

INSIGHTS
July 2010

Dear Friend:

Oh, WOW.....ohmyGOD....this is the craziest, most intense time I've ever seen in my life! No matter who you are, you're being powerfully affected by the energies of this time. As I told you in the June newsletter, the externalized intensification (that began on June 18th) tremendously magnifies whatever emotional or energetic state we happen to be in. So as we have witnessed, people who entered this cycle feeling ill (for example) became REALLY sick before they started improving. The ill people who experienced dramatic improvements were the ones who were receiving a great deal of prayer and/or energy healing from others. Those I know who entered this cycle with an attitude of joyful expectation and feeling positive and emotionally uplifted are saying to me, "My gosh, Dixie....my life is going beautifully! My business is flourishing, my health is great, my relationships are wonderful. I couldn't ask for more!" And, of course, those who entered this cycle feeling depressed or angry or fear-bound are experiencing much different responses.

I did, in the June newsletter, powerfully urge you to strive to be in positive energy, listening to harmonious, uplifting music, spending time with friends with whom you can laugh and play, spending time with Spirit in meditation and prayer, and specifically assessing your motives in all things and striving to be assured that you are meeting every situation with absolute integrity. These are the things that we all must do before entering ANY intensification, but especially so as we enter externalized intensifications....because whatever is happening in our lives that isn't in alignment with our Soul's intention and/or in absolute integrity will be blasted to smithereens in the midst of this intensification.

So if indeed you DID enter into this intensification unable to "get clear" or Spiritually aligned as the result of being caught up in some life drama or just plain old physical exhaustion, you're probably having a really hard time right now, feeling that your life has gone out of control - feeling emotionally blasted as the result of misunderstandings or demands that are beyond your capabilities; or as the result of difficult relationships, business or financial worries - all manner of things - just appearing to crumble in your life. I really DO understand how scary this can be.

The thing that I must remind you of now is that these intensifications bring change to our lives. The difference is that if we enter into them in a state of consciousness that is in alignment with Spirit, we are comfortable with those changes - we can see the intent in them. In fact, we can even feel grateful for them. We usually feel as though an enormous weight has been lifted from our shoulders; and we actually feel happy about the change that Spirit has presented into our lives.

But as long as we're striving to hold onto that which requires change, the struggling to hold on uses up all of our life-force energy, and we just become more and more exhausted, day by day,

minute by minute. The old saying, “Let go, let God,” is really apropos here. We may as WELL let go and let God, because it doesn’t matter how hard we struggle to hold onto that which is being removed from our lives....if it’s not right for us, it’s going to go! Well, that’s not ALWAYS true. Sometimes, we actually get to keep it, and then we get to discover just WHY it was intended to go! We get to live with the mess that it brings into our lives, with the unhappiness, with the frustrations....until we finally then say, “OK, now I must release it.” If we argue with Spirit too much, Spirit just gives us our way and lets us have the consequences.

Those of us who have the hardest time with these intensifications are the ones who are constantly trying to orchestrate our lives....constantly trying to make things happen in the way that WE feel they should happen. As I’ve said many times, one of my favorite quotes is, “If you want to hear God laugh, just tell Him your plans.” My experience is that God rarely consults ME to see whether or not I think it’s a good idea that change should come to my life, that a relationship should end, that I should continue on a project, that I should continue to live where I live, etc., etc. We always have an inner knowing before the time for change comes, the little voice that whispers in our ear....but we seldom give it much credence because to do so makes our stomachs knot up with fear. So because we don’t let ourselves truly believe it until it finally hits with full force, THEN we feel broadsided. We feel as though life just slammed into us hard, and we can’t catch our breath for awhile.

When we finally DO catch our breath and step back and assess the situation, we always come to the realization that as hard as this one is in the moment, there is purpose, there is intent; and it DOES in some way benefit us, usually by teaching us something we didn’t know or by reminding us of something we’ve forgotten....something important, like how very, very important it is to be constantly aware of the needs of others and to constantly remind those whom we love just how much we DO love them....and like, “Hey WOW! This Spiritual stuff is REAL!”

You see, life is a process of change, and our lessons are in our responses to those changes. You’ve heard me say this one before. Nothing lasts. “To everything there is a season, and a time to every purpose under Heaven.” When the season has passed, it’s sad to see those flowers wilting in our garden, and it’s sad to see those loving relationships losing their life-force energy. It’s sad to see that job that challenged and delighted us begin to feel like a heavy, ponderous burden. It’s sad to see and feel anything coming to change, because everything starts with a dream....a wonderful dream of accomplishment and of creating something in our lives, something fulfilling and beautiful. After it’s been created and it serves its purpose in our life, like the summer flowers, the life-force energy goes out of it and it begins to die away. Most of our unhappiness comes from trying to hold onto the dream. We just don’t want to let go, even though it no longer nourishes us....even though it has begun to reject us....even though it no longer offers itself fully to our Soul’s intent. We could all be so much stronger and happier and feel so much more vitality if we would just stop trying to hold on to those things that have completed their purpose for us.

