

Increasing Our Inner Peace

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I find myself singing along with Celine Dion's song, "A New Day Has Come", written by Aldo Nova and Stephan Moccio. And I would add, not only has a new decade come but a new time has come as well. All that we have gotten used to has changed.

Here are the words I've been singing from this song:

Let the rain come down and wash away my tears.

Let it fill my soul and drown my fears.

Let it shatter the walls for a new sun.

A new day has come, A new day has come.

THE WORDS CONTINUE WITH SOME PREDICTIONS:

When it was dark, now there is light.

When there was pain now there is joy

Where there was weakness, I found my strength.

Hush now, I see a light in the sky.

I can't believe I've been touched by an angel with love.
A new day has come. A new day has come.

We are clearly in a new time with new lessons. The earth is a giant classroom and we, its students, are given daily opportunities to grow and learn. This latest test has asked us to stay inside. If we think of what that means spiritually, we see we are being asked, not only to be at home, but to go inside ourselves to find answers. New times require new positive solutions. Yes, we must take care of ourselves but we are also being asked to take care of one another, albeit from a distance. One way to find our inner answers is to meditate and ask for help. We are each a piece of the Divine. When we ask for help, answers will be given.

This virus is named Corona. What is a Corona but a halo around a celestial body. My photo is of the corona around our Sun, a symbol of the Divine. In the first light of morning as the Sun becomes visible, we are treated to this halo of light, reminding us that more light is coming. I believe that is the message from the Divine to us every morning. Divine light is always with us and within us, even in dark times. There is always light, even in the darkness.

Like the symbol of day, as we grow and learn, we are offered a chance to increase the Light of awareness and love. All that is happening now asks us to slow down and rethink our lives and our values. I think the C in Corona symbolically stands for Caring, Compassion, and Communication. It asks: How can we reach out and help others? If we are having to isolate ourselves, it reminds us how meaningful caring communication is. Love for all of life will build our immunity. The more we love and send out our Light, the stronger we will become.

I believe there are no accidents. We have been given a difficult lesson at this time because we needed to take better care of one another and the Earth. By changing the way we move forward, we have to consciously think about and choose what we want to say and do to make this a better world now.

That, I think, is the pot of gold that awaits us after this storm.

*Let's join together and send out the Light of our Love
to everyone and everything*

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.