

INSIGHTS
August & September, 2011

Dear Friend.....

During the months of August and September, we're likely to feel as though we are trying to run full tilt through an ocean of molasses - pushed forward and held back simultaneously....filled with the desire to accomplish in one moment and yearning to rest in the next. The energies of this time are the most intense we've ever experienced. The externalization cycle that began July 28th (and continues through September 19th), combined with the internalization cycle that began August 2nd (ending on August 26th), are opposite energies urging us to DO at the same time we're urged to NOT DO. It's like swimming upstream against a strong current. It's exhausting. Have you noticed how many people these days are saying, "I'm soooo tired?" One of the reasons I write these newsletters is to help YOU understand the energies of these times so that you can harmonize with them and get through them easier.

I urge you to take naps, go to bed early, schedule relaxation or alone time. Rest as much as you can during this push-me, pull-me month of August and through all of September. Block time off on your calendar and then stick to it. It's so easy to overbook ourselves during these kinds of energies because we're feeling UP and energized one minute and yeah, the idea of going to that all-night dance contest sounds really fun....but then the day of the contest arrives and the only contest YOU want to be in is the one for who can fall asleep the fastest! So please....make sure you monitor yourself so that you don't become totally exhausted.

For most of us, the most difficult thing about these energies is that we feel like we are running FAST all day long, yet unable to accomplish intended goals because of the constant unexpected "crises" and interruptions, and the resulting feelings of stress and frustration which (after a while) often escalate into a sense of hopeless, grief-filled anger. Many people have said that they feel like they are being pulled in fifty different directions at the same time - feeling overwhelmed by demands from others (who are also in reaction to these crazy energies) and feeling TOTALLY unheard and often unsupported. So when we find ourselves immersed in these emotions, it is imperative that we IMMEDIATELY turn our attention to SPIRIT.....to

Pray...to meditate...to remind ourselves that it is ALL in Purpose and that most of the events that are turning our lives upside down today will resolve themselves and probably won't even be remembered six months from now.

Since I'm (FINALLY!!!) writing this newsletter in the middle of this cycle, you are already seeing evidence of all that I am talking about. This massive build up of chaotic/conflictual energy that we have all felt building up is nearing peak intensity. People throughout the world can feel it. Even people who are not at all "sensitives" are saying, "Something's about to happen." They describe to me their feelings of fatalism, saying things such as "My life is falling apart" or "The world is on the brink of destruction." Many are quitting jobs, leaving marriages, moving to new places to "get away from IT." Many more are striving to endure as the stress creates even more emotional and physical pain. I can't begin to tell you how many people close to me have suffered serious physical or emotional consequences, resulting in surgeries, strokes, accidents AND suicide attempts (often disguised as accidents) or attacks upon others that are the result of having hit "the end of their ropes." We see it on the news every day as increased violence and intolerance in the collective. We experience it in our own lives as others become more stress filled, less compassionate ("I've got enough problems of my own...I can't take on hers!") and often more angered and even violent. We also feel it in ourselves and often feel shamed by our lack of sensitivity to others' distress. Many say to me, "I'm just too burned out to care." We will ALL have responses to these energies...and some of those responses won't be very pretty. PLEASE don't beat yourself up when you realize that you failed to offer compassion to (or to even notice) another's pain. YOU don't HAVE to have the energy or the compassion all the time. Just invite Spirit to offer it THROUGH you. You will be amazed later when a person (whom you thought you had failed to help) thanks you for rescuing them from their despair and so possibly saving a marriage, etc.

When we are IN this world, we must also be OF this world. We must face and overcome and learn from the challenges that life presents to us. WE do not Heal....SPIRIT Heals through us. We need to strive to remain in harmony with all that IS and to live our lives as fully and completely as possible...and to LEARN as much as possible from those experiences and from our choices and the consequences of our choices. We can do that AND we can THRIVE in these times if we can just REMEMBER to keep ourselves open to....and in constant Partnership with....Spirit.

I like to think the double intensification of August is Spirit's way of putting us all in a universal "washing machine", so to speak, agitating yet another layer of "soil" out of us, bringing it to the surface - the things in us that we've been holding onto that keep us from seeing the beauty of our Beings: the regrets, the guilts, the angers, the shames, the traumas that we have carried in our Beings for so long that we've forgotten they are there. We'll have memories float through our minds that come out of the blue, with the same emotion attached to them that we felt when the event actually happened. These can be memories of things that happened as far back as our infancy and can be triggered in many ways: through a dream, through something someone says, something we see on television or a movie we watch – a myriad of ways. We may even wonder if these memories are real. It doesn't matter whether they are real or not – what matters is that pain is in us, and it needs to be released. If Spirit wants to bring something to our consciousness, it will find a way to do so. This time gives us the opportunity to examine those memories, those triggers, and the emotions surrounding them.....to heal them in us so that we can release them.

