

## In It Together

November 2013

Hello, everyone.....

Well, one down and one more to go of two of the most intense months we've experienced to date. What has been "interesting" from my observer point of view is that during a time when we are being called upon to rest and to examine our internal Beings, we're also being called upon to help friends and family members get through whatever challenge they're facing, whether it be problems in relationships, with finances, with health, etc., etc. I've learned that when a friend is in TRUE need, I'm energized when I am able to be of aid to them, so both birds are healed with one stone (to change up that phrase a bit). However, in the rapidly changing circumstances of these times, what may feel like a crisis in one moment is just as likely to pass in the next, so be wise in offering aid. Sometimes rushing in to "fix" someone else's "crisis" is the worst thing we could do, especially when we're exhausted. Unless it's a true crisis, we end up exhausting ourselves even more trying to help and oftentimes, we are resented for thinking WE could do it better than they. We find ourselves invested in "fixing them".....that's a formula for pain!!!

One of the great advantages we have over so many people is that we get to be "forewarned" about what each month's energy will be like (thanks to Dixie Lee and others who are attuned to the energy of these times). I can't tell you the number of people, for example, who have called or emailed the office in the past month to thank Dixie for the heads up regarding the reactive energy we're experiencing now. Her admonition to not make any decisions to leave a relationship until the energy of this time has passed has aided so many who otherwise would have done exactly that. I'm so grateful to have advance knowledge of what's ahead each month!

If ever there has been a time to "count to ten" if we're reacting to something someone has said or done, now is that time!!! People are raw right now and likely to lash out. I know I have been raw but have fortunately been able to count to ten so I didn't lambast anyone. I've been internalized at times so deeply that someone walking into my space can feel like an outright attack rather than what it is - a friend coming to see how I'm doing. Our best intentions can be totally misinterpreted by the ones who love us the most. A word or sentence innocently uttered (or written) can trigger such deep reactions in us that we are horrified to either blast another or be the one blasted due to that misinterpretation and subsequent reaction. We're all subject to it right now. Dixie's constantly saying, "Expect the unexpected". I've always equated that with natural disasters or circumstances that completely bowl us over (such as losing a job unexpectedly), but of course it also applies to reactionary energy. Sometimes we expect it, but other times it comes flying at us completely out of the blue. A few weeks ago I said something quite casually to a close

friend of mine, and oooooeerie, it was just the thing she needed me to say, apparently, because she was able to release all kinds of anger - LOL - lucky me!!!

It's more important than ever these days to remember not to personalize another's reaction (though of course, it's always our responsibility to examine ourselves to see if we need to work on something in our own Beings).....AND.....to get to the place where we can laugh with each other about it as quickly as possible. I was at yet another close friend's house recently when to my horror, I accidentally spilled a cup of coffee all over some important paperwork. You would have thought, based on my friend's reaction, that I had plotted for days to destroy that paperwork. After we did our best to clean up the mess, she said to me, "Wow, I can't believe I reacted as strongly as I did over an accident!!" And I said, "Yep - your energy was screaming, 'I hate you, I've ALWAYS hated you and I NEVER want to see you again EVER'".....and we started to giggle at the absurdity of the reaction itself and poof.....it was healed.

For me in the intensity of the energy of these times, finding humor and being able to laugh are two of THE most important things we can do to get through this Transition. It's also more important than ever to focus on the Good in this world....on the beauty that is all around us in the form of a mother holding her child's hand and smiling at him (for example).....of a dog wagging his tail like crazy from the sheer joy of seeing his master....of the glory of a tree's autumn colors against the backdrop of a brilliantly blue sky....beauty is everywhere if we choose to see it.

Samuel (Dixie's Guidance) once told her that the news would become more and more disheartening the more we entered into the intensity of this world Transition....that every time we turned on our television sets, we'd hear something that would break our hearts. He strongly advised at that time to turn off our televisions and instead, to focus on the beauty so richly available to us all.....to turn on music and dance in our living rooms....to get out and walk in nature as often as possible....to call a friend and laugh.....to read a book that would leave us feeling light and uplifted. And if we DID watch "that contraption" (his word for television), then he urged that we watch the kind of things that would make us laugh or would touch us deeply in a positive way.

It's obvious that the times he was speaking of are upon us. It's impossible to be on the internet or to turn on the television without seeing or hearing something that is heart wrenching. I know in these times it's incredibly important to be aware of what is happening in our world so that we can be informed and ready for any and all things, as Dixie has urged for years, now. However, sometimes it's easy for us to forget that our world IS so beautiful when we are constantly reminded of sad and frightening things happening on a daily basis. (The puppet masters who call the shots in this world would LOVE it if we kept hating/fearing each other - they're doing a pretty good job of dividing us via various media outlets, in my opinion.) I know I've mentioned that sometimes we just need to turn off our televisions when we find we are feeling fearful or sad or angry at what we've just seen or heard. I'm saying it again.....if we're immersing ourselves in the heartbreaking and/or terrifying news of each day, unless we are very adept at being in this

world but not of it, we're immersing ourselves in grief and sorrow and fear and anger....and I don't see how that can serve any of us in the long run.

We all know this world is having a rough time; hopefully by now we've taken whatever precautions we need to take in terms of having supplies on hand and plans in place for any unexpected events that might come along to turn our world upside down. And having done so, I believe THE best thing we can do to help Spirit right now is to live our lives in Gratitude for all the Beauty available to us and to fill ourselves with the goodness of experiencing the simple pleasures of life.....of loving and helping each other through these times by reminding each other of the Beauty of our world. It's everywhere - EVERYWHERE - we just have to remember to SEE it....

For those of us who live in the United States, November marks the beginning of the holiday season - I hope yours is wonderful....but no matter WHERE you live, may you surround yourself with people you love dearly, holding them close in your heart and thoughts and knowing with all of your Being that where attention goes, energy follows....they'll surely feel your Love and will be as enriched by it as you will be for the sharing of it.....

***Hold Onto Your Spirit!!***

Marty