

+INSIGHTS

DECEMBER 2014

Dear Friend:

For the past several years, I've been talking with you about the build-up of energies that I call intensification (either external or internal cycles). They actually began around 1964, at which time they were quite mild and rather infrequent. They came around perhaps every few months, and we didn't feel very strongly affected by them. (You probably wondered why I continued to jabber on so much about these cycles in every newsletter when you weren't really feeling that much different.) But then gradually they increased in their intensity, and in 2008, the universe gave them a kick-start, and now we have reached the place where we are experiencing them almost all the time.

For instance, an externalization cycle began on November 25th and won't end until January 20th, and then the VERY next day, we begin an internalization cycle which lasts until February 11th, and then we immediately (on February 12th) begin another externalization cycle. We're like ping-pongs – we have no time to recuperate from one energy before we are immediately slammed into the next energy. So we're walking around feeling this shaky feeling and we can't get in touch with our internal emotions – we don't know where those feelings are coming from. They don't seem to relate to anything going on in our lives here and now and as a result, we're easily irritated and get angry about every little thing that doesn't work out as planned (and during an internalization cycle, we can expect that almost nothing is going to work out as planned). We feel like nothing is right; we don't know which direction to turn. We feel that if we turn left or right, it's

going to be wrong no matter which way we go. “Yesterday” we felt as though we wanted to get up and move and take action to get things done, but “today” we absolutely know we need to pull in and think about things before we take action, because if we DO take action, we could take the wrong one and create havoc in our lives. We don’t trust our decisions when we move into an internalization cycle.

So with these rapidly changing cycles, we are emotionally all over the place. We are unpredictable. In the past, other people have told us that we were erratic, which probably offended us. Now WE see our lack of predictability and are frequently failing to trust ourselves. I don’t know about you, but the thing that bothers me most about these cycles is that they drain my energy. I may be filled with energy one minute and am absolutely empty and unable to function in the next, to the extent that sometimes I can’t even hold a lucid conversation.

These intensified cycles affect some of us more than others. Those of us who are by nature highly sensitive are extremely affected by the shifts in energy. We adjust to them quite rapidly so that within a week or so after we shift into a new cycle, we are able to act and feel fairly normal. But in the first and often the last week of a cycle, we often have a pretty difficult time....and those poor souls who must share our space in this world may believe us to be absolutely crazy as we talk about “seeing” our parent who died last year or describing our lover’s aura. Even the least sensitive person is likely to have some pretty amazing psychic experiences.

These cycles magnify everything. For instance, I’ve always prided myself on my cooking . I don’t think you’d want to eat many of the things I cook these days. I tend to over-season, over-salt and overcook most everything lately. I’m ashamed to tell you how often I crave some kind of food and beg my husband or someone to go to the store to buy me a particular food, and then by the time I cook it, I don’t

want to eat it. I don't think anyone would want to eat it. But I DO try to get a few bites down because I don't want them to feel as though their efforts were in vain and/or unappreciated.

The one really important thing to know is that these energies are so intensified that they give us a feeling of restlessness and cause us to feel unaccountably irritable; AND they cause us to feel as though we just must be helpful to other people by showing them that there is a better way to do things than the way they are doing them (which of course can be insulting to the other person so that even though our motives are truly intended to be helpful, the other person can very often feel that we are fault-finding). This feeling of restlessness causes the urge to move. It brings on muscle spasms, usually in the legs and then moving into the entire body. We start thinking that maybe it's time to leave our marriage or leave our current partner because someone else piques our interest now. We want change of any and all kinds. This feeling of wanting to change has been titled "The Restless Soul Syndrome" by my dear friend Marty – I don't think there could be a better title for it.

There isn't a person in the world who isn't feeling this sense of restlessness from time to time, now, and if they currently don't, then they definitely WILL be feeling it as these cycles continue to escalate in their intensity and frequency. (I don't know how they can become more intense or more frequent, but they are.) They will continue to pile up onto each other so that as we move forward, we will most often experience both kinds of energy pulling us in opposing directions simultaneously. For instance, our minds will demand that we leave our job, our marriage, our life situations while our hearts tell us that we are still in that situation, in that job, with that person, in that situation because someone else is making us be there....that whatever is in our life that is causing us to feel unhappy

or pain-filled is someone else's fault. We fail to admit or to even see what part WE might play in the choices that have been made that keep us there, such as..... we might be staying in that job because it affirms us. Or we may be staying in that relationship because we need the security that it offers...or because we truly love our mate – we just don't trust the depth of their love, so we keep testing it, letting them see that others might want us...pushing and testing and pushing until finally, we push them away. Then we can blame them for our pain, because “they didn't know how to be in a relationship”.

