

*Drs. Loren and Diane Mickelson*

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# Mickelson Muse

**From our state of deep thought or dreamy abstraction.**

**No. 59, February 2010**



## **First of all I will start with the announcements:**

- WE did manage to video-tape Loren doing the Gold Light Exercise. It was done “by the seat of your pants – no planning” meaning we just happened to be in a really cool place and remembered we’d been meaning to do this. Loren gave me a small Flip video recorder for Christmas which I unwrapped and put into my purse, but had NEVER used. It had a slight charge on it so we decided to “try” it. (Incidentally we were at Ocean Shores, WA.) Loren gets situated on a rock sorta in the water and I balance on some rocks surrounded by water and take out the Flip – I see a red button and voila it starts tapping. The video (hyperlinked below) is a result of that... the noise of the waves may distract you the first time you listen to it and may detract from the exercise, but after you listen to it a couple of times it may also sooth you... Loren’s video can be found: [Gold Light Exercise](#) if you want it on your desktop... go under the video and find a blank space and right click. A menu will come up... Click on Create shortcut. The message will come up that asks you if you want to put this on your desktop. Click, “yes”.
- Both Loren and I have set up our blogs... mine is connected to our website ([www.drsmick.com/blog](http://www.drsmick.com/blog)) and the bloggings are all about personal development... going forward. Loren’s is ([www.drsmickjewelry.com/blog](http://www.drsmickjewelry.com/blog) ). He talks about jewelry (healing and just plain pretty stuff), stones and how they help you in your daily life, and will present you with a new piece of jewelry that he can make especially for you to “make your name lucky” using numerology and stones that have energy to help you. Do check them both you... (There is a photo at the end of this newsletter with examples; he plans to sell this, made exclusively for each individual necklace for \$40including shipping.) I

plan to write often (everyday?)... Loren will write a couple times a week. You can sign up to be notified when new entries are posted (RSS Feeds is one way).

*Diane's topics include (all the following are hyperlinked so you just have to click, these are listed from the most current on..)*

[Learning New Skills? Doable?](#)

[The "Good Old Days" .... Were They? Living in the NOW.....](#)

[What feeds me?](#)

[Time Management – do you manage your time or does it manage you?](#)

[Balance – huh?](#)

[...now we have Extreme Multitasking](#)

[Just chilling...](#)

[...and yesterday did happen – chaos](#)

[Come on now, give yourself a break](#)

[Patience, does it even exist?](#)

[The saga continues...becoming "real" to family and friends](#)

[Today, who are we?](#)

[Who am I? Who are you? Judgy, Judgy, Judgy](#)

[Learning to remember](#)

[...and the next day](#)

[The chaos continues....](#)

*Loren's topics include*

[Fortunate Number Jewelry](#)

[Recurring Number 11](#)

[Balance](#)

[A Stone's Throw](#)

...and now a word to give our undying gratitude to our webmaster, [Sue Dennison](#), who patiently (and we hope continues to do so) leads us through the maze of computer mumbo jumbo so we can provide better services to you. She is one of the bright shiny "lights" individuals who is not only grounded in our 3<sup>rd</sup> dimensional reality, but really "get" the other-worldly stuff also. If you do not have a webmaster or are thinking of changing and getting a new one... we highly recommend her. (<http://sagespider.com/>)

- And we now have a dedicated line just for our clients.... It is **206-497-5311**; please make note of it if you need to call us....

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## 2012

2012 what a topic this is...you hear and see it everywhere... from the extreme fear based to the "looking forward to Armageddon". No one knows, no one has an answer, but everyone seems to have not only an opinion, but know their opinion is the right one. What I can tell you is this... it is not a date... it is a process, a journey not an event. You won't wake up one morning – be in

heaven or hell; be in the “new earth”; be with the 72 virgins; etc. Again, 2012 is an unfoldment over time not an event.

Look at what happened in 1999... the changing of eras... the world would end because all our computer systems hadn't been set up right – guess what? At 12:00am Jan. 1, 2000... nothing happened... it was just another day. That is what you will experience with 2012... another day. Change happens gradually.. the amoeba didn't turn into a man overnight... (or whatever your belief system is)... You aren't going to go from Old Earth to New Earth as if crossing a line in a single moment.

Something else that is bothering everyone is that they are worried about what happens to the folks that aren't moving forward when it is right for them.. the ones that choose to remain in the Old? Well, in our opinion, they won't disappear overnight... again, this is a process... they will leave by death or choose to go forward – again over time. Everyone chooses their own journey.. it is really up to each individual. We keep hearing that the Earth's course is set; it is we each have our own timetable.

