

## Have Fun!

When the Source is asked a question about mission, purpose and spiritual growth, as you might expect, the response almost always incorporates the need for discipline, for schedules, diet, exercise, for taking responsibility and setting goals, among various other recommendations.. Not in this reading. This woman is told to go out dancing, to let other family members do the cooking and cleaning, to have fun!

Question 1: What is my purpose and mission of this life?

Answer 1: Yes, we have the body, the records, witnesses gathered here, and the patterns. And in reviewing the patterns of experience of the soul on this plane, we find as primary purpose for entering in this lifetime the focus on development of self and the responsibility for the opening and development of others, particularly close around the self. That is, if this one will discover the presence of the Living God, the presence of happiness, health, vitality, expression of the creative force within, then it will encourage, provide catalyst for these others entering with similar pattern that need to break the chain of being in bond to another.

For this was the experience of this soul in the past, in earlier times. Entered as one of those considered things or humanoid in Alta, and used as a beast of burden. Used for serving others, and was owned by, kept by others. The pattern has been repeated too often in the evolution of the soul so that the purpose in entry in this lifetime was to break that pattern, that bond, and express the self. There is a wealth of love, of care, that can be given, directed, held within this one that should be expressed in this time. There is a talent for making a home, a family, providing for others. But must be expressed individually. There is an ability for leadership that has not yet shown, expressed itself in this one in this time. All of these are important as purposes for the expression of the soul in this lifetime and must be dealt with.

Now as to a means of expression in this time, let us understand that there is an underlying tendency to avoid things - all things that were criticized early in life and in past lives. And when there is a conscious decision that these things are satisfactory, that they are acceptable, there is a fight between that consciously recognized as acceptable and that taught early in early patterns to be unacceptable. There must then be a deliberate effort, methodically, to break these bonds. Then make it a discipline for the self. Much more important to follow this discipline of opening, experiencing, expressing than the discipline of health and providing for natural foods and such.

Then set aside two, three days a week or more for expression of self. Not in manners that are particularly for self improvement. That is, not for lectures or that as would be aimed toward development of consciousness or physical health, but purely for the expression of fun, delight, happiness. Expression of self and freedom. Whether dancing, whether entertainment through motion pictures and such, set aside at least two days each week for this kind of expression, and let nothing else interfere with it. Make no excuses for avoiding or failing to express these. Now handle this exactly as the

prescription of a physician and take it just as seriously. For all else that we can give here will hinge on such expression. But it would be better for this one to kick up the heels and to dance, to meet and speak with others. And it would do very well that there be studies in charm and poise and such. If you're going to study the development of self at all, give self to such studies as dance classes at social clubs and such., the programs as are provided by the community of the Christian Associations and such. Take lessons in dancing and social contact.

Now it is not often that we would so stress those areas from those records an in these readings. Then when we do understand that there is a soul purpose for the balance of this side of life that must come before and as a supportive measure to the development of the spiritual side. Else the spiritual side become bottled up so that you cannot understand or express. There must be a release in this one. And you'll not lose weight until there is expression of self. For the building this about the self is a bottling up and turning within. Such will provide opportunities for greater attractiveness in the physical.

Now this will affect the work situation as well, the job. Understand this. There will be no promotion or raise until there is shown some incentive toward creativity and taking on responsibility, the increasing self confidence on the job. Then apply the self to those courses in self improvement that deal with charm, poise, and expression of self confidence, modeling classes and such.

Do these. By all means direct the energies in this direction and set aside such concerns that say, "I have not time for this or that." You have time for nothing else. The only purpose on this plane is the development of all that you are in a balanced manner. Let others care for the responsibilities you've assumed and feel not guilty for it. The responsibilities at home of housekeeping, of this and that and the other – let others take it and be not ashamed for the newly expressed independence. Take pride in it. It must happen and not only for yourself.

Understand that the responsibility goes far beyond self. For these others at home, they must see this change, this self expression and the happiness that will come from it. Will be encouragement to them for the greater expression of the God within them. Let them see the happiness. Let them see the change, the taste of life that will come. By all means do these things and express.

Now you'll find the difference in the advancement in work and career. You'll find a raise coming as a result of it. But not unless this is done, not until you begin to be noticed by others. There is no lack of attractiveness. There is a lack of believing in it and causing other people to notice it. There are definite techniques for attracting attention to the attractiveness. Then set yourself about such a program of finding these, taking advantage of them. Put your time, energy, resources and money into that kind of development courses, and be about it. They will show tremendous value in this particular life and expression.

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