

## INSIGHTS

January 2011

Dear Friend:

2011 is a continuation of the amazing kind of events that have been happening, but even more so. As I started telling you back in 1990, we have been experiencing an intensification of universal energy...literally a speed up of earth energy, and this intensification is affecting us and our world in every way that we can imagine. All that I've been talking about for the past several years is now becoming evident to everyone. Even the youngest of souls is aware that there is "something happening", that we are on the verge of "something enormous." And we ARE.

The entire world is in the midst of change, and of course change means letting go of the old in order to receive the new. It's that letting go of the old "stuff" that's really hard for us, because the "old" in most cases is all that we have known, all that we have trusted to give security and stability and a sense of continuity in our lives.

For me and my mother and my mother's mother, there has been tremendous significance in carrying forward the past, holding on to traditions, and to treasuring possessions that were carried forward from our ancestors. That's what's really hard in this time for most people - we are being compelled to let go of attachments to the past and of much that we thought was valuable. So many people in this time are finding their homes and all they've collected in this life gone in a flash through fires, floods, earthquakes, storms, or economic crisis. It's natural for us to feel great loss - to grieve deeply when valued possessions, jobs...even people...are taken out of our lives. We all have a sense (and we are correct in that sense) that it's really not worth trying to collect "stuff" because we have no way of knowing that it's going to even be here for very long. And many in this time fear fully offering their hearts in love as there is such a sense of impermanence now and a realization that love might not last forever.

One of the things I hear most from people is that they just can't hold onto things, that whenever they get anything of value, it is either destroyed, lost, stolen from them, or they are required to give it up in some way. This manifestation in the "material world" of not being able to hold on to possessions, to "stuff", is simply symbolic of the deeper lesson we are in that calls for us to let go of the emotional stuff we have been carrying around (we've carried some of it for lifetimes) that has been holding us to the past. We are being urged to realize that when we're looking back, we can't move forward with assurance.

All of us are having to deal with losses. I don't know anyone in this time who hasn't either recently lost a loved one or has a loved one who is getting ready to pass, or who has friends who are losing loved ones. When people cancel appointments with me these days, it's frequently because they have to attend a funeral or they are called to be at the

bedside of someone who is preparing to pass over; or their “life partner” just left them and they are immobilized with grief.

So the hard thing about this time is that everything feels so tenuous and insecure, and it’s easy for us to lose sight of the fact that the world is, in fact, moving forward into a new and wonderful state of being. But it’s quite a journey to get to that wonderful place, and the road for many of us feels really rocky. The path to this new way of experiencing life will be much easier for those who, with conscious intent, lighten their loads....by giving up their attachments to the past.

I’m certainly not saying that you shouldn’t carry forward with you meaningful heirlooms – letters and photographs and things that remind you of the love and the joy that you’ve experienced in life. But even if those DID go in a flash as has happened for so many in this time, we never lose the memories; those live within us. But it is REALLY time and absolutely necessary that we let go of all angers, frustrations, grief, resentment, and self-doubt that are responses to past experiences. It is impossible to know faith when we’re bound by fear, and all of these non-constructive emotions fill us with fear, because they make the world seem dark. They make our relationships feel unloving and pain-filled. They surround us with heavy, dense energy, and that dense energy weighs us down so that we move through life carrying the heavy weight of that pain. This time requires – absolutely COMMANDS us – to assess ourselves and to let go of those non-constructive attachments to the past.

If you were moving into a new house, would you want to bring your old stained and worn-out carpet from your past house into your new one? Bringing forth pain from the past - anger, grief, resentment – any of those emotions – is like bringing that which is old and unclean into our new experience. It just won’t work – it can’t happen. Spirit won’t allow it. We are being absolutely forced by the energies of these intensifications to look inward during the **internalization** cycles and reassess and find what it is in ourselves that needs to be cleaned up or changed or released....and then, as we move into the **externalization** cycle, we are absolutely compelled to express those feelings, those beliefs and attitudes that were stirred up and brought to the surface in us during the internalization.

The internalization cycle makes us want to go inward, to be quiet. We don’t want to communicate and we can’t communicate well because we aren’t able during internalization cycles to be aware of others, of how they’re feeling, of what’s going on with them. How can we be aware of others when all of our energy is focused into ourselves? And this is as it should be – there’s purpose in this.

