

INSIGHTS  
April 2010

Dear Friend:

On the 15th of March, we entered into a really dramatic period of intensification that will continue to affect us through the 28th of May. Those who entered this cycle in positive, accomplishment-oriented energy and with an attitude of joyous expectation are thriving in this time. They feel happy and enlivened and excited about the course of their lives. Those who entered this cycle in angry, fearful or depressive energy are experiencing the intensification of those energies, and they're finding this to be a pretty difficult time.

The intensified energies are accelerated through the 16th of April, and then all of a sudden, we'll shift from high gear into full-on STOP - we'll be shifting in a moment's time from a powerful cycle of externalization into a powerful cycle of internalization. This sudden shift in energy is going to result in some pretty extreme reactions.

The first two weeks of April are rapid-paced. Until April 16th, it's a really good time to start new projects, to make decisions, to take action in your life. After the 16th and through May 11th, I must advise you to take exactly the opposite approach. I strongly recommend that you slow down. Reflect, evaluate, make plans; but don't make decisions that would have long-term effects on your life. You're likely to need more rest and want to hibernate; and you may feel impatient with people who create dramas or difficulties in their lives and then call upon YOU to fix what THEY broke. This is not a good time to buy a house or quit your job, or to make important relationship changes. Impulsive actions you take now can result in terrible regret later on.

People won't cooperate. There will be miscommunications, misunderstandings. Mail will get lost. Messages won't be delivered. Electrical appliances, telephones, computers and automobiles will either fail to work, or just act really weird. If you let yourself, you can feel really thwarted and frustrated in this time. Just take it easy. Try to relax. Don't let yourself get bent out of shape by the blockages that pop up in your path. Meditate. Practice deep breathing. Keep reminding yourself to practice patience. You CAN get a lot of organization accomplished in this time, and it's a great time for writing or for immersing yourself in any kind of creative projects. (Just don't try to market them until after the internalization.) This time will pass rapidly, and you'll be able to get back into a flow after May 11th.

Throughout April, people will be feeling a sense of anxiety resulting from insecurity caused by the rapid changes that are happening in this world.

Although our news will declare that agreements are being made that will move us toward peace, we will continue to hear the drums of war approaching. We can expect more earthquakes along the Pacific Rim, and enormous flooding in many parts of the world.

So much is happening in this time. It's not all easy or beautiful from our perspective, but in the intent of soul, great things are being accomplished. The energies of this time call upon us to exercise and develop our internal strengths, so if you have lessons in self esteem (for example), you will attract people who will disrespect you, who will insult you, who may even condemn you. These lessons will be offered to you by Spirit so that you can learn to stand tall and strong in defense of the value of your being. If you have lessons in patience, you will attract people who will test you mightily. If you have lessons in honesty, you'll have all kinds of experiences in this time that give you the opportunity to practice honesty, such as being given an extra dime in change and not discovering it until you've walked all the way across the parking lot, through pouring rain, loaded your purchases and started your car. You REALLY don't want to have to walk all the way back to the store just to return that lousy dime.....but you must; for if you didn't, there would be immediate consequences. If your lesson in this time is about learning honesty, you would go through the next days filled with shame and regret. AND....if you are a mature enough soul to be attracting the lesson in honesty, that which you do will not come back to you ten times over, but a hundred times over. So if you keep that dime, you can expect that something worth ten dollars, or more, will be taken from YOU.

All through this month, many people will be in extreme reaction to the externalization and then to the internalization cycles. During the externalization, they're likely to feel overwhelmed and harried. During the internalization, they'll feel blocked and frustrated. Throughout this time, many will feel irritable and will be argumentative. They will argue any subject with you. If you say something is up, they'll swear it's down. They will obstinately hold to their declarations of "rightness", even in the face of mountains of evidence to the contrary. They just want to argue in order to release their stress. Don't waste your energy debating with them – just tell them that you honor their right to their own beliefs and turn your attention to something productive. They might keep picking at you. They do want a good fight, but don't let them get to you....don't react to them, or you will be likely to be subject to a verbal or even physical attack. Do your best to remain clear and solid and compassionate of the pain and fear that hides behind their behavior. Absolutely do not allow yourself to shout back at them. I know this will be really hard to do, but I urge you to speak softly and lovingly to them. A little sugar goes a long way toward diluting their bitterness.

We have entered a time that calls our beings to clarity....that requires us to be discerning and to live in a constant state of vigilance. Many seekers of Truth are absolutely amazed at the level of clarity they're experiencing. They're beginning to "see beyond" the surfaces of people and events. Hidden things ARE being

revealed. As you come to this clarity, you're likely to feel a throbbing pressure in the center of your forehead, to feel more sensitive than usual, and to be aware of sparkling lights and light forms, of colors and energy surrounding all things. You're beginning to "see through the Veil".

I must caution you to be VERY careful as you begin to "see", because you can alienate others without meaning to. Most people spend lifetimes developing facades behind which they believe they can hide their imperfections and their sensitivities from others. To know that you are seeing through their facade feels incredibly invasive. They will feel angry with you. They will vilify you, just as they would if you broke into their house and rummaged through their underwear drawer or read their diary.

I am reminded of a time when I was in my early twenties. I attended a party at the home of a friend whom I deeply loved and admired. During the party I went to use the guest bathroom. As I sat there, I noticed that the floorboards in her bathroom were really dirty. I thought, "Oh, my god. If Shirley knew this dirt was here, she would be mortified." Soooo, being the helpful, well-meaning Virgo that I am, I went to her laundry room, found some cleaning supplies and, in my party dress, got down on my hands and knees and started scrubbing. Shirley walked in on me and BLEW UP!!!! She was insulted and hurt that I would presume to clean HER house without having been asked. I lost a beloved friend. I grieved deeply for many years, and I never forgot the pain I saw in her eyes as she raged at me.

***Just because we're able to see something in another person's experience does not give us the right to take action on it or even to comment on it.*** We are only to give advice or help if it is asked for....OR if we have asked for and been given their permission TO help or advise. If we ask and are given permission to aid them, we must still be prepared for them to become angry with us. They may accept our help because they need it, but later feel humiliated that we saw so deeply into their state of being; they'll convince themselves that our help did not benefit them at all and that we overstepped our bounds with them.

My guidance Samuel insists that we should never intrude upon, nor condemn or even comment on another's state of being, unless we are in a relationship with them that requires and therefore includes an expectation of intimacy (such as marriage, parent/child, therapist/patient, etc.). Even then, we are admonished to not carry them or try to FIX them. They will see what it is that is causing the difficulties in their lives and know how to resolve or release those habits, attitudes, etc., that create their conflicts when their hearts and souls have experienced enough to make it obvious to them. Until then, what we CAN do is offer to be a place of love within which they can find and heal their own wounds.

Many of my students become quite disturbed when they begin to "see". It's not fun to be aware of lack of integrity or ill intent in others whom you previously

admired. It's also not easy to "see" how people are creating difficulties in their lives and to know that they could easily solve their "problems" if they would only view their situations from another perspective. You will often be able to know exactly what they need to do or exactly what attitudes need to be changed in order to overcome their life's difficulties, and you'll want to tell them what you "see" with the absolute intention of helping them. ***Don't do it.*** They'll just end up resenting you. The best way you can help them is to pray for them. Ask Spirit to come to their aid, to help them find their way through the chaos of their lives. Love them. Ask Spirit to help YOU remain in compassion with them....and, as always....

Stay focused on the Light....

Dixie Yeterian