

INSIGHTS  
August 2013

Dear Friend:

I recently found myself thinking about something that happened several years ago with one of my beloved dogs, Sheva. The incident offered such clear evidence of the power of our thoughts and how energy is the source of every communication that I decided I wanted to speak about it in depth with you this month.

I was sitting in my dining room eating a bowl of stew that I couldn't finish. I remember thinking, "I'll give the rest of this stew to Sheva - she'll enjoy it." She was in my bathroom shower, napping soundly on the cool tile. I'd just seen her there a few minutes earlier. The moment I thought of sharing my leftovers with her, an explosion of noise erupted from the upstairs bathroom that sounded like a herd of elephants rushing toward me. Sheva, in response to my thoughts, had awakened from her sound sleep and was rushing to me - eyes bright, tail wagging, jumping and barking.....as excited as she could be at the realization that she was going to be given a bowl of my stew.

This experience touched me deeply. Although I'd witnessed many other events that gave me the same kind of evidence and realization (and had read all the books written in the 1970's and 1980's about the amazing scientific studies conducted at several universities that absolutely proved plants not only have feelings, but respond to human thoughts/emotions and even to animals and other plants), this one touched me more profoundly than any of my other experiences or reading had done.

Through the years, I have spoken frequently with my students about "universal consciousness" and used the phrases, "Where attention goes, energy follows" and "Thoughts are things" to the extent that I think those phrases may have become too familiar and so have lost their significance. To many, they have become more like pretty profound sayings rather than what they are: precisely worded sentences that state the very foundation of consciousness that bonds us all together - ALL of us - I mean human beings one to the other, animals one to the other, and even plants. I am talking about how thoughts generate from energy, and that energy that emanates from one Being affects every other Being in that environment to the extent that the entire environment is saturated with it. The energy of one person can totally change the emotional feelings of every person within a home, a business - any environment. The old saying, "It only takes one rotten apple to ruin a barrel" is so true.

So why would it seem so strange for me to think that most people in the world living in abject terror, truly believing that their civilizations are crumbling around them, fearing the loss of their homes, their jobs, their retirement....all that they have worked for and dreamed of for their entire lives.....how could I possibly believe that their thoughts and feelings would not affect all other animals and Beings around them and in fact, the entire

environment to the extent that when one person feels as though they're filled with an emotional storm, their emotion affects every person in their environment. Then THOSE people, who become filled with that energy, go out into the world and share it with other people, who share it with other people, who share it with other people, and before we know it, a major storm or earthquake hits. The world can only take so much chaotic energy before it reacts.

In my now many years of living in this world, I have witnessed times of peace within my environment that corresponded with peace within the community and within most of the world; and in those times, we experienced seasonal changes and normal weather cycles, and once in awhile a big storm would hit. But we didn't experience the constant floods and fires and earthquakes and massive storms that we are experiencing now. All of those events are happening more frequently and more intensely every year. The storms are bigger. The fires are bigger. (There are fires in almost every state in America right now, many of them covering thousands of acres.) Flash floods are storming down the streets of cities. Hurricanes poured torrential rains in Hawaii and more are building, one after the other after the other.

I talk with you so much about the weather and incredible phenomena (such as snow falling in places where it has never snowed before and record-breaking heat such as Alaska is now experiencing with 100 plus degree weather) because I want you to have a deep understanding of how human consciousness is affecting the entire world and how WE MUST consciously become aware of the way we are thinking and the attitudes we are taking which manifest into feelings which in turn affect all the people, the animals, even the plants around us. The collective state of human emotions affects the world to such an extent that influences the energies of the world and can create cataclysmic events. If we as human beings don't change the way we're thinking, we WILL create exactly the kinds of catastrophes we are fearing.

Another very common basic metaphysical phrase is, "We create our own reality." It has been repeated so often that for most people, it has lost its meaning. However, it is SO true and SO important! We, the people of the world, are creating the reality of world chaos and crumbling social structures because we no longer trust or believe in them, and we realize that they are failing. Our belief that they are failing is creating fear and profound insecurity within us. It's so important for us to realize that the world as it is and the social structures that exist were created by us. IF we can create something, we have the power to change it. We need to change our attitudes. We need to stop being afraid of the fact that things are changing and decide what kind of change we WANT and begin to work to create it.

Yes, in this time, there is tremendous division. However, that division would dissolve if we humans, one at a time, began to take an attitude in this world of Kindness and Compassion. As long as we remain in attitudes of anger and confrontation, we will continue to destroy rather than build all that is.

**We choose our attitudes.** We can choose what we want to think about anything. We can be in the midst of any event, and we can choose - we can decide - what attitude we are going to have about it. To quote my Guidance Samuel, "So, it has happened - and now what is going to be your attitude about it?" The lesson is never in the event - it is always in our response to the event. I've said that SO many times before, and I'm going to repeat it over and again. **The lesson never - NEVER - is in the event. It is always - ALWAYS - in our response to the event.**

So yes, we are in a time, now, where every day as we turn on the news, we are seeing evidence of the societies of the world crumbling. Every day when we turn on the news, we are seeing and hearing about more scandals revealing the dishonesty of people whom we have put into positions of great trust and great authority. And people are getting angry, but more than becoming angry, they're becoming frightened.

Anger can actually be a positive emotion because it forces us to realize that something isn't working, something needs to change. It compels us to action. But anger is a negative force when it sits inside us and becomes fear, becomes pain, becomes a simmering rage that putrefies within us and contaminates our environments and affects every person who is touched by our lives.

