

INSIGHTS  
OCTOBER, 2011

Dear Friend:

As I've been telling you for the past year, we are in the midst of a powerful, prolonged universal cycle that affects EVERYONE. The responses to this cycle are varied and affect some of us differently than others. For instance, within this universal cycle there is an extreme focus on health and health issues. As a result, almost everyone is either experiencing very difficult and sometimes mysterious and undiagnosable (I just invented a new word) symptoms, or know someone who is suffering with severe health issues....or in the opposite vein, can be feeling absolutely empowered in their bodies and giving full attention to strengthening and renewing their physical and emotional beings.

So I guess this was a long way around saying all of us are either feeling unhealthy or we're feeling wonderful and working out, dieting, and putting a lot of effort into remaining healthy (or we find ourselves very concerned about and needing to care for loved ones who are suffering ailments). Either way, the subject of physical and/or emotional health is demanding our focus.

The thing that I find most unusual about this aspect is that in most cases, the people who are feeling ill complain that they don't know what's wrong with them and that they feel condescended to by their doctors (and even by family members and friends), who tell them that they're just fine....that they just need to improve their attitude, exercise and eat a healthier diet. These people sit in my office with their eyes brimming with tears, saying to me, "How can I exercise when I barely have the energy to drag myself out of bed every morning?" They say things such as, "My home has never been so dirty. I don't feel like going out and having fun – fun feels like work to me."

Of course, the fact that illness prevented me from writing the August newsletter until close to September and that I recently spent four days in the hospital tells you that I am also affected by these energies. And like you, I have felt actually grateful and somewhat happy when a doctor has given me a diagnosis, no matter how dire that diagnosis might seem. As we are in these energies, we just want SOMEONE to acknowledge that our

experiences are valid....that we're not just lazy or depressed....that something very different and very physically and/or emotionally demanding seems to be sapping us of energy.

The thing that is different is the intensified energy of this time. The energy of this time is lighter – it's moving more rapidly than ever before. It's less condensed and more refined. The universal transformation is happening at a more rapid pace than our physical bodies can keep up with. So even young people whom you would expect to feel filled with vitality often complain about feeling dense and tired, and just filled with an overall lack of well being, often accompanied by aches and pains. And these aches and pains are pretty darned crazy, because they move around in our bodies. The doctor asks you “What hurts?” And your response is, “Do you mean right now? Yesterday it was my left leg. Today it's my right arm. The day before that, I had a blasting headache, and I've been feeling nauseated and strange sharp pains go through my chest or my abdomen.” All kinds of aches and pains and weaknesses are being experienced by us. Every now and then, a doctor actually gives a name to one of these aches or pains or areas of weakness and offers a treatment; but most of us don't have a sense of trust or belief in those diagnoses or in the treatments that are offered, because we know from some deep place within ourselves that these symptoms are transient.

I can't even begin to tell you the number of times during the past few years that doctors have told me that I was suffering incurable ailments, and then later told me that that diagnosis was incorrect – that it was in fact something else equally as dire, which of course they want to medicate. And then later, I'm told, “No, it's not that....it's another something else,” and they prescribe medications to address their new diagnosis. The truth is that doctors are overwhelmed and befuddled by this tidal wave of symptoms that are coming their way and that just don't make sense....that they can't find answers to in their medical journals or from knowledge gained through education and experience. So they do the best they can and offer treatment to the symptoms while hoping that the source will ultimately reveal itself.

Now I'm certainly not telling you that you shouldn't go to doctors!!! (I'm constantly calling on them for help and ease of discomfort.) I'm also not telling you that you shouldn't take medications. You'd be astounded to see MY medicine cabinet! (While many Spiritual seekers distrust physicians, saying that they don't want to use chemicals, I also am aware that herbs that are “natural” treatments are made up of chemicals....that everything on and

in this Earth is created by the combination of chemicals.) I absolutely DO believe that Spirit works through the hands of healers, and that many are called to heal....and that the calling to heal urges many to become doctors or nurses or some other kind of medical practitioner. They just have a feeling deep within themselves....a powerful need to be able to help those who are suffering. The paramedic who rode with me in the ambulance on my way to the hospital recently was a man who is truly called. You could see and feel the depth of compassion and of Spirit flowing around and through him – you could see it in his eyes and feel it in his presence. With him, anyone would feel cared for and safer

Many who are called to heal don't have the means or even the urge to earn a medical degree, so they have no certificate of accomplishment hanging on their wall (in fact, they may be a homemaker or a plumber - one of the best healers I know is an aerospace engineer), but we can always feel their presence as they approach us. It's a strange thing – truly hard to define. But there are three qualities that they all possess: when they enter a room, everyone present immediately feels uplifted and better. Two, they are compelled to touch people - a hand on the shoulder or perhaps a gentle touch to your cheek or forehead. When they shake your hand, they often grasp your hand with both of theirs while gazing directly into your eyes with unmistakable compassion. And three, no matter what pain or difficulties they are bearing, they always offer aid to your needs.

