

INSIGHTS

October 2013

Dear Friend:

If you've looked at this month's calendar on this site, I'm sure you've already realized that October is going to be a doozy! When we enter the kind of extreme intensified energy cycles that we will be experiencing during the months of October and November, the first thing that happens (and it is already happening) is that our minds go crazy. Even the smallest thing that goes awry can set us off into absolute panic or anger or frustration. It doesn't matter WHAT it is - our minds will grab hold of the situation and chew on it and swirl it around and around and around in our heads until we are just crazy - often until we have a total meltdown. Our behavior can be so outrageous that when we later look back on the situation, we do so with shame. However, even then our minds continue to affirm for us that WE were "right" and THEY were "wrong".

My guidance Samuel said once, "Your minds were given to you as servants, and now they have become tyrants." As the universal energy continues to escalate, it becomes more and more apparent to me that he was absolutely right. It also has become more and more apparent to me that we must gain control over our minds. We suffer under the illusion that if we stay focused in our minds, we can be calm and rational. Actually, the mind isn't necessarily calm and rational. As a matter of fact, if we bring our attention to our hearts as we enter into almost any situation, we naturally then become aware of the feelings of others involved, and we naturally feel compassion and therefore, we naturally respond in a manner that is respectful and caring of others as well as of ourselves.

However, if we let our attention go directly to our minds, our minds are capable of weaving the most dramatic and exaggerated stories created from the smallest events and somehow convince supposedly "rational us" that this concocted story is true....that the situation that has wound us up into a meltdown is so tremendous that any difficulty or misunderstanding that might lie within it is totally irresolvable.....that there is no answer, no way out of it; we may as well just throw our hands up, turn our backs and walk away from the people involved and throw away whatever it is that we have

cared about that then was thwarted to the point where we began to believe that we just couldn't live with it.

I can't even begin to tell you the number of people I have seen throw away VERY, very loving and important relationships (including their own parents and their own children) because their minds had exaggerated the situation so much that it bore little resemblance to the reality that others who witnessed the event saw.

This tendency for people to tremendously exaggerate and therefore overreact to events has been building for the past several years. I've talked about (or rather around) the subject, in a lot of different ways, probably because I didn't want to say that people are crazy right now! But now, we've reached the place where we pretty much have to admit that a lot of people are being just plain crazy right now, and this energy is so immensely intensified that it's possible WE are one of the ones who are being crazy. I think we should at least stop and ask ourselves the question, "Is it possible that my mind is making mountains out of molehills" (to use an old cliché)...."that my mind has become such a tyrant that I am allowing it to convince me to literally throw away things, people, jobs that are very important to me?"

I have to talk about this at this time because I'm seeing it occur with almost everyone I know to a larger or smaller extent, depending on the amount of time they spend focused in their minds. People who function from their hearts or even from the lower chakras (such as the gonad chakra) are not likely to become as overwrought by the energies of these times. As a matter of fact, it is the people who function from the heart who are the voices of calm and wisdom at this time.

It is those people who have always been deemed to be the most intelligent, the most respected because they live in the "mental, rational world"....who are the most subject to this kind of exaggerated emotional energy. I know that I can go there from time to time. In this last week, a friend of mine who has been working for four years on a manuscript (that I thought was excellent, and I consider myself to know a bit about quality writing since I have published a few books) had hit a literary bump in the road that is commonly called "writer's block". He had sat for three weeks, not able to get a single word to come forth from his mind that felt in any way right to him. So although it was nearly a hundred degrees outside, he lit his fireplace and burned his entire manuscript.

