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Mickelson Muse

From our state of deep thought or dreamy abstraction.

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Announcements:

1. As we sent out a few days ago, we will be giving a talk in MN on July 9... hope to see some of you MN folks there!!!! Loren will be talking about Fortunate Number Jewelry and have some pieces out for display (and, yes, you can order them that night, also)... Both of us will talk about Crystal Removal and some of our other work... If possible, take a look at the website (www.drsmick.com) and see all the changes we've made, read our story and just have some fun looking around the site.

2. We also continue writing in our blogs... We hope you check in now and then... www.drsmick.com/blog (Diane), www.drsmickjewelry.com/blog (Loren), www.fortunatenumberjewelry.com (Loren) . We welcome any comments and/or feedback. And, of course, Loren is continually designing new pieces of jewelry.... Along with "new" information coming all the time... it has been a busy time.... (o:

What Makes All the Difference (Andrew Cohen)

We cannot know how many of us are actually going to succeed in becoming enlightened in this life. We can never predict these things. But the question of how many of us are going to come to that point in our own evolution where we are willing to do anything that we possibly can in order to succeed is very different matter. The power to go that far lies in our very own hands. And in the end, there is nothing more than any of us can do than want to be free more than anything else and be willing to back it up with action and with a sacrifice. From a certain point of view, whether or not we actually succeed in becoming fully enlightened doesn't really matter.

It doesn't make any difference. But what does make all the difference in the world is whether or not we are truly willing to do it now.

.....the aches and pains of this enlightenment stuff:

You may be feeling some of the things listed below:

1. Body aches and pains, especially in the neck shoulder and back. This is the result of intense changes at your DNA level as the "new" awakens within you... this will be better soon.
2. Feeling of deep inner sadness for no apparent reason. You are releasing your past (this lifetime and others) and this causes the feeling of sadness. This is similar to the experience of moving from a house where you lived in for many, many years into a new house. As much as you want to move into the new house, there is a sadness of leaving behind the memories, energy and experiences of the old house. This will pass.
3. Crying for no apparent reason. Similar to #2 above. It is good and healthy to let the tears flow. It helps to release the old energy within.
4. Sudden change in job or career. A very common symptom. As you change, things around you will change as well. Don't worry about finding the "perfect" job or career right now. You are in transition and you may make several job changes before you settle into one that fits your passion.
5. Withdrawal from family relationships. You are connected to your biological family for a variety of reasons... some may be karma (remember – neither good nor bad)... When you get off the karmic cycle, the bonds of the old relationships are released. It will appear as though you are drifting away from your family and friends... After a period of time, you may develop a new relationship with them... but the relationship will be based in the "new" energy without the karmic attachments.
6. Unusual sleep patterns. It is likely that you'll awaken many nights between 2:00 and 4:00AM. There is a lot of work going on within you and it often causes you to wake up for a "breather." Not to worry. If you can't go back to sleep, get up and do something rather than lay in bed and worry about... well everything.
7. Intense dreams. These might include war and battle dreams, chase dreams or monster dreams. You are literally releasing the old energy within, and these energies of the past are often symbolized as wars, funning to escape and boogiemens.
8. Physical disorientation. At times you will feel very ungrounded. You'll be "spatially challenged" with the feeling like you can't put two feet on the ground or that you are walking between two worlds. As your consciousness transitions into the new energy, your body sometimes lags behind. Spend more time in nature to help ground the new energy within.
9. Increased "self talk." You will find yourself talking to your Self more often. You will suddenly realize you have been chattering away with yourself for the past 30 minutes. There is a new level of communication taking place within your being, and you are experiencing the tip of the iceberg with the self talk. The conversations will increase and they will become more fluid, more coherent and more insightful. You are not going crazy; you are a person moving into the new energy.
10. Feelings of loneliness, even when in the company of others. You may feel alone and removed from others. You may feel the desire to "flee" groups and crowds. You are

walking a scared and lonely path. As much as the feelings of loneliness cause you anxiety, it is difficult to relate to others at this time. The void within will be filled with the love and energy of your own higher self. (Much of this feeling can be eliminated with Level 44....)

