

Increasing Our Inner Peace

from Susan J. Ackerman

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Ah March, that elusive first month of spring. “Spring!” you say, “but there’s nothing to let us know that it’s spring with all that snow and ice. And who knows, we might get more snow tomorrow.”

March lures us with promises of warmer weather and tests us to see if we can know how it is different from February. The birds are singing a different song. They know the days are longer. And we do too. There is a different quality to the colder weather now. Like the birds, even the Earth knows the cold won’t last.

This is the exact moment when we are asked, not only to see what our eyes are seeing, but to sense the Change with our feelings. No two days

are exactly alike. No two months are exactly alike. We are being asked to notice the difference and know that no matter how long winter seems to last, we are in Transition. In fact, the Change has already begun. Faith is our ability to know that Change is the only constant in Life. In Time, all Change will be for the Good. March, like every month, is a marvelous teacher of that Truth.

When you hear people complaining about the cold and snow in March, you are listening to voices that are missing the overview. They are not seeing that nothing stays the same.

Think of times in your own life when you have been in Transition. You didn't quite know how to move ahead and yet you had to, not knowing what was ahead. How often did you find yourself saying, "But I don't have the answers I need."? Your question is the Answer. We have to learn to become comfortable with not knowing. We have to keep putting one foot in front of the other, trusting that we will know at the Perfect Time. It is more important to feel peace when you don't know. That is a sign you have made inner progress on the Path of Peace.

Use the good detective inside your Self and search for what's different now. The more clearly we can see the path in front of us, the easier it is to move forward. Here are some helpful questions to consider.

- ★ What signs let you know spring is coming?
- ★ Can you feel spring arriving inside your Self?
- ★ How have you changed from this time last spring?
- ★ How well are you holding on to the Truth of Optimism, in spite of no visual evidence that things will improve?

OUR OPTIMISM IS THE KEY TO INNER PEACE.

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

Susan

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