

Increasing Our Inner Peace

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Can you hear the school bell ringing? “School’s out”, it’s singing, “Let the summer begin!” Can you remember what it felt like as a kid on that last day of school? Were you excited about the coming months? Did you go to the beach or to a camp with other kids? Did you have to work? Did you spend time lying on the lawn, looking up at the passing clouds. What

they called Doing Nothing at all was actually a practice in living in the Present Moment. It was our meditation, our reconnection with Nature.

And now? How will you greet this upcoming time? Will you fill all the spaces with activity? Will you work as much? Will you connect with Nature's slower pace? It's trying hard to tell us to slow down and listen. If you have a garden, pay close attention to how each plant is growing. They grow very slowly, encouraging us to find a proper pace. Plants need sunlight. The Sun is a symbol for the Divine. They remind us to place ourselves where we can receive Divine Messages. Some plants need strong sunlight; some need sun and shade. How do you grow? How much independence do you need to grow? Do you need to read? to rest? to listen to music, to have time to "do nothing? What nurtures you in the summer? Do you breathe in deeply the fragrance of the earth? There is a replenishing vibration in the soil helping us to become more grounded and connecting us with true growth. Do you talk to your plants? They can hear you. Do you talk to your Self? It hears you too. Set your Intention at the beginning and ending of each day for exactly what you would like for that day. Would you like to enjoy the day more? Would you like to feel more relaxed and at peace? Tell your Self what you would like by Setting your Intention. Your thoughts will become your reality. That is how we water our Selves and open to the Sun.

Happy June!

With Love From Your Teacher and Friend,
Susan

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