

Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 23, October 2005

Note: If you are having problems reading this (i.e. it has all kinds of strange symbols, etc.) it is because Word isn't translating into your email correctly. The problem seems to be on how different emails are set up. If you can't read this, let us know and we will send it as an attachment. Now.. get ready, find an easy chair, and get a hot cup of tea.. this is a long one.....

Hello to all of you!!!!

Well, here we are again... gearing up for yet another rambling/ramblings of some sort... are you ready????

First of all I will write (again) of a topic near and dear(?) to all of our hearts... judgment. Just a minute, I have to step onto my pedestal or bandstand.... there... Let's get started. WE DON'T GET TO JUDGE... get that? Everyone (because of the free-will thing) gets to have his/her own opinion. The problem occurs when you (or someone) think everyone should think, feel, talk, etc. as you do... then it becomes you forcing your opinion or beliefs on someone else. Now you would hate that wouldn't you if someone tried to do that to you? Well, try remembering that - when you judge someone for having a differing viewpoint from you. The same goes when you are reading something... remember, information is information is information. You take the pieces that fit and discard the rest. It doesn't mean that the rest is bad or wrong or evil. It just means it isn't for you. This also applies to the person writing or speaking the information. Don't kill the messenger. Just because the person may be "way out there", may be way right wing or way left wing, may even be racist, etc... doesn't mean you can't glean information (again, remember information is neither positive or negative, it is JUST information). You might be surprised where you find the "gems" of information and who the messenger is.

This also goes along with judgment of people's speaking abilities, their use of language, their education, their writing (or lack of writing skills - me), some judge folks for how they may look, their weight, where they were born, and others judge for how "awake" some folks are (I guess as opposed to how "awake and terribly spiritual they are). The fact here is.... We don't "get" to do that.... You want something to come and bite you in the butt.... Then go on judging... I promise you, it will come back as fast as a correctly thrown boomerang. (I throw the word correctly in there because I can't throw one of those worth a darn). People get to be and say anything they want to. That is what free-will is all about. We don't know their purposes. We don't know their karmic balances...

I think just trying to take care of ourselves is a pretty big job. Remember, we can have opinions, but not force our opinions on someone else. If someone has opposing views, there is nothing wrong with stating our viewpoint.. we can think the other person is wrong, but don't judge them for it. We all hate it when we are judged for our views and/or opinions. We have to learn to step back, take a breath and remember that others have a right to their opinions. We get to not react to what they think of us. I know that is hard, but that is how we start staying in balance.

Ah..... balance another “word” we’ve been hearing quite a bit lately. How do we stay in balance with everything going on outside and inside us? The first answer is to remember to do the Gold Light Exercise (if you don’t know how to do this, you can find it on our website) everytime you start feeling “unbalanced”. Secondly, remember to breathe, breathe, breathe. You may find some help in Bach Rescue Formula. (On particularly trying days I put a couple of drops in my bottled water). Third, find someone to talk to that will understand what you are going through... or find something to read that might address what is making you unbalanced. Fourth... this is going to sound weird, even for me.... Step out of yourself... or close your eyes... imagine a “plum” line going down from your crown to your feet... look and see if it is perfectly perpendicular to the ground... if not imagine going to the crown and adjusting it left or right or front to back. Sounds strange, but it works. The list will go on and on... I am sure you can add to this list... it will be handy to have on those days when things just don’t “feel” right.

Remember when you asked for advancement in this lifetime? Remember when you asked for mastership? How could you expect this to happen without change? Without processing? Without some really hard work?

So now, I step off my soapbox... there.....

We are sure you can all relate to the following channeling we received. *The channeller is Meg Blackburn Losey, PhD:*

“The energies in our world have changed dramatically over the past month or so. The energies are not only intense; they are affecting us in ways to which we are unaccustomed.

