

Increasing Our Inner Peace

from Susan J. Ackerman

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Volume 5

Number 4

April 2018



What was your first reaction to my April photo? Did you laugh? Did you say, “Uh oh”? Did you feel a sense of disappointment?

My photo this month was not meant as a forecast but rather to give us an opportunity to observe our reactions. Maintaining a sense of Inner Peace means we have to find a delightful and positive way to react to whatever comes our way. We all have expectations and our thoughts of April are no exception. What makes each moment so special is that we are always given a chance to find something to feel grateful for, no matter what we were hoping for.

Recently I had a dream that told me to carry rubber bands with me wherever I go and to share that thought with all my friends. As soon as I awoke, my first reaction was to put a bunch of rubber bands in a ziplock bag and carry them to my car. Then I came inside and laughed, realizing that my dream was a symbolic message about being flexible and stretching.

That's why I chose this fun April photo. The charming table and chairs are awaiting picnics but life may have other plans. The picnics will come but now it is time to choose our most delightful reactions. It's easy to say, "Don't have expectations; just live in the Present", but being human, we will have hopes for different situations. What matters most are our moment-to-moment reactions to whatever life brings. Rather than being disappointed, can we laugh and find something positive. Every time we do, we have deepened our commitment to Inner Peace.

I wish you all a zany fun-filled month of April!!!

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