

# Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 44, January 2009



Just a bit of humor to start off.....

First of all, Happy 2009... we personally believe that everything that was supposed to happen in 2008 has been delayed to happen in 2009.... So "Here's to a bright everything you ever imagined New Year"!!!!!!

## Celebrating the In-Between Times

While celebrations are intended to honor life's more momentous occasions, much of real life tends to happen during the in-between times. While moving from one moment in time to the next is seldom considered a significant occurrence, it is during those in-between times that we are most in tune with life's most profound, simple joys. Between birth and death, triumph and sorrow, beginnings and endings, we enjoy innumerable experiences that often happen unnoticed. These times are just as worthy of celebration.

The in-between times are seldom about landmark moments. How you choose to celebrate them or which moments you choose to celebrate is up to you. You may want to celebrate the simple fact that you are alive and that every day is a chance to spend time with the people you care about or the chance to do the work that you love. Then again, when you look at the good that exists in your life, many reasons for celebrating the in-between times may become clear: a cup of your favorite tea, a beautiful sunrise or sunset, a good book, and the smell of fresh air can be reasons for celebration.

Celebrating the in-between times can be as easy as paying special attention to them when they do happen, rather than taking them for granted. It's your focus of attention that can turn an in-between time into a celebration. You can also pay homage to the in-between times by slowing down and allowing yourself time to look around and allow your heart and mind to take in all of your life's wonders. Far too often, we can let those simple moments of awe pass us by. The in-between times are when life happens to us between the pauses that we take to honor our milestone occasions. Without the in-between times, there would be no big moments to celebrate. So start paying attention to the in-between times.

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## ...the future has already arrived

Are you aware of the fact that the future has already arrived? We have reached the point of having to collectively face the fact that the old way of doing things isn't working anymore. We can no longer do business as usual. Our way of life, life itself as we know it, has become unsustainable. We need new ways, meaningful ways, changing ways. The theme for the election in November was "change", but the wave of change we need must be all encompassing and it is required at a much faster pace.

By now, many of us are feeling the excitement that 2009 will bring a new reality where our dreams will manifest in ways we could only dream of... as miracles abound. But know as well, that these times of trial and tribulations, of frustration, discontent, futility, and perhaps wondering what it was all ever about anyway; they served a vital purpose as well... Karen Bishop writes that through this process, we had the opportunity to realize that heaven, that beauty that contentment, and even peace and love, are here at any given moment – no matter what is manifesting on the outside. The simplest of pleasures, the beauty in a special moment, and the love of another, are all that we seem to really need anyway. Manifestations of our creations are not what a higher reality is really about. By the time our dreams arrive for us, many of us will be vibrating at a rate that the manifestations we thought we wanted don't really matter anymore.

Our spiritual evolutionary or "ascension" process (not only spiritual, but physical, emotional and mental as well) magnifies and unfolds in an exponential way ... rather, it snowballs. Many times we can evolve right out of a desire or creation before it even has the opportunity to manifest. Stability can seem far out of our reach. But within these massive transitions and rapidly occurring changes, we always have the opportunity to stay in one spot, which, by the way, is in the moment... the NOW. When we are here... really here, we do indeed experience heaven on earth.

As we begin making progress... and, yes, we are making progress... we are breaking through to our next level of reality. At times it feels as if we are looking down one long tunnel ... everything seems so very far away. We "get to" experience the dreaded void again. But remember, folks, experiencing the void is a good thing. We are connecting and experiencing things differently. The old ways aren't working, no matter how hard we try. So you (or I should say, we) all need to relax and enjoy the moment. We all are going into our new roles (roles we probably have been "playing at" for some time. What about these new roles? What are the components?

- You get to do what you actually came to do
- You will be empowering others
- You will stay back behind the "veil" and guide and teach (this does not mean you have to offer classes, etc. You may "model" behavior.....
- You will offer a plethora of services designed to assist others in arriving where we once were, all the time still working on ourselves in readiness for our next "jump".
- Your new roles will be so fine tuned so that you will simplify all your talents and offer just a few services which will be your area of expertise, your true passion, your arena(s) which comes naturally for you. You do not need to know and do everything.
- You will go up another rung in your evolutionary ladder according to where you were.
- And at the same time, depending upon which "rung" you are on, you will also be creating higher vibrating surroundings where you will reside in peace, love and joy – no matter what is going on in the 3<sup>rd</sup> dimensional world.
- You will serve to hold a space of stability for others. You will reassure, guide and assist those in their transitional process as you have already been there yourself.

