

INSIGHTS

April 2013

Dear Friend:

During the month of March I was most struck by the fact that we have entered a cycle in which the universal task or lesson is to overcome judgment, prejudice and condemnation. This cycle actually lasts for another three and a half to four years as I read it. It hit us hard in March.

By nature, I am a person who just isn't very judgmental. I don't have any real prejudices, and I tend to understand the reasons why people would behave in certain manners and so am less likely to judge them than most people might be. You see, that is the real secret to overcoming judgmentalism: all we have to do is give some thought to the situation and ask ourselves, "What might have happened in that person's life to cause them to behave in this way?" When we come to a real understanding of the why's, then the natural response is Compassion....and the moment we feel Compassion, judgment evaporates.

Now, I'm talking about judgment here and not prejudice. Prejudice is entirely different. In this time, all of humanity has the absolute requirement to overcome and leave behind all prejudices, all judgments and all condemnations. Prejudice is believing that someone who is different is wrong or bad. Judgment is reacting to another person's behavior and

judging it as good or bad. Condemnation is more prevalent in this time than I have witnessed it at any time during my seventy-two years of life. It is impossible to be in the midst of almost any conversation or to even watch the evening news without hearing someone condemn another person for their beliefs, their actions or their attitudes.

We are in a time of universal transition. This transition moves us through a time of unimaginable conflict that will finally culminate in a prolonged span of world peace. In order to accomplish world peace - in fact, the ONLY thing that is required to accomplish world peace - is for the people of this world to release their prejudices, judgments and condemnations. Now as I'm telling you it's necessary for us to do so, I must also admit to you that although I am (as I said at the beginning of this letter) a person who tends to be non-judgmental and non-condemning, during the past month I have experienced more judgmental/condemning thoughts and heard more judgmental words coming from my mouth than I've experienced probably through all the years of my life combined. This phenomenon is true for all of us. The energies of this time are so intensified that we are so easily overwhelmed and/or exhausted that we automatically revert to judgment and condemnation. For instance, it's really hard for us to admit that it's us and not someone else - that it's about us being burned out rather than about someone else being too demanding or taking advantage.

There seems to be a Spiritual Law that in order for us to learn to overcome something, it must become magnified. We must have the experience magnified within us so that we SEE that it's there so that we can no longer

deny nor ignore it. Until recently, I was totally convinced that I was a non-judgmental person....now I have to admit that I'm not.

I think it's important to realize that what we call "pet peeves" are actually judgments. In fact, I have recently discovered that I have carried a judgment for years. Until a few weeks ago, my "pet peeve" has been the person who drives sixty miles an hour in the fast lane of a two-lane freeway until he approaches a car that is in the slow lane going twenty-five miles per hour....and then he will slow down to twenty five miles per hour and drive right beside the slow-moving vehicle, holding up traffic twenty miles behind him while everyone is shaking their fists and screaming at him to move over.

My ex-husband is a pilot, and it used to amaze me as we would fly over highways that we would look down and see long stretches of road where there was no traffic at all, and then there would be long lines of cars driving slowly, with two cars in front of them all, driving the same slow speed. Every pilot will tell you that this is the way every two-lane freeway almost all the time. This very common behavior in people used to rile me, especially when I was running late for an appointment or an important commitment.

But then recently, as I was driving way back in a line of cars that were going probably forty five miles per hour in the fast lane (in a seventy miles per hour zone) , I directed my attention to the person in the lead car who was holding up all the traffic and asked, "What is in your life that would cause you to feel so unhappy and powerless that in order to feel power, you must inconvenience so many people for such a long period of time?" I've always

imagined the person driving that car was an old man wearing a big cowboy hat, because my grandfather (who wore a big cowboy hat) used to drive that way. However, when I directed my attention to the lead car, I realized that it was actually a reasonably young woman, probably thirty five years of age. I also could feel her unhappiness and her frustration. I could feel how totally disempowered she felt in her marriage to a man who treated her with total contempt....with her children, who were being taught by her husband to treat her with total contempt....and in her job, where she was treated with lack of respect. Getting in her car and delaying traffic was the only place in the world where she could feel powerful. My heart went out to her, and in that moment, when I felt Compassion for that woman, my judgment, my condemnation, my prejudice all dissolved.

This is no longer a "pet peeve" for me.

You see, that's all it takes. If you're psychic, you can actually link with a person and discern why they would behave in such a manner, but even if you're not psychic, you can imagine why they might behave in such a manner....and just imagining it will also bring you to the state of Being where you will feel Compassion. And when you feel the first bit of Compassion within your heart, the judgment will disappear.

If we all would begin right now to pay attention to our thoughts, and whenever we hear or feel ourselves having a judgmental or condemning thought we would say, "Cancel that thought", then we would rapidly overcome all our judgments and condemnations. If we are alone, we should say "Cancel that thought" out loud (the spoken word is more powerful).

However, if we're with others, we can just strongly think "Cancel that thought." Or if we hear ourselves making a statement that is judgmental, condemning or prejudiced while we're in the presence of others, then it would really be a good thing for us to say out loud "Cancel that thought", and then to say to the person/persons with whom we're speaking, "I really don't know why I said that. I need to do some self-assessment to figure out just why I'm having that kind of judgmental thought or feeling. I don't like that in myself."

We are really being called upon to assess ourselves. It's house-cleaning time! It may seem to you that my judgment of the woman who was driving forty five miles an hour in the fast lane is a small thing, but I have never been able to forget the day that my Guidance Samuel said to me, "There are no small transgressions, for ALL human lessons are about learning to live with Integrity." My judgment of that woman dirties my Soul to the same extent that my prejudice of another race or someone who is of another political or religious persuasion would dirty my Soul. I can't allow that kind of thinking to build up in me, and like all other people I have within me unclean places in my being of which I'm unaware, but with this intensification they're being shown to me now. WOW, are they being shown to me! ALL of us must overcome such thoughts, attitudes and beliefs if we are to ever live in a peaceful world. That is the lesson of this time, for all the problems in the world today are caused by judgment, condemnation and prejudice. They divide, they conquer....they cause anger and hatred and result in conflict. They cause us to hurt each other. My definition of the word "evil" is to have the intention of harming another person.

