

INSIGHTS
November 2013

Dear Friend:

Well, I know that the month of October was pretty intense for most of us, although some of my dear friends managed to just sail through this time. Those who have managed so far to sail through this powerful intensification are people who are intensely focused upon living their lives in a loving and joyful state of being. They are people who seek to find the "pony in the pile of horse manure". They have managed to actually thrive in this difficult time when many are experiencing the loss of their marriages, their jobs, their friendships, and even their health.

For people who don't understand these intensifications and don't know how to flow WITH them, this is a very difficult time. Gosh, I have to admit that it's even been difficult for me on a few occasions. This powerful cycle continues until the 20th of November and then begins to wane but isn't completed until the end of November. So we have another month of intensity before us.

If you didn't read last month's newsletter, I strongly recommend that you look in the archives at the bottom right of this page and pull up and read October's newsletter. It's very important that you do so to understand just what's going on. When I meditated and asked for guidance and direction in the writing of this newsletter, what I received was a very touching message. The gist of the poem was that the intention of this energy is to help us to come to the place where we realize the importance of the Love that exists in our lives....that we value that Love and honor it.

The one thing that I am absolutely certain of is that nothing in this world matters except our love for each other. It doesn't matter how famous or wealthy or successful or strong or beautiful or intelligent we are, the ONLY thing - the absolute ONLY thing that matters - is us and our ability to be in loving relationships with each other. When we come to the time when we truly realize this, we will live in a peaceful world, and we will live Joyful lives.

For the past year or so, I've been drawn back to watching the old Walton Family and Little House on the Prairie television shows. I know that the reason I'm drawn to these shows is that they absolutely represent people who realize in every part of their Being the fundamental truth that Love is the only thing that matters. The characters in those shows lived during difficult times. But they didn't focus their attention on the difficulty of the times.....they focused their attention upon caring for, providing for, and loving each other. And when I see "each other", I don't just mean their immediate families. I also mean they cared for and provided for their friends and neighbors as well. They formed a community in which there certainly were people who were less loving and who were judgmental and even cruel. However, they treated even those people with care.

I'm not saying that we should sit quietly as someone attacks us verbally or physically. We certainly must fight for our own emotional and physical survival. However, if someone is just being judgmental or "catty", the best thing to do is just ignore them and BE loving, for we humans learn by example. And those who practice cruelty stop practicing cruelty when they realize their behavior does not bring them the love and admiration they desire. We need to say to them, "Oh, that was a cruel thing you said. Why did you need to say such a cruel thing?" It serves no purpose to attack THEM after they have attacked. All that accomplishes is a verbal or even physical brawl that leaves them feeling powerful, because people who love to be cruel do so because acts of cruelty make them feel powerful.....so we don't give them opportunities to act out their imagined power further. We simply let them know that their behavior is unacceptable. But we do so in a caring manner, such as "Oh my gosh.....what is hurting you to cause you to say something so cruel?"

Now, don't expect that you're going to receive a friendly or loving response from them. In fact, they will probably either lash out at you or turn and walk away from you. However, each time someone says something of this order to them - each time someone calls them to accountability for their behavior - they receive more and more strongly the message that their behavior is not bringing them the response that they want. The person who rules with rage or with cruelty or with brutality is seeking power and is believing that they would be admired for appearing to be powerful. So they are TRULY seeking admiration. If they don't receive admiration for their behavior, ultimately they will cease to act in hurtful ways.

Younger souls want more than anything to be admired. That's why the very young souls tend to dress in outrageously flashy clothing and drive cars that may be far beyond their financial means, blasting their music because they believe that others will admire their taste in music. They do everything they can to call attention to themselves. Every generation creates a "new" fashion style, and those fashion styles pretty much have to be ones that would be frowned upon by their elders. Now I'm NOT saying that all young people are young SOULS....in fact, many, many of them are very evolved souls. I'm talking about the person who is forty or fifty years old who is still dressing as they did when they were fifteen because that's what they learned during the years in which acceptance was most important to them: to dress in the way they believed they must in order to be admired.

The very young souls tend to wear excessive amounts of make up, clothing that is covered with glitter and/or very revealing, and a lot of jewelry. As they begin to mature a bit, they become less flashy, but still - the most important thing to them is to be admired, and so appearances become the most important things in their lives. They must wear only designer fashions. They must be seen with only the most powerful, respected, and/or popular people. They can't abide others who don't dress fashionably - they can't imagine why someone would go out in public without having their hair in perfect order and their make-up perfectly applied.

