

Increasing Our Inner Peace

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In spite of delays from rain and cold temperatures, May is springing forth right under our eyes. All the buds of possibilities are eyeing this new time. How appropriate that this month is called May. The word May speaks of possibilities, permission, and hopes. As we make our plans for the coming months, we sort out what's possible and what's not realistic. May constantly causes us to re-evaluate our plans. I may go out tomorrow and clear the ground if it's not raining. But if it rains, life will be sending me a message ... maybe I'm not supposed to go outside today. Of course I can always be inside and dream. My hopes for the upcoming time are watered as I sit, plan and wait for the right moment to be outside again.

Spring teaches us how slowly things grow, one beautiful step at a time.

It teaches us about timing. not what our impatience demands of Life, but about Perfect Timing, which is all there is.

We often think of Spring Cleaning at this time of year. What should we eliminate to make room for new growth? Are we carrying too much from the past? Do we have too many things? Are you finding yourself wishing to pare down and make your life simpler? Plants grow best when the soil is free of weeds. So do we. Exterior clutter can reveal an expression of our inner condition. Conversely, there is a freedom in knowing that a cleared, clean space tells us the path is open. The mirror of our outer life is always reflecting back to us where we are inside ourselves. This is the perfect time to choose a slow, peaceful approach, echoing the slow but sure growth we see in the buds outside us. The slower we go, the faster we get there.

May reminds us it is always our Choice. We may choose each moment to look at our abundant blessings. We may choose to value whatever each day brings and appreciate each delay as a part of Perfect Timing.

Perhaps May also stands for: **Much (of) Awareness (is) Yearning.** Sometimes we just have to let ourselves breathe in deeply to be in touch with our hopes. Yearning for what we want life to be is a form of planting seeds. Giving ourselves the time and inner space to become aware of that yearning is the planting of seeds for our present and future Inner Peace. Happy Planting!

With Love From Your Teacher and Friend,

Susan

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