

INSIGHTS
October, 2010

Dear Friend:

Let me be the first to congratulate you on making it through September! My gosh, what a month it was. We entered it in the midst of an extremely magnified internalization cycle (which began on August 20th and ended on September 13th), had ONE day of “rest”, and then we began an extremely magnified externalization cycle on September 14th that will continue through October 22nd.

I've been telling you for years that whatever energy we're in when we enter an intensification cycle is magnified. And so, it's no surprise that just about everyone I know is utterly exhausted, having entered this current intensification with wings tattered and drooping due to the extreme internalization cycle we finished last month. I've been asked if it's possible to change energy (from exhausted to uplifted, for example) if we DO enter an intensification in energy that we don't want to stay in. And yes, it IS possible – I don't want to program the thought-form that it isn't. It's about harmonizing yourself with the energy of the “now” – taking walks in nature, drinking lots of water, seeing the beauty and the wonderment of this world we live in, being grateful for what IS instead of bemoaning what isn't, eating live food, dancing, laughing, getting the right amount of rest, and taking care of matters as they come up rather than procrastinating. The people I know who have been able to do those things are sailing through this time and are accomplishing a great deal. BUT....since most of us entered this cycle exhausted from the heavy emotions/energy of the previous internalization, it has been extremely difficult to shift in mid-stream.

The aspects for the month of October are focused on learning patience and compassion, and Spirit is certainly presenting us with plenty of opportunities to learn and/or refine these traits in ourselves. As the result of so many entering this current intensification in such exhausted energy, there's a lot of “snitty” energy in our world right now. The waitress who usually greets you with a warm smile and a bounce in her step now slams your coffee down in front of you, seemingly annoyed that you need that coffee. The neighbor who waves to you every morning and asks how you're doing now appears to be unfriendly. The receptionist at the doctor's office who has always been SO helpful now barely looks up when you approach the desk. Everywhere, people are feeling short-tempered, impatient, and totally without compassion, overwhelmed by life in their exhaustion and likely to be resentful of anything you might need from them....and the same could very well be true of you.

The challenge for each of us is to ***STAY OUT OF REACTIVE ENERGY*** and to stay Spiritually and emotionally clean no matter what (or who) comes at us. Leave early for your appointment so that you're not feeling rushed and therefore, prone to impatience. Give yourself plenty of time for whatever you've got scheduled so that you don't feel like

you're "under the gun". Work on consciously finding compassion for those whom you encounter who might be having a "bad hair day". Consider that maybe the waitress who's slamming your coffee down in front of you today may have just found out she's losing her job or home (for instance). Instead of jumping down her throat for her surly behavior, bite your tongue....talk to her....ask her how her day's going. Consider that the neighbor who now appears hostile to you may be experiencing some kind of emotional pain, so instead of being hurt and miffed, give him his space and offer aid if appropriate. Don't personalize it. Consider that the receptionist who has always gone out of her way to be of aid to you may be in unbearable grief. You see where I'm going with this. Reach out when you can to uplift another, knowing that it isn't always possible TO uplift another; but make the effort anyway. It is our task to strive to remember at all times to be conscious, to be aware of other people and their states of being as well as our own. We are here to be of service, to be of aid, and we won't be able to be of service or aid if we lack compassion for those who are crying out in pain. The biggest mistake we make is to fail to realize that anger is a cry of pain....that frustration is the result of feeling overwhelmed and pain-filled....that all of these behaviors we consider to be unacceptable and offensive are simply expressions of pain.

I'm not telling you to wade in and "fix it" for anyone. On the contrary, that's the last thing you should do. I'm also not telling you to allow anyone to be disrespectful of you. What I AM telling you is to ***stop personalizing everything and just BE there, one human being to another....caring.*** Most of the time other people's behavior is not about you – it's usually about something totally separate from their relationship with you. Realize that everyone's doing the best they can....(including yourself – don't forget to be patient with and compassionate of YOU).

Another major aspect for the month of October is the continued focus on relationships, particularly in the work environment and between parents and children. I strongly urge you to especially practice patience and compassion when it comes to these relationships, because if you don't, you could find yourself in the midst of unnecessary heated exchanges that could have long-term consequences and cause tremendous pain that you'll greatly regret. And remember....it's so easy, sometimes, to forget that our children (especially our adult children) and/or our parents – those closest to us – can be so injured by a careless word or thoughtless action. We think they should just KNOW we love them no matter what, so we don't always treat them with the respect and kindness that we offer to others outside our immediate families. ***Make sure the ones you love the most know you do!***

If you check the notes at the end of my calendar on this site, you'll see that in addition to this being an excellent time to begin new projects, it's also a great time to get organized and to get rid of "clutter". Give yourself extra space – you'll be so glad you did. It is NOT a good time to make a relationship decision (such as getting engaged/married or filing for divorce). And through October 11th, don't have cosmetic surgery or change your hairstyle. You could end up with disastrous results!

And as is becoming my “broken record” paragraph, you can expect an escalation of hostilities and war, weather events and earth changes – major flooding throughout the world, increased earthquakes, eruptions of “inactive” volcanoes, tremendous fires, etc., etc. (By the way – I had predicted the Los Angeles area would experience an enormous, explosive fire – I’m STILL expecting that to happen; my timing is simply off).

The very fact that you’re reading this newsletter tells me that you’re more spiritually evolved than most to the extent that you would be interested in consciously working to live in harmony and in partnership with Spirit. And being an evolved soul, you have the requirement to be certain that whoever’s life is touched by yours is left better FOR having been touched by your caring. These are times of great testing for some of us. They’re not easy for any of us. We all have our trials, and while we’re in the midst of our own trials, we often don’t have patience with others who are in reaction to the pain of their life challenges. So, strive to be kind to and have compassion for the person who is expressing pain through anger or frustration or irritability. Strive to have patience for the person who is struggling with something that for you would be easy to do or be. It’ll certainly make YOUR life better, for in the process of practicing patience and compassion, you will have learned to LIVE in compassion and to have harmonious, loving relationships.

And in all things and at all times, remember.....

Stay focused on the Light....

Dixie Yeterian