Many of you feel as if there are major events about to take place. If you are one of those people please know that first of all you are not alone and second of all you are correct

Are you feeling as if you have been plugged into a light socket? (*You are feeling the new energies*) Are you questioning your sanity as your memory seems to fail you from one moment to the next as you forget what you meant to do, or repeat something else that you did because you forgot you already did it? (*You are going multi-dimensional*) Are you waking up several times during the night? Is your dream time bringing you confusion, issues, people you don’t know or had forgotten? (*You are processing on fast forward and at the same time, assisting others in their journeys*) Has your need for sustenance changed in a way that you do not eat or desire the things you once did? (*One needs less*

food when one carries more light) Is your body fighting with you? Is there pain in your neck, back or joints in general? Are you having digestive issues? (*You are acclimating to the new energies and perhaps resisting those changes*) Has your intuitive self grown dramatically in spite of you? (*Congratulations!*) Do you feel unsettled on the best of days? (*Yes, changes are coming*) Are you seeing things that are there one minute and gone the next? Shadows of other world beings gliding through your reality? (*The veils have thinned even further and that which was harder to access is becoming a natural occurrence*) Does it seem as if life is often a mystery when just days or weeks ago your experience was one that you thought was solid and balanced? Do you feel as if you are viewing the world from another plane, as if you are detached from being completely present in your current now? (You are!)

Welcome to the fifth dimension! We are spontaneously learning to walk between the worlds. While we still reside within the dimension of the third, our consciousnesses have leapt into higher ground.

All of those experiences and more are indicative of internal change. They are indicative of universal change as well. When we struggle against ourselves we find that we are more aware of a sense of imperfection. At the same time, our bodies strive to keep up with the change of energetic relationships that are happening.

All of these signs and symptoms are normal in relation to the shift in which we now participate. This shift is a process that will take several months to balance within our realities. As human beings we have a tendency to resist the very changes which we create. How can we move forward when we do not allow ourselves the freedom to do so?

What we feel as we feel the intensity within our bodies is nothing more than unfamiliarity of our manifested bodies with that which we have always been. Our bodies are dense and therefore struggle to keep up with the high intensity that is our true light, our true selves.

At the same time, issues are in our faces even more so than in recent history when we began to move into this period of change. We are being forced to recognize that the choices we made previously no longer apply to this now and this set of energy. What once worked as mental clarity no longer applies. It is not mental clarity that we need, but clear availability to our heart selves, for it is from there that our greatest creative processes come. We are being required to choose intentionally and with care, that which we create as our future. There is no struggle required to create new or different reality.

In the past, we have attempted to deal with situations in our lives out of logic, out of practical decision making. In this now, none of that logic applies. There is nothing practical about our world, our lives. As many of us can see, the times are changing... We are moving into times of magic, of wonder, as we accept that which we are (or not) and allow ourselves to be gently carried into the very realities which we have intended for so long. We become capable of streamlined manifestation beyond anything that we have ever seen. What will we do with the opportunities that lie before us, within us? Will we reject change, or will we embrace it?

Have no fear about the changes. It is all perfect just as we knew it would be!”

11:11 Another Activation

November 11, 2005 – 11:11:11 Portal
(11)2 + (11)2 + (2005)7 = 11

The Doorway to Absolute Integrity

Eleven is the master number that reflects the transformation of the physical into the Divine. We encoded this sacred geometry into our genetic patterns prior to this lifetime. Many of you have been noticing 11:11 on digital clocks and various digital readouts. This code activates within us the genetic memory of the transformation we are all going through.

The 11:11 code represents the transformation of the 3rd-Dimensional plane into the higher 4th-Dimensional plane of existence. Now because of the incredible changes that have taken place within every evolving soul on Earth, we are ready for 11:11:11. The transformation of the 3rd- and 4th Dimensional planes into the higher 5th Dimensional plane.

Over the past several weeks the Earth has gone through many changes and many of us have been moving through a time of great turbulence and change. Some of you may already be feeling the effects in your life of the opening of the 11:11:11 Stargate, which culminates on the 11th of November. While this may be a challenging time for all of you who are on the path of Conscious Ascension, it will also be time of great Radiance and Clarity. The gift that is offered at this Stargate is the complete alignment of the Higher and Lower Aspects of the self in Absolute Integrity.

The 11:11 Stargates are always times when the Planet experiences and influx of Spiritual Illumination. The energy this year is especially powerful, since the usual double 11 gate has been upgraded to a triple 11 gate.

This triple 11 vortex represents the culmination of energies that were initiated earlier this year. During the past few months we have been working to stay centered and balanced no matter what we personally have been going through.

