

Ten Simple Steps to a Spiritual Life

By
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Introduction

Seriously speaking, spirituality is not to be taken too seriously. If it smells from seriousness, even gives a hint of staunch, starched, straight-laced, stiff seriousness, run away. My God laughs. My God also does not answer to “He”. My God is not an old man with a white beard, nor a young man with a brown beard. Nor is my God black, nor yellow, nor white, nor red. Nor is my God a woman. My God is also not pissed.

So there you have it, God is not a He nor a She, not pissed, nor punishing. Simply put, my God is Fun. So, if God is Fun, why are we in this world of the too serious? If we walk into the Bible belt, why aren't we laughing as soon as we enter it? Because, religion isn't the answer. Religion is boring. Most churches and temples tell you what you already know and when you look around you, the people inside are not in stitches laughing. They are serious. My God is funny. I've left organized religion. My God doesn't have to organize, my God is spontaneous.

Anything too serious craves its opposite. It craves frivolous, spontaneous belly laughter. This craving in the world has gone underground. Apparently, it is not happening yet because too many people are in jobs they don't like or going to school that they are not enjoying to obtain jobs that they probably won't like. People bring children into a world where they will probably feel bored from school, bored from organized religion, only to probably land in a job they don't want. The world has to have one great, big, huge belly laugh to create a Fun Revolution, A Spiritual Revolution to put play and meaning back into people's lives.

I have written this book for the people who desire a form of spirituality that they can attain in this life, now. It is both for the beginner and for anyone already on a spiritual path who wants clear-cut, concise, simple steps to a spiritual life.

May the Force be with you!
Blessings, Lara De Ann

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I MEDITATE

Why meditate? If you wait to meditate until you feel ready to meditate, it never comes. Meditation is not something you ascend to or become ready for. It is the avenue, the ride, the journey toward wholeness.

There are plenty of people who swear by meditation, telling you it gives them peace. They may do it twice per day for an hour. These same people also may or may not seem to you to be coarse and unevolved. They believe that their meditation is the beginning and end to their spiritual journey. It isn't. It is an avenue that takes you somewhere, but it is not a cure for anything nor a destination. It is part of the ride.

If you meditate, do only this, and miss the other nine points of this book, then your journey won't be as swift as it could be. You need it all, ten steps, not just meditation. Meditation alone can only go so far. Combine it with the other steps and you've got a recipe for spiritual success.

It may sound strange to use the word "success" with spirituality. We often think of the word "success" associated with the material world. However, success really touches all levels. To be successful, we must carry success into all parts of our lives, especially into our spirituality. Successful spirituality means our spirituality is helping us attain our full potential, our wholeness. Meditation, in combination with the other steps in this book, helps smooth the road of our journey.

Successful spirituality includes all ten steps. You can't pinch your attention around any step. They are each important parts. It is just as important to be kind as it is to meditate, but that we will touch upon in a later section.

This book is written as a simple approach. There is a tendency in our society to misinterpret the word "simple" to mean "elementary" or "for beginners". This is not at all the meaning of "simple". Rather, simple is an intention to do the easy thing; to focus and distill the parts down to reasonable increments that can be done by all, regardless of knowledge or wisdom level. It cuts across boundaries, class distinctions (which should be obliterated by now anyway) and I.Q. levels (which also can be pointless). This is simple, but that doesn't mean it is elementary. It just means it is easy. Spirituality should be simple. There should be no complicated somersaults or twisted body and mind positions to take someone deeper into their being. We don't have to have our egos find hard and obscure ways to reach samadhi (which is a Sanskrit word meaning inner bliss – or something like that). If a spiritual teacher asks you to follow them and it doesn't feel fun, I'd be weary of that path. The simple path is fun and easy.

The treacherous spiritual path is outdated. Spirituality is for all people; it is common. It is not a narrow, lonely journey for those needing test after test of their inner strength. That kind of spirituality went out with the flood. It is as old as the hills that once used to be mountains, but were climbed by so many that they became hills. Now there are molehills that don't need to be climbed. We only need to pay attention to them, to see and feel the details and listen deeply. There is no master's degree necessary, no doctors degree either. Both the genius and the common human can meet on this simple path. It is simply spirituality. It is universal.

Meditation has been around probably as long as humans have been here, but it has been called different things. The point of it is to bring one into harmony, balance and stillness. There are as many types of meditation as there are cuisines. There is no one right way. They may all be right. There may be one more fitting to you. It is not so important what the techniques are; they have the same outcome. There is walking meditation, sitting meditation, meditation counting breaths, counting sheep, visualizing colors, repeating sounds or mantras, various breathing patterns, listening to peaceful or altered-state-inducing music, staring at candle light, watching the wind, looking at the space between things, holding physical body and hand positions, dancing ecstatically, chanting, singing ecstatically, toning (using the voice like tuning forks), sitting in anti-gravity tanks, etc., etc.

The easy form of meditation I recommend here is focusing on the heart while breathing slowly. It is important to exhale slowly. Many people take deep breaths and then let the air spill out quickly. It feels hurried. By exhaling slowly, it brings us into the present moment. We put our attention and focus on feeling the breath slowly leaving our lungs while simultaneously being focused on our heart. If we put our attention on our heart and create the intention of it expanding (this is one of the steps that will be addressed later) then this form of meditation serves more than one purpose. It is twofold. We get the benefit of slowing down time by slowing down our inhale and exhale, which brings us into the present moment. We also get the added benefit of focusing on the opening of our heart. When we focus on our heart and how it feels, we can easily access feelings of bliss. The heart itself is blissful when its true essence is accessed. Focusing quiet, intentful energy on the space of the heart feels blissful. This helps to quickly bring us into a feeling of calmness. We focus on our open-heart and it immediately feels great because Love is there. We go straight to feeling Love and it feels both peaceful and blissful.

This has a different effect than just focusing on counting breaths or just counting numbers. We don't focus on quieting the mind, which is the mind focusing on the mind, or the mind focusing on no-mind, which is still mindful. Instead, immediately we take out attention away from any mental focus and just go straight to the feeling of Love in the heart. It is a feeling meditation as it places attention on slow rhythmic inhales and exhales and the blissful space of the heart. There is nothing stoic here, no hard discipline, no un-feeling, un-passioned stance to get to. It is easy and refreshing. The effort of discipline is released because it actually feels good to do and that is the reward.