11. Loss of passion. You may feel totally disimpassioned, with little or no desire to do anything. That is OK and it is just part of the process. Take this time to “do no-thing.” Don’t fight yourself on this, because this will pass. It is similar to rebooting a computer. You need to shut down for a brief period of time in order to load the sophisticated new software (energy).
12. A deep longing to go Home. This is perhaps the most difficult and challenging of any of the conditions. You may experience a deep and overwhelming desire to leave the planet and return to Home. This is not a “suicidal” feeling. It is not based in anger or frustration. You don’t want to make a big deal of it or cause drama for yourself or to others. There is a quiet part of you that wants to go Home. The root cause for this is quite simple. You have completed your karmic cycles. You have completed your contract for this lifetime. You are ready to begin a new lifetime while still in this physical body. During this transition process, you have an inner remembrance of what it is like to be on the “other” side. (Level 17 also connects you to your Home).

Are you ready to enlist for another tour of duty here on Earth? Are you ready to take on the challenges of moving into the New Energy? Yes, you could go Home right now. But you have come this far and after many, many, many lifetimes, it would be a shame to leave before the end of the movie. Besides, Spirit needs you here to help others transition into the new energy. They will need a human guide, just like you, who has taken the journey from the old energy into the new. The path you are walking right now provides the experiences to enable you to become a mentor, a role model... As lonely and dark as your journey can be at times, remember you are never really alone.....

Outlaw Catalog of Cagey Optimism

Lastly, we finish with this excerpt from Rob Brezsny’s Freewill astrology website (Prononia Is the Antidote for Paranoia)... we thought it would be a good way to start thinking in positive ways to describe ourselves.... Read through these and see if some describe you.... Or perhaps, make up some of your own!!!!

“Psychiatry and psychotherapy obsess on what's wrong with people and give short shrift (definition: careless treatment; scant attention) to what's right. The manual of these professions is a 943-page textbook called the DSM-IV. It identifies scores of pathological states but no healthy ones.

Some time back, I (Rob) began to complain about this fact, and asked readers to help me compile material for a proposed antidote, the Anti-DSM -- a compendium of healthy, exalted, positive states of being. Below is our initial attempt at creating an Anti-DSM-IV, or as we also like to call it, The Outlaw Catalog of Cagey Optimism.”

* ACUTE FLUENCY. Happily immersed in artistic creation or scientific exploration; lost in a trance-like state of inventiveness that's blissful and taxing; surrendered to a state of grace in which you're fully engaged in a productive, compelling, and delightful activity. The joy of this

demanding, rewarding state is intensified by a sense that time has been suspended, and is rounder and deeper than usual

* AESTHETIC BLISS. Vividly experiencing the colors, textures, tones, scents, and rhythms of the world around you, creating a symbiotic intimacy that dissolves the psychological barriers between you and what you observe.

* AGGRESSIVE SENSITIVITY. Animated by a strong determination to be receptive and empathetic.

* ALIGNMENT WITH THE INFINITY OF THE MOMENT. Reveling in the liberating realization that we are all exactly where we need to be at all times, even if some of us are temporarily in the midst of trial or tribulation, and that human evolution is proceeding exactly as it should, even if we can't see the big picture of the puzzle that would clarify how all the pieces fit together perfectly. (* AUTONOMOUS NURTURING. Not waiting for someone to give you what you can give yourself.

* BASKING IN ELDER WISDOM. A state of expansive ripeness achieved through listening to the stories of elders.

* BIBLIOBLISS. Transported into states of transcendent pleasure while immersed in reading a favorite book.

* BLASPHEMOUS REVERENCE. Acting on the knowledge that the most efficacious form of devotion to the Divine Wow is tinctured with playful or mischievous behavior that prevents the buildup of fanaticism.

* BOO-DUH NATURE. Dwelling in the blithe understanding of the fact that worry is useless because most of what we worry about never happens.

