



Monthly Newsletter

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Created by

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To a Happy New Beginning,

A sparkle of light mixed with peace for a better tomorrow is my wish for all of you!

A New Year always spurs us on to improve ourselves on the outside. May it be a new haircut, thinner waistline, a new car, new mate, or whatever else strikes our fancy. On the contrary, few people think about the inside. For example, how to find inner peace, happiness, to simplify our lives or just feel better. What can we do to improve our inside, our spiritual self?

The following quote by the Dalai Lama—called Heart of Wisdom may shed some light on this subject. “Naturally arisen innermost awareness naturally exists within you; it is naturally there, not newly generated or constructed by superficial conditions. It is original wisdom, naturally flowing awareness whose continuum is itself fundamental, uncontrived.” –H.H. the Dalai Lama, from *The Heart of Meditation: Discovering Innermost Awareness*

When meditating and going within, listening to your Higher Self (God “Spirit”, Angels, or Guides), you will find peace and it will show from the inside out! There is an article on MediumSpiritual.com under Spirit Talk Blog on how to achieve peace and tranquility which you may enjoy reading.

The statement “Be Yourself” came up in last month’s zoom meeting and it intrigued me to go deeper. What does it really mean to be yourself? Can one really be and exhibit one’s true self all the time? It is a fascinating question because when we are little we are being told, “sit up straight, don’t speak unless you are given permission, don’t cry, be polite, and what are the neighbors going to think? (as children we were told this a lot—today, as I am older, I really don’t care, ha!)”

At school we are expected to act a certain way, later in the workplace we should at least try to act professional, courteous, and smile even if we don’t feel like it. Some of us play additional roles as parents, spouses, neighbors, friends, care givers, you get the picture. That’s a lot of acting during a lifetime! Does it get confusing? Certain people have a natural talent for acting, others seem to struggle.

There are core values and beliefs in all of us that normally don’t change unless something drastic happens. Can anyone really truly, honestly say, “yes, this is the true me!?” I am starting to believe that we are all actors performing on stage called Life. Look around and check how many different characters there are. Some have chosen to be comedians, others are hero’s, some have support roles, etc. It is up to each of us to finish the play according to the script (life plan) and then go home to be welcomed with a standing ovation, or at least “job well done”. If you fall short, then get ready for another similar experience on Earth. And yes, you decide!

[Every role is important and helps with the lesson plan to experience for the Higher Good.](#) Even a very short assignment has its’ purpose. This calls for another article by itself. There are so many interesting topics to talk about and share.

Just remember: deep down in your core YOU are a powerful Spiritual Being having an earthly experience. This is truly who you are!

Have fun exploring and let me know what YOU think!

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Happy New Year!

Melitta