

## INSIGHTS

March/April 2012

Dear Friend:

Well, I suppose you're noticing that although this would ordinarily be the March newsletter, it isn't. However, I do need to talk to you about the month of March as well as the month of April, because the month of March marked the beginning of a powerful series of intensification cycles that continue through at least the next two years (that's as far as I've "read" them).

I can't even begin to describe to you the incredible events of the times that lie before us. One thing that I've noticed through the years is that our televisions, books and movies always foretell events that are preparing to happen in the world. Those of us who have lived through the better part of a century have many memories of occasions when we went to see movies that we believed were total fiction about subjects that could never possibly happen in this world, and especially in this country....and then amazingly within the next few years, those events DID happen. Terrorists DID overtake a cruise ship and murder passengers. American embassies in other countries WERE attacked. Presidents of the United States WERE proven to be dishonest and disloyal to our country. World leaders WERE assassinated. The thing that amazed me the most was that consistently just before the event happened, a top-selling movie or book was released that exactly described these coming events.

Astonishing occurrences have happened so frequently that we no longer are surprised by them. I think that probably the reason we're no longer surprised by them is that the people of the world have begun to realize that we all live with an inner Knowing of the Truth....so very little surprises us. I think we all realize at deep levels of Being that the events of our lives are pre-ordained....that our task is to learn to respond to ALL events with integrity. But the thing that amazes me most of all is that even though we have such a strong inner Knowing so that we are not really surprised when outrageous events occur.... we are almost always totally unprepared for them.

The energy introduced in the month of March has been (and continues to be) an acceleration of the magnified events that we've all just become accustomed to. As I predicted to you in my February newsletter, we DID experience the most amazing weather events throughout the world. California this year didn't experience a winter until our Spring flowers were blooming, and then snow and freezing weather hit and destroyed many of the Spring-blossoming fruits and flowers. Some parts of Europe have been experiencing record-breaking heat, and we all know about the tornadoes, the floods, the fires, the earthquakes....the list goes on and on. And all of this that is happening will continue to happen with more and more intensity as we move forward through this year.

The best words that I can think of to tell you what to expect this year are the words that I've been using for the past ten years, and that is....**expect the unexpected**. If it "should" be warm, it will be cold. If you "never" have earthquakes in your area, you can expect an earthquake. If that river has never flooded, it will. Of course, I'm exaggerating, but not by much!

So many extreme events are happening in our lives that we just expect them, but for some strange reason, even though we expect them, few of us prepare for them. It didn't even seem strange to me in the past month that seven of my friends – including myself – were dealing with loved ones who were suffering critical illnesses and/or had had accidents. Very few of us got through the past several months without being affected by traumatic events that either happened to us personally or affected us because we need/needed to be there for someone we love.

The thing that amazed me the most during the month of March is that almost every person I spoke with was asking me if I thought it might be a good idea for them to make major changes in their lives: to leave their job of twenty years just three years short of retirement because the work environment had become incompatible....to leave marriages or end friendships because the relationships had become difficult....to sell their houses and move to different locations, often out of the country. I've spoken to you about this subject several times during the past six months.

I must say first of all that I can't tell you or anyone else what they "should do". However, I feel really, really concerned when people leave their security bases in this time. I feel really concerned when people in this time of world disruption are ready to just walk away from a job that guarantees a retirement in a few years when they have nothing to go to and could end up

homeless, could end up having alienated themselves from emotional support systems. They don't realize that they could create the most difficult scenario in life – being alone and without financial and/or emotional support at a time when the world is being bombarded by new viruses and ailments, by catastrophic storms and weather events, and by conflict that will in many places escalate into outright war.

So much is happening in this world that urges us to create secure environments for ourselves and our loved ones that it just blows me away that so many people are asking me if I think it's a good idea for them to just walk away from everything that gives them and their loved ones security. Yes, we are ALL needing to deal with people who are uncooperative, angry, sometimes even spiteful....because almost everyone is in reaction to the chaotic energy of these times. People are terrified, and terror is almost always acted out as anger. All emotions are intensified in this time. We're having to deal with frustration, anger, lack of respect – all kinds of ways of expressing the emotional discomfort of this time. And we really need to look at the fact that WE may be expressing our fears in the same way!

