

Increasing Our Inner Peace

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I stood at the edge of the lake took this picture. The moment I entered the water, it changed from its placid stationary state to all the ripples you see here. The ripples continued on and on and on to the far-reaching shore. I thought about what this might mean to each of us.

Many years ago a dear friend taught me that everything we feel and think is felt by everyone we come into contact with. If we are feeling peaceful, it is received. If we are angry, it is felt. If we like someone, they feel it immediately. And if we don't, they feel that too. At first, I was surprised by this knowledge, thinking that if I wasn't liking someone but was pleasant with them, that it would be fine. Once I understood that everyone feels everything we feel, even if they can't verbalize it, that changed everything. I chose to become aware of and be responsible for

every thought and action. That caused a major shift in my life. That understanding guides my daily practice.

As you look at the scene, ask yourself what thoughts and feelings are you sending out? Are you aware of what they are? Are they peace-filled, loving thoughts?

Scientists tell us that water makes up 85% of our brain and 70% of the rest of our body. Like the lake, all our feelings ripple out from each of us and travel much farther than we know.

Because we want to create a caring world of peace, we have to be responsible for our thoughts and feelings. Peace begins one person at a time and ripples out from there.

Step into the lake of your life and consider the ripples you are creating.

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

