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Mickelson Muse

From our state of deep thought or dreamy abstraction.
No. 75, July 2011

What is in this newsletter?

1. Solar flare info
2. All about the eclipse sandwich
3. FEAR vs. what
4. Update from us

We are incredible beings.
We live in incredible times.
That is not the issue.
The issue is whether or not
we actually believe it.



-hugh macleod

The following is something I received in an email... the credits are at the bottom of this piece... this author does a bang up job explaining "stuff".....

Solstice, Solar Flare and Halo CME

The solstice energies on June 21 2011 were super intense with a solar flare and 'full halo' CME occurring. CME's come after the more powerful solar flares. **CME's are coronal mass injections which are gigantic bubbles of electrified gas:** the ones coming toward earth look like halo's around the sun, so are called 'halo events'. You can read more about this amazing phenomenon and look at pics and video's on www.spaceweather.com .

We are feeling full of electrical energy that may have nowhere to go, thus short-circuiting via irritable temper snaps, mood swings and all manner of frustrations cropping up out of nowhere. Road-blocks, delays, crazy weather and strange things occurring during your night-time sleep state (unexpected astral travel, intense dreams) are some of the manifestations occurring as what feels like a huge helium balloon of energy tries to fit itself into a much smaller pipe!

Solar Flares and CME's aren't something to protect and shield yourself from - although Hollywood movies love to focus on that aspect of things. Energetically they are requiring us to expand our energy, heighten our senses and raise our vibration. We are like that pipe that a huge balloon of energy is trying to fit into. Our pipes are being squeezed open right now to fit in more light and in some cases they are totally breaking apart so that we have to pretty much start fresh with a new blank slate be it geographically, financially, with our work or relationships, or emotionally and mentally with our beliefs and ways of being. It doesn't always feel comfortable and you might at times feel like crying in despair, but the benefits of stretching to meet the growth potential of your soul far outweigh the growing pains along the way.

If you find yourself having a grrr or boohoo moment, let yourself have it then ask yourself: what is coming up for me right now? Why am I feeling frustrated/angry/sad? What aspect of myself is pleading for greater expression? What aspect of myself has something to say or do that isn't being said or done? Where am I holding myself back and why do I keep doing that? What am I passionate about in my life that I have kept dormant for far too long?

The above questions and resulting shifts as you answer them are the true gold and gift of these and future solar flares/cme's. They are only set to increase in size and frequency, and no matter how many layers of the quilt you hide under, the energies will find you! So saddle up your horse and giddee-up.....your soul is moving forward to a new destination and you may as well go with it!

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One Eclipse Left...and counting

So, how are you faring?

We did come up for a quick breath of air after integrating that noxious lunar eclipse, but only for a hot second before the solstice energy waves started to pull us under again.

This lunar eclipse was a doozy for many...in some cases it successfully cracked open core blocks and forced us to take a solid look at our foundations before we begin to build upon them. If your foundation was slightly damaged, most likely you spent the last few days repairing it. If the damage was severe or irreparable, you may have been suddenly forced to begin again...to dig up the existing foundation and lay an entirely new one. If you are one who is experiencing the latter, no worries...this is not a race. Everything is always exactly as it should be.

For all of us, the lunar eclipse provided a massive opportunity to release some deeeeeep feelings of lack/unworthiness...we were given the chance to coddle those remaining loveless parts which, unfortunately meant revisiting some dark places in our past so that we could illuminate and reclaim those aspects of ourselves that we unknowingly left behind.

In either case, this eclipse passage is serving two major and divine purposes for us: the fusion of our higher and lower self-thru our heart center, and a disconnection from our sticky past.

I've heard from both this 3d world and the invisibles that we are no longer our human past. We are no longer a descendent of our biological family, nor are we a member of the 3d dimensional human family. We are co-creators of the new.

