

Send Light



Mushiba: Over the last 30+ years that Waith has been speaking, he has shown Lightheartedness of spirit ~ and, he is both serious and joyful. In today's excerpt, he emphasizes the role of Lightheartedness in our own development:

Waith: *“Lightheartedness is spiritual. In the **Search for Self** is the component of Lightheartedness which is essential to spirituality. You can be as serious as you want and think, ‘I’m being very serious and therefore, I’m very spiritual.’ Actually, it is quite the opposite. True spirituality ~ the true growth of Self ~ comes from the balance between serious and joyful. And, **Be Serious** and **Be Joyful** are components of our **Guidelines for Growth.**”*

When I was young, I would sit in my rocking chair singing and rocking for hours, usually with something fluffy sitting with me. After all these years and many, many location moves, I still have that rocking chair ~ and, I still sit in it singing and rocking with something fluffy. It is also the chair that Waith used when he had in-person public and private sessions. My rocking chair reminds me of years of Lightheartedness!