

Increasing Our Inner Peace

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Volume 3

Number 7

July 2016



After an unusually cool spring and cold but dry winter, many people have wondered if summer is really going to stay. This brings us to the question of security and what we can trust. Deep within each of us there is a great need to feel secure and reassured.

What makes you feel secure? Is it living in a certain town? Is it knowing that you feel safe to hike, walk or swim? Is it knowing you are surrounded by family and friends who love you? Is it knowing you have and will have enough money to pay bills and live in your home?

And then there is the question of what is Home? Is it a place? a person? people? Is it being with one or more people and animals who love and accept you? Is it being surrounded by familiar objects that remind you of special times and people?

Often, as we age and no longer want the responsibilities of owning a house, some of us sell our homes to be closer to family, some move to a senior residence, or move in with a family member. As we prepare to move, we enter a time of paring down, which is a redefining of what it means to be Us and still Home. None of us can be sure that we will always live where we are right now. So the question of Home becomes a larger consideration. How can we find a sense of Home, no matter where we live? Since change is inevitable, we must work to see its positive nature. The picture I chose for July seems to me a symbol for the Waters of Time.

How can we always feel that we are Home? For me, it is an ongoing search to find a sense of Home inside myself, no matter where I am. I will be traveling to France this summer and staying at many different places. If I feel at Home in myself, I will feel secure no matter where I go. If I carry the Home that is Me within me, I will always be Home. My journey seems to mirror the changing nature of life's journeys.

The song "Going Home" from Dvorak's New World symphony often makes me think of the place I think we came from and go to when we leave this Earth. I see Heaven as a place where the air and water and light are pure and clean and beautiful and where we are loved unconditionally. I believe that we came here to recreate those conditions on Earth. If we look around us, we know we have a great deal of work to do but we know our goal. One by one, as we re-create Heaven's Peace, we will create Peace both within and without.

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

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