

INSIGHTS
August, 2010

Dear Friend:

Well, we're entering the month of August in the midst of an amazingly powerful intensification. From the 27th of July through August 2nd, there exists a whirlwind of combative, chaotic energy that has caused emotions to be magnified, resulting in increased violence in the collective. During these days, almost everyone has experienced their emotions running from ecstasy to despair and back, over and over again...feeling at one moment peaceful, happy, even elated; and the next minute scared to death or ready to bite someone's head off!

The one thing that is aspected more than anything in this time is anger that is emanating from past experiences, surfacing and being projected into the present situation in a way that feels bewildering to all who are experiencing or witnessing that anger. It often doesn't seem to be justified by the present events.

Intensification of emotions is powerfully magnified in THIS time and continues throughout the rest of the year. The purpose of it is to bring up, resolve and release attachments to old pain. For instance, if in the past (this life or another), when you were a young child, your mother told you to care for a younger sibling and because you were a child and therefore childish and perhaps thoughtless and self-involved, you went off to play and your younger sibling fell in the river and drowned or was hit by a car and killed (or SOME kind of terrible thing happened) and you spent the rest of that life feeling shamed - perhaps even hated for that irresponsible action....you might at this time find yourself being in extreme reaction to any person who evidences something that (to you) looks like irresponsibility. If perhaps a person were to make a promise they didn't fulfill, not pay a debt on time, or even arrive a few minutes late for an appointment with you, you might be incredibly outraged, even to the point of feeling tearful.

You see, in the energies of this time, anything that touches a sore point in us - anything that reminds us of our own deeply embedded (usually unconscious) shame - has the potential to spark a fire of rage within us. It's human nature to feel hurt when we are reminded of something for which we feel shame....and that pain automatically and immediately shifts to anger. The anger is intended to protect us from our pain.

As I just said, this shame is most often unconscious. In fact, if I were to tell you that you were feeling shameful about having been "irresponsible" or "lacking in integrity" (or whatever your issue is), you would probably become REALLY angry with me and say, "I'm the most responsible person I know. I pride myself on being responsible. I just hate people who aren't responsible. I can't STAND them." I would then be required to remind you that the intensity of your emotion about the issue gives clear evidence to the

fact that you have unresolved shame about having BEEN that....that you haven't yet forgiven yourself or released your attachment to whatever it was that caused that shame.

In this time, we are being called upon not only to release such shame and guilt, but we are being hit smack in the face, over and over again, with people who represent to us whatever our deeply embedded, unresolved shame is so that by seeing it in others and forgiving it in others, we can thereby see and know in ourselves what needs to be forgiven and offer that same forgiveness and release to ourselves.

It's a time for healing. That sounds wonderful, doesn't it, when I tell you that it's a time for healing? It IS wonderful. But to quote my guidance Samuel, "Sometimes what you need to accomplish IS healing....and you don't always like the taste of the medicine." So if (for instance) you have a need to be healed of the pain that comes from the shame of having been irresponsible, your medicine will be that you will be required to deal with people whom you consider to be irresponsible....and their ways of being will touch your deeply buried memory of having been as you now perceive them to be. You will immediately feel a surge of shame and you will instantly sublimate your shame into rage. You may find yourself feeling tremendous prejudice against any person whom you deem to be lacking in responsibility. It feels like a personal affront.

I'm simply using irresponsibility as an example. It could be a MYRIAD of experiences or emotions. It could be that you have betrayed another person in the past and haven't worked through the shame of it....so you would find yourself in the presence of people whom you consider to be betrayers. It could be that you have at some time in the past lived without integrity and haven't released your shame for having lacked integrity....so now you might find yourself needing to deal with people whom you feel lack integrity. You may have abandoned someone in the past and haven't yet released your shame for abandoning them, so you're going to be dealing with situations involving abandonment issues. The list of possibilities goes on and on. Whatever it is that is being presented into our lives in this time....**is about US**. It's never about the other person. It's always about OUR need to come to terms with something in our own Being that must be healed.

When we feel the pain of betrayal or suffering from another's lack of integrity, or feel dishonored by another's irresponsibility, or we feel abandoned – whatever the feeling is in us - our automatic response is to "make them bad." Our true need is to seek within ourselves to find the shame that is buried within us – to seek some sense of what it is that we have done or been for which we still hold shame that must be released.

