

# Increasing Our Inner Peace

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Imagine you are entering the world of my photo. This Japanese garden in Toulouse France captures for me the essence of life's peaceful movement. The master gardeners have designed it with a goal of peace so we don't feel disturbed by its motion. Each series of lines is different and yet each group fits together.

Life also has an Order, although we may not always be aware of it. All things are part of a larger plan created by the Good, helping us to know that Life is a Good Learning Process. Of course we all experience difficult times. When we are experiencing them, we may not think of them as necessary, but once we have an overview and understand the reasons for it all, an amazing sense of Order and Peace emerges. Like the garden, seeing the whole brings us a deep sense of calm.

In your own home or garden, look for the peaceful patterns you have created with furniture, art or plants. Try to feel a sense of the whole in your own peace-filled patterns. The more we can see the serenity behind life's movement, the greater our inner sense of peace will be.

To help our inner garden grow, we must water the seeds of our Patience and Understanding. If we could observe our lives through the eyes of the Divine, we would know the Truth of "all things in their time". We would understand the positive reasons for all the lessons. That understanding is the foundation of acceptance and is a major key to Inner Peace. Since we can't have all the answers right now, we must grow our inner gardens with Faith, the belief that there is a Positive Purpose and Order in all of Life. We often say, "Seeing is Believing". Faith is Believing before we see the results. The deeper our Faith, the stronger our Inner Peace.

May you water your seeds of Faith with Hope and Love.

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.