

Mickelson Muse

From our state of deep thought or dreamy abstraction.
No. 18, April 2005

“Today’s mighty oak is just yesterday’s nut that held its ground.”

Hello from the two of us...

Since starting one of these “things” is so very difficult..., we are starting with the above “beginning”. I mean we could start with “Dear..Whomever” or “Greetings” or ... well, you get the gist. None of that really fit this time. I mean... it has been awhile...All I can say, this is a long one... so find a comfortable chair and a cup of tea... and read on..... We’ve been getting emails and messages to find out how we are doing, how the writing is going.. how we are enjoying our sabbatical, etc. Well.....the writing is going well..not finished by any means, but progressing. We never really started the sabbatical we meant to, perhaps sometime. We’ve been busy trying to “birth” another level... after each one comes, we always think that is the last and are surprised when the gentle nudges start and become major pushes and soon develop into sometimes catastrophic occurrences. You’d think like after all this time we’d learn, huh? Well... another level finally is clear enough and if you are interested, it is attached to this newsletter.

ARE YOU Tired???? Feeling perpetually tired? Do you have fatigue and lethargy, even after many hours of sleep? Do you feel spacey and have an inability to concentrate? Do you have insomnia or better yet, regular awakening, often at predictable times during each night? Do you have joint and muscle aches and pains that cause you to awaken, feeling as though you have been working hard all night long? Do your feelings of depression that do not seem to match the circumstances of your immediate life? Do you have free-floating anxiety and/or panic that cannot be traced to any specific trauma or cause? Do you have allergies, skin conditions and immune difficulties that almost seem as though your body is at war with itself? Do you have thoughts of “going away” without a clear idea of where you wish to go? Do you have unexplainable weight gain or loss? Do you have incidents of time loss, loss of short-term memory? Perhaps it is because we are doing our “work” we are “advancing”... Perhaps there is a level of consciousness that our waking consciousness and our sleeping consciousness are trying to merge. Maybe it is part of the “trip.” Is it one more step in our body/mind/spirit re-connection trying to boot up all the new “software?” We have read in the past few months many variations of the above theme... each writer putting his/her own spin on the what/why and how come I feel the way I do? It is really up to each person to look at all parts and the sum total of “self”... As you examine (not analyze or pick apart for you folks who spend most of your time doing that) yourself and how far you have come just in this lifetime, you will begin to realize that this may indeed be the next step.... Maybe there is a reason for feeling tired, huh? Just maybe you are moving from normal or as some writers call it “numb-all, to newly alive. We have heard it called “The Quickening”. It seems we have all been asleep in some way or another and are now awakening. You feel power surges or shooting pain... you may feel weak and distraught... Remember the movie Matrix?..... Neo asks Morpheus “why do my eyes hurt?”.. He replies..”you’ve never used them before”. What a ride!!!!!!

The physical body is going from a carbon based entity to a crystalline based body. There is a sloughing off of brain patterning to permit the intended consciousness raising effect. DNA changes are creating possibly disturbing sensations. All of this is to your benefit—it is increasing spiritual clarity and will enable physical survival in the higher vibrations.

The earth's background base frequency, or "heartbeat" (called Schumann resonance.. a definition will be given at the end of this newsletter for those brainiacs of you who need it) is rising dramatically. Though it varies among geographical regions.. for decades the overall measurement was 7.83 cycles per second. This was once thought to be a constant; many global military communications were developed on this frequency. Since 1987 (Harmonic Convergence) this resonance has been slowly rising. Recent reports set the rate at over 11 cycles and climbing. There have been reports of it going over 12. Science doesn't know why, or what to make of it. Now why would I even mention this???? Welllllllll, time will appear to speeding up or collapsing.. A 24 hour day will seem to be about 16 hours or less. So with the earth's base frequency changing... how could we not be affected by it????? We are "of the earth"... We will certainly be affected by this change, not only in our individual bodies, but also with spiritual healing. Spiritual healing has been a fundamental aspect of all world religions. It is a universal human potential which has found renewed interest not in only the religious field, but the medical as well. Reiki, Qi Gong, Reflexology, Acupuncture, and Therapeutic Touch are all expression of the healing nature of energy. Spiritual healing operates on an energetic model, one that addresses consciousness before mechanics. Consciousness itself is a spiritual energy. It pervades all the cells of the body. The Earth's field is not fixed, it is a background magnetic wave, and we are tied into this magnetic field. David Maginley, a Therapeutic Touch practioner writes, "The Earth's magnetic field is a synchronizing signal to all life on Earth that influences hibernation cycles, migration navigation, plant growth, in fact, NASA found they had to incorporate this resonance into the equipment on the Space Shuttle to promote the health and well being of the astronauts while they were outside the magnetic field generated from the ionosphere to ground level. In healing, a frequency window opens between a healer and patient, a Schumann resonance. When both are oscillating their brain waves around whatever the resonance is at that given time (now around 11), there is a maximal transfer of energy. The healer is then acting as a conduit for this subtle energy." As a healer, you also create ripple effects that affect the local environment.

