

Increasing Our Inner Peace

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The Winter Solstice has arrived again. On December 21, we witness the shortest day and the longest night of the year. That presents quite the symbol and challenge for each of us.

When we look at the number of violent, angry, and depressed people, reflected in the symbol of the shortest day with the least amount of daylight, we can see our challenge. In these times of Major Change we are being asked to hold our minds and hearts to the Truth of the Goodness of Life.

That is why I chose this morning sunrise I photographed at my recent retreat in Texas. We must each hold the image of the Light of the Sun in our heart-mind. Even when it is not shining, the Sun is there waiting for us to see it. The Sun is

also a symbol of the Divine that shines its Love on us all. It is a constant reminder that every person is a part of the Divine. When we witness the sadness, anger and lack of kindness in some people, we must remember that each person is on their own path. All we can do is hold them in the Light of our prayers and thoughts and have the Faith to know that they will get there in their own timing. But that Faith can move mountains.

We have all seen people who try to control their loved one's lives. Sometimes it was a parent and a child, sometimes it was spouses or other family members. We do not have the right to interfere with our loved one's decisions. But it takes all of us a while to learn this Universal Truth. When we try to interfere, they either move away from us, as in the case of many children, or distance themselves emotionally or resist by fighting. If we become impatient, it is because we are not trusting them to get there in their own timing. On the other hand, when we let go and release our loved ones to find their own way, the love and peace grow stronger.

Once we understand that everyone is working on their chosen life lessons, we can be more patient, trusting in Perfect Timing for all of us. It is an ongoing exercise in deepening our Faith.

The message of December is for each of us is to be the Sunlit Beacon of Light and Hope that we are. In our Divine Self, we must light the way for the frightened Ego in ourselves and others.

December reminds us that we are not alone. If we seek out the guidance of our Angels, Guides and God for their Heavenly Help, then watch and wait patiently, answers will come.

May we each add our Radiant Light to the World at this Holiday Season.

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

PS. Please share this newsletter with anyone who would benefit from it.