It's no surprise that the exhaustion so many are feeling, coupled with the magnified emotions caused by the intensifications, can lead to rage in a person who might normally react with just a twinge of irritation.....or trigger deep depression (even suicide) in a person who might normally feel just a little sad. In this time, EVERYTHING is magnified. If we feel gloomy, it can go all the way into suicidal thoughts. If we feel a bit happy, we can become ecstatic. Everything rapidly moves into extreme response. For that reason, I'm telling my clients who are in relationship with people who have short fuses to be careful, because in this time a man who would normally never consider hitting a woman...could just lose it and start punching (for example). I also feel it's VERY important if someone tells you that they just wish they could die or don't want to have to live any longer, **take them seriously**. There will be a rash of suicides during this time. Don't ignore anything that has the potential of becoming serious. If you are ill, go for treatment. If you are in emotional pain, find counseling or at least talk to a trusted friend. Don't try to just bulldoze or "endure" your way through this, and to the best of your ability, PLEASE try to stay conscious of other people's states of Being, both so that you can be helpful to them, and so that you can be safe.

Those of us who are striving to work in Partnership with Spirit will be called upon to be present for our loved ones who are struggling with emotional

pain - not to fix their lives, not to justify or deny the existence of their pain....but simply to be present....to CARE about the fact that they ARE in pain and need to be able to talk it out of them. That's all they need - someone willing to listen and care about them.

Most people have a hard time dealing with other people's pain. We have a lot of beliefs and attitudes about the expression of pain and anger that are just plain prejudicial, believing that to express either is "bad". We feel ashamed if we express anger. We don't like to show our pain because then we're bothering other people because they are soooo uncomfortable with our pain that the minute we begin to express it, they'll throw up their hands and say, "I don't want to hear this right now. It didn't happen that way, I don't want the details, you're wrong to feel the way you do. Get over it." When there is pain in us, we HAVE to be allowed to express it. We HAVE to be allowed to talk it out of us.

When I was shot, the doctors needed to look in me and find the "details" about what it was that was injured before they could heal me. They needed to know those details so they could plan their course of action. The same thing holds true if we have an emotional injury. We have to speak about the "details" of the event that caused the injury so that we can lance it and thereby allow the healing to begin.

I can't tell you the number of people who come to me who are in tremendous grief – they've lost a child, or their lifelong partner has just told them, "I never loved you," and walked out the door, and the people around them are saying, "Buck up and get over it – we don't want to hear about it. C'mon...stop talking about it." And/or, they've had conflict with a friend and have felt deeply betrayed, and they need to talk about their pain and others think they're gossiping and say things such as "Don't talk about it – I'm uncomfortable with gossiping," and so the injured person is shut down, alone in their pain with no one to help them get it OUT of them.

We all need someone in our lives with whom we can "process" the pain, and when I say "process", I mean that we need someone to offer a caring ear who isn't invested in whether or not our experience is "truth". It's OUR truth. If a person were standing back and saw the event that led to our pain, it might look like we just stubbed our toe to them, and they can't understand why we're in pain. But I remember after I had thrombophlebitis and I stubbed my toe, I had to sit down and sob, the pain was so horrendous

through my entire leg. And the person who had watched me stub my toe had no compassion and actually said to me, “What’s the big deal? You just stubbed your toe – why are you making such a scene over a stubbed toe?” That person had no realization that the stubbed toe simply exacerbated the pain that already existed. We need someone to care about the fact that we’ve been injured. That’s all any of us needs. The person who is “going on and on”, talking and talking about their injury, is needing to talk their pain out of them, and it doesn’t matter one bit how true it is – it’s their truth, and it’s going to be their truth until they get it out of them....and they can only get to the pain by going to the sore spot and “touching” it....talking about it.....that sore spot was created by a situation, a “detail”.

When I stubbed my toe, that was a detail. “This is what happened – I stubbed my toe. It hurt that badly because I had been injured before, and that injury hadn’t healed.” I could explain that because it was a physical thing, but when it’s an emotional thing, people are very uncomfortable with it because when we start talking about the details, people put all of these judgments on it. We’ve been taught a lot of lies about what is good or bad behavior. There is nothing wrong with speaking about our pain as long as we aren’t doing so in such a way that we are trying to make another person believe that someone else is bad.