As you know, we are in linear time here in the 3rd dimension. We are going to spend a line or two on this because many of us will ask intuitive folks questions pertaining to the future. As one looks into the future, you will enter a timeless continuum. Although you will get or be told accurate glimpses into happening, timeframes are based on linear time continuing at a constant pace, and that is not what is occurring. Our concept of time doesn't exist elsewhere in the universe – the timeless continuum does, where everything is now – your past, present and future are happening simultaneously in different energy planes. When you are predicting or being predicted to... keep this fact in your mind. Your natural pattern of proceeding is linear, and if time and time again you have preconceived ideas as to when happenings `should' occur and they don't materialize within those timeframes, you are discouraged and think "you've blown it... have no, nada intuition". That is why the most credible reports from respected channels do not give timeframes. Besides, the "time" problem... you also have to take into consideration "free-

will.” Just because it was supposed to happen a certain way, doesn’t mean other’s free will won’t affect the outcome.

Are you a pain in the neck??? Seriously, do you have a pain at the back of the neck???? At the base of the back of the skull is a chakra known as the Well of Dreams. It is sometimes known as the channeling port. Sometimes when you are approached by “spirit” to channel through some information (be it verbal, written singing, art, spoken word, etc.), you will get pressure and sometimes intense pain at the base of the neck...We all have a tendency to think “stress”, “sinus”, “whiplash from my last accident”, etc. and thus dull the pain with medication instead of looking at another “cause”.... It is time for you to begin your “work”..... It is surprising how fast the “pain” (or gentle nudges) disappear as we write, paint, sing, speak, etc. This is also a good place to talk about “window of opportunity”. A window of opportunity is a linear timeframe for us to act upon these gentle nudges. As I (Diane) look back, I have had great ideas that I sat on for years only later to find the ideas used and put into books, seminars, teaching methods, etc. We are given the opportunity to bring it into the third dimension, but procrastinate and don’t do it... so it is given to another. Don’t miss your “window of opportunity”... AND you know what I am talking about.

Many people labor under the burden of “false humility”, as they try not to say or do anything that might reveal them to be the Wizards and Sorceresses that they truly are. This is left over from the Middle Ages, witch burnings, persecutions, and childhood censure by parents – who install the illusion of being “dumb as an ox”... and stays safe from being worshipped or persecuted. It is also the cause of the pain of repression that we deal with everyday. Repression is a word that is often bandied around sometimes if someone feels they are being kept from saying all they want to say on a particular subject (or sometimes if people around them don’t agree with what they are saying). There is a distinction to be made between proper restraint (staying on a topic in a public forum, being in a particular discussion in a group, etc.) and repression. The former (restraint) is a decision made by leadership or group consensus, to maintain structure, and the latter is something we tend to do to ourselves. Where the pain is located in the body, is an indicator of the source of the restraint. Do you follow what I am saying? It is easy to blame our own “bottledupness” to repression while it may indeed be self-imposed. It may be us denying or revealing/accepting ourselves.

Do you casually refer to things that are happening in your life as “strange” or “weird” or just simply “interesting”?????

“The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man.” George Bernard Shaw

We came across an interesting question in a website we were puttering around the other day. The author of the website stated that the question and discussion that followed was submitted by an anonymous visitor to the website (www.2021.au). The Question was: Believing and Knowing --

-What's the Difference???? It certainly gave us something to think about... perhaps it will do the same for you.

“It is important for you to know the significant difference between the two words “believe” and “know.” For what most people do not appreciate is that these two words are opposites!! (*gotta say--- this grabbed our interest*)

Definitions –Merriam-Webster Dictionary (www.m-w.com).

