

Increasing Our Inner Peace

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Ah, the Month of the Holidays has arrived, the last of the ember months. 'Tis the season to be carefree and jolly, but who has time to be either! The year has zipped by very quickly and we have followed in its steps, running as fast as we can. What else can you do when time is moving so fast?

This is the exact time to learn from and mirror Nature. Just as the plants have slowed their pace for a time of resting, we are being asked to slow our pace and observe this new period.

The colors have changed from vibrant autumn reds and oranges to browns and now to greens and whites. The green is there to remind us that growth occurs forever, even when the outside appears to be still. Our soul keeps on growing in the verdant pasture of Life. The white asks us to look up at the stars and wonder about why we are here.

In this busy month of preparation, a Holy Being came to Earth to remind us that we are here to Love in any and all ways. In addition to its other meanings, the Star at the top of the Christmas tree tells us we are each a star, a spark of Divine Love, here to light up the beauty of life for all those in our lives. The giving of gifts reminds us that we are here on Earth to give our gifts. When you notice yourself getting caught up in the frantic pace of December, stop and watch the snow as it falls to earth. Remember that you, like each unique snowflake, have your own gifts to contribute to Life.

As the year comes to an end, listen to your own heart's desires for the New Year. What you would like to do differently? What are your goals for this upcoming time? What have you learned in this year that is now ending?

And then, take a moment away from the busyness to sit and enjoy everything about this magical month, from the special people in your life to all the blessings you've been given. 'Tis indeed a time to celebrate.

Merry December to You All!!!

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

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