

# Lightheartedness



**Mushiba:** Staying Lighthearted during times of personal and global challenge is, I believe, one of the most difficult attitudes to bring into Self.

**Waith:** *"It is critical to maintain Lightheartedness, for without it you will be unable to bear up under the sometimes burdensome responsibilities you have taken on for your path."*

Part of our growth ~ and the strength that comes from that growth ~ can be seen in how quickly we bring Lightheartedness into our energy field, while still maintaining the seriousness of our mission. This balance between Lightness and seriousness is the fine line we each develop through our experiences and a line that changes as we grow and strengthen ~ and thus, helps us to become more Lighthearted.

Recently, I had lots of purple streaks dyed into my (white) hair!  
Lightheartedness, literally, follows me everywhere!