There is no need to set up certain times to learn techniques or follow rigid rules. There is an active desire to continue this type of meditation practice because it is gentle, easy and pleasurable. Once we feel the calming, peaceful bliss of our heart space and slow our deep breaths, we feel satisfied. We desire to repeat this experience. It is easy and simple, so we do it often.

We may do this type of meditation practice for 20 - 30 minutes, twice per day or once a day. We may also do it whenever we find ourselves waiting in lines, waiting at red lights, before interviews or any time when we feel the need to be calm and centered.

We don't have to do this in any particular place or in any particular position. We can do it laying down before we get up and before we go to sleep. We can do it sitting at a meditation shrine set in a beautiful corner of our living space with all of the textures and symbols that we enjoy or we can sit in the middle of an ordinary room or in the forest or in the desert. We can meditate here. We can meditate there. We can meditate everywhere.

If we don't reach a certain desired altered state of complete stillness, does this mean that we didn't meditate? No. This is where we let go of the mind's judgment, we let go of the tendency to evaluate our experience, to measure it, to compare it, to criticize it. Those are pastimes of the egoic mind, restless to insert meaning into anything and everything. If this happens, we can just thank our minds for sharing, but not make a big deal out of it. Some days will have deeper meditation with amazing, blissful concentration on the love-space within our hearts. We might feel like we are flying and that we came home to our True Higher Self. Other times, we may feel like we need to meditate again, later in the day, so we can access our deep heart space. Other times, we will just resume again the next day and again focus on our heart and slowed, deep breathing. We will be satisfied with the space we made in our day for meditation. We will not judge it, we will be thankful for it and thankful to ourselves for giving attention to our spirituality.

Think about meditation practice as something we do to access our True Selves. Think about it as easy and simple because it feels delightful. Think of it as a gift we give to ourselves. If you skip a day, don't judge that or put meaning onto it, just resume the next day. If you only have five minutes to meditate on a certain day, don't criticize that, just meditate longer on another day.

Meditation has cumulative effects. Once you do it for a while, you can feel the rewards. It feels like a spiritual glue which binds together all of the different pieces of ourselves in order to create, in combination with the other nine steps, wholeness.

Setting up a beautiful space to meditate is a good idea. It is not imperative, one can meditate anywhere under any conditions. However, creating a meditation space makes meditation more sacred. It gives it a physical place within our living space. A meditation shrine, or a comfortable and beautiful space, makes the statement: "This is where I meditate, this is sacred space." It gives the time we spend on meditation a reverence. We respect what meditation is to us and we give it its own "corner" in the world. Perhaps we meditate out in nature and our meditation space is our back against a beautiful tree. Just make sure there are not too many distractions. You can meditate in loud traffic if need be, but I find it easier in quiet places without ants crawling on me.

II INTEGRATE MALE/FEMALE ENERGY

The most advanced people have fused their male/female energies. They are not polarized toward the male nor female. They do not have societal gender roles. They are comfortable expressing their true selves and they are confident. They are both sensitive and accomplished, using both action and wisdom together.

The female aspect is receptive and intuitive. The male aspect is active and demonstrative. I am using the word "aspect" deliberately to avoid the word "side". The concept of male side and female side denotes separation. I am writing here about fusion. There are no more sides. There is integration and blending. If you put male qualities and female qualities in a blender and push the pulverize button, then what you get is a pure blend of qualities that make up a new composition. The once separate and distinct

flavors have now created a new one. They are just that, one, instead of two halves seeking internal balance.

When we are in the process of balancing separate halves, it may not seem so fun. But, once the blend is achieved and the energies have fused to create a new whole, then there is only one presence within us. We are integrated and fused. The energies are no longer trying to battle each other both internally within one body and externally between men and women.

Instead there is fusion. This is the highest form of being. The person who is androgynous, who integrated their male/female aspects, has released all judgments about what is male or female. They have matured above societal gender roles. They have let go of the holier-than-thou, battle of the sexes. They cease to compete for power over any sentient being. Their inner confidence is beautiful. They have no need to conquer any inner aspect of themselves nor any external aspect of another that is only a mirror image of themselves.

Every man and woman has all sets of traits within them. They may not be socialized to express their full selves, but within them there is balance. Within a man, there is intuition and receptivity. Within a woman, there is assertiveness and action. Within both of them, there is nurturing. Within all of them, there is everything.

We are simply conditioned to choose what we express. Eventually, we emerge free enough to let go of our conditioning and become our authentic selves. When we become free, we have let go of the inner conditioning to look good. Within each of us, there is this “looking good text”. What keeps it in check is fear of not looking good. This fear is what society uses to keep people conditioned to act certain ways, thus gender roles have been the norm generation upon generation. Take away the fear of not looking good and what emerges is brave, authentic, integrity to be our true, whole selves. We let go of the conditioning to stay in gender appropriate roles. This means more men and women express themselves in freer ways. I met a man yesterday who was a pre-school teacher. He was the only male teacher on that school’s staff. Children need to see that men, too, can express themselves in sensitive, caring ways.

When children see that women are care givers and men are law enforcers carrying guns, it gives them inaccurate messages. However, gender conditioning has been losing its grip for years. A space is being made for a male/female integrated world.

When the world has let go of gender roles and its people have fused, blended and integrated their male/female aspects, then the world will be a peaceful place. People’s differences will be accepted; their authentic true selves will emerge and fears of not looking good will be gone. They will no longer be drawn to do things or not to do things based on how good they will look. They will only care about being truthful to themselves and being integrated, whole beings.

God is neither male nor female. When people address God as “He”, they are missing the point. In fact, addressing God as “He” gives little girls and women the wrong message. It creates an illusion of separation between “he” and “she” and it spreads a lie that “He” is better than “She”. If God is the Greatest and if a female hears that God is “He” it creates an immediate internal problem. She ended up serving the male Divine, which translated to women serving men and the scales tipped creating imbalance. We all need to serve one another, regardless of gender. We all need to equally give and receive. When I was visiting my Dutch friends in Holland, Harmanna made a dinner of flat Dutch pancakes for us. When it was her turn to eat, instead of making her own dinner, she sat down and her husband, Johannes, cooked pancakes and served her. It was my first time

ever seeing a man and woman share and serve each other this way in the kitchen. It influenced the rest of my world. We need to all serve each other and to see God as neither male nor female, but totally inclusive of All energy that is benevolent.

When children, as soon as they are born, begin their lives witnessing men and women as equal beings who merely express themselves as they truly are, without gender roles, then they are born free to express themselves. They no longer imitate the gender role of their same sex. They are born free, authentic beings choosing to express themselves from what moves them. They get their inspiration direct from their Source, not from other humans pretending to be someone and wearing masks.

