

INSIGHTS  
AUGUST 2009

Dear Friend:

I've been asked recently by several people just what it is I mean when I ask you to *stay focused on the Light* at the end of each newsletter. In fact, a number of my students have been discussing with each other what they're doing in their lives to try to stay focused on the Light. I'm both pleased and charmed by the earnestness with which they approach this endeavor, and amazed by the variety of interpretations that have been placed upon these words. So, I've decided that it's time for me to tell you just exactly what I mean when I ask you to stay focused on the Light.

I'm not asking that you meditate regularly, although I certainly do consider regular meditation an absolute requirement in my life, and know that everyone's lives would be much improved if we were all to meditate on a regular basis.....in fact, that there would be much less hostility and conflict in the world if we all did so. I'm also not telling you that you should pray, although I certainly do consider regular communication with Spirit (however you define Spirit) to be as important as eating and breathing are to sustaining our lives.

As I was cogitating on this subject in preparation for writing this letter, I was reminded that when I emerged from my coma after having been shot, I returned to this dimension with an absolute, powerful and compelling realization of something that seemed truly and deeply important to me at that time (and still is to the extent that it has changed my life dramatically and inspired much of my teachings). That realization is that *nothing in this world matters at all except us in our relationships with each other*. That truth sounds very simple, as truth always does, but if we were all able to truly understand it and truly live our lives in alignment with that understanding, our world would be transformed.

So when I say *stay focused on the Light*, I'm saying that the only thing that matters is that we enter into every interaction with another person with an attitude that includes compassion, integrity, and self respect. These are the qualities that we as souls are striving to develop and refine. So it's important that we strive to find those qualities in ourselves and to exercise them in order to strengthen them.....and to constantly invite Spirit to enter into our lives to aid us to make choices and to respond to the events in our lives in a manner that is in alignment with these intentions, that will help us to find compassion if we're not able to find it ourselves.

Of course we have all learned that whenever we decide that we're going to "work" on improving some quality in our being, Spirit provides us with abundant opportunity to do so. If we want to develop compassion, for example, Spirit is certain to present into our lives someone with whom we have to deal whose behaviors and attitudes we find absolutely repugnant. And in that experience, it is our responsibility to seek to understand what it is in them that would compel them to such attitudes and behavior, and to find in ourselves compassion for the suffering that always lies beneath such behavior.

On every occasion when I've decided I was going to specifically focus on strengthening my qualities of integrity, Spirit has presented into my life a situation in which it appeared that I would have to be dishonest, would have to tell a lie, would have to take the less than honorable action, or someone else would suffer, or the sky would fall, or something horrible would happen. Once we've worked our way past the illusion and forced ourselves to do the "right thing" – to speak the truth, to act in integrity, etc. – then miraculously, the situation dissolves....it just goes away. It's absolutely amazing to me how this works every time, yet while we're in the midst of the travail that is presented to us in these challenges, it always seems impossible and that our need to respond to the event in integrity could cause harm to ourselves or others.

When we're working on the task of offering respect and compassion to others while commanding respect (being self-respecting), Spirit is certain to present into our lives a person who treats us with contempt, or a situation in which it appears to us that we must "settle" for less than full value in order to appear to be "nice" or "good". In fact, it usually seems that if we were to command respect, we would appear to be unkind, selfish, greedy, or just plain "bad".

All of the excuses we give ourselves to justify lack of honesty or integrity, to justify treating another with disrespect, or to justify accepting devaluation from others are simply lies that we tell ourselves that hold us in behaviors and attitudes which ultimately inspire shame in us and lack of respect from others. There's an amazing and wonderful thing that happens when we learn to grit our teeth and force ourselves to respond with compassion in situations that would generally inspire contempt or wrath in us.....to do the "right thing" in spite of the appearance that doing so could create harm.....to stand strong for our own value even though it means that we have to get past the fear that we might not be lovable or even likable if we do so. And that is, ***we get to feel respected by others. We get to feel self respecting. We get to experience harmonious flow in our lives.***

These are enormous tasks that our souls are called to, and the thing that I'm urging you to remember is that we're not asked to carry these loads alone. Spirit is always waiting on the sidelines of our lives, hoping to be invited to be of service to us. Spirit can help to ease the uncertainty and the fear and the pain that exist within these lessons and help us to come out on the other side with a sense of Spiritual triumph. We're not expected to do it alone. We always have guidance available to us. All we have to do is invite it in. So when I say to you, ***stay focused on the Light***, I am urging you to live your lives in a manner that includes compassion, integrity, and self worth; and to constantly remember to invite Spirit into your life so that you can have the tremendous pleasure of living in communion with Spirit and the absolute knowing that you're not in this alone – that all you have to do is ask, and Spirit will work to urge you toward the response or the action that would be in alignment with your soul's intent. To live in this manner fills us with a sense of trust, a knowing – an absolute knowing – that everything that happens in our lives will ultimately prove to be for the betterment of our souls. Every situation offers us opportunities for growth and for improvement, and each time we approach these experiences with compassion, integrity, and self respect, we come out on the other side

feeling a sense of our own power and an absolute knowing that Spirit is active in our life and we can TRUST it. What a wonderful sense of security and peace that brings us.