These powerful intensifications have the intent of triggering change. Even as the change is happening, we are shocked by how abruptly it can come about. One moment you feel as though you’re solid and securely placed in whatever it is in your life that is getting ready to

change, and the next minute it seems to just explode or evaporate right before your eyes (although in truth, you've been given little clues all along). In the moments that it is happening, it's very difficult to be able to say, "I know this is in purpose. I submit to Spirit and to my Soul's intent. I trust that it is for my benefit and that I will be shown the purpose in all of this."

But I DO recommend that as soon as you find your balance, as soon as you've overcome your shock and/or shed your tears, it's really important to go to Prayer....to bring yourself back into the presence of and the knowing of Spirit so that you can feel the true Love that exists there and the knowing that nothing would EVER be brought into your life that was without purpose, that would not in some way benefit either you or others who are touched by your life. The experience will in some way strengthen or enrich you so that your being offers more greatly to all who come into your presence.

It is the most difficult experiences that benefit us the most. I've seen the look of shock on the faces of many of my new students when I first say to them that I feel gratitude to the man who shot me. They just can't imagine how that could be. It's really quite simple. If I hadn't had the experience of being attacked, I would not have changed and deepened my knowing of Spirit in the way that I have. I would not be the teacher and the counselor that I am today had he not brought me face to face with death and thereby, with the true meaning and purpose of LIFE. He gave me *absolute evidence* of ongoing Life, of Spirit's intimate involvement in our lives. I'm sure it wasn't his intention to do so, but his behavior – his attack upon my body – was one of the greatest Gifts that has been offered to me in this life. I am so much richer for having been through that experience.

So, no matter how difficult the situation is – and ALL of us are having experiences that are difficult at this time – please continue to remind yourself that it IS all in purpose. Please KNOW that it is all in purpose, and if you don't fully believe or trust in it, then spend time in communion with Spirit through meditation and/or prayer, and you WILL come to know it.

This intensification continues through August 9th, but it doesn't really end there. We will continue to feel the intensified energy all the way through September. I really want you to know that even if you got a rough start into this intensification and are having a hard time of it, it's not too late to change that. It's not too late to bring your energy into alignment, to uplift yourself so that YOU can be one of the people who says, "This is one of the best times of my life – everything is just going beautifully." Do the things that I recommended earlier. Listen to music that touches and fills your soul, whatever that music is. (For me, it's Blues or Light Opera – sometimes even Beethoven, Rachmaninov or Vivalde, and sometimes 1960's Rock and Roll!) Just listen to music that is in alignment with YOUR energy, wherever your energy happens to be in that moment. Sing or hum or sway or even dance with the music. By doing so, you will come into alignment with the universal energy; then you will automatically start working WITH it rather than struggling against it. Then you won't have to stay awake worrying about whether or not a decision is the right one to make – you just KNOW, somehow, that it is time to take a particular action....or time to hold back. You just KNOW, because you are in alignment with Spirit, what is necessary in your life. By listening to that inner knowing and by acting upon it, your life becomes one of those lives that just flows –

where everything you do works. Even while the rest of the world around you appears to be falling apart, your life can flourish.

Remember also to take time to just BE with Spirit in prayer or meditation.....and call your friends and invite them to dinner or for a Sunday afternoon barbeque. Surround yourself with people who seek to find the positive in life, people who can find humor in the midst of chaos. Whenever you feel something starting to move, something starting to change, just relax and let it go as it will. As hard as that is to do, I'm urging you, just let go and let God. The more you struggle against it, the harder the shift will be.

This is a wonderful time to immerse yourself into creative projects. When we are in harmony, the intensified energy that we're now in magnifies creativity and powerfully magnifies psychic and intuitive awareness. So don't be surprised (or frightened) if you start seeing things (such as auras or energy forms); or if you see things more frequently than you are accustomed to. You may begin to know things without understanding how you knew them....you can expect to have a lot of "Ah-HA" moments, where you have tremendous clarity that fills you and understanding of the meaning and purpose of whatever is in your experience.

Personally, I absolutely love these universal intensifications. I especially love them when I am able to go into and remain in full harmony within them. I'm human, too, and sometimes I fall out of balance just like everyone else does, and when I do, I get slammed just as everyone else does. There's an old song I'm reminded of – the words go something like "pick yourself up, dust yourself off, and start all over again." That's what I'm telling you to do here. I'm telling you right now, regardless of what's happened that has created difficulties in your life, work to bring yourself into alignment, into harmony, and "start all over again." Don't let yourself stay in dark energy. Don't let it pull you down and hold you down. Use this time to accomplish, to make things happen in your life. This can be a truly powerful and wonderful time for you, and I want you to experience the best of it.

