

In It Together
November 2015

Hello, Everyone....

Dixie had to have extensive dental surgery in mid-September (with more to come) and so she's had tremendous pain both in her mouth and head, and of course, lack of good healing rest because the pain makes sleeping difficult for her - her sleeping habits are upside down right now. AND so, she is working on healing and regaining her energy. I know she is very distraught that she promised to be more timely in her newsletters; her body decided otherwise. She actually did dictate a newsletter several weeks ago, but she was forcing herself to do so after a night of no sleep and it simply didn't "flow", so she scrapped it. If you'd like me to send you an email to let you know when she does have her newsletter posted, just write to info@dixieveterian.com and I'll be happy to email you once she's able to write one.

IN the meantime, I thought maybe my own newsletter could be a near plagiarism of a portion of one of Dixie's workshops from years ago, one in which she talked about change being a part of this dimension and how to let go of our fears so that we can flow with change instead of resisting it. I've talked in my last several newsletters about being consciously aware of how we're feeling and processing fears out of us that keep us limited, and so for me, remembering this particular workshop felt "guided" for these times. She goes into more detail about the "how" of letting go. So thanks, Dixie, for writing MY newsletter for me this month - all those years ago! *(smile)*

Her words begin now:

The greatest limitation that we put on ourselves in life is that we become terrified of change. And yet, we can't be in this dimension without the experience of change: each step we physically take puts us in a different place.....each moment puts us in a different time.....each thought changes us because it adds to our perception and our knowing of the experience. Life in this dimension requires the experience of change. Change is the means by which we can continue from one place to another, to experience The Journey, to experience all that we came to Know.

It's not the experience of change that creates the difficulty - it's trying to hold on to where we are that creates the pain that makes it difficult. If we're experiencing pain in our lives, we're trying to hold onto something because we think change will be painful.....when in reality, the pain is being caused by holding on! Whatever it is that we're afraid of, we've already experienced. If we hadn't experienced it, we wouldn't be afraid of it and guess what? We're still here, aren't we? We got through it - it didn't destroy us and we are even stronger because of that experience. If we fear it still -

whatever "it" is - it is sure to come back around to us, because whatever it is that we fear will come to us over and over again until we're finally ready to let go of it.

Now I'm not saying if we're afraid of snakes (for example) that we're going to create a den of snakes and be attacked by them. I'm saying that if we fear, we will attract into our lives whatever it is that we fear for the purpose of facing it and overcoming it, because it's only in the facing of our fear that we can come to the knowing of our own Being, our own power, our own strength.

By the way - if we catch ourselves using the words "always" and "never" by saying, for example, "It's always this way" or "They never let me", we need to change our vocabulary, because if we're using those words, we're not in the reality of Spirit but rather we're living in the illusion of "reality", because nothing is "never" and nothing is "always". Spirit requires change, and those two words preclude that.

Change brings growth. Change is Life. Change is movement and Life Force moves. When Life Force isn't moving, it becomes stagnant and is no longer alive. If there is no change, there is no life. If where we're at is hurting, it's time for change.....time to let go. The hardest thing, as we're traversing the River of Life, is holding onto the rocks, trying to keep the current from pulling us under. We go nowhere and we grow tired. We grow weary from holding on and struggling. But if we let go, if we open ourselves up and ride the current, we'll stay above the water. We'll float. If we fight it, we'll flounder and go under. Struggling against Spirit, struggling against the forces of life...creates the pain and the exhaustion in us.

When we open to Spirit, everything flows....we feel connected and things just fall into place. Spirit is all that we are of all that we are in all that we are in God, flowing into this dimension in perfect Harmony. When we are connected and open to the connection, it flows, and we float. When we are closed off from Spirit by our own fear, we fight the experience because we don't trust it. We become overwhelmed and exhausted until finally we can't hold on any longer, and we let go.....and in that letting go, we are once again able to be in the flow, and we return to Harmony.

The first place that we have to "let go" is in the mind, and that's the easiest place because it's easy to change our minds. It's easy to decide that we're going to do something differently. It's easy for us to say, "Oh, my body is fat, so I'm going to stop eating so much." It's easy to make that kind of decision. We have to see it and make the decision first so we can create the second level of change, and that's in our emotions. Before we can change the emotions, though - before we can let go in the emotions, we have to let go in the body, and we do that by relaxing the body - by putting it to water - to warm water - and to touch. Much of the reason our bodies hold tight is that they're suffering from lack of touch, and I can't say enough how important it is to touch. If we live without touch, our hearts will ache. The body is as a child that must be held and loved. Massage is a wonderful form of touching. The touch to an arm or a shoulder or stroking the back of someone you love as you walk by them is deeply

healing. It aids in the release. It helps to let go because the belief, the fear, packs into our cells, and the cells constrict around the fear and hold it tightly in our bodies.

