



The Amused Muse

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**Soul Joy**  
*Human Expansion Experience*

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# We Were Designed with Joy in Mind

Creating change that brings us back into balance with our natural ability and then helps us to maintain it is found in the value we place in change and the natural flow we are willing to return to. When we follow the way that others prescribe, we generally find that one size doesn't fit every circumstance and the short lived excitement of change doesn't stay. As we come to know our own abilities and what matters to us, we discover what does fit and realize an innate ability to recall what feels good and what works.

The *Soul Joy Experience* offers a unique insight gained from extensive hands on research and application. It is a series of educating experiences that allow us to apply more of our natural ability joyfully and increase our effectivity and efficiency in a way that makes us feel glad all over. *Specifically we focus on:*

- **Breath Ability**  
When we learn the ways to be more effective with our breath, we find ourselves more capable.
- **The Expansiveness of Laughter**  
Laughter unites the breath and opens the oxygen flow to the body and brain while it moves, reminds and restores what is natural
- **Emotional Evolution**  
When we change our breath and we engage in laughter, emotion naturally moves. Learning to understand and accept our emotional joy and move from condition and stress is our great opportunity.

*This unique approach to guiding the greater abilities of our emotion allows for innate abilities to rise and the discovery of our joyful soul to engage.*





# The Soul Joy Experience

**1**

## Experiential Awareness & Education The Five Day Human Expansion Experience

The five day experience is a unique immersion that expands the world of your mind, body and soul joyfully. No previous experience is necessary and you can share this with others on

**2**

## Education & Application

12 Week License to Laugh

12 Week Employ Your Joy

6-12 Month Soul Joy Coaching Experience

When you learn something new, applying it and discovering the fullness comes from follow up programming that assist you will depth of comprehension and application. The first is pure application and accountability, the second is professional grounding and the third is to explore a more vast connection personally or professionally.

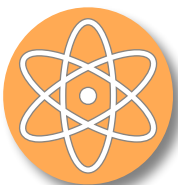
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## Contribution

365 Days of Laughter

The Happiness of Humanity

Programs to support your evolving education. This is really a new way to look at the world. Once we have a grasp contribute personally to keep understanding and realize a unique elevate healthier and happier communities.



## Other Support Programs

A variety of continuing education for comprehension and evolution will always assist our new directions.





# Human Expansion

## The Five Day Experience

### The Experience

This joyful immersion falls in between a retraining of the body, mind and soul for a personal experience and a way to begin to share some of the simple techniques to allow others to become more joyful and emotionally evolved. It is the creation of a better world.

### The Expansion

This is truly life changing because when you improve the oxygenation to the body and brain, everything wakes up, looks different and feels open and ready.

When you laugh, oxygen is more easily opened and restored to a natural flow. The attitude improves because stress decreases and a mixture of happy hormones elevates to increase a feeling of remembered well being.

As the oxygen increases and the laughter is exercised the natural emotion of joy surfaces releasing in a cathartic way what was tightly held in the body.

The Enteric nervous system is stimulated and the cranial nerves are activated. The longest and most vital of these is the Vagus nerve, which can have great influence on the messages of the body flowing into the brain.

This entire experience turns the world we live in and our base understanding of it upside down as breath change, laughter infusion and joyful emotion expand the human condition. Joy becomes a fun freeing exercise to love.

### The Adventure

The first day welcomes and invites our body to change and our mind to relax. Each day we gather to exercise and evidence our activities with education and application evolving our understanding and realizing the many subtle nuances of how the emotions work on a physical and cognitive level. Our program is uniquely designed to address what other programs avoid and bring the simplicity of joy to life.





## Human Expansion

### The Five Day Experience

This is a first step and a joyful immersion into the soul opening, honest to goodness expression of our true human condition and how we were naturally designed; with joy in mind.

Welcome to this insightful delightful Experience!