Another thing Samuel said to me was, "If there's a fingerprint on your wall, you wouldn't notice it if your house were dirty. However, if you have cleaned your house thoroughly and you see the fingerprint on your wall, you must clean it." In fact, you will be compelled to clean it, because if the rest of your house is spotless, it will just drive you crazy to see that dirty fingerprint on the wall of your clean house.

As we become cleaner in our beings, we are held to a higher level of accountability. In this time, there are so many people who must overcome outright prejudice....people who hate anyone who is of another race or another religion or another political persuasion. I spoke with a woman recently who said she hates people with red hair. I laughingly told her that even though my hair is now white, it was red before it turned white, and I asked her if she hated me? She sputtered a few times and said, "Oh, no no, Dixie - of COURSE I don't mean you! I LOVE you." I asked her what kind of pain had she experienced in her life that was caused by a person with red hair, and she launched into a long story about her red-haired father who had beaten her mercilessly every day of her childhood and even into her young adulthood.

As we completed our conversation, she came to the realization that she doesn't hate people with red hair - she just has a great deal of pain that she needs to work her way through so she can release her ongoing agony that is the result of having been in relationship with a very mean-spirited person who happened to have red hair.

You see, almost all of our prejudices are based upon some kind of pain (except that most racial prejudice is the result of having been taught by an ignorant person that people of another race were less worthy, less human, or even bad). My "pet peeve" was based upon the fact that I was totally disempowered by the person who was "holding me back"....imprisoning me; her need to hold me back was based upon HER pain. MY pain came from the fact that as a child, I had been punished by being locked in closets AND as the result of the fact that my most recent life was spent in a concentration camp.

Almost all of our "negative" responses to life are the result of unresolved pain, so it's our task in this time to look deep within to find where that pain resides in our bodies, in our minds, within our Beings....to dredge it up.....to assess it.....to release it. Once we bring it out of the darkness and shine the Light of Truth upon it, it disappears.

The month of April continues to be intense, as does the entire year. We don't get to experience lack of intensity any longer because we have entered the final years of Universal Transition. The entire world is shifting and changing, and shifts and changes always cause discomfort. Most of us human beings dislike change, unless we consciously and intentionally create it. However, though April will continue to be intense, we WILL feel a bit of a respite. We can expect to feel more energetic and have clearer thinking, be less forgetful, break fewer things, and have fewer technological snafus and people will be more cooperative and agreeable. Gosh, wasn't March difficult? We all felt as though our minds were full of oatmeal. It was hard to even hear people, even though we were watching their lips moving. I

can't begin to count the number of times I asked people to please repeat what they had just said, and I'm not suffering hearing loss or Alzheimers -

I was really grateful when my young friends told me they were having the same problem!

The month of April WILL be intense and we WILL have very strong emotions. When you look at the calendar on this site, you will see that we have ten days in a row at the end of the month where there are four and five star null cycles in a row. That will be a very dangerous time. I don't recommend going to events where there will be large numbers of people. During any null cycle, we have to be very careful driving and be aware that people are more likely to become enraged and out of control. So, when you see a bunch of null cycles in a row (as in April), you must be extra careful. That's the time when someone just loses it, picks up a gun, and decides to start shooting. During null cycles, there are more accidents and more acts of violence, so just be careful and keep an eye on the calendar. Don't try to have important conversations during a null cycle. Don't post advertising or send important letters or emails....they'll be either lost or misunderstood.

Aside from that, on a personal level we can expect to feel a lot clearer and stronger than we've been feeling. It's time to get out and play, to plant a garden, to go to the beach or a lake. Even though the water is still cold in many parts of the world, it's a good time to get out in nature. If you can't plant a garden in your yard, plant herbs or flowers in pots in your house. I recommend herbs. It's really important to get our hands in the soil right now and get the feeling of being in touch with earth. Being in touch with earth literally strengthens our physical body....and this prolonged cycle of

intensification and dark energy has caused most people to feel weak, tired, and overwhelmed. April is the month when we can pull ourselves out of that feeling.

Make a point of watching movies/television shows or being around people who make you laugh. Laughter is the best cure for dark energy there is. We cannot remain depressed and we cannot remain ill if we laugh enough.

There will be the typical number of earthquakes and we'll experience some fires in California and southern Oregon. We will expect, as we must during this time, to always have an excess of extreme weather and never-before-seen events. However, that's just the way life is these days, and it will continue to be more so as we move forward into this intensification. We just need to accept it as the way life is and go with the flow. To do so means that we can be in the midst of chaos and still be happy.

The two things that help us to be happy in this world are laughter and helping others, so make sure that every day that you have laughed and that you have benefitted at least one other person.

Stay focused on the Light....

Dixie Yeterian

PS: We are very excited about pending developments for our website, including a new format and beautiful contributions by my son Sean and Marty, who are amazing - I am so impressed by the quality of their

writing. I know that you will be also, so make sure to check back in late April or early May.

We are in the process of making dramatic changes to this website that will be available within the next few months so that we'll be including not only Sean's and Marty's writings, but also messages from my Guidance and a blog to which you will be invited to share your dreams, your psychic or Spiritual experiences, and/or to ask questions. We want you to have conversations with each other and with us. We are so excited about being able to talk with you personally on the blog. It's a big deal to me!

HAVE A GREAT MONTH!