

INSIGHTS  
December 2010

Dear Friend:

I hope you got to enjoy the relative quiet of November and were able to rest and renew yourselves in preparation for the upcoming holiday season, as it is most definitely upon us!

We're heading into a long and extremely stormy time, now, both figuratively and literally. Weather-wise, there'll be tremendous storms all the way up into May. In the warmer regions, there will be a lot of rain and of course, flooding; and colder regions will experience a great deal of snow and in fact, I expect it to snow in places where the world has probably never seen snow before.

Be very careful about household fires – make sure candles are extinguished, Christmas tree lights are turned off when you go to bed or are away from home. Also, be very careful around the stove. Don't wear long sleeves while cooking. Fires can and will start in really unexpected ways during this time. If you have an electrical outlet that isn't working right, **GET IT FIXED**; or if you have an appliance that seems to not be working correctly, don't use it. In fact, I would recommend you get rid of it. The danger of structural fires is strongly aspected. (This means hotels, businesses, homes, etc.). People are also going to be seeing a lot of difficulties with electrical problems in their vehicles. (My car alarm, for example, has been going off for no reason whatsoever the past week or so.)

I know that many of you are planning to travel during the holidays. I certainly am not going to tell you **not** to travel, but I also must tell you that the entire month of December is not well aspected for travel. Particularly, the 2<sup>nd</sup> and 3<sup>rd</sup> of December as well as the 22<sup>nd</sup>

through the 31<sup>st</sup> are aspected for potential difficulties while traveling. These aspects that I interpret as “difficulty while traveling” simply mean if you’re flying, you should expect delays. In fact, I would recommend that you be prepared for the possibility of airports shutting down due to unusually heavy storms. Carry extra clothes and necessary medications, etc., in your carry-on luggage because in these aspects, it’s common for people to arrive at one destination, only to find their luggage has arrived at another destination. So again, I’m not telling you not to travel – I’m just telling you to be prepared for delays and potential difficulties, and don’t let yourself get too upset about it – just know that these things are likely to happen. Carry a computer with broadband, or a crossword puzzle, a good book – maybe even a small pillow if you have room – whatever you need to pass extra time and make yourself more comfortable while sitting in airports.

If you’re traveling by automobile, please be extra careful. These intense aspects that mean “storms” also can mean “stormy emotions.” The chaotic energies of this time cause conflicting and opposing energies and emotions in everyone, and people will often be so lost in their thoughts or so frazzled that they will forget to pay attention to their driving. So just be extra vigilant while driving – we will all be witness to some pretty erratic driving and a lot of accidents. Let’s try to make sure that we avoid being IN them!

If you’ve looked at the calendar on this site, you’ll see we have two intensifications happening simultaneously for much of December – an internalization AND an externalization. This means that there will be a part of you that just wants to sit down and rest while another part of you is saying, “Get up and GO! NOW. FAST!” There will be a part of you that wants to be peacefully alone and doesn’t want to talk or entertain others, and there’ll be another part of you that picks up the phone and invites everyone to your house. During this time, many of us will feel as

though we have two different personalities, both fighting for dominance within us. There is a universal energy at hand that urges us to movement and to accomplishment and to be with people and to laugh and have fun...that makes us want to get out and live our lives. At the very same time that this externalized energy is at work in our lives, there is another equally strong force happening that urges us to internalize, to assess, to evaluate, and to not have to be with people – to just relax and listen to quiet music or read a good book.

So, the best advice I can give you is (to the best of your ability), schedule time to satisfy both of these urges. Schedule time to be socially involved, inviting friends over or going out with them...and then immediately after, schedule some “me” time in which you can allow yourself to simply be alone or in the presence of other loved ones with whom you can be totally relaxed. Let yourself be inner-focused. Have that wonderful rich, internal dialogue with yourself and with Spirit, and just relax. If you don’t give yourself the relaxation time, this month can cause you to feel absolutely crazy – even angry - pulled and pushed by the forces of Life in a hundred different directions at the same time. So it’s really important to schedule that alone time and allow yourself to regenerate during this month.

This is a time when everyone is going to be more sensitive than usual and could easily become hurt over unintended slights or misunderstandings. There’ll be a tendency to turn small things into enormous things – a lot of drama, drama, drama! If other people around you seem to feel a need to jump into this dramatic energy and escalate whatever situation is happening, you just need to withdraw – don’t enter into or participate in it. Again, if someone is playing a game that you refuse to play, though they might become angry with you because you refuse to play the same game, they will eventually find someone else with whom they can have their drama. You’ve stopped being fun to play with.

