

INSIGHTS  
January 2014

Dear Friend:

The one thing that has become apparent to me over the past couple of years is how repetitive I've been in these newsletters. I often cringe as I feel the need to say a sentence to you that I've said many times before, and yet know that I MUST say that sentence again because it is a very important part of the message that must be given in that time.

The reason these messages are sometimes repetitive is that approximately twenty years ago, I became aware that a shift was beginning to take place. At first, I recognized the shift was taking place in my own life, and then I realized that it was happening in the lives of many other people with whom I was close. And then over a period of a few years, I gradually came to the realization that this was in fact a world-wide shift, a powerful shift that had the intention of changing this world in some very great and very important ways.

Some of the ways in which the world will be changed are of course that we are going to be experiencing some amazing scientific breakthroughs. Fifty years from now, medicine will be absolutely nothing like we know medicine to be today. The automobiles that we drive today will look very strange to young people fifty years from now. And although we have seen amazing technological strides during our lifetimes (I happen to be a person who milked a cow and churned butter and gathered around the radio with my family once a week to listen to the Grand Old Opry), the technological world that we live in fifty years from now will be evolved beyond our possibility to imagine today.

So I began to tell you in 1994 that this universal transitional cycle was happening. At that time, I didn't really understand all that it was about. I just knew that energy was speeding up. I knew that people were becoming more easily frustrated, and I knew that this more rapidly paced energy was affecting people emotionally and that their emotional responses to the energy was resulting in sudden and often inappropriate reactions to events that would bear long-term consequences for them (and often brought great grief). People were losing their jobs, their marriages, their life-long

friendships because they overreacted and made an event into something that seemed much larger than it appeared to them after the energy had dissipated.

The changes that are happening are affecting every part of our experience in this world. Our political structures are changing, our religious structures are changing, our economic structures are changing, our social structures are changing. Even our weather is changing - we're seeing more and more intense weather events. Every year we are experiencing at least one or two new illnesses for which medical researchers are having to rush to seek cures. It feels to us as though this change is happening gradually, but just think about it - twenty years ago, did you own a cell phone? Twenty five years ago, did you own a computer? Nobody did, unless the computer was in their office and was a big ol' funky thing that took up half a room. And how much of your life has changed in the past twenty years?

The important thing that is happening with people right now is that we are all internalizing and assessing our lives and deciding whether or not where we are is where we want to be. You will be amazed during this year at the number of people who you thought were going to live in the same house and run the same business that was their grandfather's business (and HIS grandfather's business before him) for the rest of their lives but who have now decided to just have a yard sale, sell everything they own, and move to New Zealand or to Costa Rica - anywhere but where they are. The feeling seems to be that they want to be anyplace but where they are. There is such a sense of insecurity - people are frightened, and they feel that where they are isn't safe.

I know that I have said things on this site that could have caused you to feel that you might not be safe. However, I DO believe that we are entering times when we need to be prepared for all possibilities. I DO believe that we are entering times of potential violence, both within the United States and in other countries. I believe that there will be civil conflict in many countries, and I believe that civil conflict is going to be caused by economic downfall. And I believe that that economic downfall has been consciously and intentionally plotted and created by political powers who caused this situation in order to gain more power. If they can get us mad at each other, then they can step in and be our "saviors" by appearing to "rescue us".

The thing that I strongly urge everyone to do at this time is to become self sufficient.

It's time for us to assess ourselves. It's time for us to individually look within and assess our actions, our attitudes, our beliefs....and find where our self-defeating patterns lie. Until we recognize our own self-defeating patterns and absolutely decide that we are going to go to war against those parts of ourselves that are determined to defeat US, then we can never be "winners" in this competitive game of life.

I really want to stress here that I am not telling you to go into a cave and spend months evaluating yourself. Life is about LIVING. Life is not about endless internalization and endless introspection. It doesn't help you to constantly analyze yourself and/or anyone else. It WILL help you to spend five or ten minutes a day while you're drinking your morning coffee or tea, thinking about yourself and your attitudes. If you think about the other people in your lives who can't make it in a job or in a relationship and they just can't figure out why nothing works for them, you and everyone else knows it's because they have a really rotten attitude. So if something isn't working for YOU, ask yourself, "What is my attitude?" Is your attitude, "Oh, well....that's good enough - that'll do," or is your attitude, "Well, I'm giving them a discount, so I don't think I need to give them my best work." OR.....is your attitude, "I want to wake up tomorrow morning and be proud of the work I did today."

It's not as important to me what someone else thinks about me as it is about how I feel about myself, about whether or not I can take pride in myself....have respect for myself. Do I like the woman who looks back at me in the mirror?