Not all who work in places of healing are healers. I was sent to the Critical Care unit, which meant that day and night, I heard the sounds of people who were suffering immensely; and the cries of those whose loved ones were passing over. I was deeply saddened to witness that most of those who worked in that place had become hardened to suffering so that instead of being called to ease the person who was crying out their pain, they would enter the room and shout for the person to be quiet, telling them they were bothering other patients.

It was also wonderful to be able to witness in that place one BEAUTIFUL soul who was a true healer. Although there was little she could do to ease the extreme discomfort of her patients, her presence eased them....her caring eased them. She touched them with a gentle hand, frequently asking them how they felt and if they needed anything from her. She would stroke their hair and speak to them in a sweet, happy voice. She would arrange their pillows to comfort them. We were never required to sit and wait for hours

with our buzzers going, wishing that SHE might appear to bring us some medication to ease our pain or help us to the bathroom. She came to us frequently, asking what she could do to help us. And the thing that she COULD do and the thing that she DID do that helped us the most and meant the most to us was that she TRULY cared.

In these difficult times, every person is in reaction to the intensification and chaos. It's exhausting and sometimes painful. Some of us carry heavier loads on our shoulders than others. However, we are ALL given the load that we can carry, so if our load is heavier than another person's load, it simply means that we're stronger. It doesn't mean that they are favored by Spirit, for we are ALL being tested.

**The one thing that is the most important for us to remember in these times is that when we are offering to others, Spirit flows through us to them, and WE are eased by Spirit to the same extent that they are eased by Spirit.**

If we focus into ourselves and complain about the weight that we are carrying - filled with self pity and anger with those who need us - the weight of those negative energies, those negative emotions, can overwhelm us to the extent that we feel crushed.

So what I'm saying is if we want to ease OUR pain, then the way to do it is to care about the pain that another is feeling. I am given evidence of this phenomenon every time I speak to one of you who calls me while in the midst of true need. It's amazing. I can begin the day feeling empty and pain-filled, and end the day feeling enlivened and pain-free if during the hours of that day, I have given my attention to someone who is in need. Learning this lesson has been one of my most important tasks in this life.

Whenever we are given a lesson to learn, we are given opportunities to BE that which we desire to become. So as a result, I spent a lot of my earlier years caught up in the belief and acting out the belief that I would be somehow "more Spiritual" if I were to give ALL of myself away, asking nothing in return. I did that for a lot of years, as many of you have done and/or are still doing, and like you, I came to the realization that when you give to the point that you no longer have anything of yourself left, you begin to resent the person who is taking without offering back. And you begin

then to be really filled with self pity because you have given so much, and what you're getting back is resentment.

But then one day, my Guidance (Samuel) said to me, "Of course you're receiving resentment for all of this 'good'; that you are offering, **because the most important thing that you give in this dimension is the quality of the energy of your Being.** And the quality of energy of your Being that you have been giving, Dixie...has been resentment. You have been doing what you think are 'good' things, and you have been giving resentment."

You see, I was doing exactly what the nurses in the hospital were doing. They were "doing their jobs", feeling very overwhelmed and used up and righteously angry; and giving resentment. And I guarantee you that if I were to say to any one of those nurses who brought resentment into the rooms of those who were sick and dying, that they were assaulting others with their energy, that they were NOT healing but instead hurting, they would have been horribly offended by it...because they get up every day and go to that place and work and work and work, running every minute trying to keep up with the needs of people who are desperately ill – a seemingly impossible task.

For them, it IS an impossible because they're not calling upon Spirit. They are not asking for the loving essence of Spirit to fill them...to flow through them to ease the suffering of their patients. They are just doing the job, using up their OWN energy. They don't have Spirit there to aid them in comforting those poor suffering souls, so when they enter the room where the person is moaning loudly, the moans become even louder because the patient feels that assaultive, rageful energy hit them like a blast in the gut...and as the nurse is "trying to make them more comfortable by rearranging the pillows", her task is done with such rapid, rough movements that it certainly doesn't comfort – it feels like an assault. It increases the pain in an already pain-filled body. And the patient is left feeling more uncomfortable than they felt when the nurse entered the room.

I'm talking about the hospital experience because that's where I've been several times during the past couple of years, and it seems really appropriate to me as an object lesson (although most of you are not in hospitals or offering care to those who are suffering in hospitals). No matter where we are living our lives and doing our work, we are still being people who bring

a quality of Joyful healing presence into this dimension, OR we are being people whose self-absorption with our own discomfort actually hurts others.