We may be pretending to be friends with that person whom we truly dislike because their wealth and social position opens the door to social acceptance for us. So, for instance, when we're sitting in a restaurant with that person with whom we're pretending to be a friend and another person whom we have known and loved for many years enters the restaurant and our companion makes a snide remark about their apparel, we plant a seed of shame in us when we laugh at that snide remark, and an even larger seed of shame when we make another comment aligning us with their cattiness...whereas the Spiritually correct thing to do is to say, “I've known that woman for years and she happens to be one of the kindness people I've ever met. She dresses the way she does because she spends her money helping people and because she doesn't think that appearance is the most important thing in the world.”

It's very important that we stand strong for our own self-respect, but it is equally important – perhaps even more so – that we stand strong in defending the respect of another. To strike out with the intention of hurting another person is evil, and to strike out with words is even more harmful than to strike out with our hands or with a weapon. If we hit a person, we injure the flesh. When we strike out at the heart, we injure the Soul. That kind of pain goes deep and can last for many

lifetimes. So as we access the pain and the anger that rises up in us and we hear these words, “Well, have you considered that maybe YOU at some time were that woman in the restaurant saying something unkind about another woman who wasn’t dressed in the socially accepted fashion”, our first response is possibly going to be, “Oh, no, that’s not me.”

Well, if it WAS you at some other time and it isn’t you now, would you be ashamed of yourself? Would you be angry with yourself if you behaved in that manner? We need to assess ourselves and ask ourselves, “Is it possible that I have done that?” We need to stop saying, “I wouldn’t do that because I’m better than that”, because we have lived through thousands of lifetimes and we have done and been all things.....and we are now in the time and in the process of digging deep into our Souls and finding those lessons that we didn’t learn well and finding those pains that we didn’t heal from....and heal ourselves. And what we must do in order to heal ourselves is to stop blaming others - find the source of the pain and forgive ourselves. God does not judge. God desires that we come to recognize our own perfection and wishes to show us the way to it so that we can live in a constant state of Joy and the realization of His presence in our life.

You see, I believe in reincarnation. Therefore, I believe that the purpose of this particular time (for both the individual and the collective) is that we come to understand and release our attachments to pain and anger that are the result of events that happened in prior lives as well as in this life....and to realize and take responsibility for OUR part in the events that caused that pain and all that anger. It is also necessary in this time for us to assess the relationships that have moved and are moving through our present life and recognize how they have affected us and how we have affected them at other times (whether in this life or previous lives), being aware and taking responsibility for what we offered or didn’t offer to those

lives...and recognizing what we failed to be aware of that brought pain to others. (such as not realizing how important it would have been to our child if we had gone to see their school play instead of staying home and cleaning house or going out to dinner with friends).

“Sins” for which we bear the heaviest crosses are our “sins of omission” – the ones we are unaware of. The one thing that my Guidance Samuel has been telling me and repeating to me for many years is that **we must learn to live in a constant state of awareness**...to be aware that we create our own existence. So if I am in pain or anger, I created that pain and anger. Another person has not hurt me – they have simply responded to my actions and to my words, which they interpreted as cruel.

Our natural reaction to another person’s pain is to become angry with them instead of having compassion for their pain. Spirit is asking us to seek to understand the reason for the source of their pain and to offer compassion to it. When we understand the source of their pain, very often we will discover that the source of THEIR pain has to do with us and our lack of awareness and/or compassion. We are challenged in this time to live in a constant state of awareness and to seek to offer compassion to pain.

Because these life lessons focus into the past and into past relationships, many of the relationships that we will be called to focus on, to assess, will be those with our children: to listen to them as they cry out their pain, to overcome our urges to tell them that they are wrong and that events did NOT happen as they remembered them, and to offer compassion to their memories and their feelings. It doesn’t matter whether their memories are correct according to our memories – it only matters that we offer compassion to their memories. Their memory is only going

to change if they assess it to the extent that they can accept a different viewpoint and/or can see it from a Spiritual viewpoint. Otherwise, they will remain with their own view and continue to believe that we are at fault and that we have wronged them. It doesn't matter who is right or wrong. It only matters that there is love in this relationship.

The question is, do we love our children enough to take the blame? Are we caught up in our need to be seen as "good" to the extent that we would be willing to live without the relationship with our children as long as they continue to believe that we are "bad"? It's very important that this relationship and these issues be discussed thoroughly, and it's very important that we cry our tears and that they cry their tears. It's very important that WE, as the parent, offer compassion to their tears. The parent **MUST BE THE PARENT AND MUST DRY THE EYES OF THE CHILD**. Many of us are in parent/child relationships with younger souls, and we therefore can't expect them to know how to change the dynamics of the relationship. They expect us to be their parent and therefore be the one to change the dynamics of the relationship.

