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Level 27: Phoenix Rising, From Out of the Ashes

(At times our physical bodies experience extreme heat to the point that we needed ice packs to help cool our bodies down. We were not sick but felt as though we were having “hot flashes.” Thus the name, Phoenix Rising.)

Phoenix Rising

BY ISHVARA

The phoenix it is calling- a cry of pain
Fiery feathers of forgotten fools
Burning- ever so brightly- a beacon
The phoenix it is calling- the end of a reign

Flames that dance and flicker- watching
Look into the phoenix's eyes- powerful!
The mythological beast- does it truly exist?
The same could be said for true love...

Suddenly it plunges- down- headed for the ground
Impact! A shattering of a powerful heart
The crater is all that remains- nothing left
Fire dancing all around- laughing- beware!
The phoenix- it has gone to bed- died tonight...

Ashes- all that is left of what once was
Black ashes swirling with soft winds
Punishing those for their sins- beware!
The phoenix- reduced to fragments of its glory...

Wait! Ashes, in the center- a fire burns again

A fusion of intense fury and feelings
The ashes dance with the cold breeze- the fire burns
A cry of joy- a cry of immortal love- so alive!
The beast born again- but never like this

It stretches its wings- embers shed- new life
A bird of old- reborn- wearing its burning crown
A glowing rain of shedding ashes and tears
The phoenix has returned to deal with earthly fears

A new song is sung- melody melts minds
Defying its death- eternal- for all of time
A formula of extensive beauty and passionate brawn
It sings lovingly- a completely different song
The phoenix rises- the birth of a new dawn...



For months we have been hearing people talk about not fitting in. We hear things like: Our long time friends have been falling by the wayside. I feel so alone. I am no longer comfortable in my old shoes. What are the new rules? I no longer have a road-map. The list could go on and on. As our vibrational rates have been increasing and changing, it is almost like we are getting ready for the next leap. We are standing on the edge of the cliff, jumped up in the air and are

suspended mid-air like we are defying gravity. Where do we go and where will we land? It is like the next page has not been written yet or we are not quite ready for the next step.

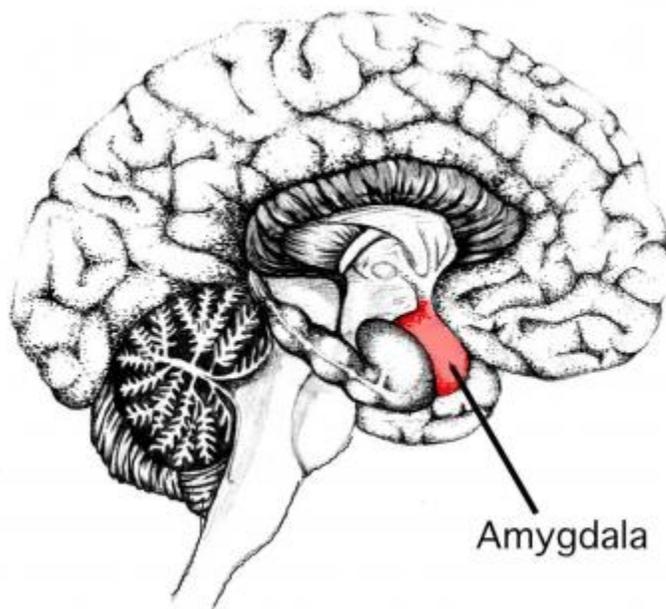
Fear of not surviving... Fear of surviving

Many times we find ourselves facing a problem, we react to the problem, find a solution to the problem and fix it. (For example, 911, Katrina, San Francisco earth quake, etc.) With the collapse of the financial market, we often get sucked in to the group energy and get scared. The energy of lack and not surviving the great depression of the 1930's has been passed down to you. This is just one example of many patterns that have been passed down to you. Ask yourself if this is another way for the powers to be to manipulate the government to deregulate the financial institutions? If so, once you get people into the mode of the "fear of not surviving" they will agree to anything that might **save** themselves without even a glance at the wider consequences. It appears that the manipulators have harnessed and accumulated so much control of the global economic system that governments are helpless, hopeless and impotent.

Our collective purpose is to hold our center no matter what we see in the outer world, be in our power as co-creators and focus on a world unbound and free, and know in the truth of our hearts that a miraculous transformation is taking place. The key now is "What are we each choosing in every **NOW** moment?" In other words, what is not in alignment with the energies of a fifth dimensional reality will not be able to sustain itself within that frequency of light.

Amygdala

The amygdala (uh-mig-dah-la) is the brain's center for the emotion and memory of fear. **This is a physical reactionary fear, how your body responds.** When the cells that make up this structure are activated, our heart beats faster, our breathing is more rapid and shallow, and our hands get cold and clammy. Scientists have shown that fear conditioning, panic attacks, phobias or obsessions, happens within the amygdala and is stored by it as an inappropriate anxious reaction.



The amygdala reacts to 'fear conditioning' in the same way as Pavlov's dogs were conditioned to salivate on hearing a bell. So, through repetition, the subconscious mind could be affected in a way which would alter the autonomic reactions stored in it. What are the catalysts for the ways you react in different situations? Can you identify specific catalysts when you are in family situations, bereavement, exposure to other sufferers and general social environment amongst many more? How you react socially, the ability to read the nature, mood, or intentions of other people by reading their body language and faces, can affect your relationships.

Think about how you react to certain sounds, smells, flashes of light, dark, when you are startled, experience pain, etc. The primary role of the amygdala is in the processing and memory of emotional reactions such as the anxiety reaction or 'fight or flight' response. Fight or flight is an involuntary response, a response that a person cannot control consciously but that is controlled by the body's nervous system. This is a very important function that affects our entire body. How you react to situations has been established and ingrained in you from birth. Many times people have learned their reaction techniques from their parents, family members, close friends and teachers. How you react to a situation may be the same way your great, great grandfather physically reacted to that same situation. These reactionary physical patterns are no longer relevant and are hindering your ability to remain neutral, centered and grounded which enables your decision making process.

When the amygdala receives signals of potential danger and begins to set off a series of reactions that will help you protect yourself, you want these signals to function from your current state of knowledge and awareness. We need to vibrationally change the amygdala; you will want all the old patterns that are no longer relevant removed, we will provide you with a series of physical and meditative exercises to remove them. Cost \$810.00. Again, we do NOT set the price. We thought it was interesting that both totaled 9... hmmm. No prerequisites to do this level. This level is different from the Fear Chakra Work that we offer which centers around emotional fears and wrong messages. It is also different than the Veil of Fear that surrounds our planet. This work is much more physical.

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