* COMIC INTROSPECTION. Being fully aware of your own foibles while still loving yourself tenderly and maintaining confidence in your ability to give your specific genius to the world. To paraphrase Alan Jones, Dean of Grace Cathedral: following the Byzantine ploys of your ego with compassion and humor as it tries to make itself the center of everything, even of its own suffering and struggle.

* COMPASSIONATE DISCRIMINATION. Having astute judgment without being scornfully judgmental; seeing difficult truths about a situation or person without closing your heart or feeling superior. In the words of Alan Jones: having the ability "to smell a rat without allowing your ability to discern deception sour your vision of the glory and joy that is everyone's birthright."

* CRAZED KINDNESS. Having frequent, overpowering urges to bestow gifts, disseminate inspiration, and perpetrate random acts of benevolence.

* ECSTATIC GRATITUDE. Feeling genuine thankfulness with such resplendent intensity that you generate a surge of endorphins in your body and slip into a full-scale outbreak of euphoria.

* EMANCIPATED SURRENDER. Letting go of an attachment without harboring resentment toward the stimuli that led to the necessity of letting go. * FRIENDLY SHOCK. Welcoming a surprise that will ultimately have benevolent effects.

* HIGHWAY EQUANIMITY. Feeling serene, polite, and benevolent while driving in heavy traffic.

* HOLY LISTENING. Hearing the words of another human being as if they were a direct communication from the Divine Wow to you.

* IMAGINATIVE TRUTH-TELLING. Conveying the truth of any specific situation from multiple angles, thereby mitigating the distortions that result from assuming the truth can be told from a single viewpoint.

- * **IMPULSIVE LOVE SPREADING.** Characterized by a fierce determination to never withhold well-deserved praise, inspirational encouragement, positive feedback, or loving thoughts; often includes a tendency to write love letters on the spur of the moment and on any medium, including napkins, grocery bags, and skin.
- * **INADVERTENT NATURE WORSHIP.** Experiencing the rapture that comes from being outside for extended periods of time.
- * **INGENIOUS INTIMACY.** Having an ability to consistently create deep connections with other human beings, and to use the lush, reverential excitement stimulated by such exchanges to further deepen the connections. A well-crafted talent for dissolving your sense of separateness and enjoying the innocent exultation that erupts in the wake of the dissolution.
- * **JOYFUL POIGNANCE.** Feeling buoyantly joyful about the beauty and mystery of life while remaining aware of the sadness, injustices, wounds, and future fears that form the challenges in an examined life.
- * **LATE LATE-BLOOMING.** Having a capacity for growth spurts well into old age, long past the time that conventional wisdom says they're possible.
- * **LEARNING DELIGHT.** Experiencing the brain-reeling pleasure that comes from learning something new.
- * **LUCID DREAM PATRIOTISM.** A love of country rooted in the fact that it provides the ideal conditions for learning lucid dreaming.
- * **LYRICAL CONSONANCE.** Experiencing the visceral yet also cerebral excitement that comes from listening to live music played impeccably by skilled musicians.
- * **MODULATED RAPTURISM.** Welcoming miracles and peak experiences in full awareness that the growth they initiate will require sober commitment and disciplined work to complete.
- * **NONRESENTMENT SYNDROME.** Having an ability to be friendly, open, and helpful to people with whom you disagree.
- * **NOT HAVING TO BE RIGHT.** Fostering an ability, even a willingness, to be proven wrong about one of your initial perceptions or pet theories; having an eagerness to gather information that may change your mind about something you have fervently believed; cultivating a tendency to enjoy being corrected, especially about ideas that are negative or hostile.
- * **ORGIASTIC LUCIDITY.** Experiencing an expansive and intricate state of clarity while in the midst of extreme sensual pleasure.
- * **PERMANENT DIVINE INFATUATION.** Having not the abstract understanding but rather a direction perception that the Divine Intelligence, who recreates the universe fresh every moment, is deeply in love with you, even as you are in love with the Divine Intelligence.
- * **RADICAL CURIOSITY.** Characterized by the following traits: an enthusiasm for the mystery embedded in the mundane; a preference for questions over answers; an aversion to stereotyping, generalizations, and jumping to conclusions; a belief that people are unsolvable puzzles; an inclination to be unafraid of both change and absence of change; a strong drive to avoid boredom; a lack of interest in possessing or dominating what you are curious about.
- * **RELENTLESS UNPRETENTIOUSNESS.** Possessing a strong determination to not take yourself too seriously, not take your cherished beliefs too literally, and not take other people's ideas about you too personally.
- * **RIPE INTELLECTION.** The understanding that a predilection to notice and analyze pathology is itself pathological.
- * **ROOTED IN ETERNITY.** The state of knowing that your true identity is deeper than the constant chatter of thoughts, images, and feelings that swirls through your mind.
- * **SACRED PERCEPTIVENESS.** Seeing others for who they really are, in both their immaturity

