

Increasing Our Inner Peace

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January is an exciting time of year a brand new Beginning!

Imagine we are sitting at the window looking out at the time yet to come. We can't see very far ahead of us but we can see all that is directly in front of us. If you look carefully you will see, on the left side, traces of a path we've walked, now freshly covered by a new snowfall. Memory, like that partially covered path, seems like a mirage reshaped by the lens of time and imagination. As we look at it, let's hold on to the best of what we've done. Then, let's remind ourselves that we'll make new tracks tomorrow.

When we look at the winter scene in my photo, we can feel a warm sense of camaraderie in the shapes created by the artistically placed stones. Looking at

the three sculptures makes me realize how much our supportive friendships with one another strengthen our daily inner peace.

Allow yourself to be drawn into the peace of the photo and consider these resolutions.

Look for the good in each day, no matter what is showing on the surface.

Make some quiet time, even once a week, to send out our hopes and prayers for peace in the world.

Think of your thoughts as seeds that prepare you for the hope of an abundant spring.

Be grateful for winter days that give us time to rest and replenish ourselves.

Resolve to do better in this New Year.

If we can learn to rejoice in every new beginning, knowing that Life is a good process, we will reap joy and happiness beyond what we have imagined as Life sends out its abundant gifts to us.

If new beginnings make us uneasy, our practice is clear ... we must strengthen our belief that All will be better in time and choose to feel optimistic about each new start.

May we each add the Light of our Optimism to the Purity and Love we see in the White of Winter's True Heart.

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

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