

## INSIGHTS

August 2012

Dear Friend:

Beginning in July and continuing to intensify throughout August (in fact, throughout the rest of the year, with a few badly needed respites), we will be continuing to experience an escalation of extremely chaotic energy. Most of us are beginning to learn to live with the intensified emotions. After things go on for awhile, they just become “normal” to us and it begins to seem as though “it’s always been this way”, although most people (including myself) are experiencing deep bouts of nostalgia in this time, remembering “when it used to be” - remembering times when people used to treat each other with loving respect, when it used to be socially required that we offer courtesy to each other. Children were taught to “learn their manners” and especially to behave in a manner that would not bring shame to the family name. With this intensification, most of these “old-fashioned ideas” have flown out of our lives, and we find ourselves living in a world that is filled with conflict.

It’s really difficult for many, because we have a hard time being in the presence of others who feel frustrated and disempowered and therefore act out their frustration/disempowerment with bursts of rage. And there’s not a one of us who will get through this time without acting out in the same manner from time to time....because we’re human....because we are sensitive....because our hearts become injured, and we feel shame when we are unable to live up to our own ideals that our parents and society taught us to expect of ourselves.

I’ve mentioned this before, but I think it bears mentioning again, because all that I’ve been talking about is building and building, and there isn’t a person living in this time who isn’t experiencing periods of grief, of anger, or just wanting to give up – thinking “I can’t do this anymore”. (I’ve never seen a time when so many people are saying to me “I just can’t do this anymore” and are telling me that they’re thinking of committing suicide.) This energy has built to such an extreme

that an enormous number of people ARE just giving up. They're shutting down their emotions and their physical body life force energy to the extent that their physical bodies are manifesting illnesses that could be life threatening if they are not able to shift their attitudes and bring themselves to a realization of a true quality of Self – their strength, the kindness of their hearts, and the yearning and knowing that they have in Spirit.

Attitude is a choice. All of us will, from time to time, fall into the abyss of pain that this world has become, but we can climb out of it rapidly simply by changing our attitude. And all it takes to change our attitude is to call upon Spirit and ask to be lifted up. The intensification of this time is beyond anything that I could ever have predicted – I knew it was going to happen, but I wouldn't have believed it could ever get this strong. And I must say to you now that we have reached a time where we MUST frequently remind ourselves to reach out for the Hand of Spirit. When we fall into the abyss of despair, it is because we have let go of Spirit's Hand and we believe that we are alone. And when we believe that we are alone, we KNOW that we can't do it alone in this time. And it doesn't matter how many people around us are telling us they love us. We know that they don't really understand how WE are feeling, and the truth is, they don't because they are so caught up in the way that THEY are feeling....and we're so caught up in our own feelings that we can't understand what they're feeling either.

Most of us at this time have built walls around ourselves, shutting out intimacy and/or empathy. So the others with whom we are sharing our lives feel just as abandoned by US as WE feel abandoned by them. As I said, the way to bring ourselves out of the darkness and into the Light is to call upon Spirit. When we call upon Spirit, we are immediately uplifted. When I say "we are uplifted", I am not promising you that the situation will change in that moment (although I have witnessed many miracles). I am not saying that if we don't have the money to pay our mortgage that money will fall from the sky in that moment. I am saying that SPIRIT will lift us up to that place where we can SEE the path toward that which we need. But most importantly, Spirit can and will fill us with a KNOWING that **we are not alone**, that all is in Purpose, and regardless of the discomfort that we are experiencing in this time, we will come to a time of feeling Gratitude for it.

The greatest mistake that we are making in this time is that we are withdrawing from those people who would love and support us. We are even blaming THEM for our discomfort, and of course, as a result, they are withdrawing from US and are blaming US for THEIR discomfort. As a result, many very important relationships are being destroyed.

