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Mickelson Muse

**From our state of deep thought or dreamy abstraction.
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What is in this newsletter?

1. Attached is our current work... read if interested to know what it is...
2. Life-changing
3. What is next?

Life is Somersaulting

The earth is now in a somersault, as it is being turned upside down and inside out. We all are seeming to be saying, “Finally!!! The change has come!!!!”..... With this somersault, the last tendrils of darkness are up and out, but things are very different this time ... well in regards to dark energies making an exit. For several years now, the darker energies would depart in waves, over and over again... and it would seem as though these waves went on forever. Even so, change was created. It was just that the way things unfolded let many of us scratching our heads in confusion, as so many souls were not moving forward or making changes... either inward or outward... So as we are finally moving ahead – no matter what, we are now turning inside out while we embark on this journey of creating the new.....

Karen Bishop writes about how the manifestations are varied and lengthy

- Boundary issues – because so much is moving at an intense pace now and we are in “the somersault”, anything and everything can now arrive in our spaces...and some things that arrive are most unpleasant. Insect and human invasions are on this list as well. But other things are quite lovely. In this way, we may suddenly feel vulnerable for no reason or at times, for very good reason!!!! But again, there are also things arriving in our spaces that we feel grateful for. Many of these things could have been “invading” our spaces for years... but as you have worked on your boundaries and increasing your vibrational rate... you will notice them more and more and more and.....

- Halloween is here right now – part of the purging and movement involves darker energies flying around as they have been dislodged. We may find that somehow we ended up watching a scary or unpleasant movie when not the norm for us....
- We cannot keep up with our lives...so much energy is moving right now, along with our movement into higher vibrating territory, and we soon find that we are manifesting too quickly to keep up. Think of something and it shows up almost instantly. Remember that we create what our thoughts are... so many things might be fear based. Add to this the purging of the old and denser energies and there is a lot going on. In this way, we may feel that we are never able to stay on top of things or get much of anything under control before something new arrives and takes our attention.
- Things never seem to complete – similar to above, except that we are moving so quickly now, that we may begin something and very soon it no longer fits where we are as we have evolved out of that space. So we may move into new territory, take the first few steps and find that we cannot go any further. The energies are moving things into very new spaces at a rapid rate. In this way, much is upside down, inside out, here and there and hard to grab onto. In addition, what we may have begun may suddenly no longer apply. All of this creates “half done.”
- Lots of physical symptoms of purging and detoxing – with the somersault scenario and so much movement now, much is moving up and out. This affects us physically as well. Skin rashes, acne, bladder and kidney ailments and pain, intestinal distress, coughing and congestion, and even cancerous eruptions can occur.
- Emotional symptoms as well...a common feeling during these times is called “the hysteria energy”. For unidentifiable reasons, we may feel a subtle underlying hysteria as so much is moving and changing or even that we are hyperventilating. And....it always happens with change... the usual panic, anxiety and depression.
- Climatic and earth changes...movement, movement and more movement. Cleansing is a natural by-product as the energies continue to rev up and push, push, push out the old. Earthquakes open to receive more light and climatic catastrophes happen.
- Loss of life...many souls are departing the planet at this time.... Some because they have experienced all they came to experience, some because they have not chosen to be present during the end times and yet others because they are not able or willing to align themselves..... leaving can be death or by walk-ins... meaning the soul will leave while another comes into replace it. Also, many friendships may change...

But strangely enough this is all news that something magnificent is indeed occurring. We will experience them in a way that fits who, what and where the planet is at this particular time. We can only bob and weave and know that all is in divine and perfect order.

Perhaps.... Another little ditty Karen offered was that the high gas prices during this time are a perfect example of divine timing. We are being encouraged to examine and “see” where we are currently residing, either globally or locally. With high gasoline prices, we are forced to stay local, stay put, and stay home. In this way, we will eventually begin to see what is right in front of us, learn to love and cherish our close neighbors (and not connections that exist from the artificial internet grid – although I do disagree here a bit with Karen) and towns we reside in and begin the evolutionary process of staying local and evolving into local governing bodies as well (which will suit us much better as they are much more relevant to the distinct energies they are

each comprised of). So in the way, everything is supporting our evolutionary process, even though it may not seem so at times.... Well, I have to admit, this is one way to look at it... it will also give a person time to really, really look at where they live to see if that place is suitable to them. Time for you to look at this also, folks....