So now, we have talked quite a bit about the year 2009... how do we get all that stuff to happen? We are all use to setting up New Year's Resolutions... we sometimes "mask" them by saying goals... but most of the time we are just setting ourselves up to write something down and probably never look at them again.

Let's make a distinction between a real goal versus a tool goal. Wikipedia defines a distinction as a subtleties of language that, when understood, cause a shift in a belief, behavior, value or attitude.

Goals can be useful. The issue is whether your goals are real or merely tools. A tool goal is one which will get you to an outcome that you believe will then set you up to get your real goal. In other words, it is a tool, not the real goal. With a tool goal, instead of going directly for what you really want you make it harder by working obliquely (meaning not straightforward)...

"I'd never do that" you might say. Really? Do you have any money goals? Do you think you need to first get the money to then get what you really want? That would be a tool goal. Why not go for the real goal and let the money or whatever it takes to get the real goal, be designed as incremental goals?

By the way, a tool goal is not the same as an incremental goal. An incremental goal can be a reasonable step along the path to your real goal. For instance, lose five pounds next month to get to your ultimate weight goal in one year. The difference is you know that an incremental goal is only a step in the right direction.

Most of us have been taught to work, effort and struggle to get what we want. To someone with that built in belief, working toward a tool goal seems normal. Unfortunately it also has the effect of limiting options on how the goal must be realized. Also, remember when setting any kind of goal... to have "Intent"... what is your intent (something which is usually clearly formulated or planned)?

A real goal is a definition of what you want to BE, DO or HAVE. It is the payoff – for REAL.

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## Relationships

We all have regrets about the past. Maybe we wished we'd handled a relationship differently or better. It can be overwhelming to become conscious of the damage that some mistakes have caused. Rather than transforming painful choices, relationship blocks and unhappy lives (which seems to be an obvious solution), many choose to ignore the reality of what they've created and pretend nothing is wrong. They think they'll avoid pain that way. Much of the time that isn't true. The strain of avoidance always causes more pain and over time creates extensive damage. It is easier to just fess up, heal and move forward. The holiday season is a typical time when relationship blocks need addressing. Rebecca Hintze gives us some easy, pain-free ways to heal lives and relationships that may be suffering:

1. **Say two simple words** – *I'm sorry*. These two short and easy words often go unsaid because those who may need to say them are too afraid to use them. Saying "I'm sorry" doesn't mean you're admitting to a crime. It can mean "I'm sorry that happened" or "I'm sorry you feel that way". If a relationship is particularly vulnerable to hurt or argument, stick to these magic words. Say them lovingly. You'll be amazed at how something so simple will transform your life.
2. **Validate others** – it's the easy way to resolve conflict. Regardless of your opinion or perception, there are two sides to a story – yours and theirs. Those who feel wounded by you may not see your point of view, and they are much less likely to see your side when you refuse to see theirs. When we get in an "I'm right, you're wrong" battle, we are surely stuck. Perhaps everyone is right. That is, we are always right about our feelings, whether or not we agree on the details. When we validate the other person, we open the door for them to

