

INSIGHTS JUNE 2013

Dear Friend:

The month of June will bring a much-needed respite from the ongoing universal intensification we've been experiencing for several months, though the energy is still basically intensified until June 16th. However, we'll feel a slight lift from the extremely powerful energies that we've been dealing with. Finally, we'll be able to relax a little and perhaps take a much-needed vacation or return with renewed vigor to projects we've had to delay.....to have conversations with loved ones that we haven't been able to have. In fact, one of the major aspects of June is reconciliation with people from whom we've distanced. Though I've noted on this month's calendar that particular focus will be on past love relationships, it actually pertains to ALL our important relationships that we have allowed to "rust".

As the ongoing stress of daily life has increased, so many of us have withdrawn from each other as we struggle to cope with our own lives. Where we used to make time to have lunch with friends or go to a movie or simply have coffee and catch up, in the intensity of this time - when so many are feeling overwhelmed - all we want to do is isolate and rest. And though that has been a necessary thing, so many people are telling me lonely they feel - they don't seem to realize that their loneliness has been the result of having withdrawn from the people who love them. They withdrew and then often blamed others for not being there for them. What I'm seeing with so many is such a strong sense of withdrawal that important relationships have taken second seat while we work through "our own stuff". A friend will call who is having a difficult time, and we find ourselves automatically thinking, "I don't have time for your drama. I've got my own drama going on!" We've shut ourselves down from feeling the Compassion and Love we've always felt for our friends and family members and just "want to be left alone".

However, now is NOT the time to isolate ourselves from each other. In the months and years ahead, we're going to be needing each other more than ever as the intensity, the chaos, the confusion, the fear build in the world. I don't mean to sound fatalistic; I simply want to remind you that in these times we need strong support systems to be firmly in place, and we need to

keep reminding ourselves to be Compassionate, because we don't always feel it when we are so overwhelmed ourselves. In fact, it's natural to feel irritated with others for needing us when we just feel that we need ourselves and have nothing left over to give to anyone else. I don't mean to lecture, but I can't stress strongly enough how important it is to practice Compassion in this time. It won't always come naturally as most of us are accustomed to it. We often have to work at it because we're just so darned tired. We just want to be alone so we can rest!

A friend of mine recently told me he had spent time with family members whom he hadn't seen in years. He was exhausted and the last thing he thought he wanted to do was have to "share" his energy when his own energy felt so low. "Duty" forced him to attend the family gathering, and to his great delight, he found himself not only energized, but filled with the reminder of the great Love he holds in his heart for them. He entered the weekend gathering exhausted and left it renewed and filled with Life again. ***It is being with others and being immersed in the energy of their Love that energizes us the most.***

Take advantage of the month of June to reach out to friends and family members from whom you've distanced. Pick up the phone and call that friend whom you haven't spoken to in years - let them know you're thinking of them and love them, that you're there for them....and then BE there for them. Remember....everything you are experiencing, most everyone else is experiencing as well. We are NOT alone in any of it unless we choose to be alone. I urge you to reach out, even though you may feel like isolating.....go outside of yourself to see what another might need, and offer to it as you can. Doing so WILL uplift you!!!!

I keep a book of poetry on my bed stand, a gift from my wonderful friend Michelle: "The Subject Tonight Is Love - 60 Wild and Sweet Poems of Hafiz" (translated by Daniel Ladinsky). I just read this passage last night and wanted to share it with you, because it reminded me again that we need to reach out to others, and to quote Kafiz, we need to say to them:

"My dear, how can I be more loving to you;
How can I be more Kind?"

You see, we need each other more than we've ever needed each other before. In this time we have the great opportunity of reaching out and helping each

other, of calling our loved ones back to us.....of reminding ourselves and those we love that nothing on this earth matters more THAN knowing we love and are loved in return. We don't need to go through these times alone, but so many are doing so by their own will and are suffering greatly. Please don't suffer. Call upon your loved ones and fill yourself with their love.

I have very little use of my voice this month, so this newsletter by necessity is short (poor Marty can barely hear me as I've been dictating this newsletter). I just want to urge you again to reach out and reconnect with the ones you love and who love you in return. BE the friend you want to have. BE the Compassion you want to receive. BE the Love you want to experience.....

And....

Stay Focused on the Light.....

Dixie Yeterian

PS:

In case you haven't look at the calendar on this site, some of the events aspected for June include massive and unexpected storms, raging fires (in fact, be careful of fires in your home as well as on your property), problems with contaminated water, and as already mentioned, many people that we have loved will reach out to us. It is SO important that we receive their love and allow ourselves to renew our association with those from whom we have distanced. It's a time for "forgiveness" also. Please search your heart and see if you can find forgiveness in it for any past pain that is the result of some event that happened in your relationship, because holding onto pain only hurts US.

If you discover that a person is not trustworthy, I'm not asking you to trust them. I'm simply asking you to let go of the pain that remains in you as the result of having been betrayed by them. If they yearn to renew their connection, at least listen to them....at least give it a chance. Again, I'm not

telling you to trust them again. But I AM telling you that we should never turn aside from Love where it truly exists.