You see, the strongest urge in humankind is the urge to survive. The second strongest urge is the need to be admired and/or accepted - to be seen or viewed as someone exceptional. And the younger souls strive to accomplish admiration through their appearance, through their personality and their ability to charm, or through their ability to shame, humiliate, or overpower another. So when you see these kinds of behaviors in a person, I recommend that you keep your distance. Don't engage in conflict with them, either verbally or physically....because it is SO important to them that they win, and they'll do whatever they need to do to defeat you because losing is not an option for them. If they were to lose, they would be humiliated and feel as though they had lost face/admiration from others.

In last month's newsletter, I warned you to not take drastic action. I warned that many misunderstandings and disputes are likely to happen in this time, and that many would abruptly end relationships that they would later come to deeply regret. I have to tell you that this aspect continues until the 20th of November, and I also must tell you that even after the 20th of November you should be very careful, because this intensification is so powerful that it will take at least until the end of November for it to settle down.

I'm hearing from a lot of my friends and students that they are feeling really exhausted in this time. That's perfectly natural. It takes a lot of energy to live in this dramatic intensification. It's as though we are on a treadmill that is turned ALL the way up so that we are running at full pace twenty-four hours a day.....it's exhausting! I don't mean that you are physically moving twenty-four hours a day. I mean that we are emotionally and intellectually moving constantly. Our minds just chatter chatter chatter chatter chatter.....they worry, they reevaluate, they look for blame, they look for resolutions and few are to be found. The really good thing about these times is that if we just relax and let all things happen in their own time, everything works for us. Things stop working for us when we begin to struggle. It's as though we are floating in a river. If we just relax, we'll float on top of the water. But if we begin to fear drowning and start to struggle against the current, we will be sucked under.

So the best advice I can is #1, speak your truth in the moment in Love. If you can't speak it lovingly, don't say a word.....#2, do not enter into verbal or physical conflict. If someone baits you, just tell them that you're sorry they feel the way they do and that you would like to discuss it with them at another time (meaning, after this intensification is completed).....#3, strive to remain in a state of consciousness in which you are being very, very aware at all times of the importance of the people whom you Love in your life. And strive to see the good and/or the pain or need in any person who is acting in a hostile or unacceptable manner. When we can see their hearts, when we can feel their pain and know how needy they feel, we no longer feel angry with them. We just want to help them, even though they're being rude or combative. If we can look at them through loving eyes, their combative energy will dissipate.

I'm not telling you that you should strive to become loving. Love isn't something that we have and that we give to each other. Love is the result of striving to live in harmony with Spirit. Love does not come FROM us - it flows THROUGH us. So if someone is being

combative with us, the best thing we can do is to simply ask Spirit to flow through us and offer to that person's need. When we are living in harmony with Spirit, we instinctively Know what to do. When we are living in partnership with Spirit, we always have a quality of Love that is flowing through us into our environment. People tell us that they feel us to be very loving people. But most important, when we are living in harmony and in partnership with Spirit, we always have the "knowing" of exactly what any other person needs and how to best respond to them. Sometimes we Know that we need to tell them that their behavior is unacceptable, and at other times we Know very well that we need to just walk away.

My Guidance Samuel said to me last month that our task in this time is to be aware, to live in alignment with Spirit and to be keep our eyes open and our ears open and to be aware, because when we are being fully aware and in harmony with Spirit, we See more deeply into all things. But mostly, we see the beauty in all things, for every person in this world has a Soul, and every Soul is beautiful. The personality may be acting in a manner that isn't very pretty, but that's because the heart is hurting OR because they feel powerless and need to appear to be powerful. Their motive doesn't really matter....what DOES matter in every situation is OUR response to the situation, for every event in our lives is an opportunity for us to be a conduit through which Spirit can flow into this dimension.

When we are living Spirit-filled, we SEE the Beauty. We respond to Beauty - to beautiful sounds, to beautiful images, but mostly to beautiful emotions. It's our task in this time to live in harmony with Spirit so that we CAN see and we CAN hear and in doing so, we become the best that we can be.

I'm not going to give you the predictions for this month in this newsletter - they're listed at the bottom of the calendar on this site. But I DO want to share with you the message that Spirit gave to me when I asked what I should say to you this month....

Love the child who holds your hand.
Let your Beloved delight in your embrace.
Be a true and grateful friend.
Give honest, deep love and gratitude to parents
who have nurtured and abided in you.
Be honest.
Be worthy of trust.
Fill your world with the Love that flows through you,
for Love is the Purpose of your Life....
the Intent of your Soul.

Stay Focused on the Light,