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# Mickelson Muse

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

**No. 68, November 2010**



## November? Really? (well, almost)

Time again to spend a bit of time with you.... We sometimes wonder if we can actually come up with anything for these “ramblings”... but somehow something “comes up” and voila – here we are again!!!

Couple of things this month:

1. A World Meditation is scheduled
2. Does crystal healing work?
3. A bit about manifesting
4. Some changes to come...
5. Question about karma
6. Update on Level 48
7. Reminder to read our blogs

## World Meditation

We have received all sorts of emails announcing a world meditation scheduled for October 31, 2010/November 1, 2010 – noon to noon... so we thought we’d share the information with you in case you’d like to participate. Because of all the time zones... it is being scheduled from 12:01pm PST (I am giving you my time so you can adjust it to you) on October 31, 2010 to

12:01 pm on November 1, 2010. That gives a nice 24 hour period to join in at your convenience. This is a planetary wave of energy that you can participate in. There is no need to coordinate your meditation with anyone – just join into the Planetary Energetic Energy if you wish... or just be “with yourself”. There are those who are setting all sorts of rules on how you should proceed while others who are more “free form”... you do what you are lead to do.

The purpose of this world meditation is two-fold. The first is to activate and open your personal access to your own higher mind, symbolized by the metaphorical term “The Halls of Amenti”... (gotta tell you, folks, I had never heard of this metaphorical term so I googled it and found a plethora of info about it... now, I am a bit smarter (snicker, snicker (o: ). The purpose of this personal activation is to bring to you the gift of your own higher mind, new creative thought, joined with wisdom, for the elevation of your own life and the elevation of your relationships, as well as your community through the mysterious arising of personal courage and inspiration. (That alone sounds interesting, huh?) The channelers go on to say that these gifts come to you when you open your own “Halls of Amenti” – meaning your own Higher Mind. When a human reaches up to his/her Higher Mind and accesses the vibrational gifts from that realm (of his or her own higher consciousness), he/she will be filled with inspiration and courage. And this type of inspiration and courage could change the world through actions that are then taken by that individual.

The second meaning of the term “Halls of Amenti” refers to the energetic work we will be undertaking on the behalf of all humanity and future generations. This second energetic force will happen when all join together during this 24 hour period.... Totally independent of the individual.... This is for the good of all....

For those of you who choose to enter into meditation at this time... time and space will be transcended and you will fly on the wings of your high natures.... Try to spend some time in silence when you end the meditation to give yourself time to just enjoy the moment....

See you all there....

Also, although we know very little about it... we are approaching the Galactic 7<sup>th</sup> day on November 3<sup>rd</sup>, 2010. Apparently that is also what all this increased energy is about.... And, also ---perhaps some explanation of - the speeding up of time. All this “stuff” “news”, etc. can really play with your mind, so if you get caught up in a “time-loop”, just ground and align yourself with Mother Earth and enjoy the “ride”. If you do, time will not slow down but, perhaps, you will feel less like you are running to catch up with it.... (o:

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## **Does Crystal Healing Work?**

There is nothing like the purity and energy of crystals for a multitude of positive purpose. If you are unfamiliar with the power of crystals, these videos are fantastic, offering scientific proof and full of excellent information. Enjoy the powerful, beautiful and healing journey our Mother Earth offers with her crystals.

And remember, EVERYTHING is Energy.

[http://www.youtube.com/watch?v=FAPd6W\\_uQ7s&feature=player\\_embedded](http://www.youtube.com/watch?v=FAPd6W_uQ7s&feature=player_embedded)

[http://www.youtube.com/watch?v=4uAISLe3Jno&feature=player\\_embedded](http://www.youtube.com/watch?v=4uAISLe3Jno&feature=player_embedded)

They talk about Marcel Vogel Crystals in these videos... we use Vogel Crystals made by Marcel Vogel (prior to his death) in our work.... Here is a photo of our very favorite one... it is smokey quartz used in Level 2; clearing blockages; repairing holes; balancing; etc.



...and here are some more....



