

INSIGHTS
FEBRUARY 2013

In order to understand this newsletter, I strongly urge you to look at the calendar on this site and scroll down and read the explanations for externalization/internalization/null cycles.

Dear Friend:

We're in a time of powerful transformation and change. I've been talking with you about the acceleration and increasing intensity of energy since the early 1970's. This time has been predicted by seers and sages and prophets throughout the world for thousands of years, and as of December 2012, we entered into the early years of Transition that will take us into a world that we cannot imagine today.

It's not an easy time that we are experiencing; in fact, for many it will be very difficult. We just need to keep reminding ourselves that we are moving into a wonderful new world in which we will experience peace and unity. But getting through the next thirteen years is going to be quite an adventure! It supposedly ends in 2026, as has been predicted by Nostradamus and many other sages and prophets. I have a feeling that it will take a bit longer than has been predicted. It's difficult for psychics to tell time at ALL - most can't....and the further out we seek to view, the less precise we will be with our timing. So those who made these predictions as much as two thousand years ago may be off a few years in either direction. I sense that it's going to take a bit longer than 2026.

The **externalized** energy we are experiencing now is very unusual....it causes most people to feel very happy yet filled with erratic emotion. They wish to take hikes and go to the beach or forest. However, at the same time they don't want to be alone. In fact, many are telling me that they never felt so lonely in their lives. They feel abandoned, unheard, dismissed and often unloved, even when they're surrounded by loved ones. And when we go into the **internalization** cycle (which begins on February 23rd and continues through March 17th), those people will become even more internalized and will want to be left totally alone. They won't want to answer their phone or open their door to company so that even though they feel lonely, they will

feel that they don't have the energy to entertain visitors. Most people are just so raw right now that they just can't bear to be around any other person who exudes anger, grief or resentment; or any persons who focus their attention on the negative and so their lives are constantly filled with drama. They just don't have the energy for it.

The reason that our emotions are so raw is that we are all in reaction to the shift in energy....the Universal Transition. It is pulling to the surface deeply and long-held emotions. Pain, anger, resentment and grief that hurt too much to deal with at the time of the originating event and so was buried deep inside ourselves now is surging up, and we can no longer ignore it. The Universal Force is pulling those memories and all of that emotion to the surface. We must address and release all of those memories and all of those emotions so that we can come into Harmony with the new, more-refined energy of this dimension.

Those who can come into Harmony with the energetic shift that is occurring will thrive, will feel uplifted and stronger, mentally clearer, and will experience an amazing opening of their Intuitive and Spiritual sensitivities. They are already beginning to have more psychic experiences. They are seeing Energy and hearing voices from beyond, and KNOWING with their entire Beings the TRUTH when they hear it....and/or the consequences of a decision that they or another have made. They will feel or know much that is unknowable by most.

The **internalization** cycle causes ALL of us to feel a drop in energy. We want to read or just veg-out and watch television. When we try to meditate, we usually fall asleep because we are so tired and sleepy during the internalization cycle. There's Purpose in this. We experience a great deal of Spiritual communication and do a great deal of emotional clearing while sleeping. So knowing that there is Purpose in this should help us to feel less frustrated by the fact that we are often unable to think as clearly as we normally can. Most of the time we just feel as though our brain is full of oatmeal, and often when we open our mouths to speak, we can't remember what it was we were going to say. But, we just need to keep reminding ourselves that there's Purpose in all of this.

The **internalization** cycles almost always last about three weeks, but the **externalization** cycles are lasting longer and longer every year. When I first became aware of them in the early 1970's, they only lasted a few days and

we only experienced three or four a year. NOW, we experience them most of the time. This year, we have some that last for three months, and we are also experiencing externalization cycles at the same time that we experience internalization cycles so that we feel out of balance and pulled in different directions. We feel that we must get up and DO things, but our bodies just want to lie down and go to sleep. We'll feel happy in one moment and then feel sad in the next, with no obvious explanation.