In order for "lightworkers", "starseeds", "indigos" or whatever we are called - to function properly in this world, a frequency ratio needed to be achieved so that the initial activation for planetary ascension could be accomplished. This means that most of us have not/never have been wired for 3d earth...which, essentially is why we mostly feel tortured by it...but many of us needed to incarnate in the lower dimensions for the purpose of weaving and anchoring the unity grid (our home turf) into place to secure the frequencies needed for us to thrive, as well as to provide a cushy landing for the new (awakened) children arriving here.

The path-pavers (trailblazers) are also the bridge builders...each with different roles to play, but all with the same goal: to create access portals to the new paradigm so that the opportunity to ascend to a 5th dimensional consciousness exists for all who choose it.

Some of us were responsible for scouting out the proper geographic (vortex) locations to build or resurrect these etheric bridges... others were responsible for the (sacred geometric) design, architecture and engineering...some were the scuba divers working beneath large bodies of water, descending deep into the emotional undercurrent of the collective consciousness to secure the bridge footings.....some built the framework and laid the roadways that connect one world to the next...some had the job of redirecting mental traffic and finding alternative routes for the conscious commuters...some worked in communications, raising awareness about the new pathways, reporting progress to the public and keeping all interested parties connected and in-

the-know...some were the project managers, overseeing the entire production with a hand in all of it, while simultaneously lifting the morale needed to survive the vagueness that surrounds the completion of a such a large construction plan.

Whatever your role was up until this point, if you were a path-paver, you were forced to clear a massive space in your life (meaning having no life at times) so that you could partake in this monumental production. Now that the frequency ratio has been met and the light has tipped in our favor, these soul contracts have expired...which means for this group, the grid-work is complete, the bridges have been built and are mostly ready for the masses, give or take some finishing touches. This also means we can now shake off those lingering attachments to the old - recuperating from the exhaustion of such labor intensive work and focus solely on our own personal/biological needs.

The invisibles have said to me many times that the second half of this year is a "very physically focused one", and while I am not completely sure what that means yet, I am told that the solstice (6/21) was a pivotal point with regard to our "physicality". It seems that in the second half of this year, we will be aligning our physical selves & lives with the spiritual, mental and emotional bodies that we have been working with (clearing) for the last several years...which can sound scary & painful thru the filter of post-traumatic stress, which most of us are clearly suffering from... this is, perhaps, part of the ascension process is where the fun (?) begins because we get to create from a clean slate, with our focus solely in the present, without our goopy past continually derailing us.

And that makes sense because we have been grounding so deeply into present-moment awareness that the past is becoming a hazy dream and the unknown of the future is becoming less-daunting by the minute. This in-between space goes by many names: zero-point, still-point, neutrality, presence, the now-moment, the space between thoughts, etc. I call this space "ijustdonthaveenufenergytocareanymore".

Whatever you call it, when you're here...you're free. This is the space where you are truly willing to let it all hang out and be the authentic you that you came here to be...warts and all. Now's a good time to ask yourself: What do I still care about? Now let that go too. Because when you **just.don't.care.anymore**, you finally get out of your own way and let your heart lead...which is the whole point. This is the proverbial "empty vessel" that Mother/Father God is looking for to fill us up with some of that love juice.

When we hear "think with your heart" I think it means this in a very literal way, as well as metaphorically speaking.

This eclipse portal is delivering us directly to the space required to fully and completely Think With Our Hearts...

The masculine/feminine merging process, aka "sacred union" is the marriage of the polarized divine forces of creation within the human body. I've heard it called the "the spiritual sweet-spot" ...where spirit meets matter, where head meets heart, where ascension occurs, or as some say ... "Where Soul Meets Body".

This unification process literally rewires the heart for new neural activity which enables the heart center to become the primary control center for the human body. Yes, the heart really does think.

The high-heart is *l i t e r a l l y* wired to send and receive intelligence in the same way the human-brain does, however, the nerve center that is located within the thymus utilizes sensation for communication, where the brain primarily uses thought. An important distinction for the new-human template: feel first, think later. Try taking that into the board room....