This female/male fusion is imperative to spirituality. We have to be our full, whole, developed selves. We cannot look for our other halves in a man or woman outside of ourselves. When we have blended our male/female aspects, we move within the world freely to express ourselves. We emerge authentic. We cease to judge others, nor ourselves. We see all benevolent qualities as beneficial and do not put a measurement on how sensitive a man should be or how assertive a woman should be. Men and Women both can cry together and assert themselves together. They wear what they desire to wear. They speak how they desire to speak. They express themselves with authenticity.

Their spirituality includes many aspects. When we release role judgments, we simultaneously release religious judgments. There are no longer sides to anything. There is no one way better than another: no gender better than another, no religion better than another. There are simply different ways to express the Divine.

With male/female integration, all of our parts have the potential to be expressed. We no longer have to act in any one way, but have become free to be our authentic selves.

Spirituality is Freedom. The freer we are to express our Divinity in benevolent ways, the more spiritual we are. Spirituality is integrity. It is our unique expression of our Divinity. Religion may determine what or how one expresses Divinity while Spirituality allows the individual to create and develop their own unique expression of the Divine.

III JOURNAL - TO KNOW ONESELF

It is important to journal. Why? Because we get to know ourselves when we can “name and frame” how we are feeling, what is inside of us, what frustrates us and what liberates us. It is a tool to get to know ourselves on a deep level.

Sometimes we cannot share everything we are feeling with others. We need a place to express. A journal is a private expression of the deep places within ourselves that need attention.

Sometimes we get insights and we need to jot them down to refer to later. We don't want to forget them; we need to have a journal to write them down when we hear them. We don't have to be the greatest writers, there is no one judging our writing. We just have to learn to be totally open with ourselves. We have to learn to be emotionally intimate with ourselves before we can be emotionally intimate with others. By writing

and accessing our true feelings in a journal, it facilitates getting in touch with deep places within ourselves.

Spirituality is about going deeper within ourselves. We need a medium to record our journey within. Keeping a journal is an easy way to express what surfaces from our unconscious or subconscious.

When we become more honest with ourselves about how we really feel, we can access deeper feelings. A spiritual path is an inner journey. It is highly personal and creative. We need to record what we feel as we go to deeper levels of ourselves.

Until we start to meditate, slow down and access these deeper places, this step may be misunderstood. We might not understand the importance of recording feelings and thoughts. However, the act of keeping a journal reveals the importance.

We don't have to necessarily write every day; we just need to have a journal ready for times when we need to express feelings. If we *can* do it everyday, it will be very valuable.

When we are on a spiritual path, we develop our ability to feel deeply. When we meditate on our heart, we feel the ambrosia of bliss. When we begin to feel more deeply, we need to have a place to express this. We need to share who we are sometimes right away. Our journals can become like friends that we can secretly share emotional intimacy.

As spiritual beings, God becomes known on a feeling level. We feel our love for our Creator and then we have this need to express our joy in unique ways. We have a journal ready and waiting for us to write our creative expression.

Another way to access spirit is through channeled writing. This is where we put down on paper what comes to us, what is inspired. Here, we don't compose sentences with our mind. We allow the energy to flow through us and we write down what we hear to write. Many call this type of writing automatic writing. It is automatic in that we get out of our own way and listen to what we hear in our "inner mind". It is a process that involves trust. For example, if we hear a couple of words and don't hear the rest of the sentence, we write down whatever it is that we feel to write, regardless if at first it doesn't make sense to our rational, reasonable mind.

We can access our subconscious feelings that might have been hidden from us if we have learned at an early age to stay out of our feeling world and remain only in our head. We have to allow ourselves to go on a different kind of journey. We have to be okay with whatever we write, even if none of it makes sense at first. The more we become comfortable with and sensitive to hearing subtle messages, the more automatic writing flows.

It might help to write our intention at the beginning of our automatic writing session. We can also ask Spirit to write through us. We have to soften in the process. We cannot be cold, hardened and left brained only when we take on automatic or channeled writing. The act of writing this way induces a softening of our edges. We have to become comfortable with flow.

It helps if at first we get comfortable with creative writing. If we pick a color to write on and let our thoughts and feelings feel free to express, then we allow flow to happen. It is also helpful to pick a setting that feels mysterious or calming or intriguing or flowing; anywhere that induces our energies to flow naturally and not get distracted by practical thoughts.

Accessing the "other side" is anything but mundane so we have to leave behind anything that reminds us of the ordinary. In one of my favorite movies, Somewhere in

Time, the late Superman, Christopher Reeves, goes back in time and has a surreal, romantic, spiritual experience. When he reaches into his pocket, finds a penny and sees the current date, he is at once reminded of the present time and loses his connection with his alternative reality. This occurrence leads to his demise as coming back to present time ripped him out of his exquisite romance. We have to allow ourselves to access the alternative states while we do our automatic writing and be careful to make sure that we do not judge our writing or question it. The moment we place our reasoning mind onto the mystic moment, we lose it.

That is also why we have to be careful with whom we share our mystical, spiritual experiences, including our automatic writing. Someone else's doubt can be like the penny in Somewhere in Time. When we allow ourselves to record what we hear, we are in the leap-of-faith mode. It can be very fragile. If we are interrupted by a reasoning mind, it kills it.

Once we learn to do automatic writing, or channeled writing, it lends itself to other types of opening experiences. When we can "hear" prompting from the "other side" and record it, we can also become comfortable with receiving instant messages that tell us of future happenings, warnings, tendencies to keep or leave behind, when to begin new things, where to go to meet influential people in our lives, how to be helpful to others, etc. It opens a whole other dimension to living. No longer relying upon our reasoning mind to guide us, we open and allow our intuition to lead the way. We learn to trust ourselves and the universe. The world becomes more like a playground than something we have to navigate through.

IV EXPAND THE HEART, LIVE HEART-CENTERED

We all need to do this. We all need to live by our heart, from our heart, with our heart, to each other's heart. We are moving from the Piscean Age of Reason to the Aquarian Age of the Heart. This is the shift we are going through both on a personal level and on a universal level. You might wonder, if that is so, then why is there so much mean destruction on the planet? It is part of the shift. What is not "heartful" is coming to the surface to be healed.

If we all lived heart-centered, we would all care about each other. Lying, cheating and stealing would all be qualities of the past. If we cared whole-heartedly about ourselves and each other, we would have no need to try to get something from another, we would just desire to give.