OUR task, as Light Workers, is to not invest in whether or not a situation is true. When someone’s in the pain of an experience, the pain is their truth. They might have been crossing the street and got hit by a kid on a tricycle, but the pain was strong enough in them that when they tell the story, they’re going to say they got hit by a truck. We sometimes create memories that are exaggerated because the pain was that intense. And so other people are saying to the injured person, “It was only a tricycle – WHY are you complaining so much?” “NO, it was a TRUCK – I’m the one who experienced it, not you!” And then they end up arguing over whether it was a tricycle or a truck, and what gets lost is that someone is hurting....and OUR job is to CARE. It’s our job to be there, to let them lance it, to let them go inside themselves and speak about whatever it is that they need to get out. And once it gets out of them, then the fog can lift in them and THEN that truck can become a tricycle in their perception, and they’re finally able to see their own part in it....but until the pain is diminished, they can’t see it.

After I was shot, it wasn't the physical pain that was the hardest part. The hardest part of being shot was the year after that, when I was in deep emotional trauma. And every time I needed to talk, somebody told me to shut up. Somebody told me to stop talking about it. Somebody said to me, "I can't deal with this. I don't want to hear it. Don't talk about it. You need to get over it, Dixie." You don't get over it until you process it out. And ALL that we're asking when we start talking is for somebody to CARE.

In this time when so many are struggling with depression, BE the one who cares. BE the person who can allow your loved one, your friend, to express their pain. And if YOU are the one who is carrying pain, then seek professional help or ask a friend to help you release your pain...someone you can trust to be able to hear your pain and not condemn you for having the pain or believe that you're gossiping and/or trying to make someone else look bad for the fact that you have pain.

There is so much going on during the months of August and September. Throughout the two months, because of the intensified energies, people will be drawn to excess – trying to anesthetize emotional pain that is surfacing and excessive emotions they're having about feeling out of control with current events. As I've said, there will be more suicides and accidents than usual. The thing that most people will have difficulty with, especially in the month of August but continuing through September as well, is grief. They will be feeling grief as a result of the memories that are surfacing, AND they will be feeling grief as a result of feeling immobilized and out of control in their lives, as though life is "doing it to them." We're all going to be experiencing a lot of scattered thinking, finding it difficult to finish projects that we start or not being able to think in a straight line....forgetting words in the middle of sentences, losing things.

And as we are feeling out of control, mechanical and electrical appliances refuse to cooperate with us. Computers will act up (we've had ours repaired twice already this month). Anything to do with communication – televisions, telephones, computers, etc., is likely to cause problems for you.

There are powerful symbols about war and conflict, both on a universal level (meaning war), as well as warring and battling in our personal relationships. Be careful not to enter into gossip and realize that you are probably going to find yourself being the victim of gossip and possibly the victim of lies. If you feel hurt by these lies and/or gossip, of course you're going to need to

process and heal that pain, but don't let yourself get into mud-throwing contests or the situation could escalate out of control and create long-term problems for you.

Everyday on the news, we will be hearing about people in positions of power striving to defend gossip or possibly untrue things that have been said about them. There's a tremendous focus in this time on the subject of truth and our need to learn discernment so that we can tell the difference between that which is true and that which is false. You can tell the difference not by the words, but by the energy that is behind it. Great effort will be put forward on news and talk shows into trying to sort out the truth. Don't let yourself get caught up in this – don't be taken in by this. Just stand back, wait and watch for truth to be revealed.

I don't recommend that you plan a vacation during the month of August or the first two weeks of September. If you DO travel, be prepared for delays. If you're driving, be extra cautious and be aware that other people are likely to be scattered, thoughtless....they won't see you or maybe they'll react with road rage if you inadvertently cut them off.

The aspects through the entire month of September are about being called to accountability, so this isn't a good time to speed. It's not a good time to do ANYTHING that could have negative repercussions for us, because if we're ever going to get "caught" (called into accountability), it will be during these aspects. These aspects are both personal and universal, so if we tell a lie or do something wrong, we'll be found out and suffer the consequences. It also means that nations will be calling each other to accountability – nations that feel they have been wronged by other nations. And that means that there will be conflict, both verbal and in some cases, warring. Calling to accountability also means that people will come out in groups to call their leadership to accountability. We may find gatherings of people – even mobs gathering – but definitely people becoming angry whenever they feel that they have been done wrong or not treated with respect. Whatever it may be, they will call the other person or even their leaders to accountability. It's going to be a very interesting time. These aspects are world-wide, but center mostly in the United States, so don't be surprised to see situations in which people gather together in protests in many places throughout the United States, to the extent that there could literally be eruptions of violence.

