

Increasing Our Inner Peace

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Ah, a New Year has begun, and with it, another new beginning. January is named for the Roman god, Janus, the god of beginnings, doorways, and transitions. His face is often depicted with two silhouettes, one looking left and one looking right, symbolizing one eye on the past and one, on the future. Janus is also considered the guardian of peace.

There is so much to be gleaned from this interesting symbol. Certainly we are seeing that every time something begins, we want to carry with us the best of the past and our hopes for the future. You can see from this,

why the custom of making New Year's resolutions began. In January, we are asking ourselves to learn from the past year, to make improvements in any area we choose to focus on and to balance that with looking down the road at the year to come.

Ask yourself these questions:

- * What would I like to correct from last year? How can I do it better?
- * What goals do I have for this month and this year?

There is a great satisfaction in checking off each small step of your goal as you accomplish it. Remember to give yourself time to enjoy the sense of fulfillment as you check off each step, no matter how small it seems.

Life is not just about getting there but about enjoying the entire process. Too often we rush by each step without giving ourselves credit for work well done. That is why Janus looks, not only to the past year, but to the accomplishment of the day as he prepares us to move forward. His role as guardian of peace reminds us that inner satisfaction brings inner peace.

Nature leads the way in this first month of the year with its clean white and green colors. It asks us to find clean, simple solutions as we put away the frilly decorations of the holiday season. The bare limbs of trees outlined in snow allow us to see greater distances now. They tell us that when we let go of unresolved details and see the overview, we will know how best to move forward on our path.

Happy New Beginnings and Happy New Year to each of you!!!

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

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