For many of us who have been on this train for a while, feeling-based intelligence is old hat because it was literally all we had to go by...it was our **ONLY** navigation system (well, unless you talk to dead people like I do) and one we came here wired with so we could guide ourselves thru the dark...and I mean d-a-r-k...but collectively, this is a new directive for humanity, and one by which the beta-testers of the new-human prototype will be first to fully embody. The changeover from brain-thinking to heart-thinking is literally the basis for a new-human.

The invisibles would also like to remind those folk at the front of the parade that, as of the solstice or the next solar eclipse...not sure which, they all just blend together anyway... that you “sleek” 2.0's are no longer bound by the laws of 3d dimensional creation...which really means “you are no longer operating within the laws of cause and effect”. When we rise above polarization by healing the separation between the lower (ego) self and the higher (divine) self, we change our participation with the Law of Attraction. Yaaaaaaaay!!!!

Cause and effect is (karmic) creation thru a **separated mindset**, which entails a process of polar energy exchange... whereas **resonance creation** works directly with the Law of Oneness, and from a unified mindset. The difference is in the application, much of which we will be learning to master in the coming months.

Those who are no longer operating from a **separated mindset** (read: those who have cleared & re-calibrated their ego) are now learning to create from a healed space of unity and this will require new understanding, new application and new memory activations that are now taking place within our cells. Our cells have the memory of home encoded within them...they are mini-computers of conscious intelligence that carry the frequency quotient of our original divine blueprint and they have been communicating with us and with each other to begin the harmonization process required for unity creation...a process that ensures our lower-self is working in harmony with our higher-self.

My take on that is: expect glitches. Chances are we will turn a few princes into frogs until we can get the hang of this.

Very randomly, the invisibles would like to give us a quick heads up that there are new and advanced technologies that are soon to infiltrate the earth plane, compliments of the technically-yet-to-be-discovered-God-Particle (or whatever it will be called). Apparently, something is about to burst forth and crack the entire foundation of human understanding as it exists within the 3d paradigm... and from what I am hearing, this will not bode well for many organized

religions. I could be wrong, but the feeling I am getting is that whatever "this" is will be much more impacting than the realization that Mary Magdalene was not a whore.

Also, the upcoming solar eclipse (7/1) will be a beneficial time to thrust new ideas into the collective (at least supposedly). There is a new energy arriving to support those on the unity timeline and so we reiterate that the time is now to put your ideas forth and begin to take action upon them.

I am hearing that for the next three months, we will be wrapped in "a protective cocoon of fast forward moving energy" that will support many new projects, concepts and ideas here to promote, sustain and support the new-human existence.

We are being called forth, individually and collectively, to physicalize our dreams and it's been made clear to me that there is no time left for indecision or wavering. In other words...what we have come to realize up to this point must now be fully accepted as truth. There is a shrinking space closing in and around us that is both a buffer of protection from duality, as well as a field of greater opportunity that must be used consciously. Bottom line: the unity realms have requisites of soul-based integrity that must be met so be sure to check any remaining fear/doubts at the door.

The remaining months of this year are designed to put you in complete control of your destinies. To do this requires a fearlessness that only you know if you have achieved. If the thought of living an empowered, self-sustainable life elicits fear in any way, those fears will be addressed in an ongoing fashion until they are resolved. You can feel safe to release these fears knowing that within each of you is an innate intelligence so much grander than your human understanding, and this intelligence is guiding you home.

Hang tight, folks, we'll be through to the other side in no time...literally.

Again, the following is me trying to get a handle on something called a "Black Swan" event... much googling later:

FEAR – False Evidence Appearing Real.....

The acronym FEAR, as used to represent False Evidence Appearing Real, is widely used and apparently of unknown origin. Quite a few articles and blog posts utilize this acronym to discuss various sources of fear (both real and irrational), how to prevent, overcome or constructively deal with it, and how to move ahead in life or work with better tools for analyzing its sources and mitigating its effects.

The sources of fear include misunderstanding of the past, misinterpretation of current events, and the unpredictability of the future. On page 50 of his book, *The Black Swan*, Nassim Nicholas Taleb, notes five errors of thinking that he believes emanate from our inability to understand the rare reality and impact of highly improbable events:

a) We focus on preselected segments of the seen and generalize from it to the unseen: the error of confirmation.

