

INSIGHTS
November 2010

Dear Friend:

And here we are in November! The extreme externalized intensification of last month lifted on October 16th, and we now have most of November to catch our breaths and get a few things accomplished before the next intensifications arrive.

November is a WONDERFUL month to accomplish. It's a great time to organize, organize, organize! Take this time to go through closets and drawers and get rid of anything that isn't useful, isn't beautiful, or isn't adding to the quality of your life. Make that phone call you've been putting off (though I would urge you to first check the calendar on this site and make sure there isn't a null cycle occurring so that you can have clear communication and so that the person with whom you're speaking is likely to be more cooperative....because during null cycles, people don't always cooperate as they normally would). Tend to that paperwork that has been sitting on your desk for so long. Get your filing caught up. Balance your checkbook. Organize the garage or shed. Clean out your pantry and rid the shelves of outdated food, replacing it with new food. Have some stored water on hand. Don't put off anything that you can do today, because the next few months will be intense and to the extent that you can physically and emotionally prepare for them now, you'll be able to maintain balance when the unexpected occurs....and wild and crazy, unexpected events WILL occur in the upcoming months.

If you have shopping to do for the holidays, I recommend you get it done this month because with two simultaneous intensifications occurring in December, there'll be a whirlwind of chaos and extreme intensity, and you could easily find yourself on Christmas Eve totally unprepared. (December will "gift us" with both an externalization cycle that begins on November 30th and lasts through January 20th of 2011; and an internalization cycle that begins on December 10th and "ends" on December 30th, though we'll be feeling the effects of it until January 18th, 2011).

If you're looking for a job and aren't desperate, don't send out your resume until mid-January of next year, but definitely work on refining it now – get it prepared. This is a time when you'll be able to think clearly. It's not a good time to be making dramatic changes (such as quitting your job) because this positive rapid-moving energy only lasts a short time. You could quit your job and feel good about it today, but come January or February, you could find yourself in upheaval and extreme anxiety. **Please don't use this time to make dramatic changes that have long-term consequences unless you have already planned for them in advance.** What I'm saying is, don't run away from something unless you have something to move TOWARD. Don't leave a job unless there's another waiting for you. Don't put yourself into a situation where you could find yourself without support and losing your securities.

There is major focus continuing this month on family relationships (especially between parents/children), which can be either positive or negative. This can be a time of

reuniting with family members and resolving old pain; or it can go in the opposite direction, with immense conflict being created out of a small issue. Sensitivities continue as well in the work environment. However, unlike last month, this is an excellent time to give attention and find resolution to relationships where there have been issues. Speak your truth in a non-assaultive manner to those you feel have wronged you. It's possible to come to understanding as long as you aren't being aggressive, whereas past months could have brought an escalation of conflict. However, I would expect you to be feeling stronger and having a higher level of vitality than you've had during the past several months, so it's possible to find clarity as long as you can stay out of reactive energy and focus instead on the core issues.

There are indications as we go into November (and lasting through March) that have to do with lung or heart ailments, with many people having sudden onsets of ailments that affect the chest area. (This also includes the stomach, esophagus, liver and gall bladder, as problems with them can simulate heart problems.) If any of these are weak spots for you, don't ignore symptoms that might come up. See your doctor immediately.

One of the things that has been happening over the past several months is that people are compelled to dwell on the past; memories are surfacing. Many things we've been accused of by others (or ourselves) and that have caused conflict in us are once again on our minds, bringing us the opportunity to resolve them at long last. If we're holding onto shame, self doubt, anger, resentment - any limiting belief about ourselves or others - we now have the opportunity to clear those beliefs and improve our relationships with ourselves and/or others. Remember that God (or Spirit or whatever you like to call the Higher Power) loves you BECAUSE of who God is, not because of anything you did or didn't do. You don't need to ask God to forgive you....YOU need to forgive you, and you can do so simply by asking yourself, "If the same situation occurred today, would I respond in the manner that I did then?" If the answer is NO, then it's time to release it, and in releasing it, you can feel a reconnection to Spirit. Take responsibility – **own up to it** – and quit beating yourself up. Try to find clarity and if necessary, ask for forgiveness from the people who might have been hurt by your words or actions. Go to prayer, connect with Spirit, and move forward in positive energy. **The most important advice I can give in this time is to go into the next few months having cleaned out the "junk" in your house and in your emotions so that you can move forward into these next chaotic months without carrying your old and painful garbage with you.** Deal with it straight on and in Partnership with Spirit.

