

# Increasing Our Inner Peace

from Susan J. Ackerman

[sackerman@lifeinsightastrology.com](mailto:sackerman@lifeinsightastrology.com)

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Let yourself breathe in deeply the fresh spring air.  
And let its beauty help you let go of all worry and care.  
May we remember we are each a special part of the whole  
May we enjoy the cycles of nature as they nourish every soul.  
Let's give back to earth our love every day  
In our work, our resting and in our play.  
-Susan Ackerman

The month of May has arrived, bringing us all its gifts. It reminds us to value the special worth of every person, animal and plant. In this time of Taurus, may we touch the earth with our bare feet and walk with appreciation for all its gifts.

Taurus is the most enduring of the twelve signs. It teaches us to have patience with anyone who is feeling impatient or angry and to understand that patience comes from a deep belief in life's goodness and a knowledge that all will be healed and well in divine timing. Slow and steady leads the way could well be its motto.

My photo reminds us that everyone and everything will bloom in perfect timing. As we move forward with a slow and steady understanding and appreciation of life's timing, we will know what to do and when. The more we value our blessings, the more they will come to each of us.

The challenges of this time are to not be stubborn or possessive or afraid of change but to trust in life's movement and add our loving appreciation to all we see.

If I had to think of one word to summarize the most important theme of May, I think it would be gratitude. The more grateful we are for all of our challenges and our lessons, the sooner we learn why we have asked for them and heal. The more grateful we are for all of our blessings, the more deeply we receive them and appreciate all they bring us with every breath we take.

Notice how the word May is part of an ongoing prayer for all that we hope for. I begin every day saying all that I am grateful for including the things I've forgotten to name. Then I add, "I am grateful for all of my blessings today and every day, along with "May this world live in peace."

May we each give our gifts with patience, love, and an appreciation for every person's Perfect Timing. May we value our lessons, our blessings and our gifts. Together, may we co-create a world of peace based on love.

**Happy New May!**

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.