

Increasing Our Inner Peace

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Volume 4

Number 9

September 2017



SeptEmber, the first of the Ember Months has returned and another cycle begins. As summer ends and we look toward autumn, we are reminded to bring the best of the past with us. Time is an awe-inspiring cycle of continuum that asks us to remember the best of all seasons and let go of the rest. Carrying forward our positive memories and thoughts of what we've learned from our difficult lessons is an important balance as we begin a new cycle. What will you bring forward in your mind of this past summer? I can hear some people, laughing as they say, "What summer? We had so few days of perfect weather." Accepting our disappointments as

lessons allows us to strengthen the Light of our positive memories. We can't change what was, but we can shine the Light of deLight as we work on accepting what was and is.

Recently, a friend asked me if I thought she was strong. That got me to thinking about what strength is. I think we are strong when we can find something good in every situation. Like a tree, that withstands all weathers and goes on to blossom in its glorious autumn colors, I think our strength lies in finding beauty everywhere and in everyone. I think we are strong when we accept our Lessons and are open to learning whatever they hold. I think we are strong when we let go of difficulties, correct our own mistakes without dwelling on them, have faith that others will get there in their own Timing, and move forward with Hope toward a better day. We all have our challenges but it is how we accept them that makes us strong. We all have our fears but it is our ongoing practice of Faith in good outcomes and Perfect Timing that gives us strength.

As you look back at the summer and forward to the upcoming fall, I hope you will see how strong you are. We are growing stronger every day as we let go of our fearful Ego and change it into our ever-strengthening Self.

I wish you each a de-light-full September!

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.