There is no place in the world for us to run to that is likely to be free from the emotional chaos of this time. (Friendships and love relationships that we have built over the years can be more easily healed than new relationships that haven't yet been tested when bumps arise in life's path.) There are few idyllic places or relationships that you would be able to go out into the world and find peace and safety. In most cases, it appears to me that we would be much safer to remain where we are (and those who know me well would never describe me as timid or hesitant). The world is in the midst of universal transition, and transition means change through chaos and turmoil. Yes, we all do have the opportunity for times of joy and relationships that offer love and support, but no relationship will always be joyful, and no relationship will always feel supportive. Every place, every relationship, every job have times in them when we wish we could be someplace else.

I'm certainly not telling you that if you're being truly abused, dishonored, disrespected, etc., that you should stay there and accept such abuse. I would be the LAST person to recommend submission to abuse. However, I most often recommend that we strive to assess and to change OUR beliefs, attitudes and behaviors within the relationship first, to give the other person(s) an opportunity to change in response to us....because we all

know we chose to be in whatever situation exists in our lives. We may not like it NOW, but we DID choose it.

**So when we realize that we originally had the power to choose it, we can THEN realize that we also have the power to change it. We are not just participants in our lives. We are the creators of our lives**, and we define and structure our lives through creating a series of attitudes and beliefs and then acting in accordance with those chosen attitudes and beliefs. If I am in a situation where my partner is displaying frustration or anger, then I know it is my responsibility to sit down with him and ask him why he feels so unhappy.... if there is something I've done or am not doing that he needs that is causing him to feel so hurt/angry. As I've said before, anger is always a cry of pain.

We are all experiencing it now, and the further we move into this universal transition, the more often we are going to find ourselves immersed in emotion. All of our senses are heightened. People who never cry may find themselves sobbing when they're watching a touching commercial on television. We are going to be feeling everything more intensely. Situations that would normally barely bother us can cause us to fly into rages or to feel overwhelmed and totally disempowered. All of us will experience days or even sometimes weeks where we feel like we just can't do "it" (by "it", I mean Life). But most of us WILL do it, and our purpose in this time is to strive to do it with Clarity and Integrity and to remember as rapidly as possible (it sometimes takes us awhile before we actually catch on and remember) the fact that Spirit is right there, wanting to be of Service to us.

The month of April seems to be quite a bit more gentle than March...but wow, just wait until May. In fact, just wait for the rest of the year! Take advantage of this time, and when I say "take advantage", I mean that in this time, we are more likely to experience periods of being mentally and emotionally clear and grounded than we have been able to experience at any other time since October of last year; or WILL be able to experience through most of this year....unless we are working in harmony with the energies that prevail.

In every month's newsletter (at least the months when I've been able to WRITE a newsletter – some of you must be aware that I have missed two newsletters in this past year), I talk with you about what to expect, and I offer advice to help you to use the energies of the time and to accomplish

the most/have the best experience as possible in that time. As we move further toward the pinnacle of this transition (which happens at the end of this year), we are feeling more and more inner turmoil. And when I say “we”, I mean ALL of us. There’s not a person in the world who will go through this time without having some periods – a few minutes or even entire months – of feeling immobilized by the energies of the time. It got ME this year. In fact, I succumbed last Fall as well, as I went through a period of dealing with my health and was required to go through a couple of heart procedures....and in the past two months, my husband, my dogs, most of my friends – everyone in my home and I – were knocked flat for awhile by the viruses that hit us and just wouldn’t go away. (In fact, my husband was hospitalized in critical care for awhile.)

So it’s easy to view these as very difficult times, and I have to admit that I have gone through a period of being out of balance and feeling as though I just couldn’t do all that is required of me by my commitments in life. It’s really difficult for those of us who function from our hearts and who KNOW that we are here to be of service to others, because when these intensified energies hit us, WE feel as though we just want to go to bed and cover our heads with a pillow (or in some cases, cover someone else’s head with a pillow and press down hard – LOL).

There are two predominant types of personalities in this world, and each of us is one of those types: we are either givers or takers. If you are a giver (as I am), then it’s really hard to lay your head on the pillow and rest because your telephone is constantly ringing, and people whom you love are telling you that their parents are dying, that their marriages are in crisis, that their beloved pets are terminally ill, that THEY have a serious illness, that they’ve just lost their jobs...the list goes on and on and on....and how can you rest when every bit of your soul tells you that you should be getting out of bed and finding a way to help these people?