## **A bit more about manifesting**

You know that your thoughts create what happens in your life, in your world and everything you do affects everything else in this universe. So if any of you are among the complainers, whiners, doubters... know that – that is exactly what you are creating. If you are harboring fear... then that is what you will get... we are manifesting faster and faster now days.... So watch where your thoughts go. I will have a bunch of nay sayers tell me that they think, write about, meditate about, pray about abundance and it doesn't come... well.... What ELSE do you think about????? Are you negating your own abundance? Enough said, huh? Now it is up to each of us to ponder and perhaps do something....

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## **Some changes to come...**

In changing from carbon to crystalline, one facilitates light absorption simply by “you going forward”, “you working on your stuff”... and no, there are no signs that exclusively indicate cellular changes from carbon to crystalline. Uncomfortable conditions that may be caused by that transformation process also are symptoms of physical diseases and that is why we all have been so compromised, confounded and confused about what is going on with us physically as well as energetically. Hopefully, you have consulted a trusted health care specialist if your symptoms are severe or prolonged. However, as time passes there is a recognizable difference between illness and light absorption – as more and more light enters the cells, there comes a pervasive sense of wellbeing, an underlying peacefulness and lightheartedness that persists even in the midst of challenging circumstances.

All this “stuff” and “changes” do not require any of us to become a vegetarian or vegan. Each person's body is as different as each soul and some bodies thrive without meat in the diet while others do not. Anything that prevents bodies from being in balance is also a deterrent to wellbeing. As your vibration rises your bodies will become progressively lighter and you will find fruits, veggies and grains ever more satisfying because these foods are lighter.... This does NOT mean you won't eat meat, seafood or poultry... it just means you will probably be eating less and watching your sources of these products more closely.

While “eating organically” can assist in health improvement, it isn't a necessity.... We've been doing quite a bit of research on this... first of all, make sure your “organic” is organic... organic is becoming a “kleenex” word... so watch your sources. If the higher cost of organic products prevents your buying it, then, again, just watch your sources... wash well, etc. Sometimes the negative feelings that a person gets when they can't afford or think it is a “rip off” is far more harmful than eating non-organically grown foods. Just eat sensibly and use the power of thought and intent that what you are eating serves your highest good.

Most likely you are experiencing one of two things the past couple of months --- you are either panting from the pace and stress of all the things you need to do or needed to get done at once due to the increasing frequencies we are channeling... (But perhaps not exactly knowing this is

what is pressing you to “get things done”) or you are flat on your back. Maybe you are feeling a combination of both; flat on your back while ALSO feeling the stress of so-much-to-do-so-little-time, but with an inability to get your body to align with your needs/intentions.

This latter scenario is actually my favorite...and while it is tempting in those situations to think that the universe is playing a cruel joke on us, it is actually a solid indication that we are THAT close to where our bodies will actually support all those things we need to DO. Prior to this period, we felt the pain of transmutation in our cells, yes, but without the urgency to get our asses moving.... But all that has changed now. With time collapsing in on itself, it suddenly feels like every two weeks it is Christmas again. And we just –can’t-get-caught-up.

A channeler (which one I can’t seem to find to give credit to) wrote *that* “*For those who are just beginning their inward journey, life will begin to radically speed up as it did for each of you along the ascent in consciousness. For those who are at the end of the preparation cycle, you will begin to notice that time suddenly slows down, rather, ceases to exist. It is not as if either is actually happening, it is that your perspectives will shift according to your rate of vibration and the dimensions you participate with. Those entering into higher dimensional frequencies will begin to find that time is malleable...that eternity is a perspective, and one that can be reached while in human form.*”

So, before the merge, the human body was designed to understand time/space relation due to the separation in the brain which created complex comparisons and the ability to see the present ONLY in relation to the past or future. Now, many of us are stepping into a space of neutrality...or pure presence...that of relating to time and space through the perception of every NOW moment.

This pure, unfiltered focus is what is bringing us into alignment with the rapid manifestation that is already becoming a part of our new reality system. In fact (it is said) that the compression of time is not really time at all, but an increase in the rate of attraction ---- of manifestation.