You only have to look at this month's calendar on this site to see that the month of August continues to accelerate these powerfully intense energies that I've been talking to you about all year. We all know that the energies of this time are bringing us to world change. We all know that we're rapidly heading into increased hostilities that are taking us into a new war. And we all have come to realize that the universal tensions of this time are affecting each of us individually to the extent that it takes more effort than usual to maintain harmony in our personal relationships; and that we must constantly strive to remain aware that others are perhaps even more powerfully in reaction to these energies than are we - to the extent that they may even become out of control and react to events in a manner that could be threatening or harmful. So we need to take precautions, and we need to be prepared for all things.

There are at this time very strong aspects that there is a plot at hand for attacks on the United States, as well as in England, France, and several other countries. We're looking at increased hostilities in the Middle East and with North Korea. This energy is affecting the entire world and is manifesting in a hundred different ways. People are asking me, "What should I do? Where should I go? Where will I be safe?" I do powerfully urge you to be prepared for all things. As I've said before, the energies of these times cause earthquakes, floods, dramatic storms, fires, famine and disease....all kinds of reactions in the earth and earth energies, as well as increased emotional chaos that has the effect of causing hostilities that erupt into violence (both in personal relationships and in relationship between countries and/or religious factions). These things are happening now in different places all over the world and will continue to escalate. I absolutely do not recommend that you try to run from your destiny. If it is your soul's intent to experience one or more of these events, you will be drawn to the place where that experience would happen. Although we are all certainly affected (whatever affects one person affects us all), if it's not your soul's intention to be IN the experience, you will have the possibility of living your life in the midst of all of this, seeing it happen on the evening news but feeling somewhat separate from it all. I'm recommending to all of my students and clients that they have food and water supplies, warm clothing, First Aid supplies, medical supplies.....to be prepared for whatever might happen.

All of us – even the least intuitive of us – can feel the build-up of energy that tells us that we are on the verge of something immense. We were born into these times because we wanted to have these experiences. The attitude we take toward it is our choice. I recommend that we strive to live in the present, giving ourselves fully and completely to the events at hand, for our tomorrows are the result of our actions and attitudes of today.....and to move forward in our lives with an attitude of joyful expectation.

It's easy to fall into anxiety. It's easy to let our minds spin us in circles with all of the **what if's** and the **oh my god's**....but those are just energy-consuming wastes of our time. All that is to happen in this time was intended before we ever entered into this dimension. It's been predicted by sages and seers and in the Book of Revelations for thousands of years. But let me remind you of something I mentioned several months ago,

and that is that the definition of the word “apocalypse” is “the thinning of the Veil”. It’s a time of completion, a time of graduation, a time of “final exams”. And the Veil is thinning. We are in this time having more awareness of that which exists beyond this dimension than at any other time before us. We are actually having glimpses into the next dimension and seeing the shapes and forms of the Spiritual presences around us. And wonderfully, more and more people in this time are becoming aware that Spirit is active in their lives and are living in conscious communion with Spirit.

The month of August magnifies whatever emotional or physical state of being we were experiencing as we entered into it. Many are experiencing what feels like crisis in relationships. In fact, the issues that are causing relationship crisis are not new – in most cases, they’ve been there for a long time. It’s just that in this time, the energies are so powerful that they can no longer be ignored and we can no longer pretend that things are OK when they’re not.

Early in the month, these energies are focused on love relationships and friendships, bringing the requirement to resolve issues and bring relationships into harmony; or in some cases, coming to the realization that in order to remain in those relationships, we must accept devaluation. In such cases, many are deciding to end relationships. Others are finding resolution and strengthening their relationships. From the 18<sup>th</sup> of the month on, this same energy focuses into relationships between parents and children, magnifying emotions so that issues can no longer be ignored and bringing opportunity for resolution and healing; or, in some cases, the realization that in order to be in that relationship, you must accept devaluation. Wherever there is a requirement that you must accept devaluation in order to be in a relationship, there will be a powerful urging from the soul to completely withdraw from that relationship. These lessons are being imposed upon us with great force at this time.

As I talk with you about all of this, I’m reminded of something Kahlil Gibran said. I’ve been inspired by many of his writings, but this one really rang the Bell of Truth in my soul: ***“Many of us spend our whole lives running from feeling with the mistaken belief that you cannot bear the pain. But you have already borne the pain. What you have not done is feel all you are beyond that pain.”***

So, for this time, I’m urging you to look into yourselves and feel all that YOU are beyond the pain, and I’m urging you to.....

Stay Focused on the Light,

Dixie Yeterian