It's so easy for us to just throw things away, now, because our exaggerative minds are so capable of convincing us that nothing can be worked out, that everything is unfixable....and that whatever it is that we may not be comfortable with or happy about in our lives is for certain going to be that way for ever and ever and our lives will never get any better. What a sad way to live! And it's really sad for me to witness this, because I know and I teach - as I have told you many times - that our attitude is a choice we make. To quote Sam, "The situation is what it is, and now what is going to be your attitude about it?" Again, as I've said many times, the lesson is never in the event, but always in the response to the event....and our response to the event is strongly influenced by our attitude. We decide to be happy, to be unhappy, to be helpless, to be hopeless, to be self-assured.....we give ourselves a thought and we follow that thought into action, and unfortunately the thoughts that most people are giving themselves right now are the thoughts that nothing can be made better, and THAT is just a flat-out lie that we tell ourselves!

Yes, we ARE in difficult times. I'm not going to deny that - I've been warning people about these times for many, many years. However, I never

said the events of these times were not resolvable. I've always said that this is a time of testing....this is a time that brings us great challenges. I've always said that the Purpose and the Intention of this time is to bring us to the place where we must prove to ourselves and to the Spirit within that we are capable in ANY situation life might bring to us to meet it with impeccable integrity.

I think it's a really sad thing that for the past fifteen or more years, many so-called Spiritual therapists have been counseling their clients to cast aside relationships. "If it isn't working, get rid of it"; or when it pertains to children, "If they don't obey you, throw them out." So many twelve year olds are now living on the streets because they made the mistake of acting like children. I can't even begin to count the number of people I know who have told me proudly that they have put a person who deeply loved them out of their lives. I'm talking about their parents, their children, the persons who have been their closest friends and confidantes for years....and oftentimes their mates.

I absolutely agree that if a relationship becomes predominantly abusive, then we must either find a way to change it or we must leave it, because a truly

abusive person is not going to stop abusing. However, what is being defined as abusive nowadays is very often just, "I didn't like the way he looked at me." "I can't stand to hear him chew." But most often, it's "I need my space" or "He's too needy for me - he sucks me dry." (I'm using the universal "he" here, but of course I mean both male and female.)

People who are starved for love beg for love. People who are starved for companionship need to be close to someone. If a person is "needy", all we have to do is give them what they need, and then they will happily leave us to whatever project we're involved in. Having said that, I'm not telling you that if you are married to a "sex addict" (for example) that you absolutely **MUST** make yourself available to be used sexually numerous times a day. The answer to that is no. If anyone demands something from us that we are not ready to give, the answer is simply **NO**. It is then up to them to react in whatever manner they're going to react, and it is then up to **US** to respond to their reaction in a manner that is self respecting **AND** respectful and caring of them while not giving in to their unrealistic demands. (I want to mention here that sex and affection are two different things, even though affection can be expressed through our sexuality as well as in many other ways. Sex is very often practiced by people who feel no love for their partner but are

simply seeking a release. And very deep love is often shared by people who do not engage in sexual activities.)

The most profound relationships that we will have in our lives are relationships with our parents, our mates, our children, and our friends.....and not necessarily in that order. Unless there has been extreme abuse or dishonoring, the most hurtful thing we can do to ourselves is to throw away a relationship with our parents, our children, our mates, our friends. It's impossible to do so without deep pain for ALL involved. There has never been a time in the world when we needed the people who love us more than we need them now, and we'll need them even MORE so as we progress through this Universal Transition.

The only thing that matters in our lives is us and our relationship with each other. Life goes on. Difficult experiences happen. Distance separates us. Children grow up and sometimes grow away from us. Parents may not have learned how to express the love they feel. People die, forget favors, break our hearts. Careers end. Things we thought would last forever fade away. But Love - the true and deep Love of family and friends - holds strong through it all unless WE throw it away. Our truest tests, our most difficult

tests in our lives, are tests that are given to us in our relationships with the people we love the most. It has been said (again, by my Guidance) that our most difficult challenges are brought to us by those who love us the most in the Soul.