When the **internalization** cycle hits, it affects any and everything that has to do with communications - telephones stop working, computers crash, and we can have conversations with people which they will later tell us never happened, or that we said something entirely different than we in fact DID say. The internalization totally screws up everything having to do with communication. It is not a good time to have that important conversation or to let yourself get into a dispute, because disputes can be blown way out of proportion and end loving or important relationships during these cycles. Put the conversations on hold until the internalization cycle has passed, and NEVER try to have an important conversation, sign important documents, make important agreements or decisions or have elective surgeries/make cosmetic changes during a NULL cycle....if you do so, you will regret it - there will be serious difficulties that arise out of your having done so.

I need to explain to you that we have Universal cycles such as are depicted on your calendar on this site, but we also each experience personal cycles. So if you are in a personal internalization cycle during a Universal externalization cycle, you will not experience the internalization cycle as strongly because the externalized energy will pull you up and out of it for the better part - **externalization** cycles are much stronger and are filled with energy, whereas the **internalization** cycle is weaker and actually causes us to feel as though we have lost energy. But you WILL find that from minute to minute, you go from being happy to sad, calm to anxious. Your emotions and energies will be all over the place. You will be totally unpredictable, and the people around you might be wondering what the heck is wrong with you. (I will explain personal cycles in greater detail in a future newsletter.)

It's a good thing that we're all experiencing these erratic shifts in energy, because we can understand each other if we just say, "Wow, I'm feeling this way." Almost everyone else in the room will say, "Wow, I'm feeling that way, too - I thought I was the only one!" Just talking about how you're feeling can often release the pain. Sometimes we need to "talk it out" with a

trusted friend or with the person for whom you're having these feelings. Doing so will almost always end or resolve the misunderstandings. BE AWARE, however, of the energies. It's not a good idea to try to have "the talk" or important discussions during null cycles or internalization cycles. However, you can usually get a lot resolved during an externalization as long as it isn't a null cycle.

As I keep saying, there is Purpose in this extremely magnified energy. The Purpose is to pull up old pain, old memories, old grief that we have held onto and that have taken up residence in our cells, causing depression/ailments and strong reactions to events that touch on those pain-filled memories. We may not even remember many of these experiences. We may have buried them deep inside them because they hurt too much to deal with. But now we can't keep them down - they're coming up whether we want them to or not, and we HAVE to let them out. We have to let go of all that binds us painfully to the past in order for us to move joyfully into our future.

When an **externalization** cycle hits, we want to be social, talk with our friends and be with people we love. But even in the midst of externalization cycles, we experience **null** cycles, and when a null cycle comes on, we all of a sudden will shut down and experience ourselves as filled with anxiety, feeling like we're being pulled in fifty different directions at the same time. We'll be judgmental, often tearful, frequently angry and almost always overwhelmed. We are terrified that we don't have what it takes to be able to maintain our commitments, to "be there" for our friends, co-workers, and our loved ones. As these intense energies hit us, many wonder if they can conjure up enough strength to just plain survive in this time...and many don't want to. That's why our suicide rates have gone up so dramatically over the past few years.

As I've been telling you for many years, it's all about getting into Harmony with these energies. It certainly does help to look at the calendar on this site so that you'll know when there is going to be a change in energy (as represented by the colored lines on the calendar), but it's kind of like singing.....if we're not in harmony with the music - if we're off key - it's going to be pretty unpleasant. But if we are on key and in Harmony with the energies of this time, both the externalization and internalization cycles can be really wonderful as long as we don't get caught up in the fear, anger and powerful negative emotions that are overtaking most people in this world.

You see, the energy comes in surges, like waves coming in and then receding. When there is that kind of immense activity going on in the water (water, by the way, symbolizes Spiritual essence), swimmers run out to meet the wave and dive into it so that they can ride it in to the shore. However, if that wave catches us off guard and slams into us, or we fail to dive in and ride it, the chaotic power of it can wreak havoc with us, like a tidal wave. And like a tidal wave, it can pick us up, slam us around every which way, knocking us against the rocks and then picking us up and throwing us around again until finally we find ourselves on the shore (often bruised and bleeding) and realize that the tide has again receded with another wave waiting to come in.