(b) We fool ourselves with stories that cater to our Platonic thirst for distinct patterns: the narrative fallacy.

(c) We behave as if the Black Swan does not exist; human nature is not programmed for Black Swans.

(d) What we see is not necessarily all that is there. History hides Black Swans from us [if they didn't happen] and gives a mistaken idea about the odds of these events: this is the distortion of silent evidence.

(e) We “tunnel”: that is, we focus on a few well-defined sources of uncertainty, on too specific a list of Black Swans (at the expense of others that do not come so readily to mind”).

There are many ways in which we misinterpret, or accept others' intentional or unintentional representations of “evidence” that is falsely declared “reality”, leading to fear.

“Skeptical Empiricism”, as defined by Taleb, can be a useful tool for the examination of “evidence” purported to be true by almost anyone (including yourself!). It is a blending of skepticism “A methodology based on an assumption of doubt with the aim of acquiring approximate or relative certainty” and empiricism, the view that experience, especially of the senses, is the only source of knowledge” (definitions: The American Heritage Dictionary). The intent of the composite approach to events and evidence is intended to help one avoid the excesses and blindness of each approach.

He also believes that people are subject to three kinds of “opacity”, inability to see clearly, by which they ponder past events, just as current events are incomprehensible. The triplet of opacity, distilled from The Black Swan consists of:

- 1 .an illusion of understanding of current events...
2. a retrospective distortion of historical events...
3. an overvalue of facts, combined with an overvalue of the intellectual elite...

Of course, take care so that others, or you, do not trap you in the other extreme, either:

REAF: Real Evidence Appearing False

Many would like you to run aground on that “reaf” - ignoring, obscuring or mutating at least an image of reality in favor of their reinterpretation that favors their agenda at your expense! Then, the occurrence of a Black Swan event, which may also be something thought to be highly likely not to happen – a mirage – entices you into yet another level of fear!

Don't fall for false evidence appearing real (or real evidence appearing false)!

The opposite of fear

What is the opposite of fear? It's not a simple question. The first word that comes to mind is courage. But courage is not the absence of fear, like darkness is the absence of light. Rather, courage is the spirit that moves people forward in the face of fear. It's a beam of light that pierces the infinite darkness. The voice of fear is still present, but it is overwhelmed by the adrenaline of action.

I think the opposite of fear is ignorance.

We're genetically programmed to fear. As infants, we fear being left alone. We fear scowling faces and growling dogs. But as we grow (and feeling more secure), we approach the world as fearless experimenters, blissfully ignorant to the threats that come with living a curious, passionate life. Over time, through bumps and bruises and well-intentioned counsel, we learn. We adapt.

Fear is important when it causes us to adapt our behaviors in a beneficial manner. Fear of injury makes us prepare more diligently and intelligently for combat and sport; fear of social reproach makes us work to perfect a speech or stage performance; fear of contracting an infectious disease causes us to take necessary precautions, etc. Fear is trying to protect us. Fear is our friend. Fear is a critical component of an aware, developed mind.

"Am I afraid of high notes? Of course I am afraid. What sane man is not?" - Luciano Pavarotti

Here's the rub: Fear has no perspective. Fear can't differentiate between missing a high note and missing a heartbeat, between losing one's income and losing one's life. Fear doesn't care about others. Fear isn't concerned with right or wrong, good or bad. Fear could care less whether we live an exciting and meaningful life.

Some fears are reasonable. Some are not. In today's highly sanitized, civilized world, most are not. Yes, be aware of fear. Listen to fear. Thank fear for its concern. And then live life from a place of compassion and daring. Transcend the voice in your head, the one that wants you to stay safe and sound, to hold on tight to what you've got, and venture the adventure.

The result of letting fear run your show is called life. To be bold and daring, to be driven by passion and meaning, that's called living. Live! And start today. Because as Larry McMurtry made clear, "If you wait, all that happens is that you get older."