It's important to remember that it's never too late to have a happy childhood, but the second one is up to you and no one else. Remember – everything in your life is there because YOU created it. Spirit doesn't punish us – WE do it to ourselves. We make the mistake of believing we are victims of our own lives....that God is punishing us, that we're victims of fate and/or other people. By holding those untrue beliefs, we give other people and other forces our power, and we are condemned to having the same unhappy experiences in life over and over again because we continue to repeat the same behaviors or attitudes that brought them on in the first place. **We must realize that our behaviors and attitudes are the root cause of all that happens in our lives.** WE create the experiences in our lives so that we have the opportunity to learn, to grow, to evolve....and the way we do that is to take responsibility for our own creations and to

learn to see the Gift in every situation, every experience we create for ourselves. When we can look to our lives and see what IS good instead of focusing on what we believe isn't...**when we can have an "Attitude of Gratitude"** (one of Samuel's favorite phrases), we are guaranteeing ourselves that second happy childhood.

Life is so very beautiful. Despite the trials and tribulations we experience in our lives, there is beauty in the "ugliest" of moments. It's our task to find that beauty and cherish it and to remember that there's Purpose in all things. I'm not saying that we have to ACCEPT the "ugly" things and pretend we aren't hurt or afraid or greatly saddened, powerless to effect change. We WILL be hurt and afraid and greatly saddened...AND we DO have the power to effect change. We've already BEGUN to effect change. The cataclysmic events occurring throughout the world – the weather/earth changes, the wars, the ongoing conflicts our world is and has been experiencing (and on a personal level, intensified emotions that challenge important relationships) – these things are in our lives for a reason. The purpose of the chaos of this time is to bring us into Unity and Harmony. As my guidance Samuel has said, "There's no greater love experienced than the love between two men who are in a foxhole together"...the point being that *even in the most difficult of experiences, something good exists..* We might not be able to see it immediately. It might take us years and even lifetimes to find the good in an experience, but it DOES exist or it wouldn't have been in our lives. As I said, Spirit NEVER punishes us. We choose our experiences based on our soul's need for growth. We have the power to make this world a better place by rising to our highest level of understanding, compassion, and caring...to learn to stop condemning and judging each other for our "differences" and to see that each of us complements the Whole. We get to choose to see the beauty or the "ugly", and depending on what we see – depending on our ATTITUDES – we progress or we remain "stuck".

Our world is in the process of Transforming. Our task is to aid in that transformation. We can't do it if we are warring and fighting and judging and condemning and constantly giving our power away by believing someone or something is responsible for our unhappiness. **In these times, it's imperative to work in Partnership with Spirit to help ourselves and our world that we so dearly love to Heal.** I urge you to spend time each day in prayer and meditation, even if only for a few moments. It's in the conscious seeking of Spirit that we can remain in balance in these chaotic times, and by our ongoing connection to Spirit, we can know we don't have to "do it" alone. Spirit is ever-present, ever-encouraging, ever-patient...just waiting for us to ask for help. All WE have to do is remember to **ASK!!!**

Stay focused on the Light.....

Dixie Yeterian

PS: I found myself singing this song a couple of days ago. I was reminded again how powerful these words are....they always bolster me. I bet I'm not the only one who knows all the lyrics.....

You'll Never Walk Alone
Carousel (Rodgers & Hammerstein)

When you walk through a storm
Keep your head up high
And don't be afraid of the dark
At the end of the storm
Is a golden sky
And the sweet silver song of a lark

Walk on through the wind
Walk on through the rain
Though your dreams be tossed and blown
Walk on, walk on, with hope in your heart
And you'll never walk alone
You'll never walk alone