

Increasing Our Inner Peace

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What an emotional time we live in. The currents of feeling run high on all sides. Turbulent emotions are the opposite of inner peace. As the tide of peace comes in, we wonder how we can be loving and kind to people who are angry, hateful and unkind?

The answer lies in an understanding of the The Self and The Ego. I am not using the word Ego here as it is often used. First, we must know that all of us have Ego and Self in differing amounts.

Our Self is our Divine Self. The Self is understanding, kind and loving. Our Self knows we are a work in progress and that we are always growing and learning. Our Ego, on the other hand, is the fearful part of us. The Ego is like a

frightened child whose behavior ranges from being insecure, condescending, mad, sad, or impatient. Our Ego is accusing, blaming, judgmental, manipulative and all the negative behaviors we dislike.

Our Self knows that every person is different and tries to understand all sides of a question. The Self is compassionate and forgiving. Our Self evaluates another to understand them but it never judges since it knows we are all here to learn and grow. Our Ego is sure it's always right and that you are always wrong. Because of the Ego's fear of change, it wants to control everyone and everything around it. Our Ego never forgets an injury and never forgives.

Because Our Self has faith in positive outcomes and sees the larger truth of life, it is calm, confident, peace-filled and optimistic. The Self knows we are here to become kinder, more loving and to deepen our faith in life. Our Ego has no faith in change or in positive outcomes, which is why it is always afraid the worst will happen.

Understanding the Ego helps us to love people who are acting in negative ways. We don't have to love the Ego but we have to understand its fear. Then we can wait patiently and like a loving parent, we can practice knowing that every Ego will find its way to becoming a Loving Self.

The journey from Ego to Self is from Fear to Faith. It is a path we are all walking on, side by side. The more we can observe the Ego in ourselves, the more understanding we can be of the Ego in others. Knowing we are all imperfect gives us greater compassion and helps us accept and love others unconditionally.

The more we live in our Self, the more Inner Peace we will have. Every change we make toward Self helps move the world toward 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.