

Increasing Our Inner Peace

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Every April is unique. It has all the ingredients of the previous Aprils and yet it is different. In fact, that's true for every month. The seasons remind us, in a continuing way, that life is both the same and always changing. And of course, that's true for every person. In our core, we are the same soul who began this life and we are simultaneously, always growing and changing. It's part of the miracle of life.

In the same way, every person is quite unique and separate and simultaneously, a part of the same tree of life. We are each different and yet the same. We are all working on the same lessons from different angles and are on different rungs of the same ladder.

April asks us to look at our unique Selves, to appreciate and value how special we are. As the temperatures allow us to spend more time outside, we sense it is a time to revitalize our energy. The resting time is coming to an end and we are being asked to go out and search for the adventure that awaits us. There is an excitement in the April air, but also an impatience. What's causing that impatience? Simply a lack of faith in Life's Perfect Timing. If we were certain that everyone we cared about will get to their goal at the perfect time, we would never be impatient. It is not our timing that matters but theirs.

When we look at the sunrise that I captured in the photo above, we are reminded that every morning is a brand new opportunity to begin again. Every day is the beginning of new hope. We can decide at any moment when we are ready, to choose to live with deeper inner peace, to open ourselves to the gratitude for all of our blessings and to wish for peace for this earth and all of the people who have chosen to live on it. Inner peace begins, one person at a time, one stem at a time, one blossom at a time and its inspiration shines as a beacon in the lives of everyone who passes by.

May we all reach for the beacon within us and shine our sunrise brightly.

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

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