

# Increasing Our Inner Peace

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As I thought about February, the message of Love seemed to call out to me. Down through the ages, many have tried to explain and describe love and it has always seemed to defy words.

What is Love? I think it is when we feel a complete acceptance and deep appreciation of anyone or anything from a person to an animal, to all of Nature, to all of Life. It's when we feel the greatest joy and peace.

It's easy to love those we already love but how can we love someone whose behavior is unacceptable? The simple answer comes from knowing the overview: Everyone has a frightened, mad or sad inner child called Ego and a joyful, loving Self. We can feel compassion for their Ego and love their Self. We can know that everyone is on the same journey from fear to

love and hope. This knowledge helps us to accept where they are and not try to push them to move faster in their growth than they are ready for.

That is why it's so important to be in touch with our heart-mind. This is the part of us that feels the truth and sends its wisdom to the mind. The heart-mind is patient and forgiving. It understands that Life is an eternal journey toward greater Good. The heart sends its belief in the positive nature of Life to the mind. The heart's wisdom knows kindness, compassion, gratitude, joy and love, and sends its understanding to the mind. When we live in our heart-mind, we can understand the Ego and see the Self in every person.

Our Self knows that in time, we will all fully be the loving person we truly are inside. It understands that the Ego often expresses its fear in unloving ways, but that who we are is much more than what is showing.

Our Self is a piece of the Divine in each of us. It understands we are here to learn and grow, to understand and to love unconditionally. As we grow, we all continue to change our Ego into Self. Each time this happens, a spontaneous feeling of love and joy pours out from us. In those moments, we know that life is for love, that Love is a healing power.

Love knows how to give and receive. As we look at all the signs of love around us, we become aware of how loved we are. The photo I took this month is a heart in a tree stump, reminding us we are loved.

Feeling love for all of Life creates unending Inner Peace. Love knows we are forever loved and loving.

Happy Month of 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.

Photos by Susan J. Ackerman