

# Increasing Our Inner Peace

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Volume 8

Number 1

January 2021



Happy New Year and Happy 2021!!! A new era has begun ... the Age of Aquarius. As we move forward toward what's ahead, symbolized by the waters in my photo, we know that we will learn and grow from every experience.

If I had to choose the three most important words as we look toward this new year, they would be **Patience, Kindness and Peace**.

We must trust that better times are coming as we learn from each new challenge. When will all be better? We don't know. That's why Patience is so necessary. I learned long ago that impatience comes from a lack of faith

in Divine Timing. Our faith in Life's goodness reminds us always that everything that's happening is meant for us to learn and grow.

Kindness is another important focus. Knowing that every person is a part of the Divine, we also know that we each live at the level of our own evolution. Our loving acceptance of others encourages them to grow in their own timing and is another opportunity to exercise our patience. Kindness also leads us to help friends, family and people in our community in any ways that are appropriate.

The Aquarian Age we have just entered asks us to first seek Peace inside ourselves. Having to stay inside now is a perfect symbol for the inner work that we must each do within ourselves. No one can do our job for us. Our job is to respond calmly to all circumstances with peace and optimism. The more peace-filled each of us becomes, the more we will fill the world with hope. We are each asked to play our unique part in the creation of world peace. It will take time, but it has been predicted that as we rise in our understanding, worldwide peace will be the result.

*May we accept all challenges and see them  
as needed lessons for our Peace.*

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.