

Increasing Our Inner Peace

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The last month of summer has arrived. It is a special time to focus on and enjoy the gifts of every day. I chose a photo I took of our local fair as a symbol of this month. The carousel is a wonderful symbol of this time. In our lives we travel 'round and 'round, searching for ways to learn from and enjoy each day's gifts.

This is the month when the Sign of Leo is prominent most of the month. August is often the time when people take trips as part of a vacation. Our lives are so busy that playful relaxation tends to take a back seat. The Leo energy reminds us to make time to enjoy our lives, relax, play and celebrate the present moment, all definitions of a vacation. The ongoing challenge is how to continue that when the vacation has ended.

Another Leo theme is finding our special gifts, including helping children and the child in ourselves find its own special creative gifts. As a Fire Sign,

Leo asks us to be looked up to, admired and to lead with love. This is the perfect moment to practice gratitude daily for all the gifts life brings to us.

Leo energy reminds us to live in the Present moment, which is the only True Time since the Past is behind us and the Future has not yet arrived. All that we wish to accomplish must begin in the Present.

The Sign of Leo is ruled by the Sun, symbol of our conscious Divine Self, In the body, it rules the heart and reminds us we are here on earth to love all people and accept them where they are in their development. Whenever we have challenges in our hearts, we are asking ourselves to open to loving and accepting all people and to find ways to appreciate and enjoy every day.

What are the ego parts of this Sign to avoid and practice removing? It reminds us not to be overly self-centered, condescending, or over-dramatic. It asks us not to be snobbish, bossy, or opinionated but to love and accept all people exactly where they are in their development. Because Leo loves to give, it often has difficulty receiving and must practice that balance.

May we enjoy life every day, value all our lessons, our blessings and our gifts. Together, may we co-create a world of peace based on love.

Happy New August!

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.