

# Increasing Our Inner Peace

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Another cycle has come to an end as 2019 completes itself. Thinking of time as a cycle is so helpful in understanding life. A cycle has no beginning and no end. Just as the seasons mark a moment in time, death is also one moment in the cycle. With each repetition, new lessons are learned, just as they have been in our many lives. No wonder we learn from repetition. Learning takes time but the repetition is never boring when we know we are gaining something new. As a teacher, I know the key to good teaching and learning is non-boring repetition, just like Life!

I chose this recent photo I took at the ocean in Maine to represent December and the waves of life that come and go from moment to moment. Each new wave uncovers something of the past and brings new combinations of water and sea treasures as it reaches the shore. Similarly, each new year in our lives carries our conscious and unconscious memories of the Past and adds all that exists in Now. Nothing is ever lost. All is merely re-mixed and re-examined as we are ready. If we stand at the shore of our life and observe the waves of our unfolding stories, it is forever fascinating. Sadness and joy intermingle as they create new combinations. We are daily witnesses to our own eternal symphony and its many movements.

In our quest for Inner Peace, it is very helpful to remember that life is much like the ocean's tides. Endings are beginnings: As each part ends, a new chapter begins. There is great peace in watching waves for they are a true parallel to life. When we feel this movement we are "swept away" by the power and beauty of life's motion. Watching waves can bring a deep acceptance of change, which is Life itself.

So as this year comes to an end, may we all enjoy the beautiful power of its unending cycle and accept all that has happened as part of our lessons. The more we are in awe of this amazing process called Life, the more peace we will have.

My wish for all of us and the world is that we come to accept, appreciate and enjoy this miraculous process of learning and growing that is Life. As each of us finds more Inner Peace, it will ripple out until one day, the whole world lives in peace.

*Happy Endings and Beginnings!*

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.