

Laughing



Mushiba: Laughing is a wonderful way, I believe, to express our inherent Lightheartedness. Sometimes, it seems almost impossible to laugh because of the *seriousness* of a situation that either Self is in or that we observe in Others ~ and, it is during these times that laughter is most needed, if only within Self.

In one of his definitive manuscripts, *Playtime on the Earth Plane*, Waith said:

Waith: *“As soon as you laugh ~ physically laugh ~ it breaks the tension. The energy that has coiled itself within your own vibration is released and you are able to gain a much better perspective on your own activities.”*

Taking a cue from Waith, I recommend that right now, you laugh! Again, laugh! And one more time, laugh!

I hold onto memories that make me laugh: Barnabus was an Old English Sheepdog who lived his life with me from when he was 8 weeks old until his departure at 13 years. Everything about him brought me joy and, so very often, laughter! Even though he weighed 100 pounds, he was a gentle spirit. One of my memories is of him in front of the front door when the doorbell rang and barking like a very big dog does. What the visitor could not see from outside was that Barnabus was wiggling his bob-tailed rear and jumping up and down in excited anticipation. I always said that he was thinking, "If you pet me, I'll show you where all the valuables are located! Even now, as I write about this memory, I am filled with joy and laughter!