

INSIGHTS  
April, 2009

Dear Friend:

We're heading into a powerful intensification beginning on April 11th and continuing through April 30th. I always tell you to use the time leading up to these intensifications to get things in order, to take care of business, to resolve any misunderstandings or emotional issues; and to get projects moving so that the intensified energy picks them up and carries them forward. I'm really going to stress to you the importance of clearing emotional issues before this intensification hits. Don't let anything build up in you. Don't avoid discussion of issues because of fear of conflict. If you don't deal with issues before April 11th, they can erupt and go out of control during the intensification.

Just watching the news will give you a clear indication of what I'm talking about. This is a crazy, chaotic time in the world that will manifest in increased earthquakes, with volcanoes erupting, with flooding; and it will also cause powerful emotional eruptions. A lot of people will be out of control in this time. There'll be news reports of increased violence in personal relationships. On a universal level, there will be an escalation of violence between factions and countries.

In this time, people throughout the world are experiencing this chaotic energy as fear. Many are experiencing anxiety attacks, but the most significant effect of it is that it is causing people to become polarized in their thinking. The polarization is the result of a need to create boundaries in order to feel secure....so we'll see extreme behaviors resulting from fanatical religious, political, or philosophical ideologies. On a personal level, we'll find that people get very "stuck" (even bullheaded) in their need to be right. Trying to convince them that they should perhaps consider another view will only have the effect of enraging them, for their interpretation of such a request would be that you're disrespecting them.

It's really important for us to be consistently aware that everything that is happening in the world is about Spiritual change and elevation. At the same time, it's very important to realize that we came into this world to BE in this world, to have the experiences of this world, and to grow through them. Many of the more evolved souls enter this world with an attitude of prejudice about worldly things, actions, and concerns. We are here to BE in the experience of this world. In order to accomplish our intention, we must dive into the events, the concerns and the matters of this world – to immerse ourselves in them....to attend to the business....to attend to the relationships....to develop ourselves through accomplishment. All the things of this world build and strengthen our beings. The pain, the anxiety, the stress, the fear of failure – all of those things that we experience in the midst of our endeavors add to the quality of our being. It's our souls' intention to experience as much as possible and to learn as much as possible from

those experiences (the positive AND the negative) so that we can offer that learning into the world.

We can't be the teachers unless we live the life....and....***we can only teach as deeply as we live.***

Many teachers of this time are telling us that we should live in the now, giving no energy, concern or consideration to past or future events. This is a pretty idea, but it doesn't hold water because all things in all times are happening simultaneously. SO...if we TRULY live in the now, we are also in response to that which we call past and that which we call future. If the persons who are teaching that we should live in the now were to have that realization, they would cease to be judgmental about people who are evidencing the results of emotional attachments to apparent past experience (such as not being able to let go of the grief of a lost love or the pain of a past violation, etc.). The thing to remember is that if we have any kind of emotional attachment to ANY event, whether it happened in the past or in our "future", it is active in our life now and therefore needs to be validated. It is NOT past as long as we feel it. By striving to diminish the importance of emotions that are attached to what we consider past events, we doom ourselves to living with unresolved and unfinished pain, which will manifest in physical ailments and/or in the destruction of our relationships.

All of our potential futures are made up of decisions and responses that we have to the experience of the moment, and our present is made up of all that we are in all other times in which we exist.

Within each of us exist monsters and angels. We often deny the validity of the angels because we feel guilty about the monsters. The one most basic and most important metaphysical tenet is....where attention goes, energy follows. It's important for us to focus into and validate our angels, and to constantly strive to exercise the qualities of kindness, of gratitude, of compassion, of humor and joy. ***The part of ourselves that we exercise the most becomes the strongest part of our beings.*** In these times, we all will enter into experiences in which our monsters will cry out for revenge. We must strengthen the angels in us so that they will insist that we seek to be compassionate. I am reminded of Mother Teresa's Prayer:

### ***Mother Teresa's Prayer***

*People are often unreasonable, illogical, and self-centered. **Forgive them anyway.***

*If you are kind, people may accuse you of selfish, ulterior motives. **Be kind anyway.***

*If you are successful, you will win some false friends and some true enemies. **Succeed anyway.***

*If you are honest and frank, people may cheat you. **Be honest and frank anyway.***

*What you spend years building, someone could destroy overnight. **Build anyway.***

*If you find serenity and happiness, they may be jealous. **Be happy anyway.***

*The good you do today, people will often forget tomorrow. **Do good anyway.***

*Give the world the best you have, and it may never be enough. **Give the world the best you've got anyway.***

***You see, in the final analysis, it is between you and God...it was never between you and them anyway.***

Stay focused on the Light....

Dixie Yeterian