

Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 11, January 2004

Greetings,

It is well into the month and you are just getting this. No excuses – just the fact that we couldn't decide on a topic, so what you will get is a mish mash of collective "thoughts".

So, welcome to 2004!!! This is a year of many, many changes for all of us. This year our oldest child turns 35 and our youngest 30. We are adjusting to the fact that we are old enough to have a 35 year old and the fact that our baby is going to be 30. (Ah, I do remember 30). Where did the years go? We have no answer because every time we blink and look into the mirror, more gray hairs have popped out (Well, for Loren, I basically have no idea how many I have), new wrinkles have appeared... from where??? Just yesterday we were 20.....

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New Year's Resolutions:

You say, "Blah, I don't do them." We are challenging all of you to one: This year – 2004, we challenge you to learn how to be NORMAL. Got your attention, huh? What are we talking about??? I am normal. (Or normal for a weird person). Ok, what we are talking about is, what is normal for YOU? Not society's "normal" or society's average... but normal for you.

It isn't necessarily normal to be average. It is interesting how two words can so clearly "sum up" contrasting philosophies of the world and life views of above-down inside out and outside-in below-up. The irony is that often the two words are used interchangeably which unfortunately creates incorrect thinking in people, and incorrect thinking gives rise to incorrect actions. Average, simply put, is found by dividing the sum total of a set of figures by the number of figures added together. Add together 20, 30, 33, 43, 50, and 60, then divide by six. Your average is 39.33. Normal, on the other hand, is defined by Webster as "that which is occurring naturally".

Average is a figure derived from the educated mind of man. Normal occurs naturally. Average is an artificial figure based upon a numbering system often which we have created. Normal cannot be changed without outside intervention. Average can be determined by anyone with the ability to add and divide. Normal is determined by the innate intelligence of the body. It varies from moment to moment depending upon the needs of each individual.

A good example of this is body temperature 98.6. 98.6 is the average temperature determined by adding the temperatures of a group and dividing by the number in the group. What about the low end and high ends of the group? Normal for them is higher and lower than 98.6 – but someone takes their temperature and gets something other than 98.6... something must be wrong. (?) Our son's normal body temperature is lower than 98.6. It is normal for him to be about 97. This certainly isn't average... but it is normal for him.

Then, there are all the weight charts that tell us what we are supposed to weigh. BUT, I know of individuals who weigh below the charts and some above the charts and the weights are perfect for each.

So, your New Year's Resolution for 2004, is to figure out what is "normal" for you. What does your body want to weigh, what is your normal pulse? What supplements does your body need? What can be eliminated or added? What foods does your body want vs. what your mind thinks it wants? Blood pressure? Body temperature? When does your body want to eat and what? You can look to "outside" sources for guidelines, but only you (your body) will be able to establish what normal is for you.

Masks vs. Hats

Another name for this is "Who in the heck am I?" First of all for purposes of definition (so you will know what we are talking about): masks are something you put on and become, hats are something you put on to play a role. Ok, that might not be the way you would define it, but for purposes of this newsletter, that is the definition. Why the difference? Well... Some folks put on mask(s) and become whomever the people or situation around them wants them to be... the "outside" influence's definition of whom they think the person is. Now, please re-read that so you understand the concept. Some examples: Your co-workers perceive you as brassy or gossipy or stupid. You put on those masks and become those attributes. Then (without removing that mask) you go see a friend who sees you as "startlingly smart." You place that mask over the other mask and become during that time startling smart. Then you go see the parents... dad who sees you as "inept", yep, the inept mask. You are terribly inept in front of dad... not smart or gossipy. Mom... well, she see you as an opponent for dad's affections so you become an opponent.. perhaps belligerent, sassy, etc. So many masks.. layers, layers, layers of them.... who are you? You act inept to dad, belligerent to mom, smart to your friend and a gossip at work. Now, you are only smart around your friend, to your dad you are stupid, inept, clumsy, and, man, you mom gets you sassy and smart \$%*%. Day after day, year after year, you add masks... sometimes losing yourself so you don't know who you are. Sound familiar... you become everyone's expectations of who they think you are. So take off all the masks, layer upon layer upon layer. What is left? Who are you? Was the real "you" ever born? What about if you were an unwanted child or a female child born when a male was wanted? From the beginning, you may have put on a mask of what the parents "expected" you to be; then you kept layering masks upon mask upon mask upon mask. Over the years adding them to outside influences of 'others' expectations of who they think or thought you are/were. So you take them the masks) off... "Self" was actually never born/developed/chosen. You, also, would be extremely sensitive to other's judgments of you; so to fit in, you'd simply put on yet another mask. You would probably not only fear being alone, but actually not be able to be alone, for there is no mask to wear, no one's expectations, so NOTHING. You don't know that, of course, you think you are doing something wrong. The good news is that once you realize what has been going on, you get to start choosing who you want to be, not whom others "think" you are.