What is it to live heart-centered? We have to expand the heart before we live by it. We cannot live by a heart if it is closed or shrunken with fear, or protecting itself with armor. If it is afraid to love, then we cannot live by it. We have to cultivate the garden of the heart first. We have to expand it.

Unless we expand it, open it, it is useless. The heart has one desire: To Love. When we are living our Divine purpose, we are fulfilling the desire of the heart. Being our authentic selves means we live the life of our Divine purpose. It has meaning to us

and makes us feel whole. When we are in our Divine purpose, we feel like we are living the life we were meant to live. It is full of meaning and service to others and the planet. In this place, our heart expands. If we aren't living our Divine purpose yet, or if we are in the process of uncovering it, we can cultivate and expand our heart in order to get to our Divine purpose quicker. When we love who we are and what we do, what we do can become our Divine purpose. When we infuse what we do with our heart's purpose, to Love, then we can feel completely fulfilled. Sometimes we may stay in the same place and continue to do the same things, only once we love who we are and what we are doing, we can dance in it and let it expand us.

Our heart expands by intending to Love. In turn, it expands our mind and extends our giving arms. We can access hidden parts of ourselves that desire expression because an opened, expanded heart seeks to fill all areas. The nature of Love is to expand and fill space. It goes in places where we haven't gone yet. If we follow our heart, we will be led to access all of our hidden and not-so-hidden parts. Love expands and fills our corners so that they are not corners anymore, but smooth, curved edges where Love meets Love.

Welcome signs replace all reluctance. Bad moods become history. When we see a new person, they represent a place where Love is enthused to flow. There is no fear or caution expressed, instead, Love's vibrant colors wish to extend into another Love's vibrancy. Edges, boundaries, and fences melt to become places where Love extends and expands beyond. The term "melting pot" becomes absolutely accurate. Love's melting pot wishes to mix its Love with the curiosity of others.

Great art is created when people blend their creative energies. This is simply allowing Love to flow where there were previous fence lines separating the energy. Now, it wants to extend into itself and share. Love wishes to expand.

When we realize we are Love, we expand this Love. We no longer shrink and cower at another's approach. There is no stranger fearing rejection in the corner, pretending to stare at walls that don't stare back. The world becomes like a round table and we partake in the sharing there.

The heart relaxes when it is shared, when it is allowed to express. That is its nature, to expand. When we suppress this nature, we suppress ourselves. We lie to ourselves when we tell ourselves that it is okay to stay separate when our heart disagrees. Our heart wishes to sing with one another, to dance and create works of art to share our feelings. A heart is not meant to be alone. A heart is meant to share Love all of the time.

The word "evolve" has the word Love in it. When the world evolves, in its evolution there is the revolution of Love. We evolve to a more loving place within ourselves where we can access our authentic self and meet another's authentic self in the middle, where it beats to the song of Love.

Our heart is not on the surface of our body. It is not our skin. It is inside, in our center. We have to access it deeply. We have to go deep to feel its every beat, to understand it, to hear its yearnings. We can't stay mediocre. We can't stay on the surface. We can't dwell in idle chit chat. We can't make talking about the weather the place where we connect with others. This is skin-deep communication, it is not heart to heart.

We have to go deep into our own heart to be able to reach others. If we don't know how we feel, we can never be there for another. If we haven't let our Love seep into all of our corners, to soften them, we can't truly be emotionally intimate with

another. Going deep means not being afraid to go below our own skin to access the beating of our own Divine heart.

Living heart-centered allows one to really be kind which is the topic of the next section. They go hand in hand. Being a real human simply means we live by our heart, from our heart. We are not separate from it. This means we care deeply about everything. We are connected to our surroundings, to others, to the Earth, to other planets, to sentient beings everywhere. We find connection with all living beings. Our Love for what breathes expands. And as we expand, we breathe better. We let down our guard and relax. Life becomes about sharing rather than surviving, getting ahead, just making money, or fitting into status quo, or striving to get above it. Living heart-centered means to simply be and to Love being.

To access our heart, we meditate and put all of our attention on it. When we do this with the intention to expand our heart, it has to expand. The stronger the intention, the more it will open. Intention + Intensity = Manifestation. Remember this equation for everything you intend and watch your world transform. Notice that doubt is not part of that equation. If we add doubt to the equation, we cancel or slow down the manifestation. We simply have to trust and get out of our own way.

There are many ways to expand the heart. Exploring this can be great FUN. Being around loving animals and people can help the heart expand. One reason many people have gurus, or spiritual teachers, is to have someone to model after.

While I was writing this chapter, I was sitting at table in a restaurant in Palm Springs, CA called The Blue Coyote. I was particular about where I chose to sit and went around with the hostess to look at my options. When I saw the pigeon next to the small water fountain and outdoor heater, I knew I found my table. Later, the pigeon moved closer to the heater and the people sitting next to me shoed him away. He ended up flying through my hair, brushing the back of my head and landed on the tortilla chip basket in front of me, using the side of it as a perch. Then he moved to another part of my table and stood there the entire evening with me as I wrote. When I spoke to him endearingly, he blinked and closed his eyes letting me know he could feel my Love energy. What perfect timing, since I was writing this chapter on expanding the heart. I told him that I wished I could hold him and pet him, stroking his feathers with Love. I so wished we lived in this kind of world where all animals gave up their fears and let us Love them, stroking them gently. I realized that I sat there because I needed some healing and God showed up in the form of a pigeon. (He also influenced me to just eat a salad, I couldn't eat chicken in front of him.)

Another way to expand our heart is through Laughter. This is a quick way to open our heart. We cannot be angry or sad or fearful or doubtful when we are filled with laughter. Laughter is acute joy. Fear cannot reach that high vibration. If you desire to expand your heart quickly, then intend to laugh more. Laughter is probably the best state of being on this planet.

Our pigeon friend was standing on one leg. I wondered what that meant. Sometimes I feel like standing on one leg in order to get another perspective on life. I can stand on one leg to feel flamingo-like or pigeon-like and suddenly my human perspective expands. By standing like my pigeon friend, I could feel my sense of humor coming back and it was healing. Laughter is the great healer. God to me is humor.

Once when I lived in Northern New Mexico, I asked God to lead me to see the Lama who was visiting from Tibet. I followed my guidance, turning left and right and left again until I ended up right in front of a pack of llamas. The laugh was on me. I had

to be specific in my asking and ask again to see the human Lama. I finally made it to have tea with the Lama, but the highlight of the day was the laughter at being guided to the llamas instead of the Lama. This was God having a go with me!

