

Increasing Our Inner Peace

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Life contains all time, past, present and future. This year the month of July brings to mind our honoring of the past. I have just returned from a wonderful trip to Ohio and back that was filled with that just that.

In Massachusetts, I paused at the Mohawk trail to admire a Native American sculpture called "Hail to the Sunrise". It deepened my understanding of a culture that appreciates and reveres Nature, and the need to honor each sunrise and each sunset.

In Oswego, New York, I stopped to take in a moving view of the harbor and the many benches dedicated to loved ones who had sat there and enjoyed the view.

At the Cleveland Botanical gardens in Ohio, I was touched by the sight of hundreds of flowering plants and trees in a spectacular garden setting. It made me realize what a tribute every garden is to the beauty of the earth.

My trip's purpose was a family honoring of a cousin who left this earth at age 99. At the cemetery there were many cousins and extended family, most that I had never met before.

What especially struck me was that all I had to do was say my last name and I was immediately accepted. That was a first for me and it made me realize that the primary purpose of family is just that ... to love and accept one another just because we exist. This is the ultimate goal, something we can continue to reach for. It is what God wants for all of us, for we are all one extended family.

As you think of your family and friends, where are you in your progress of reaching for that goal?

Who would you like to remember this July? How have they touched your life? Each time you remember, you are honoring them and all of Life.

As you think of your family, your extended family and all of God's creations, think of your Self accepting all people and Life just as it is, just because it is. The more we accept, the more we love, the more our Inner Peace grows. This is the ultimate flowering.

I dedicate this July writing to all of our loved ones, past, present and future and to our ongoing love for all of Life.

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

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