We have two choices here: if we're smart, we will be proactive in our lives and take advantage of these energies - we'll run out and dive into the next wave and ride it in. Or, we may just totally shut down and stay on shore, which means we aren't living our lives. We totally disassociate from life, closing our eyes and ears, not wanting to know what's going on in the world because we don't want to hear about the chaos. (When I see people shutting down and I try to warn them of the consequences of doing so, I often feel as though I'm talking to a small child whose fingers are in both ears and who is chanting "LaLaLa - I can't hear you, I can't hear you.") It's really frustrating to me to see people doing so, because they are putting themselves at great risk. However, by doing so, we are putting ourselves at risk. We are not made safer by living in ignorance and pretending that everything is wonderful when, if we would just open our eyes and LOOK, we could see the tears and the pain in the eyes of other people.

Those who are becoming "uplifted and are most required to cleanse their Beings of old pain" are the people who have known from birth that they MUST be of Service...that they MUST help people. They often don't know just how they're expected to help or to serve, but they know it with all of their Beings, and they know that they are Called and will be shown the Path that will fulfill their Soul's intention. ***When this life ends, we will realize that we have benefitted far more from all that we have given to others than we have benefitted from anything that we have given to ourselves.***

Those of us who have been Called to Service at this time are blessed. When we come to the last day of our lives, we will meet that day with Joy, and

with the realization that we are going Home, and that we have lived our lives well, in Harmony with Spirit, and that we have fulfilled our Soul's intent. I truly apologize for not getting a newsletter out in January. I heard from many of you that you had been on pins and needles waiting to hear the January newsletter, wanting information about what to expect in 2013. All that I have said to you in this newsletter is true for the next many years, and the energies that I've talked about will continue to build over the next years until this Transition is completed. Then AFTER the completion, we will go through probably as many as twenty years of coming into balance with the changes that have taken place in our world, and reconstructing our lives as will be necessary as a result of all the changes that will be happening. Much will be torn down, but what will be rebuilt WILL BE WONDERFUL, because it will be built from a state of Purity and Compassion and Caring.

I want to share with you an email that my son Sean sent me. I feel that it most clearly describes the experiences of so many Spiritual seekers in this time, and I really want to thank him for allowing me to share it with you. Of course, I think he's great because I'm his mother, but I'm telling you guys - he's really earned my respect and my pride in him.....and here, now, is his email:

With **Mayan** fates now echoes of anxiety, it is now obvious that we never truly knew what would happen. The mysteries of the most storied fables that these people's calendar inspired compelled most of us to imagine the worst, and the best, of global transitions.

As I woke on the morning of 22 December 2012 I couldn't shake the hope of something, anything becoming different.

I wasn't afraid that the world would end, at least not in a literal sense. I didn't, at any point, believe that earthquakes, super storms, or polar swaps would culminate in a sudden and violent period marking the finality of civilization. I didn't buy off on the crushing sentiments of a Godly force tiring of our slow evolution and deciding to discontinue His project in a single swoop of metaphysical force (who decided on the gender for God anyhow?).

No, my fear was not connected to any of these ideas.

What did I fear?

I was afraid that when I rose from my bed on the 22nd, nothing at all would be any different than the days before.

What should be any different? I don't know. I've always gravitated to more of a global awakening idea. Some sort of enhanced collective consciousness that created a spiritual transition not experienced in 2 millennium. That would have been a nice way to start off the new **Mayan** cycle, eh? But alas, the only thing looming on the morning of 22 December 2012 was a Fiscal Cliff and dog poop that needed picked up in the back yard.

But epiphanies don't follow a timeline. We aren't marked with a collective time stamp that would illuminate all of our psyches simultaneously. Life and living moves without notice or memory of the anxieties which swamped so many for so long. "Oh look, hun... it's the 22nd of December and nothing has happened. Guess I still need to go to work then. See you this evening, dear. Don't forget to pick up my suits at the laundry."

But epiphanies do in fact happen. Perhaps selectively - perhaps randomly... but the thoughts of many are focused on the light of the future - an iridescence that glows within the minds of those who wish to see it. It manifests from the Pineal Gland and produces just enough Dimethyltryptamine that will cause the observer to take note and rethink the word "possible".

