

Increasing Our Inner Peace

from Susan J. Ackerman

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I had to choose two photos for the month of May this year. The first one is the epitome of early May in New England, as the colors change from early spring reds to soft May greens. The air is filled with those heaven-sent fresh cool-warm spring breezes when the temperatures are perfection. The photo reveals the essence of spring's movement, reminding us that seasons are life's way of helping us understand its cycles. Every season has three months, a beginning month, a middle month and an ending month.

May, the middle month, gives us an opportunity to observe nature as it slowly grows. It reminds us to live in the Present and not allow ourselves to over-fill our lives with so much activity that we don't take time every day to enjoy the spring's fleeting gifts. Warm spring breezes create some of my favorite memories. To me, the cool-warm air and exciting growth are echoes of our own inner growth.



And then, quite suddenly, a perfect blossom appears one day. Each of us has many perfect blossoms inside, waiting to burst forth at the perfect moment. As we find and share our blossoms, we act as shining examples for others as they search for their own. Our sight and appreciation of others' gifts helps them in their growth.

We are all here on Earth to find our unique gifts and share them. Like the seasons, we continue to grow, change and blossom at all stages and ages. In the word Stage we find the word Age, reminding us that growth never ends. Don't be dismayed when you see the blossom fall from the branch. Over time. there will always be others.

The more we find and share our gifts, the more peace and joy fill our hearts and lives. As you enjoy this spring's blossoms, remember they are a mirror of your own ongoing, on-growing beauty that is as special and unique as You are.

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