

# Increasing Our Inner Peace

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Happy New Beginnings! 2016 has arrived, with or without the expected snowfall. No matter what happens in the world, the seasons and we will continue to reach for more Self every day.

The ancient custom of creating New Year's Resolutions that originated at least two millennia ago is part of our desire to improve, to do something different. It is a reflection of our ongoing growth.

As we look at the leafless branches now, we are reminded of our own need for clarity and simplicity. January asks us to look at the larger picture

and not get bogged down by details. Winter itself outlines our need for peace in simple, clear colors. Even the blue in the sky reminds us we are like the ocean, many drops forming one entity. Unity is a major key in our search for peace. Thinking about how we are all alike helps us understand our common goal of reaching up for more peace. Yes, there are stragglers who don't seem to be headed toward peace. But in time, when they are ready, they will seek it too. When people know we are one, they will not harm one another.

When you look at my photo Ice Pond, you can feel its clarity and simplicity. You can see the unity in all its parts, creating one picture. It is, in fact, a picture of Winter's Peace, Joy and Beauty.

You may want to consider these thoughts:

- \* In spite of the stress, where do we find the greatest Joy in our life?
- \* Where can we simplify our life?
- \* What can we do to increase our sense of unity?

The great Masters all reminded us we are here to love. The more we improve how we love the earth, its creatures and one another, the happier and more peace-filled we will be. That concept creates an eternal unity of growth as we constantly improve how we express our loving Selves.

I return to my Ice Pond photo to express my New Year's desires.

**I wish each and all of you a Peace-filled, Joyful, Hopeful 2016!!**

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

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