V SOFTEN, BECOME KIND

There is no spirituality without kindness. It doesn't matter if you meditate with discipline and diligence for hours twice a day; if there is not the focus on kindness to oneself and all beings, then the meditation is pointless, unless it gradually takes you to kindness. There are many atheists and agnostics that don't meditate, don't communicate with any higher power, don't believe in anything spiritual and still they may have kindness. In my eyes, they are still spiritual and still have "it". With kindness, they are still on the right path, regardless of their skepticism or rejection of spiritual dogma. Their kindness is their spiritual path.

There are a lot of people on this planet, at this time, that don't yet know that they are here to help each other and share. They still believe in separation and protection and they often think that someone is an enemy and they put up a guard or don't try to contribute to other people's lives. They are in the dark, but they are ignorant. They have no idea that we are supposed to live as one big family. They are like a hollow shell that is not spiritually conscious. Many people think they are spiritually conscious, but if they are not kind and helpful, they are still not operating on the light's full throttle. Their light is dim and they try to see by it but often trip in the dark.

Without kindness we are lost. There are wars and destruction. There are arguments and chaos, disruption and distraction. Kindness is the glue that puts all of the other sections in this book together. It is the substance between the slices of bread that need to be filled and accompanied.

Kindness is simple and yet we have to learn it and relearn it. It is not enough to make a mistake and become harsh to someone only to find an apology somewhere down the line. That is not kindness, that is being in the constant state of repair. There is no peace with that. Kindness is beautiful. It is peaceful. It is harmonious. It is everything that is spiritual.

Kindness is a spiritual path. To be kind is a Divine virtue. It is the first goal and the last goal of a heart-centered, spiritual life. If we attain only complete kindness in our lifetime, we will have attained great achievement and it will carry over into our next life, if we believe in reincarnation. If we don't, we will take it to heaven, if we believe we go there after we die. No matter what your belief is after you pass over to the other side, kindness lives after you and continues to bless your soul.

Even though kindness is simple, for some reason, we have to cultivate it. We have to marinate in it. We have to learn it and have lots of examples of it in our lives. We might think we are already kind, but it really is a cultivated art form. The art of kindness is a huge learned discipline. Our ego has to learn it. Our soul already knows kindness. It knows only Kindness as it knows only Love. But, our ego has forgotten this

precious virtue. It is possible that we are only born on this Earth for our egos to embody kindness. Kindness is our path to know God because God is Kind. When we are kind, we emulate God. Seek first to be Kind and all that is good has to follow for like attracts like. But, do not seek to be kind in order to achieve a certain outcome. Seek to be kind in order to be Kind. Don't use kindness as a way to get somewhere. Kindness is its own way; it's own path. It speaks for itself.

In the movie Pay it Forward, a boy learns to pay a favor forward instead of paying back the person who gave to him. The concept of paying forward instead of pay back becomes the teaching of the entire movie. This is one of the best movies I've seen that teaches kindness. The movie world of Hollywood is like a satellite. In benevolent hands, the world of movies can really move the entire world forward. Pay it Forward has the potential to influence a lot of minds toward achieving kindness.

Anything that teaches or induces kindness in the world is worthwhile. That is why I'm an advocate of visiting petting zoos. Most of those kinds of "pettable" animals embody kindness.

I had an experience years ago when I lived in New Mexico. There was an animal rescue compound north of Santa Fe that found good homes for dogs and cats. They also had a number of different kinds of birds on the property. When I went into the turkey pen, I encountered a big turkey that immediately came up to me and nuzzled my leg. He let me massage him as I placed my hands under his feathers to find his gentle body. It was an amazing connection that I'll never forget. Perhaps, from a fledgling, this turkey was raised with kindness so it knew to be friendly. But, he was more than friendly, he was warm and affectionate and knew that I would be delighted from our loving exchange. Animals can be this way. When they are raised only with Love and without fear, they are capable of giving and receiving huge amounts of Love and Kindness. This one turkey influenced my life deeply.

If we are kind to someone and they in turn pay it forward and are kind to the next person, then we can influence many. If we are kind to everyone we meet, we don't know the impact this has. It can have huge ramifications and create a domino affect. I've heard of stories where one person's kindness was an answer to someone's prayer and prevented that person from taking their own life. One act of kindness can bring someone to tears.

I remember when I was traveling without money. In my book Piece of Planet or Planet of Peace: A Journey Through Letting Go Told in Prose and Poetry, I tell about various experiences of people's kindness while I was traveling on trust. I never had to ask anyone for what I needed, I simply prayed to my Higher Power for assistance and those who were kind showed up for me. They shared their life stories, their abundance, their fruit, their extra hammock, their transportation and their kindness. Each and everyone of these people touched my life through their kindness and have taken permanent residency in my memory.

These kind, giving people knew that their sharing of their kindness never depleted them. Giving kindness only adds to the world, to the giver and to the recipient. Nothing is ever taken away. It is like a fire lit candle that shares its light with another candle without depleting its own fire. So too, with kindness, there is an unlimited source of it and it only adds; it can never take anything away.

When there is a lack of kindness, it is because of the belief in separation. If we believe we are separate from the universe, from others, from parts of ourselves, from nature, etc., then we feel disconnected with our world. Fear, in this case, has been

focused upon, and Love is waiting in the background, patiently, to be discovered. We might hermit ourselves and feel completely alienated from others and our surroundings, as if we were meant to live on another planet. But, if we live on this planet, then this is the one we are meant to live on. If we deliberately start to practice the art of kindness, then we can close the gap of the belief in separation, eliminate it and start to feel like we belong.

All of human nature has one thing in common: we need to feel like we belong. If we feel disconnected, then all sorts of chaos may appear including illness, delusional thinking, depression, and strange behavior. If we feel we need to belong but haven't found where we belong, kindness can take us to the feeling of belonging. When we start to give, share and be kind to others, with ones we know and equally with ones we don't yet know, then our sense of belonging expands. We, at first, feel that we belong to ourselves. We feel more complete when we are kind. When we give, our consciousness feels abundant because we believe we have something to give. It increases our own sense of value. Those that feel like they have, can give. Those that feel like they don't have, don't give. Their sense of abundance is diminished. But, when they give, they increase what they have because they create a belief that they have what to give. If we open the flow of giving, more comes back to us and we feel happy. This is a big enough reason to give and be kind.

