

## INSIGHTS

February, 2014

Dear Friend:

The energies of the month of February are all over the place so that one minute you want to just sit and read, and the next minute you want to grab your skis and jump on a lift. There are some fortunate people who will glide through February like Gene Kelly in "Singing in the Rain" (although in their case, they'll be wondering why everyone else is complaining that it's raining because they aren't experiencing the rain).

It's really gratifying to me when one of my students "gets" the full understanding of the energies as I teach them. When I focus on the minutes/hours/days/months of the year in order to create the monthly calendars for you, what I feel are different qualities of energy, such as different levels of adrenaline, higher or lower vitality, more or less joy or sadness....or sometimes a sudden great sadness. When I feel that great sadness, I stop myself and ask Spirit what has caused me to feel sad, and usually I am told of an event or loss - sometimes personal, but more often universal. I truly believe that the most important thing that's happening to us in this world is that we are becoming more sensitive. In many ways this is wonderful, because this heightened sensitivity is opening up people to a greater awareness of the reality of dimensions beyond those dimensions that we have previously been accustomed to experiencing.

The more difficult aspect of this increased sensitivity is that we all FEEL things much more intensely, and not all feelings are pleasant.

We all have "buttons" that push easily. Twenty years ago I wouldn't have known what that meant, but my grandchildren tell me that to "have your button pushed" means that intense experiences from your past cause you to subconsciously have a specific type of strong response due to an event in the present. I will strive to explain this more clearly. For instance, if you as a child lived with a person who appeared in every way to be perfectly healthy and strong and yet constantly complained about weakness and pain and claimed to be unable to be helpful with any kind of work that required effort, you may be likely (by the time you become an adult) to become a person who lacks compassion for people who complain of fragility or pain. If they tell you they're too sick to help you, you're more likely to grunt with contempt and roll your eyes than to give them a hug and tell them they should rest.

Or if you've lived at the mercy of someone who ruled with rage, then your natural response as an adult would be to respond with rage yourself or try to find a place to hide so you didn't become their target, depending on how you internalized it as a child. For instance, if you saw a parent slap a child in the market, you just might walk up and slap that person and it would be a totally

subconscious response. In the aftermath, you would be stunned by your actions because that isn't YOU - you're not a person who slaps people....you're not a violent person. But what happened in that moment is that you became that child who was being slapped, and you HAD to defend "yourself". If (on the other hand) during your maturing years you internalized and instead of becoming overt and self-defending, you became more fearful and isolated yourself from others, then you would NOT have slapped the offending parent in that market. You would have been much more likely to turn and run out of the market. The event would have been followed by several days of isolated trauma.

The response patterns that we develop through our lives are the result of us seeking to fulfill our most significant emotional needs. Those vary from person to person, but the most predominant need is the need to feel personally empowered. The second predominant need is the need to feel loved. Until recent years, it was true that the primal drive was the need for love. However, the feeling of insecurity that has become so overwhelming in this world has compelled people to seek personal empowerment, for they have a deep belief that if they have power, they can get whatever they want.

I'm telling you this because throughout the month of February, we are ALL going to be ultra-sensitive. Even if you're a person who isn't ordinarily ultra-sensitive, you will be finding yourself having really strong reactions over what would normally be minor situations to you. But God forbid that someone should tell you "This is a minor situation" - that will make it even worse!

One of the major concerns through February is about money. There are strong indications of concern about loss of money. These aspects are on the universal and national level, as well as on the personal level.....so be careful, because at this time it's easy to lose money. Watch your wallet or purse when you're out in public, because if you are ever going to have your wallet/purse stolen, it would be now. Make sure your house is locked up tight when you leave it and at night. There are strong aspects around dishonesty and people taking other people's possessions/belongings, as well as intrusions. I'm not telling you that it's going to happen....I'm just telling you that you're going to be seeing more of this on the news, and we have to be careful because that could be US on the news....so please take precautions.

The thing to realize is that our buttons are going to be pushed. We will get upset easily, and when WE get upset, other people respond to our being upset...and they won't respond in a positive manner, unless they happen to be extremely evolved....or maybe even saintly - LOL!

The thing that is going to be most distressing to us will be that many of the situations that happen will seem to hit out of the blue and without provocation. It's mostly just that people are feeling angry and mean-spirited, and they want to hurt something or someone, and so as they're walking down the street, for instance, they'll shout out an insult at the lady who's trying to get her oversized body into her car, making a comment about her fat butt. I actually heard a callous

young man say to an old man who was walking too slowly for him and holding up the young man's pace in a doctor's office hallway...."Why don't you just DIE, old man....." I put my hand on the old man's shoulder, and he looked at me and smiled with tears in his eyes. Those who have a need to hurt have NO idea how much harm they can cause with just a few words, especially when they are saying, "Why don't you just die" to an old man who is already wondering why he is still here, being a "bother" to the ones who love him.

There's an old saying that I remember my father and grandfather using a lot during the post-depression years: "Things have to get worse before they can get better. If you don't experience bad, you won't value good." I was very young then, and I heard this repeated enough so that it impressed upon my brain. I can't say that I understood it then, but I do now....and I must say that I absolutely agree with it. I know that everything that I have experienced that has been difficult in my life has benefitted me much more than those things that were easy and/or comfortable.

The energy that is happening now is changing, as is the quality of the energy. It's uncomfortable. We're experiencing all of this intensity of emotion....but unless we experience it, it won't come up and out of us. It will stay inside and fester. And if we let it stay inside and fester, it will erupt in the wrong way, in the wrong place, in the wrong time...and create problems for us. We need to do this in the right way and in our time. We need to work WITH these intensification cycles. We need to let this energy take us where IT wants to take us, in ITS time, and let it flow....and we flow with it. Because when we flow with it, then we're flowing with Spirit. And when we're flowing with Spirit, then we are in Harmony with the intent of all that is. When we're in Harmony with the intent of all that is, we can't "do wrong".

Another thing I want to tell you (I've told you before but it's getting so extreme that I have to bring it up again).....many people I know in this time are telling me that they are having amazing and frequent experiences of seeing apparitions of loved ones who have passed into the next dimension. I am hearing also from people that they are hearing voices and music and having all kinds of visual phenomenon as well as auditory phenomenon. It's natural during extreme intensifications for that to happen....and it will continue to happen more and more during these intensifications.

The most important thing to remember is that people are going to be excessively reactive, and when we see (and have) extreme reactions, please immediately call upon Spirit....call upon your Higher Self. Call upon whatever you call "God" and ask THAT to work with you. If you make sure you're living in alignment with THAT, there's no way you can do it "wrong" and no way that life won't work well for you. That's really all it takes.

Stay Focused on the Light....

Dixie Yeterian

PS: For those who are wanting to purchase the entire year's calendar, I'm still working on it but hope to have it finished very soon. Thank you for your patience!