We can release shame and/or guilt about anything, simply by asking ourselves the question, "As I am today – with who I am and what I know – if I were in the same situation, would I respond or behave in the same way that I did then? WOULD I be irresponsible, lacking in integrity, betray or abandon another," etc., etc. It's not necessary to absolutely consciously KNOW what it is that you did or what it is that you "were" that holds you to such strong emotions. It is only necessary to bring yourself within, to gain a SENSE of it, and to realize that you wouldn't HAVE such strong

feelings about whatever it is that you're having strong reactions to unless you had something in you that held shame or guilt about having been or done that in the past.

Whether or not you remember what the event was, you still must realize that you are holding emotions about having been or done something, and you must bring your attention to the emotions around whatever that "something" is, and ask yourself the question, "As I am today, with who I am and what I know, would I act in the manner that I would consider to be "unethical", etc. If your answer to that question is an **absolute irrefutable NO...then it's time to release it.** All you need to do is say, "OK. I am certain that I would never repeat that behavior, so NOW I no longer need to hold the attachment. **I RELEASE MY SHAME FOR _____** (whatever it is)." Once you give yourself the permission to release the attachment, it magically dissolves; and you find yourself no longer feeling enraged as the result of witnessing those behaviors in other people. In fact, you usually find yourself feeling Compassion for them because you now understand the state of being that would permit or inspire such behaviors.

I've mentioned this lesson in the past, but I'm really stressing it now because it is becoming very powerfully aspected, and most of us are experiencing this one in one way or another right now. The more consciously we live with this and deal with it, the less difficulty we will have with it. If we fail to recognize that the situation is about US having been whatever it is that we are in reaction to...if we continue to hold prejudice or blame for others who are evidencing attitudes or actions that touch our sore spots...that evoke a primal reaction to our own deeply embedded shame...that make us go ballistic...if we continue to believe that they are bad and we are good (because we're now beyond that behavior) and fail to realize that although we ARE beyond that behavior, we haven't yet forgiven ourselves for having BEEN in that behavior. If we don't consciously work to heal ourselves, Spirit will continue to present us with "opportunities" for awareness and healing until we FINALLY decide to give up our shame and our blame.

I guess this is a long way around telling you that it's time for us to live in conscious participation with Spiritual intent. The more we fight it, the more we refuse to look at the truth of it...the nastier the medicine tastes! But we're going to get that medicine shoved down our throats over and over again until we HEAL. And all it takes to heal is realization and release of the attachment through knowing in ourselves that we have evolved and matured as souls to the extent that we would never again behave in the manner that we now find so reprehensible.

SO....the internal storms are continuing to brew in this time, causing all kinds of reactions. We won't turn on the news at any time without seeing unbelievable events – extreme violence, tremendous storms. And we'll also be seeing earthquakes. All kinds of unusual weather events will be occurring throughout the world. Every day in the news, there will be another incident that makes us aware that we are coming closer and closer to the new war that I have been predicting since the beginning of last year. It is brewing NOW, and it's getting ready to explode.

For the entire month of August and continuing through September, we'll be seeing enormous fires...ENORMOUS. I'm especially concerned about fires in Los Angeles, California, at the end of July and in the first week of August; and then in September we will be seeing immense aspects around explosions and fires in that same area.

Of course, the "hidden things will be revealed" symbol continues to be seen and will continue to happen through the rest of this year. There are going to be all kinds of scandals, mostly about political and/or religious leaders. Many of those scandals will fade into nothing, but others will have their lives greatly altered as the result of finding the spotlight suddenly glaring upon them, revealing their misdeeds and dishonesty. To quote my guidance Samuel, "The message here is, 'We must stop worshipping other men and begin to go to SPIRIT for leadership.'"

The intensification actually ends on August 9th, but we won't feel the ending of it because we're moving from the ending of THAT intensification into five days that are mostly filled with null cycles; so we're going to feel as though we are hanging in limbo during that time. From the 6th through the 14th of August, I strongly recommend to you that you not engage in risk-taking ventures. This is NOT a time to go to the casino, and if you DO go, don't take a lot of money with you and leave your credit cards at home, because not only is it a time when it's not well aspected for winning, it's a time when we'll find ourselves being more impulsive and compulsive than usual. As we move toward the 20th of August, we'll begin to feel more internalized, wanting to be alone, not wanting to talk to people, not having patience with other people's dramas...just wanting to curl up and read a good book. We are also likely to feel less energetic in this time. Those burdened with stress will feel downright weary. We must be aware that most people will be feeling overwhelmed and irritable during this time.