Faith is a state of openness or trust. To have faith is to trust yourself to the water. When you swim you don't grab hold of the water, because if you do you will sink and drown. Instead you relax, and float. And the attitude of faith is the very opposite of clinging to belief, of holding on. In other words, a person who is fanatic in matters of religion, and clings to certain ideas about the nature of God and the Universe, becomes a person who has no faith at all. Instead they are

holding tight. But the attitude of faith is to let go, and become open to truth, whatever it might turn out to be. I want to know the truth!



Updates

So another month flies by.... we can't believe we are in another season... we hardly remember fall, winter and spring.... MAN!!!

We are continuing to work on our books... a children's book that Loren is illustrating and I am writing and another that is a "splattering" of some of the information we have collected and shared over the years... the title for the second book is (although it might be different by the time we actually publish) "Throw Salt Over Your Shoulder – Quickly" filled with all kinds of hints and "stuff" people can do to make their lives easier. We are putting the books on e-book format available on Kindle-type readers and iPad, etc. first just to see if there is any interest, etc.

Our photography continues to be joy filled... and we have put up a number of our photos on a website for artists... (man that word was hard for me to write as I have never considered myself an artist)... The address is: <http://fineartamerica.com/profiles/sun-tsunami.html> Sun-Tsunami

is a name we coined for us that is just fun.... stay tuned as we plan to put up a few jewelry pieces, also....

...and we continue to write on our blogs... I've decided to name mine – “From Broken to Almost Fixed”.... Hee, hee.... Do visit me there.... (www.drsmick.com/blog). Loren is still plugging away at his, although he may soon concentration on just the “Rock Your World” one.

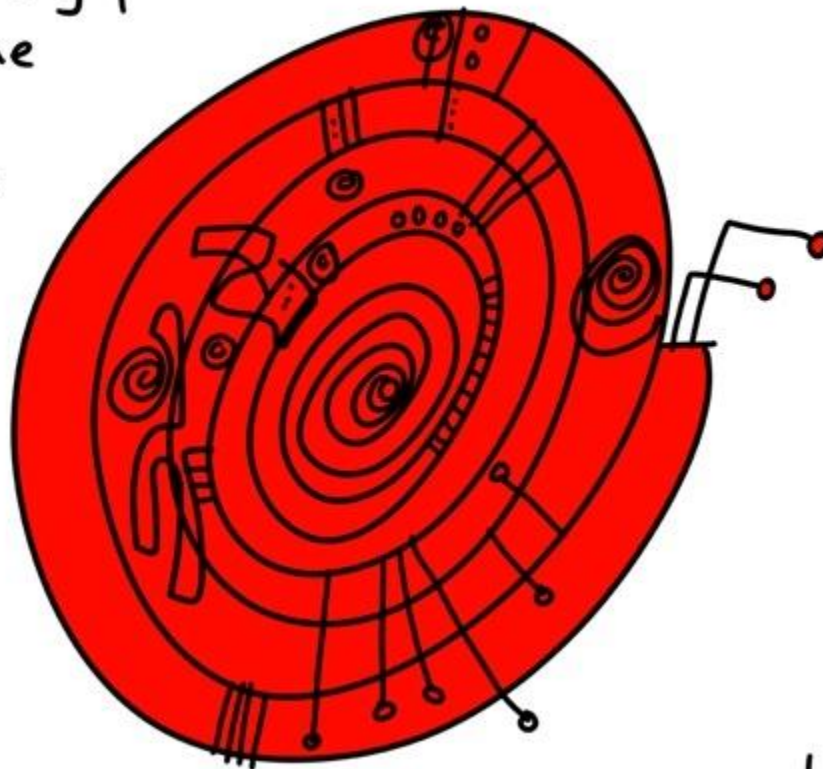
... and another... we are hoping to get started on re-doing the jewelry website... but Loren continues to design new pieces so we will have lots of new pieces to show.

the turning point:

When the
priority
switches
from

enriching,
to being
enriched.

a powerful
moment.



hugh

Loren and Diane

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