There is a universal alignment “window” that Earth is to totally leave third dimension, individuals who want to go with her physically must have enough light to go forward; but it is up to each individual. Earth knows what she is doing; it is really the destination of her human residents that seems to be an issue. Will they absorb the light that changes carbon-based cells to the crystalline that will enable physical survival in other dimensions or not? If not, they will eventually leave. Absorbing light requires ones at the negative end of duality to change from violence to peacefulness, from greed to generosity, from corruption to honor, unjustness to fairness, anger to reason, oppression to freedom, judgment to acceptance. If we continue to hold onto the illusion of the old reality, or the “same old, same old”, and focus on it, then this is what we will continue to create... Nothing will change.

If we, on the other hand, believe that change is happening.. It will happen. This will continue, you will continue to create your own realities. The big question really is “where” it will happen? Incidentally this is an area that our [work](#) can really facilitate your journey of the “where”. You may want to forward this newsletter to family and friends that you believe may benefit from our services.

The ascension process was designed to move us, expand us, and raise the consciousness of the planet through ourselves, one step at a time, slowly in order to alleviate as much discomfort as possible. It has been a slow and steady process although there are times when we question how slow and comfortable it has been... we still feel vulnerable and fragile, feeling a loss of support or loss of anything at times, feelings of wanting to be alone or finding being around others irritating.. some folks experiences continued massive and frequent hot flashes (not related to woman's issues), being cold with an inability to get warm, panic attacks, anxiety and depression, sleepless nights coupled with extreme fatigue... this is a comfortable transition? We need, at the time, to remember to breathe, center and stay in the moment.

We were watching the weather last week and the camera scanned to “pan” the view outside the studio... we saw 2 suns... at first we thought it was a reflection or something so we went outside

and I'd be darned if there weren't two suns... it lasted for a few moments then clouded over. It has happened several times since then. What does this mean? In our opinion (which this newsletter is), it means that the earth is gradually going into another dimension ... GRADUALLY... we are evolving, ascending or whatever you choose to call it. It is happening now and has been for some time. Our question is... is it only the earth ascending or is it our entire solar system? Is that why we saw two suns? We certainly don't have an answer for that... guess it is more of a "wait-see".

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## **Manifestation Requires Change**

This came across in our email the other day... I do not know the source:

Now is the time to be flexible and make spaces for change. Give yourself room to breathe just before, during and after you move, divorce, marry, birth, grieve, train, teach, merge, meld, buy, sell, lose, win, and/or alter any part of your routine. Routines keep you feeling safe. CHANGE keeps you alive in the cycle of life, death, and rebirth. Find a healthy combination of ALL the habits that work for you and make room for change.

Change reminds you that you are more than you think you are. Change is the necessary element in the marriage of biology with divinity. It is the element that brings you closer to your Divine (higher) Self. If you can change with ease within a healthy structure you will realize that you've been safe all along and never separate from your source.

Practice a quiet two-minute meditation and make space for change. Then open your mouth and let the "om" sound come out. It is the vibration of the universe.

Or, better yet, if you prefer, "Ah uumm." Click your heels three times and repeat, "There's no place like Om" "There's no place like Om" "There's no place like Om"

Now make space in your life for what you're about to manifest. The more present you are the easier it is to know how to respond to the world and to any situation...or to know if any response at all is truly necessary. The more present you are, the more you know what past actions/habits/patterns not to repeat. The more present you are, the more you're aware of who you are and who you are becoming.

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## **Earth Energy Changes**

All the weather or events that happen on earth are connected. If volcanoes erupting, tsunamis, hurricanes, earthquakes, etc. occur anywhere, this energy will affect everything and everybody everywhere in many ways... You are energy and all energy is connected. When a body of energy has an event, so do you, but because you are unique, no one person has the same experience. Did you "feel" anything last week before, during or after Haiti's earthquakes? We certainly did. These are times when we need to look "outside" of ourselves as well as internally to see what is happening around us to figure out if the uneasiness, the discomfort, the ickiness is "ours" or is it all the connected energy in general. We can do something about the "internal stuff", but not

really do much about all the connected energy which we have no control over. We need to give ourselves a break sometimes... this ascension energy is bigger than just an individual...

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## **Vibration**

Abraham writes: The Universe does not know if the vibration you are resonating to is because of what you are imagining or because of what you are observing. In either case, it is responding. Emotion is your guidance of your response to your vibration. Your emotion does not create. Emotion is your indicator of what you are already creating. As you think, you vibrate. And it is your vibrational offering that equals your point of attraction. So, what you are thinking and what is coming back to you is always a vibrational match. The emotion (your guidance system) is telling you what's coming.

