

INSIGHTS
September 2018

Dear Friend:

It seems that the older I get, the faster time passes. I can't believe that it's now been three months since my last newsletter in June. I also can't believe that I'm now 78 years old - wow - how did THAT happen???

I'm sure that you've noticed this outrageous intensification that we've entered into. It's not posted on the calendars because it began in May and is continuing to build throughout this year and into next year. I've talked about in each of my recent newsletters. It is because of this extremely intensified energy that we are seeing so much craziness in the world right now. People's emotions are powerfully magnified so that it has now actually become dangerous to express any kind of idea, belief or thought that might differ from another's. Most of us have learned to keep our mouths shut during the past couple of years, and have really learned so during the past months.

If you've been reading my (rarely) posted newsletters, I'm sure that you already realize much of what I'm talking about. I do have to tell you, though, that this energy is going to continue to intensify throughout this year and into next summer. I don't know for certain that the intensification ends next summer (in fact, I doubt that it does), because I have only been able to project that far at this time. As I'm able to do further projection, I'll be talking with you about that.

The most common effect that people are feeling from this energy is exhaustion. Many (possibly even most) people are feeling really tired right now because the energy is so rapidly paced that it literally speeds up our systems. We can only run on super fast speed for so long before we shut down, and that shut down is being experienced as extreme tiredness and very often as depression. When we feel exhausted for a prolonged period of time, we automatically go into grief. We experience the grief because we feel disempowered.....we feel that it takes everything we have to be able to just meet our daily obligations. And sometimes we can't meet them.

For most of us, to be so disempowered feels shameful, and that shame becomes grief. What I hear from people the most these days is, "I am soooo exhausted, and I just wish that people would understand how I feel so that I didn't have to feel so guilty." Of course, depression is a secondary effect, because this energy also powerfully magnifies our emotions, which is the reason for all of the rage that we're experiencing in the collective. Anger is a cry of pain. As this energy continues to intensify, many are experiencing the disempowerment that I mentioned, and that disempowerment has gone into grief....and the natural response to prolonged grief is anger. We shout out in anger when we feel unheard, when we feel that no one understands or cares about how we feel.

People who have naturally high vitality feel enlivened, energized, excited by the intensification. Those who love adrenaline love this energy. We see many of them engaging in public dissent, often acting out in violence. They love to break windows (and sometimes, people's heads). It feels good to them - it uses up the

excess energy, which they have to disperse some way. If they don't use up the energy, they can easily become chronically angry and frustrated. I remember when my extremely energetic grandson was young, when driving any long distance I used to have to stop every half hour or so and let him get out to run the energy off, because just sitting in the car was agony for him.

All of this magnification is just energy. It's extremely rapidly paced energy. When we understand this, it becomes more possible for us to live with it comfortably. It's up to us to properly use it. The most important thing for us to do is to strive to keep ourselves focused on the positive, to strive to keep ourselves focused on accomplishment. We need to have projects - things in our lives that inspire us, that make us want to do. If we allow ourselves to sink into despair, this energy can drown us in grief.

In the 1980's, I began teaching my students to prepare for the intensification cycles before they peaked. We prepared by consciously focusing on joyful things. We watched films that made us laugh. Whenever we began to feel sad or upset, we would call a joyful friend and partake of their essence. We listened to music - joyful music, not cry-in-your-beer music. We danced. We sang. We did whatever uplifted us individually. For me, it was talking philosophy with a good friend, or for my friend, it was taking a ride on his motorcycle. For my son, it was going fishing.

Whatever uplifts us, we need to do. As so many have begun to sink into despair, they have stopped doing the things that uplift them. Once we stop doing that

which uplifts us, it's hard to start it again. If you have ceased to partake of joyful experiences, I can't urge you strongly enough to force yourself to start again. All it takes is just to do it. Don't be disappointed if you don't feel like your old self after one attempt. It might take a few times, depending on how far down you've become mired in grief. But you will come up and out of this if you just continue to do those things that bring you joy.

There's nothing more healing in this world than joy. And boy, do we need it now!

There's another thing that I'm hearing about a lot from my students and clients. I've mentioned this to you before, but I don't think I fully explained it to you. Those of us who are sensitive by nature are becoming much more sensitized as this energy continues to elevate. As a result, some of you might be feeling a little bit concerned because as this energy escalates, those who are naturally sensitive are experiencing more awareness. I also should mention here that my Guidance has said that in this time, we are experiencing a Thinning of the Veil between dimensions. So the result is that many are having experiences such as being awakened by their bed shaking. This is the result of the expulsion of excess energy during the sleep state.

Many are seeing shadow forms. Most of us who are sensitive have seen shadow forms from time to time for a good part of our lives, but now we're seeing them all the time. In fact, I was walking down my hallway when a shadow form came from my guest room and passed right through me. I was so startled that I said, "Oh, excuse me!" Of course I laughed when I realized it wasn't a solid person.

