

"Sometimes You Just Have To Cry"

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Laughing and crying are very closely related. Like, light and dark there are two sides to everything. Sometimes we just have to cry. They say that laughing and crying release the same chemicals into the body. Why does it feel better when we laugh? I can remember the excitement I felt while attending my first humor conference. Four solid days of learning about using humor in all areas of our lives. It was an awesome experience filled with non-stop laughter. When I returned, I found myself in a very fragile state. I couldn't stop crying. The laughter had stirred up many feelings inside of me that the laughter was masking.

Life isn't all fun and games, even for people like me, whose purpose in life is to lighten up the world through laughter. Our nation is again coming together in mourning our Columbia astronauts. Sept 11, 2001 reminded us in a huge way of the fragility of life. How many other fragile moments are there in our own lives?

There is a song that goes "to everything there is a purpose" based on the verse from Ecclesiastes, for everything there is a time, a time to laugh, a time to cry, a time to live, a time to die ... everything has a purpose. Sometimes the purpose is not always apparent.

January 28th was the anniversary of the Challenger disaster and I remember that day so vividly as my late husband and I watched it explode from the patio of our new home. That day is also the anniversary of my father's death some years before. As I was sharing my feelings with my sixteen-year-old son, he looked at me in his very logical way and said: "why would you have an anniversary of a death. Anniversaries are a time to celebrate."

This year on January 28th, I found myself being very tearful. My son brought me to reality with his concept of life. When my husband died after a long illness, my son, who was eight at the time, said, "Daddy's happy now, he's not hurting anymore." If we look at anniversaries of death, then we have to celebrate the life that happened first. We never know when death is going to happen, only that it is the only way we are going to leave this life.

As I have traveled on my journey of learning about life and laughter, one of the most profound things I learned was that the other side of grief is joy. When we can fully feel our grief than we can fully feel our joy. I encourage you to laugh and to cry, and to experience all of life.

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