

INSIGHTS  
DECEMBER 2011

Dear Friend:

During the past month there are two different (though interrelated) subjects that have dominated my thoughts: one being the sources of the priorities that dominate our lives, and the other being a deep and immensely profound realization of a rapidly growing pattern of social change that I have recognized and spoken of in past years but actually only felt the true depth and profound impact of during the last month. Throughout the years of my teaching, it has happened to me consistently that I find myself obsessively thinking about a particular subject, and then usually what began as a thought form becomes a series of experiences that develop into a totally new and/or much deeper awareness that I am then compelled to share through these newsletters and through my teachings.

As I write these letters month to month, I often find myself (as I have said many times) concerned that I am being repetitive and perhaps even sound like a dooms-dayer or an alarmist. I actually, from time to time, receive emails telling me that I should “stop preaching fear and begin to take action”. I certainly am NOT asking you to be fearful – in fact, I’m asking you to become informed so that you WON’T be fearful (because those who live with awareness and preparedness can live with much greater comfort and assurance of their well being). And I also feel that the most important thing that I CAN do to “take action” is to urge others and to strive to live my own life in harmony and in unity with Spirit....because as most of us realize, we didn’t come to this world to experience comfort. We came here to EXPERIENCE the world in all of its ways of being; and to learn as much as possible from all of those experiences that Spirit may choose to offer into our lives. This place wasn’t meant to be easy. It was meant to be challenging.

So yes....I’m watching the storm approach and sounding the alarm. When we hear the storm alarm, the alarm does not mean it’s time for a panic attack. The alarm means, “It’s time to make sure that you and your loved ones are taking your pre-agreed-upon actions that will assure your safety through the storm.”

The evidence of universal intensification that I see happening right now (aside from all of the ongoing and ever-increasing upheavals that are manifesting in every possible way throughout the world) is that most of the people who call upon me are telling me that they are living in absolute despair, feeling totally alone and disconnected from Spirit and not even wanting to feel connected with other people. They feel that they're walking through such darkness that they have no way of knowing whether they are even ON a path, let alone following their Spiritually-intended path.

As I've said in other newsletters, all of these intensified non-constructive emotions drain our energy. And when our emotional energy is drained, our physical bodies become depleted and so of course, then we experience more health issues. The people who are having the most difficulty in this particular time are those who feel a great sense of responsibility and/or need to care for others. There's a big part of me that wants to say, as almost everyone DOES say in this time, "C'mon...just change your attitude. Pull up your boot straps and get on with it - this is just the way life is!"...but I'm NOT going to say that, because I know that as the energies of this world continue to intensify, it takes more and more faith and stamina to get through the challenges of each day. So the best advice that I can give is to sit down with yourself (or with others who are intimately involved in the important experiences of your life) and discuss, prioritize, and eliminate your sense of responsibility for anything that is not immediately pressing.

I'm powerfully urging that you lighten your burden....that you stop trying to be and do everything with perfection, because the truth is that most people don't care about whatever it is that YOU think needs to be perfect. It's important to YOU, but it often doesn't matter to them. I spoke with a woman recently who was devastated that she was required to attend an important social function shortly after her hairstylist had just cut her hair in a style that she perceived as very unbecoming to her (I thought it looked good, by the way). The belief systems that have been imposed upon her have brought her to believe that she is only of value if she can always look spectacular.

The truth is that she was the only person at that gathering who REALLY cared about how she looked. I know her very well, so I also know that all of the people who are close to her (and they were among those who were attending that event) would find much more meaning in and would be thrilled by any loving or affirming word that she might speak to them,

because she holds such high standards that most who love her suffer from feeling that they are never “good enough” to please her....that no matter how hard they try, she can always find something wrong.

During our conversation, I urged her to try to understand that people don't care how she looks. People care very deeply about HER, and they yearn for her affection and for her approval.

So many people with whom I speak in these times are suffering greatly because they are holding onto beliefs about things that are simply untrue. We limit our lives by believing so many lies....by believing that we're only of value if we're being productive....by believing that we will lose all respect in our community if our business fails or if our finances suffer. So many of us drive ourselves into physical and emotional dis-ease by holding onto and trying to live up to unrealistic beliefs that we must be perfect in ways that other people really don't care about.

So many are despairing in this time because they can't afford to celebrate the holidays with lavish gifts and festive events and/or they can't afford to purchase beautiful garments to wear to those festive events. Those who suffer the very most in these times are the ones who feel compelled to make certain that everyone else experiences wonderful holidays and yet are embarrassed and are uncomfortable when others give to them. One of the most enormous lies that we have been taught is that we are only of value when giving and that we are selfish and shallow if we yearn to receive from others. (I teach my students that it is very important to learn to receive graciously – that to fail to acknowledge a gift because of embarrassment is hurtful to the giver.