*Over the years in training Certified leaders and teachers with laughter, offering meditations and breath work along with playing life games, guiding and coaching, what occurred over and over was the hunger for emotional understanding and the question of comprehending, accept and adopt our natural condition of joy. This course provides an easier self acceptance and a gateway to provide it for others.*

### The Objectives of this Course:

- To experience and remember yourself as a joyful individual.
- To expand life with expansive methods for breath and increase our breath-ability.
- To learn the exercise, natural skills and body wisdom of laughter infusion. This course goes beyond the exercise and adds laughter of the soul.
- To engage in the unique experience of joyful emotion as an education and invite soul joy.
- To gain perspective and apply natural abilities and facilitation to share with others.

### How you benefit from the Expansion:

#### **Know ~ Awareness with Education**

*A new life perspective, one that we were all meant to live opens and expansion develops. Joy offers curiosity that leads to exploration.*

#### **Grow ~ Education with Application**

*The fullness of the experience provides depth of understanding to facilitate and actualize personally to expand professionally*

#### **Show ~ Application for Contribution**

*Insight with practice providing the sharing that is right for you in your own way and adds to a world that works better.*



# Human Expansion

## The Five Day Immersion Schedule



### Day One 9am - 5pm

Welcoming and connections provide a good beginning. Cognitively we enjoy the origins and purposes of both the Soul Joy Experience and participants objectives. We explore our breath abilities, laughter review and application, and Emotional awareness. We check into our ability to play and complete the day with a reflective circle and closure for a full, rich and open beginning experience.

### Day Two. 7am - 5pm

A review and overview begin the day. Further explorations into breath expansion are introduced in activities. Unique body and mind awareness activities that become soul opening and fun spirited. Benefits and purpose are explored. Our conversation on the human condition is followed with the skills of laughter practiced. The Relationship of emotion is explored with dialogue and activity winding down with meditations and reflective connectives.

### Day Three 7am - 5pm

An excursion of the Soul is taken to ground the previous days's openings followed by conversations, activities and explorations that are explored between the normal and natural. Sensory skills are explored. Applications for breath laughter and emotional *responsibilities* are explored for comprehension and expansion abilities. Self care models and first 30 days plan intentions set. Reflective circle and closure activities complete day three's experience.

### Day Four 7am - 5pm

Morning Reflections. Much subtle work is in place and redirecting our conditioned responses are explored. Laugh-ability and sharing activities expand. Breath ratios adopted. Facilitation skills are developed and practiced. Sharing style, plan and offerings are explored. Emotion in waves and wonders.

### Day Five 7am - 1pm

Morning Reflections. Breath practice and accountability. Expansive laughter practices. Emotional Evolution. Communication skills. Your plans outlined. Your story. Reflections on Expansion, Questions, Gratitude Circle, Completion ceremony and closing circle.

### Personal Details:

Breaks times occur every two hours, though participants are reminded to give self care as needed.

Coffee/Teas/ Water are always provided with light snacks throughout the day.

Morning breakfasts and lunches are an option when a meal plan option is offered at particular locations. (Hearty healthy vegetarian meals for all the releasing)

### Observations and Changes:

1. Realize the potential and breath ability everyone has the capacity to exercise and develop.
2. Invite and expand with the simple ease of laughter in exercise, activity and technique and provide a way to share the experience with others to create a happier humanity.
3. Become aware of emotion, understand the effects and how to make them benefits. Understanding the sensory abilities and feeling and how to move the energy of laughter and emotion.
4. Personal expansion, professional skills and awareness of ways to develop more experiences of Soul Joy.

### Offerings:

This course is generally offered quarterly in one calendar year. Those who participate can offer a program of breath practices, laughter and play to others and using the techniques shared with emotion, offer a beginning level experience as they feel confident to offer.

### Completion:

Upon completion a certificate is offered as well as an overview and manual . After class inclusion in a sharing folder provides further information to expand information. Those who complete this course receive email news and support and are included in online follow up opportunities as they expand.