However, that creates quite a conundrum, because if you rest you feel guilty....and if you DON’T rest, you’re very likely to become totally exhausted and frustrated (because the truth is that we can’t ever really change another person’s intended life experience – all we can do is just be there with them while they’re in the midst of their experience and offer all of our hearts to them). But if we let ourselves sink into the exhaustion, even though we believe that we are helping them, THEY will be wishing that we would just go home and leave them alone because we will be exuding an energy of frustration and/or resentment.

As I've said, all of us are either givers or takers. If we're takers, when the phone rings, we're simply going to say, "I'm sorry to hear about it – I'm having my own rough time right now – hope it works out for you!" If you function from your heart, your immediate response will be to drag yourself out of the bed, get dressed, find some suitable food in your refrigerator to take to them, and go to be with them....to hold their hand or to help in any way possible through their difficult time. Sometimes you won't need to travel to be with them, but you will need to be with them via telephone or email; or if you're trained in energy communication, through the "sending" of love and caring. (To do this, you just bring your attention to your heart, and then direct your attention from your heart to that person's heart and just feel Love flowing from you to them while praying that their needs be met ....that Spirit attend to their needs. I strongly recommend to my students that they never pray for any specific thing – that we simply ask for Perfect Right Action, because we very seldom truly know what another person needs. A physical ailment may simply be a symptom of a deeper emotional or Spiritual wound.)

SO.....I can pretty well bet you that you were unable to go through the entire months of February and/or March without experiencing times when you felt as though you just didn't want to have to do it anymore – and by "it", I mean whatever your life IS. And as I just admitted to you, I went through some of it myself. The weight of this time can become really, really heavy...and it can bring the strongest of us to our knees if we let it. And we CAN stay balanced....we CAN stay strong and healthy through these times. It only requires one thing, and that one thing is to **REMEMBER that our attitude is a choice.**

When ANY apparently negative situation occurs, our first response will be to step back and start pointing our fingers at whomever we believe we can place the blame upon. It actually feels pretty good to be able to place blame, because while we're blaming others, we can feel self righteous. WE are good – THEY are bad! WE'RE doing it right – THEY'RE doing it wrong. However, if we stay in the attitude of blame for any prolonged period of time, it stops feeling so good. It begins to feel heavy and hurtful. It becomes grief, and that grief then manifests into physical pain and weakness so that our immune systems are compromised and we become subject to viruses, or we get clumsy and stumble/fall/injure ourselves, take risks...do all kinds of things that are not healthy for us – and certainly are not intended to solve or resolve the issues before us.

Any situation that occurs in our lives (and oh my gosh, we are going to experience a lot of them through this year) are presented to us in order to help us become more refined Beings. It doesn't help to pray and ask God to "fix it" for us. I laugh every time I remember my guidance Samuel saying that most of what we call prayers is actually begging.

The answer to resolution of any difficulty that enters our lives is actually so simple that we fail to see it. The answer is to ask God to show us what WE need to do differently, what WE have been doing or feeling or thinking or believing that has brought us to the unhappy state that we are experiencing. If we have filled our minds with the belief that other people are bad and we are good, we're likely to feel pretty lonely. And of course, as long as we continue to believe that they are BAD, we separate ourselves from them, and so it's very easy to continue to convince ourselves that they are REALLY bad because they're abandoning us.

If we convince ourselves that another person doesn't like us or isn't being nice to us, then the resolution to the problems that arise from that conviction are to ask "Why does this person dislike me? What am I expressing, or how am I acting, that is causing this person to disrespect/dislike me?" You see, it's ALWAYS about US. In most cases when another person dislikes us, the truth is that they are acting as though they dislike us because they think we don't like THEM.

The one thing that I've learned through all of my years of counseling is that **every experience that is in our life has been created by us.** Regardless of the situation, there is always an occasion in which we are aware that the situation is likely to happen and so have the opportunity to decide to change what we're doing or how we're acting or thinking so that the situation might change. Every person who is in relationship with a partner who is unfaithful (for example)...knows that their partner is unfaithful. They may deny it, or they may even admit it, but they will stay with the situation as it is as long as they believe they don't have any other options. There ALWAYS are other options – this world is FILLED with options.

