

Increasing Our Inner Peace

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For me, October is all about Beauty. Everywhere you look, there are glorious colors springing forth from trees and plants and grasses. Just as flowers blossom in the spring, autumn shows us that we can blossom at any time in our lives.

Beauty is everywhere but it is up to each of us to “behold it”. Just as each season has a message, fall reminds us to look for a new side of beauty. So many people only see the winter that’s coming after fall and completely miss the splendor of each day. As we know, Nature is one of our great teachers. In the fall, it asks us to open our eyes to all the glorious beauty everywhere, to value and appreciate every moment.

Autumn also asks us to look within and appreciate our own beauty. Others can tell you that you're beautiful but it is only when you see it yourself that you truly believe.

Every person is beautiful in their own unique way. Just as the water beneath the trees on this lake becomes their mirror, life asks you to look in the mirror and see the beauty inside your Self. Some people are gifted at seeing the beauty of others and never look at their own. This is a special time to truly look at your own beauty. What makes you beautiful, inside and out? The more you understand the answer to this important question, the better you will truly see the beauty of everyone in your life and life itself. Every tree and plant we admire remind us that Beauty is one of the great keys to Inner Peace as it creates a sense of joy inside us.

In honor of this theme, I attach the most recent photo of myself as I come to appreciate the inner and outer beauty that shines in the photo. I will imagine, with delight, each person seeing and appreciating their own.

Happy Seeing!

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.
Landscape photo by Susan J. Ackerman; Susan's photo by Abby Pisegna.