

Increasing Our Inner Peace

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What is more beautiful than the russets and golds that light up our lives in October? As trees and plants prepare for winter, they give us color filled scenes. It is their tribute to life's beauty at every stage. Colors that have been hidden inside leaves burst open to their full potential at this moving time.

Our deeply buried gifts are also given a chance to come out of hiding and grace the world with their presence. I hear some people dreading the coming cold weather and ignoring autumn's copious gifts. Our reactions determine how we will receive fall's gifts. We have all been so busy for so

long running past our inner reactions. Now we are given a chance to be still and listen to the message of our positive inner voice.

New times ask for new ideas. We think of 21 as the age of becoming an adult. In this new 2021 fall, life is asking us to “grow up” again, to find and appreciate the beautiful parts buried inside ourselves. Notice how many shades there are of every color in my photo. Think of them now as parts of yourself that have been waiting to find expression. You have many more parts than you’ve ever seen before and now they are asking you to become aware of them.

As you look at each leaf and tree and thank them, think about what they tell you about your own gifts. As the unique part of the Divine that you are, life is asking you to watch your reactions and bring these buried parts up to the surface.

Think of each part in this fall scene as parts of yourself. When you have fully seen each part, then you will understand the whole.

May we see and send out our Divine Light.

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.