

Can we be less serious?

Anytime you are into trying to control the situation, things become "serious." Can light come in where things are serious?

To be serious, there is an insistence on having it done "right". When you are serious about something, you are easily offended. When you are serious, all sorts of things upset you. When you are serious, it is unavoidable that you judge yourself unfairly treated. When you are serious, it is unavoidable that you will be in judgment. When you are serious, you will not see support, but will only see having to carry on alone. It is most difficult to forgive when you take life too seriously.

You think that seriousness and willingness is the same thing, but there is a difference. Willingness is being open to have the best solutions. Seriousness is a way of closing, in order to do it your way. You have been taught that getting serious is a prelude to doing anything worthwhile. But what if becoming willing is what is truly necessary for anything to be done? It is the difference between doing something with ease or with tension, or disease.

Seriousness checklist:

Things may be "serious" if you find yourself:

- Upset, easily distracted (you will need a do not disturb sign)
- Defensive, easily thrown off center, tense, running out of time.
- Feeling lack, that there is not enough.
- Feeling alone, desperate, overwhelmed.
- Having deadlines, having no time for others.
- Angry, not appreciated, without a sense of humor.
- Often being misunderstood by others.
- Having an insistence on doing it the "right" way.

When you are serious, all of the above apply. It is not to make light of what you find serious, for you do not make light - God does. You ask for God's light to enter in whatever area seems serious to you. You ask for another way to be given. You ask for assistance in giving up the area that has become serious.

Seriousness and enthusiasm are mutually exclusive. When someone says: Lighten up! You do not have to manage this. You would even make this serious.

Peace is not a serious business; Peace is letting in God's light, the lightness that comes when we give God our burdens.

Remember, it is called enlightenment, not enseriousment. The worst state, health wise, is to be in a serious condition. In other words, we take your condition of wanting to be right, seriously. "Doctor, how serious is he?" We frequently ask.

Maybe the solutions for most of our problems would be taking life a little light? Be easy on ourselves and others? Show forgiveness and acceptance to people and situations? If we could drive our lives with responsibility, but at the same time with the lightness and the innocence of a child, probably we would be much happier and consequently would accomplish more in less time. Let's take the above into consideration the next time we hear, "Lighten up"!