

INSIGHTS  
OCTOBER 2009

Dear Friend:

Well, we're finally coming out of September's immense internalization cycle, so we'll begin to feel more energetic. We won't feel so sleepy, and when we go to bed at night, we might be able to actually sleep!

If you've looked at the calendar on this site, you know that October starts out with a powerful externalization. The sudden and dramatic shift from a dead stop to 100 mph will shake a lot of people up, so be prepared to deal with many who are somewhat out of sorts. Remember that the externalization cycle magnifies whatever energy you happen to be in when you enter it. And a lot of people were really exhausted at the end of the internalization cycle (September 29th) and didn't have much time to get rested before the externalization cycle hit, and boy, did it hit hard!!

So it's too late to tell you to try to get rest before the externalization starts. However, I would really recommend to you that you strive to go to sleep early and rest as much as possible during the first couple of weeks of October, because this cycle just gets more and more powerful as it goes....and it continues until November 15th, when we get a two and a half week break from intensification and then go into another immense happening starting on December 1st.

The focus during the month of October is entirely upon relationships. We're all going to be feeling the urge to reconnect with people from whom we've distanced. (It's natural to distance from people during internalizations, when we just want to go into our caves and hide.) Also, others will be reaching out to us, so this will most likely be a very socially active time.

On a Spiritual level, the intent of this time is to deepen communication, to heal wounded relationships....to bring our personal lives into alignment so that we form solid, bonded support systems in preparation for the coming times. You'll be amazed at the variety of ways it happens. Old friends will seek you out, or you may have the urge to pick up the phone to call them. Friendships, love relationships, relationships between parents and children – all kinds of relationships will be affected by the energies of this time. These energies urge us to have revealing conversations with our loved ones, with the intention of breaking down barriers, of inspiring trust and deepening relationships.

For the past several months, we've been working on compassion, understanding and release of attachments to old pain. (You notice I don't say "forgiveness", as I believe that "to forgive" implies the right to condemn.) Now, as the result of that work, we are viewing our relationships from a much different perspective. You might say, "Well, I haven't been working on these things." And I must reply, "Oh yes you have!!" You may

not have been doing so consciously, but I guarantee you that Spirit has been giving you plenty of opportunity to exercise compassion and to come to understanding; and to release old angers, guilts, and resentments. We're in a time of Spiritual housecleaning that affects everyone, whether they're aware of it or not.

As we progress through this lesson, we'll begin to have the urge to clean our houses – our closets, our drawers, our garages, our storage units – to clean everything....to get rid of junk and clutter and things that just are not serving a purpose for us any longer. This urge is simply an outer manifestation of the same energy that triggered in us the need to do the emotional housekeeping.

So....the month of October is mostly about emotions....MAGNIFIED emotions. We're all going to be feeling them. Those who fear emotion will try to block their feelings....try to pretend that everything's OK when it isn't. If they block their emotions too successfully, that emotional pain will manifest into physical pain. Therefore, I can't urge you strongly enough to speak your truth in the moment, to allow yourself the right to express what you are feeling as you're feeling it. Others who fear emotion may tell you that you should be ashamed of expressing your feelings. (They infer that "nice" people don't get upset.) They may tell you that your feelings aren't valid, that it's not the way you think it is, or that you shouldn't feel that way....or they'll pat you on the back frantically and tell you to stop crying or stop being upset. They want you to stop feeling so that they won't have to be afraid. And, of course, if YOU'RE a person who fears emotion, you will probably be doing a lot of apologizing during this month for having expressed your emotions in a manner that you consider to be inappropriate or unacceptable. (Because if you fear them, you'll hold them in until they burst out of you like a volcanic eruption, and then you'll feel ashamed.)

People who fear emotions usually hide from them by pulling their attention away from their hearts and into their minds. While residing in their minds, they can comfortably assess, analyze, measure, dissect the situation until they have successfully pushed the emotion down deep enough that they no longer can feel it, or even know that it exists. But the energy of these times lessens the power of the mind to sublimate the emotion, so even you "mind" people are going to have some pretty intense experiences. Guess what....it's a GOOD thing! It cleans out pockets of toxicity that exist in your body so that you'll feel physically lighter and more energetic. It releases dense, pain-filled feelings so that you feel emotionally lighter. It clarifies and thereby heals relationships (aka "clearing the air"). And revealing ourselves through expressed emotions does a wonderful thing.....*it strengthens trust.*

So I'm going to ask you: please don't apologize for having had an emotional reaction to a situation. You may need to apologize for the WAY you expressed your emotions, but never apologize for your feelings. We must learn to validate our feelings. They are important. They offer powerful signals intended to identify the status of our experiences, giving off pleasure signals when a situation is healthy, nurturing and honoring; and giving off intense alert signals whenever a situation is unhealthy, unfulfilling, or dishonoring in our lives. Our emotions result from part of our being that stands in

constant vigilance to give us powerful sensory awareness of the “rightness” or “wrongness” of any experience that presents itself into our lives.

All of the events that I’ve been talking to you about since the beginning of this year are beginning to happen in full force, now: powerful earthquakes, immense flooding, amazing storms, and fires like we’ve never seen before. These events are the natural result of the chaotic energy and the increasing intensification that we’re living in in this time. As we move forward, we will continue to see a breakdown of many of the structures that have given us a sense of security: financial structures, political structures, religious structures.....all are very fragile, and many are crumbling. These times lead us into world-wide changes for which we will ultimately be grateful because they’ll eradicate the need to condemn or go to battle with any person who believes, thinks, or looks different than us. The intention of these times is to bring us to a realization of the value and respect for all life, regardless of how it may present itself into this world or what belief structure it may embrace....to bring comfort, security, and/or Spiritual connection. It compels us to reassess our priorities. These aren’t easy times. The crazy weather, earthquakes, fires will continue to escalate; and within the next two and a half months, we will be knowing that we are going into a new war.

The best advice I can give you in this time is.....expect the unexpected. Be as flexible as possible. And prepare for whatever event might happen, for I must insist that in the near future there will be events that greatly affect the United States in particular, but in fact the entire world will be affected and will ultimately be brought to change. And I can’t urge you strongly enough to get prepared for whatever might happen. We’re all going to be affected by these coming events, whether it be personally or through our concern for and need to care for others. While you ARE preparing, keep reminding yourself that the chaos of this time is all in purpose. It seems to be the way of mankind that all change must come out of turmoil.....so, in the midst of these great changes, keep remembering that it’s all good. Feel your feelings.....wrap your heart around your loved ones, and....

Stay focused on the Light,

Dixie Yeterian