

INSIGHTS

April 2014

Dear Friend:

For many years, now, I've been talking with you about intensification cycles, and I know that when I first began discussing them with you, I was very excited about having discovered them and spoke of them as though they were really enormous events. Well, at that time, they seemed to be. I had never experienced anything like them before. And then, as we progressed through the years and those externalization/internalization cycles became more intensified and lasted longer and longer, I was even more amazed by the effects that I saw them having on our society – not just the society of the United States, but the societies of the world.

I'm asking you now to please go to the calendar page on this site and click on the descriptions for the cycles listed at the bottom so you can refresh yourself about exactly what they mean, because for many of you, it has been a long time since you read them, and you really need to be reminded of what they're about.

We are now entering times that I have been telling you for many years are coming. In the past, it was a big deal when I would predict that there was going to be an earthquake in San Francisco or a hurricane in Texas or a tsunami in Japan, a massive weather event, a downed aircraft. These things happened every now and then, and when I predicted them accurately, it was amazing to my friends and students. However, now it's not so amazing because they're happening all the time! They're not only happening all the time, but they're happening at the SAME time – all of these things. Through the past few weeks, we have witnessed on the news horrendous mudslides in Washington state, large earthquakes in Los Angeles, increased hostilities with Russia threatening the United States' possible intervention, record-breaking storms, the missing Malaysian airplane, increased terrorist activities – it's all happening simultaneously, and I don't see a let-up. In fact, everything that I am seeing looks to me as though it's going to intensify as we move through this year and beyond.

Our world is definitely in a powerful Universal Transition, which means our world is changing. We'll look back in twenty years and say to our children and grandchildren, "I wish that you could remember what the world was like a few years ago." As we move into these coming years, we all are going to be called upon to look into our Souls and seek to find Truth, and whenever given an option, seek to find the consequence that offers the best for everyone involved.

Very simply put, we must learn to live in Integrity. Our Task in this time is to learn to live in Integrity and to learn to live with Compassion for each other. If we fail in this and give in to the fear of the moment or to greed, we'll fail the test. By living in Integrity and in Compassion and calling upon the Strength of the Will of Goodness, we can prevail in all that is in this time, and the world will come back into balance, as will we.

During the month of April, the energy is pretty crazy. For the better part we will be experiencing an externalization cycle, and this energy can be very positive depending upon our attitudes....depending upon what WE bring to it. Remember, it's all about our attitude, but we have to also remember that we don't live alone in this world and there are people who have carried fear, anger and/or pain from past events and are struggling to hold those emotions in because they don't want others to see the depth of their emotion. When they DO erupt, it is usually with unexpected (even by them) rage. Also, there are people who truly believe that the world and other people are responsible for their unhappiness, for their inability to maintain their marriage, their job, etc. So even the most positive of us can be going through the day singing "Oh What a Beautiful Morning" and get broadsided by Mr. Grinch, who can really knock us out of alignment for awhile if we let him.

We are most hurt or injured by a negative "blast" or a broadside attack, if you will, when the person who is the attacker is someone we care about and they say something that we believe might be or is true about ourselves. The most important thing for us to do in that case is to say to the person who has attacked that we're really sad they are feeling so unhappy in themselves that they felt a need to hurt us. It's very important that we not enter into disputes with them because disputes will escalate and cause us to go into anger and totally take us out of our positive zone.

You see, during this kind of extreme externalization cycle, we can accomplish anything if we can stay in a positive attitude. All those blockages that were in place during the internalization cycle...all of those things that just wouldn't work, all of those conversations that we just couldn't have because everyone was soooooo sensitive...those aren't in the way, now, and we can clear the air and we can get things done. People who have been feeling tired will feel more energetic, now, and people who have been feeling emotionally or creatively blocked will begin to feel a flow during the first week of April and by the end of that first week, will begin to feel very creative and continue to feel creative all the way through May (and probably into July – depending on other factors, which I'll talk about in a future newsletter as the time nears).

There are two different ways that people are going to react to this energy in this time. The first one, as I've mentioned, is that people are once again able to be in the energy of great accomplishment. They'll be more outgoing, more talkative than usual and having more of a sense of humor, laughing and joking again; they'll feel an overall sense of having more energy.

