

Insights

April 2016

Dear Friend:

In the last newsletter that I wrote to you, I said that I was now feeling much better and intended to make the newsletters a regular happening again. You've probably noticed that that didn't happen - at least, I HOPE you noticed (*smile*). I fell into another difficult cycle with my health and I've been undergoing recurring dental surgeries. The oral surgeon is replacing my jawbone a bit at a time as well as the gum tissue (which he accomplishes by removing tissue from the inside of my cheeks and upper palate). Needless to say, it's a bit painful, and when I'm in pain I just can't think of anything positive to say.

As the first of each month comes around, I have every intention of writing to you, and as the first of the month comes around, I almost always am recuperating from oral surgery and feeling pretty sorry for myself. I just haven't been able to bring myself to honor my commitment to you, and I DO apologize!! Thank goodness I've come to a place now where no serious surgery is scheduled for quite some time, so I'm thinking that I'll be able to write these newsletters regularly again.

As we entered 2016 and I did my focus on the yearly calendar, I became very distressed because it became immediately apparent to me that we were in for an amazingly intense year. Now, I know that I've been using the word "intense" a lot

for the past ten or more years, and I have at all times thought that "Wow, this energy is really intense," but NOW I'm telling you that it's really, REALLY intense, and as I project into our future, I see it becoming really, really, REALLY intense. I've been telling you for several years, now, that we are heading into World War III.....and with all that has been happening in the world, I would think that it must be apparent to just about everyone now that my predictions are correct. Part of the reason that I've had a difficult time bringing myself to write the newsletter is that it just began to feel to me that I was being a dooms-dayer....that I was constantly talking about how difficult the world is and telling you that it was going to get more difficult. I must say that it IS difficult for most people, and it IS going to become more so for a lot of people. This is not an easy time - we are in the midst of a Universal Transition. That means change - that means world change - and to quote my Guidance, Samuel, "Change is born of travail."

Any psychic could predict at any time that the world was going to experience war, and they would be correct because at all times, there is and has been a war happening somewhere in the world. What I have been experiencing and telling you about is a building of very intense, very rapid-paced energy. When I first began experiencing and talking about this energy in the early 1980's, I was then amazed at how powerful the energy felt. On a scale of one to ten, I would say that it had previously been consistently at a three or four.....and it suddenly jumped to a five or six....meaning, the energy felt more rapid. The energy felt the way your heart feels when it beats rapidly and pounds in your ears. Whenever energy becomes more intensified and speeds up (and this increase in speed of the world's energetic pulse is being measured scientifically), everyone experiences a

heightened level of emotional and physical tensions. The increase in the energy causes everyone to feel more intensely. Whatever emotions we are feeling become intensified as the energy speeds up. That's why it's so important, as we are moving toward an internalization or externalization cycle, that we do everything we can to put ourselves in a positive state of mind.

The almost constant intensifications that we've been experiencing is causing most people to feel really tired right now. We're feeling tired because our energies are moving more rapidly. It's as though we're running constantly. It's as though we are constantly experiencing a high level of tension. So many people are suffering sheer exhaustion. The one thing that will pull us out of the exhaustion is to listen to joyful music - music that makes us want to move around in our body. Joyful music eases and heals the frayed nerve-ends. It relaxes us, and it changes our emotional state of Being.

Unfortunately, many many people have let their tensions build to such a state that they are now living in a constant state of rage. Their rage is filling them and compelling them to violence. That's why we're seeing such an increase in violence on our daily news, and that's why the world is becoming so filled with intolerance that it is now propelling itself rapidly toward an all-out war. Every country in the world is going to feel the brunt of this energy. Every country in the world is going to experience this warring energy.....at first, with terrorist attacks, and then with out and out battling.

A few years ago, I was seeking to find a way to change all that I was perceiving as our future, but now I've come to realize that it's not my duty to try to change it. I think it would be pretty presumptuous of me to think that I had a right to try to change another person's way of thinking or feeling.....but I can change my experience, and I can help others to understand how they can change their experience; I think that's what I'm supposed to do. That's what I've been doing for the past fifty-four years.....and that's what I'll continue to do because it feels right in me.

You see, one thing that my Guidance has repeatedly said to me - and I finally realized that he only repeated himself because I either wasn't completely comprehending his message or because I had heard it but was not acting upon it - is that if I don't like what is happening in my life, I need to change what is happening in my life. It took me several years to really "get" the Truth of this, but finally one day I came to the absolute realization that everything that had happened in my life had happened because I created it. It would be easy for me to say that I was a victim when a gunman came into my home and shot me, but the truth is that I knew years before that event that I was going to be shot in my 45th year if I didn't stop working with law enforcement in attempts to find missing people. I kept telling myself that I would stop, but I never did. In fact a week before I was attacked, I agreed to help a family find their missing son. I just couldn't bring myself to say "no" to terrified and grieving parents if there was any possibility that I could help them locate their missing child. I didn't think I had the right to refuse them, although I must have had the right, because my

Guidance told me that I should stop doing that work. But I chose to continue doing the work, and by doing so, I chose to have the experience of being shot.