As these New Age concepts jettison through the minds of so many, I suspect a tsunami of awareness to overtake masses of souls in fast food style of time and space. But don't listen to my suspicions. I suspected a far different outcome than occurred two short weeks ago, and I was wrong... again.

As far as my own personal journey through these times of transition, I also have spent many hours deliberating over the meaning of the moment. The first question I needed to answer was why in the hell didn't anything happen on the 21st while so many wished for it to just come and swoop over us and be done with it? You would have thought that the collective will would be

enough to create havoc. In some cases I think that it did, though that revelation has never surfaced.

I'm not exactly certain when "my" answer to this question came to me. Was I walking the dogs? Was it just before I dozed off for the night, or was it just as I was waking for the day? But the clarity of the answer stuck like glue in its purity. I guess that I don't remember when it seeped through to my waking thoughts because it feels as though I've always known my solution to this question.

Oh. Yeah. What answer am I writing about? LOL. Sorry....I transgress.

When I wake up I need at least a cup of coffee and an hour to collect myself before taking on the day. This serves as an excellent metaphor for what I believe is the movement occurring throughout this realm. Collective spiritual awareness is still in the "groggy" stage. I know that I'm sounding a bit mystical right now, but I can't seem to avoid that. (The truth is that I myself am not at all convinced that my thoughts are any more than ramblings of an aging man who has little to do with his mind other than imagine ethereal concepts. And yet here I sit, typing away with an intent to share these words, risking judgment and persecution from those who might feel threatened by such thinking.)

Where was I? Oh yeah...waking up. The reason why nothing has happened, and this is in my personal chunk of spiritual acreage, is because I haven't created the environment nor have I inspired the energy to make anything happen. Transition doesn't just occur. It requires energy. The energy that is displaced is not from a singular host, but from a domino effect of people (souls) that decide to project the will of spirit and loving presence into their interpersonal environments. We just need to finish our metaphoric java and shake off the cobwebs of a lengthy hibernation.

And so I think that nothing has happened because I have not made it happen. Nor has my neighbor, or his neighbor.

But it isn't because the transitional ship hasn't sailed. Oh yes indeed, it left port long before our **Mayan** fables severed their trance on us. The New Age hasn't just begun, it is "ongoing". With the knowledge that there won't be a

physical or metaphysical "shove" that forces us on board this ship, the time arrived for each of us to independently decide to join the journey. Jump on board.

*Clouds of steamy figures paint the sky,
Tints of gray and white suspended,
Awaiting confirmation of their majesty by casual observation,
armed with an imagination that gives them form and purpose.*

*In that moment fog becomes a bird,
a face,
an airplane,
a celestial being...
and no one can dispute that truth.*

*Clouds of steamy figures paint my mind,
Nebulous and glowing their soul-filled light,
Awaiting confirmation of their majesty by the vessel's host,
armed with an awareness that gives them form and purpose.*

*In that moment light becomes spirit,
an emotion,
humility,
love...
and no one can dispute the presence of its energy*

I want to end this newsletter by stressing that the most important thing in this time is our attitude. You see, experiences that are comfortable or uncomfortable, and/or might be called good or bad, happen all the time. They have ALWAYS happened. In fact, if you read the Old Testament, it was really difficult for people who lived then, with most people living in poverty and only a few owning everything and having the power to take at will anything from anyone so that no one could feel secure as they tried to build security in their lives. The world is very different and much easier now than it ever has been. But for us, we are living with only the memories of what we've experienced during OUR lifetimes, so events that happen now that throw us totally out of balance and seem like tragedies were actually taken in stride by our parents and grandparents. They knew that the only

way to live life in peace was to just take it as it comes and do the best we can with what we have.

That's the right attitude for this time, also. It won't do us any good to plan our futures, because our future is going to be very different from anything we could imagine. It doesn't do us any good to dwell upon and mourn the past. As the world is today, the only thing that works for us is to **stay focused on the present**, to deal with whatever happens as it happens, and to keep remembering and keep repeating that "It's all in Purpose. It's all in Purpose. It's all in Purpose." And it IS....and we WILL be grateful for it - I promise you.

Stay focused on the Light.....

Dixie Yeterian