

Increasing Our Inner Peace

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November has returned, with its mysterious, haunting nature. As you look at my photo, you can almost feel it beckoning to you. It draws me into a story as yet unknown. I see it in the clouds, in the grasses, in the water. There is something in the character of this month that asks us to look back at memories and look forward with questions.

As we look ahead, we are reminded there is so much we cannot know. I often wake up in the morning and say to myself, "I know nothing and that's okay!" And then I laugh at all the questions whose answers I don't yet have.

November asks us to trust that we will have our answers at exactly the perfect moment whenever that is, knowing that is a part of faith. I define faith as believing that all will turn out for the good and that there is a Higher Power guiding us all along the way.

November is clearly a month that tests our faith. We don't see many sunshiny days or bright leaves on the trees. We can look back and remember the glorious autumn colors but they have gone for the moment. We have to look more deeply to see its haunting beauty. But the beauty is there, as it is in every season and every day.

We all have periods in our lives that seem more difficult, when we wonder how soon will it ease up. One important message of November is that life is change. Even the difficulties won't last forever. Every stage is replaced by a new one. We are all here to learn. Can we find something we can feel grateful for even in challenging times? Can we find our inner sunshine when the sun is not shining? Can we shine our sun for those who can't find it right now? As we answer Yes to these questions, our life becomes filled with greater Joy and with greater Inner Peace.

I wish you happy seeking and finding the gifts of November.

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