

INSIGHTS  
November 2015

Dear Friend:

Well, in the last newsletter I wrote, I promised you that I would be posting timely monthly newsletters from that point on. I was quite certain in that moment that that would be possible, but then Life happened in the form of dental work. I am going to require more dental surgery in the first months of the year. I don't expect it to be quite as difficult as this last round because the abscesses that were causing my pain have healed. It seems that lately, all of my letters to you begin with an update on my health!! That's probably going to continue to happen until I get this mouth of mine fixed. It's requiring a lot of bone replacement and restructuring of my gums.....so it's a bit more taxing than the usual trip to the dentist.

Overall, though, I'm doing great and I expect that I will continue to do so. It seems that every day I wake up with just a bit more energy than I had the day before, and I'm able to accomplish a bit more than I was able to accomplish the day before. I'm so happy that this is happening for me and that I'm able to do my Work well again. My attention has gone back to the writing of my yet-to-be-titled book on the subject of Reincarnation and Soul Evolvement, and I am really happy to be getting into the feeling of writing again and to be able to work privately with people again. Anyone who has ever felt the wonderful sensation of the flow of what is called "psychic energy" will attest to the fact that it feels absolutely

wonderful to sit with another person and to allow yourself to be an open channel for them so that they might be guided and given a better understanding of their Path and what to expect.

When I'm not doing my Work, I don't feel as alive. So it means everything in the world to me to be able to get back to it!

If you have called my office and reached my answering service, it's only because Marty is away from the office at this time, but she does check messages and return calls, so just leave a message when you call - don't hang up. Your call will be returned as soon as possible. OR, send an email to [info@dixieyeterian.com](mailto:info@dixieyeterian.com).

If you have already looked at the calendar for the month of November, I'm sure that your initial reaction was, "Oh, good - a clear month!" However, when you then looked more closely at the null cycles, you noticed that we are experiencing some period of time in "null" almost every day. So as long as you avoid shopping for major items during a null cycle, November IS the month for accomplishing your holiday shopping. If you don't get it done in November, you may have a very stress-filled December. I'm even planning to do a lot of my cooking and baking in November and freezing it until the holidays, because I sure wouldn't like to be trying to cook my favorite (and most demanding) recipes during the upcoming December externalization cycle, which starts on December 5th.

In fact, the Universal energy for the rest of this year and for the first three months of 2016 is continuing to intensify, bringing an acceleration of hostilities and a

build-up of events that cause us to move more rapidly into a full-on war; and on a personal level, cause us to tiptoe around people who are caught up in this frenzied energy and who feel frustrated and angry about not being able to make Life happen the way they want it to.

I can't tell you how important it is to give extra attention to remaining calm and balanced during this time. I strongly urge you to meditate at least once a day and preferably twice a day. Our Task in this time is to strive to lift the spirits of others....to strive to bring Joy and enjoyment to the lives of others.....AND, to strive to experience Joy and enjoyment ourselves. I've told you before that if you don't feel something, "act" it. If you act it long enough, you will then BE it. So I'm telling you that this is the time to make yourself smile, even when you're feeling curmudgeony. Yes, I know I just invented a word, but I like it so I'm going to keep it.

Many of us who are here in this dimension with the Task of aiding others through these intense times are having a difficult time because it's not easy to try to lift others up when we feel down....but I promise you that as soon as you offer yourself as a channel for Spirit to flow into this dimension, you will feel uplifted, and everyone around you will feel uplifted simply by being in your presence. I want us to all focus on Joy and Humor in this time, even if you have to resort to going online and memorizing a few jokes that you could have in your mental reservoir to use when you can't think of anything else to say. What I'm doing now is listening to music. I'm listening to happy music, I'm listening to music about love, and I'm listening to beautiful and inspiring music. I think that it's good for all

of us at this time particularly to keep music playing quietly in our homes all-day long. And if you're going to watch a movie, please seek out the ones that will make you laugh, and then share that laughter with your friends.

It's SO important for us in this time to fill ourselves with Joy and Laughter and to share that wonderful feeling with as many people as possible. When you wake up in the morning, stand in front of your mirror and smile at yourself, and then remind yourself to carry that smile with you through the day, smiling at everyone you see. You'll be surprised at how many respond to you, and you'll be surprised at how many come to you later and thank you for your kindness, for if they are at all reactive to the energy of this time, they will perceive your smile as a desire (on your part) to offer kindness to them.

