

INSIGHTS July 2009

My dear friends....

We are now entering into the powerful intensification that I've been telling you about since January of this year. If you've looked at the calendar on this website (and I strongly recommend that you DO if you haven't), you have seen that this month brings dramatic events moving us toward world change, affecting finances, personal relationships, relationships between countries and moving us toward a new war. If you wonder what this is about, just start following the news reports about North Korea. I'm not going to dwell on the specific events of this time. It's just much more of the same that I've been telling you is happening.

Beginning the 1st of July through the rest of this year, there's an escalation of powerful energy that causes polarization. It will cause people to hold tightly to their personal beliefs and security foundations, bringing an increase in patriotism and surges of religious fervor as well as a universal renewal of conservative thinking. It will bring dramatic changes to all of our structures – our religious structures, our financial structures, our educational structures, our political structures – and even social structures affecting communities, families and personal relationships.

We will continue to see powerful and unusual weather events, enormous fires and floods throughout the world.....earthquakes and volcanoes all along the Pacific Rim. And remember that there are very strong aspects throughout the year focused on both health issues and new discoveries that affect health. (By the way, while we're having these aspects around fire and water, I would recommend that you take extra precautions. Maybe unplug appliances (for example) if you're going to be gone for an extended period of time. Be careful when barbecuing, cooking, ironing, or using any tool that could cause sparks. And know that you could have issues with plumbing - this includes our physical bodies as well. There will be many people complaining about bladder, kidney, stomach and bowel ailments. We have entered into a time of dramatic change, either wonderful or terrible, depending upon what we bring to it.

I've talked with my students about the fact that world events replicate our internal states of being. For instance, it's not surprising that there are so many fires aspected in this time, as so many people are having difficulty dealing with the great changes that are taking place in their lives. (Or in some cases, in reaction to the fact that they are holding tight to situations from which they THINK they want to be freed.) Fire is the universal symbol for anger, and frustration and fear are almost always expressed through anger.

It doesn't surprise me that we're experiencing enormous floods. Water is symbolic of Spirit/life force energy. Floods universally symbolize being overwhelmed by the forces of life.

I'm not surprised that people are experiencing ailments affecting the stomach, bowels, bladder and kidneys and the resulting effect of toxic build-up in their bodies. These symptoms are the result of our attempts to hold onto emotions, situations, relationships or attitudes in our lives that need to be changed or ended.

In previous newsletters (which you can access at the bottom of this page), I've talked to you about the need to assess and refine our attitudes about the events in our lives. This is a conversation that I've also held with my students and many of my clients. I think the one thing that we absolutely **MUST DO** for ourselves in this time is come to the realization that whatever is in our lives (be it a relationship, a job, a place of residence – whatever.....) is **IN** our lives because it is giving us something we need. I can't tell you how important it is that we come to this realization and stop believing that we are held hostage by our jobs, our relationships, our residences, etc., etc. We're in these situations and/or places because we need something that they are giving us. (No one is holding a gun to our heads, forcing us to stay where we are.) If they weren't offering to our needs, we would simply walk away from them.

It is our task in this time to assess our lives and everything in our lives – all of our relationships, all of our commitments, right down to our choice of places to live – and recognize what it is that those situations and/or people are giving to us so that we can honor and value that which we are being offered by them rather than continuing to resent them. I can't tell you the number of people who, during the past months, have said to me: "I'm trapped in this marriage." "I can't leave because I don't want to hurt him." "I'm miserable in my job, but I can't leave it." "I hate where I live, but I'm stuck here." I am greatly saddened that so many people are telling me how much they resent the people and situations that are in their lives. Without exception, they have convinced themselves that they are held hostage and victimized by these people/situations. They are absolutely convinced that they cannot bring change to their lives, and they look at me as though they think I'm crazy when I tell them that they created those relationships and situations and that they could change them if they really wanted to.....but that the very fact that they are staying in those situations/relationships tells me that they **REALLY** want to be where they are.

We have all kinds of reasons for staying in situations or relationships that we consider to be unhealthy, unfulfilling, or even downright dangerous. For instance, through the years I have witnessed many younger souls who have stayed in abusive relationships because they had an addiction to adrenaline and needed drama in their lives. I also have witnessed many young souls who mistake pity for love, who have stayed in emotionally and even sometimes

physically abusive relationships so that they could experience being pitied/"loved" and so that people would try to rescue them and they could feel loved. If you've ever tried to rescue one of these young souls from a relationship, you've experienced nothing but frustration, because whenever you offer them an option or an out, they will tell you ALL the reasons why it's impossible for them to leave. If you DO get them to leave, their separation from the abusive partner will be short-lived. They'll run straight back to it as soon as you take your attention away from them.