Communications shut down, and mechanical and electrical objects are likely to act crazy during this cycle. Your "check engine now" light will come on, and by the time you arrive at the repair shop, it will be off and the repairman won't be able to find anything wrong with it. Your washing machine will develop a leak, and then before the repairman arrives, it will miraculously stop leaking. You may also experience intensification of aches and pains in your body or symptoms that bother you to the extent that you make an appointment with your doctor, and then as soon as you enter your doctor's office, the symptoms will go away and you'll find yourself embarrassedly saying, "Well, doctor...I WAS feeling sick" or "I DID have a pain HERE."

Many will experience an increase in all kinds of paranormal awareness. It is in the kind of energies that we are experiencing now (and will continue to experience through the end of this year), that your photographs are filled with orbs, or that your attention is drawn away from the television and you see a glowing orb floating beside the television. Your lights may flash off and on, even when the power's turned off...or your television changes channels. Or you'll be thinking of a song and turn on the radio and that song will be playing. You'll think about a friend you haven't seen in awhile, and they'll call or email you. Lost items will suddenly appear (right there on that table you JUST finished polishing). ALL manner of events will happen that make you gasp and say, "Oh,

MY! I can't explain THAT!" Miracles happen in these energies also. Miraculous healings take place. Prayer seems to be answered more rapidly. If we give prayer to a need and then release our attachment to the outcome, we find that amazingly, within a very short period of time, that need has been filled....almost always in a way that we would NEVER have imagined to be possible.

All experiences that are presented into our lives can be viewed as good or bad, positive or negative (as can the energies of this time). It's very easy for us to believe that something that evokes rage in us is BAD, is something for which another person should be punished or called to accountability. However, if we shift our attitude and look to the Gift that is in that experience (the opportunity to heal deep, painful wounds), and if we consciously work with that which is given into our lives and accept the Gift....give thanks for it....we can enormously benefit.

As I've said to you many times, the lesson is never in the event – it's always in our response to the event. It is never about “them” – it's always about US. It's never that “they need to change”. It's always that WE need to assess ourselves and see why their being who they are bothers us so much.

It's all good – it's ALL for our benefit....and it's ALL OF SPIRIT. Yes, it's crazy; it's worrisome and sometimes assaultive or even violent....but it's also beautiful and filled with tremendous opportunities for growth and to express the best of ourselves in the most difficult situations. That's what it's really about – us being able to challenge ourselves in this world and to find who we are and to bring value to who we are through proving to ourselves that we are Beings of substance so that we can give credit and respect to ourselves for that which we've accomplished, and let go of the pain and the blame for having not always been mature....for behaviors and attitudes we held when we were Spiritual children and therefore acting as children do. When we let go of our own shame, we are capable of experiencing Compassion for others who are in those experiences, in those ways of being, who are expressing themselves into this dimension as the children whom they are. And we can love them for the children whom they are....and stop blaming and hating them for not being adults. That's what it's all about right now. It's about giving up our prejudices. It's about ceasing to blame. It's about recognizing that all Beings in all experiences are of value....and it's about remembering that through these Earth Trials, we experience and we BE all things.

So yes, when you were young, you behaved as a child....and now that you've matured beyond that childish behavior, it's time to release your shame and self-blame for having behaved in a child-like manner and to stop being angry with others who are children and so are behaving as children do. That's the lesson of this time. It's an enormous one....but OH, what a wonderful difference it makes in us and in our lives when we can let go of our prejudices and our pain-filled rage; for when that pain and that rage eases out of our hearts, it leaves space for Compassion and the Love that flows from Spirit. As long as our hearts are filled with that pain, there is very little room for the Love and Compassion of Spirit to flow through.

So I powerfully urge you: live this lesson consciously. You and those whom your life touches will be wonderfully blessed by your having done so. Participate with Spirit in the Intent of this time.....

AND

Stay focused on the Light,

Dixie Yeterian