As this balance is achieved, we will be more able to work with the energies of the 11:11:11 Stargate to bring the Higher and Lower Aspects of our Being into complete Harmony and Alignment. This balance is achieved a central location of the physical body where the Universal Energy and Mother Earth Energy come together. This is in the Diaphragm area of the physical body. This is why we have been encouraging you to retrieve your Joy Symbol. It will help you during this period of time. No matter how much energy (both positive and negative) and chaos you see in the outer world, know that this is the right moment for you to move into Absolute Integrity of Intention and Purpose.

No matter what happens, this is a time for absolute Honesty and Integrity and Oneness towards the Self and Others. You have been working to reach a point where your choices are made from your center point. This skill will serve you well now.

Clarification of the new work: Joy Symbol

During the past couple of newsletters we have talked about our latest work, the retrieval of your Joy Symbol. In reading what has been written about the November 11, 2005, The Doorway to Absolute Integrity: The 11:11:11 Portal, it makes sense as to why we felt this work was sooooo important. Just because we have named this Joy Symbol, it does not necessarily mean, "Joy." As more and more people are being lead through this process, it has come to mean: helps me stay more centered, helps me deal with my negative dysfunctional family, helped me let go of old relationships, helps me be more human while still being connected, really opened up my intuitive abilities, helped me find the real me, helped me to actually manifest things for the first time, helped me finally "get" manifestation and have been able to "bring it all together" in the now, and the list continues on.

The new way of breathing is not just breathing; it is a way of bringing in new balance of energy. This is very important to help integrate the energy that is coming with the November 11th portal. So even if you have "loads" and/or piles of material on breathing.. it isn't the same as what we teach you with this work. (Note here: Do you have a fear of joy? Of happiness?.. if so, perhaps you will need to take a look at that. Do you deserve joy? Do you deserve happiness? Do you deserve love? These are all questions that may need to be answered. Although the work encompasses so much more than joy/happiness/love, this alone can cause you roadblocks.) To read about the Joy Symbol Work please go to our website (www.drsmick.com) or email us back (drsmick@aol.com).

It is difficult for us as time marches on to say to many of you that "You need more of our work." As new portals open, as higher vibrations come in, it is easier for you if you continue the different Levels, Chakra Work and any of our other work.

What will help you now? All Levels ! – 12, Conceptual Vibration, Physical Orb, Reconnection to Home Star System, Joy Symbol, All Relationship Chakras, Ego Chakra Removal, Fear Grid Removal, Abductee Grid and Chakra Removal it is time to get caught up.

Some other news:

We received this news announcement from a friend the other day:

Super-soldiers may get brain-chip

From: October 24, 2005

US military experts are attempting to create an army of super-human soldiers who will be more intelligent and deadly thanks to a microchip implanted in their brains.

Scientists believe the implant will vastly improve the memory of troops so that they can recall every detail of their training and become more effective fighters.

Researchers at the University of Southern California's bio-engineering department have created the chip, which acts in exactly the same way as the hippocampus - the part of the brain that deals with memory.

In experiments, the team removed that section of the brain of dead rats and inserted the chip in its place. The implant sent exactly the same electronic signals as the real thing.

The next stage of the project is to test the implant on live animals. If this work proves to be as successful, experiments could one day be carried out on soldiers.

We have to tell you, that announcement sent chills down our spines... We have heard of this technology happening, but never actual news of it. This is just to let you know of the possibilities of implants that are being developed and used now in our reality.

Symptoms of Reaching Higher Planes:.....

Taken from www.whatsuponplanetearth.com

Know that although our evolutionary process is rapidly accelerating, along with the New higher vibrational energies, we are all experiencing these changes in our own way and in our own time, according to who we are and according to our coding and plan before birth. In addition, generally speaking, our ascension process relates to how we each run our own individual energy, and what our beliefs and experiences are (in other words, how we are wired and how we vibrate). These things can be changed and will also change automatically as we clear and embody more light within ourselves. For the highly sensitive, psychic and those very open to the higher realms, the ascension process can be a bit more challenging.

For me, all of my interesting and "strange" symptoms disappeared after I completely "arrived" in a higher realm.....and they will for you as well. These symptoms seem to occur while we are going through the transition, or what I liken to the "tunnel". Know that there is an end, and an incredibly beautiful, peaceful and loved filled reality awaiting you. May your evolutionary process be joyous, peaceful and filled with light and wonder!

(Note: Of course, not all of these symptoms can be attributed to the ascension process. Please follow your own inner guidance and consult a health care professional as needed).

