

# Increasing Our Inner Peace

from Susan J. Ackerman

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

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Recently my Angels and Guides have asked me to re-think Time. Several months ago, they began to change my satellite clocks during the night. Every morning now when I awake, one satellite clock has moved the time back an hour back and one has moved it forward one minute, as you can see in the picture I took the other day. The “correct time” was actually 5:28 am. No matter how often I try to correct the time, my Angels and Guides change it the next day. What are they teaching me about time?

Time is one of the most important themes in our lives. In many ways, it dictates how we decide what to schedule in each moment and how frantically or calmly we do it. How often do we say things like, “Do I have time to do such and such? or “When will I schedule such and such?”

We tend to take time for granted. We have to look at our clock or our watches or our phone apps to remind us of what we’ve planned and for how long.

Calendars, whether in our apps or on paper, are another reminder of where we are in the month and day. Often we have to look at them to remind us of what we've decided to do, and when and where.

And then there is Daylight Savings Time, which changes the hour and moves it forward or back in spring and fall. The question is ... Which time is real?

In the olden days, people arose with the sun and ended their days with the setting sun. Now, because of electricity, we tend to ignore Nature's movement and are busy from sunup 'til bedtime.

Do you have the sense that sometimes Time is speeding up? In fact, it is. Have you found yourself saying, "Boy, that day went by quickly" or "Wow, summer just flew by."

So, what are the Angels and Guides trying to teach us? I think they are reminding us to slow down and take in the gift of each moment and each day. We are the ones who are rushing and causing time to speed up through our own speed. We are the ones who have created time's pace. But we can also bring our lives back to a peace-filled pace if we choose to. We can do all the same activities if we change our frantic speed and approach them by becoming aware of moving at a slower, deliberate pace. Fear and worry speed up time. Belief in good outcomes and life's goodness calms down time and helps good results to be created.

What message are the Angels and Guides giving us? That inner and outer peace are a choice, created by our attitudes. Let's choose to be co-creators of a calm, peace-filled life, beginning right at this moment. Every time you look at the clock, ask yourself of this question: "Do I choose to rush and worry through my life or do I choose peace?" I am choosing the pace of peace. Will you join me?

*May we keep our heart's minds on our own inner Peace.*

With Love and Light From Your Fellow Student of Life and Friend,  
*Susan*

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