

Increasing Our Inner Peace

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Everyone has anxiously awaited the month May and at last, as promised, it has arrived. May, the first month of spring, is the herald of this new season. When we look at the many shades of greens in my picture, we can feel the hope it offers. Green is the color of peace and growth. Let yourself feel in your mind the first warm breezes of spring. They are soft like many of the greens you see here.

When I listen to people's conversation each day, I hear how often we don't

remember the gifts of each season. On a cloudy day, people feel down and don't seem to remember that the sun is just behind the clouds. In spring, nature reminds us firsthand that the sun has always been there, waiting patiently behind the winter.

Every day, we must be the sunshine to all the people and animals in our lives. That knowledge is part of our daily practice on Inner Peace if we accept the challenge. Whether the sun is shining or not, we must remember it is always there.

When we are feeling impatient with what's happening in the world, it is helpful to look to spring and its message of peace and abundance. Look at my photo again and think of the bridge as a symbol of a new beginning, a walkway into a future we must create.

Let's look far down the road and plant seeds of hope now. Picture how you would like the world to be. I would like to see a planet of peace and harmony where people help one another, where we all take good care of the earth, a place where we appreciate our blessings. If each of us concentrates on a peaceful image, we will plant the seeds of peace in our world. Just as we can't see any growth springing up after we've planted the first seeds, we must still water them every day and wait patiently for them to grow. In the same way, we must water our image of Peace every day by sending out our image of Light and Hope for the future. Then, in time, it will happen.

I join each of you in a celebration of new growth and new peace.

Happy Spring!

With Love and Light From Your Fellow Student of Life, and Friend,

Susan

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