

Increasing Our Inner Peace

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Let yourself feel the changing season as you take in the colors of my photo. A new September has arrived, carrying with it all the gifts and challenges of this month in a New Time. Like the colors in my photo, we can see the greens of summer slowly transforming into the oranges of the coming fall.

Most of the month of September occurs during the time when the Sun is in the Sign of Virgo. Like all Signs, it carries lessons and gifts for each of us.

Symbolically Virgo represents the Sign and theme of the apprentice, acknowledging the ever-growing part of us that is always learning under wiser teachers. It is searching for ways to improve in every area of our lives.

It's no surprise this is when children return to school to carry out the theme of ongoing study. No matter what stage of life we are in, we are always reaching for ways to improve and learn more. Every day presents new opportunities for this growth.

Virgo is the part of us that constantly needs to analyze and correct our mistakes, serve others and seek wiser people to guide us. In this New Time of constant change, we are asking ourselves to learn from every opportunity without judging what is creating the lesson.

Think of your own life as you move through September and concentrate on being accurate, efficient and hard-working. Be careful to avoid the Virgo excesses of trying to be perfect, judgmental, guilt-ridden, over-analytical and worrying. None of those approaches help us learn and grow.

This is the perfect time to improve your health by understanding what within you is causing the outer challenge. Ask yourself:

- What attitudes and incorrect thinking are causing the health challenge you have asked to learn from?
- Where can you seek wiser teachers to help you learn and grow?
- What can you do to take better daily care of yourself and others?
- Evaluate your own nervous system, intestines, spleen and solar plexus to see where you have given yourself lessons in self-improvement.
- Where can you make improvements in your life as a whole?
- Find the places where you are (incorrectly) judging others and understand that everyone is working on their own chosen lessons.
- What steps can you take to improve the health of the earth and its inhabitants?
- Remembering that life is an eternal process of learning and growing, what can you do on a daily basis to improve and reward yourself for this important work?
- How can you find daily inner peace by accepting all people and situations and learning from its lessons?
- Where can you use the Virgo colors of whites, grays and beiges in your wardrobe to remind you of this ongoing work?

An overview of Virgo reminds us to be mindful of our daily movement towards improving and helping us value our lessons and our gifts. May we apprentice ourselves to peace and love and service in their behalf

Happy New September!

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.