

Increasing Our Inner Peace

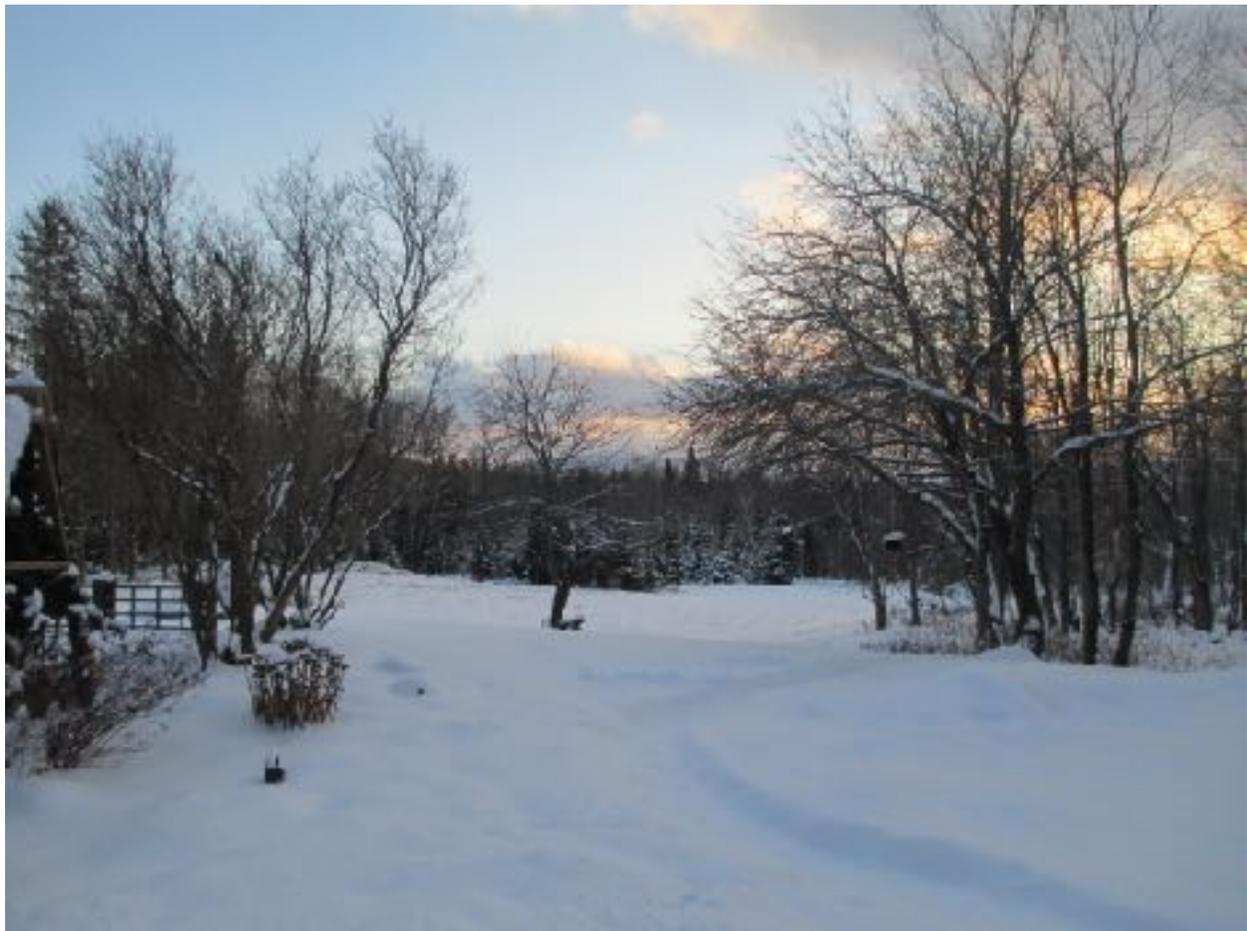
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As we begin this last month of the year, I can hear the din of voices everywhere frantically making lists of all that needs to be done before the year is over. It is a cacophony of stressful sound. Not one we wish to hear!

That's why I chose this photo. Whether we are blessed with lots of snow or not this December, the snow is one magical reminder of the Peace of Earth. In its silence, it wraps the Earth in peace. As you look at the photo, you can feel the snow asking us to join its peaceful vibration. It reminds us to make some time every day for breathing in that Peace. With all the

difficulty in the world and perhaps in your life, we need that calm every day.

If you begin to feel the potential overload, stop yourself, breathe in slowly and as you breathe out, choose Inner Peace. It is a moment to moment choice we make. And we receive many opportunities to practice that choice! I find it helpful to hold on to the image in this photo at challenging moments. It returns me to the choice I have made to make every day a Joyful, Positive Day. Even if we falter at times, we can continue to practice choosing the restful comfort of Peace.

The more Inner Peace you feel, the easier it is to be understanding and patient of others' challenges. Then we can accept where they are on their journey and love them.

All the great spiritual paths are devoted to helping us reach for and maintain peace, compassion and love for all people, whether through meditation, prayer or sending out positive thoughts.

As we experience the month of the shortest amount of sunlight and watch the cycle slowly increase to greater light, we remember that darkness, a symbol for difficulties, causes a yearning in every person for Light. We appreciate the Light even more when there are less hours of daylight and find ourselves deepening our appreciation of our blessings.

Thank you for allowing me to share my thoughts of peace with you.

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