

# Increasing Our Inner Peace

from Susan J. Ackerman

[sackerman@lifeinsightastrology.com](mailto:sackerman@lifeinsightastrology.com)

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August has arrived and has brought with it, the fullness of summer, as you can see in these beautiful flowers from my current garden.



I recently read that Imagination is the highest level of Spirituality, perhaps because it puts us in touch with the Peaceful Kingdom where we all came from and where we will return to some day. So this month I am going to ask you to indulge in some thoughts of imagination.

This summer, for the first time, I can actually feel the smiles in my own flower garden. I never knew my flowers smiled before. If you look carefully at the flower below, you can almost feel it speaking. I sense that they are all teaching us about peace through their example.



Flowers don't have to do anything to be Peace-filled as they enjoy the sun shining on them and take in the soothing breezes. Even in a storm, they are Peace-filled since they accept all that comes. They don't ask anything of us but to water, feed and appreciate them. What a lovely definition of Love.

When I think of our lives and apply it to the flowers, they provide a yardstick for us. All our lives are busy by necessity. Birds and flowers and Nature remind us there is more to Life than only working. Nature reminds us that we need to make some time every day to just enjoy life. Have we forgotten to balance our work with rest? Part of every day needs to be a mini vacation or some time away from our work. When we stop and rest and take in nature's replenishment we can create balance, a major ingredient of Inner Peace.

I hear the essence of nature's teachings in this quote from "The Peaceful Climb" by the late Yvonne Youst, "You must come to know the value of rest. Breathe out with work and activity to give to Life. Breathe in with rest and stillness to be replenished by Life. You are a human tree on the Earth. Do not pursue distraction because you fear that rest is a kind of death. You must learn to rest to truly feel the value of being alive."

I am eternally grateful to our teachers in Nature for their lessons in Peace .

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