The phenomenon of the intensifying energies began in 1964. It happened very slowly so that if you were to find one of my newsletters I sent out at that time, you would read that I was warning you that there was going to be a week-long powerful intensification and that it was amazing to me, because I had never before seen an intensification such as this that lasted an entire week. NOW, I am telling you that the intensifications are lasting for MONTHS. It is a rare thing for us to have an entire week that is not intensified in some way, because even if it isn't internalized or externalized, it is filled with null cycles, which powerfully affect us. (Please, please, please read the Calendar on this website and my information about internalization and externalization cycles as well as null cycles so that you can understand and use this information to aid you in every part of your life.)

In the 1960's, psychology became popularized. Prior to that, psychology was considered to be very much akin to fortune-telling. Very few people "believed in it". It was thought to be hocus pocus (just as psychic perception was and still is by many believed to be fraudulent or even evil), and there were many churches (including my grandfather's) that preached that psychology was evil and was a way in which Satan was striving to take over the minds and souls of men. Much has changed. But in the 1960's, there was a sudden shift in thinking, and psychology became popular.

One of the first psychological teachings that became popular told us that we should not punish our children - that we should not hold our children accountable in any way, that they should not be chastised, that they should not be graded or have their accomplishments measured....that children's baseball teams (for example) could not have winners or losers because competition was harmful to their little psyches. I consider these teachings to have been very destructive and

very much the result of so many of our children now living lives that are ruled by drugs because they lack the will to strive to excel or to take pride in accomplishment and they don't respect or have devotion to family, for they were taught to disrespect parents and/or any authority. They were taught that any belief that was held to be true by past generations should be cast aside, that they should be free to think and do as they wished (regardless of how hurtful it was to another) and that there should be no consequences imposed upon them for their behavior, actions or attitudes.

These early teachings of psychology (and I DID major in psychology) also taught us that as soon as we married, we must begin to "work" on our marriages because no marriage could succeed unless we did so. I want to ask you this question: when have you ever thought that you needed to WORK to maintain the health and quality of your friendships, or any of your other relationships? Why would we believe that we should have to WORK to maintain love and respect and courtesy in our marriages? Prior to this time, it was expected that people would treat each other with courtesy. It was socially unacceptable to NOT treat each other with courtesy and respect.

My Guidance (Samuel) once said to me that Love is not a thing that we can give to or receive from another person....that Love is a dimension or state of being that we enter into as the result of the sharing of Joy and following a commonly valued Life Path. He also told me that any marriage and any relationship only requires three qualities to be successful, and those three qualities are courtesy, caring and compassion....that if we stop treating each other in a caring manner, if we stop treating each other in a courteous manner, or if we cease to feel compassion for another's pain/suffering, Love will die....that Love can be killed by starvation or by abuse.

There are those (especially my Pentacostal grandfather) who told us that "Pride goeth before a fall," and I would say that every woman I know who lived with a man who battered her had been taught that she did not have the right to respect or hold pride in herself no matter how much she tried to live a life filled with kindness and goodness.

So you see, the teachings of the 1960's were in total opposition to each other. The teachings of the church/society taught us that wives should be submissive to their husbands and that children should be seen but not heard. Psychology taught us that children needed no restraints and that marriage MUST be WORK. As soon as a Love relationship becomes "work", the Joy goes out of it – it is WORK.

Love IS the sharing of Joy. We must work on OURSELVES, and when I say "we must work on ourselves", I mean we must strive to treat others with Compassion. We must strive to think respectful and loving thoughts about each other (which isn't always an easy thing to do). We must strive to live in Integrity and Honesty. And we must strive to live in such a way that we gain respect for our OWN SELVES. We have been taught that we should respect others and that respect of Self is "vain and self-centered". Self respect is NOT vain or self-centered. It simply means that you are able to live in such a way that you can feel a sense of pride in your own being.