Let me back up just a bit - if we're going to let go of "the rock", we change our minds by first of all saying, "I'm not going to think that way anymore. I'm going to think this way, and I'm going to know that I now can." It's pointless to say, "Oh, my body's fat - therefore, I'm going to stop eating so much," because we won't lose that extra weight until we let go in our emotions of whatever it is that's causing us to be fat. Our bodies are simply a reflection of our emotions, so to really lose that fat, we have to get inside our emotions and find out why we're carrying that extra weight. Maybe it's keeping others away from us, which suits us just fine because we have a fear of intimacy. Maybe it's because we've starved in another time and want to have that extra weight as a buffer against that. It could be any number of things and obviously I'm using a fat body as just an example. The point is, we find out what "it" is (what's causing our body to be fat at the emotional level, or what's causing our fear of getting old and sick, or what's causing our fear of loss of love so that we'll stay in an abusive relationship for years - whatever our fear is). Once we've identified "it", we find out where we're carrying it in our body. That's simply a matter of asking the body, "Where is this fear in me", and trusting the answer. Maybe it's in our hands, or feet, or stomach, or heart.....simply ask where it is.

And then we put our body first to warm water, for water is Spirit. We immerse ourselves in it. We cleanse ourselves and then we seek the touch of a massage therapist or of a healer, the touch of a friend, the touch of a lover.....or the touch of a child, because the touch of a child is the purest healing touch we can experience. And then, we go off somewhere where we can really give ourselves enough time to allow the fear to break loose from us after we've loosened up our bodies - a few hours can be of aid, but better yet is a day or two or three of being in the process of 'letting go'..... really being alone with ourselves, without phones, without computers, without televisions - no distractions.

We let go in the mind by acknowledging that we've carried a particular fear, and then we consciously work on letting it go from the body by immersing ourselves in water and in the healing energy of touch, and then we work on letting it go in our emotions. We don't let it go in the emotions by avoiding it. The reason it's in our body is because we put it there so we wouldn't have to see it. We hid it there. "Hey, I'll put it there, then I won't know it exists". How can we not know it exists when it hurts all the time????!!!. We haven't hidden it very well.

Here's another example, simplistic as it is. Let's say as a child, you fell off your bicycle and got hurt, and now you're afraid of bicycles and have been ever since that experience. If you choose to, you can decide that you're not going to be afraid of bicycles anymore. You look around and see others riding their bicycles and you think, "Wow, others are enjoying riding their bicycles - they're having fun. If I change my mind about bicycles, I might learn how to enjoy them, too. I might learn to balance, and I might even learn that I am capable of more than I thought.....and I might from that learn

some value of my own Being, and I might even free myself from the belief that I am limited by a thought, by an experience that happened in the past when I was too young to comprehend it. I'm not as young, now, and I know that I have entirely different capabilities than I had then, and so why would I allow that child that I was, the child in the Spirit that I was then, to tell me how to believe and how to feel now?" Because that which we were even ten years ago is a child in comparison to that which we are today.

So we let go of the thought.....and then, we take our body to water, to touch, and we get away from anything that creates stress so that we can let it out of our bodies by relaxing them.....and then, we heal the emotion, not by running away from it, but by going into it. We can only heal emotions by going all the way into them and out the other side. We ask ourselves, "What is it? Is it fear? Is it anger? What is it?" It's usually more than just one thing. Fear is really pain. Pain is really powerlessness. Powerlessness is really lack of trust and faith in Spirit.....and therefore, in ourselves. Lack of trust and faith in Spirit is really because we have closed ourselves off from Spirit. So we go all the way through - we shout the pain, we cry the pain, we rage at the pain.

A lot of us resist doing that because we think it isn't nice - that it's too messy to be in such deeply intense emotion. But is it nice to put it inside us so that it seeps out of us as murky energy? It's far nicer to shout it and acknowledge it because we're being real, we're being clean. Oozing it is "dirty". We have to go all the way - into the pain, into the anger, into the regret, into the guilt, into the recriminations. First we blame someone else for the pain. We blame each other, we blame God, we blame fate, we blame the dog. And then we blame ourselves - we regret that we've been in that blame and that anger for so long.....and then we cry out that pain and we begin to know that there is purpose in that pain, because then we can say, "Ah, I've at least learned this from it, and I know, now, in my Being that I was blessed by it, and I have no need for it again. I can let it go, now."

It sounds simple, and of course it isn't. It takes real commitment to dig into our emotions and allow ourselves to get "messy" enough to bring them up and out of us. But those emotions in us that we "hid" away so we wouldn't have to deal with them are locking us into ways of thinking and acting (or not acting) that prevent us from movement, that keep us from changing. The secret to living in Harmony in this dimension is to know that Life IS about change and to move toward every and all experiences with a sense of welcome instead of dread or fear, because we're in movement, and our Life Force energy is flowing through us, allowing Spirit (which IS Life Force) to move through us and be with us every step of the way. We are aiding it and not resisting it. We're swimming with the water and with the flow of it. And how delightful it is, how much easier it is, to be carried by the flow of the water down the stream instead of struggling and flailing and trying to hold onto every rock we can. What we get from doing that is bruised and battered - and it hurts!

*****End of Dixie's words.

Thanksgiving is coming up - as incredible as that seems! May you be surrounded by and filled with Love all month long, but especially so during the upcoming holiday.

Hold On To Your Spirit,

Marty