As I began to evaluate my life, I came to a clear realization that every single thing that has happened in my life - including events that happened when I was a very young child - happened because I orchestrated the events. I wasn't always fully conscious of what I was doing or creating, as events were formulating.....but in retrospect it's very easy to see how my attitudes and actions worked to create the events in my life.

So what I'm saying is.....yes, we are in a time of Universal Transition....AND yes, Universal Transition includes travail - unhappy people, angry people - war.....all of that is in our environment. But we don't have to be in that experience unless we choose to. I'm not even saying that we should choose to not be in the experience, because the truth of my life (and of the lives of most of the people I know) is that I have gained more from the uncomfortable, difficult experiences of my life than I have from the easy and pleasant experiences of my life. If I had my life to do over again, I would not stop doing the law enforcement work. I would not seek to keep from being shot, because even though it did hurt like heck, I gained immeasurably from that experience. I benefitted in so many ways that I can't begin to count them.

So knowing that we create our own experience and that we create our own environment - it really helps me to remind myself regularly that if I want something, I need to create it. If I want my husband to be more loving with me, I

need to be more loving with him. We need to offer what we want. In this time, many who feel a need for compassion for others are creating illnesses and/or very unpleasant events in their lives so that they can feel compassion from others. We all need to feel the energy of compassion from time to time. But it would be so much easier for them if instead of creating illness or difficult experiences for themselves, they would just offer compassion for others. What we send out into the world comes back to us many times over.

Some of my clients say to me, "I'm in too much pain to feel compassion for anyone else - I'M hurting." My response is if you're just focused on your pain, then what people are feeling from you is depressive, sad, pain-filled energy. That's why most people don't like to visit hospitals. They leave the hospital feeling depressed and sad and whatever pain they have in them is now magnified. So if we are feeling pain, it would benefit us to look to another person's need and offer compassion to their need. Whatever we offer comes back to us. We don't get something just because we want it - we get it because we ARE it. And if we don't feel compassionate, as I've said before, then it would really benefit us to at least act compassionately and to continue acting compassionately until we begin to feel it. If we have been focused into our non-constructive feelings so long that we've forgotten how to feel constructive feelings, then we need to re-teach ourselves.

And there's a magical number - that number is 29. We can change any habit in 29 days. For instance, if I had a habit of biting my fingernails, if I could refrain from biting my fingernails for 29 days, I would not have the urge to bite them

after that timeframe. There have been many studies done seeking both to validate or invalidate the 29-day theory and/or to understand it. (Some of the studies are amazing and I'll talk about them with you at a future time. This phenomenon has been validated many times over.) So.....if you can act compassionate for 29 days, you will - on the 30th day - feel compassionate.

This month of April is one in which people will be feeling heightened emotions, so I'm asking you to strive to keep your emotions in balance. I have suggested using music, but I also recommend that you consciously think and talk about positive things. If someone starts talking about another person/event in a negative manner, try to think of something positive to say about that person/event. Watch movies or television shows that are humorous or inspiring. Be out in Nature as much as possible. Even though it's still cool outside (in the US), I recommend that you get outside, take your shoes off and plant your feet on the ground for several minutes at a time. To do so really makes a difference in our physical bodies. And if you find yourself dropping into despondency or accelerating into rage, call your friend who is joyful or funny or loving.....and just be with them - talk to them for a few minutes and let their Essence fill you.

We need each other now. When our energy is balanced and joyful, the ideal thing for us to do is connect with others. Telephone, write or email someone you know who is suffering. We need to give of ourselves when we are filled, and we need to be open to receiving from others when we're drained. It's so important for us to stay balanced and filled with positive, loving, joyful energy in this time so that WE can be of benefit to others, and so that we can best serve our Purpose in this

world. And most important of all, strive to be consistently loving and compassionate with those who are close to us, and meditate/pray.....WALK with Spirit!!

Stay Focused on the Light,

Dixie Yeterian

PS. I said this earlier in the newsletter: "If someone starts talking about another person/event in a negative manner, try to think of something positive to say about that person/event."

I want to clarify that this can be very tricky in that people may perceive that they are not being heard or cared about and can therefore become argumentative. As I said, this is a month of heightened emotions, so be careful. Yes, we need to direct people's attention to the good - to the positive - but we also need to make sure THEY know that we are hearing them and care about their feelings. It's very easy for people to feel dismissed by others this month, so just wanted to offer this as a caution while we're in this time of heightened emotions.