

Increasing Our Inner Peace

from Susan J. Ackerman

sackerman@lifeinsightastrology.com

Volume 1

Number 8

September 2014



We have arrived at the ember months. As the fires of summer burn down, September's embers speak of a new period of time. Indeed this is the month of the fall solstice when the hours of daylight and darkness are equal. We are at the beginning of a new cycle. The light now asks us to create more balance in our lives, to review and re-balance our working and resting, our speaking and being quiet, and to balance all areas of our lives.

September has always been the time of going back to school or going back to work after the summer's slower pace. Symbolically, going back to

school or work means taking a fresh analytical look at the lessons we have learned and are learning.

One of our most important lessons is that we all have Choice. Even when the circumstances are not what we would like them to be, our reaction is our choice. Look at the word Choice. Perhaps its letters stand for Choose Happiness. Options. Intentions. Calm Emerges.

When we Choose to react positively, we see that we have more Options than we'd previously thought. When we set our daily Intention to choose to be Happy, to trust that the right thing will always happen in Life's Perfect Timing, then a deep sense of Calm Emerges and remains with us.

Observe your own lessons in this symbolic time of going back to school. Ask yourself:

- ♦ What lessons am I working on?
- ♦ Am I being too hard on myself or on another and not giving myself or them the space to grow in their own timing?
- ♦ When I catch a mistake I'm making, do I correct it, and move forward without judgment? Do I give the same gift to others? After all, we are all a work in progress.
- ♦ Am I making the choice to react positively in each moment?

Look at the path you are walking on and see how you are getting better and better and better. See where you were a year ago and how much you've grown. Balance enjoying the progress you've made with setting your intention to do even better.

With Love From Your Teacher, Fellow Student of Life, and Friend,
Susan

PS. Please share this newsletter with anyone who would benefit from it.

To unsubscribe, just email me at

sackerman@lifeinsightastrology.com