



Pamela Bell is a professional Life Coach, Educator and Inspirational Speaker. She is founder of LifeSource Coaching and can be reached at: pamelabell@mindspring.com.

SPIRIT, MIND & BODY

TRANSFORMATIONS

The Lost Art of Having Fun

Lately I've been asking people what is "fun" about their life and they look at me kind of strange. I repeat myself a little more audibly this time, "what about your life is fun?" They seem puzzled for the most part as if I'm speaking a foreign language. So I spell it out, F-U-N, you know, fun! Finally, they get it, but seem perplexed at how to answer this question. I watch as they look off into the distance trying to conjure up an image from childhood. They scratch their heads, sigh deeply, and eventually offer up a few comments about how there is no time for fun. "Fun costs money," they say or "I can't even imagine what you are talking about!"

How so very strange I think to myself, yet how so very common. So many adults seem to have forgotten what it is to have pure, clean fun in their day-to-day lives. Reserving it instead for the measly 1 or two week vacation (a crime if you ask me!) they are entitled to for giving up 50 long weeks of mental and manual labor.

Now I know that "fun" is different things to different people but there are some key elements that cross all borders where the universal symbol for fun is known and understood by all. Let's take a moment and think about what these key elements are. One key element for fun is spontaneity. Not that fun doesn't exist without it but certainly life is more fun when things are spontaneous and unexpected. Surprise is a wonderful thing, like a snowstorm in the summer! It reminds us that we don't know everything nor do we have to. Yeah! Another key element to having fun is to be open to the possibility

of it. This means leaving your worries and burdens behind you as you venture out into the world. Have you ever had someone play a joke on you when you were in a really foul mood? It wasn't very funny was it? Fun has no chance at breaking down the walls of woes if we don't leave a few windows open for it to enter. A third strong contender for having fun is sharing it. There is nothing like having a witness to our joy and realizing just how very weird we all really are. No it's not just you! We are human and in my book that is synonymous with weird and unexplainable.

Two of the most crucial elements to having fun are laughing heartedly, and laughing at yourself. Without this ability, fun just isn't all that fun. Everything is made better by laughter! Humor and laughter create joy and evoke physical and chemical changes in the body that promote well being. You have nothing to lose by cutting-loose and cutting-up but everything to gain. Unless you split-a-rib, bust-a-gut or crack-up while having fun of course.

Knowing what we now know, I encourage you to take pen to paper and make a list of what you could do to have more fun in your daily life. Just to get you started I'll tell you a few of my personal favorites and hopefully stimulate that imagination of yours: I love eating ice cream cones! It makes me happy way down deep. I also love balloons, especially when they have been let loose into the sky. I enjoy watching them move in the atmosphere and wonder how high they can go before they pop! I love turning cartwheels in wide open spaces; I don't know what it is but I see open space and

my body is thrust forth into upside down circles before I know what hit me. And one of my very favorites is to play dress-up, so as to break free of the character I play everyday. I do this sometimes by wearing a wig or funky glasses and being incognito even to myself. This is such a powerful and life enhancing exercise. It offers perspective from a deeper source and engages our imagination. Remember all those Halloween costumes you have worn? You don't have dress up like the Monster from the Black Lagoon but, a little bit of dress-up goes a long way. We take our lives way too serious and there is nothing fun about being serious.

Your assignment this month if you agree to accept it, is to make your own list of what is fun for you and then repeat this mantra: I solemnly swear to make fun a regular part of my life. I will do whatever it takes to engage in a fun activity at least once a week. I will laugh loudly and freely. I will embrace my joy and creativity, and recognize how timeless life is when I let my youthful spirit out to play. Hallelujah! Amen! and Super-califragilisticexpialidocious.

"Begin doing what you want to do now. We have only this moment, sparkling like a star in our hand - and melting like a snowflake."

---Marie Beynon Ray

**Coming to the
Post in May
the Home, Art &
Garden Edition.
Reserve your
ad now**

**762-3260
petalumapost.com**

*Rapunzel's
Beauty Store & Salon*

**Hairstyling . Facials . Waxing . Nails
GRAND RE-OPENING
Remodeled & Expanded
Hairstylists & Manicurists
Wanted**

769-9377 . 154 Keller St. . Petaluma



**FREE
CONSULTATION**
With a Chinese medicine
expert & Qi Gong Master
Herb steam table
treatment for pain & injury
Extensive Traditional Chinese
herbal pharmacy on site

Chinese Medicine & Massage Therapy Center

ASK ABOUT OUR MONTHLY SPECIALS

OVER 15 MASSAGE TECHNIQUES FOR PERFECT RELAXATION

Swedish, Deep Tissue, Acupressure, Reflexology

- Prices Start At Only \$20
- Weekday Specials
- Same Day Appointments
- Gift Certificates
- Walk-ins Welcome

Open Everyday 10 a.m. – 8 p.m.

(707) 762-9111
172 Keller St., Petaluma, CA

