

# Increasing Our Inner Peace

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Welcome to the glory of October! Every October is different and yet they are also the same. This year the colors are turning more slowly and we wonder if they will still be glorious. And then on a certain day, as if conducted by an unseen conductor, the choir of colors arises and fills our eyes with wonder. Life keeps its promise to surround us with its autumnal beauty every year. And whether we doubt it or have faith that it will come, it appears to reassure and amaze us.

Every season brings us many messages. This October I would like to focus on its message of Balance. My October photo echoes this message. There are many shades of many colors, each one complementing the other. If you look at any one of them alone, it does not stand out and yet, when taken together, they create a glorious scene.

They are a reminder that we need the harmony of balance in our lives. If we are talking a lot, we need the balance of silence. If we are very active, we need to balance it with stillness. If we are working too much, we need the balance of rest.

We can see this too, in Life's contrasts. It is the darkness of night that helps us appreciate the Light of day. It is the cold of winter that helps us open to the warmth of spring. It is our difficulties that help us see how strong we've become. We can see our Self's strength more clearly when we compare it to our Ego's weakness. Every magnificent piece of art uses contrast to create its glorious message. Fall, in its many stages and colors is like a choir that touches us with its harmonies.

This is a good moment to think about how you are harmonizing the many threads of your life. When I hear people say they are having difficulty with physical balance, I know they are needing to re-balance their lives since the body is a mirror of the soul. Have you woven your days and nights into a well-balanced masterpiece? If you haven't, what would you need to do to change that? If your life were a quilt, what changes would you make for it to be more satisfying and fulfilling?

If we look to Autumn's glory for answers, we can see that an appropriate balance is different for each person. As we search to improve our own, we can always look for the abundant messages all around us and we can ask for Guidance, trusting that it will always come at the Perfect Time. The balance of asking and following what we receive is another major key in our constant search for greater Inner Peace. I wish a Happy Fall to you all!

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

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