Another common experience in this time is hearing voices. Now, if you're not schizophrenic, I'm here to tell you that this is natural. The difference between schizophrenia and the voices we're hearing now is that these voices are usually garbled. We sometimes will clearly hear three or four people in conversation, but we can't make out what they're saying. I've experienced this many times in the past and have always believed it to be a telepathic experience. I thought that I was inadvertently attuning to a nearby conversation. However, there is a possibility that this is also the result of the Thinning of the Veil, and we could be having other dimensional awareness. I'm not yet sure.

We also are having the experience of hearing what Greg Braden defines as the sound of earth energy. It can be pretty loud. Sometimes it sounds like a Mack truck pulled up outside your bedroom window and left its motor roaring. At other times, it sounds like soft, lovely music.

Again, this is about heightened sensitivity.....sensory awareness that has not previously been available to us.

My favorite of the experiences are the lovely fragrances.....the indescribably delicious perfume scent that comes wafting through the air, usually just as we fall asleep (when we're in alpha), or after or during meditation, but more and more frequently we're experiencing these fragrances just out of the blue as we're performing our daily activities. This new phenomenon seems to be different than we'd have during a telepathic experience, such as you might smell onions as

you're thinking of me because I'm actually frying onions.....or a discarnate communication such as my always smelling Evening of Paris cologne when I feel my mother's presence.

These new experiences don't seem to be attached to a particular person or situation, and they're always very nice.

We're just on our way out of a pretty powerful internalization cycle (which has been magnified by the universal intensification we're experiencing). That could be part of the reason so many have been feeling so dense - internalization cycles can do that to us. But September in general looks like it's going to be quite a bit easier. I expect that we'll all be feeling a lot lighter and mentally clearer than we've been feeling for awhile.

This is a good time to do out of doors activities. (It's a good idea to do anyway, because summer is almost over and we should take advantage of it.) To do so will help us pull out of this dense energy much more rapidly. Also, we're going to be feeling less like hypochondriacs. This intensification magnifies all of our senses, including our physical ones, so a normally tiny ache or pain can hurt like the dickens.

By the way.....we'll be pulling out of the dense energy even if we don't facilitate it by becoming more active, but it might take us a bit longer.

This is a good time to start new projects, and I strongly recommend - again - that you make your holiday plans and start your shopping now during September and October, because November and December are going to be energetically wild.

Of course, we're going to see a lot of escalation in expressions of political and philosophical differences, but it looks like we're going to have a break in violence through September. I don't think we're going to be seeing any extreme weather events until October, but starting then, if you live in a flood zone, take precautions.

So we pretty much have a green light through September, but I urge you to keep a close eye on the calendar because there are a lot of null cycles this month. (If you don't understand null cycles, see the calendar on this site and read the explanations, because avoidance of null cycles can make a big difference in your ability to be successful and safe.)

One of the things that's happening now, especially with highly sensitive people, is that powerful memories are surfacing, and powerful emotions often are attached to past events. A lot of people are visiting therapists to try to deal with these newly intensified emotions. Unfortunately, if you happen to be a metaphysical person, not many therapists are going to understand you, and they certainly aren't going to understand if those emotions that are attached to past events happen to be attached to past life events. The fact that you're reading this newsletter tells me that you are probably a person who would need someone whose practice allows them to work outside of traditional therapy norms.

As you probably know I very seldom recommend any other person, but in this time I feel compelled to share with you a wonderful practitioner who lives and works in the San Francisco area but who is available via Skype and Zoom throughout the world. Her name is Jeanne Villa. She has been a student of mine for many years, and she just happens to be a wonderfully compassionate and truly effective counselor.

Jeanne is a Neuro-Science & Linguistics Practitioner (NLP). If you haven't heard of it, you'll be amazed by it. It is a powerful technique that naturally surfaces and releases troubling memories and emotions. I'm including a letter from Jeanne below mine. If you need help, I can't recommend her highly enough. To know Jeanne is to love her!

Stay Focused on the Light.....

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NLP (Neuro-Science & Linguistics Practice) is a holistic approach to 21st century counseling that elegantly and respectfully combines heart and mind (also referred to as 'Transformational NLP). I have over 30 years of personal, professional and spiritual life coaching and counseling experience. A session involves enhancing clarity through deeper understanding and compassion of where you've been, appreciating where you are in this moment, and opening up to how you would like to Be. What's unique about these life tools is once change is made, no willpower or remembering is required! It's never too late to let go of 'what stops you', make better choices and experience more of what you would like. I take this work very seriously and know firsthand what it takes to open up and be vulnerable while exploring how to be in greater rapport with self, other selves and life itself.

About Jeanne:

As far back as I can remember, I have been determined to discover the mystery of sustaining joy and what it truly means to live life to the fullest - a journey that naturally focused me into what life is truly about and why we exist. I began my journey exploring traditional religions, then became interested in studying the mystical Truths found in many sacred texts. I have been a student of Dixie Yeterian for ten years, and I continue to study with her.

It is my great pleasure and honor to be in private practice as a Certified Transformational Neuro-Science & Linguistics Practitioner.

I offer a FREE 30-minute consultation for first time clients.

Zoom, Skype and In-Office Sessions Available

