

# Increasing Our Inner Peace

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Happy 2020! A new decade begins, filled with many possibilities. We are now in the role of sculptor with the clay of time in our hands. What gifts await us and what challenges will give us an opportunity to grow?

The first gift that comes to mind is the number of the year itself. When we say someone has 2020 vision, we know that they can see clearly without the help of eyeglasses. This new decade offers us the opportunity to use our inner and outer sight to understand and interpret, in a positive way, all that is happening and will happen.

I chose this photo, taken from the Pyrenees Mountains in Southern France, to symbolize the month of January. Imagine we are standing at the top of a mountain looking over a vast horizon of time. Our distance from

the village symbolizes to me that the farther away we are from a scene, the greater our overview of understanding. In our own lives, we must remember to balance the details of any situation with a clear sight of the overall picture when trying to understand what it means.

A little story that happened to me on the day I was climbing this mountain range is a good illustration. That morning on the French TV weather report, I heard them announce there was a possibility of showers. As we arrived at the parking lot to begin our climb, I prayed that the day would be a dry one. The path to the top was very steep and filled with large rocks which I knew could be dangerous if wet. I said some more prayers. When we reached the top, I felt very grateful to have arrived safely. We sat down for a picnic lunch when the first raindrops began. I said more prayers for our safety as I imagine others did as well. The rain did not stop and it was time to descend. The kindness of the people in the group, who I did not know well, was immediately apparent. Those who felt more confident, offered those of us who felt unsure, their hands as we slowly descended. The comfort of their strength, reassurance and knowledge of how to navigate the slippery rocks is an image I will always feel grateful for. Being a natural giver, it taught me the beauty of receiving.

Now, as we begin a new decade, I hope we will offer to lead and guide those who feel frightened or unsure whenever challenging times present themselves. We are here to help one another and to hold high the candle of Hope for everyone. We all have moments of doubt or uncertainty. It is exactly at these times when our help can become a turning point for others.

We are each standing side by side on our paths to give and receive help whenever needed. We are never alone. Help is always available when we ask. The great gift is to know that as we learn our lessons, we will grow and become more peace-filled every day.

*Happy New Giving and Receiving!*

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.