

Increasing Our Inner Peace

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November, the month of transition has arrived, reminding us the year is heading for its end. As we look up, we see the signs of change in everything from the skies to the golden pine needles in my photo. Change is the only thing that remains constant in life. To grow, we must change. What strikes most me about the beautiful pine needles is the glorious autumn light streaming through them. As daylight decreases each day, we have to focus on whatever light we can see. That reminds us to feel and remember the light in our hearts that is always there. On a day when there is less sunshine, we must be the sunshine.

There is a kind of nostalgia that permeates this month as we look back and ahead. It reminds us that life is an endless cycle. Symbolically, it asks us to let go of all that has ended and trust that each new, unknown moment will be better.

Nature is our great teacher, reminding us that we have to let go of what has ended to make room for next year's growth. Our test is to remember that every ending is also a new beginning, that Life will always bring us to a better place, in spite of what is showing in the Present moment.

November is the month of Scorpio, the sign of birth, death and rebirth. It represents the intangible truth of life, all that cannot be seen or touched but goes on forever. Because of this, it reminds us of all our loved ones that we can no longer see and touch, the people and animals who have left this Earth. They want us to know there is no death and are sending us love from where they are now, hoping that we will feel their love.

In November, when there are less blooming flowers for us to admire, we appreciate any color that is showing. This season of harvest fills us with a desire to share our blessings with those whose harvest is smaller. As we focus on the light we have, we we are filled with gratitude for our blessings. Gratefulness is a major part of Inner Peace. The gift of November, like the gift of life itself, is one that keeps on giving and giving.

I wish you each a blessed November.

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.

Photo by Susan J. Ackerman