Feeling as though you are in a pressure cooker or in intense energy; feeling stress. Remember, you are adjusting to a higher vibration and you will eventually adjust. Old patterns, behaviors and beliefs are also being pushed to the surface. There is a lot going on inside of you!

A feeling of disorientation; not knowing where you are; a loss of a sense of place. You are not in 3D anymore, as you have moved or in the process of moving into the higher realms.

Unusual aches and pains throughout different parts of your body. You are purifying and releasing blocked energy vibrating at 3D while you are vibrating in a higher dimension.

Waking at night between 2 and 4 a.m. As you progress, waking at 5 a.m. Much is going on in your dream state. You can't be there for long lengths of time and need a break. This is also the "cleansing and releasing" hour.

Memory loss. Difficulty accessing words. A great abundance of short term memory loss and only vague remembrances of your past. You are in more than one dimension at a time, and going back and forth as part of the transition (you are experiencing a "disconnect"). Also, your past is part of the Old, and the Old is forever gone. Being in the Now is the way of the New World!

"Seeing" and "hearing" things. You are experiencing different dimensions as you transition, all according to how sensitive you are and how you are wired.

Loss of identity. You try to access the Old you, but it is no longer there. You may not know who you are looking at in the mirror! You have cleared much of your old patterns and are now embodying much more light and a simpler, more purified divine you. All is in order....you're OK.

Feeling "out of body". You may feel as though someone is talking, but it is not you. Our bodies are the last to catch up and are not in the same place as the rest of us. In addition, this phenomenon can also occur as it is our natural defense mechanism of survival when we are under acute stress or feeling traumatized or out of control. Your body is going through a lot and you may not want to be in it. At one point, my ascension guide told me that this was a way of easing the transition process, and that I did not need to experience what my body was going through.

Periods of deep sleeping. You are resting from all the acclimating and are integrating, as well as building up for the next phase.

Heightened sensitivities to your surroundings. Crowds, noise, foods, TV, other human voices and various other stimulations are barely tolerable. You also overwhelm very easily and become easily overstimulated. You are tuning up! Know that this will eventually pass.

Dizziness, loss of balance, back and neck pain, ringing in the ears, "gritty" eyes, blurred vision (very common), insomnia, and heart palpitations with difficulty breathing (also very common).

Headaches.

Crying about anything, whether wonderful or sad.

Not remembering the meaning of anything. When I was in an intense period of the transitional process and we were in the throws of a substantial energy thrust into the higher realms, I remember looking at a trashcan and not knowing what it was for. I had to access my memory of the "old" and reach far. What was happening was that I was vibrating at a point where everything only possesses the meaning and identity that we give it. In the higher realms, energy is just energy with no label or meaning. All is fresh and new. Sort of a Course In Miracles undoing process, without the "trying".

Difficulty in remembering what you did or who you talked to a day or sometimes just an hour before. In the higher realms, reality is very much in the moment. If we do not hold something in our consciousness, it simply ceases to exist. We have no attachments. We are creating our own world around us through our beliefs and thoughts and what we do not "hold onto" does not exist. Everything is brand new as we are starting completely over, moment to moment. We can tap into whatever we choose to at any moment and create and experience just that. This state comes and goes, but is practice for living in the higher realms. It can feel a bit creepy when it occurs.

You don't feel like doing anything. You are in a rest period, "rebooting". Your body knows what it needs. In addition, when you begin reaching the higher realms, "doing" and "making things happen" becomes obsolete as the New energies support the feminine of basking, receiving, creating, self-care and nurturing. Ask the Universe to "bring" you what you want while you are enjoying yourself and having fun!

An intolerance for lower vibrational things (of the 3D) reflected in conversations, attitudes, societal structures, healing modalities, etc. They literally make you feel "sick" inside. You are in a higher vibration and your energies are no longer in alignment. You are being "pushed" to move forward.....to "be" and create the New. In addition, you may feel like staying home or just being alone as much of everything "out there" no longer matches the higher vibration of YOU.

A loss of desire for food. Your body is adjusting to a new, higher state of being. Also, part of you does not want to be here anymore in the Old.

A sudden disappearance of friends, activities, habits, jobs and residences. You are evolving beyond what you used to be, and these people and surroundings no longer match your vibration. The New will soon arrive and feel so-o-o-o much better!

