

Increasing Our Inner Peace

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All of a sudden it's June. Despite the long winter, June has returned. I have heard so many people speak of the long winter we have just come through, promising they won't complain about the heat in the summer. Yes, this winter was colder than most but we are in a time of Global

Warming and the Earth is changing. Do we have the right to complain? Yes, of course. But what happens when we do? Instead of getting out the tension, we often prolong the pain. Summer will be hot and sometimes quite humid. Most of the people I know have difficulty with humidity; it makes us feel uncomfortable in our skin. But it is a part of life. Winters will probably get colder. Summers will probably be hotter with more humidity. Life is Change after all.

What can we do to practice maintaining our Inner Peace? Accept Change. Adapt to Change. Find something positive in Change and move forward knowing it is and will be a good thing. No one said that is easy, but it does work. It is up to each of us to continually find something positive in each thing that happens. When we find it, we have improved our sight and understanding of Life. And that is exciting.

My photo for this month speaks of the beauty of summer, when all things that have been waiting as buds, reveal their gifts to us as blooms. How will you share your blossoms with others this June?

To quote poet James Russell Lowell, "What is so rare as a day in June?" The blossoming of lilacs and roses remind us of the Peaceful Kingdom that was our home before we came to Earth. The beauty of all growing things fills us with the peace we all knew. It asks us: How can we re-create that harmony, beauty and peace here on Earth? When we love ourselves, others and all of Nature, we are succeeding in what we came here to do. When we accept the Change that is Life and Adapt happily to it, we live in and with peace.

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

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