

Increasing Our Inner Peace

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With July, we have begun the second half of 2021. We can begin to see summer entertainment slowly returning. As you can see in my photo, families and friends are beginning to venture out to enjoy the gifts of summer. There is hope and caution in the air as people begin to breathe a sigh of relief.

I see kindness in many people's faces and helpfulness in people who don't even know one another. Observing this behavior shows us what we needed to learn from our enforced time of isolation. Being apart has helped so many realize how much they care for family and friends and has given people a desire to express that love. Sometimes we take love for granted

and don't remember to express our caring. It's the little things that count, like checking on someone who is having a hard time and just letting people know you care about them. Love is expressed in small gestures that are very powerful.

When we review our life story at the end of life or any time, what will stand out is the love we have shown, the many times we have reached out to help another. When all the "sound and fury" are behind us, it's love that lights up the world.

Each time we send out the message that every person is a beloved child of our Creator, it replenishes and renews our hearts and our hope. It is a truth that every person must come to know.

Love is a circle and all that goes around returns back to the sender. We must come to know that we are love and loved. When all people live in that truth, this world will know long-lasting peace.

May we each inspire others to be the love they truly are.

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.