

Increasing Our Inner Peace

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Welcome to the new month of March! We can feel people's hearts hoping for warmer weather every time the snow melts and the temperatures rise. My photo illustrates that melting motion of the snow.

I think Hope is one of the most powerful words to use as we meet this new March. What shall we hope for? Let's begin with Peace and Health for everyone. Most of the month of March occurs during the Sign of Pisces, the Sign of Peace.

As we look around at world events, it seems like world peace may be a long way off, but Pisces rules dreams and what we dream of. Let's begin by imagining the whole world living in peace. Of course, there is much work to do before we can manifest that goal but we can work on it inside us every day and with every breath.

Pisces energy is the most compassionate, tenderest and sweetest of all the Signs. Compassion is one of the great Healers. The Pisces energy knows unconsciously that we are each an inseparable part of all people. It senses that many people are struggling to love themselves and all of life. The negative behavior that we witness comes from not understanding we are all connected forever. It's people's fear that keeps them from being and expressing that universal love.

So many people are afraid to look at their emotions. The more we understand that every soul is on a path to becoming more loving, the sooner this world will move toward kindness and compassion. Let's lead the way by living with love for all of life.

Pisces' gifts include self expression in art, music, poetry and dance. It rules the colors green and turquoise. Every time we wear these colors and use these tools, we unite with all of life and move toward creating a peace-filled world. Let's lead the way by living in peace and love.

On an individual level, we will increase our faith and trust in a positive future by allowing more restful, quiet space in our lives every day. Let's create and repeat positive sentences of compassion and belief in peace and health for everyone every day. Let the melting ice remind us that our hearts are practicing believing in the most positive world and it will be so. Let's practice being grateful for every gift we give and receive.

May we each give our gifts with love, compassion and patience and live as examples of peace and faith in positive outcomes.

Happy New March!

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

Susan