You absolutely cannot do certain things anymore. When you try to do your usual routine and activities, it feels downright awful.

Days of extreme fatigue. Your body is losing density and going through intense restructuring.

A need to eat often along with what feels like attacks of low blood sugar. Weight gain (especially in the abdominal area). A craving for protein. You are requiring an enormous amount of fuel for this ascension process. Weight gain with an inability to lose it no matter what you do is one of the most typical experiences. Trust that your body knows what it is doing.

(Note: The body seems to need this extra weight for processing and holding these New higher vibrations. In addition, the liver goes on overdrive as it is rapidly processing and detoxing. An overtaxed liver can lead to abdominal weight gain and frequent waking around 3 a.m. (the liver hour in oriental medicine). Liver supports that can be helpful are milk thistle, casual walks, breathing and trusting in the future.)

Experiencing emotional ups and downs; weeping. Our emotions are our outlet for release, and we are releasing a lot.

A wanting to go Home, as if everything is OVER and you don't belong here anymore. We are returning to Source. Everything IS over. (But many of us are staying to experience and create the New World). Also, our old plans for coming have been completed.

Feeling you are going insane, or must be developing a mental illness of some sort. You are rapidly experiencing several dimensions and greatly opening. Much is available to you now. You are just not used to it. Your awareness has been heightened and your barriers are gone. This will pass and you will eventually feel very at Home like you have never felt before, as Home is now here.

Anxiety and panic and feelings of hysteria. Your ego is losing much of itself and is afraid. It may feel as if everything is ending (most of everything is!). Your system is also on overload. Things are happening to you that you may not understand. You are also losing behavior patterns of a lower vibration that you developed for survival in 3D. This may make you feel vulnerable and powerless. These patterns and behaviors you are losing are not needed in the higher realms. This will pass and you will eventually feel so much love, safety and unity. Just wait!

Depression. The outer world may not be in alignment with the New, higher vibrational you. It doesn't feel so good out there. You are also releasing lower, darker energies and you are "seeing" through them. Hang in there! Vivid, wild and sometimes violent dreams. You are releasing many, many lifetimes of lower vibrational energy. Many are now reporting that they are experiencing beautiful dreams. Your dreamstate will eventually improve and you will enjoy it again. Some experience this releasing while

awake. My mother commented one day that she believed I was having nightmares in the daytime!

Night sweats and hot flashes. Your body is "heating" up as it burns off residue.

Your plans suddenly change in mid-stream and go in a completely different direction. Your soul is balancing out your energy. It usually feels GREAT in this new direction, as your soul knows more than you do! It is breaking your "rut" choices and vibration.

You have created a situation that seems like your worst nightmare, with many "worst nightmare" aspects to it. Your soul is guiding you into "stretching" into aspects of yourself where you were lacking, or into "toning down" aspects where you had an overabundance. Your energy is just balancing itself. Finding your way to peace through this situation is the test you have set up for yourself. This is YOUR journey, and your soul would not have set it up if you weren't ready. You are the one who finds your way out and you will. Looking back, you will have gratitude for the experience and be a different person.

What to do about it.....

A brief note: Not all of our physical and emotional discomfort can be labeled as an "ascension symptom". There are certainly times when we are just not well, period. For instance, we can easily have a cold or flu and not be clearing at all.....a cigar is sometimes just a cigar.

Rest. Rest. Rest. Your body is going through an incredible transformation and is on over-load. For those highly sensitive with fragile nervous systems, rest can make all the difference. I have found that severely limiting my activities and attending to extreme self-care has made a considerable difference. It also has a natural by-product of putting you in the higher realms.

Water is key. Perhaps the most helpful support of all is water. It cleanses us, neutralizes us and has many other attributes yet to be discovered. Drink lots and lots of it, submerge yourself in it and move through it (preferably a pool) and program it through your intention to do what you desire. Exercise, water and letting go and trusting are the most essential supports.

Find your own personal supports that vibrate as you do, whether they be acupuncture, yoga, breathwork, or mainstream therapy, etc. Feeling supported and not alone can do wonders. In addition, absolutely every one of us is being supported by our families of origin from the stars and our ascension guides. They are here to make sure that we are not given more than we can handle and that we are ALWAYS provided for. We cannot possibly end up out in the street destitute and alone! We are the stars of this incredible show and we are totally being watched over and guided.

