

INSIGHTS

“Special Edition”

Mid-November Through December 2012

Dear Friend:

This is the first time that I recall writing a newsletter mid-month, but it seems very important to me that I do so now. As I mentioned in my first of the month newsletter, we are in a time of extremely erratic and intensified energy. However, I now realize that I failed to discuss with you some of the most important things that could help you better understand what is happening and how to best deal with the extremity of this time.

As I've been telling you for a long time, we are in a time of universal acceleration. This literally means that the Earth is moving faster, and I'm certain that many of you have studied geology and realize that the Earth has a pulse. If you have studied geology and DO have an understanding, you

probably know that the pulse beat at a 4 until the year 1940, when it suddenly began to accelerate.

Scientists believe that the “Earth heart” has been pulsing at what they call a 4 for probably thousands of years, so that the fact that it began to speed up in the 1940’s, and then as we entered the 1960’s, began to accelerate much more rapidly to the extent that it has now gone from a 4 to a 16...is an absolutely amazing phenomenon.

The energies of all living things respond to the Earth energies. So it’s not surprising that as the pulse of the Earth began to accelerate, more and more people began to have heart palpitations, began to have problems with high blood pressure, and stress-related ailments became more prevalent throughout not only the human animal, but ALL species of life.

I’m telling you this because I really want to help you understand that the tension you feel (and the feeling that you want to jump out of your skin that comes over you frequently) is really a natural response to this increase in Universal Energy. It has become so strong that many people actually talk about the fact that they can hear it. I have been experiencing hearing what is

called the Earth Pulse. In fact, on some occasions I have awakened to the sounds of a loud thumping sound and listened to it for several hours. When that has happened, my friends and students tell me that they heard it also. I have experienced the phenomenon as well in which it sounds as though suddenly an enormous big-rig truck started up its motor and sat right outside my bedroom window, revving its motor. On the occasions when that happened, the sounds were so loud that each time I got out of my bed and went outside to see what was happening, because I was certain there was a truck sitting in my front yard. (And I have to tell you had a truck been in my front yard, it would have been a very unusual thing because I lived smack dab in the middle of 107 acres, and that truck would have had to drive in a half mile on a dirt road to get to my house. There would have been no reason for a truck to be there.)

But I DID hear the sound. There's nothing that could convince me that I imagined that experience, and I was really relieved when I read Gregg Braden's books, stating that many people were having the experience of hearing the heartbeat of the earth and the revving-up-of-the-engine sounds. This is a phenomenon that is happening more and more frequently and is being experienced by more and more people, because as the energy

accelerates, all life forms (animal and human) are becoming more sensitized.

Mystics say the Veil is lifting between dimensions.

But the thing that I really want to express to you in this letter is that this acceleration of energy is in this month taking another leap upwards, and I mean one heck of a leap!

If you look at my November and December calendars (December is now posted), you will see that the entire month of November is powerfully intensified, AND that the most amazing thing I've ever witnessed is happening in this time....and that is from the 20th of November through the 13th of December, there are only three days that are not intensified null cycles. I'm not going to take the time and space in this newsletter to tell you what an intensified null cycle is. I've done that many times over; however, if you don't know what that means, I strongly urge you to go to this link (<http://www.dixieyeterian.com/calendar.htm>) and read the explanations for internalization/externalization/null cycles, because it's really important that you understand the significance of this never before seen event.

Astrologers will tell you that there are amazing planetary line ups in this time. Astronomers will tell you that there are more comets and solar flares. This kind of intensification brings with it extreme events. It brings extreme weather events, earthquakes, fires – all kinds of things will happen that have never happened before. Massive storms, floods, tsunamis will be happening (and have happened) in places where they've never happened before.

