

INSIGHTS
June 2017

Dear Friend:

Actually, I wrote three newsletters last month, and I couldn't bring myself to post any of them. After writing and then reading through each of those letters, I just felt as though I sounded so negative that I didn't want to impose my negative perceptions onto anyone. I talked about incredible storms, floods, escalation of hostilities, relationship conflict.....just general insanity in our world. Thank God I'm able to write this month's newsletter and actually share it with you.

The month of June is so much more gentle than was May. We get a bit of breathing space until around the 16th, when we will begin to feel the effects of the upcoming externalization cycle (which begins June 22 and continues through July 6). I strongly urge you to use the first two weeks of this month to reconnect with people from whom you've distanced.....to play.....to make decisions that you couldn't make until now because your anxiety level was probably pretty high.....to clean out closets and drawers and dust the cobwebs down from the corners of your rooms. This two-week break of powerfully intensified energies will feel wonderful to most of us. We will feel lighter, we'll have more vitality, the fog will evaporate from our brains and we'll be able to think more clearly, and we'll have a greater incentive to accomplish - we'll be able to run with projects that we've been putting off. But remember....this lasts for two weeks, and then we will be going into a powerful externalization cycle.

It's important to remember that the externalization cycle magnifies whatever energy we're in as we enter into it. So if we use these first two weeks of the month to rebuild a positive outlook on our lives and to start moving the energy forward on projects, the externalization cycle can actually help us to accomplish more. When we enter an externalization cycle in high energy, we can move mountains!

One of the good things about this time is that we will feel less anxiety and lower levels of intensification.....meaning that aches and pains won't hurt so much, problems that felt unsolvable will seem to solve themselves.....mechanical and technological devices that have stopped functioning will start working again. (I know this sounds crazy and impossible, but it happens.) So I am strongly urging you to stay focused into the positive. When you're confronted with any situation or person that might catapult you into anger or despair, just look at the situation or the person that is confronting you and consciously strive to find what is good in it. Anything that you can find that is good in it will serve to open the door to the resolution of whatever that situation or person represents in your life.

The most important thing I can say to you in this time is strive to stay focused on the positive. By beginning with the intention of increasing our vitality and uplifting our emotions, we can be in a very elevated state by the time we get to the 16th of the month, when the accelerated energies begin. And when that energy starts, we will then have the responsibility to stay strongly focused on maintaining a positive attitude and keeping ourselves in alignment with the energies that be rather than struggling against them.

Of course, most of the people in this world have no idea that it is at all possible for us to achieve any control over the way we experience our lives. They feel that they have become victims to other people, to situations, and to the intensely magnified reactions that are prevalent in this time. So we have the responsibility to keep ourselves as clear as possible and to continually strive to keep our attention on the more uplifting qualities that exist in every situation and every person. By doing so, we can change the quality of life, the quality of Being, for ourselves and for every person with whom we come into contact.

We are still experiencing the Universal aspect that I've been talking about since last Fall that continues into the middle of next year. I'm talking about the aspect that most of the people in this world are reacting to right now - the one that is constantly increasing hostilities between individuals, between dissenting groups, and between countries and ideologies. This cycle is continuing regardless of the other aspects that we go through, so even though I'm telling you this is a much easier time than we've been experiencing for this year, we will still be aware that these hostilities are continuing to build.

I just hope that we are able to keep ourselves from jumping into the melee with all the others who are reacting to this insanely chaotic time. We do that by refusing to allow ourselves to judge and condemn others who may think, look, or believe differently than we do. I've been able to accomplish a state of what I call "Spiritual indifference" by simply calling myself up short whenever I feel myself having a strong reaction to hearing someone make a statement that is the

obvious result of buying into "group think" instead of standing back and assessing and then approaching the given situation with compassion for all involved. We are all going to be invested in the events of this time. The fundamental mistake many are making is that they are believing that the intensified and magnified perceptions of this time are reality. It's so easy for us to get drawn into the beliefs that the world is going to hell in a hand basket, and that people who take stances in opposition to us are stupid or even evil. Even though we are striving to maintain a Spiritual indifference, we all of us will at times get drawn into the emotional chaos of this time, and we'll probably reach the point of being really upset before we realize that we've bought into it. When that happens, we just have to start over again - go meditate or pray and pull ourselves back into a more balanced state of Being.

So, as I said, in this time we will continue to see some pretty crazy weather. We're moving into an early fire season, and this year's fires are going to be historical. (By the way, this aspect for fires is a Universal one, meaning that it will affect pretty much every country in the world.) We continue to see parent/child issues strongly intensified, and the first two weeks of this month are good to try to soften emotions that exist within those relationships so that we can begin to experience mutual understanding. We aren't going to see as many instances of hostility on the nightly news for the next couple of weeks, but then they will increase dramatically after the 22nd and continuing through July.

It's a good idea to view intensification cycles as an incredible wave coming toward us. Those of us who have frequented seashores know how frightening it can be

when we see the waters receding and then suddenly an enormous wave is looming over us. If we become paralyzed with fear or emotion and we crumple into a fetal position or try to run away from the wave, it will slam into us with full force and toss us around, banging our head onto the rocks, bruising us and filling our lungs with water. It can be a dangerous and terrifying experience.

But most of us know that if we simply face the oncoming wave and dive into that solid wall of water as it approaches us that we will automatically be drawn up to the top of the wave and we can ride it safely all the way into the shore.

If we view the intensification cycles as the wave and we have taken the necessary steps to bring ourselves into a positive state of mind, then the externalization cycle can be a time of high vitality and great accomplishment. It just takes a strong determination and a willingness to make and take the time to keep ourselves clear and emotionally balanced through meditation, prayer, yoga....whatever we use. It's so important that we devote ourselves to our Spiritual practices in this time. Doing so can make all the difference in our lives. For many of us, it's the difference between experiencing Joy or despair.

I'm urging you to go with the Joy.....

and....

Stay Focused on the Light....

Dixie Yeterian