It's a sad thing in this time, when we all need each other so much, that so many parents haven't seen or heard from their children in years, and when they DO see or hear from their children, they're afraid to say anything because it might be the wrong thing and their child might decide not to see them for another long time. It's a shame that there are so many children ten years old, twelve years old, teenagers living on the streets because their parents were told by supposed "Spiritual" therapists to throw them away if they didn't obey. (The fact is that ALL children need to be taught what the rules are and taught the meaning and purpose of the rules and to value them. It certainly doesn't benefit them OR us to just cast them aside because they aren't born knowing these things.) It's a real shame that with the intensification of this time, it's so easy for us to build mountains out of molehills and to take deep offense and actually end relationships over issues that in the past would have affected us very little.

It's important for us to stop keeping score, for us to stop saying, "Well, I've given this much and you've only given that much." Some of us are givers. Some people don't feel that they have enough to give. I'm not saying that from another's perspective they might appear to have an enormous amount which they could give. I am saying that they don't FEEL that they have enough. To me, that means that in some time or place they have suffered some kind of great lack, and so they hold tightly to what they have. There are many billionaires who hold cling to every dime they have. They live in constant terror of losing what they have. The wealthiest people in the world are often those who are the least willing to help others. Again, I believe these attitudes and behaviors are the result of them having suffered enormous lack either in this life or another.

If we could only just really see each other....if we could look deeper into each other and strive to see the emotion and the needs that are behind the behaviors, we would be so much less judgmental. And when we can become less judgmental, we become less likely to cast aside relationships because the person isn't behaving in a way that we want them to behave.

The person who is by nature a giver will give you anything and everything they have and never believe that you owe them. Their hearts are filled with love, so they don't feel a need to hold onto things. A person who gives a small thing and becomes enraged if you don't immediately return it tenfold is suffering from a heart that feels empty of love. Whenever we experience a lack of love in our lives, we stop trusting people. So if someone acts loving with us, we think they must want something from us, because no one else has been loving with us. Why would THEY be loving with us unless they wanted something? And so we may give to them for days/months/years, but the first time they need something from US, we say, "OH, I was right all along - they just want to use me." We may actually graciously give to their need, but then we will count the minute and the hours until it is returned to us, and if it's not returned, we are likely to begin to feel very hurt and to believe that we were used....and so we might just throw away that relationship because it's impossible for us to believe we are lovable if we have never felt loved or if our hearts have never been filled WITH love.

So I guess I'm going the long way around to say that at this time, it's so important for us to be aware of the love that IS in our lives and for us to really value that love. In this time, events are going to happen that will

cause our minds to start churning, convincing us that that person never cared for us, that they are actually our enemy and that we should just walk away from them. I'm begging you - ***do not throw away relationships during this time of extreme intensification!*** This intensification will last until the end of November. I know that during this time, many people will make decisions to end relationships that they will regret for the rest of their lives. Hearts will be broken, and if we're not careful, we can say things that can cause relationships to be irreparably damaged.

The very most important thing for us to do is to consciously hold our attention in our hearts. Try just putting your hand on your heart and holding your hand there while you're talking to another person or thinking about a situation that feels upsetting to you. By holding your hand to your heart, you're bringing attention to your heart...and "***where attention goes, energy follows***". So do that. And then bring your attention to your head and think about a situation for a minute or two and see how jumbled your thoughts and feelings become around that situation.....and then stop those thoughts and put your hand back on your heart, bringing attention to your heart, and think about the same situation. This exercise will give you clear evidence of the need to "live in your heart". By doing so, you will experience yourself being

much calmer, much more compassionate, and much more freely giving to others of your time, your energy, your possessions -whatever they might need.

This is the way to make it through these two months without experiencing a lot of unnecessary pain and possibly causing the loss of relationships that we will grieve for the rest of our lives.

I'm not going to talk about the events that I predicted for this month - they're all noted very clearly at the bottom of the calendar on this site. I just want you to really understand that this is THE most powerful intensification that we have ever experienced in our lives, and there is going to be SO much unnecessary discord and pain in this time....but WE don't have to participate in it. We don't have to experience it in the way that others will. We can move through these times, holding our attention in our heart and responding with Love and Compassion to all events rather than allowing our minds to tyrannize us and destroy that which we love the most.

Stay Focused on the Light,

Dixie Yeterian