

INSIGHTS
May 2009

Dear Friend:

Well, I guess I don't have to tell you that the energies of the month of May include a high level of anxiety. The aspects for health and health issues continue - in fact, are magnified – during May, June and July; and then begin to ease up. As I told you in January 2008, we had then entered a two and a half year long cycle that places tremendous focus on health and health issues. The peak of that cycle is happening right now. SO...in this time we are experiencing both the positive and the negative responses to the energies of this cycle. In the negative, we are experiencing the onset of a pandemic virus (which I believe will be dealt with effectively over the next three months). And, as I have said before, we will continue to see more and more amazing medical breakthroughs that will help the paralyzed to walk, the deaf to hear, the blind to see....that will cure cancers and diabetes, MS – all kinds of ailments.

The energies of these times are both wonderful and intensely difficult, **depending upon the intention of your soul**. So during this time, we not only are experiencing the health aspects, but we're going to see increased earthquake activity all along the Pacific Rim, fires are aspected throughout this year, massive flooding in many countries, major volcanic eruptions, and amazing crazy-weather events.

When I say our experience of it depends upon the intentions of our souls, I am saying to you that some of us will be greatly affected by the events of this time – in fact, will immerse ourselves into those events in order to have the opportunity of growth provided by them. But most of us will continue with our day to day experiences, having our lessons offered to us through our relationships, through our striving to accomplish, and through our searching for a deeper relationship with Spirit. Unless we allow ourselves to get caught up in the universal epidemic of anxiety, we will be aware of the really dramatic events of this time only because others are talking about them, because we saw them on the evening news, etc. Of course, all of us are affected by the resulting financial chaos.

When I spoke with some of my students about my prediction that we would be entering into a new war at the end of this year, some of them became panicky. I know that my predictions of earthquakes, floods, fires, and pandemic outbreaks have probably been pretty scary to some of you. The thing that we need to remember is that at all times there is a war happening someplace in the world. At all times, there are earthquakes, floods and fires happening someplace in the world. At all times, there is famine happening someplace in the world. The question is, did you enter this life with the intention of experiencing any of these things?

My guidance says that we wrote the story of our lives before we entered...that we made pre-agreements with other souls that we would all play different parts, different roles in each other's experiences...and that we as a group chose to enter into specific times and places that would give us the overall "setting" for the story that we created. However, as we become immersed in our dramas, we begin to believe they are real. According to my guidance, in the writing of our intended life stories, some of us wrote a tragedy and some of us wrote a beautiful dance. He went on to say that some of us wrote a dance and are trying to make a tragedy of it, and some of us wrote tragedies and are "learning to dance within them" (meaning, coming into harmony with our experiences).

So, did you write a tragedy or a dance? You can know the answer to this by simply entering into a meditative state and asking yourself that question. You know the answer.

Those who came to experience the dramatic events of this time actually feel a sense of excitement about them. It feels challenging. It feels adventurous. And they have an inner knowing that they are absolutely ready for the challenge and capable of dealing with whatever life tosses their way. For the past twenty years, I've been talking with you about the number of people I've "read" whom I saw had simply entered this time with no intention of preparing themselves for careers, no plans for their lives – they just seemed to be hanging out here, waiting for the coming dramatic events. At the same time, I have been amazed to see the number of truly evolved souls who have been entering this dimension since the 1960's who came with the intention to offer knowledge, service, healing, and all kinds of aid to those who came to live the drama.

It's our task in these times to strive to strengthen our physical bodies and our immune systems so that we may live with less discomfort and be less physically vulnerable to the chaotic energy. It is our task to deal with our emotions in the moment and not bury them, thereby creating pockets of emotional toxicity within ourselves, which would also have the effect of weakening us both emotionally and physically. And most of all, it is our task to strengthen our Spiritual bodies by constantly striving to live in integrity and in connection with Spirit. It's very important to bring the physical, the emotional, and the Spiritual aspects of our being into alignment at all times.

