

Increasing Our Inner Peace

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I hope this photo made you laugh. He is such a trusting dog I just had to take his picture. What does this have to do with November? Everything.

November is a month of transition. The inspiring colors of the foliage have left and the clean white snow of winter hasn't yet arrived. For many, it feels like a time of in-betweens. The bare trees and browning leaves give us no immediate indication of where to find direction. Nothing is showing on the surface. Our clues are hidden from view. This is the exact moment to reflect on what we trust in life, what gives us hope. That's why I chose this doggie's position. He is the epitome of trust!

November brings out the fear in many people that life will never improve for them. Many people only think of the colder months to come and the lack of daily sunshine. But every month has its gifts. November asks us to trust that everything will be better in time, even when nothing clear is showing now. I believe that a Highly Positive Loving Source many call God, along with many angelic helpers, watch over us and help us when we ask for help. I believe that Life is a positive process of learning and growing and that our difficulties make us stronger and wiser when we are open to our lessons.

November asks us to understand that nothing happens by accident. We are being asked to trust there is a plan to help the earth and to help all of us to move toward a more positive place. The more we believe and trust that, the more peace we will have. November asks us to look for subtle, less obvious signs when we have a question.

My next photo is a perfect example of this. On a recent outing, I was drawn to take a picture of these clouds. When I thought about their message afterward, they seemed to be saying, "Laugh more. Be silly sometimes. Don't always be so serious." And that is certainly a message I need to receive. Your messages, too, will be very personal, just for you.



No matter what the month, look for your messages in the many amazing gifts that are being sent to us, and trust there is a positive purpose in all things.

Happy Believing, Knowing and Growing!
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.