### The Human Expansion Course

**Fee:** \$995. • Register in Advance Required  
*Lodging and meals are not included in the fee.*

# Growth, Expansion & Support Programs

The Soul Joy Experience

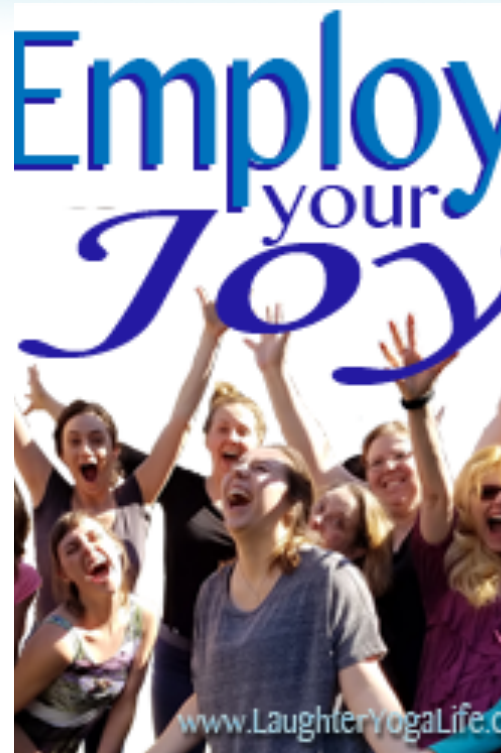
[www.TheAmusedMuse.com](http://www.TheAmusedMuse.com)



## License to Laugh

Designed as a follow up program for those who have taken the Soul Joy Experience or for those Certified In Laughter Certification who want to get started and add a level of professionalism. As you share laughter with others this program helps your accountability and promotion ability as well as presentation and facilitation skills.

**12 session weekly experience**



## Employ your Joy

Before the marketing, this program puts what you want to do in the framework of meeting personal and professional purpose. Each week the process builds as the creations of elements are completed to put your programs and passion into place. Developing what you want to do with where you want to go and what you have to work with joyfully!

**12 session weekly experience**



## Inspire Your Desire...

Beyond the problem there is the promise, the passion and the purpose that know there is a better way and desire to discover what works and what is right about our human condition. Guidance for life works to bring evolution to your emotion and assists all individuals and groups to experience lighter and brighter realities with breath ability, laughter infusion, intuitive play and an education for emotional resilience. Because stress doesn't have to be our only option... become a part of the coaching experience that hears and sees who you are and invites you to the path of possibilities.

**Individual Experiences • Group Experiences**

Six and Twelve month options



# Create Contribution in the World

The Soul Joy Experience

[www.TheAmusedMuse.com](http://www.TheAmusedMuse.com)



## 365 Days of Laughter *Challenge #1*

Knowing a thing is good, though doing something with what you know is wonderful!

For those who want to really develop themselves with a healthier practice than stress and learn to understand the significance of how and why laughter can make a difference. Join in the annual daily connection with a 30 minute program of laughter in exercise with time for introductions and questions and answers to follow. Make it even more purposeful as you donate, your time, ideas or funds to make this worthy program work.

## Create the Happiness of Humanity *Challenge #2*

We can make a difference in the world when we help ourselves. This fee based program is designed for collaboration and connection.

Allow an organization to sponsor you in this program and then add to the joy of that organizations growth and development as you develop yourself with our monthly projects. This is a fun loving exciting year long opportunity to advance yourself and your community.

We connect weekly, meet quarterly in different parts of the US and create both locally and globally joyous change.





# Lynda Turloukis

## The Amused Muse

Offering a way to play with life's possibilities has got to be the gift of a life time!

As a professional coach and director of leadership, pointing people in the direction of their greater potential has always been a blessing and a way to create more realtime peace on Earth, one group at a time; one soul at a time. Combining it with the joy of laughter almost a dozen years ago changed the dramatic difference to be one that did allow for the light in individuals to shine its brightest. Adding play became the great love of learning to play with life and all its wondrous possibilities. In this a better world emerges that's meant to share.

Inspired and constantly creative, Lynda Turloukis has designed over 30 life games of playing with the possible. Her programs in laughter show a depth of comprehension that makes her a true master of her purpose with a passion for sharing it. Though it is her insightful and unique approach to *uncondition* the condition of humanity with an evolution and education of what more the emotions can do when redirected with playful potential in joy that provide insight



Laughter with the Real Doc Hollywood

Chicago Laughing Leaders



Joy with Civi Rights Activist  
Naomi King



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*Playing with Life's Potential*

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