The world is going to continue to be just as crazy as it has been. We're going to continue to see the same kind of enormous events. Every time we watch the news, if we're not careful and if we get too involved with watching the nightly news, it will be easy for us to get caught up in feelings of anger and betrayal by our governments and filled with frustration and despair and feeling that we're powerless to create changes. We're NOT powerless. We are here to experience these changes. We are here to be IN them, and to be of service to others who are here in them. We are here in this time, in this dimension, because we ARE powerful. We chose to come into these lives in this time – to be of service – because we are powerful....so don't let anyone or anything convince you that you're powerless – you're not! I know there will be minutes and sometimes entire days when it feels like that's the truth, but it's not – it's a lie you're telling yourself. In those days when you're believing the lie, you'll feel despairing – we all do, from time to time, because we get caught up in the drama, in the illusion, and as Samuel says, we begin to believe it is real. It IS very real for those who are caught up in it. For those who learn to stay in Spirit, to stay in alignment, to stay in prayer, it is (as Samuel says) not always joyful and sometimes it's frightening, but definitely it's always an exciting ride.

As we move through this month, we're going to be seeing a lot of fires throughout the world. In the months of August and September, there will be ENORMOUS fires. I'm especially seeing tremendous fires in Los Angeles, California, during the latter part of August/first part of September. Surprisingly, at the same time, there will be flooding throughout the world – I mean, really REALLY intense floods that will wipe out entire areas and entire towns; many will come on unexpectedly. Whenever we have these aspects around flooding, you should also keep a very close eye on anything to do with your own plumbing, because if your plumbing's going to break, it will happen during these kinds of aspects. If you are on a septic system and it hasn't been pumped out recently, I recommend you do that because now is the time that it will back up on you and really cause a mess. Just a couple of little warnings about how these energies are going to affect us.

Most of us are dealing with the loss of loved ones or friends. There seems to be a mass exodus happening right now....many souls just don't want to stay in the chaos of these times. Also, an enormous number of truly evolved souls are birthing into this world right now just for the experience of these amazing accelerated energies; and to help with the transition of the world into a new state of being.

We will see continued escalation of violence, both on warfronts and in our daily news – conflict between people who look, think, or believe differently than others.....so even the smallest disagreement can blow up into an out-of-control situation that could actually come to violence. This is definitely a time in which I urge you NOT to flip off the guy who cuts you off in traffic – it could be a very dangerous thing to do.

So you see, these ARE crazy times....they can be wonderful times.....ultimately, the experiences of these times are ones for which we will be very grateful. Right now, though, unless we stay in harmony, we will feel totally out of balance, filled with despair and scared to death. It is our task to remain fully conscious in order to be able to discern the intent, the integrity, and the safety of any person or situation that enters our lives, as these are times that bring situations that can be very unsafe....that bring situations to us that could be very unpleasant if we were not in clarity. We will all have plenty of opportunities to practice discernment, and I'm here to tell you this is a BIG one! You will have lots of times in which you will be saying to yourself, "OK....the test was discernment, and I failed it!" Don't beat yourself up. Just pay attention to how it felt when you were being given those inner urgings from Spirit, those inner warnings that were telling you that it was not a good place to go or a good relationship in which to enter so the next time you get those warnings, you'll remember to heed them! You'll know they're serious and that failing to heed them can have some unpleasant consequences.

And in the midst of all of this, we are STILL having the responsibility to strive to remain in Compassion in all situations. That's not always easy to do, especially as in these times we frequently must deal with people who are behaving in manners that we may find repugnant. You see, it does no good for us to judge or condemn them. Judgment and condemnation hold anger. Anger limits our ability to be in Clarity. It is unhealthy for us to be in judgment – it is powerfully limiting. To hold prejudice or anger does not hurt the OTHER person – it limits US. So I'm urging you to seek to find Compassion in yourself in whatever situation passes

through your life, to seek to recognize the need in a person that might bring them to a behavior, action, or attitude that you find unacceptable. I'm not telling you that you should remain in their presence. I'm telling you that you shouldn't give energy to holding onto anger with them. Holding on to anger with them weakens you, and it's really important in this time that we be in full awareness, that we be fully empowered, that we be the best of who we are and who we can be, and that we live in Clarity....and nothing removes us from Clarity as much as holding on to judgment, prejudice, and anger. Those emotions blind us to Truth and compel us into attitudes and behaviors that are not Spiritually clean.

It's not an easy time. So much is happening. If you let yourself get down, pull yourself back up and get on top of that wave and RIDE it. By doing so, this can be a great time of accomplishment – it can be a wonderful time of sharing Joy with friends. If you have allowed yourself to be pulled under rather than moving on top of the wave, you are now experiencing depression, not wanting to be around people, feeling overwhelmed, and I can't say this strongly enough: the most important thing for you to do is get up, dress up, call a friend, and get out of there. Go find someone to be with who will help you to pull yourself up and out of that dark place; and THEN come home and sit and pray and meditate and focus on all that is positive in your life, focus on all that is good in your life and find gratitude for it. Bring yourself back in alignment. It will work – just try it. You'll see. Attitude is a choice. What is your attitude going to be? How this intensification affects you depends upon the attitude that you bring to it. This can be a great time or a terrible time. It depends on where YOU decide to be in it. I'm praying that you'll turn up the volume and SING....I'm praying that you'll....

Stay focused on the Light....

Dixie Yeterian