

Increasing Our Inner Peace

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Volume 4

Number 6

June 2017



When I look at my photo of lupine blooming in Sugar Hill, I can hear, in my mind, the poem by James Russell Lowell "And what is so rare as a day in June? Then, if ever, come perfect days."

We wait all winter for such days when the air smells pure and sweet and has that perfect temperature as it touches your face. It often makes us feel spring fever, not wanting to do anything but rest in the gentle breeze and listen to the birds. How wise that desire is. We all rush around so much in our lives that we tend to forget to take the time to sit and relax and just enjoy the Moment.

My photo reminds me, too, of Life's Perfect Timing. The lupins know exactly when to blossom. How often do we become impatient because something we're waiting for hasn't happened? If we observe and learn from Nature, we will know that all things happen at the exact right moment. Think back over your own life and remember how many times you were waiting for something to happen and later, saw that it occurred when the Time was just right.

Many people I know are waiting for a new period in their lives to begin. For each of us, we must trust there is only Perfect Timing. At a certain moment, our intuition will stir us to make a new connection or the phone will ring and it will be the call we've been waiting for. Our job is to wait for our inner Green Light and not to move forward until we feel it.

What do we do in the meantime? Practice on our Faith to know that all things will happen at exactly the right moment and not one second before. That is a major practice in Patience for all of us. What makes us impatient? It comes from not believing that what we hope for will happen as quickly as we want it to. And now you know the answer to that challenge... there is only Perfect Timing!

The more we believe in Perfect Timing, the more Inner Peace we will have. Then we can relax and enjoy what Life is offering us right now.

Happy Joyful June!

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

Susan

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