I met a kind man in a Japanese restaurant in Carlsbad, California, on the southern coast, whose kindness allowed him to talk with me about this topic while I was writing this section. I was craving like-minded, like-souled, communication and his kindness in sharing his experiences and knowledge showered upon me a soulful refreshment. He shared with me the story of his father's water well. He called it his "wellness" education. When water was removed from the well, it allowed more water to flow into it. It opened the underground channels and unclogged waterways to allow more water to flow to the well. By sharing its water, the well allowed more to flow. This is the nature of all energy, including love and money. When we share what is given to us, we have more to give.

Sometimes, when I was traveling without money, those that had only enough food for the meal they were enjoying, generously shared with me their "daily bread". They were eager and happy to share what so graciously came to them. In their sharing, they were abundant. Their acts of giving, sharing and being kind were the central parts of their day. This became a way of life, when the only way to be is to be kind.

VI HAVE CREATIVE ENDEAVORS

When we are creative, we feel close to God, to our Higher Selves. We access our right brain and can "feel" our way through life creatively. Time feels suspended and we have a sense of now. We feel tremendously powerful and connected to ourselves and the universe. We feel whole and complete. It feels like we are bringing the energy of God, or our Higher Power, through to the Earth plane of existence.

After we create a work of art, we often feel high on life. We feel the creative energy flow through us and it nourishes our entire being. It feels like we are being recharged to the core of our being.

Any kind of creative expression can bring about this ecstatic state. This is our natural way of being. It is natural for us to create and feel ecstatic. When we are not being our creative selves, the opposite is true; we feel depressed. Some people think that only artists are creative. If they don't put themselves in that category, they believe that they aren't creative. This is the farthest from the truth. Everyone is creative. We are creative beings creating our entire lives continuously. However, when we deliberately create by intending to express our creative energy, then we focus our creative awareness to create something.

Musicians who create amazing pieces of music achieve supreme heights of awareness and it feels as if the music comes through them. Artists, also, often report an abundance of energy where it feels as if they are flying. Everyone has this ability to focus their creative energy in order to express creatively and soar to extreme heights.

It is actually healthy to be creative. We don't think about fears when we let the creative energy flow. We open parts of our psyche and let go of control; we let it flow. By having Fun with our creativity and playing, we bring the frequency of Joy to this planet. If everyone spent time expressing their creative, fun, playful sides, we'd have no more wars. We'd all be enjoying our lives too much to think about destruction.

If you haven't figured out which creative endeavor brings you joy, then I suggest that you investigate and ask for help in being guided to your intended creative expression. There are plenty of how-to books on creative arts. There are also plenty of classes. We may take different mediums and combine them to create something new. There is no limit to what we can create.

Once we open those channels, the energy flows, we have fun and play. We feel the closest to our Creator when we are creative. We cannot cut the corners on this part of our life. If we go to work and push paper, come home to clean, eat, watch television, sleep, and wake the next morning to repeat this, then our creative energy gets suppressed. We may develop physical illness or depression because of this suppression.

We are meant to have fun, play and be creative. Creativity is not something that we do once in a while or when we have extra time. It needs to be a way of life. When our creative expression flows, we are kinder to ourselves and others. Our energy softens, our hearts expand, we become more receptive to inner guidance and we can meditate more deeply when we express our creativity.

It is important that we take this creative expression seriously. If we don't allow ourselves Fun and Play, we can get sick; our lives can become something to get through instead of something to enjoy.

It is spiritual to enjoy our lives. Our spirituality is how we enjoy ourselves and how we creatively express ourselves in the positive; it is our kindness to ourselves and others and our connection to our Higher Power. Creative expression helps us to access all of our "spirituality". It helps us feel connected to the universe, ourselves and each other.

Whether we express our creativity alone or with others, it doesn't matter as long as we feel the creative energy on full throttle. Writer's block is when the creative energy doesn't flow. It can feel deadly to a writer. When we feel blocked to whatever creative endeavor we wish to express, we can opt to express ourselves in a different form of art in order to get the energy flowing.

I have to do many forms of creative expression. I write, draw mandalas, do mosaic art, cook, decorate, beautify my surroundings, sing, chant, dance, make hand made paper, etc. I have gardened, played drums, acted, and creatively altered things and techniques to create new ones. All of my creative endeavors have filled me with great joy and satisfaction. Some bring more ecstatic feelings, some bring contentment, others bring a sense of accomplishment and still others transport me to feeling one with God.

All creative energy must eventually be expressed. We cannot suppress ourselves entirely. At some point, flow happens, but in some cases it can be too late. If we suppress this precious creative energy too much, it can eventually become reckless and unfocused. It is important to take responsibility and realize who we are. We are creative beings who must creatively express. Without this, we compromise our lives. With this expression, we flourish.

Spirituality is flowing positive energy that serves both others and ourselves. When we are expressing our creativity, we are expressing part of our spirituality. We are allowing our Higher Power to express through us. Our Higher Power is fun and playful and creative. When we are having fun, being playful and creating, our energy evolves to high frequencies. We can access more parts of our brain, more emotions, and more feelings when we allow ourselves to be who we are: creative.

VII COMMUNICATE WITH HIGHER POWER

Without communication with our Higher Power, life is more challenging. There is always assistance from the Great Universe, but if we ask for it, we get even more. Free will allows us the option of whether to employ the assistance of the Universe. The Universe helps us anyway, but when we actually ask for assistance, we often speed things up for ourselves and make things easier. For example, I was in Mexico, at Zipolite Beach, on the Pacific coast and I didn't have a dime to my name. I needed water. I asked my Higher Power to guide me to water. I used an "I Am" statement followed by a positive word – in this case I repeated the sentence, "I am going to find water. I am going to find water. I am going to find water. I am thankful for the water I have found. I am thankful for the water I have found. I am thankful for the water I have found." I like to repeat these "I am" statements in sets of three. Sure enough, after surrendering to my Higher Power, I was led to a place with a spigot for water. However, it was not purified water. This was a good lesson for me. I learned that I needed to be specific with my requests. I intended to find purified water and was led to a bottle of fresh water that I found on the beach early that morning.

Communication with the Higher Power does not mean it is something outside of us that we have conversations with, although this, too, can happen. Our Higher Power is not separate from us. We are all drops of water in a vast ocean. There is not one drop of water better or different than another. Some drops know they are part of this whole ocean of dreams. Other drops believe, egoically, that they are special. This is the farthest from the truth. We are all the same, only some are evolved more than others in that they know we are part of the same whole.

