

INSIGHTS
MAY 2013

Dear Friend:

We entered a really powerful externalization cycle on April 19th. For those of you who don't really know what an externalization cycle, just let me tell you that it magnifies everything - that whatever emotions we are having, we'll be feeling them ten times stronger than we would normally feel them.....which means we ALL are likely to be over-reactive, which can cause unnecessary hurt feelings and if we're not careful, we can overreact and lose beloved friends and/or important relationships. (Please be sure to read the complete explanation description of externalization cycles by clicking on the monthly calendar and scrolling down.)

This month there is focus on strengthening our immune systems and our physical bodies. All of us will feel compelled to take better care of ourselves in this time. I'm thinking we're going to be experiencing some kind of a viral infection that affects people with weakened immune systems. However, with the kind of intensified energy that we've experienced through all of this year so far (and most of last year), most of us are experiencing a weakening of our immune systems as a result of ongoing and building stress. The increased stressed level is universal - almost everyone is feeling it. There's a sense of urgency in the air....a sense that "something's coming....something's about to happen." It's happening to the extent that a lot of people are feeling an urgency to be prepared for whatever is coming. (I have long been urging you to be prepared for all things and to expect the unexpected.)

It's natural with such increased intensification of universal energy that people who are by nature easily stressed or angered can become explosive, even dangerously so. It's also natural that in these times, something that would have in the past been a short-term "hurt feeling" will very often escalate into extreme upset that can have dramatic long-term effects.

So I'm going to tell you during this month to please stay aware....be alert....expect the unexpected. We have entered a time during which people are likely to take drastic action resulting from extremist beliefs or powerfully

magnified emotions. During this time (and when I say "this time", I mean all of this year and beyond), I am strongly urging everyone to stay as calm as possible. We must not let ourselves get upset when plans fall through or when people are forgetful/thoughtless, because EVERYONE is forgetful/thoughtless in this stressful energy.....or when people fail to honor their agreements or commitments to us. We need to remember that people aren't "doing it to us"....they're all just trying to live their lives the best way they can with what they have, and there are a lot of people who don't have a lot of emotional strength. Those people can become dangerous during such extreme universal energies.

The present aspects of intensification that began on April 19th will continue through the 16th of June; and then it becomes slightly less intensified (LOL), but we WILL be able to take a breath and relax somewhat. The early part of June is actually a good time to take summer vacation, make plans, start businesses or new projects, etc. Early June will be a good time to have that important conversation, but DON'T try to have it in the month of May because almost all of us will easily misunderstand other people during these times. In fact, when we're having an important conversation, we'll suddenly realize that we're each talking about something different and are having two totally different conversations. These intensification cycles can be crazy, and THIS one will be REALLY crazy because people will be so emotionally overloaded.

The energy that we are experiencing right now can be either very positive or very negative, depending on how we respond to it. It can be used to accomplish great things - to feel a sense of forward movement in our lives. We can feel wonderful in this energy if we simply focus on the positive and don't let ourselves get pulled into other people's dramas.....and if we don't let ourselves overreact to small things, magnify them and so create our own extreme dramas. It's so easy to do, and we don't even realize that we are creating dramas until we are in the midst of them (and THEN we feel like fools). However, the moment we DO realize that we are overreacting, it's important that we just say out loud, either to ourselves or to whomever is present, "Oh my gosh - I've really been blowing this out of proportion, haven't I?" We might need to say a few more sentences, but the important thing is that we recognize what we're doing, we admit out loud to what we're doing, and we STOP what we're doing if it is creating negativity in our relationships and making us unhappy.

I guess I've just used a lot of words to say it's really important for us to live with full awareness in this time and to take immediate action when we realize that we are reacting to something in such a way that it could cause hurt feelings or that we're magnifying and dramatizing a situation.

As always during an extreme intensification, we need to remember to be careful because people are easily frustrated and can become dangerously explosive. So we really can't afford to take risks in this time. We can't shout obscenities at the guy who cuts us off in traffic (don't flip off anyone)....we can't afford to act out our frustration with uncooperative service providers. Most often their behavior is because THEY are going through a rough time and they may have just hit overload....and we just might be their last straw and suffer the consequences of a thousand straws that have been piled upon their shoulders! So our task is to try to find compassion in ourselves for those people who might be rude or uncooperative....to realize that they might be acting that way because they're overwhelmed or having a bad day. Yes, maybe we're having a bad day, also. However, we obviously are not having quite as bad a day as they are or we'd be just as uncooperative/rude as they're being.