When you look at the calendar on this site, you're going to be thinking, "Oh my gosh, this is TOO CRAZY, and it's happening all through the holidays! This is already a busy, frantic month – how am I going to be able to handle these powerful intensifications?" I'm not going to tell you that it's easy, but it IS possible to handle them and to actually have a good month. Just hold onto your sense of humor. Be aware that the added sensitivity most people are feeling right now is causing a great deal of internal conflict (which, by the way, increases conflict between people in the form of misunderstandings and as I mentioned, small things can erupt into enormous battles – don't join into the fight). If you give yourself the right to rest, if you refuse to participate in another person's need to escalate conflict, if you simply say, "I'm sad and sorry that you're feeling upset. I just want us to be harmonious. I want us to be able to be comfortable and happy with each other – tell me what I can do help you feel better." If you can take that approach with the people who are being overly sensitive and sometimes outright dramatic, then it will even out that energy and you'll be able to move forward without so much insanity going on in your environment. Remember (and keep reminding yourself) that the energies of this time are neither negative nor positive. These energies simply magnify whatever emotion or state of being or thought processes you happen to be having.

There WILL be times when in the midst of emotional escalation, you will realize that YOU are being the Drama King or Queen – that YOU are the one who misunderstood and/or are making mountains over molehills. The very moment you catch yourself doing that (and you will), you need to pause, take a deep breath, laugh and say, "WOW! I sure got wound up on that one, didn't I?" Bring your voice down to a normal level and discuss how you're feeling in the situation in a manner that honors the other person so that you can even out the energy and move forward in harmony.

We're also in aspects that indicate difficulty with anything having to do with communications. That means that our phones, our televisions, our computers are very likely to act up. They'll go bonkers on us and then (in most cases) they'll fix themselves....after we've dithered over them for awhile. Don't let this make you insane – it's just one of the effects of this crazy energy. I DO recommend you back-up any important information on your computers, and remember to unplug them when the storms hit.

As I mentioned, there will be a lot of misunderstandings between people. This is NOT a good time to have important conversations about sensitive issues. I'm not telling you that you should fail to respond to anything that feels hurtful or dishonoring....you DO need to alert the person whom you feel offended by that their words or actions have affected you. Very often, simply saying "Ouch" works. This gives them an alert and it opens the door for you to come back later, when the energies are better, and address the situation fully.

If you feel that it must be addressed fully in the moment, then take a second and call upon Spirit to be with you to help you speak your truth in a loving, respectful manner rather than allowing yourself to go into a pain-filled rage. When truth is spoken in a loving, respectful manner, it tends to be more often heard without resentment. I am simply saying that if you find your emotions spiraling to the extent that you feel you're about to blow up, you need to stop whatever you're doing right then (for only a few seconds) and ask Spirit to be with you so that you can speak your truth in the moment in LOVE. Again, we must realize that we will frequently be misunderstood **and that WE will frequently misunderstand others.** We MUST not let ourselves get stuck in the "need to be right", even though in that moment we will be one hundred percent certain that we are right and THEY are obstinately wrong. Later, we're likely to end up with egg on our face because

in the energy of this time, our perceptions are fogged and misunderstandings are rampant.

If you DO have to have an important verbal communication, I strongly recommend that you follow it up with a written email or letter restating your understanding of the communication. For instance, you could say, “Regarding our conversation, my understanding is (blah blah blah)” so that there is no possibility that the person can come back to you later and insist that you have agreed to something that you absolutely do not believe you agreed to (OR even tell you that the conversation never happened). Also be aware that people are less likely to be cooperative during this time (and so might YOU be). People are likely to feel overwhelmed, so when you ask them to do something, they’re just going to feel like you’ve put another log on their back, and they’re already carrying an immense load. So don’t let yourself get too irritated when they roll their eyes and groan or simply refuse you when you ask them to do what you think is a simple favor or task.

I guess I’m just asking you to strive to be aware of the fact that everyone’s having a pretty crazy time right now. Most people are feeling overwhelmed and filled with anxiety, so strive to have compassion for others **and** for yourself, and strive to stay in harmony so that you can in fact make this a very merry, joyful, and loving holiday season. It is possible – I’m counting on you.