Attempts to communicate emotions during internalization cycles will almost always be misunderstood and can magnify the situation and create tremendous conflict. So, during the internalization cycles, we look inward and find feelings and memories and attitudes in us, sometimes things that we didn’t even know existed that are attached to experiences we had “forgotten” or thought we “were over”. We become aware of prejudices and

fears and all kinds of emotions and attitudes/beliefs that we may have been totally unaware even existed in us.

THEN, when the externalization cycle hits, all of that powerful, emotional energy suddenly focuses outward and we feel an enormous surge of energy moving OUT from us to others. We become aware of others' feelings, thoughts, attitudes. We're more capable of being compassionate. And we have not only the "need" during the externalization cycle but the **Spiritual requirement** to express and clarify those awarenesses, those memories, those emotions that we became aware of during the internalization cycle. The internalization cycle compels us to go in, find them, and stir them up. The externalization cycle compels us to release those feelings, those emotions, those attitudes and to **ACT** upon the new and deeper awareness we've gained.

Oftentimes, in order to release the non-constructive feelings, we are required to do some arguing, some shouting, some crying, some complaining...and those feelings may seem enormous at the time that they are being released, but then a day or so later, we look back after they have come spewing out of us and say, "Oh, my gosh, why was I feeling so strongly about this small thing?" It wasn't small. It had tremendous force and it had been causing incredible pain because we had let it sit inside us and fester and become toxic so that when it came out, it was like lancing a boil.

It's not fun to lance a boil, and what comes out isn't "pretty", so it's important not to get into guilt about having stuff that isn't "pretty" coming out of us during this time. We're all going through this – there isn't a person in the world who is immune to it. We all have these lessons and these requirements to gain personal awareness, to assess ourselves and release non-constructive attachments to the past so that we can live in the moment, focusing on the here and the now, and moving toward the future in joyful expectation.

Once we've accomplished this required clearing, these internalization. and externalization cycles won't seem so difficult. In fact, you'll actually like them (if you don't already). Once we have accomplished this task, internalization cycles just feel like a really peaceful time with ourselves, and we have wonderful internal dialogues and frequent "ah-ha" moments, moments of intense Spiritual clarity, when the answer to something "just comes" to us. You see, while in the internalization cycle, we are in true connection with Spirit. Spirit is urging us to explore deep, sometimes forgotten aspects of our Beings. When we have relieved ourselves of all the contaminated toxins in us, we are fully aware of Spirit at work in us and in our lives. Then, we feel Spirit-filled and joyful during the internalization cycles.

Also, once we have completed this release, we absolutely love the externalization cycles because during them, we want to be with our friends, to laugh, to get out and do things, to move, to accomplish, to move forward with projects, to set new goals. It's a time in which we can feel renewed and if we're in harmony with the accelerated energy, we feel more of a sense of joyful aliveness.

I post the calendar on this site and include definitions of externalization and internalization cycles, and I also post on the calendar the dates and times during which we experience a quality of energy that I call null cycles. I can't even begin to express how important it is to you that you pay attention to null cycles. I've done some research recently, and as far as I can tell, ALL attacks on the United States of America, including those attacks on our embassies – the Shoe Bomber, the World Trade Center (both times), the Oklahoma City bombing, the U.S.S. Cole, the Fort Hood Attack and even Pearl Harbor – happened during externalization cycles and most of them happened during null cycles.

The null cycles are important to all of us because the null cycle is a time when energy is simply not flowing. It's like a void...like a whirlpool in a river where the flow of the river is stopped and just goes into a vortex. As I move my attention through time and into these energies, the feeling I have when I come to a null cycle is that of being pulled downwwwwn into a place of immobilization. I've been studying null cycles for more than twenty years, now, and there are two things that are absolutely guaranteed in a null cycle. One is that if there is going to be an airplane accident, it will happen during a null cycle. Of course, thousands of airplanes are in the air during every null cycle, and they don't crash. But if an airplane IS going to crash, it will crash during a null cycle. I seldom take the risk of being in an airplane during a null cycle. I will drive during a null cycle, but I am extra cautious when driving during one because there are always more accidents.. Those accidents are caused by the fact that people lack awareness. The one thing that you'll always notice during null cycles is you're more likely to be forgetful, to not be able to communicate things or put words together in a sentence so that they mean something. We just aren't as clear, and as a result, we are more accident-prone.

