

Increasing Our Inner Peace

from Susan J. Ackerman

sackerman@lifeinsightastrology.com

Volume 4

Number 4

April 2017



A new April has returned, different from the last one and yet, spring all the same. We are in-between the past of winter and in the transition into a new spring. I think seasons exist to show us the cycles of life and to help us know there will always be another spring, another summer, fall and winter. Like waves on the ocean, they go out and return with new treasures in their currents. The ocean and the seasons are a constant reminder that life keeps changing but that every season has new gifts to bring us.

The world itself is in a new season, a new Age, the Aquarian Age of major change. We are both the observers of this change but also the creators. If we focus, every day, on what is good about each moment and each day, we will find innumerable treasures that the day has brought to us.

If we concentrate on peace in ourselves and peace in the world every day, our Light will send out those thoughts to create its reality. Quantum physics teaches us that we have the choice of how we wish to shape time. We have many opportunities to practice changing chaos and fear into peace. Whenever we hear or see actions or words that are not peace-filled, let's change them in our minds to peaceful thoughts. Sometimes they may be thoughts inside ourselves that we have to catch and reel in, like a fish, back to our positive center. We are both the fishermen and the fish.

Every time we send out the Light of our peace-filled thoughts, we are changing the world, one person at a time. Change of consciousness occurs one by one until finally, enough people have made the change. You have probably heard of the Hundredth Monkey Effect where it is believed that when enough monkeys (the theoretical 100th monkey) on the Japanese island of Koshima learned to wash their sweet potatoes, entire colonies began to emulate this behavior on islands far away. (<http://spiritualdynamics.net/free/monkeys.htm>) This story illustrates how global consciousness spreads from one being to another when awareness in individuals has increased to a certain level.

Many people have begun the daily practice of sending out the Light of Peace to people everywhere until our whole world is filled with peace. When I look at my April photo, I can sense, in the sky, the spreading of the Light of Peace.

Here's to all of us joining together and in so doing, increasing
both our collective and individual and peace.

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

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