

Increasing Our Inner Peace

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Volume 1

Number 9

October 2014



It is the time of Ooooohs and Aaaaahs as October makes its presence known. Look over there and there and there. Each flaming tree is more spectacular than the last one. And despite what kind of summer we've had and how much rainfall we did or didn't receive, the trees infallibly put on their best colors to amaze us.

Scientists have proven that inside each leaf, the colors it will become are already stored. As the daylight hours decrease and the tree makes less and

less chlorophyll, the pigments that were already present in the leaf begin to show their brilliant oranges, yellows and reds. What does this mean philosophically? It tells us that, like the colors stored in leaves, we came to Earth with our gifts stored in us as potential. But each of us must wait until the Perfect Time for those gifts to emerge so we can show our true colors. That's why we can bloom and bloom again at any age. After all, life is for continual growth toward greater understanding and love.

Look again at those spectacular fall trees. They are you. October's colors reminds us of our own Beauty. Here are some exercises to do in this glorious month.

- ✦ Look in the mirror of your Soul. Look past imperfections to see your full inner beauty. The more you look, the more you will see.
- ✦ Look around you at all the people in your life and see their beauty. Let them know what you see.
- ✦ Be especially aware of how each color you see on a fall tree "in bloom" affects you. The more sensitive you are to your own reactions, the clearer your perception will be.
- ✦ If you don't already do this, practice feeling gratitude for all the beauty that you are and see.

October presents us with a special opportunity. The more we see our own inner beauty, the more it inspires peace in everyone who witnesses it. So, go ahead and be your most Beautiful Self.

Have a Wonder-filled October!

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

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