

Increasing Our Inner Peace

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Volume 1

Number 10

November 2014



November, one of the Ember Months, is the month of Transition, of endings and beginnings. In this ember month, we experience the end of the growing season and the movement toward the resting season of winter.

Why, you might ask, is November an Ember Month? The definition of ember is a glowing coal in a dying fire. And that is the Truth of Transitions. As one door closes, another door will always open. Remember, you can't open the new door until you close the old one. We can only be in one room

at a time. Some people only see the lack of leaves on trees at this time and focus on the endings. But November reminds us that we are always in Transition, and asks us to see the continuum, to look at the glowing coal, and know that nothing ever ends. Even death, like the coal, is only a change from one life to another as we continue moving forward and learning.

For each of us November is a time to look at where we've been and where we are going. As you look at your own life and its cycles, ask yourselves these questions.

- ❖ What doors have closed behind me? What did I gain from that?
- ❖ What new doors are opening? How might they improve my life?
- ❖ How can I improve the sight of my own cycles?
- ❖ What will help me place my attention on the beginnings?

What is the best way to deal with Transitions? By remembering that each change brings something better and focusing on the gifts of the Present Moment. If we concentrate on what we enjoy about Now, and practice having Faith that the Future will always be better, we can create an Inner State of Peace and Gratitude.

November is the month of Thanksgiving because Life itself wants us to think about how we have been blessed in our lives, not just on Thanksgiving Day but every day.

HAPPY GRATEFULNESS DAYS TO YOU ALL!!!

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

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