So I guess I'm saying to you once again, it all goes back to: ***are you living with impeccable Integrity?*** If any one of us is living with impeccable Integrity, we are successful in anything and everything that we strive to accomplish. Here's why: if we are living with Integrity, we are living in a constant state of caring about other people. When we care about other people, we automatically want them to thrive/want them to have the best. We want whatever we are building for them, cooking for them, creating for them, etc., etc.....to be THE BEST. We want them to be happy. We want them to be healthy..... because we CARE about them.

If we are living in Integrity, we have a very powerful need within us to end each day looking at ourselves in the mirror and being able to smile and say,

"Wow - that was a good one! Thanks, God!" Every person I have known who lives in Integrity, when I bring up the subject of what I call the "bedtime talk with God," they all say, "Oh, yeah, I do that." It seems to be a spontaneous need that happens as part of your end of the day ritual, like when you're brushing your teeth, washing your face, taking off your boots, or whatever you do at the end of your day. Even people who would say they are not religious have this urging that comes up in them that gives them the realization they are connected to a Spiritual Source. And in that moment, they are saying "thank you" to a Guidance, or a Deity - something that is greater than themselves - that they feel a need to say "thank you" to. And they feel very happy in that moment and delighted to know that Spirit is pleased in them.

Because this is a time of universal transition, it's very important for us to realize that when the universe is telling us we need to change, we need to just "let go" to release what we have and to flow with the new current that wafts into our life. The most difficult thing is that most of us have been taught to believe that change means failure....a failed marriage, a failed job, a failed business. Life changes can be heartbreaking. When one of them hits us out of the blue, it is important then for us to go inside ourselves for awhile and connect with our Souls. (Our Souls are the only part of ourselves that are connected with our Beings and can help us accept the change. The Soul helps the body, mind and emotion to calm through the inner and outer storms, helping relationships to heal, jobs to heal or appear, helps to resolve problems, overcomes turmoil, resolves outer peace, helps to prevail with family conflict, etc.)

When a situation stops working for us, it's very important to simply step back and say out loud to ourselves, "This is not working for me any longer." Then, just take a few breaths and relax. Don't try to assess or evaluate why it's not working. Just live with the realization that it's NOT working, and let the realization settle into your Being peacefully. The realization that something isn't working prepares our body/mind system TO that realization and helps us be able to accept the necessary change....to realize that when something stops working for us, we're being told that change is necessary. **When a door closes, we're being told that something new is necessary.** A new door will open as soon as we stop trying to hold the old one open, struggling to do so without even knowing we're struggling.

It's easy to forget that this world is actually a school - that we are ALL students, striving to learn. This sounds like a very simplistic concept, but it is actually a very difficult one in practice. The intention here is that we learn in this place to live in harmony, in partnership with Spirit so that the Love of Spirit can flow through us so that we might all become channels through which the Love of God might ultimately permeate this world. When that happens in this place, there will be no crime, no hatred, no dishonesty, no prejudice. There will be the realization that we are ALL doing the best that we can with what we've been told "it" (the Truth) is and with whatever knowledge and tools we have to work with.

At this time, it's very important that we all go inside ourselves and connect our Souls with our inner Beings. Each of us will connect our Souls with our inner Beings depending upon the age/evolution level of our Souls and the awareness level of our Being. As we've moved through these past twenty years in "this time", those years have seemed to move very fast, yet in earlier times twenty years would have seemed to be a long time.

The next twenty years will seem to be very much faster yet....and the twenty years beyond that will seem even that much faster, for the "time" in this dimension is speeding up dramatically, which is necessary for the quality of awareness and the quality of Ascension that is becoming available in this time and in this dimension.

We have chosen to live during dramatic, very difficult and very wonderful times. It is SO important that we stay focused on the Spirit....that we continue to go to our Souls and be with our inner Beings for at least one period of time each day. If we don't do that, we will go through this time alone, and when we go through these times alone, we feel like a child lost in the desert. When we go through it with Spirit holding our hand, we can climb mountains - we can accomplish ANYTHING! We feel strong and powerful, and we KNOW without any doubt in us that we have all that it takes to accomplish whatever we KNOW that we are being called to.

And EACH of us is being called to something.....

Some of us are required to be alone through these times so that we can devote ourselves to our Work. However, most of us have come to experience our lives' Work through our relationships, and so our most important life lessons are IN our relationships. I beg you - do NOT make rash decisions around relationships. Have your calendar out - do NOT make

decisions that would cause the ending of a relationship during a null cycle or during an internalized or externalized null cycle especially. And be certain to read the explanation on this site about what null and internalization/externalization cycles mean. It's VERY important - it could make the difference between whether or not your life is a happy, fulfilled one or a lonely, despairing one.

Stay Focused on the Light!!!

Dixie Yeterian