I recommend that you assess every significant decision by processing it through your emotions, your mind, and your soul. It's easy to do this. All you have to do is hold the matter that you are considering in your thoughts, then bring your attention to your heart and say (out loud), "My heart feels _____" (whatever your heart feels about the situation). Then, bring your attention to the base of your skull (the pituitary gland, also known as the Throat Chakra) and say, "My mind thinks _____" (whatever your mind thinks about the decision under consideration). Then bring your attention about 6-8 inches above your head, where you'll find a point of energy that I call the Soul Chakra. Hold your attention there and say (out loud), "My soul urges _____".

For example, if I were thinking of marrying somebody (which I'm not thinking of doing), I would first go to my heart and maybe get the response, "My heart feels warm,

comfortable, compatible, happy, loving,” etc.; or I might get the word “hesitant”. Then I would think about the possibility of marriage to this man and I would go to my Throat Chakra/mind (again, it’s at the base of your skull) and say, “My mind thinks it would be compatible. My mind thinks it would bring security.” Or I might get “My mind thinks I will lose autonomy. My mind thinks this person might strive to control me so that I would have to fight for my freedom,” etc., etc. Then I would go to the Soul Chakra (6-8 inches above your head) and say, “My soul urges.....” and I might say and feel “My soul urges connection. My soul urges me forward.” Or, I might say and feel, “My soul urges me away. My soul urges me back.”

I would make the decision to go forward only if all three parts of the self were in alignment. For instance, if my heart was not in alignment, telling me I didn’t feel loving enough to marry OR that I didn’t trust that he loved me enough so that I could feel secure and trusting, then maybe I would need to release any past betrayal(s) that were causing my heart to hold back. If my mind was not in alignment, I might need to re-assess and/or adjust my attitude; or to re-think/re-assess the data I had accumulated.

If any part of your being – the heart, the mind, or the soul – is in opposition to your decision, it will set up blockages. In order to be effective, it is very important that all parts of our beings come into alignment around a decision. When all parts of our beings are in alignment, we are unstoppable. If the soul urges us in a direction different from what the heart feels or the mind thinks, we may be able to force the experience, but we’ll never feel a sense of rightness about it. We won’t be really happy within it.

I powerfully urge you to use this process. It can make all the difference for you when you’re wondering whether you’re making the right or wrong decision about a possible action in your life.

During the month of May, we’ll be experiencing a very powerful internalization cycle. As you know, the internalization cycles always affect communication, causing weird things to happen with telephones, computers, televisions – anything that has to do with communication. It also affects our ability to hear each other. As we enter into this internalization (and by the way, this energy’s already begun), you’ll find that people are talking to you and you aren’t hearing them. You won’t be able to pull yourself away from the myriad of thoughts and feelings that are going on inside you enough to actually be able to hear what others are saying. It’s important to realize that others are experiencing the same thing, so don’t let yourself get too bent out of shape when others fail to listen to you, or when you tell someone something important and they later insist that you never had that conversation with them. There are going to be all kinds of issues about communication during this month.

The energy of this internalization causes us to be unaware of others and at the same time, to be powerfully sensitized to ourselves. If we’ve had any kind of minor ache or pain in our body, it will begin to feel like a really INTENSE ache or pain. These symptoms will come and go as the intensification ebbs and wanes. **On physical, emotional, and Spiritual levels, we will feel more intensely.** If you’ve been a little bit sad about something, you may have surges of deep grief about it. If you’ve been a little

bit irritated by something, it can REALLY tick you off during this time. Please just keep reminding yourself, "It's the intensified internalization." Don't let yourself over-react too much....but at the same time, remember that the purpose of these internalizations is to bring us TO self awareness. Pain (both emotional and physical pain) is intensified so that we can no longer ignore it.....so that we will do something to address whatever is causing the pain.....so that we'll stop pretending something doesn't hurt when in fact, it does.

So, I'm urging you to address the cause of your emotional or physical discomfort in a proactive manner. Don't let yourself get into explosive expression of blame. Keep remembering that whatever is in your life is there because you either wanted it or you allowed it, and to create the changes that are necessary to stop the pain, you either need to stop wanting or stop allowing, whatever "IT" is....or realize that you DO want it – that It's serving a purpose for you and change your attitude about it. And strive to do all this as graciously as possible (laughing here).

I've said it before and I'm saying it again – just keep remembering that it's ALL in purpose. These are amazing times. We're in it together. Let's just keep reminding each other to....

Stay focused on the Light,

Dixie Yeterian