



# Laughter:


## The Best Meditation

Allow your laughter to be total. A total laughter is a rare phenomenon.

When each cell of your body laughs, when each fibre of your being pulsates with joy, then it brings a great relaxation. There are a few activities which are extremely valuable, laughter is one of those activities.

-Osho.




 **Once it happened:** Mulla Nasruddin told me that he was thinking of divorcing his wife. I asked, 'Why? Why so suddenly?'

Nasruddin said, 'I doubt her fidelity towards me.'

So I told him, 'Wait, I will ask your wife.'


So I told his wife, 'Nasruddin is talking around town and creating a rumor that you are not faithful, and he is thinking of divorce, so what is the matter?'

His wife said, 'This is too much. Nobody has ever insulted me like that -- and I tell you, I have been faithful to him dozens of times!'

 **Mulla Nasruddin was** being analyzed by a psychiatrist. After many months of analysis, many meetings, the psychiatrist said, as Mulla lay on the couch: 'This is what I feel, this is what I conclude: you need to fall in love, you need a beautiful feminine object. Love is your need.'

Mulla said, 'Between me and you, don't you think love is silly?'


The psychiatrist said, 'Between me and you? -- it would be absurd!'

 **Mulla Nasruddin was** speaking to Politician. Seeing Mulla Nasruddin in orange, Politician was obviously annoyed. He said to Nasruddin, 'Mulla, what turned you on to Rajneesh?'

'The day I saw him walking out with his hands folded, I knew then that God exists,' replied Mulla.


Politician, looking at Mulla from the corner of his eye, asked, 'Hmmm, and what do you feel when you see me?'

Mulla said, 'That God can also make mistakes.'

 **Mulla Nasruddin was on** Chowpatty Beach with his wife, and suddenly he said, 'Would you like bhelpuri once more?'

The wife said, 'Once more? But we have not had any bhelpuri.'


He said, 'Beloved, it seems you are losing your memory. Just fifty years ago when we got married and we had come here for the first time, we had bhelpuri. That's why I am saying, 'Would you like it once more?''

 **Mulla Nasruddin is** chosen an honorary magistrate.

The first case appears. He hears one side and declares to the court, 'Within five minutes I will be back with the judgment.'

The court clerk could not believe it -- he has not heard the other side! The clerk whispered in his ear, 'What are you doing? Don't you see a simple thing? You have heard only one party, one side. The other side is waiting, and without hearing them you cannot give any judgment.'

Mulla Nasruddin said, 'Don't try to confuse me. Just now I am absolutely clear. If I hear the other side too, then there is bound to be confusion.'

 **Mulla Nasruddin and** his wife are sitting one Sunday listening to the radio, when this faith healer comes on and he says, 'If you have a part of your body you want healed, place one hand on the radio and the other hand on the afflicted part.'

The wife placed one hand on the radio and the other on her heart. The Mulla placed one hand on the radio and the other on his appendage.

So the wife said, 'Mulla, he's trying to cure the sick, not raise the dead.'