

INSIGHTS
March 2009

Dear Friend:

Overall, the energy we'll be experiencing through the entire month of March and early April should create for us a bit of a lift in spirits (and I'm saying "a bit of a lift in spirits" in that the chaotic energy continues, but there is at the same time a new vitality that's beginning to enter). We'll feel it gradually as we proceed through this time, at first in short spurts, and then for longer and longer periods of time. When we move into these periods of increased vitality, we'll feel wonderfully uplifted. We'll be able to think more clearly and even feel a sense of joyful anticipation.

The only difficulty that I see here is that these energies will be changing very rapidly. We'll be feeling bright, light, and happy; and then suddenly, sink into darkness and despair. The thing to keep remembering when we're in the dark places is that they won't last long. If today is filled with a heavy sense of grief or fear, tomorrow will most likely be bright and clear. And then, of course, there will be those days when we awaken filled with vitality and excitement for the day, and then half-way through the day, it will feel as though someone pulled the plug on us and we'll sink into a heavy state of lethargy.

For most of us, the thing that's hardest about these shifts is that we get very excited when we feel the lift and think, "Oh, WOW! I'm finally coming out of it. I'm finally feeling forward momentum. I can finally THINK again!" And we start moving forward with our projects, making commitments, taking care of neglected business....and then suddenly we fall back into that sinkhole of hopelessness.

SO, for the month of March, your mantra shall be: "It's getting better. It's changing rapidly. Tomorrow will be a better day...." (unless today happens to be one of your good ones!).

It's so important through this time to stay flexible. I've very rarely seen aspects for change so incredibly intensified. We may as well stop trying to orchestrate right now, because as soon as we make a plan, something will happen to force change. It's important to rest during the day, whenever possible, because this energy will cause sleepless nights. I can't stress how important it is to not let ourselves become exhausted. If we do, it will take us longer to pull out of this heavy energy that we've been in.

So the "bad news" for this month, if you want to call it that, is that we will experience frequent days filled with heavy grief and fear-filled energy. During those times, we will be forgetful. We won't be able to see the obvious. We'll be saying to ourselves over and over again, "I don't know how I missed THAT one." In times like this, we double-book our appointments, we lose things, we forget things....we can't think clearly. But then the "good news" is, in this time we will have increasing periods of clarity in which we'll be able to see alternatives and take action, during which we will awaken in the morning more rested, during which people will be more cooperative, during which we will be able to accomplish more in less time. The clear days of March and April are excellent times to market your business (unless it happens to be a null cycle), to negotiate a deal, to have a conversation to clarify issues, to start new projects. In other words, it's the first and best time in this year to get things in your life rolling. It's just important for us to realize that we will have "down" periods and to remember to just go with the flow. When we're up, move. When we're down, rest.

And keep remembering there's purpose in all things. It appears to me that these bouts of heavy energy are partly the result of universal fear brought on by the world-wide economic collapse. We're all affected by the energies of these times, and what one person feels affects all other people. There are so many things happening in these times that are causing people to feel unsafe in this world; and that could

cause US to feel unsafe, also, if we lose trust in Spirit and if we cease to realize that all things ARE in purpose and that Spirit does and will provide to our needs.

By the way - the holiday season will sneak up on all of us this year, so if the holidays are important to you, I recommend that you start your shopping now and try to have it completed by July; because the energy, as we enter the last months of this year, is going to be extremely intense and you may find it difficult to be able to do the kind of shopping/preparation that you would ordinarily want to do.

This month is filled with opposing qualities of energy that we will experience in a number of different ways (such as the dramatic mood swings I've already explained). We'll also continue to see our news filled with reports about political scandals and scandals in the upper-echelons of the business world. Those aspects play out through the next four months. At the same time, we will see all kinds of wonderful news about bravery and generosity of spirit, for in these times, the symbols come forth (as I've been telling you for several months) that mean "hidden things revealed". These symbols can be both positive and negative. If we've been doing something for which we aren't proud, we get exposed. But those who have been quietly offering their lives in service also come under the spotlight in this time.

My guidance once said that we seldom experience love as completely as we do upon viewing our newborn child, or....while sharing a foxhole with another. We're in the process of rebirthing our selves and our world. It's often scary. These birthing pangs are the pits, but we're bringing forth something we will truly love. We sometimes may feel that we're in the trenches - that we're battling our way through this time. The intensifications of these times magnify who we are at the essence of our beings. Those who are frightened and angry will become more volatile and even dangerous. Those who are loving and generous of spirit will become more loving and generous of spirit. They will draw together in support and protection of each other. It all balances out.

