

**Lessons from the Half Moon Bay, CA Teaching Mission Group
transmitted by Susan Kimsey**

A lesson on Inner Peace and Harmony from Olfana Feb. 12, 1994

Olfana: Inner peace and harmony with others are two attributes of your emotional make-up which mesh together easily. Inner peace comes from contemplation of goodness--the love sent to you by God, the blessings that come to you in life, the love you give and receive, the beauty of the world surrounding you, the experience of growth. Inner peace is the by-product of contemplation on these things. Your soul perceives truth, beauty, and goodness, and from this derives satisfaction. Consider the concept of satisfaction in connection with the concept of inner peace. When one is satisfied, one has no further expectations of more. One rests content in the moment. This is the experience of inner peace--resting in the moment, satisfied that all God provides to you is sufficient. Here your faith sustains itself. You are all that you need to be in these moments, in your eyes, and the eyes of the Father. You know this with your heart, at these moments. When you present yourself to others in this state of mind and heart, you show them a Child of God! They see in you a reflection of His Love, and this creates expectations of peacefulness in themselves. Is it not true that when you see a person serene and peaceful, that you identify with the potential for this in yourself?

Student: Yes.

Olfana: This, then, is the harmony that can be created. Remember again that love is a power, is a vibrational frequency. You can emanate this to others, and indeed, tune them to this beneficial frequency. When people sing in harmony, move in harmony, think in harmony, feel in harmony, there is a shared serenity, a shared ability to be in the moment of this experience together. I promise you that this potential of the shared experience of harmony and inner peace will come more and more to your planet as we proceed together in this work!