

Guidelines for Growth ~ Be Joyful, Be Serious



Mushiba: *Be Joyful, Be Serious* are components seven and eight, of ten, in Waith's *Guidelines for Growth*. Waith explains that Being Joyful and Being Serious are both necessary for our path:

Waith: *“Sometimes an entity will find their whole life is spent completely in Joy-Filled activities and others will find that their entire life is Serious ~ this is part of the path. For those who have taken on a path of complete Joy Filled or complete Serious Filled, they are working through extremes. The goal is to be balanced, to have an understanding of how the two ~ Joy and Serious ~ come together and that it is important to have both in one's existence.”*

Issues of judgement can occur with people who are *Being Joyful* and/or *Being Serious*: someone who is Joyful may be referred to as *silly* or *frivolous*, while someone who is Serious may be thought of as somber or dour. At this point in my journey, I believe in taking myself lightly while taking what I do seriously. How would I be judged? Perhaps it depends on where the person judging is on their own path toward balancing Joyful and Serious.