Learning to receive graciously is as important as learning to give, for you are giving THEM the gift of allowing them to love you.) There is another equally harmful lie that is held by many in these times. THAT lie tells us that we should expect to be given anything we ever want and never feel responsible to offer back. This lie creates more pain in relationships than almost any of the other lies that are prevalent in the world today, for it creates relationships within which people are taught to receive without offering care and teaching others that they should give without every expecting anything in return. This pattern of experience is absolutely the most destructive thing that is happening in relationships today. So many people feel used and unloved....and they fear saying NO to someone who

asks or demands something from them that they truly don't have or can't afford to give but will find a way to scrape it up out of nothing in order to be assured of holding onto that person's love. But after awhile, they no longer feel loved – they simply feel used and deeply hurt, so they withdraw. Withdrawal of caring or consideration dooms any relationship. This pattern MUST be changed, for the purpose of this time is to bring the world to Harmony, and we cannot be in Harmony when we are living with resentment and pain.

It's time for us to give up these lies. Most of the despair that we're experiencing in the world today is the result of believing such lies and allowing them to permeate our culture and to rule our lives. Spirit is working in this time to compel us to reassess and reprioritize our lives. As you know (if you've watched the documentary on this site), in 1986 I was shot seven times, and I died. I came back to life profoundly changed. Changes of consciousness are required as we progress through this miraculous Transition. The dramatic events that fill our lives have the intent of bringing us back to basics, compelling us to reassess our own value and the value of others. After being shot, I came back to this dimension KNOWING with absolute assurance that the only thing that matters in this world is us and our relationship with each other. I've said this to you many times, and as long as you continue to study with me or read my newsletters, you'll hear me repeat this over and over again, because it is THE most important thing that I could ever teach you and bears repeating: **our relationships with each other are THE most important thing that we will ever experience in this world and is the ONLY thing that will matter when we stand before God.**

The Transition we are experiencing now actually began in the early 1960's. In the 1950's, not only was television black and white, but they presented unrealistic and idealized relationships. People weren't shown as human. They were shown as perfect: the perfect (Stepford Wife) mother, the perfect (though often bumbling) father, the cute, kind-hearted, innocent and always-willing-to-learn-from-mistakes perfect child, the perfect (somewhat zany) neighbor and/or close relative, etc., etc. There was in every show a "rascal" – but never a BAD rascal...just a rascal. So, in the 1970's and early 1980's when shows such as "The Waltons" and "Little House on the Prairie" became popular, we were thrilled.

We were thrilled because we were shown stories about people deeply and truly loving each other. We were also shown the consequences of being mean-spirited or unkind. We saw life depicted in a much more realistic and forthright manner. The characters were no longer perfect. They were shown with variations of depth - their kindness and their beautiful qualities, as well as the unrefined aspects of their nature.....their jealousies and the mistakes that they made in their lives. Kind, loving people were sometimes jealous or thoughtless. The characters became three-dimensional. One of my favorite televisions shows of the 1990's was "Northern Lights". It was a simple show about people who lived in a town in Alaska. I loved it, because having lived in Alaska, I was able to see the truth of it - that show depicted Alaska exactly as it is.

So what I'm saying is that as we entered this Transition, we began to yearn for the truth. We wanted to know what really IS, and we wanted to see and experience depths in relationships as portrayed through the media. The 1960's brought us into this time that changes the world, and the first thing we have to do as we desire to change the world is to begin to see and know and care about what is TRUE. The shows of that time were not only a reflection of the attitudes and the beliefs of that time, but offered excellent opportunities to understand the value of living an honest and love-filled life.

I find it amazing that as we then went through the rebellious transitions of the 1960's and 1970's, the shows that were depicted on television and in theaters began to reflect a gradual change until we found ourselves laughing uproariously as we watched Roseanne humiliate her mother, her children, her husband...and watched her children treat their siblings and their parents with total disrespect. We moved into an era in which the adults of most of the shows were depicted as idiots, and the children were brilliant, such as "The Simpsons". We fell in love with "The Golden Girls", who week after week insulted and demeaned each other. We began somehow as a society to believe that insults were funny and that any sign of compassion and/or deep caring were maudlin and wimpy and exhibiting a lack of strength. It became socially unacceptable for people to show aggressive physical behavior. (John Wayne and Clint Eastwood were OUT.) Men were told that they should be more sensitive and then were told as they became more sensitive that their sensitivity was in fact, weakness. (Richard Gere and John Travolta were IN.) It got crazy - people didn't know how they were supposed to be. There was rampant confusion, and so it melted down into a state of being

where frustrations were acted out through verbal attacks that were camouflaged as humor.