The second way is that many people became very internalized/depressed during last month's internalization cycle. They got very down on themselves and pretty much on others, as well (although they might not want to admit to that). In this time, many people are feeling betrayed because they feel that people should have noticed they were hurting...and during the prolonged internalization, very few people were noticing that others were hurting because **THEY** were also internalized. People were only noticing what **THEY** were feeling unless someone said, "I'm hurting over here!" Sometimes that person had to repeat it loudly. And sometimes even repeating it loudly didn't matter because they still weren't being heard. And when we aren't heard, it causes emotional hurt which results in anger after awhile, especially if we're the kind of person who has spent a lot of time caring for others who are in pain. So when **WE** are in pain, others don't seem to care that we're hurting.

The person who cares for others doesn't feel that it's OK to show they are angry about needing to be cared for...so they just get very quiet and withdrawn, holding it all in and ultimately becoming ill; and/or, when it's least expected (such as when you're having dinner in a nice restaurant and having a pleasant conversation), the

person who is holding in all that built-up anger suddenly begins yelling at you and telling you that you don't give a damn about them, and you're wondering where in the heck THAT came from. Well, it came from the fact that they were hurt because you didn't bring them a cup of coffee that one time when you got yourself one and THEY were tired and could have used a cup of coffee, too – but they didn't tell you they were tired because they thought you should have noticed.

It may be hard to understand how they could be so upset over something as small as you not taking them a cup of coffee. The fact is, to them, you not thinking about bringing them a cup of coffee equals “You don't LOVE me” in their minds. They don't want a cup of coffee – they want you to say, “I love you.” They want you to say, “I care for you.” They want you to say, “How are you doing, honey? Can I do something for you?” They want you to act caring. If you are simply not a person who by nature is a caring personality, I recommend that you start practicing, because your tendency to not be a caring personality is putting your relationship at serious risk....and to not be a caring personality is a habit. Habits can be overcome. It's not WHO you are but THE WAY YOU ARE ACTING. We can change the way we act, and if you are acting uncaring, then you must ask yourself if you are truly BEING uncaring.

This is a good time for people to make changes if they truly feel the need to do so. However, we ARE entering a time here in the United States and in many other countries where joblessness is going to increase, so I am not recommending that you quit your job if you have a good one unless you already have a better job to go to or unless you are ready to become self-employed and have pretty good assurance that you can make your new business go....and that's really saying something in today's economy. If your boss is very difficult to work with, is one of those people who tends to focus on the negative and is constantly demeaning and demanding more than he/she gives, making it impossible to maintain a harmonious work environment because of constant dramatic upheavals and insulting comments, etc., and constantly bringing anxiety, stress and exhaustion into the environment, then I wouldn't recommend that you work there unless you absolutely have to. However, I would tell you to first see what you could do to change the environment. You don't change the energy in an environment by battling it. You change the energy in an environment by working to harmonize it.

The first thing that you do is bring some very pretty, soft music into the workplace if that is acceptable. It's very relaxing to most people to be able to work with soft music playing in the background. Secondly, during breaks, get some of the people you work with to massage each other's necks and upper backs....sing together....and though it sounds crazy, get on the internet and look up some funny jokes and tell them at work so people can laugh. If you can get people to laugh together, then the environment will relax.

The third thing to do is talk with your co-workers, one or two at a time, about working together as a team on specific projects, and then gradually bringing them together so that they feel more united as a team. If the people who are together in a work environment feel united in their efforts, they are going to unite as a work team. Maybe the boss is actually frightened about losing his or her business; the newly united team can get behind him/her and be a true support system.

So the energy of this month can be absolutely great - you can accomplish all kinds of things. If you have a project you've wanted to get going, this is the time to do it. You can accomplish more in the next two months than the last six months put together.....unless you let yourself get thrown out of balance by other people's negativity or unless YOU are one of those people who's holding onto pain from the past. If you are one of those people who is holding onto pain from the past, then I beg you to please expand your energy and release it.

I've talked with you before in these newsletters about expanding your energy, but did you actually do it? Regardless of whether you did or not, I'm going to tell you again how to expand your energy and since it would be difficult to read at the same time as doing this process, I recommend that you make a recording of it so that you can guide yourself through this process easily. Be sure to speak slowly enough into your recording so that when you're actually going through the steps, you have plenty of time to achieve each step before going to the next. I'm going to include a lot of dots between each step so that you know when to pause a bit to allow for that step to be taken. If you can practice doing this daily, you'll be able to not only keep your system cleared out of emotional dis-ease, but you'll soon get to the point where you won't need a recording to guide you through it.

