

Increasing Our Inner Peace

from Susan J. Ackerman

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Volume 6

Number 8

August 2019



It is an early August morning and you are standing with me in this special moment as the day is about to begin. The moon still appears to be floating above the receding fog as the magical colors of sunrise delight our eyes. The scene you are observing is a perfect symbol of the month of August.

In this last full month of summer, we feel ourselves standing at the edge of our last invitation to rest while also hearing September's symbolic call to return to work. August reminds us not to push on the upcoming time we call the future, but to bask in this eternal moment of right Now. Like a

meditation, it asks us to focus on and live in the colors, the air, the trees, the grass and the slowly moving fog.

When we feel as if we are in a fog, we are aware that we don't have answers to our questions. But when we look at this scene, we find ourselves fully accepting its beauty and not asking for further answers. That is the gift of August. It asks us to find peace in this exact moment and to enjoy the beauty of all that is. As we put ourselves into this photo and breathe in the air, we are not thinking about the temperature or the humidity, we are held in the magic of this perfect moment. Symbolically, August reminds us that, no matter what is happening in the world, there is always a balance in the peace of Nature if we concentrate on it. Nature asks us to know that peace is available to each of us if we make the choice to focus on the gifts that surround us every day.

In our work, we give our gifts. In our resting, we are open to receiving messages that are the blessings we have earned. In this photo I think the moon is a reminder that sleep and intuition are also part of the message of rest. Sleep and intuition both remind us that we need to be still to receive our answers.

August holds out before our sight the gift of Enjoying this perfect moment of Light and Beauty.

I hope we each choose to enjoy this precious gift!

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