

# Increasing Our Inner Peace

from Susan J. Ackerman    [sackerman@lifeinsightastrology.com](mailto:sackerman@lifeinsightastrology.com)

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Ah what a complex world we live in and how complicated the times seem to be. That is the exact moment to search for the other side of the coin, the Simple Truth.

The first of the Simple Truths is: We all have two parts within us, Ego and Self.

- The Ego is fear and it manifests itself as either anger or sadness. It always blames the other and will do anything to be sure it is always right. It is impatient and wants what it wants immediately. It is either too focused on what it wants or too worried about what others think.

- The Self is the part in each of us that is a part of the Divine. It is always reaching up to learn more, always seeking Joy, more Gratitude and finding the Wonder in every day. It knows we are all here to learn whatever lessons we have chosen and that as we learn them, we will become more fulfilled and joy-filled. The Self knows that Life is meant for us to happy, to help and love one another. It knows that everything will be better in Time. Simply put, the Self is our Faith in the Goodness of Life.

We are in challenging times. We can observe unrest and anger everywhere.

What is the job of the Self at such times? To become even more understanding, to send our Light to all people, to wish for Peace everywhere. Peace begins at home and that means inside every one of us. We must consistently choose a peace-filled reaction in every circumstance. The choice is always there and if we want peace, we must be it.

As you look at my November photo, see yourself choosing to see the Light-filled colors and the beauty in this late autumn scene. Feel the freshness in the air, asking us to appreciate every aspect in every season. Every day has a gift when we open our eyes and See.

There is a positive reason behind all things. In changing times, we must constantly search for Optimism, the Positive behind all that happens. We must deepen our Inner Peace so we can spread it to everyone. This is the message in the embers of November.

Happy Spreading the Seeds of Peace!!!

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

*Susan*

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