

Increasing Our Inner Peace

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May has arrived! It is our proof every year that no matter how long winter lasts, there will always be another spring. Growth is forever and the month of May is an ongoing demonstration of that Truth.

In May Nature draws our attention to the changes we see all around us. We need to remember that we are the guardians of the Earth, our beautiful, sacred home. Whenever we spend time outdoors, we are filled with a sense of peace. That is Life's gift to us, given through Nature. May

reminds us that we may return that gift and in gratitude, give our love to the earth and all its creatures by making sure they are well and safe.

In contrast to the rapid pace of the world nowadays, May teaches us that real growth is slow but steady. I have learned that the slower I move, the more I can clearly observe and enjoy each amazing moment of life. That is one of May's great gifts to us all.

May is the moment when we plant our seeds for the future and till the soil of the past. The more thoughtful our seeds are, the sweeter their harvest will be. Here are some things you May want to consider.

 What seeds will you plant in your life this spring?

 What new ingredient will you put in the soil of today to fertilize the fruits of tomorrow?

 Have you chosen what will grow and what you wish to weed out?

 Where will you spread your love?

 In this brand new May, what have you given yourself permission to do that will make the earth a better place?

Perhaps the word May is a prayer for all we wish to come true. May we each receive the peace of Nature and find our own unique way to spread its gift to everyone in our lives. This spring, May we feel an even deeper sense of wonder from the beauty of our special home, the Earth.

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

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