

INSIGHTS
December 2009

Dear Friend:

Before you read this letter, I recommend that you take a look at December's calendar on this website. As you can see from it, the intensification that began on December 1st continues to accelerate through the month until in the last week of December/first week of January, it becomes absolutely explosive. In fact, on December 28th through the 31st, we will experience very powerful aspects focused on the United States that mean death of a time and rebirth. This kind of aspect always brings with it dramatic events. In fact, these are the same kinds of aspects psychics saw as we approached 9-11. The events that take place in this time lead us into a new war in 2010. It also brings about a major focus on patriotism, security, and conservative thinking.

This energy has been building throughout the year and has become more and more directed at political leaders. These are universal aspects, so although I live in the United States and therefore tend to focus on how this is going to affect Americans, it's important to know that these energies are affecting all people in all places. So throughout the world, people are becoming powerfully polarized, either in passionate support of their governments/leaders; or, in many cases, large factions bonding together with the intent of opposing their governments/leaders. This energy began in January of 2009 with a sense of dissatisfaction. That dissatisfaction has now escalated into rage. That rage is strongly focused on all who hold positions of leadership. In the United States, it's focused on members of the Senate and Congress, but it's most powerfully focused on President Obama.

On a personal level, when we let ourselves get thrown out of balance by these accelerating intensifications, we experience restless energy, impatience, grief, anxiety, and physical aches and pain. Many are having problems with sleeplessness. They feel anxious, tired and overwhelmed during the day and then go to bed completely exhausted and are unable to sleep. Even the most balanced people will have hours and sometimes entire days when they lose their equilibrium and get emotionally hammered. The thing that will throw us out of balance more than anything is having to deal with others who are in their own response to the energies of this time and are being self-absorbed, uncooperative, unaware, disinterested, and sometimes just down-right ornery.

I'm going to tell you again that it is our task to strive to stay in harmony and to find compassion in ourselves for those who appear to be thwarting us or opposing us, or sometimes outright attacking us. I'm also going to tell you that when we fail to live up to these intentions, it doesn't help to add to our distress by beating up on ourselves. Anger is anger, whether it's focused on another person or on ourselves, and as long as we're feeling angry, we can't be in harmony or in compassion. As my guidance says, those who hate war will never create peace....those who love peace will create peace.

So all this is happening as we enter into the holiday season, the time of family, of love, of “peace on Earth and goodwill to all”. I sometimes have to laugh out loud when I see the way Spirit moves, bringing us into a time that calls for compassion and striving for peace within so that we can come to experience peace as a society and then as a world.....and bringing us the lessons that have the intention of ultimately leading to peace by putting us face to face with whomever or whatever we have conflict. Whatever we hate, we get to have in our lives until we can find compassion in ourselves for that person or situation that embodies what we hate. We find compassion by seeking to understand what it is that urges or motivates another to the behaviors or attitudes that inspire hatred in us. When we see the wounded hearts or pain-filled souls that lie beneath the hated attitude or behavior, it becomes almost impossible for us to continue hating. Even the most hardened heart will begin to feel something like compassion.

All of this year has been so intensified that many have been feeling totally overwhelmed. It feels like every day is filled with a hundred little emergencies, all disrupting the plans we’ve made and keeping us from meeting obligations....thwarting us. We feel that we’re constantly trying to balance a dozen things at once. There’s not enough time for everything and everyone, so we feel guilty, and when we feel guilty, we become angry.

Many have responded to the chaos of this time by simply shutting down: they procrastinate, they don’t read their mail, they don’t want to answer the phone, they don’t feel like returning their calls.....they just feel totally overwhelmed and immobilized. The most destructive thing about shutting down is that it causes us to distance from those whom we love. It builds walls between us and our loved ones, our family, our friends. Those walls are built of their grief and feelings of rejection or abandonment and by our grief about being overwhelmed and sometimes anger that they can’t SEE that we just don’t have anything to give them. We want THEM to see how overwhelmed WE are and care that we are suffering. So one person is overwhelmed and distant, then the other person becomes hurt.....then the first person becomes hurt that the second person was hurt by their being overwhelmed until it becomes a totally confused, messed-up circle of resentment. And if we let it go on too long, it can build walls so thick that they become permanently impenetrable.

I’m telling you this as a warning, because I’m seeing so many people who are losing friends, family members, and marriages because they’ve internalized so deeply and for such a long time that their loved ones have just grown weary of begging for a connection.

Of course, what I’ve described here is the most extreme reaction to the energies of this time. Most people just feel a constant sense of urgency, a high level of anxiety, free-floating grief, aches and pains where we never felt them before.....and feel as though they’re running in circles like a dog chasing its tail, never able to catch that darn tail but compelled to run.

All of us are going to have times when we shut down and times when we just go kind of crazy with intensified emotion and with feeling overwhelmed by the demanding chaos that our lives become during intensifications. However, those who strive to remain conscious, those who constantly invite Spirit to intervene, and those who remember that the events of this time are being orchestrated by Spirit and are all in purpose.....will have a much easier time of it. We'll actually be able to get on top of this wave of intensification and ride it. It can be fun. It can be amazingly joyful when you're riding on top of it. We can climb mountains – we can accomplish whatever we desire.

It's easy to know whether we're caught up in the energy or whether we're on top of the wave. If we get pulled down into the chaos, we feel thick-headed, fearful, sad and totally disempowered. When we're on top of the wave, we will experience heightened intuitive senses. We feel energetic, empowered, focused, and really happy.

As I said, we'll all be pulled down into from time to time. As soon as we realize we're down into it, it's really important for us to do whatever we need to do to pull ourselves out of it. And the very best thing we can do is to distance ourselves from the situation and view it from afar. An amazing thing happens when we do that. We begin to see the humor in it. How often have we been in the midst of a traumatic situation and said to another, "Someday we'll laugh about this." I'm asking that you seek to make your "someday" today. As soon as you realize what you are doing, turn to the other person and say to them, "Wow....did you see how angry/upset I just got? I wanted to kill you! And did you hear the words coming out of my mouth? WOW!!!" As soon as you begin to verbalize the outrageousness of your reaction, you begin to see and feel the humor in it, and you'll be able to laugh. The laughter will heal the anger and mend the rift that had been torn in the fabric of your relationship with another, and/or with yourself.

Yes, these are crazy times, and I'm here to tell you they're going to get crazier. So I'm going to tell you that we really DO need to make this holiday season one in which we reach out to our friends, our family, our loved ones. Get together. Talk about all the funny, inane, quirky events that have happened in your times together. Laugh. Laugh until your belly hurts. And as we move to the end of this year - to the "birth of a new time" - I urge you to hold tightly to those whom you love and to Spirit. We need their love more than ever now, **and they need OUR love.** Let that love strengthen you so that you can walk your path with ease....and let the Joy of their love fill you so that you may brighten the paths of others.....

AND.....

Stay focused on the Light,

Dixie Yeterian

