

INSIGHTS  
SEPTEMBER 2012

Dear Friend:

I am more and more amazed as I hear from people whom I've met with for twenty years or more that although they read my newsletters, they never have looked at the calendar on this site.

Unless you read my calendars, which I believe to be extremely important and useful, you won't understand much of what I'm talking about in my newsletters. I really need my students and readers to come to understand the tremendous significance of these intensification and null cycles. Please go into the Calendar section and not only glance at the calendar but actually read the information about what an externalization, internalization, and null cycle represent. These cycles clearly predict what is happening in the world at large and with you in your personal life and relationships, and in my letters I strive to give you very clear explanations about how you can better get through these times.

In order to create these calendars, I spend literally an entire month of focusing on the upcoming year. It requires that I focus on every minute or every hour of every day of the coming year in order to perceive the quality of the energies of that time. Having done this work for more than forty years, I've come to KNOW that certain energies that I'm able to feel always result in particular kinds of reactions in the collective so that (for instance) during an intensified null cycle, you can pretty much guarantee that if you turn on your news, you're going to see that some really awful thing has happened....that someone has lost control and gone into a public building and started shooting people, or you will hear that your friend who has appeared to be happily married for twenty years has decided that he or she wants a divorce....or you may find that YOU, who are usually happy and well centered and very organized and capable, now can't think in a straight line or find the words to say what you need to express....now can't force yourself to take the action required to make your life work. And you hear yourself saying things or acting in ways that absolutely appall you. During these cycles, we are just not ourselves. We are at the mercy of energies that intensify pain that has been stored in our bodies/minds/souls for possibly

many incarnations, and in this time those emotions are surging to the surface when we least expect it.

This is happening to the WORLD, and ALL of us are going to have some measure of experience with this. Those of us who have an understanding of the cycles can learn to come into harmony and flow with them and actually use them/benefit from them. But if we don't know what it is that is happening, they come upon us suddenly and we are immobilized with fear. We feel like the deer caught in the headlights. We don't have the understanding that gives us the ability to handle the events of these times well, and so we react in ways that cause us to feel ashamed.

We go through life saying, "Why? Why? This isn't me – I'm not like this. I'm not an angry person, I'm not a mean-spirited person. I don't shout at people, and I certainly don't try to say things that would bring tears to their eyes." But we WILL in these intensified null cycles if we don't understand that they are happening and we don't understand that in these times, our emotions are magnified a hundred times over, as are theirs. And if you haven't read these letters or studied with someone similar to me, then you don't know that the answer to this is to stop focusing on yourself and start looking at how the other person is feeling.....be AWARE.

My Guidance told me that the most important lesson in this time is discernment. Discernment means 'to be aware of'. He went on to explain that discernment means that we need to assess ourselves and to process/clear out our own pain. We need to do this by talking about it, either alone in our cars or with a best friend or a therapist; but we need to rid ourselves of pain that has been caused by injuries from the past or that is the result of lies that we have been told (such as we are ugly, stupid, only of value if we are being of service to another, etc.).

Discernment also – and just as importantly – means that we must look into the eyes of others and to remember that anger is always a cry of pain....and that most of the pain happening in this world today is happening because people feel as though their worlds are crumbling beneath their feet. They feel totally powerless, and that feeling of powerlessness will bring them to the place where they feel that they absolutely must take SOME kind of action, and sometimes that action includes picking up a rifle and walking into a public place.

All that we are in now is going to continue to escalate, and I really want to be able to help you come through these times having been strengthened and renewed and filled with a greater awareness and having created loving, harmonious relationships with those people whose lives are touched by yours.

Do you realize that we have been in powerful intensifications (and sometimes in dual intensifications) for all but a few random weeks since September of last year? An entire year!!! A lot of us have survived, but most people are living in constant fear that they could lose everything in any moment. A lot of people are really angry and frustrated, but most people are just really afraid and even terrified....because it feels as though the way it has been is the way it will always be.

I've heard quite a few complaints from people who read my newsletters, saying "Oh, I don't want to hear that negativity!" I truly am NOT being negative. I truly am just telling you that this is the way it is. It seems apparent to me that most people don't watch the news or documentaries about the events of this time. For instance, just a few evenings ago I watched a show in which they interviewed more than 350,000 people who are living in the sewer tunnels beneath the city of New York. These people are living there with their children. They were school teachers...they were police officers...they were accountants...they were secretaries...they were cab drivers. They were people who had worked hard all their lives in order to buy a home and provide well for their family, and now the men are filled with shame and feelings of worthlessness because their children are going to sleep hungry and living in sewers.

I'm not just trying to give you scare stories. I'm telling you that we are in a time of great intensification and world change. Change is always hard. Change always comes from travail.