Life-Changing

The question that has been swirling around in our heads these past year ... of.... "What is next?" has now been compounded by: So where is our passion? Our innocence? Our excitement? Is it lost or just lost in the past? Did we lose it or did we forget to acknowledge ourselves and reward ourselves with our own love so now our internal excited selves just doesn't care? Going deeper we can see that our failure to create and hold a vision is what has left us high and dry. Along the way in the past 25 years or so we haven't created a new vision for us. And most importantly, we had to remember why we started doing all this "stuff" in the first place which (as we remember) is for one reason only - to make a difference in the world and help others become all that they know they can be. To be of service....we know that is why we are here... we are in a service lifetime. As we admitted this truth (which, literally has taken us months to arrive at), suddenly we could feel all the juices in our bodies flowing and we could see the sparkle in each other's eyes that comes when we are present to the endless possibilities that exist in this unlimited universe for us.

We have to remember the past is stubborn. It holds on to itself for fear that it will be forgotten or thrown away. Instead of being inspired by what's to come today in this present moment, the inertia of laziness slowly covers an inspiring future with a haze of excuses, rationalizations and justifications about a life yet to be lived. Resignation disguises itself in so many forms that we can't even recognize that it is we ourselves who have given up on the only person that matters. Honesty gets covered up with "I'll do it tomorrow or next week" or "Now is not the time to turn all switches on and go full tilt boogie." But when is the time? When will we finally go after an area of our lives that is stuck or has been lying dormant for months or years instead of focusing on the repetitive life we are living even when it isn't bringing us the joy, success, love and fulfillment we desire?

Today we are hoping to rattle your cage and shake you free from any illusionary bars that are keeping you from taking one giant step (and a few small steps) toward the life you are proud to live NOW-- a life that inspires your greatness, opens your heart and leaves you satisfied at the end of the day. It is a different time, the energy is different. Today we say, "Do something unimaginable!" Commit to take action outside of what you would normally do and beyond your present confines. You can do it! Yes, you can! But it will take you standing in front of a mirror for a sober minute and admitting that there is a greater future waiting for YOU.

We have read in multitudes of incoming newsletters and emails the sentiments that are stated above.... Most are very, very similar words.... We had to go within to figure it out... perhaps you will need to also:

The Ritual (This also has been presented in about a million formats.... So sorry if it looks familiar... if you haven't tried it, please do....)

Make sure you have 15-20 minutes to do the ritual.

Since desire is the spark that ignites the flame of your soul and has the power to propel you into an inspiring future, answer this question: If you were going to have just one wish granted for the rest of this year, what would it be? Be specific and write it down.

Now ask yourself "Can I commit to this desire?" Be honest with yourself. If the answer is Yes, continue. If the answer is No, check in and see if this is just resignation and if it is, continue. If not, identify another desire.

Now to get clear on your vision, write out the answers to these five questions:

- (1) Why is it important to you?
- (2) What will it look like when your desire is fulfilled?
- (3) How many years have you been wanting this?
- (4) How will it feel when you get there?
- (5) How will it bring you joy, success, love and fulfillment? How will it help the world?

On a new piece of paper, write out at least five of the excuses, rationalizations or justifications for why you have not yet fulfilled this desire or truly taken it on.

Now it is time for your moment of truth.

Stand in front of a mirror

Look yourself in the eyes and say out loud "I haven't been willing to give myself all that I desire." Admit it. Say it over and over again. Even if it brings up a lot of emotion, just breathe through it and keep repeating this statement.

Now speak out loud any excuses, rationalizations, justifications or stories that you hold about this desire. "I can't", "It won't happen for me", "I'm not motivated enough.", "I'm too busy.", "I don't know how." "I don't have enough money." "I have other responsibilities." (Blah, blah, blah)

Repeat your excuses, rationalizations, justifications and stories, this time louder with a little more emotion, maybe even with rage, anger or disgust. Hear those excuses for what they are - bars to prison of the past.

Sit down, close your eyes and breathe into all that you've done so far.

Now imagine yourself as a pre-adolescent between the ages of 8 and 13. This is the part of you that is really deserving of a future beyond anything you can imagine for yourself. Ask yourself. "Do I deserve to fulfill my desire?" If you see this child as they are, of course there is only one answer. Be present to this part of you that holds no guilt, no blame, and no regret and is ready to be all they can be.

Ask this child to show you a giant step you can take -- something you never thought you could or would do or something you've been unwilling to do -- that would really call you into action and move you toward your desire. Maybe you need a coach, a therapist, or Weight Watchers. Maybe there's a book you need to read. Maybe you need to fly to a workshop. Identify an action that will emotionally, physically and spiritually rearrange your thinking, your cells and your relationship with the powers that be.