‘BELIE’ – (1a) to give a false impression of (1b) to present an appearance not in agreement with (2a) to show something to be false or wrong (2b) to run counter to

‘BELIEVE’ – (1a) to have a firm religious faith, to consider to be true or honest (1b) to accept as true, genuine, or real, (1a2) to have a firm conviction as to the goodness, efficacy, or ability of something (1a3) to hold an opinion

“KNOW” – (1a(1) to perceive directly, have direct cognition of (1a(2) to have understanding of (1a(3) to recognize the nature of (1b(1) to recognize as being the same as something previously know (1b(2) to be acquainted or familiar with (1b(3) to have experience of (2a) to be aware of the truth of factuality of (2b) to have a practical understanding of

It is imperative that you understand the “BELIEVE” and “KNOW” are opposite in meaning. If you “BELEVE” that something is true, it is because you do not as yet “KNOW” it to be true. Conversely, if you “KNOW” something to be true, you are no longer in a state of wondering whether to “BELIEVE” it or not.

Now look at the construction of the word “BE-lie-ve” in conjunction with the meaning of the work “BE-LIE” above. Keep this thought in mind and look at the first definition of “BELIEVE”, where it says “to have a firm religious faith” and then ask yourself the question – “why are all the religions referred to as religious be-lie-fs”? Have you ever been asked “what is your religious be-lie-f?”

Yes, that’s right, we’ve all been tricked once again by -- who knows what... that we are anything other than who and what we are truly capable. We are all Co-Creators of unconditional love, capable of creating any experience into existence, by our POWER of THOUGHT.

None of what we tell you in this section will work, if you be-lie-ve that your “creative thought” will work. Your power of “creative thought” ONLY works when you NOW that it works!!!!

To BELIEVE is to accept another’s truth.

To KNOW is your own CREATION.”

The above is just fuel for thought..... Get that??? Don’t spend a lot of time trying to analyze it, just start “knowing” your own truths.

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In any given moment we are making small and large decisions. Each decision is based on LOVE or FEAR. Choose love, follow your intuition and follow your passion or “burning inner desire.” Be aware that most of the media is controlled by just a few. Use discernment. Look for the hidden agendas. Why is this information being presented to you? What is “their” real agenda?

Is it a case of problem/reaction/solution? Do “they” create a problem so that “we” react and ask for a fix, then “they” offer their solution? The “solution” is what “they” really wanted in the first place. Or are they reporting something insignificant to hide very significant things that could affect you personally?

Discernment applied to different sources of information is becoming of paramount importance. The message is to follow your heart, your gut feelings and intuition, not your intellect. Be discerning with the feelings and information you process. Does it resonate with you? Be in balance. Balance never means indifference.

Being in “fear” allows whatever is outside your body a chance to affect you. The “outside” influence will resonance with the fear inside you... and, possibly cause you all sorts of problems, both physically, emotionally, and mentally. Again, balance, balance, balance.

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We ran across this editor’s note in the website educate-yourself.org. It explains something we’ve been asked over and over again. We believe this editor, Ken, says it about as well as it can be said: “My reading of metaphysical texts has always affirmed the notion that the respect of free will is uppermost in the spirit world and if you want to obtain assistance from the higher spiritual sources, it’s necessary to ask for help. I learned something from master dowser Walt Woods about requesting assistance from higher realms that I’ll pass along here. Walt said to always request help from spiritual beings who have the APPROVAL of your Higher Self and who are working for the HIGHEST good of all concerned, especially YOUR highest good. By inserting the caveat that your request is limited to ONLY those being who are approved by your Higher Self, you avoid the pitfall of being misled by deceptive spirits.” We believe this goes for requesting help for others... always ask for “healings”, “help”, assistance”, etc. in alignment with the Higher Self of the individual. Perhaps a person’s ailments, maladies, disease, even death is the individual’s soul contract or learning path. Matthew Ward said through his mother Suzy Ward, “If one’s soul contract calls for leaving at a specific time, that will happen regardless of where the person is, what the person is doing. If the contract’s longevity provision calls for remaining in the lifetime for many more years, wherever the person is will be a safe haven even if it is in the midst of turmoil and death. What are considered by most as survival “miracles” is in actuality.. the workings of guardian angels.” So to send a person healing, etc. without considering the soul contract as well... not in the person’s highest good.

