

INSIGHTS  
JANUARY 2010

Dear Friend:

There's so much happening at this time that I'm not quite sure where to even begin. I think the first thing that I should address is that I'm hearing from quite a few people that they have just begun recently to read my newsletters and as a result, are not completely understanding some of the things that I have been saying to you of late. If you are new to this website, I strongly urge you to go into the archives and read newsletters from the beginning of 2009. I think that doing so may help you get a better picture of the evolution of the events that I'm discussing with you as well as give you a better understanding of the deeper meanings and reasons for these events.

As you know, I've been saying for several months, now, that in the month of December (especially the last weeks of December), events would happen that would lead us into a new war that would begin in the year 2010. I also warned of increased terrorist activity throughout the world. Unfortunately, these predictions are coming to pass. For most people, these are events that they see on their evening news that they don't think affect THEM unless they (or some of their loved ones) happen to live in the affected areas. But the truth is...we're ALL affected. The truth is that the same energies that are causing wars and terrorist activities are causing extreme weather, storms, floods, earthquakes, fires. On a universal level, it's causing financial chaos and insecurity, and this same energy is affecting every aspect of our personal lives. It's affecting our relationships in our work, relationships with our friends, with our mates, with our children, and even with our pets. People are feeling so unsettled and insecure right now that they are either internalizing and holding strong to that which they know (in November's newsletter, I talked about the polarization effect and gang-consciousness), or they're just casting everything to the winds, giving up on jobs, businesses, marriages, homes, families, and many are abandoning their pets. More animals than ever are being abandoned and/or being taken to shelters.

I'm finding it more and more difficult each month to write these letters because I just have a concern that I'm sounding to you as though I'm a prophet of doom and gloom. I feel that it's my responsibility to talk to you about what IS happening, though. I'm certain that you wouldn't want me to write a frilly, cheerful letter about how wonderful things are when the evidence in your life tells you that we are in the midst of times that are seriously challenging us. Before we can climb a mountain, we first must acknowledge that it exists. And WOW! In this time that we've chosen to share, our paths must scale some amazing mountains! In this time probably more than at any time – definitely more than at any time in MY life – it is important for us to strive to strengthen ourselves spiritually in order to achieve the awareness necessary to perceive and prepare for those mountains that cross our paths.

In these letters, I've talked to you a lot about the need to learn to live in harmony with the energies of the time. The energy of THIS particular time is exceedingly challenging because (see the calendar on this site) we happen to now be in a time in which there are two powerful energetic forces pulling us in opposite directions. The effect of these energetic oppositions is to make most of us feel just flat crazy. For a short period of time, we may feel peaceful, loving, generous and compassionate, and then without warning, the energy shifts and we (for no apparent reason at all) feel totally stressed out, overwhelmed, unheard, unsupported, grief-filled, terrified, certain that everything in our lives is crap and it's never going to get any better, and sometimes totally enraged. Then later (again, for no apparent reason), we go back to feeling loving, generous, compassionate, and assured that whatever is wrong in our lives, we can find a way to fix.

So, as I write these letters, I must affirm to you that there are valid reasons for feeling despair. What ISN'T valid is the belief that comes with that despair that there are no answers, no hope, and no meaning. Within every challenge lies the solution, and most of the time it's not even our job to find the solution. The solution becomes apparent to us, or the situation resolves itself as we move through it; and OUR task is to respond to our challenges with integrity. And by the way....you notice that I use the word "challenge" instead of "problem". That's because years ago, my guidance lovingly chastised me for viewing a situation I had going on as a "problem" and not as a "challenge". He said that "problems" inspire fear in us, but that "challenges" bring out our competitive urge and excite and inspire us. He said the word "problem" automatically gives the message to our minds that something is wrong....there's a negative (for lack of a better word) connotation to the word, and we become victims to/of the situation through our immobilizing fear of the "problem". However, when we use the word "challenge", our minds understand that challenges exist for us to overcome, and therefore, we're able to take a proactive approach to the situation and find answers to it rather than be stuck in "victim" energy (and therefore, feel powerless to overcome the situation).

