

# Increasing Our Inner Peace

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Summer is turning into fall, reminding us that life is constant change. Familiar colors are transitioning to their new shades with new meanings.

After summer's vacation time away from much stress, fall arrives with new lessons for each of us. The lessons for this September are a little more intense than they were in the past. What are we learning this time around?

We are learning to see more clearly than ever before our many different inner parts, and identify them with understanding. We are also studying the reactions and effects of our ego, the mad or sad part of us, that many call the shadow side. Many of us are observing that buried emotions are surfacing at this time. That is actually a very good thing because we are

now ready to examine our ego's fear of change. Our emotions have risen to the surface to help us rise into our highest, Divine Self. Inside every person our Divine, Joy-filled, Kindest Self is waiting to increase and grow.

Now, in this New Time of Great Change, every person is asked to be a shining example of Love, Growth, and Courage. We can only teach by example, so the teacher and student in us must nurture our inner Selves every day. We must be the voice of courage and know all is happening to help us reach up to be our kindest, most loving Divine Self. The more we accomplish this, the better we can be of service to others.

In this New Time of Great Change, we are also deeply learning that no one is alone. Every person has many Angels, Divine Guides, Masters and our Creator who are waiting for us to ask for their help. No matter how difficult our challenges, we will be given the help we need. Trust in the goodness of Life. Know that you are watched over and loved and that you will be fine.

*May we reach up for our Divine Light in every moment.*

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.