There is another thing that is absolutely guaranteed during a null cycle. If you have a meeting about something with another person or negotiate an agreement during a null cycle – even if you sign the contract in blood – **whatever it is that you have contracted or agreed to during a null cycle will not come to pass.** So, if I were a real estate salesman, for instance, and someone wanted to put in an offer on a house that I was trying to sell during a null cycle, I would not present that offer until after the null cycle was completed. I have many times witnessed people making offers and receiving acceptances on the purchase of property during a null cycle and on every occasion that I have witnessed those deals, they've fallen through.

Whatever your career or even if you don't have a career, it's important to be aware of null cycles because they affect us tremendously. If you have an appointment with someone during a null cycle, they're probably going to be late – you just need to relax. Things just don't flow during these cycles. As I've said, it's like being in a vortex – non-moving energy. So the best thing to do is wait for them to pass and not get yourself into a dither over the fact that things aren't working the way you want them to.

As we enter the year 2011, we will continue to see record-breaking storms – and I mean ALL through the year: snow storms, tornadoes, hurricanes, floods, fires, earthquakes – just about anything that can happen WILL happen. The world is really shaking us up

right now. One of the wonderful things I see is that although we will experience more and more of these chaotic energies manifested through storms and explosions and fires and floods and world conflict (and all of those things are going to continue to happen on an even larger scale), we will also be seeing news stories about heroism, about people pulling together to help each other, about kindness and selflessness.

For many, this accelerated energy will bring out the worst in them. Many will turn to addictions – to drugs or alcohol – to anesthetize their emotions, so we'll see more violence, more home invasions, etc. Many people are desperate, and many are just plain angry and wanting others to hurt as much as they are hurting. But those people who are acting out in a negative manner during these times are in the minority. MOST people are returning to core values...are reaching deep into themselves and finding their strengths and discovering the importance of integrity and of compassion and of honor. We will be seeing wonderful, wonderful examples of the Heart of mankind. And I'm delighted to say that I see that the focus of those who bring news to us will be placed as much on recognizing those positive actions and attitudes as they will be upon those who take a negative approach to this time.

We are all beginning to experience tremendously heightened perceptions. I've been saying this for awhile, but oh, my gosh....I can't even begin to tell you how powerful this becomes as we move into 2011. I can absolutely promise you one thing, and that is that there will not be a person in this world who fails to have experiences that give evidence to them of ongoing life and of Spirit active in this dimension. People will experience heightened intuition. They will SEE loved ones who have passed over, both in their dream state and often in their waking state. They will be having knowings of things before they happen. People of all levels of awareness and of evolvment will come to a greater realization of the need to rely upon their inner knowing and a realization that this inner knowing and a realization that that inner knowing comes from Spirit, urging us toward whatever is best for us...or urging us AWAY from something, warning us that it isn't good for us.

Another thing that I'm thrilled about is that in this time and continuing throughout the next two years, we will all be experiencing a reuniting of family and friends. People whom we haven't seen or even thought of for years will just show up in our lives. Families who have been distanced from each other will reunite and strive to work through their differences. People who had ended friendships on a "bad note" will be urged back together by Spirit and given the opportunity to heal the wounds left from the loss of their friend.

All of us will be experiencing the renewal of old acquaintances and the reuniting of families and friends in our waking state, and we will also, in our sleep state, be reuniting with those whom we love who have passed over. We'll be working during our sleep to mend bridges or to heal wounded relationships...or sometimes just having the knowing that they are there with us, loving and protecting and supporting us during these times.

We will also be amazed to find ourselves dreaming about people we haven't seen or perhaps even thought of in years, and in those dreams we're given deeper understandings of the complexities of those relationships and urged to give up or let go of any negative feelings that we may still harbor about those people. Yes, we are being required in every way to heal the past and to let go of our "stuff".

All through this year, aspects continue around health and needing to strengthen our bodies. These aspects around health are both positive and negative. It means that many of us will have to deal with health issues...that there will be strange and new viruses and/or illnesses as well as a resurgence of illnesses that we thought we had overcome because they haven't been seen or experienced for so many years (such as smallpox or malaria). There will also be many amazing cures discovered for diseases such as Alzheimers, cancer, MS, Lupus, Diabetes...we'll be hearing of these cures soon!

As I've been saying, there have been strong aspects for the last year about problems with water. I've been telling you there would be massive floods throughout the world (as there have been) and that a lot of people would have problems with breakage of plumbing in their homes as well. There are some really strange aspects around water, and one of those indicates that in 2011, there will be sensational news stories about contamination of drinking water in cities throughout the United States and in Europe; and of rivers, lakes and oceans. This seems to be man-made and could be intentional. As a matter of fact, it appears to me that in most cities and towns in the U.S. and in many places in the world, people will be required to either drink bottled water or to boil their water because of contaminants. It feels to me as though this situation already exists and that it will be discovered and be a big news story within the next couple of months.

I've been telling you for a long time, and now I REALLY have to stress to you: **THIS IS THE TIME TO STOCK UP ON NECESSITIES!** Be prepared for all things. We are going to experience times in which many foods and supplies will be difficult to get and will be extremely expensive. I'm not trying to scare you. I just want you to be really aware and to be prepared for all that is happening in this world. If we are prepared, we won't be afraid. If we're prepared, we can deal with whatever happens, and we can help others.

In our communities, we all have a neighbor who is in need. We all have a friend who is in need. They may be too proud to ask for help. It is our Spiritual responsibility to be AWARE of their needs and to offer to them. As you read this, many of you will go into fear and say, "I'm barely making it myself! I'm out of energy, I'm out of money – what do you WANT from me? How am I supposed to give when I don't have anything?" I then must respond that if we let ourselves hold onto a belief that we are in poverty and to be immobilized by despair and hopelessness, we won't be able to help others OR ourselves. To quote Richard Bach, "Argue your limitations, and sure enough they're yours."

We ALL have something we can give. I'm not recommending to you that you give to big charities. As a matter of fact, I don't think that's the way to do it in these times. I'm

saying that we are to see the needs of those near us and to help them in whatever way we can....a bag of food taken from our pantry or bought with that extra bit of money we had hidden away for a rainy day (well, guess what.....THEY are having a rainy day right now)....a warm coat from your closet, an extra blanket, some shoes, some gloves.....many people need such things RIGHT now. On New Year's Eve, it was stated on our local news that in the area where I live (that has been quite affluent), one out of four people are going to bed hungry. Those are pretty devastating statistics, and most of those hungry people are proud people. Most of them are people who've worked hard all of their lives and who feel ashamed of their need, so it's important that as we DO offer to their needs, we find a way to do so that isn't humiliating to them.

Do you know someone who is sick or unable to take care of themselves? Go clean their house for them. Change their sheets. Do some laundry. Make them a pot of chicken soup. Or you might go to your school and ask a teacher if they know of a child who seems to be hungry, or who doesn't have a warm coat or gloves or proper shoes. Then go gather food or clothing or both and ask the teacher to give it anonymously to that child.

Give your energy, give your kindness, give your time, give your SELF. We ALL have something to give that is needed. Giving brings abundance to US. The more we give, the more we will HAVE to give. To give breaks loose that dam of energy that's been built-up by holding on tightly to what we have, backing it up into a pool that stagnates. All we have to do is break loose that dam – let the abundance flow – and as it flows, it gains life. It fills with renewed vitality and new life. Then that flow comes back, full circle, to us, with more power than it had when it left us originally.

In this time, we must strengthen ourselves emotionally, physically and Spiritually, and we need to aid others through these times. We never know how something that we do, something that we give – even if it's just a smile or a kind word – can affect the life of another. We must make sure that in every day of our lives, we find some way to benefit another, even if it IS only with a smile or a kind word. We can find ways to give, and the more we give, the more we will HAVE to give....and the energy of Giving fills us with the joy of Spirit....and as we are Spirit-filled, we are strengthened and enlivened.

In the intensified energy of this time, whatever we send out will come back to us one hundred times over. GIVING is the secret to thriving in this transition.

Stay focused on the Light,

Dixie Yeterian