This is a wonderful opportunity for us to practice and develop compassion. As I said in last month's newsletter, our real Task in this time is to develop compassion and to overcome our "pet peeves", meaning our judgments and condemnations. When we feel compelled to flip off the guy who cuts us off in traffic, we're judging him....we're condemning him....and we're wanting him to feel shame for his response to his own personal pain.

During these times, those who are Spiritually evolved are being required to SEE themselves at their deepest levels of Being. There's much that we've buried "down there" in that dark place where we hide our unpleasant thoughts and feelings that aren't very pretty. It's so important in this time for us to realize that our not-so-pretty thoughts and attitudes have been born out of pain....and to stop judging ourselves for them, just as we must stop judging others for THEIR not-so-pretty actions and attitudes.

In the month of May, we are especially going to be experiencing a lot of pain from the past coming up from those deep, dark places. Things that we didn't even realize hurt us in the moment we experienced them will be remembered, and we will feel that pain not just all over again, but possibly more powerfully than we let ourselves feel when the event happened. It has

already begun to happen, this surfacing of Sorrow. The most prevalent emotion of this time is going to be profound sadness and grief, and remembering events that took place years ago, even in our early childhood....and remembering those events so powerfully that we will be forced to cry or shout that pain out of us. Even the strongest people won't be able to keep their tears from falling.

The thing that I am hearing most from people in this time is that they just don't understand why they're feeling so sad about something that happened thirty years ago. One of my close friends didn't grieve her divorce when it happened some twenty five years ago but has begun during the past few weeks to feel the sadness surfacing. She tells me that she lies awake at night remembering all of the painful things that happened and which led to her divorce. She's remembering how he told her that he had never loved her and how she laughed it off at the time.....but she now is feeling the knife in her heart that pierced her when those words were spoken as well as all of the pain that she never allowed herself to know she was feeling.

So many men who served in war have been talking to me about their experiences and the terrible grief that they've carried with them from their horrible experiences in Vietnam and the Gulf War. They've just been stoic, acting as though nothing bothered them.....until now. And now I see them frequently wiping at the corners of their eyes as those tears flow.

We can't stop the pain from pouring out of us. It HAS to pour out of us. We have to release it. We have to free ourselves from all that is holding us back and keeping us from being the most that we can be. **It's so important that we move forward free from our attachments and the painful stuffed memories.** It's so important, because those memories and those attachments to the past keep us from moving forward, keep us from Clarity, keep us from being able to respond in the moment; and although we don't realize it, that pain often is acted out as anger today.

You see....we can't just keep it stuffed. It's going to come up and we're going to feel it. It's most common for pain to be converted to anger. Anger is almost always a cry of pain. It sometimes is a cry of frustration, but frustration is pain also. Frustration is the feeling we have when nothing or no one is cooperating with us, and that hurts. It tells us that we aren't worthy of being helped or cared for. That's the message it gives us. So you see - anger is a cry of pain even though we might call it "frustration." When I've

said "Anger is a cry of pain," I have so many times been challenged by people who have said, "Oh, I don't get angry from pain - I get angry from frustration," so I must stress that frustration comes from pain - from the pain of being given the sub-conscious message that we are not worthy of receiving cooperation and care....even from the universe (such as when we keep hitting our thumb with the hammer, when nothing works right). We can say, "Well, no - that's not a personal thing," but yes it is - it hurts and it feels personal....and it results in frustration which goes to anger.

I'm being so explicit in these definitions because in order to teach these subjects, I really must bring them down to the smallest equation. It's so important for us to realize that there are no small pains, because if it hurts, even a little bit, and we stuff that pain, it sits inside us and it festers and it grows and it becomes toxic and it then finally bursts out of us as a cry of rage....and THEN it usually hurts someone else and leaves us feeling shamed and out of control.

So you see....we're being tested in this time. And Spirit doesn't test us to see how strong we are - Spirit knows our strengths. Spirit challenges us to BE the best that we are, and Spirit creates situations that compel us to release past pain, to become the best that we can be so that we can move forward in our lives in Peace and Love and Harmony. That's the intent. The intent begins with us - it begins with the individual, but it's about all of us. I love what Descartes said. He said, "When the man is set aright, then the family is set aright. When the family is set aright, then the community is set aright. When the community is set aright, then the world will be set aright. When the world is set aright, there will be peace."

Shed your tears....cry out your pain.....AND

Stay focused on the Light,

Dixie Yeterian