

"Laughing therapy" filled with happiness

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The 1st Chung Pyung Divine Principle 4-Day Workshop

This was a 4-day workshop intended for members who belong to the Korean church and, around 4pm, between the second to the fourth day of the workshop, there was a 'Laughing Therapy' session lasting around 30 minutes.

The time required for a person to transform an unhappy feeling into a happy feeling is only about 10 seconds. Therefore, laughing is very important for our life.

During the laughing therapy, we looked at each other and said, 'You are my mirror, and I love you! Ha Ha Ha!' If we shout this out, while looking at each other, an involuntary laugh inevitably comes forth. As you say to your partner, without any condition and as if looking in a mirror, 'You are my mirror! I really love you; I really love you!', and laugh, and do this every morning, 'you will be able to continue to live a life full of joy.' That is what the instructor explained to the trainees.

In Korea, a name parents give to an unborn fetus is 'Taemyeong' (fetus name). Now, if you hear the Divine Principle, you will be reborn, or born anew. The instructor gave us 20 seconds to think about our fetal name. After 20 seconds, we decided on our new fetal name, some of which were: Fantastic, Star, Alice, Amazing, and Cameleon.

One trainee decided that his name would be 'Cameleon,' and the reason for his choice was that he is good at singing a song entitled 'Cameleon.' To demonstrate his singing skill, he sang the song in front of everyone.

Mr. Hyeong-im Park, a 6,000 Blessed Couple from the Gyeongnam area, said: 'Laughing Therapy was very good. I feel that every muscle of mine is laughing, so I am happy and I will continue to laugh every day of my life from now on.'