

Increasing Our Inner Peace

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It's February already! How did that happen so quickly? Do you feel as if time is moving more quickly these days? It actually is. It's all part of the Major Changes happening to our dear planet Earth.

"What do we do about it?", I hear you ask.

"Good question.", I reply.

Part of the answer lies in the photo I took recently.

In part, it's telling us to stand together independently and support one another. If you examine the branches, it reminds us to take time to rest and prepare for the new growth that will be coming. In the spring, new shoots will push out the dead leaves and make room for the new. Nature reminds us every day that Life is a cycle. With each cycle, some things remain the same and some must change to help us grow. In order to grow, we must, like the tree, welcome the changes. Here are some questions the two trees inspired:

How do we support the people in our life? In what ways can we support them more?

Where are you seeing changes in your life? Where are you resisting changes?

When we look at the news, we are seeing evidence of the major change all around the world. What do people do when they are afraid of change? In their fear, they become either very angry or very sad. The mad/sad continuum are both pieces of the same thing ... fear. The Ego is fear and is very afraid of change. It is afraid of anything unknown because it has no faith that things will always get better. Yes, we are in difficult times. They are a necessary part of growth. The times are asking countries to unite and support one another just as they ask us each to do the same. Hard times push us to examine our values and ask, What is really important to us?

As in all things, we always have a Choice. Do we choose to see the changes as something positive with wonderful lessons that will help us grow or do we choose to despair and have no hope in the Positive Nature of Life? The choice is ours. Choosing Faith in the Positive is Self and that brings ongoing Inner Peace.

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

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