

Increasing Our Inner Peace

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This flower is part of a magnificent magnolia tree where I used to live. Every May it sends out its amazing blossoms before it sends out its leaves, as you can see in my picture. I had never heard of a tree making its flowers before its leaves. This tree became my May landmark, reminding me to think of our inner blossoms and not to always wait for our leaves to arrive.

The flowers we give to life are many things. They are what we contribute to make this a better world. Each of us has unique gifts that we

have come to earth to share. And at exactly the Perfect Moment in our lives, we use them to help and inspire others. Since we are always growing, we flower over and over again at all different times in our lives.

Think about your gifts and how you use them to create more beauty, more joy and more love in the world. How do you contribute beauty? Are you a gardener, a quilter, a photographer, an artist? Do you learn about herbs and crystals to help others with their healing? Do you offer unique ideas or share stories of how you have overcome obstacles to find greater happiness? Do you smile at people when you pass them to brighten their day? We each have both tangible and intangible gifts to give. Each time we help someone by listening and helping them feel appreciated and loved, we have given our intangible gifts.

To rephrase an old saying, "As we give, so shall we receive." The more aware we are of all our blessings, the more peace-filled we become. May is a month to think about all the abundance in our lives. If you start to think of what you don't have, catch the thought and change it to what you do have. If it's a cloudy day, notice how much brighter the colors in Nature are on such days. I begin every morning by looking out my window to an inspiring view of a mountain range and an ever-changing sky. As I breathe in, I thank God, all my Guides and Angels, and all my loved ones on Earth and in Heaven for their blessings. And I add, "Please keep up the good work!", which I hope makes them smile. Our ongoing practice in deeply receiving the beauty and abundance in our lives is a major key to increasing our Inner Peace. Just to fully breathe in fresh air is a wonderful cause for gratitude.

What are you grateful for in your life? Do you see the eternal circle of giving and receiving? Inner Peace asks us to be aware of both.

Happy Gratefulness Month of May!

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

Susan

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