As I was speaking of this subject with one of my classes, a student asked me, "Well Dixie....if you knew that you were likely to be shot, why didn't you change your location or your behavior in order to keep that from happening?" And the answer is that I convinced myself that I didn't have any other viable options. My daughter did not believe that there was a true threat and refused to leave the area with me, and I knew that if I left, they

would attack HER in reprisal. They were determined to hurt me one way or another for the damage that they believed I had brought upon them.

So you see....I knew that I was going to be shot, and I made the choice to stay there. And as I've told you many times over, if I had the same choice to make again today, I would do it the same way....because the most Gifts in our lives come to us through the most difficult of experiences.

In this time, it's going to be really crazy. You think it's difficult now? Through these next months, there's going to be an escalation throughout the world of tensions between political and religious factions. The polarization of those beliefs and the hatred and resentment that is building out of those beliefs will erupt into conflicts that will shock us beyond belief. We will in this time experience racial and religiously-based wars throughout the world. Neighbors who have respected each other will turn away from each other because their religions tell them that they must; or because their political convictions require them to be disrespectful/dishonoring and distrustful of each other. We have entered a time in which if any person thinks or believes differently than any other person, they are potentially at risk. So your question must be, "What can I do to change this?"

I have said to you that we cannot change another person and that we do not have the right to ask them to change. However, I also hope that I have made clear that **anytime WE decide to create a positive change in our own attitudes, attitudes and beliefs, that others around us automatically change in response to us.** Gandhi did not try to change the world....neither did Jesus. They simply were the loving Beings that they came into this world to be, and expressed their Truths, in Love, and by being who they were, other people were inspired and their lives were changed by the filling of Spirit that happens when two Beings come together in loving harmony.

It's impossible to be in loving harmony when we're busy blaming each other. It's impossible to be disharmonious when we are claiming our OWN responsibility and asking the other person, "What can I do to help you in this situation?" Sometimes the only thing you can do is to walk away because your presence, your beliefs/attitudes/behaviors are abhorrent to them. But that doesn't mean that you are unworthy of love and respect....it simply means that that person isn't able to be loving or respectful of you. And as long as you stay there, beating your head against the wall and begging them to love and/or respect you, they will react by becoming



MORE disrespectful and less loving, because your begging inspires in them a feeling of contempt.

So, by your actions and attitudes, you did change them – you helped them to become MORE entrenched in their attitudes toward or about you.

Whatever we do is going to affect others, and others will change. If our attitudes/actions/behaviors in this world come from a center-core that is constantly striving to be in unity with Spirit, then all who come into our presence, desiring harmony and love, will be uplifted and fulfilled by our presence. If they don't want who we are, we can't make them want it. My only recommendation to people who come to me with this sort of dilemma is, "Stop trying so hard! There are millions of people in this world who would give anything for the quality of love that YOU are at the core of your Being." The Bible speaks of it as casting pearls before swine. (Because as a child I had a pig that I actually loved, I don't particularly like that analogy.)

If you happen to be one of the people in this world who is a taker, you will be called to accountability in this time. This definitely will not be an easy time for you, because the givers are being worn to the bone, and they are becoming unwilling to continue to be used, and your taking without offering in return just feels too unloving and dishonoring. This is one of the most basic universal shifts that is happening in the world at this time. Those who have failed to learn the value and the joy of giving will find that the people who have been willing to give to them without receiving from them are no longer willing to do so, and they will have to go through a period of time of some suffering until they discover the self respect and joy that comes from self accomplishment.....and the self respect and joy that comes from offering to others.

So the most important lesson that we are going to be experiencing through this year is the lesson of recognizing the power that our Being brings to this dimension, and the tremendous capacity for change in the world that exists within each and every one of us; and the realization that those changes that take place in our personal relationships and in the world at large happen not because we are trying to change the world or other people, but happen because ***we are striving to improve the quality of our own Being.***

Please remember to speak with Spirit and to ask Spirit to work with you in all things in your life, and to show you the way. As I have said before, we live this life best when we live it in harmony and in partnership with Spirit.

Stay focused on the Light,