

Increasing Our Inner Peace

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What a complex month September is! It begins holding on to the summer with days that tease us with warmth and thoughts of relaxation, as you can see in my first photo. It ends as nature changes and dons fall's glorious colors as in my second photo below. September is a perfect example of the turning cycles of seasons. It reminds us daily that the only constant in life is change.

September's changes are often too subtle for us to perceive. They are an ongoing reminder that nature is always growing and changing. This is echoed in our bodies as our cells are changed and replaced all the time without our even noticing. Our cellular changes are so subtle we assume it's all the same every day.

Though we know that life is change, it is when we are given constant opportunities to change that we learn and grow. Sometimes we may find ourselves resisting change. We may want to keep our children and

grandchildren just as they are right now. “Will they love us as much as they grow?”, asks our Ego’s fear?

What about our bodies’ changes? Are we forgetting things more often? What are we learning from those changes to help us grow?

Recently, I injured my toe and found walking a challenge. As it healed, I realized it was teaching me to slow down my pace, which has always been fast. The change has been a wonderful and humbling lesson for which I am very grateful. What lessons is life teaching you?

The more aware we become of our own inner changes, the more we can learn and grow. The Ego resists change with anger and sadness. The Self looks forward to, grows from, and appreciates every change. It knows that change will lead to something better. When we learn from the truth we observe in nature, we will see the beauty of every stage and live in the peace that accepts all change as a blessing.



I hope each of us will celebrate life’s daily changes!

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