Remember, where attention goes, energy follows....so by focusing your attention to each of the parts of the body as outlined in the process below, you WILL be filling yourself with Pure Energy. Make sure you are sitting comfortably with your spine straight.

Here's the process:

Remove your shoes and put your feet flat on the ground. Ask Spirit for strong, peaceful energy to flow up through your body, filling your body.....strong, peaceful, loving energy coming up and filling your body.....flowing up through your feet.....through your ankles.....through your lower legs.....filling them completely.....up through your thighs.....into your hips....then let it flow into your spine.....up to your waist and around your abdomen.....

Now bring your attention back to your spine and let that energy flow up your spine to your shoulders.....up to your neck.....and then bring your attention back to your spine and let the tension flow out of your spine across your upper back.....and around to your chest, filling your upper chest. This healing energy, joyful energy, peaceful energy, loving energy, is filling all the vital organs as it flows through your chest and up to your shoulders.....and then down your arms.....and then through your wrists.....your hands.....letting it flow out of your fingers.....

Then, bring your attention back to your shoulders and let your attention flow back up into your neck.....up the back of your neck.....let it flow over the top of your head and down through your forehead, making your forehead very soft.....down through your eyelids, making your eyelids very, very heavy.....down into your cheeks, making your cheeks very soft.....and down through your lips....your jaw.....down through your throat.....down to your shoulders again.....down through your chest.....that healing energy flowing down, down, down through your abdomen, healing everything as it goes....down...down through your hips.....your thighs.....down through your legs....down....all the way down to your feet, so that you feel all the strength of the earth, the healing energy of the earth.....feel all the power of the earth.....feel all of the joy, the life, the beauty.....all of that permeating you.....becoming a part of you.....and as you're filled with it, you become part of it and it becomes part of you....

Just stay with that until you feel that beautiful energy through every part of your Being.

END PROCESS.

See.....it works.... !!

By filling yourself with this positive energy, any negative energy is automatically eradicated from your system.

I also want to tell you that if someone has hurt your feelings or if there is something that has happened between you and someone you love that is causing you to feel that you can't trust their love, their friendship, whatever....you really do need to talk to them and clear the air....and this is the time to do it. Do so simply by saying, "I have to tell you that I've been very hurt about _____, and I hope that I overreacted and/or misinterpreted.....but I have been having these feelings and I need to ask you to clarify what you were thinking when you said or did _____." Don't start out by blaming them! Start out by asking them what they meant. To start out by blaming always goes directly into a full-on argument because it feels assaultive; but if you begin by simply asking them what they meant, then you have a good chance of resolving the situation without a dispute. I'm not promising that result, but I CAN tell you the odds are pretty good.

So, our Task for this month is to strive to maintain emotional balance. Anytime we lose emotional balance, our Task is to go someplace alone – my bedroom is MY place – and think it through, meditate it through, cry it through – do whatever is necessary to get clear and back in balance. Most of the time it's necessary to talk with the person who was involved in the situation, but not always. If the person is not someone who is close to us, it's sometimes better to just let that go and instead ask ourselves why we are bothered so much by whatever it was they said or did that pushed our button.....because it's always about US. If whatever they did or said didn't touch one of our sensitive spots, it wouldn't have bothered us.

This time is all about refining ourselves. It's about honing our rough spots, so think of it that way. Use those button-pushing moments as opportunities to introspect and to discover more about yourself so that you can refine yourself a bit more. That's what this is all about. Practice staying positive and cheerful,

compassionate, and get a lot accomplished during this time. You'll love it – I know I'm going to!!

With these accelerating intensifications, it's just going to get crazier and more irrational out there in the world for awhile. Don't hide your head under a blanket. Stay WELL informed, but don't let your life become about the world news, unless you find in that news some way in which you can make your life an offering to others who are in need. We ALL have the Task to BE OF SERVICE in ANY place or time where we see a need. We must keep our eyes open. We must strive to live in impeccable Integrity. To do so, we must live our lives in Harmony with Spirit.....and to the best of our ability, remain in Harmony with all others who touch our lives.

Stay Focused on the Light,

Dixie Yeterian