

INSIGHTS

March, 2014

Dear Friend:

It's really difficult to describe the energy of the month of March. There's an underlying downward pull that will feel very depressive to highly sensitive people. The aspects that are highlighted during this time are just all over the place. When I energetically entered the month of March, it took me a few moments to adjust. Everything felt so chaotic. It was kind of like walking from a peaceful valley, hearing the sounds of a quiet brook, the soft whoosh of a breeze as it touches against your skin and moves through the grasses....the sound of birds and small creatures moving through the brush.....and then suddenly waking up and finding that you're in a raucous nightclub, with garish lights flashing from every direction, drums clashing, horns blaring, guitars screeching and frantic movement all about. It felt as though my consciousness was moving from moment to moment, back and forth between the nightclub and the peaceful valley.

That feeling was best defined for me on March 1st, when I turned on the television and in less than two minutes, I watched news flashes of troops preparing to overtake the Crimean Peninsula as the world watched, immobilized. In direct contrast, I watched people celebrating Carnivale. I watched a news flash about seventeen people knifed to death in an attack in a Chinese train station. I watched a couple who had found more than ten million dollars worth of coins in their back yard last year (the dream of every landowner!!)....and now, had just discovered that the United States government may confiscate their fortune. I saw a photo of a soldier carrying two horribly injured little children off a battlefield. Then they played a clip of a young mother (whose husband is deployed), standing in a food line. She and other military wives, some of them homeless, were saying that without food lines such as this, their children would go hungry. I had to turn off the TV when the next clip was a report that our new budget, which is to be released soon, will drastically cut funding for our military.

All of this hit me within a very short period of time - zoom zoom zoom - going from positive to negative and back to positive in an incredibly brief span of time, not giving my brain or my emotional senses a chance to respond to any one event before another came along.

Sorry to tell you, but that's the way the month of March is going to feel. The good news is that we will actually have entire days (and for some who are less conscious, even entire weeks) of feeling really joyful, energetic, and excited about life. And every day will hide within all of its chaos, anxiety and fear of loss at least one (and usually many) lovely gifts. Our job is to recognize those gifts....to recognize their beauty and to welcome those events, asking that the underlying source of the drama be revealed to us so that we may use that knowledge to benefit ourselves and others.

It is in times such as this that we begin to hear more and more people discussing and assessing their feelings about Spirituality and/or various religions, philosophies and ideals.

Unfortunately, most conversations about religion end up in dispute. I have for many years used the word Spirit and Spirituality in these newsletters to mean "God" because I teach and lecture to people of many different religious and philosophical persuasions....and although I was raised in the Christian church, I have great respect for many Spiritual paths.

Every life has a Spiritual path that defines it by bringing it into certain experiences, urging it toward certain events and bringing us together with other Souls whose presence in our lives have the potential to benefit both of us. (The lesson is never in the event but always in our response to the event.....this can be the love of our life, the heartbreak of our life, or simply a relationship we never forgot.)

Whether they know and/or acknowledge it or not, every person has a Spiritual core, and in times of intense travail or in times of powerful emotional intensity, there is a Knowing of that Spiritual core that exists within. Because it is difficult to describe or explain, people who "live in their minds" tend to discredit the experience. Although they will admit to having the experience, they will generally ascribe it to fleeting emotional fantasy. However, for all of us, in the moments that create the changes in our lives - the moments that create the decisions that make our life BE - that inner core of Spiritual being IS the driving force that directs us. It is that which we know as God, and it is THAT that the more aware or the more conscious person comes to realize as a GREATER part of their Being.

Going back to the fact that I have been asking you to consciously work on Awareness and telling you that enormous events are coming our way, I will say now that those who have pre-awareness are also those who live consciously - they don't feel as though they get "slammed" when intensely powerful events happen....not to say that it doesn't feel like a lot hits them when so many things happen at once, but to say that they can handle it without flying apart. Those of us who consciously focus on Awareness - who meditate, who pray, who practice living in attunement with Spirit - will immediately go into a sense of Alignment with Spirit and feel a sense of peaceful calm flow into us the moment we have an awareness of the presence of something that might be perceived as threatening or might be called "bad news".

If you lived in Crimea when the soldiers came, masked and heavily armed.....if you are a person who had been consciously practicing the development of a Spiritual connection through meditation, prayer, etc., at the moment that you were aware that the event was happening, you would have felt a sense of peace flowing through your body. You would have had an inner sense of Strength and had an inner Knowing of what you needed to do to provide for the safety of your loved ones and yourself.

If you were in the Crimean situation and you were a person who was not living your life in an attempt to develop a Spiritual connection (here I also mean people who, when they pray, are actually only "begging" for what they want rather than spending real time in the presence of God and immersing themselves in the Loving Quality of His Being), then you would not be likely to be very conscious or aware of things that were going on around you because you have not

been trained to be. Rather, you have been trained to be outer focused rather than inner focused, paying attention to how things LOOK rather than how things are. So your immediate reaction, when confronted with such a devastating trauma, would probably be to say ""OH, CRAP - what do I do now?" or "Get the HECK out of my way," and you would pick up the closest thing you could find to use as a weapon to defend yourself/fight back.....or find the closest place to hide.

The difference between an evolved Soul and a young Soul (who often become so religiously fanatical that they would kill for their religious ideals) is that the evolved Soul KNOWS that Spirit would NEVER, under any circumstances, urge a person to do harm to themselves or another person. Their Spiritual Core is unwavering in that Knowing. A younger soul is worshipping something outside themselves; the Spiritual seeker is worshipping a Love that they find INSIDE themselves that is everywhere, and they understand that it flows through everyone and everything in the world - every person, every tree, every animal, every plant.

