

Increasing Our Inner Peace

from Susan J. Ackerman

sackerman@lifeinsightastrology.com

Volume 3

Number 6

June 2016



Is it June already? May was such a change from its usual self that it's hard to believe June is here. And yet, the seasons cycle 'round and 'round, even when they're different from past years. The birds come to our feeders to remind us it's Summer. The flowers we've planted begin to bloom, reassuring us that growth and beauty are ongoing.

For my June column, I chose a photo I took at Perennial Pleasures Nursery in East Hardwick, Vermont. It is a charming place as you can see. You can sit and look at the flowers and birds while enjoying a cup of tea and a little something to eat. For me, it holds the essence of Summer, a time to move more slowly and make time to just observe the beauty of Nature. Our lives are so busy and full that we need those moments to

restore our sense of balance and peace. It has been said that Life is a balance between Being and Becoming. In Becoming, we strive to learn and accomplish all that we came here to do. It is like breathing out. When we stop and rest and and breathe in, we are in a state of Being where we can Be replenished by Life.

In her book “The Peaceful Climb”, philosopher and writer Yvonne Youst wrote, “You must learn to rest to truly feel the beauty of being alive.”

Summer offers us many opportunities to replenish ourselves by taking time away from stressful situations and just BE. We may not have the possibility of a summer vacation, but we can give ourselves the gift of a mini vacation away from stress every day. During our daily vacation, we choose to put stress out of our minds; we live in the Moment and just practice BEing. This is the essence of meditation, but we don’t even have to meditate if we leave time every day to replenish ourselves.

What do you do in June that allows you to just Be? Where do you find your daily replenishment? To increase our Inner Peace, we need to balance our constant activity with time to rest and receive the Peace of Nature. There are so many activities calling to us that we have to make a conscious choice to have this time of Being.

As a lifelong overworker, I know how challenging that goal is. But I also know, now that I have experienced the reward of Being, how much it fills me with peace. That peace becomes the foundation for everything else I do. When I don’t leave time for it, I find myself yearning for it. When we listen to those inner calls, they always lead us to greater Peace.

I wish you each and all the pleasure of many moments of Being in your month of June. May they add to your joy and become a perennial pleasure.

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