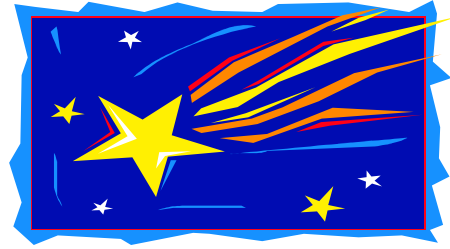


**"ABSOLUTELY FABULOUS"
IDEAS FOR PLANETARY PLAY DAY**

April 1, 2006



"Laughter is the shortest distance between two people."

Victor Borge

Laughter is the shortest distance between two people, communities, nations, countries, cultures, continents, universes, states of consciousness!!!

At 6PM, April 1, 2006 we will bridge the distance between any sense of separation on the planet and enter Planetary Play Consciousness together!

Here are some great ways to create your day of play!

- Jelly belly - have your group lay on the ground with their heads on each others bellies and begin to laugh!
- Fake it till you make it - just begin to laugh - it's contagious!
- Share your most embarrassing moment - life's tooooooo mysterious to take serious!
- Show a funny movie in the Norman Cousins tradition!
- Just start laughing - "As soon as you have a thought, laugh at it." Lao Tsu
- Make a laughing list - list all the things you can and do laugh about -your foibles and faux pas!
- Puppies, kittens and babies!
- Have a face and body paint-in! In the "Laugh In" tradition, paint funny words on each others faces and bodies!
- Laughing Meditation - "Every little cell in my body is happy!" Do a smile meditation!
- Throw a laughter party -tell jokes, have a "stand up mike night"!
- Have a soft food fight! Marshmallows and jello are great for this!
- Add the words ha-ha, hee-hee, tee-hee to everything you say—"I'm late for a very important date! Ha-ha, hee-hee, tee-hee!" "From the waterfall he named her, Minnehaha, Laughing Waters!" Longfellow
- Form a Laughing Club -come together for a weekly laugh-in, the only rule-NO SERIOUSNESS ALLOWED!

"WHERE THERE IS LAUGHTER, THERE'S HOPE!"

Comic Relief 1990

April 1, 2006 ~ The day the world remembers ONENESS!