And: Things are coming into your experience in response to your vibration. Your vibration is resonating because of the thoughts you are thinking and you can tell by the way you feel what kinds of thoughts you are thinking. Find good-feeling thoughts and good-feeling manifestations must follow. Make a decision to look for the best-feeling aspects of whatever you must give your attention to, and otherwise look only for good-feeling things to give your attention to—and your life will become one of increasingly good-feeling aspects. (In this excerpt... substitute anything you want to manifest... instead of good feelings... what do you want?)

So to get the things you want, you have to take action, but only when it feels logical and natural to do so. Someone once said, “You can lead a horse to water, but you can't make him drink it.” In other words, if the horse is thirsty, it doesn't need you to tell it what to do. It will just naturally take a drink when it needs one. If you take so much action simply to try and hurry up the universal energy, you're only forcing the issue. And when it comes to the universe, force will get you nowhere. So do what you have to do, and let it go.

That brings us to another crucial point about manifesting in general and the universe in particular. Knowing that everything is made up of the same stuff (energy), and that this “stuff” is all connected, we also realize that everything we do to one bit of stuff affects all the other bits of stuff. This is generally known as the Law of Attraction. The simplest way to putting it is: Like attracts like. If you send out positive energy, you'll get positive energy back. If you send out love and kindness, you'll get the same in return, but if all you manage to send out is negativity and aggression, that that's what you can expect to receive. (Take stock of what is going on in your life right now... recognize YOUR part in creating it. If you don't like what is going on... then change what you put or send out).

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## **Intention**

Intentions are stronger than wishes, because they imply something you're going to achieve, rather than something you wish you could achieve. Instead of daydreaming about what you might have, intentions signify that you INTEND to get exactly what you want. One of the ways that you can make your intentions even more powerful is by attaching an emotion to them. In other words, will you having that new car make you feel? Will more money make you excited or less stressed? Would a new house make you proud and successful? Would a better job give you

more time to do the things you want to do, with the people you want to be with? Don't answer these... your intentions will be unique to you as will your emotions surrounding the intention.

Sometimes your timing for your fulfillment of the intention and the universes.. will not be equal. Your job is to give the universe as much information about the things you want as possible. Then, relax and let things happen naturally. If there is a "do" part involved – of course, you will need that action, also.

Your brain is a tool for you to use... It is like your computer that does not operate by itself, but only when you interact with it. The soul or your higher self turns on the brain which then stimulates the soul to open up deeper knowledge and puts it into useful action within the mind. Knowledge is not totally located within the brain except as it is entered in by your higher self and then it is used for reasoning. Knowledge lies beyond the brain. Knowledge is accumulated in the brain, but, alas, so much is not easily accessed in the current lifetime... we are working on that with all our level work, starting with crystal removal. Although we don't talk about it much, as a sideline with most of our work, we also remove negatively intentioned entities that have been successful in hiding most of your information from your conscious knowing.

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### **Loren's New Fortunate Name Pendant**



Diane has been after me to design a more affordable fortunate name necklace that you could purchase without the formal write-up (a comprehensive write-up of the numbers in your current



name and birth name). A fortunate number is one that has proven to be fortunate over eons of time. So why wouldn't you want to have your current name vibrate to a fortunate number? Wouldn't it carry over to the world around you? I have chosen the donut shape because to me it feels like the energy of the stone comes in through the center hole (void of the donut) of the donut shaped stone emanating and echoing the energy through you and your entire auric field. Located in the outermost circumference of the pendent will be a stone that will enhance the energy of current name and your personal energy field and alter your vibration to equal a fortunate number.

The choice of donut shaped stones will be blue sunstone, gold sunstone or onyx. The wire used will be a sterling silver plated wire along with a 20 inch sterling silver plated serpentine chain. The cost for this piece is \$40.00 that will include priority shipping.

In order to create this piece for you, I will need your current name (what everyone calls you), full birth name and birth date. The piece will be designed especially for YOU. To order go to [www.drsmickjewelry.com](http://www.drsmickjewelry.com).

