

Increasing Our Inner Peace

from Susan J. Ackerman

sackerman@lifeinsightastrology.com

Volume 3

Number 3

March 2016



The fascinating month of March has arrived. It has so much to do... It begins Daylight Savings time on the 13th and then suddenly, on March 20 it announces Spring. What changes are we being asked to encompass in this active month?

First, we have to reconstruct our notion of time by having to move it forward an hour. That inspires questions about the nature of Time itself. I've noticed that if I feel like I have a lot of time to do something, I find I have all the time I need. But if I feel rushed, suddenly the clock seems to move forward so quickly that I am always behind. So the question becomes ... Who is controlling Time? Certainly my own mind has a major influence on its movement. And what does it mean that we can decide to

move it forward or backward at will? Is it really 5 am or is it another time? It has been said that when we leave this earth to begin our next life, we come to see, at the appropriate moment, that time is both linear and circular. The Present, Past and Future are actually one eternal circle, allowing souls, when they are ready and if they choose, to leave from one century and come back to a past, present or future century. Why? To give us infinite opportunities to grow, learn, improve, and to love. Fascinating information to ponder about the nature of eternal Time.

And how does that effect our lives now? Since the Earth is a giant schoolroom where we are learning our chosen lessons, it evokes questions of: How much of your mental time do you spend thinking or fretting over the Past? How much of your mental time do you spend planning for or fretting over the Future? How much do you choose to live in the Present? Since the Past is over and the Future is unknown, the only time we can truly affect is the Present. And that's where all Peace and Happiness exist.

In March, we are being asked to flow, like the river in my photo, to wherever our mind and intuition take us and to adjust to any and all changes. The ability to go with the flow of time and life is a great gift and one worth focusing on and practicing in the Present moment, of course!

Spring is the beginning of new activity, even if winter teases us with a snowstorm or two. As we prepare to go out into the world of action, we will be less stressed if we emulate the river of Spring. If there are rocks and obstacles in our way, Spring reminds us to flow around them as we progress, knowing always that it will all be for the best. If someone in our lives can't yet understand this truth, all we can do is trust they will get there in their own timing and, like the river, be an inspiring example of faith in Life's positive Nature.

Happy Flowing!

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

Susan

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