

# Increasing Our Inner Peace

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As each new year begins, we are given the choice of how to best meet this new time. It's up to each one of us to choose hope. Knowing that our thoughts and feelings create our reality is the key to manifesting the best outcome for each of us. Now is the time to resolve every day to practice choosing love, peace, kindness, compassion and gratitude.

Astrologically, January begins in the Sign of Capricorn. It is the Sign that teaches us to learn from and value the lessons we choose. Remember, our inner reactions will create the outer results. Capricorn is one of the most patient Signs because it knows that what's happening in our lives is part of the path of our lessons we need to grow stronger and more loving.

Using our inner resources, this Earth energy reminds us that with daily determination, alone time, and using our inner resources, we will learn and grow. We will create and work on our daily goals step by step with patience and the belief that we will succeed. Knowing that life only has perfect timing, we can

focus on what we need to improve every day. Our determination and belief in positive outcomes will give us the strength to move forward every day.

We must also remember to say “No” to what is not right for us. We must focus on not being over cautious, controlling or over working. In the midst of winter, it also helps us to visualize all the positive outcomes we hope for.

I redid the true colors of the photo above to remind us that our thoughts and hopes will create the coming time. Here is what the scene you see above will become in the Perfect Time.

Now apply that to your own life. Think, imagine and believe in the Highest



outcome for every situation and in time, it will be so.

Value time alone to help you reach for your inner resources, and to grow and improve. Remember that we can succeed with daily determination. Let's make daily goals and carry them out step by step. Our treasured Life Work is often refining and changing. We are being asked to patiently work with each change, knowing that life has only perfect timing.

May we each give our gifts with patience and live as examples of peace and faith in positive outcomes. Happy New Year!

With Love and Light From Your Fellow Student of Life and Friend,

*Susan*