

Increasing Our Inner Peace

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I took this photo during a recent snowstorm. All the trees seemed to huddle together as they lasted out the storm. It made me think of the stormy times we live in and what comfort it would be to gather together while waiting for the difficulties to pass. Nature is such a wonderful teacher. The trees are unified just by being who they are. They don't think of their differences, but live side by side sharing sunrises and sunsets. Their roots are intertwined, reminding us of how connected we are.

In this magical month of December, I hope we will let Nature show us the way. The artistic dance of snowflakes as they search for a place to land holds a major key to joy. When I watch them, they seem to hold the essence of peace as they float through the air. They remind us that we are simultaneously, both separate and united. Once the flakes reach the earth, we can no longer tell them apart. We just call them Snow. I see snow as an inland ocean, teaching us that we have an Individual Self and a Universal Self that is part of all people. When I look at a field covered in magical white, I feel a sense of awe and inner peace. Why is that? Because it is reminding us of how connected we all are at all times.

Perhaps one of the greatest gifts of December is reconnecting to the deep peace we all hold inside ourselves, even when we forget that truth. Every time we help one another or help the earth, like the trees in the photo, we join together. In those moments, we are re-creating the peace we all knew before we came to earth. The inner knowledge of that peace is the greatest gift we have. It holds within it all hope all love, and all time.

My prayer is that all the people in our world will live in that peace in our lifetime.

I wish you the Peace and Joy of December.

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