and genius, and articulating your insights to them with care.

* SCARY-THUNDER-IN-THE-DARK HAPPINESS. Feeling deliciously safe in a well-protected sanctuary during a severe storm.

* SCHIZOFRIENDIA. Hearing voices in your head that are constantly supportive, encouraging, and keen to offer advice that helps you make the most of every experience.

* SELF-ACCEPTANCE UNDER PRESSURE. The state achieved upon leaving a room filled with people who know you, and not worrying about what anyone will say about you.

* SELF-HONORING. Having an unwillingness to disparage, belittle, or hurt yourself; includes a taboo against speaking phrases like, "I'm such an idiot!" and "What's wrong with me?"

* SLY TRUST. Having a discerning faith that the integrity of your efforts will inevitably lead to a result that's exactly what you need; being skillful in the art of never trying too hard.

* SONGBIRD-IN-A-TREE. The cultivated awareness that daily life presents countless opportunities to be buoyed by moments of ordinary extraordinary beauty, and that these moments are most available if you perceive with your senses and not with your internal turmoil.

* TENDER RAGE. Maintaining a strong sense of love and protectiveness towards a person or creature or institution you're angry at.

* TRANSCONSUMERISM. An absence of tendencies to predicate happiness on acquiring material possessions.

* TRIUMPHANT NURTURING. Feeling contented expansiveness while nursing a baby.

* UNSELFCONSCIOUSNESS. Doing what you're doing and being who you're being without thinking about it at all. Being happy by virtue of not worrying about whether or not you're happy; enjoying a unified state in which you are not split between the you who acts and the you who observes

* UNTWEAKABILITY. Having a composed, blame-free readiness to correct false impressions when your actions have been misunderstood and have led to awkward consequences.

* VIRTUOSO INTEGRATION. Consistently walking your talk; effectively translating your ideals into the specific actions; creating results that are congruous with your intentions; being free of hypocrisy.

* VISIONS OF THRILLING EXPLOITS. Experiencing an eruption of intuition that clearly reveals you will attempt a certain adventure in the future, as when you spy a particular mountain for the first time and know you'll climb it one day.

* WEATHER SENSITIVITY. Having a high degree of awareness about your sensitivity to changes in the weather, and having a skill for managing your responses to those shifts so as to consistently bring out the best in yourself.

* WHOLEHEARTEDNESS. Having the capacity to give, on a moment's notice, your complete attention, empathy, and playful intelligence to any person or circumstance you choose.

* WILD DISCIPLINE. Possessing a talent for creating a kind of organization that's liberating; knowing how to introduce limitations into a situation in such a way that everyone involved is empowered to express his or her unique genius; having an ability to discern hidden order within a seemingly chaotic mess.

* WHEEEE. A serenely boisterous intensely focused chaos of communion with streaming fountains of liquid light hurtling softly through the giggly upbeat tender assurance that all is well and a mysterious unimaginable intelligence is magnetizing us forward into ever-more wonderful throbs of naked truth that bestow the humble happy sight of life as a river of fantastically lucky artful change flowing through us forever.

What a list, huh? Can you think of any more?????

Guess this is it for this month... see you soon.....

Loren and Diane



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