Those that are more evolved are more aware that they are Love. They know the path they are on is about letting go of fear. Fear is an illusion (False Evidence Appearing Real), but until we let it go, we can live in continuous fear. Worry is a type of fear. Some people worry their whole lives about nothing. But, since they focus on fear, they often create the very thing they are focused upon. We attract to ourselves what we think about.

Really, the only thing that we need to do is monitor our thoughts so that we spend less time in fear and more time in Love. When we are in continuous peace, joy and love then we are awakened. It is the same for everyone. There is no separate or different path like some religions preach. In truth, all of us are on the path to continuous Love and letting go of fear. Sometimes we may experience days of fear followed by days of Love, or fear and Love interspersed throughout the day. We do the best we can. We progress at the rate that is doable for us. If we can get out of our comfort zones and feel what it feels like to have loving thoughts as much as possible, then our progress would be faster.

We have to employ the Universe. We've been practicing fear thoughts for so many thousands of years, that it takes effort to break the habit. But, it is only a habit. It is based on pure illusion. Once we realize this, we can evolve much more quickly. But, it does take practice.

If we don't know how to break the mold of having negative thoughts, we can ask our Higher Power to assist us in having happy thoughts. It is simple. When we have happy thoughts, we are happy. If we ask for help with having continuous happy thoughts, then the whole Universe will be activated from our intention. This doesn't mean that in the face of loss or destruction that we don't feel our feelings; it means we don't stay stuck in these dense feelings. We feel them and allow them to move through us. We don't become addicted to disasters and misery. We can feel sad or angry if we need to, but then we change the situation and ask the Universe to purify our minds so that we can resume our happy thoughts.

The circumstances of our lives are not what make us happy. Our happy thoughts make us happy. If we get a new house we may feel happy for a while, but if the house gets really messy and we have to clean it or if we paint it and there is a mistake on the shade of color, then our happy thoughts of our new house of yesterday can turn to agitated, fear thoughts. We may feel happy when we receive flowers, but soon they will wilt and we'll have to throw them out or compost them. What once made us happy can often cease to make us happy. We have to choose to be happy in order to be happy. We can choose to be grateful for our house no matter what. We can choose to appreciate the flowers while they are fresh and be willing to let them go when they wilt, knowing that our openness to receive beauty can manifest in more flowers at another time.

If we intend to have happy thoughts, ask the Universe for assistance immediately. We will be supported in creating what we desire. Happy thoughts always lead to happy feelings. Since like attracts like, happy feelings multiply within us and spread to those around us. When we feel bad, we have to examine our thoughts. We have to be aware of what we fear, release those thoughts gently and replace them with positive, good-feeling thoughts.

Communicating with our Higher Power usually promotes connection with our Higher Power. Higher Power can be called God, Universe, Love Energy, All That Is, Great Mystery, Spirit, The Force, Source, Creator, etc. It doesn't matter what you call your Higher Power as long as you call on your Higher Power.

There is unlimited abundance waiting to be given to us. There is unconditional benevolence waiting for us to recognize our connection with it. When we feel ourselves as part of this Higher Power, as the drops of water in the ocean, then we are not separate. When we know, with all of our being, that we are not separate, but connected, as part of our Source, then fear drops away.

We don't have to have all of the answers. We can ask for help, get out of our own way, and receive it. We can surrender to a Higher Power. Once we give up control and allow a Higher Force to aid us, Miracles happen. We don't stand in our own way; we listen to direction from a higher place. This is surrender.

The difference between spirituality and religion is that religion usually teaches a certain way to talk to God and believes God to be separate from us. Separation from God is fear based. We cannot be separate from our Creator. There is no religion that has the right way, for we are all a part of the same whole.

We can talk to God or our Higher Power in any way that works for us. I like to have full conversations with God and listen to guidance. I ask for help with anything and sometimes with everything. I make my communication with my Higher Power most important. I need higher guidance. If my intuition calls for more clarity, then I ask for it. I ask to have happy thoughts and to have fewer and fewer fear thoughts, until I have none.

It helps for me to feel my connection with my Higher Source when I am in nature. Every time I hike, the energy feels so pure, that I am able to get out of the way and hear Divine messages. There is something about the natural world that promotes this Divine connection. That is why we all must do our part to protect and respect Mother Nature.

XIII KEEP YOUR BODY HEALTHY

It is important to regard the body as a temple. We need to take responsibility for its well being and really care about what we put into it. Eating *organic* fruits and vegetables is a good idea. Eating enough *raw, organic* fruits and vegetables is an even better idea. An organic green salad a day can help to change someone's life. Its high vibration is excellent for the body.

Low vibrational foods such as processed cheese and artificially flavored and colored items bring the integrity of the body down. If it's not fresh and real, the liver has to do extra work to remove toxins from impure foods.

Drinking clean, pure water also has a huge effect. The better the water, the happier the body. If you've ever tasted filtered water from a mountain spring, you will know how this feels. The body needs a good amount of high vibrational water. Good, clean water has different vibrations and gradients of purity. This is something to experience for yourself. The more sensitive one becomes to the needs of their body, the more they can feel the effect of pure water.

We also have to periodically clean our colon to make sure the sewage system of the body is running smoothly. If we don't clean our colon periodically, we run the risk of parasites infecting us. This is like an Alien movie. Many carry these strange looking beings that feed off their energy without even knowing it. When we take responsibility

for cleaning out these invaders, we tell the Universe what and who we allow into our lives. It sets up healthy boundaries. When we say “no” to unwanted critters in our colon, we also say “no” to unwanted energies in other parts of our life that don’t serve our Higher Good.

We have to take inventory of what is in our body. If the filter, the liver, needs to be cleaned, we need to do that. Even if we eat plenty of raw, organic fruits and vegetables, if we don’t clean our filter and sewage system, then we are not as efficient as we can be. A clean body, inside and out, allows us to process energy easier so we can assimilate what we eat and sustain high energy.

The energy crisis in our world parallels this well. The gasoline wars are all about energy efficiency and saying “no” to parasites. When we, as a whole, take responsibility and clean our diet, liver and colon, then the outside world will reflect our insides. When our bodily energy is running smoothly, what we put into our cars will also reflect this healthy change. When we care about the vibration of our body, we care about the vibration of our environment. If we are adamant about not polluting ourselves, we are adamant about not polluting our world.

In this light, cleaning our diet, liver and colon help to shine awareness on cleaning our air, water and fuel sources. Everything is part of a larger whole, so everything effects another. The more we care and take action, the more we spread this clean bill of health for ourselves and the world we live in.

