

# Increasing Our Inner Peace

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In the month of March, we welcome the first Water Sign of the year, the Sign of Pisces. I chose a picture of myself as a young girl to illustrate some of the gifts of water. To understand this New Time we live in, we have to examine the scientific, symbolic and astrological meanings of water.

First we examine the scientific information about water. Science has shown us that the human body is made up of 45-75% water. It is the primary building block of cells and is an insulator that regulates the internal body temperature. Water is needed to metabolize proteins and carbohydrates and to digest food. It lubricates joints and insulates many

organs including the brain. Water is the main solvent in our bodies and dissolves many minerals, vitamins and certain nutrients. It flushes toxins from the body and carries oxygen to the nutrients to our cells. We could not exist without water.

The symbolic meaning of Water, as seen in the astrological Water Sign of Pisces, reveals the eternal connection with all of life. The flowing nature of water reminds us that Time is eternal. Pisces expresses itself in all our feelings from compassion, love and peace to sadness, depression and confusion. Some of Pisces great gifts are intuition, poetry, music, painting and all gifts of wordless wisdom that are within each of us.

How can we use the Piscean gifts to navigate this New Time? We must remember that everyone is connected to one eternal Source, which is why we are so in “touch” with one another. When someone’s behavior is upsetting to us, Pisces asks us to remember, with compassion, that their difficulties come from the pain of their internal conflicts, which often manifests as illness. Rather than indulging ourselves in angry reactions to ego’s behavior in others, we are asked to understand that everyone is in an eternal process of finding the Inner Peace and Love within themselves.

Pisces rules forgiveness. It may take a long time for some to reconnect with the truth of our understanding, loving nature, but we must remember that people will find their way to their own compassionate nature in their own timing. Pisces asks us to be patient with all journeys and to stay connected to our own compassion and forgiveness as we all learn and grow.

Here’s a little poem I wrote to summarize Pisces’ wisdom and gifts:  
“Pisces says You’re not alone, and speaks its truth in song and poem.”

May we each embody the highest qualities of this loving Sign.

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.