We also read that in the past few months our cosmic receptacles were upgraded from 120 to 240 volts... I am not exactly sure what this means, but this new energy that we are participating with is quite a different level of frequency.... We certainly can feel the difference... Remember how our moms used to say.... Be careful of what you wish for... you might just get it???? Well... we have wanted and wished and “intended” for all of this... and, man, what a whirlwind, huh?

The current rate of vibration on the planet has increased to magnitudes never before experienced in human form. This level of energy is pushing to the surface each and every weakness that exist both within the individual and collective experience. To know that you are becoming more light embodied is to realize that you are releasing the most dense parts of yourselves and this density is being broken (kinda shattered) by the intense waves of light that are streaming through earth now. The amount of light that you are physically able to hold is directly proportional to the ease by which this process unfolds for you. You can make it hard or easy.... Your choice.

So many of you have or are reaching the point where your whole “be-ing” is at neutral and you are lighter and lighter and lighter. Those who are not yet at the light quotient required to achieve

this state will continue to purge, release and rebalance their energy bodies to align with the physical body.

We can hardly believe the amount and power of energy running through our bodies and into the earth right now... so much that we can hardly sit still or even focus on anything. Sometimes we imagine this is what it would feel like for someone with ADD to take amphetamines. If you are feeling racy, anxious or like you OD'd on "something", know that this will eventually balance out into more constructive energy... But from what we hear, this forward moving momentum will not be slowing down any time soon... once we ground and balance ourselves, this will be the new "normal".

So, it seems the trickiest part in this "being trapped" between the worlds is allotting the required energy to resolve the past, while also allocating the necessary vitality to keep all the NOW "stuff" afloat and in balance. So BREATHE through it all and let the universe support us... Ok, now, take a big breath..... and another.....

So what is next? Our power, strength, stability and durability is seriously amping up... yes, even more. So we have been in the "in between" for a bit... it has been really confusing... but now we will be switched-on to once again participate more in the world of "form" and we will reconnect with the material planes – but it will be different. We are now re-engaging at a very different level of operation. Since manifestation is speeding up exponentially, the external world is quickly becoming an acute and accurate reflection of what truly lies within each of us. This means that all the work we have all done.... All the classes, books, meditation, contemplation, releasing, re-working, re-doing , (yes, even our work) that we have done to "lighten" and "clear" ourselves will now be happening on a global scale. We are moving forward and nothing can stop the flow of the momentum that together, we all built toward changes. Yaaaayyyyyy.

Our bodies are still going through some dramatic changes and the physical symptoms can still be intense, but you may also be noticing that the integration periods are becoming shorter and shorter... to the point that you may recover (on a cellular level) in one day from a major blast of energy that only 6 months ago may have put you down for weeks. This is one of the positive side effects to the compression of linear time.

**Some of usual discomforts:** **Grounding symptoms:** soreness in spine, labor-like pains, abdominal/menstrual cramps, lower intestinal distress, lower-back aching and shooting pains, leg aches and restlessness/weakness, sore/burring feet, etc. **Heart opening symptoms:** middle back pain/soreness (behind the heart), chest pain, heart palpitations/flutterers/missed-beats, INDIGESTION, nausea, respiratory ails (coughing), etc. **Pituitary/Pineal symptoms:** ear, teeth and sinus pain/soreness, ocular migraines, headaches, skull pressure, dizziness/vertigo, tinnitus, blurred vision, blurring/water/itchy eyes, sneezing, sensitivity to smell. Speaking of sensitivity to smell, is anyone else concerned that all this divine transfiguration actually means that we are smelling things that others aren't smelling? Weird..... Also, changes in body temperature (chills/sweating) and night sweats, sleep disturbances (insomnia/deep sleeps followed by fatigue), intensified vivid dreams or none at all.... **Organ detox symptoms:** kidney/liver soreness/flutterers, hives, rashes, skin redness, yeast/candida outbreaks/ die-offs, heavy perspiration, etc. ....**and** often with a rapid increase in energy comes the vague sensation of

anxiety and passing feelings of fear and panic. This is just the body's reaction to so much energy running through it and will usually subside once you get used to the higher vibration. (are we having fun yet????? (o:

So remember, folks... we are in the midst of change... of a process... we are doing it... you won't get up one morning and find you are suddenly crystalline – suddenly multidimensional... it is going on now.... RIGHT NOW....