There are so many lies that we have been taught, and those lies have distorted us. They have confused us. If we respect ourselves, we're bad. If we don't respect ourselves, we are victims....and of course, if we're victims, then we must somehow be bad and deserve to be victims because we wouldn't be victimized if we weren't bad and didn't somehow deserve it. This convoluted thinking somehow or other made sense to the people of that era and somehow or other still is embedded in the minds and the hearts of people today. It is the shame and the lies we've been told that have convinced us of our own worthlessness and that bring about such self-destruction that we see in today's society.

So, there is a part of us that truly still holds on to the knowing, the belief, that comes from the Soul that tells us that in order to live happy, loving lives, we must respect and love each other AND ourselves, and live in Unity with Spirit that is active in the world at the SAME time that there are very strong "rules" that have been embedded in us that have taught us that we should disrespect our parents and all other authority, that we should offer no respect to any other person....that living lives filled with excess (excessive use of drug, alcohol, sex, etc., etc.) is the

way to be. This has filled us with shame-filled confusion, for our Souls are yearning for Love and loving relationships but yet we are living in a manner that consciously strives to destroy all that is and would be loving and solid in our lives.

The conflict between the opposing teachings prior to and after the 1960's have resulted in the destructive attitudes and behaviors of today's society, and those attitudes and behaviors are magnified by the universal intensification that is in the world today as we approach the ending of this time and prepare for a new one....for the minds, the bodies and the souls of every man, woman and child in this time are filled with confusion and pain and a belief in their own worthlessness, no matter how much they try to act successful, proud of their accomplishments. No matter how much they try to live lives that are loving and harmonious, there still is a voice in the back of their minds that is telling them that they are not doing it right, that they are not good enough, that somehow or other they are failures. And the result of this is that most of the people in this time are withdrawing into themselves. They are separating from others and pushing away those who would want to love them. They may have "friends" with whom they socialize, but they don't allow anyone to see past the barriers they've built because they fear that if anyone might see who they really are, they would be despised.

What lies we have been told....what horrible lies. What destruction has been done to our children and to many of us! I can't tell you how sad I am to see the people who pass through my life whose lives are empty of love and who have people in their lives who are yearning to be allowed to love them and are yearning to be loved by them. What most people call love in this time is need or is convenience. It gets them what they want – the lifestyle, the security, the recognition, etc. And the thing that is predominant in the souls of almost every person who comes to see me is the yearning to be loved by another and the yearning to know Spirit and to know the purpose that Spirit has for them.

And there is only one thing that keeps them from knowing that love and having the experiences that they desire. That limiting quality is fear....the fear of changing their lives in any way. We hold onto what we have because we know it,

and even though it may hurt us every day, even though it may reject or even attack us or diminish us, we hold onto it because it is known by us, and we don't trust Spirit. We don't even believe that Spirit exists enough to call upon to ask for help so that those changes can be made and our lives can become better.

We MUST let go of those lies. We must recognize the lies that we've been told and we must give up those lies. We must accept our own value, recognize the value in others, and never let ourselves be diminished....and we MUST realize that we do NOT have the right to demean another. We don't have to like everyone. We don't have to love everyone. GOD loves them. There will always be people who behave in ways that appall us. Our Task is to speak to that person and tell them that their behavior is unacceptable, and then walk away from it. Life brings experiences that will teach them what it feels like to be treated in the way they are treating others.

The entire Purpose of this newsletter comes from my deep yearning to bring an understanding to you that your life CAN BE GOOD....that these times ARE difficult and sometimes the losses and the attacks we experience will devastate us....but we DON'T have to stay in the emotion that is caused by those experiences. Our emotion, our attitude, is our choice. All that we are required to do to be able to live in a state of Joyful Expectation is to call upon Spirit and hold tightly to the Hand that is offered to us....and to make the conscious decision that "I am going to live a happy life. I refuse to live a life believing that I am a victim and deserving of suffering."

Those who hear and understand these words will live in these times with much greater ease and can actually live in these times with much more Joy than pain. That's what I want for you....and in order to accomplish that, you simply need to Stay focused on the Light,

Dixie Yeterian