

Increasing Our Inner Peace

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If you enter my photo in your imagination, we are standing at the water's edge on the crisp white snow. The air is winter cool. Take a deep breath and breathe in its purity. It is sunrise and the sun's glorious pink reflections are singing to us on the distant horizon. We are up early to greet this new day and can see its potential. We are witnessing together the sacred possibilities that begin each new day.

If you look closely at the left side of the photo, you will see a man-made light reflection. It's a perfect symbol of the message that we must carry our own inner light and also be nourished by nature's light.

The same is true for the New Year. The doors of hope and peace are both inside us and in front of us. Nature holds within it all of life's messages and truths. The truth of each new day is that peace is there for the receiving.

January, the first month of a new year, is also the symbol of morning as we begin again. The seasons and months exist to remind us that life and growth are part of an eternal cycle. The cycle of growth is a spiral so that as we return to the same month on the spiral, we are in a new place on the spiral that reflects how much we've learned and grown.

"What about all the people who haven't changed and grown?", I hear you asking? They, too, are learning, even if only in the unconscious. We may not see other people's changes but they are still working on their chosen lessons. All our tests continue even if we think we're ignoring them. Learning, like life, is eternal.

There are many tests in Life. The greatest of these is the test of faith that every person will find peace at the Perfect Time. Our individual job is to believe that Truth, and to continue deepening our inner peace, no matter what is happening around us and in the world.

Inner peace is our birthright if we choose to accept it. We cannot give it to anyone else, but we can fully receive and appreciate its ongoing blessing and live in its joy. We can be a shining example of a commitment to live in inner peace.

Inner Peace is acceptance. Once we know that everything is a lesson to help us grow, then we can accept where everyone is on the continuum of learning. We can know and trust there is a larger plan for Good and that we are each watched over and guided every step of the way.

May we each increase our Inner Peace in this New Year!

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