

# Time to Play



Mushiba: There is a time to be serious and a time to be Lighthearted. Playing is one of the ways toward balancing our spirituality ~ however, playing is often frowned upon as being frivolous. During his discussions for *Playtime on the Earth Plane*, Waith counseled:

**Waith:** *"It is time to lighten up ~ and it is time to learn the balance between spiritual heaviness and spiritual lightness. Play is a spiritual activity and, therefore, you have permission to play."*

*Play* to one person may be work to another person. I am *Playing* when I can organize my world so it is more efficient for me ~ and, an extension of that is if I am able to help another to organize, then I am in *Playland Nirvana!*