Three important keys: Stay as grounded as possible (it's easy now to go into much higher realms than we may want to. The Earth is also ascending, and she will welcome and embrace us if we anchor into her), maintain healthy boundaries (there is a lot of energy flying around out there being released and part of the way you may be feeling is not you), and be in the moment.

Really, really trust. If you can let go and stay open and out of the way, you will receive a tremendous amount of help.

Be in your creativity as much as possible. The higher energies crave creativity, and you will naturally, automatically and comfortably be elevated into the higher realms, as well as opening a channel for that energy to flow more easily.

Try not to resist the process. I have found that fear and resistance to the ascension process only creates an unpleasant experience. Everything is in divine right order. Again, we all have our own special non-physical beings monitoring our process (I have seen them!), and we will not be allowed to go "too far" into a danger zone. We are never given more than we can handle, even though sometimes it seems otherwise! At one point my ascension guide told me that my attitude, fears and resistance were creating about 50% more discomfort than necessary.

Monitor your thoughts. This is also key. Higher and positive thoughts will immediately place you in the higher realms, as well as assist greatly in what you are creating. Find a "feel good" vision for yourself and use it often. I frequently envision my perfect life in all ways. Know it will arrive. You have the vision because you are supposed to be living it!

Let your soul guide you. We tend to want to be in control of what is going on and may "over do" grasping for some kind of relief. If you let go and ask, your soul will bring to you the messages you need (whether through another person, a book, an e-mail, etc.), and is a great navigator for a smoother and more pleasant transition. I have found that "less is more". The process itself has its own way of getting you where you need to go, and you can easily overstimulate yourself by trying to take charge or "over remedy-ing" yourself.

If you are guided to supplemental support, take it. Adrenal support has assisted me greatly. Our bodies are working overtime. Relaxing herbs are good as well.

Although doctors may be baffled by your symptoms, as you don't fit into their "niches", they still may be of help. Our bodies have been thrown out of balance and you may have a chemical imbalance, a hormonal imbalance, a thyroid imbalance, or anything else that can benefit from a doctor's diagnosis. Doctors seem to be catching on, and are really coming around. My docotors and nurses in Asheville, NC frequently told me about surrounding myself with white light, being mindful not to take on the energies of others and that I was releasing past lives. They are out there!

Spend as much time in nature as you can. The sky is still blue, the sun is still rising and nature is still blooming and thriving. It feels good to connect.

Get plenty of exercise. If you are too tired to exercise, try walking. It is important to keep things moving.

Soak up the sun. The sun carries the vibration of the New energy and it really helps to be out in it daily.

If you're experiencing hypersensitivity, alter your lifestyle in regard to crowds, excitement, and stress. I completely avoided them for awhile, and you will eventually come to a place where stress does not exist as you are in the moment and nothing really matters that much anyway!. Your life will become SIMPLE.

Find your passion. Many times an uncomfortable situation will unfold your passion and mission. That is part of the plan!

Spend time around our new little beings. I play with the children at my granddaughter's daycare. Many of the new little ones are highly evolved and will make you feel more "at home".

Take sea salt baths.

Again, water. Get in it and drink lots of it. While going through an intense period of release and transition, my ascension guide told me to get in the water.....not a bathtub, but a swimming pool. This can be very soothing and calming, and moving through it really helped. And as we all know, drink lots of it!

Visit with friends and simply listen to their day. Remember, you are "emptying out" much of your identity, and this may be all you can contribute at times. It greatly helps to stay connected to others, even if you think you don't want to be around people. It will also get your mind off your own process. Find endless ways to make yourself "feel good". Read a good book, walk in the forest, take a bath, get a massage, buy a new car, get a new wardrobe, take an art class you've always wanted to take, get your hair done, redecorate! Feeling good is vital, and the universe will in turn support you, as you support yourself. This is our natural state of being and also places us in the higher realms!

Try not to focus a lot on the strange symptoms you are experiencing, as this will only serve to magnify them, and make THEM your reality! The process will unfold on its own, so it's better to focus and become involved in things you greatly enjoy or suggestions from this list.

Just love everybody.....especially yourself.

Make a personal declaration about how you would like your own ascension process to unfold. You are the master here, and we need not feel like victims. As you evolve, you will eventually remember the tools to control your own process and experiences.

See you next month... or next newsletter,

Loren and Diane Mickelson

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