

Increasing Our Inner Peace

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Ah the luxurious month of August has arrived. It's a time to breathe in and be even more aware of our blessings. Let's look in the word August. Perhaps it stands for:

Awareness. Understanding. Gratitude. Unique Silent Thoughts

Heat asks us to move more slowly and look around at all our blessings. If we slow down and breathe in and out, we can become aware of the little things we may have taken for granted. We begin to notice the subtle

reflections that are always there. Notice how the sunlight reflects on your car, on a wall, on you as you walk. Light is all around us but we tend to take it for granted. What is Light? It is a symbol for the presence of the Divine in each of us.

The longer you look, you begin to see how light creates reflections everywhere. In my photo, notice the reflection of the clouds in the stillness of the lake.

The people in our lives are like those clouds. They reflect back to us parts of ourselves. What do you see in the people around you? Are they reflecting your beauty, your kindness, your loving nature? And what about the people that annoy us or drive us crazy ... what are they reflecting? They are our lessons, parts of ourselves that we are in the process of improving. At first, we might say, "Oh no, I'm nothing like that." But if that were true, why do those people bother us so much unless it is a quiet unresolved part in us. As we work on the lessons these people teach us, it helps us to be more patient with them once we realize they are older parts of ourselves.

Patience becomes easier when we understand that we have all time to get better and better and better. There is no rush. And that brings us back to Summer and the lesson of August. The more we take time to just enjoy the Present moment and all of its wondrous Light, the more the gift of inner peace will soothe all the ripples on our surface.

I wish you a pleasing reflection that will light up your beautiful Self.

With Love From Your Teacher, Fellow Student of Life, and Friend,
Susan

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