

Increasing Our Inner Peace

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Volume 6

Number 7

July 2019



Happy beginning of summer! As the wheel in the cycle of seasons turns, a new season is upon us, reminding us of a most important Truth ... Life is change. It is the only thing that remains constant. Change is for the good, even if it doesn't seem so at first. It gives us an opportunity to reach up for more understanding and grow.

Look carefully at the clouds in the photo. They seem to be showing us their playful motion. Soon they will be replaced by other shapes, a constant reminder that nothing stays the same. How do you react when you read those words? Do you stay in touch with the Truth that it is all good? I can hear some people pointing to changes that were not positive. They may not have been at the time, but they were always opportunities for growth.

Whether we chose to learn from them and grow was our choice. When we remember that the Good is always guiding us and helping us learn, we know that even what doesn't appear positive is bringing us helpful lessons. Think of any difficult situation in your life and know that, like the clouds, it will change. Once you have learned the lesson, the Light of understanding transforms something difficult into something good.

In Summer, the days are longer, which means that symbolically we are receiving a daily opportunity to shine the Light of awareness and understanding on our lives. We now have an opportunity to become more aware of our inner thoughts and feelings. As these thoughts and feelings rise to the surface, we can begin to see buried parts of ourselves in order to heal them. Light gives us a chance to know that our fears, doubts, anger, and sadness are also like clouds and breezes that will pass on by. On cloudy days remember the sun is behind those clouds, reminding us that will have answers in time. As our inner reassurance returns, we return to the Inner Peace that comes with clear sight.

Know that you are beautiful and always growing. Celebrate the changes of every stage of your evolution. Sit securely in the knowledge of life's promise that all will be well and the gifts of Inner Peace will be yours.

Bask in Summer's Delightful Display of Light!

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