If you're ready to release the past, then ---- bury or burn in a safe way, tear up or somehow destroy your list of excuses, rationalizations, justifications and stories.

Now the most important part.

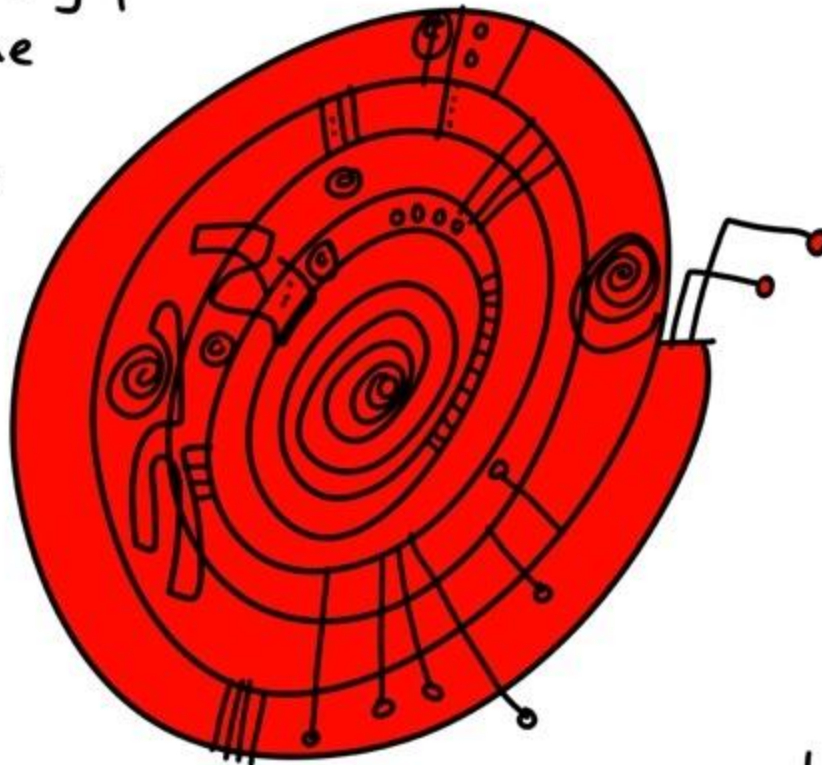
Write a short letter to this child telling them why you both are worthy and ready to fulfill this desire. It is your time!

Now... what is next for you?

What is next for us? Well, we have decided to do things differently.

the turning point:
when the
priority
switches
from
enriching,
to being
enriched.

a powerful
moment.



hugh

What does this mean... well, it means that, although we are still in a service lifetime – evident by the fact we are still here – still human... it also means that, perhaps the first part of the service is complete. We had a check-in from a very wise intuitive last month who before we even asked for a “check-in”... channeled information from the wooga-woogas in other dimensions that “what we came to do was complete – and now it was time for us to figure out what was next for us”.... Now at first we wanted to yell, scream, etc... duh!... why do you think we are checking in???? Until we listened to the words stated for about the 3rd time (boy, those wooga-woogas must think we are dense since they have to keep repeating themselves.....) Your mission is complete.... Not that we don’t continue our work – but it is totally IF we want to... Even though we all have free-will, etc... sometimes when your “mission” is evident (remember how we kicked and screamed at first???)... We all came here for a reason.... Well, our reason was all the information/work we have presented over the past 25 years . We now GET to choose how we are going to proceed..... Well... whoopee... how liberating THAT is.

- Our decision is to continue all the website work... but on a passive basis.... Meaning referral work....
- Write newsletters when we have new information to share that isn’t appropriate for our blogs and/or new work,
- Continue our blogs... mine on a daily basis for now and Loren’s two as he wants to— although, he may combine the two,

- Redo the jewelry website, make it more user friendly and to actively design more pieces for it, and
- Concentrate more on our joint photography efforts (which we are having a blast with) perhaps, down-the-line, making some of our best efforts available to you

So that is our plan FOR NOW.... We are still available via email to answer questions and/or do any work you require.... Do check in now and then to my blogs – I am having a blast writing them... it just seems as though I NEVER run out of “crap” to write about....

Again, what is your plan? Are you the one to bring in a new program, a new healing technique, a new system???? This is the time.... So much that is out there is from the past, the yesterday... nothing really fits now... we start new.... What is your plan????????????????????

Well, until next time.....

Loren and Diane

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The following are just some fun photos we took on Sunday:









