

How do I know I am in a Laughing Heart/ BHI ("Laughing Heart") state?

Here's a checklist. Note: It is the **combination** of these elements that gives Laughing Heart its unique quality. In the Chinese language **all** of these elements are united in the subtle energy called "**qi**", in Japanese "**ki**". Simply note how easily it is for you to experience these qualities simultaneously. See if you can catch the special **flavor**.

- Deep relaxation
- Loose and agile (the key to relaxation!)
- Open-Hearted
- No stress, no worries
- Flowing
- Connected
- Vital Spiraling Energy or Life Force
- Mentally alive and alert
- Balanced (emotionally and energetically)
- Loving
- Resilient
- Confident
- Courageous
- Timeless
- Befriending Uncertainty
- Grateful