Some people (and hopefully you) are being able to float through this time with very little personal discomfort. They haven't lost their homes, their jobs, their loved ones - in fact, life seems to be raining blessings on some people. But we all know that's a rarity right now, and I really do wish that I could tell you that these intensification cycles were nearing their end - they're not. They're going to be lasting for several more years. In fact, this corridor of time (as it is defined by my Guidance Samuel) completes itself in the year 2026, after which we will experience a very long cycle of world

peace. Now he hasn't yet told me exactly HOW that's going to come about, but if he DOES tell me, I'll be heading to my typewriter as fast as I can because I'll be wanting to share the good news with you. AND if I hear from Guidance things that we can do or ways that we can be that may help us to manifest peace and prosperity more rapidly than is presently predicted, I will be telling you about those as well. (But WAIT....if I look at things clearly, I really must admit that I AM being told things that we can do and ways that we can be, and I AM sharing that information with you on a monthly basis.)

I don't know if I've made it clear to my monthly readers that all that I teach, all that I say in my newsletters is information or knowledge that I have received through meditation and through communion with a Spiritual aspect of my own Being that I describe as "Samuel"; often this information comes in answer to prayer. If you want to know more about Samuel and who or what he/it is, I urge you to read the "About Dixie" section elsewhere on this website. (We are at present putting together a collection of Samuel's amazing teachings that have been collected over the past thirty plus years, and we intend to make a page of his teachings that will be offered regularly on this website so that you will be able to read and absorb the Essence of Spirit that flows through Samuel's words.)

I have a heck of a time writing these newsletters every month because the truth is, I receive information for each newsletter in bits and pieces throughout the month. I sometimes wake up in the middle of the night and search for a pencil and paper so that I can write down something that was told or shown to me in a dream. I leave my computer turned on and ready to go when I meditate because I often return from meditative states with a sense or an awareness of something that I know I need to share with you. I also have a tape recorder that I put beside me in my office during the day and beside my bed at night so that I can record information that may come to me suddenly. Admittedly that information is often distorted and garbled from my sleepiness (when it's at night) so that it's hard to understand, or scribbled hurriedly as a "knowing" that came through to me at an inopportune time (such as during a dinner, when someone is regaling me with their delight about the new car they just bought....or complaining about the ogre who just became their manager at work, etc., etc.) I carry post-it notes in my pocket so that I can make notes and write these things down before I lose them.

The writing of these newsletters is actually kind of an adventure for me - it's kind of like putting together a puzzle. I have a lot of pieces here and there, and I have to go on a search first for all the pieces and then have to figure out just where, how, or even IF they fit. Surprisingly, they almost always do. (I can't tell you how frustrated I've been known to become when someone thinks a chewing gum wrapper with scribbles written on it isn't an important document and tosses it into the trashcan!!) Any person who writes is likely to tell you this same story is true of themselves. All of us who write - regardless of the subject of our text - are bringing forth information that is needed somewhere by some group of people. There are those who need knowledge and understanding of plant life (for example), or birds, or fish. There are those who feel compelled to understand the history of this world (again, for example) - the evolution of life and of social development.

We ALL have different ways of seeking understanding of the Truth, but we are just now coming to the realization that all of those different studies - all of those different ways in which we strive to understand - are about us seeking to understand who WE are....what we are....where we began, and where we are going. So we seek to understand every Being - every rock....every cell....every part of this Earth and every part of this Universe and even beyond. We're looking at it from all different perspectives, one of us being fascinated by fish, another by birds, another by astronomy or astrology....or any of the million of different ways that we can look at this world to try to discover the answers as to just what we are, where we came from, and what it's all about.

I asked that question of my Guidance once. (My Samuel speaks in a masculine voice with a Scotch/Irish brogue he uses so as to clearly define his aspect of my Being from the small part of my Being that exists in the Earth dimension). He responded, "You'll be surprised to discover that you find great comfort and solace in the absolute knowing that You Are....that God Is....and all that YOU Are and all that God Is has always been and always shall be." Now I have to admit I was hoping for some kind of philosophical or scientific dissertation....but I've never forgotten those words, and I'll repeat them: "You'll be surprised to discover that you find great comfort and solace in the absolute knowing that You Are....that God Is....and all that YOU are and all that God Is has always been and always shall be." I can't claim that I understand the full meaning of it, but just thinking those words

fills me with a sense of Strength and Peace and a knowing of Unity with the Divine. I can't say why – it just does.

One of the things that has become really apparent to me is that all of these seemingly unique or different areas of study are in fact the same thing, and they ALL are seeking the same answer. But finding answers does not feed our soul – it feeds our mind. It is the seeking that takes us into unity with our greater Being - the great I AM. It takes us to the place where we can actually touch Brilliance.

Information coming from the mind brings us individually closer to each other by knowing/understanding each other, and the closer we come to knowing each other – not only humans, but every part of life in this dimension....that knowledge brings us a deeper understanding of all that is life and brings us closer to it and to the realization of the value, validity, necessity and Divinity of ALL Life, regardless of its form.

The words that I hear most often from those who seek my advice are, “I don't know what I'm supposed to do. I don't understand what my purpose is.” My Guidance Samuel has a great sense of humor, and his answer to that statement/question would be, “If you are alive, you're doing your Purpose!” The true Purpose of all that we experience here is for us to learn to live and be together in Harmony, and for us to realize that ALL that exists is Divine, is of Spirit, and is of Value. For instance, we believe that insects have no purpose – we see no value in an insect to the extent that if we see one, we feel compelled to kill it. Why?