There are going to be some absolutely mind-blowing events that happen in December that are evidential of that which I’ve been telling you for several months: **hidden things will be revealed.** Oh my gosh – there will be so much happening with people who are in positions of knowing....beginning to “leak” information or talk openly about situations and events that have been hidden from the public. On a national and international scale, this energy focuses on religious, political and financial structures and people who are in leadership positions within those structures. In our

personal lives, these aspects that say “hidden things will be revealed” mean that most of us are going to become aware that other people have feelings and/or attitudes or are involved in behaviors that we have been unaware of. You’re probably going to feel broadsided in some cases, but then if you really do look at the situation, you’ll realize it’s been there right in front of you all along. You simply haven’t been seeing things clearly. There’s **always** evidence, but when it comes to people who are close to us or people who hold power in the structures we rely upon, we usually choose to ignore the evidence or to diminish the truth of it.

Again, the energies of this time are neither negative nor positive. Yes, there are going to be people who discover that their mate is having an affair (for example). Yes, there are going to be people who discover that their trusted friend has been slandering them. Yes, there are going to be situations in which people will feel betrayed by others. Yes, there will be situations in which evidence that can no longer be ignored or diminished....will come into the Light....and we may feel very betrayed by people to whom we have given our trust to properly manage our countries, our financial systems, our educational systems, our religious structures.

But there also will be wonderful situations in which we discover that people we didn’t even know cared about us are in fact deeply loving and supporting of us. There will be wonderful events in which we are in situations that we believe to be totally unmanageable – that there’s no possible resolution and we are in absolute despair. Then suddenly, there will be an answer. Someone will step forward and either give to our need or show us where the answer lies. Also, new leaders will step forth with the Light of Truth shining around them, giving evidence that their intent is to aid us to recover from these difficult times and to heal the wounds that have been created in all of these structures by those who, in hiding, had the intent of destruction.

**Hidden things will be revealed.** This is such an important thing for us to remember during these times. It's important for us to be aware, to be vigilant. All these things that I've said to you are NOT bad things. This is Spirit showing us what is...showing us where we can trust...showing us where the love, the support, and the honor actually exist in our lives, and showing us where we have lacked discernment and given trust where it wasn't deserved. It's as though Spirit were taking a scalpel to this world and removing the unhealthy parts, the unhealthy tissues, the unhealthy growths, and leaving that which is healthy and strong. When a scalpel has been taken to any part of our experience, our Being hurts....and we are left with wounds that need to heal. However, the people, the rules, the darkness that has entered into any and all of these structures (including our family and social structures) – any parts that are unhealthy, that have lost their life force energy and as a result have begun to decay - must be revealed (**hidden things will be revealed**) and must be eliminated BECAUSE if they were allowed to remain, ALL of those support structures would then decay as a result of all the destructive force that has grown within them. So all that is going on that appears to be the breakdown, the tearing apart, the destruction of all that we rely upon...is in fact a positive thing. It is cutting out that which is unhealthy, leaving that which IS healthy, and now we are coming to the place where very soon we will begin to heal and strengthen and move forward with a completely fresh, healthy, vital Universal Being that is filled with Life and that is in harmony with all that is.

As I've said to you before, it's all in Purpose. Our task is to make sure that we are striving to live in Integrity, in Harmony and in Alignment with Spirit so that we can be of service, so that we can thrive and aid others in this time - for many will suffer as the breakdown continues. What we must keep in our minds is the fact that it's all Good – it's all in Purpose....and as long as we remain in attunement with Spirit, calling on Spirit to work



**with us and through us, we WILL be in Harmony and we WILL thrive in this time.**

Many people in the world are functioning in fear, desperation and anger right now, so there's going to be some pretty explosive stuff going on. It doesn't have to be explosive for you. Just make it a point to strive to find the positive in every situation. Remember that the weed in your yard is going to have a blossom on it in a couple of months. Keep reminding yourself that all things are in purpose, and look for the Gift that is usually hidden beneath the "crap" that Life presents to us. If you do that, if you stay focused on the positive – if you strive to see the humor in the craziness of it all – and if you stay in contact with and remind yourself and others of the Love that is in your life....this can be a wonderful time. Because if that's where your attention goes, then of course all of those wonderful things – the humor, the laughter, the love, the finding of Gifts – will all be elevated, and this can be so powerful.

I truly wish you and yours a wonderful Holiday Season.....

Stay focused on the Light,

Dixie Yeterian

PS: I just love how Spirit is working in the chaos of this time. I had truly convinced myself that I wouldn't have "time" to get this newsletter out by the 1<sup>st</sup>. Then yesterday, as I was waiting to go in for a little surgical procedure, all that is in this letter just poured through....clear evidence that there IS time for everything, especially for staying in touch with those who matter to you (something that ALL of us need to remember, I think, in these crazy times).