It's so important for us to understand the power that we have. Do you realize how powerful it is to be able to just have a thought and to see an immediate response in a Being (such as Sheva) that cannot speak, that cannot communicate with us as we do with each other? And we don't even really communicate with each other through words. Our words are very seldom the totality of the truth of our thoughts, beliefs and attitudes, but the energy that we exude says it all and says it honestly. Samuel tells me that the Earth dimension is the only dimension in which words are used to communicate. The words intentionally limit us so that we must learn to look within ourselves to discover and define what it is we truly believe, think and feel....and to speak those beliefs, thoughts and feelings with as much clarity as possible.

I mean, we must begin to be honest with each other in words as we already unconsciously are in energy. We ALL know people who think they are putting it over on us because they talk in a certain way and act in a certain way, but we can feel the pain or the anger or the frustration or dishonesty just oozing from their pores, even as they smile at us and tell us that their lives are just wonderful.

Did you know that the word "apocalypse" means "**the thinning of the Veil**"? Until I heard a priest explaining to me the true meaning of the word "apocalypse", I didn't really understand what my Guidance meant when he repeatedly said that we are in a time of the lifting of the Veil....that in the dimension in which he abides, Beings do not communicate in words but through energy and through putting their intention - with energy behind it - to another Being so that that Being receives the complete message all at once, rather than in a string of words that are simply symbols that strive unsuccessfully to define the depth and truth of the essence of human beings.

So as the Veil lifts, we are soon coming to a place where we won't be able to hide our thoughts/feelings/attitudes from each other. The truth of our Beings will be available for everyone and everything to know, because they will consciously experience the energy of us rather than listen to the words that we say. This is already beginning to happen - the Veil IS Thinning.

The fact is that in this time and place, all communication takes place in energy before a word is ever spoken. I have taught this to my students for the past forty-five years. I don't know how many of them have really heard me, but I've certainly said it enough times. But just knowing this, just really understanding this - that **all communication takes place in energy before it takes place in words** - would, if we really understood that, cause us to stop lying to ourselves. We would stop believing that we were fooling others by pretending that we are thinking, feeling or being something that we really don't think, feel or be. We would stop pretending....AND....the first person we need to stop pretending to is ourselves.

That's why in this time it's so important for people to search within, to find within themselves the pain that has been residing there and festering until it becomes rage or depression (which is rage turned inward) and then seeps out through their pores even while they're wearing happy faces. It's so important in this time that people do what metaphysical students call "The Work". The Work is to look within and find our pain and release it. Dig it out and throw it away, because it festers and putrefies and pollutes our Beings and our environments and ultimately the world.

I've been giving my students "homework"....for instance, I asked them last month to perform an act of kindness each day. You see, all of this goes back to what I said earlier in this newsletter - our attitudes and actions are choices. We can be in the midst of the most terrible travail and we can be heroic or we can be self-pitying and hide in a corner and complain. This is a time that calls for heroes.....and it's really simple, because all it takes to be a hero is to look within ourselves to find the place where our pain resides and to tell it that we don't need it any more, that we don't want it anymore, that it is forbidden to reside in us. Then we must forgive whomever triggered the pain in us, whether it was another person or ourselves. Or if we don't feel the forgiveness within ourselves, then ask for the healing power of God's forgiveness to flow through us to that other person/situation or to ourselves. All we have to do is ask. And when we ask, we receive immediately.

You see, I'm totally convinced that all that is happening in this time that is destructive to our world could be changed in the blink of an eye if only one of us at a time decided to live our lives consciously and intentionally....deciding to act with kindness, deciding to act with compassion, deciding to see the humor in every situation and to bring laughter and joy to it, for nothing heals like laughter. And it's healthy to laugh in the midst of our pain. I'm not saying that it's not going to hurt in this time, but I AM saying what we do with the pain is the important thing. It doesn't help to ask why, to try to find the purpose while we're in the midst of a situation. We are shown the purpose later. We are shown the purpose after we have released our attachment to the pain of the situation.

The way to get through pain/grief is to dive all the way into it and rest there until we come out on the other side. It doesn't heal or help anything to assign blame, and it certainly doesn't heal or help anything to live our lives filled with fear, because fear becomes rage, and rage has the power to destroy, as we are witnessing in this world today.

I'm asking that one by one, we consciously seek to work toward creating changes in attitude. I used to tell my children when they were acting out that they were having "bratitudes". I think many in the world are doing so today, and I think bratitude attitude is polluting the world. The attitudes of resentment, anger and disdain of others who think or feel differently than we think or feel HAS to change - it has to go....and we have to begin to be honestly and truly who we are at all times, offering Compassion, Care and Kindness.....and it CAN be different - it can ALL be different. Ultimately, it WILL be.....

But WE can make it happen faster. I'm trying.....do you want to try with me?

The good thing about the month of August is that we will be feeling a lift of that dense energy that caused such highs and lows. It's a good time to get things accomplished. It will be easy for people to become frustrated because the energy is intensified/magnified, so most people will feel rushed and have very little patience. It's very important to not react strongly to their frustrations. The best thing to do is to just ask them how you can help them make it better. If they respond in anger to you, move out of their presence.... because their angry response means they're building up to an explosion, and you don't want to be in the way when that explosion happens!

If YOU are the one who is beginning to feel frustration, please just stop....take a few deep breaths....walk away from the situation and ask to be filled with peaceful understanding.....then return to the situation, and you will be amazed at the change in your attitude. AND, you'll be amazed at how fast the situation resolves itself.

When I study the universal aspects for August, I see that all the things that have been happening are predicted to continue to happen.....more universal strife, more scandals, more hidden things revealed.....it's just more of the same. And it's going to continue to be more of the same until or unless WE - you and I - change it. I think I'm up for the task! I'm sure working on it....I'm asking YOU to join with me....

Stay Focused on the Light!

Dixie Yeterian