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## **Question about karma**

Lots of buzz about karma and karmic clearings... in order to “ascend” one has to have one's karma cleared... Well...Karma is not cleared by external means... it is experienced. Karma is unique to each individual and it is important that you understand that karma is neither a judgment nor a punishment. It is the opportunity to achieve balance. Balance comes by following the soul's (your higher self) messages to the consciousness messages that keep the person aligned with why you are here – your purpose for being here – all about balance.... So keep doing what you are doing... keep clearing, processing, re-doing, letting go, etc.... no one can do this for you... you “get” to do it.... Fun, huh?

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## **Update on Level 48**

Thought we'd share a few comments about the latest level “Awakening Our Dragon”. As we had all the information “come through”, integrated all the pieces, practiced all the exercises... we couldn't believe the results so we reached out to a few folks to share their experience:

“Man, instant answers – I love this level”

“Level 48 is fantastic!!!! When doing the dragon meditation, I found it interesting the different colors they presented to me. The color dragon changed as my needs changed. I was able to go into mediation very fast. The most amazing thing about Level 48 is the speed of getting answers to the questions I have. Many times before I even complete asking my question, the answer is there!!! I feel more self-confident in myself because I can get answers and feel they are correct. The difference is, before I could get answer for someone else, but wasn't sure about answers for myself. Now I get answers almost instantly for myself. GREAT STUFF!!!!”

“Hi friends, the intensity and clarity regarding what must be seen through and discarded as false is what is unfolding here. The scope of what is being revealed as false is off the charts!!! The primal mistake/misinterpretation begins with a sense of who and more importantly, WHAT we are that is leaned and accepted before we are capable of scrutiny and discernment. The rest of the house we built is always vulnerable because the foundation is made from SAND! Talking

about and comparing upper floors of the house or how the sky look distracts one from looking for a foundation of rock/certainty. I now consider myself a geologist.”

They all said what we were feeling... thank you for sharing.... If you have any questions, etc. or would like to check into this level.. Let us know... [drsmick@aol.com](mailto:drsmick@aol.com).

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## Blogs

Certainly can't leave you all without a plug for our blogs.... It will be a year in January since we started them... then big decision time to continue or quit.... Hmmmmmmmmmmmm.... Until then, please do check in now and then... you don't have to comment on the blog, you can email us with questions or comments, also.... Always love feedback or your thoughts...

Diane's [www.drsmick.com/blog](http://www.drsmick.com/blog) . I write everyday – random thoughts, etc.

Loren's [www.drsmickjewelry.com/blog](http://www.drsmickjewelry.com/blog) and [www.fortunatenumberjewelry.com](http://www.fortunatenumberjewelry.com) . Loren writes weekly... the drsmickjewelry is all about stones; the fortunatenumberjewelry is more about numerology....

Loren is currently taking a digital photography class and a Photoshop class, so hopefully, soon, you will be able to enjoy his photos instead of my rather impromptu iPhone “quickies”... I know, I know, it is all about perspective... but from my viewpoint and totally unbiased (???) opinion... he has an ability and an “eye” to take really great “shots” which are really a pleasure to look at... mine... well, they tell a story... sometimes fuzzy – but a story none-the-less; now, to combine his talent with my story.... Man, what a combination.... Snicker, snicker..... I am taking a cake decorating class... so far I have to ride the short bus to and from class.... Nope, no photos... they don't even look good enough to give away (am feeding the garbage divers)... oh... dear... gotta get ready to roll.... I see the short bus ready to pick me up.....

Guess we have filled up enough of your time for today, huh? Well, tell next time.....

Loren and Diane



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