How is wearing hats different? Well, a hat is like being an actor. You put it on to "act" without losing who you are. Totally confused yet? Let's say you are Sally Smith or Ted Smith. The two are a couple; Ted is an accountant, Sally is an MD. They have 2 children, race mountain bikes, and have many individual creative outlets. When Ted and Sally are together, they put on a partnership hat... and 'act' the role of a partner, not losing who they are. When they are with their family, they have a family hat; if they need to parent, they take off the family hat and put on the father or mother hat. These are roles you play... each quite different. When Ted goes to work, his only hat there is his accountant's hat... his role is Ted acting as an accountant. Sally, at work, will wear her MD hat... Sally acting a role as an MD.

What the goal is - is to be able to wear different hats without losing self...

The next topic is intention. We talk about intention quite a bit... what exactly are we talking about and why in the heck... talk about it at all? Intention defined is "Having the mind, attention, or will concentrated on something or some end or purpose." "A determination to act in a certain way." Again,

why talk about it all? Often, we can achieve an even better result when we stumble yet are willing to start over. When you don't give up after a mistake, when something sometimes isn't easy but we throw ourselves into trying when we aren't afraid of not being perfect. What was my intent in writing this newsletter? Was it the process or the end result? Well, it is the end. Although we learn quite a bit in the process of writing, our intent is to get a newsletter out to all of you that you will read and find a thing or two important to you. A readable and hopefully insightful newsletter... an end was the intent. (You have to decide your intent in reading this newsletter: the intent to read it to be a grammar teacher and find mistakes or the intent to read it for the content... your choice). A different example is when I quilt, my intent is to learn something new in the process, the finished quilt is basically, well, just a quilt... my intent was to learn and enjoy the process.

Another example is schooling. For some it is the process.. the intent of learning something; for others the intent is the piece of paper at the end. Neither is wrong or right... it is all intent.

I was talking to a friend the other day who wanted to be in a relationship, but feared pain or abandonment if the relationship ended. So, she was in want. Let's look at this two ways... the intent being - the relationship (goal).. well this person may or may not experience pain, etc, fear may paralyze this person from beginning a relationship or make this person act in un-natural ways to prove the correctness.. hurt, pain, etc. What if the intent of the relationship was the process, the process of discovery, of learning to know another person. Along the way, it may be a relationship or may not... but the intent was the process... the discovery????

We learn and grow and are transformed not so much by what we do but *why* and *how* we do it. Intention is not just about will, but about our overall everyday vision, what we long for, what we believe is possible for us. Actually each decision we take is born out of intention. The momentary urges that shape what we do are our intentions, our convictions and aspirations we hold. When we actually take time to think before we blurt out some piece of malicious gossip and ask ourselves why we are talking or passing this on? Well, we are having the intention of not harming someone.... This goes on and on and on.

