really funny for us. It does look amused from the outside sometimes but it doesn't generate laughter for the doer.

Gu decides that we will make sure another laugh instead.

Once laughter is engendered we keep it going and find associations and sensations memories.

It's hard for those laughing to stick with the laughter, it dies out very quickly.

- HAEFFER -

People trying to make others laugh didn't really create funny moments. Maybe it's about surprise: that someone approaches another in the middle of a score to create laughter

Gu: I'm trying to reach to this because this is also part of life, it's not only sadness. And I want it to have the same connection in the body than the other sensations. It would be nice that it came from the tools that we have.

Allow yourselves to go to laughter/silliness/pleasure when it arises in your associations/memories. Spend time on it to understand what it is.