

Increasing Our Inner Peace

from Susan J. Ackerman

sackerman@lifeinsightastrology.com

Volume 7

Number 9

September 2020



Like the geese in my photo, as September begins we are all moving forward together at this new time in history.

Many questions arise in each of us as this new fall begins. Before we can answer them, we must work diligently every day on being in touch with our inner wisdom. We are being asked to use our 2020 clear vision to co-create with the Divine within us whatever we feel is best.

Here are some helpful suggestions to create ongoing Inner Peace in this new fall:

- Make some alone time every day to be in touch with your Divine Self and to send out your Light to all the earth and all people.
- Create a daily routine to balance your work with resting time.
- September is a healing month. It's a good time to be in touch with our gifts of healing.
- Remember that love heals. Use your loving heart to help yourself and others.
- Even though every person is at their own level of evolution, always know that we are all equal. That understanding helps us accept and love all people unconditionally.
- As new situations arise, practice being more adaptable every day.
- Take some time every day to focus on where you see harmony in nature and in your life.
- Be aware of what is beautiful in every person.
- Balance your old ways with whatever new ways are needed.
- Deepen your knowledge that there is only Divine Timing to help you become even more patient.
- Look for ways to help others, your community and your world.
- Look for messages to guide your daily life in everything from cloud shapes to dreams to thoughts.
- Strengthen your knowledge that all that is happening is a positive lesson to learn and an opportunity to grow stronger.

Happy Moving Forward toward even greater Inner 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.