

# Increasing Our Inner Peace

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Welcome to the first month of Spring. No matter how much more snow is in the forecast, spring is here just below the surface. Yesterday I had a wonderful time snowshoeing with a friend. At a certain moment, we could hear the brook babbling beneath the snow, announcing the new season. This is the perfect moment to practice enjoying the excitement of new beginnings without knowing exactly how they will play out. Our ongoing

practice is to know that Life is a Good Process, that we will always have an opportunity to grow, learn, and love more.

If you look at my photo, you can see the winter receding as the waters of spring melt the snowy shapes of winter. It parallels our own development as inner thoughts and feelings begin to surface. In the photo, I can see many symbols in the shapes created by the snow. Noticing symbols reminds us to look at the symbols in our own lives.

Like the changes of spring, our bodies create fascinating symbols as messages to us. Even discomfort is a teacher, asking us to pay attention to its symbolic message. For example, if our shoulder is hurting, are we shouldering too much responsibility? If our head is aching, are we overthinking things when we need to let go and trust life more?

Nature teaches us that Life moves in cycles. Early spring asks us to celebrate the ending of winter and be open to the very beginning of the season of new growth. Every cycle gives us an opportunity to learn something new. The more we welcome the unknown, the more we will enjoy its rewards. In March, we can feel spring's movement without knowing exactly what it is bringing. We begin to sense and smell its presence even before its full glory is showing. We must balance our memory of past springs with knowing that each spring is unique and asks us to be open to its unknown adventures.

Let's "spring ahead" into a greater belief in all the Good that awaits us.

Happy Early 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.

Photo by Susan J. Ackerman