As I became aware of these truly disturbing changes in consciousness (as evidenced in the media and the things that we found to be “funny”), I realized that these changes in social mores coincided with a massive withdrawal of attendance in almost all religious and/or Spiritual gatherings. Now I’m not here to preach religion. I consider myself to be very Spiritual in that I strive to live my life in integrity and in accordance with my Spiritual beliefs and in partnership with Spirit. In fact, among my students and clients, I count ministers and priests of many faiths. But I do absolutely believe that when a society loses its connection with Spirit (by whatever name or definition you want to ascribe to God), that society loses a great deal of its humanity. I’m not just talking about morals. I’m talking about depth of caring and the wonderful sense of loving partnership that all of us who hold to some form of Spiritual belief or tradition know as a Force that uplifts, directs, fulfills, unifies and protects us in too many ways to be counted.

I went through an entire month, pondering these thoughts and awarenesses that I have just defined for you....and as a result, experienced a roller-coaster ride of emotional responses to the realizations that I came to. But I’m so pleased to be able to tell you that I have completed this roller coaster ride with a sense of deep joy in that I have been shown that ALL of this that I have defined for you has come full circle, and that as we are now entering this time – this powerfully intense time that magnifies all emotions and all experiences – there is happening at the same time a return to the yearning that caused us to look forward to every Wednesday evening at 7:00 o’clock so that we could watch “The Waltons”....that kept us glued to our television sets throughout every episode of “Little House on the Prairie” to the extent that we grew to know and love every character on that show through all the years that it ran.

Those shows are now once again available on our televisions....every day. The Hallmark Channel is one of the most-viewed channels in the world, bringing us uplifting films and documentaries that offer us excellent teachings and the ability to feel uplifted and loved/touched by the experiences of others. We’re able to laugh at “I Love Lucy” again. The shows that fed our need to be cruel, that fed our need to withdraw from all of the “old” beliefs and ideas....that made us think that it was sophisticated to

be unkind and insulting....those shows no longer seem so funny, and they've lost their glamour. And families now sit around the television laughing and crying and loving while sharing moments of tenderness.

So you see....there IS a change that's happening in this world, and yes, we ARE in difficult times. But remember this – the energy that we have entered into magnifies one hundred times over whatever energy we happen to be in as we enter into it. Because these times are continuing to magnify, you may as well expect to shed a lot of tears – some joyful and some the result of deep long-held grief coming to the surface and releasing itself from our bodies and minds. But also, remember to USE this magnification by bringing your attention to beauty, to creativity, to joy, and to sharing true humor with your loved ones.

If you were to read the writings of any person who predicts events for December, you would read that it is a time that can be very difficult. As I write of this time, I am urging you to be very careful of overreacting, because the tiniest event or the smallest misunderstanding can escalate into enormous, long-lasting problems. A compliment can be taken as an insult. As misunderstandings arise, don't try to deal with them in the moment. Let them cool off; then come back and discuss your perception of the situation calmly....the misunderstanding will dissolve and the pain will ease out of the event rapidly, for everything in this time is moving rapidly.

I must urge you in this time to focus on you and yours....to realize that the world as a whole will be a mass of chaotic energy. But also realize that within this mass of chaotic energy, there are millions of people (such as you) who are seeking to find places and times where they can regenerate and where they can once again get back in touch with those emotions, awarenesses and knowings of depth, of truth, of love...and compassion. And they are being called to watch "The Waltons" or "It's a Beautiful Life" – inspiring holiday stories. AND...."The Waltons" are once again available to us – what a coincidence!

You see, Spirit IS at work, and it IS offering to us in this time all that we need. We just need to be aware of it. And we need to take advantage of it....because after a day spent in reaction to the pain that others may bring into your life as they are feeling blasted by the stormy winds of this time, you can go home and turn on your television....or read a book....or call a

friend....and remind yourself that there IS Good and there IS Love and there IS Friendship in this world. Hold strong to that.

Around us in this world, there will be anger, hostility, aggression, mob rages, and more and more evidence and revelations of hidden power groups and of rebellion against those power groups. There will be violence in the streets, there will be opposing groups who call upon you to join in their conflict....but I recommend that you go to your friend, that you embrace, that you share a meal cooked together in Love....and maybe watch “The Waltons” or “I Love Lucy”, and remind yourself that within all this – **where attention goes, energy follows** – and in these times, that energy is enormously magnified. So the energy that WE put into these times is going to be the energy of Compassion, the energy of Love, and the energy of Harmony. That is my vow in this time....I pray that it will be yours also.

Stay focused on the Light.....

Dixie Yeterian

PS: Gift certificates are available for private consultation, either in person or by phone. They make a wonderful gift for the Holidays – just call my office and we’ll get it off to you immediately so you’ll have it in time for Christmas.

Also, I am in the process of formulating a new workshop series. If you are interested in studying with me, it’s important that you let me know asap, email a photograph of yourself, and a short letter talking a little bit about the kind of metaphysical or Spiritual study that you have done in the past (if any) and/or your major areas of interest, such as Dream Interpretation, Soul Evolvement, Clairvoyant Development, etc. (All of these are covered in the series, but I want to get a feeling of where YOUR major interest lies and don’t want to have to do a full in-depth reading on every person who wants to begin the classes.)