

# Increasing Our Inner Peace

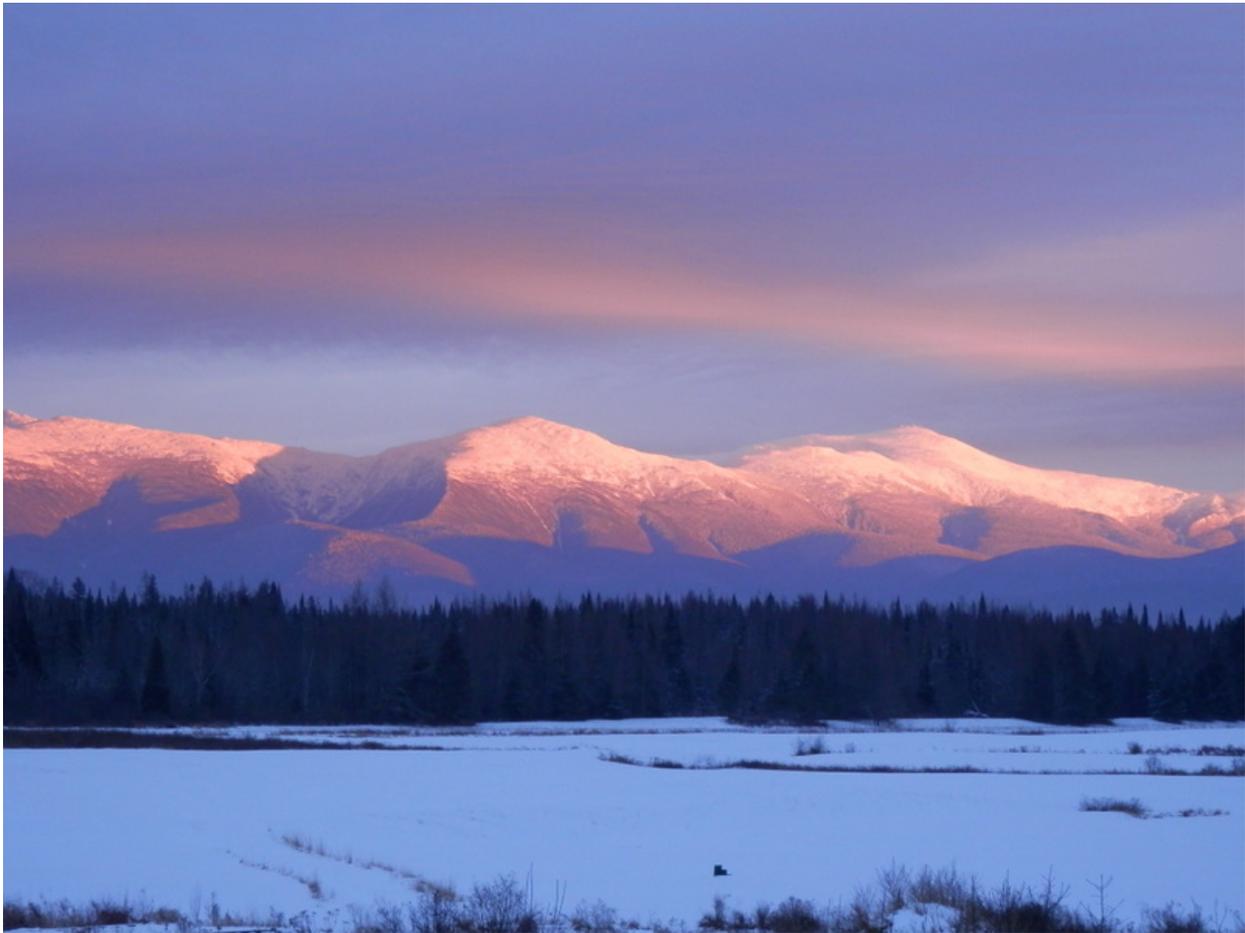
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As you look at this photo, you know it is February. The middle month of winter gives us a wonderful opportunity to plant our inner seeds, while watching nature delight us with its magical scenes of light on snow. The photo gives us all an opportunity to enjoy the amazing alpine glow as the sun sets over the snow-covered mountains. It's only in winter that we can clearly see this light show.

The photo reminds me that just as every day and every season have their unique gifts, this is also true of every person. We each have our unique gifts to share. Even if we are not sure of what they are, we can be sure that they are there for the discovering.

Like winter, one of the wonderful rewards of aging is that we have a new opportunities to find, increase or create beauty at every stage. Just as the dancing pink clouds hover over the mountains, life asks us to find our own unique creative self-expression. Perhaps it will be something we dreamed of when we were younger and didn't have the confidence to do at that time.

One of the gifts of aging is that we can give ourselves the permission and freedom to be fully who we are, whether or not others approve. Youth worries about what others think. Age knows we have come here to be who we are. That doesn't mean we don't care about others' reactions and opinions. It's just that we are no longer enslaved to that concern. If what we are doing doesn't harm anyone or anything, we can do whatever is right for our own growth and joy.

The freedom to be fully ourselves creates an inner peace that is lasting. Within this freedom, we are open to growing, changing and learning all the lessons we need. Some lessons are even fun!

Winter is a perfect moment to think about the light show our existence creates in the lives of the people around us. We have an infinite opportunity to fill our Selves with joy and peace and let its effect become the alpine glow in our world.

*Happy Creating!*

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.