I've been telling you all along to expect the unexpected and be prepared for the unexpected. NOW I'm telling you that the time you've been preparing for IS HERE, and that this acceleration and magnification of earth energies will continue to increase through at least the next two to three years. This will affect anything that is mechanical or electrical. There will be large areas that go for long periods of time without electricity. All that I'm telling you now I've been telling you for the past two years and urging you to prepare for it. In many places of the world, to find gasoline in order to drive your vehicle will be difficult. I recommend that anyone who is able to do so might want to buy a scooter so that you can travel without using large amounts of gasoline in case, for instance, you needed to get somewhere during one of these extreme events to be assured a loved one is OK, because telephones and cell phones won't be working, nor will the internet.

Most who have predicted these events have been talking about December 2012. I really want you to know that December 2012 is not the end of the world. It is the time in which this energy reaches a crescendo so that the energy we are experiencing will become more powerful than we could ever imagine, and it will continue to be this powerful for perhaps as much as ten to fifteen years. There have been many predictions, but Nostradamus, Edgar Cayce and many others predicted it would end in the year 2026, and they have proclaimed that after that time we will experience a prolonged period of peace.

So people are frightened. Most people are living in a constant state of elevated stress. I have always been an extremely calm person (in comparison to most); however, in this time, even I find myself clenching my jaws. I wake up grinding my teeth. Throughout my life, I've been a person who is very easy going. It generally takes a lot to upset me, but in this time, I'm experiencing the same kind of things that you're experiencing – we feel happy and comfortable one moment, chatting joyfully with a loved one or friend; and in the next moment, we find ourselves in the middle of a raging battle. And after it's over, we often can't even remember what it was about.

This energy is coming in waves, and when one of those waves hits us, it's like being slammed by a force that throws us out of balance emotionally so that we then suddenly feel overwhelmed, frustrated, easily angered or irritated, and we find ourselves grieving sometimes deeply about events or losses that hurt us sometimes many years ago.

Many people are feeling a lot of grief right now because most of us feel happy when we feel we have our lives in control....when we know that we're going to earn enough money to pay next month's mortgage....when we know that our bodies are going to stay strong enough and healthy enough to allow us to provide for ourselves and our loved ones. And that's one of the things that is also really difficult for people in this time. This energy increases any and all emotions. It also elevates pain, so where you might have had a bit of aching (as I usually do because I have arthritis in my thumbs)....when one of those waves hits us, the slight aching becomes extreme pain. I mean, you literally can't even hold a spoon in your hand because the pain is so intense.

We have to be very careful because we are easily thrown out of balance and we can trip or fall easily. We have to drive more carefully and give greater

attention not only to our own driving, but to everyone else on the highway because EVERYONE is experiencing this high stress and a feeling of being fogged out a lot of times.

The most important thing for us to remember in this time is that it is all a natural happening. All that is happening is intended and it will eventually work to the benefit of all mankind. Before we come to that place where we feel we are benefitted, though, we will experience some really outrageous things – we already ARE experiencing the earth changes, the violent storms, etc., and we are experiencing the reactions in human beings where we are seeing that people pick up a gun and go into a business and start shooting everyone. The homicide rates are rising throughout the world and the suicide rates, especially for young people, are going off the charts.

Not one of us is going to get through this time without experiencing moments when we just want to slap someone silly, and/or when we hear ourselves whining or shouting - behaving in ways that we might later feel ashamed of. I beg you to not beat up on yourself if you find yourself doing so, because it would just increase your grief and your sense of hopelessness. But please DO understand that EVERYONE is feeling these kinds of

feelings, so when the cashier in the grocery store gets snippy with you, please try to remember that she's probably been standing there on feet that are tired and hurting after an all-day shift, trying to look and act pleasant when all the while she just wants to go home, take off her shoes, soak her feet and cry a few tears.

In this time, we need to realize that extreme responses and reactions are the way the world is, and we should never allow ourselves to be mistreated or victimized without speaking our truth in the moment (for instance, saying to a person, "What have I done to cause you to feel so angry with me?", or to say to a person, "I don't think I can have this conversation with you until after we've both calmed down, and then I would like to sit down and discuss this with you so we can work our way past this.") In most cases, we're better off not to try to stay in a situation and resolve it while the wave of chaotic energy is slamming us. As I said, we're usually better off to speak our truth by saying, "I really need to talk about 'this' (whatever it is – you may not remember what it is later!) after we've gotten past feeling so hurt or upset," because in that time, you will not be able to understand each other. Your words will go past each other and you'll just continue to say the same things over and over again, knowing that you're not being heard and

shouting, “You’re not hearing me,” while the other person is shouting at YOU and saying, “Well, you’re not listening to ME.”

