

In It Together

February 2014

Hello, everyone.....

A friend of mine and I were talking a few days ago - she thanked me for mentioning in my January newsletter something that Dixie has often said when speaking about/to older souls, and that is: "There's no such thing as a small lie". My friend said that made her pause as she absorbed the statement, recognizing that it was an incredibly powerful one. AND, it gave ME the nudge I needed as to what to write about for this month's newsletter.

I think anyone who is a regular reader of Dixie's newsletters knows by now that her belief is that this earth dimension is a school whereby we come again and again to learn whatever it is we are ready to learn, according to our Soul's growth. When we first enter into the earth experience, the course of study for a younger soul is learning the basics of surviving in this dimension. We've all had some pretty "rough" experiences as younger souls as we learned to not only survive, but also how to be in relationship with others. What might seem to be an obvious truth to us now (such as "Thou shalt not kill") isn't something we know right off the bat when we first enter this dimension as young souls, and so we have a multitude of experiences/lifetimes, learning what does and doesn't work, until we get to the point where we KNOW the taking of another's life (for instance) is harmful to US (because what is harmful to one is harmful to all)...and then we move onto the next lesson in our Soul's curriculum.

The curriculum for this "time corridor" in which we live is designed with the ultimate goal of teaching us all the ways in which we can experience/express Love. (This time corridor began approximately two thousand years ago with the birth of Christ and other Masters who came to teach us about Love.) We enter and reenter and reenter and reenter

this time corridor until we have learned all there is to learn of Love. Many older souls are now poised to "graduate" from this corridor and move on to the next dimension.....the next "time corridor". That dimension is "Truth".

Not ALL of mankind is ready to graduate from this dimension, as evidenced by the incredible escalation of violence, hatred, etc., that our world is currently experiencing. Those souls who haven't yet gotten the hang of all the requisite lessons about Love will remain in this dimension until they, too, are ready to graduate, being born and reborn and reborn into this particular time corridor that "spans" two thousand years. Since "time" is a continuum, we can enter this Love corridor in any time period we choose. We can live in the 1800's, we can live in the time of Jesus, we can live in ANY time period within the last two thousand years in order to have whatever experience we need to have for our soul to grow. BUT, when we are ready to graduate, we'll specifically be born into the mid/late twentieth century or the early twenty-first century, as this IS the culmination of this particular time corridor, and these years and the intensity of them are our "exit exams".

SO....when Samuel told Dixie "There's no such thing as a small lie," he didn't mean for ALL souls. He was speaking about older souls who are preparing to enter into his dimension, the dimension of Truth, and who are refining their Beings so that even the telling of a "fib" causes a tremendous ripple of unease in them and impacts them just as much as the telling of a bald-faced lie would - it feels unclean in their Soul. In Samuel's dimension, nothing is hidden. All states of Being are easily and readily discerned; it's impossible TO lie or "fib" in his dimension because to exist in that dimension means a soul has overcome any and all fears in his/her Being that would cause a need to lie/fib.

In our dimension, we've been taught that it isn't always polite to speak our truths. We've been taught to feel shame/bad if we say or do something that causes another pain, so we shut our mouths because we sure don't want to be a meanie who causes pain (though in truth, they choose to feel pain and it's up to them to tell us so - we don't have the

power to "make" another person feel anything). We've been taught that "nice girls don't get angry" (for example), and so we stuff our anger. We've been taught "big boys don't cry", and so we stuff our grief and our sorrow, because it would be shameful to express it....isn't that what we've been taught? In essence, we've been taught all our lives to hide ourselves from each other and from our own selves.

However, the thing we forget when we shut down our truth-speaking is that we're then stuffing emotions that are mixed in with previously stuffed emotions that have been mixed in with even older layers of stuffed emotions, etc., etc. And when we stuff our emotions and pile one on top of another, pretty soon WE don't feel "clean" in our Beings.....we don't feel clean in our Beings because we're NOT clean in our Beings. We can't be. We have stuffed feelings of "being bad" - shame and anger and grief and all kinds of emotions are swirling inside us. Our confidence is affected, our self-worth is affected, our ability to be who WE are is deeply affected because we don't even KNOW who we are anymore under all those layers of yuck. And all because we are afraid of speaking our truth.....afraid that we might hurt another's feelings, afraid that we might be viewed as mean, afraid that we are wrong to have our feelings in the first place, afraid that we have no right to speak, afraid that we are making ourselves vulnerable to another, afraid we might get in trouble, etc.

One of THE greatest things I've learned from Dixie and Sam is how to speak my truth, IN love, to another in such a way so as to make it be about ME and not about them...because it IS about me, always. For example, if I'm in a place where I need quiet, and my friend is in a place where she needs to talk, I can be "polite" and listen, resenting that my quiet time has been interrupted and which she will sense despite my pleasant face; or I could say, "GOD, you talk too much - why can't you shut up?" (which my friend would understandably interpret to mean that her way of being isn't acceptable to me).....OR, I can speak my truth and say something like, "You know, I'm needing quiet. A lot of words are hard for me to absorb right now. Please know this isn't about YOU - it's about ME and where I'm at right now. Can we have this

conversation at another time"? I can say that without feeling bad in any way because I'm acknowledging that it's about ME.....and if it's about me, how can it be hurtful or offensive to another?

When we catch ourselves telling even the smallest of lies, a "fib", it's an opportunity for us to examine what fear(s) we might be trying to hide in us by the telling of that small lie so that another can't/won't know how we're really feeling or thinking. Because AS we are preparing to enter the next dimension, nothing is hidden.....and we can't graduate from this corridor and go into the next corridor until we ARE able to speak our truths and Know in every part of our Being that we ARE clean and in Integrity and have no need to hide any part of our Being. We're ready, then, to graduate into that next dimension.

It's an incredibly important statement for those Souls who are at that place where they are ready to work on refining their Beings even more than they've already done: **"There's no such thing as a small lie."** When we DO find ourselves telling a small lie, that lie - that fib - is an indication that we still have something in us that we need to release.....that there's something in us that we aren't feeling OK about and believe that a fib will hide whatever insecurity/pain/fear is in us, and because we're human, we do indeed try to mask the fact that we've got pain in us - we assign "shame" to it....sigh....how sad it is that any of us could feel shame that we are in pain.

I'll end this with a suggestion that the next time you're tempted to tell even a wee fib, ask yourself, "What am I wanting to hide about myself? What is it in me that believes I need to cover up who I am and how I'm feeling or thinking?" It's just one more gem to remember to use - a tool for helping us refine ourselves a little bit more by releasing whatever it is in us that believes a lie is more appropriate than the truth because of our own fear that we might be judged as inappropriate in some way. Because in the next dimension, as I've mentioned, it will be impossible TO hide - gosh, what a relief THAT will be!

Hold Onto Your Spirit.....

Marty

PS: If you're one who hasn't been able to speak your truth easily, it's hard to initially do, but it gets easier and easier each time you do. What was so helpful for ME to understand was the "how" of speaking my truth: "When you said/did this, I felt _____. Is that what you wanted me to feel?" Doing it that way allows not only the opportunity to clarify between people so there is no misunderstanding of intentions...but it also empowers us because WE are taking responsibility for our feelings and reactions - we aren't blaming someone else for them (because we ALL know how swiftly a conversation can escalate out of control when we play the blame game!)....