- acknowledge us and this begins resolution. If your challenger doesn't choose to accept your outlook, let it go. Regardless, you'll feel better.
3. **Establish healthy boundaries.** We all need limits to maintain healthy relationships and happy lives. When we uphold appropriate and positive boundaries, we have better self esteem; we find we are more kind to others and ourselves; and, we create and sustain unconscious expectation where others know that we expect them to be kind to us. Treating one another with love and kindness is the most essential element for any relationship (and family). Without healthy boundaries and appropriate limits, families fall apart.
  4. **Serve those you love.** When we are self-absorbed, we are unforgiving and unable to properly acknowledge those we love. We manifest our selfishness with an unforgiving nature. To break-free of this unhealthy cycle, serve another without any expectation of receiving something in return. As we serve, we heal our tendency to be selfish, we open our minds to new possibilities, and we unleash our potential to receive limitless joy!
  5. **Forgive;** it's the only way to move forward!! Holding on to judgment and criticism of another leaves us stuck with the burden of high expectations and the pain of regret. Forgiveness allows us to energetically dump the heavy, emotional backpacks we carry. Sometimes we must forgive ourselves. Other times we need to absolve a loved one who has betrayed us. Either way, as we forgive, we literally "give" away our pain. It's the only way to truly heal a damaged relationship.
  6. **Love yourself!!!** We all make mistakes, that's the way we learn. If we all did it perfect all of the time, the world would be dull and we'd never progress. We need each other to make mistakes so that life can be a laboratory of learning. Truly loving from the inside out happens when we let go of high expectations and accept ourselves – the positive and negative traits we possess. This means acknowledging and tolerating our mistakes, and growing beyond them. As we choose this option, we discover self-love, which breeds a sense of freedom, happiness, and healthy self esteem.
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Almost ending with a quote from Andrew Cohen, "When spirit took the leap from formlessness to form, from nothing to something, from being to becoming, it emerged from emptiness as the *creative impulse*—the urge to become, the desire to exist. This creative impulse expresses itself at all levels of the human experience. Any human being can locate it at the lowest level of their being—at the gross physical level—as the sexual impulse, which is really the presence or movement of the big bang as a biological imperative. But at higher levels of being, humans are the only life forms we know of that are compelled to innovate and to create. We can see this especially in individuals who are pioneers in their fields, whether they are great philosophers, musicians, artists, politicians, or poets. Most individuals who are deeply talented are driven by a sense of urgency, an ecstatically urgent sense that "I must bring into life this potential that I see and experience in the depths of my own being. This must come *through* me." If we get to know them, we will usually find that truly great human beings are driven by a passion that transcends their separate self-sense. And in the way I understand it, the highest expression of this creative impulse is the urge to evolve at the level of consciousness itself." Now read it again and perhaps again, to get the essence of what is being said....

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# Happy New Year

## **Level 29: Entering the Field of Cognitive Awareness**

Many people have been talking about ascension and the physical Earth changing into other dimensions or a parallel universe. One of the things we were talking about the other day was how much energy it takes to physically remove something from the Earth's gravitational pull.



A Delta II rocket blasting off. A large amount of energy is needed to achieve escape velocity. *Photo from Jet Propulsion Laboratory's Planetary Missions & Instruments image gallery.*

**Escape velocity** is the minimum initial velocity an unaccelerated object needs to escape a body's gravitational field.

**DO NOT OVERTHINK THIS LEVEL. IF YOU DO, YOU BECOME MORE DENSE AND WILL HAVE A DIFFICULT TIME TAKING IN THE INFORMATION.**

The higher dimensions are right around the corner. By way of distance we are not closer today than we were yesterday or the year before, because dimensions are not separated by distance. The exception to this rule is when distance is measured by human thought from a neutral point of view without bias to belief. Dimensions overlap and border each other in the same ways that nature presents the seasons to us. All dimensions take place in the same moment but not in the same awareness. The denser an object, the quicker it will sink or fall. Likewise, a dense being or culture will fall faster than one that is lighter in density. Density is sometimes confused with weight, but they are not the same. Density is the amount of substance contained within a specific area, and the density of a substance can change under different conditions. Some of those conditions include temperature. As a hot air balloon rises because the heated air within the balloon is less dense than the cooler air outside.

The density of all things and beings can be measured, but humanity has not yet discovered how to influence, and therefore alter its own density in order to benefit itself and its future. Ancient Egyptians and a few other cultures understood how to do this, and were able under certain circumstances to alter their reality and their dimension. Some secret initiative organization traditions were privy to this information but little evidence of any true relevance remains today. Many who study the properties of gold, and monatomic gold in particular, are often fascinated to discover that under unique conditions it will manifest as substance without density (a powder). Gold can weigh less than nothing as well as influence the density of other matter. The influence of putting precise thought upon matter is what closes the gap between what you know and what you do not know. **Knowledge is not the accumulation of information, it is the way you process a thought.**

Think of all the work you have done up until this point. Are there any issues that keep coming up for you to address? During the past few days we have had quite a bit of snow for the area we live. Some people have gone into fear about losing power, driving anywhere, will I make it to the airport, etc. How do you deal with issues when they come up? What emotion are you feeling? Can you remain neutral and centered so you can deal with the current issue or problem? How do we escape the negative, imprisoning forces that continue to confine us and the human spirit? What needs to be done in order for us to break free from these re-occurring patterns?

