

October 2025

Thought for the month: My Inner Peace is a direct result of my daily Meditation.

1. "I've noticed a few things lately."
2. Such as?
3. "Well, I've noticed that I am much calmer within myself."
4. Were you not always this way?
5. "On, no, I would easily fly off the handle."
6. What seems to be the reason for the change.?
7. "Well, outside things just didn't seem to bother me as much."
8. "External events don't seem to bother the 'Inner Me'."
9. "Even certain people that used to irritate me are not so irritating."
10. "I realize that they are just where they are."
11. "I don't criticize or judge them anymore."
12. "And, I am much more accepting of others."
13. What seems to have made the difference within you?
14. "It's that Spirituality stuff that you keep talking about."
15. "I found that it really works."
16. "I am just so much more settled on my inside."
17. "And, guess what?"
18. What ?
19. "I've started to meditate regularly--about 5 times a week."
20. Really?
21. "Really! I thought that I could never do it, but I am."
22. "I like to quiet myself, and to feel that Inner Peace."
23. "In fact, I look forward to it each day."
24. Really?
25. "Yes, I set aside a specific time each day, and simply do it."
26. For how long?
27. "I used to do it for 10 minutes, but now I do it for a full 20 minutes."
28. "I can't believe that I am doing this!"
29. Do you think that the inner calmness of Meditation has had this effect on you?
30. "Indeed, it has."
31. "I have to go now--it's my time to meditate!"