NOW.....if your mother (for instance) is 70 years old in body but is younger than you in her soul, all through your life, she has been the child and you have been the adult - the one to parent HER. So you may wonder "How am I to have this conversation with her, because I'm the parent and I don't know how to have a conversation with her because she is 'the child'". I'm telling you that although she is younger in soul than you, she came into this life to begin to learn how to mother.....and YOU, as a much more evolved soul, have agreed to enter this life as her child to help her – to bring as much compassion as possible to her. She would have difficulties in how to mother because most often, the young souls don't want children because they don't know how to parent. So you as an older soul would be

doing your best to hold on to your compassion and to live up to her expectations while running short on patience quite regularly....and finding that she very seldom had much awareness or noticeable caring about your needs but demanding that her needs be always recognized and cared for.

The month of December is a continuation of November, with a tremendous amount of anger and rage. People are demanding that others be punished without any consideration of whether or not they are guilty, because those who are in power (and I'm not speaking of our presidency – I'm speaking about the “great powers behind the throne” who are successfully striving to establish world power) have been working to break down all structures that support “the people”. They have worked endlessly to build hatred among all races and religions. Overall, I believe the racial hatred is much stronger now than it was in the 1960's and 1970's. Many of the races didn't understand each other then, but they didn't hate in the way they do now. There were factions of people who hated, but for the better part, it was more socially acceptable to be tolerant of other races, religions and creeds.

When I was in college and studying comparative religions with my fellow students, we accepted/discussed with real tolerance and vigor the concept of one world, with all men seeing and accepting the validity of all other men regardless of the color of their skin or what God they believed in. We joyfully (never with anger) discussed and debated the differences in cultures. Those same kinds of conversation between young people throughout the country generated a shift in society that really did bring about changes to the extent that finally, African Americans were allowed to eat in any restaurant, go to any college they wanted to attend, sit anywhere they wanted to sit, etc. They were no longer seen as secondary citizens but as the first class citizens that they are. Not to say that there weren't close-minded groups of

people, but they were just that – close-minded – and those people were not generally accepted in mainstream society.

I consider it important to talk about this now, because this escalation of prejudice is THE thing that is being orchestrated and encouraged, and people throughout the world are believing that any person of any color, race, or belief that is different from their own is bad and must be vilified, ridiculed, and in some cases, even killed.

The intention in this world now is to break down the business structures, to break down the social structures, the religious structures, the political structures, the educational structures – all of the structures that create stability and maintain order within a society. And as those structures break down, the society dissolves....and we're seeing that not only in America but in many other countries as these power seekers have banded together and are working hard to take the power away from "the people". They have succeeded in many ways, and I pray – and I'm saying that literally – I pray every day, several times a day, that they will not be successful.....that the people of the world will come together with eyes open, seeing and refusing to accept the lies we're all being told.

It's not necessary to become rioters. You don't combat hatred with hatred. You combat hatred with Love, because hatred cannot exist in the presence of Love. If someone (as I mentioned in the restaurant example) speaks cruelty and the other speaks Love and acceptance, the energy of the one who speaks cruelty is immediately negated. In any group situation where one person brings the intention of lessening the value of the others in the group – what they think and who they are – that person's intended harmful energy will simply fail as the Love energy rises

up within the midst of that group of people, because Love overpowers hatred. Love diminishes hatred.

I am so happy to be well enough now to be able to be back with you. I'm going to be undergoing a couple of surgeries in the near future, but I am praying I can keep up with the newsletters during that time. If I'm not able to, please bear with me. Writing these letters and hearing from you is one of the favorite things that I do. I sooooo value and appreciate your prayers, your cards and letters, and your feedback. If you have a particular subject you'd like me to talk about in future newsletters, email me at info@dixieyeterian.com. Having said that, there are some topics I just can't discuss in a newsletter – they're too large a subject to cover beyond a rudimentary level (such as the subject of reincarnation). But most subjects I could venture into and give basic answers to questions and hopefully bring understandings to you.

In this holiday season, the most important thing we can do is to be together with people we love. We've come to a place in society where we've put too much focus upon giving “things” to each other. I'm strongly urging you to do it differently this year and go back to basics, where Love and being together is what matters rather than buying expensive gifts and spending a small fortune. I'm not saying to forego gift-giving, but maybe think about drawing names within your family so that each person buys/receive one gift to cut down on the stress of holiday shopping and your budget. Or consider giving a practical, useful gift rather than yet another piece of jewelry that will go into a jewelry box and seldom be worn.

The most important thing we can offer to each other during the holidays is our presence – being together and sharing our Love.....looking into the eyes of the people whom we love and making sure they KNOW that we do!!

Stay focused on the Light,

Dixie Yeterian