So just agree to come back to it later. By doing that, you have not agreed to be a victim to the situation, and also by doing that, you will be much less likely to carry around a pool of toxic energy in you that is the result of feeling hurt or angered by whatever the other person said or did.

So many people are ending relationships in this time because they are just being unable to communicate. And so many people are wanting to pack their bags and take the first ship to Bora Bora or Kalamazoo or wherever the heck they could go where nobody else would ever find them. They just want to get out of “it”, whatever “it” is...their job, their marriage, their sense of powerlessness.

I have been for the past year begging you to not let go of your securities because in this time, you will need them more than you ever have needed them in your life. This is not a good time to burn bridges. Doing so can cause you to end up alone, jobless, and without the support of those who have wanted to love you.

I've spent the past several years striving to teach my students that this time – in fact, the past two thousand years – has been a time in which the purpose of life in this world has been for us to learn to love....to learn compassion....to learn to respect and value others and ourselves. And we accomplish this learning most easily when we strive to live in unity and in harmony with Spirit. These months that we have entered into now are taking us into a time when we'll be tested more than we've ever been tested before in our lives. They can be wonderful or they can be terrible, and they will likely be both. But most of the time whether or not they are wonderful or terrible depends upon the attitude that we decide to bring to the situation. For instance, when the cashier whose feet are hurting and who is holding back tears because she fears her marriage is falling apart treats you in an abrupt and discourteous manner....I can't urge you strongly enough to PLEASE remember to respond to her with compassion. Instead of saying, "Wow, you're really being bitchy today," how about saying, "These are really rough times right now, aren't they?" Or how about saying something like, "Wow, I wouldn't want to have your job, having to stand there all day in one place. My feet and legs couldn't take it!" Just speaking those kinds of words that offer understanding and compassion to her situation will most

likely have the affect of changing her attitude toward YOU...and give her the incentive to strive to be more helpful with you. Because remember – what we put out comes back to us. The Bible says it comes back ten times over, but times have changed, and now they're coming back a hundred times over.

THE LESSON OF THIS TIME IS TO LEARN TO BE LOVING AND COMPASSIONATE. Every time we offer compassion, a loving word, a bit of understanding or caring to another person, our cup becomes a little bit fuller. And if we live our lives offering love and compassion, our cups can overflow. We **WILL** be in the midst of turmoil, of chaos, of war, of storms, of all kinds of events, and we can choose in those times to be resentful and hate-filled, blaming others, God, Fate....OR we can reach out our hand to another who is experiencing distress.

Which of those actions do you think is going to make you feel better, and which of those actions do you think is going to add to the quality of your Soul, of your Being, and is going to help to create YOU as a person who merits respect and care from others?

Yes, these are difficult times, but in the midst of these difficult times, we see acts of kindness that are just amazing. I saw a beautiful story on television where a little three year old boy who was in a shelter during a storm heard another child crying, and he asked his mother, “Why is he crying?” And his mother said, “He lost his doggie.” And the little boy went over and put his stuffed dog in the crying child’s arms and sat with him. The crying child felt loved and understood and within minutes, they were laughing together as the storm raged outside.

There will be many opportunities for us to make offerings of such kindness...so as I said, **it’s all about our attitude**. We can either view these coming times as horrendous trials, or we can view them as opportunities for more rapid growth of our souls. I like to think of these times as wonderful opportunities for growth, and I hope you will, too, because if you do, you can actually find yourself laughing in the middle of the storm!

Stay focused on the Light, and Happy Holidays to you and your loved ones....

Dixie Yeterian