Many more evolved souls enter into relationships with people who offer them stability and security. Those people have agreed to be the landing pad from which the more evolved soul can fly...the solid place in their lives. But landing pads don't move, and the more evolved soul becomes frustrated and resentful that the landing pad won't go exploring with them and frequently devalues all of the support, security and strength that those landing pads bring to them. Sometimes we stay in places, jobs, relationships that are uncomfortable because we need the experiences of the place or people, or because we need to overcome prejudices or judgments about the people or situations that are in those places. Once we learn compassion in those situations and for those people, we usually no longer need to be there (although sometimes we discover that we truly love those people and places, once we let go of our resentments and realize that we are there because we have chosen to be there.)

Many people are in relationships with partners for whom they believe they bear no love and tell me that they are there because they don't want to hurt the other person by leaving them. My response is that they are hurting their partner much MORE by asking them to give up the years of their lives to the lie and by leading them to believe that they are in a loving relationship when in fact they aren't...and essentially depriving them of the right to attract a relationship with someone who WOULD love and honor them.

There are a thousand different reasons why our souls would urge us to remain in a particular place. Usually those reasons have a lot to do with the people who reside in that place and our need to resolve karmic conflict, to overcome prejudices, or to realize and value the qualities inherent in the relationships with the people of that place. In most cases, our choice of locations in which to dwell is about the enrichment of our souls.

My concern for the people who come to me with the complaint that they are being held hostage and thereby victimized by situations/relationships or being bound to locations is that they are going to create great pain for themselves unless they are able to reassess and find the value in those situations and begin to be honoring and grateful for what they are receiving. If they continue to bring resentment to their relationships, those partners are likely to awaken soon (the entire world is changing rapidly) and decide that they deserve better than this....decide that they are tired of receiving nothing but resentment in return for

the offerings that they are making into the relationship. (Once they're gone, we frequently realize that we loved them and needed them much more than we knew. Loss of them can be devastating.)

I'm concerned that if they continue to go to their jobs with an attitude of resentment, their employers are going to decide that they would rather have an employee there who brought a positive attitude to the work place. There are a lot of people out there today who would love to have those jobs!

And I'm concerned that unless those people assess their feelings about the area in which they live to the extent that they discover what it is that that place is bringing them and begin to value what they are receiving from the place, that the place will begin to reject them. When we continue to bring resentment to a place, it stops offering to us. Things stop working for us there. People stop being friendly and cooperative. The well of opportunity dries up.

When we bring anger and resentment into the world in this time of escalated energies, we are putting ourselves at great risk. What we put out comes back to us not ten times over, but a HUNDRED times over.

As long as we **believe** we are powerless victims, we ARE powerless victims. In fact, we have given up our power to our beliefs. Once we STOP believing the lies we've been telling ourselves and start seeking the value in our situations, relationships, etc., we reclaim our power. We can once again feel powerful and joyful.

Most of my clients are asking me how to survive these times. I'm attempting to teach them how to THRIVE in these times. This might sound too simple to be true, but my guidance recently told me that true wisdom most often sounds foolishly simple. The fact is that all it would take to be able to thrive in these times is an assessment of our situation, finding and valuing what it is offering to us, and bringing an attitude of gratitude and joyful expectation to our lives....

I pray that this message is heard, because the hearing of it and the response to it would have the effect of dramatically changing lives for the better.

Let me take you on a little journey. I want you to imagine now that you are following a path through a beautiful forest. It's a lovely path....birds are singing....there's the sound of a stream rippling over rocks....the air is rich with the fragrance of moss and pine needles. The path is dappled with sunlight filtering down through the trees. Every now and then, there's a rock in your path. You can decide to walk around it, step over it, or sometimes move it out of your way. You've been down this path far enough to know that you can handle most of the rocks that litter the path.

But then as you proceed, you come upon a cottage. It's an intriguing cottage because there's a sign on the door that says, "Enter at your own risk." Being an inquisitive person, you have to open that door to see what's inside. You open the door, step inside, and the door immediately slams shut and automatically locks. You realize now that there are no windows, that you can't unlock the door....there's no way out. NOW the walls begin to close in, and the room grows smaller and smaller. You know that you have to find a way out soon or you're going to be crushed.

Then you look down and notice that on the floor, there are two manhole covers. One is marked "6 ft."; the other is marked "4 ft." You lift the lid off the 6 ft. manhole cover and jump in just as the walls slam shut above you. Now you discover that the hole is filled with feces all the way up to your neck. There are two things you can do....

You can either say, "Oh, my GOD, I'm up to my neck in SH*T!"OR you can say, "Thank God I'm ONLY up to my neck in sh*t!"

You see, the path is the path of our lives. The opening of the door is a choice. The lifting of the manhole lid is a choice. The jumping in is a choice. Life is a series of choices and then living with the consequences of those choices. The question is....once you've made the choice and you're in the midst of the consequences of that choice, ***what is going to be your attitude about it?*** I've said it before, and if you continue to read these newsletters, you'll probably hear it a hundred times over.....***the lesson is never in the event – it's ALWAYS in our response to the event....***

Please....stop believing the lies. Reclaim your power. Let joy and strength replace resentment and angry depression.....

AND....

Stay focused on the Light,

Dixie Yeterian