

Think Light



Mushiba: Being Lighthearted is a component that Self needs to Send Light to Others and to keep the Light nurtured within Self. Below is another excerpt from Waith about The Light:

Waith: *“You need to find your Lightheartedness ~ no one else can do that for you. Relish it and embrace your own Lightheartedness, for that is what keeps the darkness away ~ the Lightheartedness of Self. Nothing is so serious that it cannot be framed in Lightheartedness and the love of Self.*

“Remember this above all ~ you are beautiful energies of love. Project that to everyone and eventually it will come back to you.”

I believe that finding our Lightheartedness is an evolving journey that can ebb and flow depending on what we are learning. There are times when I feel less lighthearted than other times ~ even with the fluffiest of external reminders that surround me. Yet, eventually, I remember Waith’s concluding words in today’s excerpt: “You are beautiful energies of love” and then I hug my Panda Bear stuffed animal.