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## Updates

- As you are navigating through our [level work](#), please do not be overwhelmed by all the various levels of work and other work that is listed. We do not know how much work that you have done up to this time, but we do know that we can further facilitate your vibrational process to channel more and more light which has been our goal.
- The combination of Level 37, 38, 39 and soon to be Level 40 has been quite a journey.... Those that are doing these levels will tell you that it is perhaps some of the most difficult yet rewarding "self" work they have ever done. With these last levels of work, we truly feel that they will help you facilitate the integration process into the New Earth. We (The Mickelsons) seem to have assimilated into this "new"..more about that in the Special Report that will follow below.
- A little update on our identity theft – although the bank/authorities haven't found the folks responsible for trying to "take over" Loren's identity, they have (at least) "let" Loren retain his identity... (really good boundary setting here, huh?.. claiming your identity)... we aren't even going to go into the metaphysical whys and why nots this all happened... for today, we are glad that they will reimburse all the theft – although it will take about 6 months to restore the total wipe-out of our January accounts. Until then we are trying to get used to eating "Stone Soup" and prioritizing how to use the pennies we have left... Been quite a journey...
- Make sure you check out our new blogs: [www.drsmick.com/blog](http://www.drsmick.com/blog) is Diane's and Loren's is [www.drsmickjewelry.com/blog](http://www.drsmickjewelry.com/blog) . You can also follow us and if you subscribe to each of them, you will be notified of any updates....

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## Special Report

I am calling this a special report because I just had this “light bulb” moment a couple of hours ago. To back track just a bit... we have all been feeling a bit disconnected, fussy, bewildered, confused, having low or no energy, etc. lately. In our household, we are all getting over a long physical illness spell with colds, sinus, sore throats that lasted a lot longer than normal. But this time our recovery period was much longer than normal... Our bodies not only had no energy, our thought processes had all gone to hell... to be perfectly honest with you (and let’s face it folks, have I ever been anything but honest with you?), I thought the aging process had finally arrived to senility or the Alzheimer stages... Daily, I became more and more worried and more and more confused. I have been confused before, but for short lengths of time... this has lasted for literally weeks. We began screaming at the universe, god, etc... Enough is enough... We’ve had it... You all get the drill, right? We’ve been on this hamster wheel doing the same thing over and over again... seeing the same scenery pass by... knowing that the old way doesn’t work, but not knowing what the “new way” is. Folks kept writing about “creating your own reality”, but we didn’t even know what to create... we get the “how to” but were literally stuck on the “what to”. Individuals were writing “we’ve arrived”, the transition, ascension or whatever it was called - is happening or has happened.... HUH? We’ve written – even in this newsletter – that it is process not an event.... but yet, here we were on our hamster’s wheel still spinning around. Same old, same old, same old..... BUT, STOP.... I realized today when I was talking to Loren that we aren’t on the hamster wheel anymore... when in the heck did we get off? Loren theorizes it was around January 15th... (With all the stuff that happened that day) but it really doesn’t matter when it happened just knowing that it happened. I looked around and I’ll be darned if I wasn’t on the old hamster wheel anymore... No wonder we are all confused, disorientated, etc. If we’d been treading on this wheel this whole lifetime and suddenly get off... (Close your eyes and imagine getting off a Tilt ‘o Whirl at the fair, you have been spinning in for 10 years...) how would you feel? Our legs are weak and shaky – we stagger around, our head is spinning wildly and probably headachy, our brains are void of a thought process, our stomachs are nauseated... on and on and on... No senility... just a “change of locations”. So we all need to take a breath... we are “here” in an integrated “new earth”... we then realize that we know, not only how to create, but what to create.... Yes, it is happening – we are evolving... we are progressing, but do realize “we have a different earth”....

With the “what to create”... a **caution** here... you may feel as if you are suddenly stuck into a high school advanced math class when you have just really figured out what the number 2 was. Breathe and give yourself a break... Your legs may feel a little wobbly – like you’ve just gotten off a boat and are trying to steady yourself... Although you are progressing in an accelerated warped speed, you **do** have all the tools. We have always known we couldn’t market and conduct our business the old way... it didn’t work... traveling from city to city, renting rooms to give talks and do our business ceased working for us around 2000... we’ve been in a hamster wheel, but on a treadmill in the hamster wheel – running faster and faster – but literally going no-where. We have been given so much advice from everybody – everywhere – from friends, family, channeling sessions, strangers, etc. all telling us to “get out there”, and get public – go market yourselves. We could only reach “the choir” – the folks that already knew us or knew about what services we provided... we did figure out how to do our business the “new” way and have been conducting it that way for the past 10 years, but couldn’t for the life of us figure out



how to “get out there” – market ourselves to people other than the “choir”. Now we know... the “new”... and onward we march.....

Loren and Diane..... *yes, finally finished this time....*

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