Have you ever heard the old saying "The road to hell is paved with good intentions?" Of course, that message alone could set us up for failure for life. The message itself is us looking outside of ourselves for recognition, you could feel good if the results of your efforts were measurable by conventional (outside) standards. You receive the recognition by others. Ok, what do we mean? Maybe you had an intention to do xyz.... It turned out the way you intended it to.. maybe it was the process you were focusing on... but others perceived your efforts as not up to their standards... so they say you had good intention, anyway..... If you are looking for outside recognition of your efforts instead of your original intent.... then you set yourself up for failure. Try to always remember what your intent was.

Now we have talked about intention.... let's go a bit further.... Say you give a gift to a friend to celebrate a birthday. Your "intent" was to celebrate a birthday, but you were "let down" if the friend didn't respond appropriately to your gift. Without the proper praise (thank you, etc), you felt terrible, maybe angry. Again, was the intent praise (?) or celebration of an event? So, notice what your intention is/are. It will begin to free you from the inside out.

This leads us right into the next topic... appreciation ((can you stretch this far ???... the above example of a birthday gift... you wanted to be thanked... appreciated (that could have been your intent, that intent isn't wrong.)) What is appreciation? Steven Covey writes "Next to physical survival, the greatest need of a human being is psychological survival, to be understood, to be affirmed, to be validated, to be appreciated."

The dictionary defines appreciation as "that which recognizes the quality or significance of that which values." Marion York writes in her book, The Loving Dictionary.... "When we appreciate others, when

we acknowledge and affirm others, we are recognizing that each of us is significant and our lives are valuable.”

You know, appreciation is not false praise, it is also not manipulation. It is sincere and specific recognition and affirmation of the qualities that are unique to YOU. It builds our self esteem and pushes us to accomplish our goals and to make meaningful contributions. Appreciation is one of the greatest gifts we can give another because it will satisfy a basic need .. to be affirmed. We’ve met many successful individuals who were “average” in IQ or talents, but excelled because they believed in themselves, not out of ego, but a belief in themselves. What about the folks of average looks who radiate beauty and charisma? They value and appreciate themselves and it radiates out from the center of them.

It is important to understand the significance of appreciation and understand that “appreciation” is NOT manipulation. Genuine appreciation has NO strings attached. False appreciation manipulates. Any praise, compliment or appreciation that is expressed with the intention of getting someone to do something or to improve performance can be interpreted as manipulation. While it might provide short-term motivation, over time trust can dissolve and the appreciation becomes meaningless. In order for appreciation to be received fully and to have a meaningful impact, it needs to be expressed with the sole purpose of enriching the life of the other person.

“There is more hunger for love and appreciation in this world than for bread” Mother Teresa”.

Also, remember you have to be willing to accept sincere appreciation. When someone gives you a compliment and you are able to receive it, notice how they respond. You can tell a person’s character by the way praise is received. When you open yourself to receive praise (appreciation), you also receive respect.

So, can you appreciate YOU... yourself????? Self appreciation – acceptance of “you” is a key to self esteem. It is not about arrogance or lack of humility. Arrogance is an overcompensation for lack of self-esteem, for self-doubt.

Ms York states that true humility is recognizing our gifts with gratitude and using them for our good and the good of others. Self appreciation is about knowledge and trust. The more you learn to recognize and to value your own strengths and good qualities, the more you learn to trust yourself.

Dr. Susan Jeffers states “Security is not having things, it’s handling things.” When we trust in ourselves to handle things, no one can take our power away. Having enough trust in our abilities to respond and handle what happens to us is response-ability. Being responsible requires knowing ourselves well enough to trust ourselves... appreciate who we are.

Take today.. appreciate self... take your name... take each letter and write positive words starting with that letter. (example follows)

D...deserving, decent, dedicated, determined, dependable, direct, different, divine

I...Ideal, illustrious, imaginative, incredible, insightful

A...alive, alert, appreciative, awesome, astonishing

N...natural, neighborly, novel

E...eager, encouraging, educated, eclectic, equitable, enthusiastic

L...loyal, logical, level-headed, light, lyrical, loving

O...outstanding, observant, original, optimistic, open-minded

R...resourceful, rare, romantic, reliable, remarkable, reputable

E...easygoing, extraordinary, educated, effective, ethical, exceptional

N...nonjudgmental, nurturing, nice, neat, nifty

Get the assignment....???? Now, do it for your name..... If you have someone to “play” with... start doing the alphabet.. start with A.. choose a positive word (s) say, amazing or animated. B...beloved,

balanced or beautiful C....considerate, compassionate, cuddly. Take turns. This can also be a fun family game.