So much is happening in the world right now that events that in other times would have made front-page news are now relegated to the back section of the paper. About the only thing that we're really seeing on our American news channels is all of the excitement about the "upcoming elections", which are still another year away. These upcoming elections certainly ARE unusual and sometimes exciting....however, there are so many important things happening that we really should be aware of that I look for my news in the news of other countries - Australia, Germany, France, Ireland, the BBC....even mid-Eastern and Oriental news. It's amazing, the subjects that they report that are VERY important to us that we never hear a word about in the American media.

I think it's important right now for us to all expand our awareness outside our little personal worlds that we have created, that in most cases include our home and family, our friends, and our jobs. I really think that it would benefit all of us to be aware of all that is happening in the world in order to begin to see the events of this world on a larger scale.....so that the pieces of the puzzle fit together and we're actually able to see the pictures that we didn't know were there.

I know that a lot of people are ignoring their news right now because they don't want to focus into the negativity that they hear. In any broad-scoped reporting, we're going to hear about all kinds of accidents, violence, and really difficult-to-hear events. These kinds of things are happening more frequently. I'm urging you to just ask yourself, "What kind of news am I interested in? What am I interested in knowing?".....and then just let yourself be led. I might, for instance, simply type "Putin's Relationship with Obama" into my computer's search engine, and I'll have a lot of different articles that come up from the world-wide media. I read the ones that sound interesting. I'm not interesting in reading about accidents - they just make me feel sad and there's nothing I can do about them except of course to pray for those who have been injured or who have died. But I am VERY much interested in knowing when a dramatic event has happened in any part of the world so that I can join with all the other Spiritual seekers of this world who are directing healing and loving energy to those in that place....and so that I might offer help in whatever form they need, whether it be monetary or sending food and clothing. Most towns in America have collection centers established

where you can take food, blankets, coats - whatever might be needed for people who are homeless and/or in crisis.

As I said, in this time the emphasis is almost entirely focused on bringing Joy, Laughter, Positive Energy into this dimension. We can do that by offering a simple smile, or we can be the shoulder to cry on; we can take food to people who are ailing. We are shown the many ways in which we can offer. As I have said, when I am able to do my Work and open myself up and allow that energy of Spirit to flow through me to the people who need it, I feel uplifted and in fact, wonderful. Whenever we offer, in any uplifting way, to another, we are uplifted. Our lives are benefitted.

The Bible tells us that what we offer comes back ten times over. I'm convinced that for the more evolved souls, it comes back one hundred times over, and it comes back immediately. We no longer need to wait for a lifetime or two before our "karma" hits us - it happens, now, within days and sometimes even within hours. We may have failed to completely stifle our campfire, and when we get home, we find that our house is on fire. I know that sounds pretty extreme, but on the other hand, if we make a small offering such as a word of Compassion to someone who is in pain, there will always be someone there for us when we need a friend.

I've told you the story about when I tossed a Kleenex out of my car window years ago and then came home to find that a dump truck full of garbage had been dumped on my property. Gosh, there was an old refrigerator, a couch, and bags

and bags of garbage that were torn open and spread over the equivalent of a square block. I recognized immediately that that trash on my property was the result of my having tossed out that Kleenex. You can tell me that I'm just imagining this, but it doesn't feel like imagination to me. In fact, when I tossed that Kleenex, I felt so much guilt that I truly expected something to happen....I just didn't expect it to be quite so MUCH! It definitely taught me a lesson.

I want you to be happy. I want you to enjoy these coming holidays. And you CAN be happy, and you CAN enjoy these holidays. All you have to do is consciously strive to remain focused on Joy. "Joyful Expectation" is your mantra for this time. As you uplift the energies of the place, other people will feel happier and that energy builds upon itself. A bit of happiness can become a rollicking party in a short time!

I'm asking all of you to consciously and intentionally strive to live in a constant state of Expectation of Joy and strive to offer that Joy into our world, not letting yourself be coerced (by the extravagant energies of this time) into overspending during this time, or you will fill yourself with stress and it will be harder for you to experience the Joyful, loving energies that are available to us all.

To those of you who celebrate Thanksgiving, have a wonderful Turkey Day. And all of you....stay happy....and

Stay focused on the Light,

Dixie Yeterian

PS: Gift Certificates are available for Holiday gift-giving. For information, email [info@dixieyeterian.com](mailto:info@dixieyeterian.com).