

# Increasing Our Inner Peace

from Susan J. Ackerman

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

Volume 5

Number 10

October 2018



Each October greets us with its unique combinations of color. Every year I look forward to the magnificent displays of my favorite places and to the fun of searching for new wonderful scenes to enjoy.

If we think of the four seasons as a huge 360 °circle, autumn sits 180° away from Spring, its opposite side and complement. If Spring teaches us how to move forward with the excitement of youth, Autumn shows us how to look at life with the reflection and wisdom of age. No matter what our age, it asks us to consider what we have learned from the time just past.

Nature is our constant teacher, even when we aren't aware of its lessons. In Fall, we notice that outer growth in Nature is slowing down. The ancient peoples lived by the cycles of Nature, but in our overly busy lives, we rarely make time to notice what changes have taken place. What was different or new? Perhaps it's our reactions that have changed.

Nature reminds us that each of us is always changing and growing, even when we aren't conscious of how we've changed. The more we become aware of our growth, the more our Inner Peace and Joy will expand. Autumn reassures us that every new period can be glorious. Imagine the difference in how you'd feel if you quickly passed by a magnificent flower bed without looking at it or if you slowed down to notice the special beauty of each flower and took the time to admire the whole garden. Every time we stop, look and take in Fall's splendor, we increase our Joy and our Inner Peace.

As we admire the glory of this Autumn, I hope we will each, in our own unique ways, nurture the Nature that has nurtured us.

Happy Glorious October to all of 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