If it's poisonous and is running rapidly toward our child, we might want to stop it. If we are frightened, we might even feel the need to stomp it. However, the ideal thing would be to cover it with something so it couldn't hurt anyone and then take it outside and let it live in nature....for the truth is, it wouldn't do harm to us unless it thought that WE might do harm to IT (or unless it feeds on blood and is hungry, just as most people in the world feed on the flesh of other life forms. By the way, plants are life forms, also).

So, I'm not telling you that you are a horrible person if you swat a mosquito. I'm just urging you to come to the realization that our Purpose, our Intent in this world is to come to understand all that we can about all things in this world to the extent that we come to respect and value them. A person who studies ants or bees develops a great respect for them. They have very

complex societies and families and laws, and they work together to maintain their world and their environment in absolute harmony with each other.

When we learn to live with mutual respect and in harmony like ants and bees, we will come to peace in this world. Through respecting each other, we learn to value and come into harmony with each other. Lack of harmony comes from lack of understanding. Lack of harmony comes from the belief that different is wrong, different is bad. Lack of harmony comes from inner focus and failing to see the value and the beauty of another life form.

When people come to me and say, “I don’t know what my purpose is, Dixie,” I tell them “Look to see what your conflict is – what is creating the most pain in your life?” For the thing that is causing the most pain in your life IS your Purpose. It is the thing you have the responsibility to learn about, to come to understand, and therefore come to respect and value so that you may learn to live in harmony with it.

The words that I hear most are these: I’m stuck. I feel immobilized. I feel overwhelmed. I feel exhausted. I feel that I pour all of myself into doing or being good or right, and that others see me as trying to do bad or wrong. I feel that others don’t “get me”. I feel unloved. I feel disrespected. I feel unseen. It is important for us to realize that all of those sentences start with the word “I”....and Spirit is telling us to discern. To discern requires that we look outside ourselves and see into the other person: to discern their emotions, their needs, their pain....and to CARE about it. However, Spirit never requires that we remain in a situation that continues to create pain for us after we have offered love, courtesy and caring to it. It just requires that we come to understand it and that we hold no animosity for it....that we release the anger that has built up in us about it.

So if we can’t respect and value another person, we owe it to them to leave their presence because by staying in their presence and disrespecting them, dishonoring them, and bringing constant disharmony into their lives, we are helping to deprive them of happiness. The same is true if they can’t learn to respect and value US. We have the responsibility of honoring our own Beings to the same extent that we honor others. All that God asks of us is that we give it our best try....that we strive to see clearly, to understand, and to offering caring, because love heals all things. If that person rejects the love and therefore the relationship cannot be healed, then we have the responsibility to leave it because if we stay there, we will be emotionally and

perhaps physically battered...and be diminished/devalued to the extent that we lose any realization we ever had of our own value. And I guarantee you that if we leave that person, that place, that situation, there are other people, places and situations that would accept, honor and love us and be grateful for all that we bring them.

I repeat: all that Spirit asks of us is that we try. This is true. It is truly unkind to stay with a person, with a job, or in a place if we cannot love them, if we cannot respect them, if we cannot come into harmony with them.

However, I urge you strongly before you leave, to please look at the person...look at the situation....study it deeply. SEE it – don't just look at yourself and how YOU feel – it's not all about you – it's about you in relationship with them. If you were to change something that YOU are doing, would they still react or behave in the same manner? If we are in relationship, we're partners in that relationship – we're in it together. Whatever is happening in that relationship is one-half our responsibility, so if you are truly interested in this person or job or place – whatever it might be that you are thinking of leaving – then I urge you to study it, get to know it....understand why it is the way it is...what caused its responses and the reactions to this world or to you personally. And then ask yourself, “Is there something that I can change in myself that they would change in response so as to bring about greater harmony.

The truth is, there is almost always one thing, and that one thing is that you can begin to take responsibility for whatever is happening in your experience there. You can say to the person, “Tell me what I have done or said that is causing you to act or feel this way?” You can say to the person, “What is it in me that causes you to feel so (unhappy, angry, uncooperative, disrespectful, whatever)?” If after hearing those answers and learning the truth, you still feel that the situation cannot change to the extent that you can come to harmony, then you have the responsibility to leave it. If you CAN find a way to change it and if you can live in harmony there, then you have the responsibility to strive to live in harmony in that place or with that person.

As I said at the beginning of this letter, the intensifications are continuing as they have been. We will continue all the enormous storms, fires, earthquakes. I truly urge, as we come through the last three months of this year, that you pay attention to the world around you, especially to the

animals, because if there's going to be an enormous weather event, or earthquake/tsunami, the animals will flee that area and dogs will unceasingly bark. Animals know. Insects know. Insects will leave the area as well. You'll see them leaving in swarms. If you see animals or insects leaving the area that you are in, go....fast.

Once again, our task in this time is to be discerning. Care for yourself and others. Keep meditating and praying.....and

Stay focused on the Light,

Dixie Yeterian