Other aspects of these contrasting energies are that over the next two and a half months, we will experience floods and problems to do with water, such as plumbing problems. And in our physical bodies, we need to remember to drink a lot of water and be aware of anything that could affect the passing of liquids through our bodies - such as kidney, liver or bladder problems. We really need to keep our bodies as detoxified as possible, because during these kinds of aspects, there is an increase in kidney infections, bladder infections, and problems with the liver or pancreas.

At the same time that this is happening, we have aspects around fires. If you watch the news, you'll see dramatic news about fires and explosions. For us, it's important to make sure that our fire alarms are working properly and that we make sure our homes are safe and don't take any risks. In times such as these, we may experience problems with electrical appliances. We may also experience weird symptoms with our nervous systems, such as restless leg syndrome, tingling in our extremities....odd kinds of electrical sensations through our bodies. And strange things happen with our vision, like seeing sparks or spots. This all has to do with these electrical, magnetic or bio-magnetic energies.

These energy disturbances will cause bizarre problems with communications, affecting telephones, computers, televisions, radios....any means by which we are trying to communicate with a person from a distance. For those of you who experience telepathic awareness, you'll discover that it also affects your ability to send or receive clearly. Someone may "send" you a message and you may not "receive" it until hours or even a day later; and then at other times, you'll feel totally inundated by telepathic awareness to the extent that you may even experience clairaudience (hearing voices). Surges of energy that turn on powerfully and then turn off suddenly create these kinds of strange phenomena.

It's really important between March 6 and April 17 that you do not make any significant cosmetic changes. I'm not saying that you shouldn't get your regular haircut, but don't change your hairstyle. This is NOT the time to decide to try a different color or a radically different haircut. That \$1000 weave

or expensive perm could easily end up damaging your hair badly. But most importantly, I urge you - PLEASE do not have any kind of cosmetic surgeries during this time. Terrible results can happen. You could be permanently disfigured. I know those of you who are in the business of beauty and cosmetic enhancement are not going to be happy to read this as it could affect your business. (Of course you're going to continue to work, because most people in this world don't read this newsletter.) But this is the time to make sure that you take extra precautions in every way and that you document everything you do, get your customer/patient to sign off on anything - because you don't want to end up with unfortunate results or to be sued.

I've been concerned as a result of talking with many of you that there are misconceptions about what this time is about. Most of you have some grasp of it, but don't entirely understand it. Those who don't understand it are focusing more on the difficulties of this time and what we need to do to survive than they are on the intentions of this time and what we need to do to accomplish those intentions. Many are feeling as though the world is ending. In fact, if you watch the History or the Discovery channels these days, they're constantly airing shows about the potential end of the world. We're not just seeing it there - we're seeing these kinds of beliefs portrayed everywhere. This is NOT the end of the world. We are NOT at the end of the world. We are in the end of a TIME. It might help to think of this place as an enormous school. We're coming to the end of a school year. There are some souls who are preparing to move from the 1st to the 2nd grade, some who are preparing to graduate high school. All of us are being assessed for our readiness to graduate from one level to another. Some are taking their SAT's to assess readiness to enter higher levels of study, and there are many who have entered this time because they've applied for a Masters or a Doctorate program.

The thing to ask ourselves is, "Are we ready to be tested? Have we done our homework?" We all know that when we've learned our lessons, we go happily and confidently to the test, filled with a self respect that comes from knowing that we have the answers and that we're going to pass with a great score! We also know that we've gone to class many times filled with despair because we knew that we weren't prepared for the test. Then there were other times when we thought we had given the right answers to the test and were greatly dismayed when we received our papers back and saw that we had failed to get correct the questions that would be deemed to be the simplest. Of course, that's because we always try to make something simple into something complicated and miss the fact that **RIGHT and TRUTH are always presented by Spirit in the simplest of forms.**

It's important for us to remember that **this is a time of testing...it's NOT a time of trial.** We are NOT being punished. We are NOT being judged. We are being assessed as to our readiness to move forward. We're in final exams. They're always stressful, but they have the effect of taking us to a higher level of experience, of learning. All of us get to move forward into a wonderful new experience in this world, with new challenges and new possibilities.

I know I've said it before and I'll keep on saying it....strive to remain conscious to the fact that all these things that we call "problems" are in fact "challenges" sent into our lives by Spirit so that we may have the opportunity of responding to those challenges in **Truth** and with **Integrity**. We just need to remember to call forth those parts of our beings that are "brave and filled with generosity of spirit"....if we do, we can't help but flourish in these times. Remember....we're not in this alone. We just sometimes forget that Spirit is walking this path WITH us and is always happy to help.

Stay focused on the Light.....

Dixie Yeterian