

# Send Light



**Mushiba:** Sometimes we forget that basic idea ~ especially when we are in the midst of a struggle, whether it is within Self or with Others.

During his class, *Patience and Forbearance*, Waith counseled:

**Waith:** *“When there is doubt about anything or when you are faced with a challenge, or you are struggling within Self, **Send Light** to it. Whatever it is, **Send Light**. That needs to be your first response: **Send Light**.”*

Waith said the words ***Send Light*** three times in that short statement! Sending Light is one of the most basic of spiritual beliefs and can take on many forms, such as saying a prayer, going within Self, focusing on a concrete item ~ and yes, laughing, for laughter brings about a cleansing of our energy, if only for a moment!

While our lessons vary, I believe that at the core of each lesson is Patience ~ and, each of us can further increase our percentage of patience. It seems to me that the more patience I have, the easier it is for me to Send Light ~ and to stay Lighthearted.

I have created a large sign that is on the inside of my front door that reads, ***Think Light***. Each time I see it, I ***Send Light***, unconditionally, to The Universe!