Business people who have been dishonest or corrupt will be found out and prosecuted and/or lose their positions, and we will all be feeling compelled to call those who are close in our lives to accountability....to not allow them to continue to “get away with” behaviors or attitudes that are either dishonest or dishonoring to us.

It's a good thing for us to remember that WE will also be called to accountability. Those who have come to this life with the intention of doing the work of Spirit are called to accountability in greater measure. The Bible tells us that we receive ten times that which we give. Those who have come to work with Spirit can receive as much as a hundred times that which they give. This can be wonderful when that which you are giving is love, compassion, aid of any kind...but if you are offering condemnation or judgment or anything that diminishes the quality of life in this dimension, you will receive that back as much as a hundred times over. So it's a time of testing, a time that brings us wonderful opportunities to be who we are and do what we came to do; and to offer compassion, caring, and integrity into this world

September 8th is definitely not a good time to make important decisions. September 11th and 12th, we will experience very heightened sensitivities. Throughout August and September, any person who has even the slightest bit of natural intuitive awareness will be experiencing heightened awareness. You're likely to have amazing dreams. You are definitely going to be experiencing awareness of “presence”. As I've said many times before, the Veil is lifting, and we very often see “shadow forms”. But in THIS time, don't be surprised if you literally fully SEE what might be called an apparition of someone you've known and loved, or that is literally of Angelic Presence. If you are a person who has experienced any kind of intuition during your life, you may be a common-sense person and so may have dismissed your “knowings”. Don't dismiss anything you “know” now. As a matter of fact, I recommend that you begin to pay attention to and learn to rely upon that which you know, for the further we move into this new state of Being that this world transition is taking us through, the more aware we are going to be. It is very important that we all learn to respect and to use/rely upon our perceptive abilities, for we have entered a time in which there will be many occasions in which it would greatly benefit us to have these knowings.

Starting September 14th (I don't see an ending date at this time), we enter into a cycle in which people throughout the world begin to experience greater understanding of the meanings and intentions behind or beneath the events that are happening in the world. They are also seeking Spiritual depth and a greater, deeper connection with Spirit. The energies at hand create more demands on our time. It will be very important to prioritize. I recommend that you make lists and schedule or budget your time as much as possible. Remember that money IS energy, so I recommend that you budget your money as well. Do everything you can to create order and a sense of control in the way that you use your time, your energy, your money, your possessions. It's very important in this time that we do everything we can to create a sense of having some controls so that we don't feel at the mercy of the energies of this time.

It is also very important to be careful about maintaining the strength of our bodies. Strive to bolster immune systems. Get plenty of rest. I can't tell you what to do, but I am taking supplements to bolster my immune system. Talk to your health care provider about this.

This is a very powerful, dynamic time. The energies of this time can be used for positive and/or negative. All of us will find ourselves needing to deal with people who ARE taking a negative approach to the energies of this time and may be overwhelmed by them, and therefore potentially upsetting and even dangerous to us. However, as we DO use this time to deepen our understanding and to form a greater connection with Spirit, AND to bring ourselves into Harmony with all that is of the intent of this time, it can be a wonderful period of growth. Nothing in this time is easy, but it can be immensely fulfilling....and if we strive to live with Spirit and in integrity, it can bring us experiences that are immensely fulfilling and wondrous beyond anything that we could have imagined, because we come into a true realization and relationship with Spirit. When that happens, life CAN be magical!

We need to remember to be constantly aware of Spirit working through every part of our lives....to remember to thank Spirit for blessing our food, for blessing our union – giving thanks for the love in our life, for the nourishment, for the security and the safety....for anything and everything that we have and/or need. If you need something – don't beg for it. When you beg for something, you do so because you don't trust that it's going to be given. You think you have to convince the person to give it. We don't

have to beg God. We simply offer thanks for bringing into our lives whatever it is that we need. Spirit knows what we need much better than we do, and very often what we are given is not what we would have asked for. (And very often, if we get what we ask for, we are really sorry later.) Trust in Spirit by simply thanking Spirit for bringing to you whatever it is that you need. Giving thanks offers trust and gratitude simultaneously.

It is amazing to me how few of us remember to say Grace and to bring the nourishment of SPIRIT into our bodies through the food that we eat. It is amazing to me how many of us forget to invite Spirit into any and every part of our experiences and our relationships – to ask Spirit to make us aware of the needs of others in our lives so that we can be good friends, partners, parents....inviting Spirit to live with and in us in all parts of our lives and constantly giving thanks for all that it brings to and through us. That really is the secret to thriving in these times of chaos.

Stay focused on the Light.....!

Dixie Yeterian