As I have said many times before in these newsletters (and will probably repeat many times again), people are becoming powerfully locked into their own religious thought-forms, becoming so polarized that they actually believe anyone who thinks differently than they should be killed, that they have no right to live in this world. Those who are born to these factions of hatred are growing larger and more powerful in their intent with every passing day, and we're moving closer and closer to tremendous, tremendous Universal upheaval and devastation as a result.....until/unless enough of us learn to respect each other and come to the realization that any deity worth offering our entire Beings to MUST be a deity who offers to fill us and this world with Love, Compassion and Healing.

The type of Spirituality that trains us to develop a Spiritual connection and an inner Knowing of our Spiritual Being is practiced in various ways by many religions throughout the world, including several different factions of Christianity. It includes the belief that All That Is is intended, that we are the creators of the experiences in our lives....the lesson is never in the event but always in our response to the event. Our task is to live our lives daily in a constant state of being aware of the presence of Spirit or God (by whatever name you want to call Him or Her or It).....so that when an event occurs - any event, whether it be the invasion of your homeland or the finding of millions of dollars - we don't have to call on Spirit - we LIVE with Spirit. We live in Harmony with Spirit, and when we live in Harmony with Spirit, we live in Integrity. Therefore, we automatically take whatever action Spirit would urge us to take. And when we live in constant awareness because we are in a constant state of Partnership with Spirit, nothing comes as a real surprise.

As we move through this year, there will be SO much that happens SO fast: the boundaries of the countries of the world are changing, the political structures are changing, the religious structures are changing - so much is changing SO fast that we can swirl like whirling demons, as my mother used to say (and by the way, that used to be a religion) OR we can pass quietly, even peacefully, through this....experiencing moments of Joy, moments of wonderful Love, and having the opportunity to truly be of Service to others who are in need.

Be sure to rest when you start feeling tired, because this energy will wear us out really fast, and we won't know that we are totally exhausted until we can barely walk. And once our fuel supply is empty, it takes a long time to refill it.....because every time we get it to a "quarter tank full", someone else who desperately needs energy comes knocking at our door or ringing our telephone, and we can't let them go without. They drain our tank to empty again.

We all know that we came into this time to improve the quality of our Beings so that by improving the quality of our Beings, we could be of Service to others who have true need.....and it's very important for us to become discerning because we put out an energy that attracts those who just want us to carry them because they don't want to have to use THEIR energy to walk on their own legs. They think their legs were made only for dancing. (And amazingly, they will accuse US of being mean when we refuse to carry them, and we will believe them!!!) However, we are required to reserve our strength for those who come in true need; we will discover quickly that the reason for this is profound, for if we give away that which we have to the person who has no true need - to the person who just uses others and continually fails to be called to accountability - then we will find ourselves in situations where someone we deeply love has a terrible need and we will not be able to help them. Our hearts will break.

There are consequences for our behavior. Those consequences always come from our actions and are created by our actions. If we choose to throw pearls before swine, to use the Biblical quote, then when a person who truly needs the pearls comes before us, we will not have them. When we choose to offer a grand meal to a person who simply stirs it around the plate with their fork and then tosses it into the trash, we have nothing to offer to the one who comes next who is truly hungry. We will regret that we gave the food we have to the person who didn't honor it....who didn't even WANT it.

Very often when we give these things to people, we force it on them. They'll say, "No, no, don't give it to me. I don't want it. I don't NEED it." And we say, "OH, no, I want to give you this - take it from me." I recommend we all give some thought as to WHOM we are giving to and then ask ourselves WHY we are giving to them. There's always some reason....there's always something that WE need from them if we are constantly trying to give to people. It usually means that we don't consider ourselves worthy of their friendship or affection, so give that some consideration. And very often it is because the other person gives YOU the non-verbal message that they don't consider you to be worthy of them.

Whatever it is that confronts you as a trial in this time (and when I say "this time", I mean between now and the end of July - we are in a prolonged, erratic power cycle) is going to continue to escalate. Relationship issues will become more and more intensified. Issues at work will become intensified. Things that used to be cute won't be cute any longer. Colors that you used to love will now irritate you. You'll love your hair one day and the next day you'll want to take the scissors and cut it all off. Just be careful, because these sudden urges can really cause some long-term embarrassments and heartbreaks.

You don't want to lose your job right now because we're going into a very difficult job market, so if your boss is difficult, you might just need to bite your lip every now and then....it might

have to get a little bloody if you need that paycheck to feed your kids. However, I'm NOT recommending that you accept abuse. I WOULD be urging you to use your free time to seek other employment if it continues to get bad, or you might just want to take your boss aside and say, "Hey - I can see it's hard for you - is there anything I can do?"

Most people are feeling overwhelmed right now and will melt if they just feel a little bit of caring and understanding; the bear will dissolve into a kitten if he/she feels a little bit of compassion coming their way (though on the other hand, they might just use their claws and slash you to pieces for showing what they interpret to be pity). Be discerning. Center yourself. Make sure you are in alignment with Spirit, and if you're a person who prays, be sure you pray before meeting with your boss.

If you are in Harmony with Spirit, then you won't say the wrong thing!

I just want you to remember that as much as there is going to be chaos in this month, there is also going to be beauty. Remember that in that flash of images I saw, I also saw some really beautiful things. This world is filled with wonders. Just as I began to get up from my chair after seeing that sequence on television, my little puppy came into my room and put the first Spring daffodil I've seen into my lap. Of course, it was soaking from the rains and torn to shreds, but what a joyful and lovely gift!

Accept the Blessings. There are SO many - we just need to recognize them as they come and RECEIVE the Blessings into ourselves, not just saying, "Oh, that's so beautiful" ...but FEELING the Blessings all the way through us and into our hearts and saying with Gratitude, "Thank you, God."

Stay Focused on the Light,

Dixie Yeterian