

# The Art of Joy and Laughter

In May of this year we were lucky enough to host in our home, the “2023 International Laughter Champion” Carla Brown, and her friend “mirthologist” Tiffany Caudill. It was during their visit and our introduction to laugh therapy that we had the idea of the concept of “laughter” as the theme of a Liberty Arts “open call to artists” show.

From Carla’s Website [livingfromjoy@gmail.com](mailto:livingfromjoy@gmail.com)

Who knew that laughing was a competitive sport? And what makes a winning laugh? Carla Brown (who has been the National Laughing Champion for two years running) recently finished first against competitors from Asia, Europe and the Americas in the World Laughing Championship! Her Diabolical Laugh, Sexy Laugh, ROFL and Contagious Laughter helped her win the title. Brown, who calls herself a recovering serious person, says the competition is really about conjuring laughter when there’s nothing specific to laugh at. “I’ve been teaching and practicing these tools for so long, it’s a part of me now,” the trailblazing laughter yogi says. The idea behind her laughter and grief yoga is that the very act of laughing — even if, maybe especially if, you don’t feel like it — can regulate your mood, break patterns of negative thoughts, relieve stress and tension, and lead to lasting joy and contentment. Contact Carla H Brown at [livingfromjoy@gmail.com](mailto:livingfromjoy@gmail.com)

From Tiffany’s website [mirthologist.com](http://mirthologist.com)

**“...laughter is the best medicine because it changes our bodies chemical state. When we laugh our body’s produce happy hormones such as dopamine, oxytocin and serotonin. But why stop there! When we laugh, we also are encouraging our mirror neurons in the brain to mimic joy.”**

**Using the ideology of these two joyful women we propose a show entitled: The Art of Joy and Laughter**

**This will be an open call to artists to submit art pieces in any media form that evoke joy or laughter. We envision photography, paintings, collage, poetry, video, sculpture, or multi-media offerings.**

**Our community will benefit from a little laugh medicine. I've spoken to Carla and Tiffany and they are willing to be a part of an Opening Night celebration of Laughter and Joy by engaging participants in a mini workshop on Laughter Therapy, as well as possibly offering a full workshop with the goal of bringing joy into your life.**

**As an addition to this show we'd like to present the idea of a "funny walk crosswalk" to be located at the corner of the gallery and the meat market. A funny-walk crosswalk is a zone that encourages walkers to walk in a funny way as you walk within the crosswalk zone. In some cities these crosswalks include a camera which records the walkers live at the Chamber of Commerce or City Hall.**