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There are people who make the transition from one step to another on this path of evolution in a relatively gentle way, but there are many who experience a crisis when “stuff” happens. Both ways are just that... ways... neither good nor bad. Most of us experience a combination of both ways. Sometimes we are thrust into psychological, emotional and bodily changes and can find no logical explanation. This alone can cause a crisis. We have received many emails lamenting about what is going on in either with that individual...Below are a list of some of the symptoms experienced in a process of breakthroughs that we received via email from a Ms. Fenn:

“a. Sudden extreme sensitivity to people and environments. A person who has previously been sociable and active suddenly finds they can’t bear to be in shopping malls or in crowded environments such as restaurants.

b. An increase in psychic ability and awareness. This most often manifest in the ability to almost “hear” the inner thoughts and feelings of others. This can be disconcerting if the person imagines that everyone else can also read their thoughts and feelings. Also an extreme sensitivity to negative energy in certain environments or people, including the inability to tolerate certain people who had previously been close.

c. This increased sensitivity can lead to panic attacks or anxiety attacks. These can occur at any time, even when the person wakes up at night. Often there is no valid reason for the attack, although the person will often seek to find a reason.

d. The person might also find themselves “zoning out” for long periods of time, just wanting to sit and do nothing. This can be irritating to someone who has previously been very energetic and active. This is just the consciousness adjusting to spending more time in the higher dimensions and less time in the 3rd and 4th dimensions. Related to this is the need to rest and sleep for far longer than previously, and a general slowing down. *(from the Mickelsons: Remember many of you have asked to “remember” everything you have learned from past lifetimes... if you have asked for this, you may be having many etheric “downloads” that are in progress, bringing in many new “files” containing forgotten knowledge and abilities from the cosmos, loading themselves into your consciousness.. you may feel at times on brain overload or having the strangest “dreams...” Remember, you asked for this process, you can also slow it down or shut it off....)*

e. Obsessive anxieties about human beings destroyed (by pollution, lack of resources, aliens, technology, etc.). This is because multi-dimensional consciousness can access all levels of the group mind, including that part which hold the fears and anxieties about the survival of the species. Since the person is often concerned about their own survival, they tend to resonate with this part of the group mind.

f. An obsessive need to understand what is happening, leading to the mind becoming overactive and the person fearing they are losing it or suffering from “burn-out”. Also a fear of going mad and being unable to cope with everyday life in the future. Again, psychologists and doctors seem able to offer very little help.

g. Depression for no reason, or related to the crisis state. This is often just the consciousness clearing out old layers of energy that need to be released. It is not necessary to “process” or relive the experience, just allow the body to release the energy. Have patience with the process and know that it will pass.

h. Disrupted sleep patterns, often waking up to 3 times a night, or just about at 3am. Again this is just the consciousness adapting to new cycles of activity. Higher consciousness is often more active at night since the lower dimensions are quiet at this time.

i. Feeling strange electrical energy waves through the body. The crystalline body is incredibly sensitive, and feels solar and lunar waves, cosmic waves, and multi-dimensional energies. Often these energies are assisting in the process of “rewiring” the body to carry higher energies. This can be uncomfortable, but the body eventually acclimates to dealing with these energy waves.

J. A whole range of physical sensations and experiences, usually related to detoxification. The crystalline body holds no toxins, but allows everything to pass through it. In fact the eventual trick to being “immortal” is just to allow everything to pass through and hold onto nothing. The ultimate state of detachment. But at this stage, the body needs to release years of “toxic” waste, whether physical, emotional or mental. The release is always through the physical body, which present symptoms such as intense fatigue, muscle and joint pains especially in the hips and knees, headaches, especially at the base of the skull (*hear this before?*), and neck and shoulder pains.

k. Dizziness and “spaciness”. This is because you are in “higher” states of consciousness. You need to get used to being at these levels and staying grounded at the same time. These sensations tend to increase with solar flares and full moons as well.

l. Increased appetite and putting on weight. This is because the body needs huge amounts of energy to power this process. (But...you can get the type of energy from “good” foods that don’t make you gain weight.)

m. The ability to see beyond the veil. That is, to become aware of spirits, devas, E.T.s, and angels as a reality and to communicate with these. This can be very frightening if the person is not accustomed to this kind of other dimensional awareness.”

So the good news is that if you are experiencing any of the above (or many that aren’t listed)... you are advancing..... the bad news is... well... you are experiencing them.

So what do we suggest????

