

Increasing Our Inner Peace

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Ah the haunting magic of November. Like the tree letting go of its leaves, we are each asked to let go of many things in our lives. The other day I had to say goodbye to two dear friends, who are spending the winter in the south. At some point in each of our lives, we each have this practice. It might be with our children, grandchildren, friends, pets, and on and on. Letting go has many stages, from releasing others to learn their own lessons, to letting loved ones move on to their next life, and yet it always asks us to know that every soul who has come into our lives, every deep connection we make, is forever. The trees are wonderful teachers; they let go of their leaves and know that new leaves will form in the spring. Every time we move from one home to another, we practice that letting go as we pare down our possessions. Our reactions to that important practice may

range from sadness to a newfound sense of freedom, the freedom to move forward in our lives.

And so it is with the month of November. We have to practice balancing the difficulty of releasing others, with the gratitude for all the blessings we have been given. History mirrors nature in the holidays of All Soul's Day, (a celebration on November 1 or 2 for all the souls who have left this earth) and Thanksgiving. Once again, like the contrast of dark and light, the sadness makes us even more aware of our blessings. Once again, we ask our Self to remember that every ending is also a beginning. In the amazing circle of life, we receive constant reminders that Life is an eternal creation from sunrises to sunsets, and from the cycles of the seasons. Those who garden know you have to deadhead a flower to help it keep blooming. When people feel sad to see the barren trees, they have just forgotten the Truth that Life is an eternal spiral of ongoing change, which will always bring us to a better place in Time.

As you look at the last leaves clinging to almost bare trees this November, ask your Self to hold on to the knowledge that as we let go, more love and joy will come to us. Here are some thoughts to consider.

- Look for the haunting magic in my November photo. What does it say to you about the light and dark parts in your life now?
- How well are you letting go of people and challenging situations to allow more peace to come to you?

I am grateful to each of you who read and pass on my monthly thoughts. I hope they help you on your peaceful path. They are written from my heart and mind in my own ongoing search to increase my Inner Peace.

Happy November to each and all of you!!!

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

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