

Increasing Our Inner Peace

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As we take in autumn's beautiful gifts in my photo, may we open our hearts to all of life's beauty. Most of the month of October occurs in the Sign of Libra, which begins at the Autumn Equinox.. It reminds us we are here on earth to love all, to find beauty and balance and to understand that compromise is a part of living and loving.

In this time, we are asking ourselves to open our hearts to find beauty in every breath we take. Beauty reveals itself not only in Nature, but in the helpful, caring actions and feelings in and around us. Think about how you are contributing to those gifts in your everyday life.

Only when we can fully accept all people wherever they are in their development can we find the peace that Libra asks of us. That acceptance

requires a long-range understanding of the unending time that life is and knowing that people will take all the time their soul needs to find love for all.

Libran energy reminds us to balance every part of our lives. We must take care of ourselves first before taking care of others. Libran work includes physical balance. If you find yourself having difficulty balancing challenges, dig deeper to find out where in your life are you not accepting others.

Some of the difficult lessons of the Libran energy include not acting to please others, not being indecisive, and not talking too much.

The gifts that our Libran energy give us include being a mediator and understanding all sides, being considerate, thoughtful, patient, and finding beauty in every part of our lives. Libra rules balance and asks each of us to find a happy balance in our lives in every area.

Libra focuses on beauty and asks us to find beauty in every person, animal and plant. The more we concentrate on that gift, the more peace we will have.

As we open ourselves to enjoy this Autumn's colorful gifts, let's focus on how each of us can increase our own inner peace. That daily practice will contribute to the world's peace.

Happy New October!

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.