

Is Playtime a Spiritual Activity?



Mushiba: A mantra of mine is ~ *Fluffies and Light*. Even during the most dire of circumstances, I hold onto those words that to me represent harmony in my life's journey. "When did this begin?" you might ask. In 1993 Waith's guidance focused on *Play as a Spiritual Activity*. At the year's end we compiled his *pearls of wisdom* into one volume: *Playtime on the Earth Plane*.

Waith: *"Many on the plane feel that play is something that should not be part of their behavior and say, 'I must get to the seriousness of my spiritual mission.' Many think that they need to be serious and always looking for the reasons why everything happens ~ to analyze all the reasons why a particular behavior occurs. Often, there is No Reason To Know The Reason.*

"We concentrate on playtime and lightheartedness to give you certain perspectives on how to keep yourself lighthearted. As often as you are serious, and as often as you would be most concerned with matters of consequence, so too, must you laugh ~ after all, it is all an illusion.

"Playtime is a spiritual activity and therefore, you have permission to play. Most on the plane have difficulty in giving themselves permission to play, for they feel it would take away from the greater mission.

"Play is a Mission ~ Play is Part of Balancing and Must be Attended to."

I believe that the earth plane is a playground where we can learn to strengthen Self ~ and, how to play with others who are also learning to strengthen.