

# Laughter is a Soul Expression



Why laughter is good for ascension and how to find humour that is aligned with your soul.



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## Laughter is a Soul Expression

How good do we feel when we have a good laugh? We discovered that laughter significantly raises our vibration and level of consciousness. Read on to find out more.



### Level of Consciousness of Laughter

When we're laughing to express pleasure, delight and fun, it turns out that the level of consciousness of laughter is extraordinarily high at 999. To put this into perspective, as an ascended being we will hold a level of consciousness of 1000. So you can see how laughter really is a soul expression and when we laugh from genuine delight and not mocking or deriding or laughing at the expense of others, then in this moment our ego subsides almost completely and our soul takes over. Think about how you feel when you're laughing; it makes you forget all your issues, you feel a sense of expansion and connection and it is completely impossible to be in a state of anger, hate, jealousy or any of the other ego-driven emotions.



### Laugh Your Way to Ascension

So if you want to allow your soul to expand, which is part of the ascension process, then laughing is a brilliant way of doing this. It really doesn't matter what makes you laugh, as long as it laughter from the soul. Laughing at someone's misfortune or scornful laughter is not genuine joy; it is laughter driven by our ego (that which keeps us separate and limited). With this in mind we thought it would be interesting to look at the levels of consciousness of various classic comedies including stand ups, radio, TV series, films, so you can understand if their comedy is more ego-driven or soul-driven. We make no judgement here as to whether we think they are funny or not, we simply have chosen comedians who most people may have heard of.



### Levels of Consciousness: Stand Up Comedians and Their Comedy

*We tested the comedian (first score) and their comedy (second score)*

Amy Schumer: *does not resonate\** - 3

Chris Rock: 392 - 126  
Dave Chapelle: 208 - 215  
Eddie Izzard: 495 - 507  
Ellen DeGeneres: 0 - 102  
Lee Evans: 495 - 8  
Michael McIntyre: 536 - 425  
Ricky Gervais: 525 - 595  
Roseanne Barr: 444 - 3  
Sean Locke: *does not resonate\** - 234



### **Levels of Consciousness: Comedy TV**

8 out of 10 Cats: 382  
A Bit of Fry and Laurie: 1  
Family Guy: 1  
Friends: 388  
Morecambe and Wise: 42  
Saturday Night Live: 1  
Seinfeld: 184  
The Big Bang Theory: 286  
The Office: 2  
Whose Line is it Anyway: 356



### **Levels of Consciousness: Comedy Films**

Ace Ventura Pet Detective: 109  
Airplane: 105  
Bridesmaids: 92  
Carry on Up the Khyber: 237  
Good Morning Vietnam: 238  
Meet the Fockers: 394  
Monty Python and the Holy Grail: 145  
National Lampoon's Animal House: 132  
The Hangover: 127  
When Harry Met Sally: 247



### **Levels of Consciousness: Comedy Radio**

Cabin Pressure: 139  
Emery at Large: 369

Hancock's Half Hour: 253  
I'm Sorry I haven't a Clue: 384  
On the Hour: 195  
Round the Horne: 227  
The Goon Show: 188  
The Hitchhiker's Guide to the Galaxy: 234  
The Jack Benny Show: 93



*\*We normally only see a 'does not resonate' result for comedians who are no longer incarnated.*



So you see how there is a huge variation in levels of consciousness of different types of comedy. Not only that look how some comedians deliver comedy that is a much lower level of consciousness than their own vibrational set point.

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