- Think yourself big.
- Do the gold light exercise (If you have forgotten what this is refer Gold Light Exercise on website).
- Try thinking your body as infinite instead of finite... think about this statement...do you really have to expect a physical death? Are you starting to think about your body as infinite... immortal or do you expect it to die?
- Be at peace with who you are.
- Be kind to yourself and nurture yourself. You carry an equal balance of the female energy and the male energy.
- Maybe avoid crowds and crowded places... if possible.
- Try to stay grounded and centered. This can be very challenging for those who are acclimating to higher dimensional awareness. You will often feel dizzy and spacey, but try to pay full attention to the physical and grounded aspects of life. The key here is to spend time moving your body somehow (walking is good), eating whole foods, fresh vegetables and fruits (if possible) and not neglecting your artistic/creative self..
- Spend as much time as you can in nature. You will find spending time in fresh air and sunlight will assist to strengthen the body.
- Also, since all thoughts and certainly your spoken words are manifesting at an alarming rate... if you want things to happen, watch the words you say or think... “eventually (example – eventually I will have my dream house), someday (example – someday I will be in a job I love), in the near future, soon, later, when it’s supposed to be, if it’s meant to be, going to, will be, etc. Get the idea??? If you want something to happen... say it.... The universe needs direction.. if you hedge with ify words, how can you manifest?
- Channeling or receiving information: it is important for you to set the stage before opening up to channel or receive information. Do the Gold Light exercise and state your intent before opening up to receive. Demand that only “beings” of your highest good contact you (or if you are channeling for another, ask that beings associated with that individual’s highest good be present). If you sense or feel any resistance to the sensations produced by the communication, cease immediately – it is your soul’s notification that lower vibrational energies are getting to you. You’d be surprised about how many “folks” from other dimensions are waiting to speak – not all are for your highest good.

Well, that is it for this newsletter---We certainly have gone on long enough, huh? Have a great spring!!!!

Loren and Diane Mickelson

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Do remember that the attachment is our new work... let us know if you are interested or look at our website for Level 12.....

If you have received this newsletter and did not subscribe to it, we apologize- our records were “messed up” during some computer problems. Let us know and we will delete your name from our list.

**** What is a Schumann Resonance?**

Believe it or not, the Earth behaves like an enormous electric circuit. The atmosphere is actually a weak conductor and if there were no sources charge, its existing electric charge would diffuse away in about 10 minutes. There is a ‘cavity’ defined by the surface of the Earth and the inner edge of the ionosphere 55 kilometers up. At any moment, the total charge residing in this cavity is 500,000 Coulombs. There is a vertical current flow between the ground and the ionosphere of $1 - 3 \times 10^{-12}$ Amperes per square meter. The resistance of the atmosphere is 200 Ohms. The voltage potential is 200,000 Volts. There are about 1000 lightning storms at any given moment worldwide. Each produces 0.5 to 1 Ampere and these collectively account for the measured current flow in the Earth’s ‘electromagnetic’ cavity.

The Schumann Resonances are quasi standing wave electromagnetic waves that exist in this cavity. Like waves on a spring, they are not present all the time, but have to be ‘excited’ to be observed. They are not caused by anything internal to the Earth, its crust or its core. They seem to be related to electrical activity in the atmosphere, particularly during times of intense lightning activity. They occur at several frequencies between 6 and 50 cycles per second; specifically 7.8, 14, 20, 26, 33, 39 and 45 Hertz, with a daily variation of about +/- 0.5 Hertz. So long as the properties of Earth’s electromagnetic cavity remains about the same, these frequencies remain the same. Presumably there is some change due to the solar sunspot cycle as the Earth’s ionosphere changes in response to the 11-year cycle of solar activity. Schumann resonances are most easily seen between 2000 and 2200 UT.

Given that the earth’s atmosphere carries a charge, a current and a voltage, it is not surprising to find such electromagnetic waves. The resonate properties of this terrestrial cavity were first predicted by the German physicist W. O. Schumann between 1952 and 1957, and first detected by Schumann and Komnig in 1954. The first spectral representation of this phenomenon was prepared by Balser and Wagner in 1960. For more information see: “Handbook of Atmospheric electrodynamics, vol. I” by Hans Volland, 1995 published by the CRC Press. Chapter 11 is entirely on Schumann Resonances and is written by Davis Campbell at the Geophysical Institute, University of Alaska, Fairbanks AK, 99775. There is also a history of this research and an extensive bibliography.

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