And of course, when we are walking around feeling so filled with pity for ourselves that our lives are so “hard” (that every time we think we have our lives on track, something else broadsides us....that everyone around us is constantly demanding from us regardless of how depleted we feel)....if someone else were to tell us that they needed compassion and/or caring from us, our response might be, “What the hell do you think I’m giving you? All I’m doing all day is taking care of you! I’m suffering all the time, and I’m doing and doing and doing for you!” Our lives and their lives could be SO much better, so much easier, and so much more Joyful and love-filled if we could just remember to ask Spirit to fill us, to work through us, and to bring ITS Strength and Love to the situation. What is necessary is that we CARE enough to notice that there IS a need, to offer to that need, then to ask Spirit to flow through us and to bring the gentle, loving, joyful quality of Spirit to the situation rather than the deep, dark energy of self pitying victimization.

If only one person who reads this newsletter can get this message and consciously work to create a shift in their energy, it will have made everything that I am doing in this time worthwhile....because if ONE of us changes our state of Being from negative to positive, then all the others around us will be affected - healed, uplifted, filled and eased by the Spirit that flows through us to them.

So I’m giving you some homework for this month. During the month of October, I powerfully urge you to practice Compassion. I urge you - whenever you find yourself feeling self pitiful, victimized, overwhelmed - to simply take a second and ask Spirit to flow through you into whatever the situation might be and go with that Spirit...just go with It. Let it fill you, let it direct your life, and go with the Spirit. If we do this one thing, our lives and possibly our world can be healed.

I’ll give you a very quick synopsis of the major happenings of the month of October. As I’ve been saying in all of the newsletters, it’s more of the same: tremendous fires and storms, earthquakes in unusual places, hidden things revealed, all kinds of scandalous situations in the news (as well as in our private lives). There’s a certain kind of person in this world who thrives on negativity. They are happiest when a tragedy happens - when someone’s sick or someone dies or someone’s mate is having an affair - because then

they can get on the phone and call everyone they know and talk about it for hours. It fills their lives with a sense of excitement. So those people will really be having a hay day during this time, because there's going to be a LOT happening in all parts of our lives. Those who love negativity will be able to feast on it!

I mentioned earlier that people will respond to this energy in different ways. One really noticeable example of this will be that many people will yearn to totally withdraw from connection with other people. They will want to hibernate, to shut down. They won't want to go out and be around people or even to answer the phone, and will feel a total lack of tolerance for chatting or small talk.

Others will respond to this energy in exactly the opposite manner. Even the shyest of those people will feel gregarious and outgoing. They won't be able to stop chattering. When their eyes open in the morning, their mouths will start moving and they won't be able to stop the outpouring of words. Even people who are normally quiet and thoughtful are likely to become total chatterboxes. They may feel embarrassed by it, but they won't be able to stop it. They'll have the feeling that they just drank a lot of coffee or a power drink.

Let's just pray that two people who experience this energy in an opposite manner don't happen to be best friends or married to each other, or the relationship could be seriously challenged by these opposite responses to this energy. One could feel shut out and emotionally abandoned, and the other could feel emotionally battered by the non-stop talking.

I strongly recommend that you use the month of October to prioritize, organize and plan. Please – do your holiday shopping this month. This is going to be your last opportunity. A lot of people are going to be saying that they just don't want to do the holidays this year. Everything feels as though it's moving too fast, and many feel financially stressed. So even if you don't buy gifts, please take the time to sit down and write a letter to every person to whom you would ordinarily give a gift, telling them how much they mean to you. If you're creative or like to bake (or build or sew), you might want to do something like that....because in truth, that letter that you write, or that gift that you made for them, will most likely in the long run be much more treasured than any trinket that you went out and bought for them now. I can tell you that my most treasured possession is a letter that my mother wrote to

me at Christmastime when we weren't going to be able to visit. (She died shortly after the writing of that letter.)

If nothing else, just get together and have an evening, share a meal, and share your love. Don't let the time pass without acknowledgement of your love for each other....and of Spirit.

The month of October - unless it is a null cycle - is a good time to ask for that raise that you've been wanting or to apply for another position, or to actually seek a job change (although I am in general not recommending that people seek job changes right now, as the energy of these times continues to be very chaotic, and I'd rather see you be in a job that put food on the table for your family and didn't fulfill you emotionally than for you to go to a new job where you would be low man on the totem pole and possibly find yourself being laid off in another three to six months, as our economy is getting ready to take another plunge).

The most important thing during this month is to tend to business, but also remember to take time to play – go on that trip you've been wanting to take, visit friends, join a dance class or gym, or take up a sport like tennis, golf or swimming. Playful activities can help us pull ourselves up and out of dark energy that could lead into physical dis-ease. Just do anything that will inspire Joy and strengthen your body simultaneously.

The energy of the month of October is overall very strong and moves us toward accomplishment. However, we will also be experiencing tremendous highs and lows, peaks and valleys....feeling extremely energetic one minute and wanting to take a nap the next. I recommend that as much as possible, just flow WITH that energy.....and.....

Stay focused on the Light....

Dixie Yeterian