The purpose of these extreme energies is to surface deeply impacted emotions so that we can no longer pretend that things are OK when they're NOT....to urge us toward necessary change, AND to help us recognize and value the true beauty and love that DOES exist in our lives. We're on an energetic teeter-totter, running back and forth hoping to make it work until we finally learn to stand in the middle and balance it. It's because we're running back and forth between these immense shifts in the energy of these times that we are seeing so many people make dramatic, impetuous changes in their lives (such as deciding they're going to divorce one day and then reuniting the next....and then deciding to divorce again a week later, only to once again reunite). It's crazy times! ***I've been urging you for some time, and I'm going to continue to urge you in this newsletter, not to make any decisions or take any actions on decisions that will create long-term consequences in your life until after the 2<sup>nd</sup> of February, when this energy lifts.*** (You'll know it's beginning to lift around the 16<sup>th</sup> of January, but we won't be completely through this intensification until the 2<sup>nd</sup> of February.)

Another thing that many people are doing is returning to relationships that they thought were ended in order to try to rekindle old feelings and to make them work. The dominant

reasons for their returning to these past relationships are a deep yearning for connection and for the security that family brings. The yearning and the need for security are calling people who may have separated or divorced even years ago to come together and try to make it work out again.

Another of the reasons for this phenomenon is that we are in a time of completion and all of us are finding that people from our past are coming back into our lives, giving us the opportunity to renew relationships and/or to bring them to completion. In most of the cases that I've witnessed, the intent of coming together is to bring completion. So if you are one of those people who has been drawn back into a relationship that you thought was ended, I urge you to do so with an open heart and an open mind and make yourself the promise that whether or not this relationship becomes an ongoing part of your life again, you will remember that your coming together is very important. If it doesn't work in such a way that you can remain together, you will be able to leave the pain of the past behind you when you walk away from each other this time. You will be able to know that it is finally really over. Either way, it's all good. It's all about releasing attachments to past pain and letting go of resentment, blame, and judgment; and coming to clarity. It's so important in this time to work on healing relationships. So it also is really important to understand that we don't heal relationships by asking another person to change. Most of our unhappiness in this world is caused by us wanting another person to be different than they are and thinking that we can only be happy if that other person would change.

The energies of this time reveal hidden things, force us to be aware of what is REALLY happening, compel us to admit the truths of our motives and to see clearly the motives of other people in relationship to us; and teach us how to hold strong in the midst of chaos and to remain centered and compassionate when confronted with other people's angers and fears. (In case you haven't read past newsletters, the secret to holding strong and being compassionate when confronted with other people's angers and fears is to #1, call upon Spirit, asking Spirit to work through you to bring compassion and understanding to the situation; #2, strive to hold your focus on the other person so that you won't internalize their anger and feel a need to strike back; and #3, realize and keep reminding yourself that all of these situations/events are helping us to build our Spiritual muscles and have the intent ultimately of strengthening our Spiritual connections and developing the qualities of compassion and clarity within each of us individually and ultimately within humanity.)

You know, I get teased about it a lot, but I have to say, "THERE IS PURPOSE IN ALL THINGS", and although we are going through a time of world-wide transition, the intent of this – and the ultimate outcome of this – will be that we will be able to live in harmony....that we won't feel alone and unloved because we'll be capable of knowing the connections and the love that exist between us and Spirit, and between us and others.

This month – in fact, these coming months – are going to bring some of the most dramatic storms we've seen in years and are going to bring dramatic events, filling our news with stories that will sometimes horrify us and sometimes touch our hearts so

deeply that we're brought to tears, for challenging times always have the effect of taking us to our deepest levels of being and revealing the greatness of our souls. You're going to be affected by these erratic energies....so am I....so is everyone. There are going to be days when we are overwhelmed and on the verge of tears or wanting to rage at the world; and there will be other days when we feel true Joy and a true sense of clarity and connection with each other and with Spirit. We're just going to be all over the place emotionally. So, I'm here to tell you you're not crazy, or if YOU are, then so am I! AND, I'm here to remind you and to beg you to remember....that it's ALL in purpose, and that it all will bring us to the kind of world that we've all been dreaming of.

So see? It's NOT all doom and gloom. I won't tell you it's easy, but most of us chose to be born into this time because we wanted the challenge....and BOY, are we getting challenged! We just need to keep remembering that we chose it and that we're not in it alone. We have the loving presence of Spirit....and we have each other.

Stay focused on the Light.....

Dixie Yeterian