After the last level of work, we discovered that we were more aware of the things that were going on around us and discovered that the most efficient and simple way to break away from some of the old patterns was to cultivate an appreciation for the things that are going on around us. **Being more cognizant (knowledge of something especially through personal experience) is a key that will unlock the doorway to the new world.**

Being cognizant is a fascinating vibrational field with multiple effects. We are now being presented a doorway that we can go through and step into this field. When we step into the cognizant energy field, the disturbances around us will affect us less negatively. Your emotional response to the various situations will be of a higher order. You will be more resourceful in the ways you deal with the challenges you are facing. You will have finally reached such a sensitive self awareness and favorable critical vibrational rate, that your life will be different.

By learning to live in a state of conscious cognitive awareness, you will enter a domain, a vibration that will carry you through the chaos of these times. You will finally be totally awake. You will find a type of solace and comfort and the vibrational rate of your body will increase. At some point you will reach what we call

**escape velocity**, reducing your density that has anchored us to Earth (gravity) and **increase our velocity to go into the cognitive awareness belt**. If you could imagine driving your car, increasing the speed of your car and merging into the flow of interstate traffic safely. You will easily step out of the illusions and the lies of the old world. You will see them for what they are and you will become a joyous co-creator of a new world.

If you are experiencing or have a tendency for agitation, erratic emotional feelings, disturbed thought patterns, short term memory difficulties, irritation, irrationality, a feeling of being in a vise or a feeling of being trapped. You are what we would call a very sensitive individual to the waves of energy that are coming to us. This level would help you tremendously.

With each level of work comes a deeper level of processing. With this level of work coming through this time of year can assist you in releasing very old emotional relationship issues that stemmed from your family of origin. You will finally be free of some very deep psychological pain and issues that seem to have been stored deep in the marrow of your bones. When you process this level, do not hold anything back as we may have been forced to do in our formative years. Allow these things to finally be released in any way your body can do this. **Cost \$830.00. Special will be \$650.00 until January 20, 2009.** The cost is high due to the tremendous amount of time involved in helping you not only through the level, but also in pre-level preparation and the post-level maintenance. This is not a one night endeavor; but a life changing event.

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### Some closing thoughts.....

This past year maybe has been one of the most difficult years you've ever gone through, perhaps physically, emotionally, mentally, financially, relationship-ly, spiritually etc. The humor, the insight and your courage that you have all displayed despite any of your personal challenges, give us optimism for our collective future.

We predict that 2009 will feel very much like a confluence where two rivers flow vigorously into one river. The strong currents going in opposite directions, the intensity, the chaos, and the raw energy will be disorienting unless you find within yourself a powerful anchor. May you all swim through the tumultuous waters safely as you all go within to find your tremendous inner strength.

- Whatever you do, don't give up... the only way to ensure failure is to stop trying.
- Do imagine your worst case scenarios. We know this sounds strange, but surprisingly, vividly describing what you most fear does two things. You can make plans to survive it and you realize some of your fears are very, very, very irrational. Trust us; this will calm down the most insurmountable fear.
- Stop fearing your emotions. Despite what you may have heard, negative emotions are simply a different color of gas than positive emotions in your physical fuel. You will not manifest a car wreck because you worry about it (that is, unless you spend all your time worrying about it, if so, then do the step listed above) – as long as you can feel your emotions, every emotion will act as gas to improve your life. Denying any emotion is much more harmful than actually “feeling” the emotion. If you feel angry, then be angry... it will get pretty boring after awhile, but you aren't stuffing it. You are “feeling” it and letting it go.

- Make 2009 the year you totally wake up. Make a list of everything you do to distract, numb out, obsess, create dreams, blame others and generally avoid yourself. Each month throughout 2009, try dropping one of the habits and watch your circumstances improve as your consciousness increases.
- Try the theory that every challenge you are facing has wrapped in adversity the gift of your enlightenment if you'll pay keen attention to how you ended up here and what to do next. Of course, not every challenge has adversity, but some of us manage to find it anyway as will "plow" forward. That is unless, the only point of experience is to recognize the mistake when we make it again and through it all we become wiser.

We all have a front row seat on this evolutionary leap that we are experiencing... let's enjoy the ride.....

**Here is to 2009!!!!!!!**



Loren and Diane

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