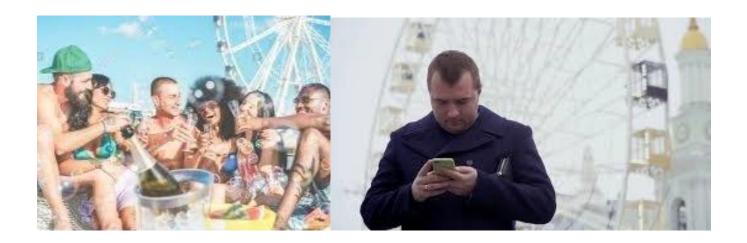
Guidelines for Growth ~ Be Joyful, Be Serious



Mushiba: Be Joyful, Be Serious are components seven and eight, of ten, in Waith's Guidelines for Growth. Waith explains that Being Joyful and Being Serious are both necessary for our path:

Waith: "Sometimes an entity will find their whole life is spent completely in Joy-Filled activities and others will find that their entire life is Serious this is part of the path. For those who have taken on a path of complete Joy Filled or complete Serious Filled, they are working through extremes. The goal is to be balanced, to have an understanding of how the two Joy and Serious come together and that it is important to have both in one's existence."

Issues of judgement can occur with people who are *Being Joyful* and/or *Being Serious*: someone who is Joyful may be referred to as *silly* or *frivolous*, while someone who is Serious may be thought of as somber or dour. At this point in my journey, I believe in taking myself lightly while taking what I do seriously. How would I be judged? Perhaps it depends on where the person judging is on their own path toward balancing Joyful and Serious.