

# Increasing Our Inner Peace

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The unknown makes us wonder what's ahead, whether it's symbolized in the bend of a river or a curve on a path. When I look at the bend in the river on my water photo, it brings me such a sense of serenity that I don't feel the need to know what's ahead. But when I look at my photo of a walking path, my curiosity arises. What's the difference? Perhaps the water symbolizes the peace of restful acceptance and the land path symbolizes our need to seek the new, the unknown.

We all get so busy in our daily lives that we often forget to make time and space for not working. How can we create that space every day? Some find it in meditating, some in nature walks or gardening or craft creations. Every person has their own way of finding that magic formula. What matters most is that we make time and space every day to rest and not work in order to make room for the restful gifts of Inner Peace.



Our minds are always active and our bodies become restless when we are not doing some activity. One of the reasons I think we need to sleep at night is that our soul is trying to stop working, which we call rest. We can only be replenished when we leave space away from constant activities to receive the rest of peace.

There will always be activities we must do, but unless we balance them with the time and space to engage in its opposite of “not doing”, we won’t find inner peace. All happiness and peace require this balance. If you find yourself feeling too tired, perhaps it’s because you have not made the needed balance of restful time.

Inner Peace requires an ongoing balance of reaching and resting every day. As the late composer and writer Yvonne Youst wrote, “We must learn to rest to truly feel the beauty of being alive.”

*May we balance our lives with rest to nurture our ongoing Inner Peace.*

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

*Susan*

Please share this newsletter with anyone who would benefit from it.