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The following was sent to us by a friend... it was so good, we thought we'd include it in this month's newsletter...

THE SHAUMBRA SYMPTOMS Twelve Signs of Your Awakening Divinity

By Geoffrey Hoppe and Tobias

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 "Christ seed" awakens within. This too shall pass.
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 too shall pass.
3. Crying for no apparent reason. Similar to #2 above. It's good and healthy to let the tears flow. It helps to release the old energy within. This too shall pass.
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. This too shall pass. You're 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 via old karma. 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. This too shall pass. After a period of time, you may develop a new relationship with them if it is appropriate. However, the relationship will be based in the new energy without the karmic attachments.
6. Unusual sleep patterns. It's likely that you'll awaken many nights between 2:00 to 4:00 a.m. There's 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 humanly things. This too shall pass.
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, running to escape and boogeyman. This too shall pass.
8. Physical disorientation. At times you'll feel very ungrounded. You'll be "spatially challenged" with the feeling like you can't put two feet on the ground or that you're 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. This too shall pass.
9. Increased "self talk." You'll find yourself talking to your Self more often. You'll suddenly realize you've been chattering away with yourself for the past 30 minutes. There is a new level of communication taking place within your being, and you're 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're

not going crazy, you're just Shaumbra 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. As Shaumbra, you are walking a sacred and lonely path. As much as the feelings of loneliness cause you anxiety, it is difficult to relate to others at this time. The feelings of loneliness are also associated with the fact that your Guides have departed. They have been with you on all of your journeys in all of your lifetimes. It was time for them to back away so you could fill your space with your own divinity. This too shall pass. The void within will be filled with the love and energy of your own Christ consciousness.

11. Loss of passion. You may feel totally disimpassioned, with little or no desire to do anything. That's okay, and it's just part of the process. Take this time to "do no-thing." Don't fight yourself on this, because this too shall pass. It's similar to rebooting a computer. You need to shut down for a brief period of time in order to load the sophisticated new software, or in this case, the new Christ-seed 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 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 inner remembrances of what it is like to be on the other side. 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, indeed, you could go Home right now. But you've come this far, and after 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're walking right now provides the experiences to enable you to become a Teacher of the New Divine Human. As lonely and dark as your journey can be at times, remember that you are never alone.

Special Days or Weeks this year: Just some fun things..... smile

- Jan 18-24 Hunt for Happiness Week
- Feb 12 Darwin Day
- March 8 Uppity Women's Day
- March 18 Awkward Moment's Day
- April 2 Reconciliation Day
- April 12-18 Egg Salad Week
- May 23 World Turtle Day
- June 4 Hug Your Cat Day
- June 19 World Juggling Day
- July 1 Forgot Day, time to make up for all the events forgotten in the 1st half
- July 13 Embrace Your Geekness Day
- July 25 National Parent's Day
- Aug 1 Sister's Day
- Aug 7 Mustard Day
- Sept 5 Be Late For Something Day\
- Sept 19 Talk Like a Pirate Day
- Sept 19-25 Balance Awareness Week
- Oct 2 World Farm Animal's Day

Oct 11 National Kick Butt Day
Nov 4 National Men Make Dinner Day
Nov. 6 International End Gossip Day
Dec 16 Underdog Day, to salute underdogs and unsung heroes.

Well, that is it..... the trick is finding that balance between being open-minded enough to accept radical new ideas but not open-minded that your brains fall out. Gotta say, my brains about fell out writing this.....

Loren and Diane

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