

The Difference Between Frivolous and Lighthearted



Mushiba: Many people think that being Lighthearted means they are frivolous, and thus, view Lighthearted as a negative toward attaining spiritual growth. Reviewing the concrete definitions, we find that *frivolous* means, “of little weight or importance” and *lighthearted* means, “cheerfully optimistic and hopeful” ~ clearly, a difference exists.

Here is how Waith has explained Lighthearted, while leaving the reader to infer the meaning of Frivolous:

Waith: *“Everything in which you engage is a lesson ~ even learning how to laugh and feel Lighthearted. Lighthearted does not mean frivolous ~ there is a vast difference between frivolous and Lighthearted. Lighthearted is where you are giving Unconditional Love to whatever is the situation. Even if it is a most difficult situation and you are grumbling and angry and you feel Self encumbered by the dark ~ you come out of it and bring in your own Light.”*

“If you are truly learning and are serious about your path, you will know that for every difficulty that is presented, you will work through it, and will do so with the Light. Even in the darkest of moments, you will not be away from your own Light. If you are, then that is reason for you to increase

your understanding by being with others who can, on one hand, be serious about their path, and on the other hand, approach it with Lightheartedness. Be serious about what you have to do, while not at all serious about who you are.”

There is a time to be frivolous and a time to be Lighthearted. Lighthearted, I think, is a long-term approach to lesson learning while frivolous seems to be a short-term *Soothing for Self* (important yet not sustaining). I welcome both in my life.