

Increasing Our Inner Peace

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I chose this photo for December for many reasons. When we think of this month, we think of a star leading the Wise Men (who were Astrologers) to the Divine Baby. We think of Christmas lights at night and all the beautiful decorations people place in their homes. In addition, we are faced with the darkness in the world, such as the November violence in Paris.

It is an especially challenging time to maintain a balance between righteous indignation, sadness and upset and an equally strong desire to create inner and outer peace. We have no control over the violent events that happen but we do have control over our reactions. We may find ourselves asking Why is this happening? What is the best way to react?... all important complex questions.

Why are these events happening? Yes, there are all the answers we have read and heard about groups violently protesting, trying to exert power over others and frighten them into submission. And those are all true. But behind these events is another larger answer.

We are now in the Age of Aquarius which is approximately from the year 2,000-4,000. Aquarius is the Sign and symbol for Major Change. You can witness its effects, not only in people's reactions but also in climate changes, volcanoes, earthquakes. Some of them are caused by the misuse of our resources but some are a part of the Major Change. We are being asked to stretch and reach out to all people everywhere. We are being asked to become One World where we will all work together for the betterment of all humankind, all creatures, and the earth itself. These are some of the themes of Aquarius.

Resistance and fear are the reaction of many people to change. These reactions often lead to violence and certainly to difficulties.

How can we best react to all that is happening?

- By understanding this is all about the need for positive change
- By accepting that Life is Change
- By reacting with compassion, love, and faith in positive outcomes

We must understand how frightened people are of change. It is only when we maintain the faith to know that all change is and will be positive that we can embrace it with an open heart and mind.

In this holiday season, it would be wonderful to emulate the Wise Men and seek out the light of Positive Change. In the darkest of times, it is the Light that leads us to Truth and Peace. Stay in touch with your own Inner Light as you listen to the changes in the world and Understand the fear that creates these reactions. Balance these difficulties by seeking the Wonder and Beauty in each day. Focus on all that you Love. They are also the Truth of Life. Let us stand together in our ongoing search for Inner Peace until, like the ocean, the ripples of our search reach out to the whole world.

And with that thought, I wish you all a Peace-filled, Loving, Holiday Season.

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

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