IX KEEP YOUR MIND HEALTHY

Dis-ease starts in the mind before it goes into the physical level of the body. Your thoughts create reality. This is why it is so important to watch our thoughts to make sure they are harmonious.

A hereditary condition is often just a negative belief system held in family genes. For example, if many generations believe in a strict work ethic and shun fun and play as much as possible, then they may pass on a genetic disposition toward a certain illness or dis-ease. What we think as an extended family creates our heredity over time. We can break hereditary health patterns by examining our belief systems and changing them to healthy, positive ones. In this way, nothing is set in stone; everything has the possibility to be transmuted with enough positive intention.

What ruins positive intention is doubt. Intention plus intensity brings about positive manifestation. However, if we have any amount of doubt in that equation, it ruins the recipe. An ounce of doubt spoils our intention. If we don’t understand why things may not be manifesting as we desire, we can check our subconscious beliefs to see if they hold doubt. Sometimes doubt is right on the surface. We might be able to feel it or hear it in our words. It helps to have friends point out when they hear doubt in our voice or choice of words. If we don’t feel worthy and deserving of perfect health, then we might manifest ill health. If we doubt our power to shift to the positive in order to heal, we may stay stuck with unwanted illnesses.

We may need a coach to keep us “thinking clean”. We may need conversations with our subconscious to clear our cache and clean our mind on all levels. This takes

determination and courage. Once we get started and begin to pay attention to the quality of our mind, our whole life will change. We cannot be the same person if we watch our thoughts and speak in the positive.

If we are determined to “think clean”, then we can undo just about anything. We have to watch ourselves carefully and delete thoughts and words that don’t match a high vibration. Mental health is all about keeping a high vibration of thoughts and words. Lower vibrational thoughts and words bring us unwanted circumstances. Like attracts like. It is very simple. We might make things complicated if we are not willing to change. We may make all sorts of excuses to stay stuck if we are attached to an illness or dis-ease.

In some way, an illness or dis-ease may be serving us. It may be the way we get attention. It may be the way we justify not going forward with our lives so that we can take revenge on those that care about us. We may be trying to punish others by punishing ourselves. There are many negative reasons to hold onto mental illness.

I am calling illness and dis-ease mental illness because it is. Mental illness just means that our mind is not operating cleanly. We may not be energy efficient with our thoughts. If we have energy to expend on thoughts, we need them to be healthy. A negative outlook is a costly thing to have. It costs our mental health.

We may lose a lot of valuable time and spend needless money if our mind is not in optimal condition. Mind conditioning means we take responsibility for our thoughts and keep them healthy. We do not have to have our mind control us. We can control our mind. It is a tool for us to enjoy our lives with, to help us. It shouldn’t be running us, nor telling us how we feel, nor how to judge ourselves and others.

If we notice that our mind is highly judgmental, then we can thank it for sharing and replace negative thoughts with positive affirmations related to what we really desire. If we become aware that we have stinkin’ thinkin’, then we can ask our mind to let those thoughts go. Instead, we can use our mind as an ally to create a thought garden of fragrant bliss.

Just think, would you rather have a mind that has an energy vibration equivalent to an exquisite, beautiful flower garden or would you rather have it as a tyrant dictating to you how you feel and stomping out colorful, beneficial flowers. The choice is yours. Your free will is whether or not you choose to have dominion over your mind. It can be an ally to mental health, creating a healthy body and a joyous, fun, playful life, or it can be a cesspool of poisonous toxic thoughts to trip you in the dark.

Taking power over your mind and choosing healthy thoughts and words is your key not only to vibrant physical and mental health, but also to a spiritual life filled with Miracles.

X HAVE FUN AND PLAY

We have mentioned Fun and Play in other sections, however, they deserve their own section. They are that important. Without Fun and Play, life is insipid.

In our past, the work ethic often shamed Fun and Play or made it only reserved for children. Our inner child cried and craved sweets when we couldn’t give to it what it

really desired: Fun and Play. Sometimes our whole notion of Fun and Play gets replaced with eating chocolate. However, there is no replacement for Fun and Play. They are part of the Miraculous Zone.

When we allow ourselves to have Fun and Play in our lives, we enter the Miraculous Realm. All of our dreams and desires can come true when we are vibrating on a frequency of Fun and Play. There is absolutely no fear experienced on this frequency; it is acutely joyous. When we allow ourselves to enter that which is joyous, we allow for the possibility of miraculous feelings and occurrences in our life.

When we are in Fun and Play, all blocks that had us not feeling worthy and deserving of the miraculous are lifted. Fun and Play hold such a high frequency that they lift negative mind thoughts that kept us from all that is good. Instead of focusing on what we don't want and getting more of that, we, instead, focus on what is Fun and Playful and our energy lifts to such a Divine vibration that we open the space, allowing for all good to come rushing to us. Only negative thoughts keep us from receiving our birth right of bounty. Our subconscious mind may store all sorts of poisonous thoughts that need to be cleaned out. We can dwell on constant cleansing or we can eject ourselves out of our mundane states and into Fun and Play which attract more Fun and Play. The more Fun and Play we allow, the more Fun and Play there is to experience.

Fun and Play spreads to other people and all parts of our lives. It grows and multiplies. The more we permit this high frequency into our lives, the more it comes. The more it pours in, the more our lives feel Miraculous. These are very strong energies; they are capable of promoting positive, massive change on a global level. Whenever there is Fun and Play, it blocks our negativity. It transmutes darkness to light.

Many of us grew up feeling guilty if we were playing and having Fun while the rest of the world wasn't. We felt we had to be serious to get work done and to get approval from authority figures that we gave our power to. Our religious icons are not showing us Fun. They show us suffering and repentance for sins. Fun and Play cannot be in the same place as guilt. If we feel guilty for laughing while blood is being shed in the world, we are not adding any ingredient to change the negative vibration. Shame of laughter, while parts of the world cry, does not end misery; it only adds to it. We cannot carry the burden of the world on our shoulders and expect to change anything. We cannot temper our sense of Fun and Play and expect to accomplish anything. Only Laughter, Fun and Play have enough power to transmute severe darkness. All else is like swatting flies in the dark.

We need to bond together to create the spread of Fun and Play and Laughter. We need to take responsibility for our world in this manner. The work ethic had us believe that Fun and Play went against being responsible and practical in our world. However, in essence, getting responsible includes implementing Fun and Play as if our very life depends on it. In truth, it does.