

Increasing Our Inner Peace

from Susan J. Ackerman

sackerman@lifeinsightastrology.com

Volume 3

Number 2

February 2016



This issue marks the beginning of the third year of my monthly column. If you've missed any or want to re-read them, they are all listed on my website, <http://lifeinsightastrology.com> under Monthly Archives. Of course, the subject will continue to be Inner Peace but, just as life moves in upward spirals, so my column will examine its topics from an ever-deepening perspective.

February is a time to gain the wisdom of perspective. Whenever we feel stressed or overwhelmed, if we slow down our minds and mentally move ourselves to a greater distance, we can calmly look for the messages and

information that are there for us. Thinking of that concept, notice the covered bridge in my photo, far up ahead. It is bathed in sunlight. Life is often best understood when we search for the symbolic meaning in our messages and dreams. In my photo, the covered bridge seems like a symbol of the time to come. Bridges are often the symbol of transitions, our inner movement to a newer place. When you think of your own future, try to imagine the covered bridges in your life. They represent something that protects us from the “elements” while allowing us to move forward comfortably. In a time of major change, we all need that protection to ease our way.

Look far down the road (or the river in this case) and visualize what you would like in your upcoming time. Perhaps you will want to add in something that is not now in your life. Clearly stating what we want is the first step to making it a reality. It is the key to manifestation. What would you like to add into your life? Now, practice making your wishes flexible if life finds a better way than what you thought of. Just as we plant seeds in our spring garden, we plant mental seeds in our February garden.

Now that you’ve clarified your own wishes, try expanding your image to seeing a happier, healthier, more peace-filled world. Don’t worry about How it will happen. Just See it existing. That is an important part of the planting of the seed, something we can each do. If we each add our image to our collective desire for Inner Peace, we will move its reality closer.

In my vision, I see all the people of the world living at peace with one another, having plenty to eat, doing work they enjoy and having proper clothing to help them enjoy each season on this beautiful earth. Now is the time for you to create your own vision.

Happy February Imagining!

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