

# Mickelson Muse

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

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Been awhile, huh? You'd think we'd be able to get these newsletters out faster, but somehow we labor over the simplest tasks lately. It isn't as though we don't have enough to write about, but quite the opposite, sometimes way too much. Then it comes down to what in the world do we focus on with so many choices. Don't you ever get just sooooo tired of all of it? Enough gloom and doom, huh? Perhaps the first thing we need to take a look at is where we are now. What is going on with you this very moment? How have you been, anyway?

## **Wake-up Call... Yours, mine or just being in the wrong place at the wrong time.**

What is a wake-up call? A wake-up call is an event that has either happened to you or a friend that causes you to stop and think about the way you are living your life and may facilitate personal change for the better. If you do not listen to the wake-up call, additional events could happen that try to get you to "**Wake-up.**"

What could be considered an event? Events could be anything relating to the physical body like stubbing your toe, contracting a disease, emotional stress, your office building blows up, financial difficulties, etc. This could also be local, national, or global event that touches us either personally or emotionally (power outages, severe storms, straight line winds, 911, earth quakes, tornadoes, hurricanes, volcanic activity, global warming, etc.).

The first thing to do when you react emotionally to an event, ask yourself, "Do I need to learn anything from this?" Intuitively listen to your response. Act on your response that will facilitate change in your life or ignore the event because it was not a message for you personally.

We were at the book store the other day and ran across this book title, *Death, the Ultimate Wake-up Call* by Dr. Gwendolyn Nelson-Bichard, and got the idea that we needed to write about the topic. We did not buy the book, we just got the message to write about personal wake-up calls.

Have you had a personal "Wake-up Call" if not, listen, listen, listen.

## **Alert New Work:**

### **Radical Balancing**

If there ever was a time for balancing, now is the time. Not only are we all very busy in our every day lives, we are just as busy (or even busier) in our sleep time and in our non-conscious times (daydreaming, meditating, contemplating, etc). We (in addition to all of that) are helping mid-wife new waves of awakening souls. All of the opening of the gates this past spring, summer and fall has opened up new possibilities for all of us. Many are being asked to perform rather outlandish, seemingly undoable tasks in our non-conscious times. This has caused exhaustion, spaciness, inability to focus, memory problems, being especially emotional, and we can't always figure out why. (Remember much of this is due to the unconscious state of

awareness). Some of us are wondering why the things we used to do to ground, center, focus, etc. aren't working. We feel somewhat depressed, at times overwhelmed, sometimes underwhelmed, sick and tired of being sick and tired. It seems as though we have been on this so called "awareness" road forever and wonder at times if it is worth it. Even the mundane everyday chores, work, hobbies, etc. come into question. Is this all there is? Is it honestly worth it?

If you ever needed to believe in what you are doing, now would be that time. Most of us really do believe in the deepest recesses of our beingness that we are on the right path that all the work we have done is for something (enlightenment?) We hold these principles near and dear to us in a philosophical sense. We work and work at integrating all we have learned (you know, the body-mind-spirit thing), but tend to balk if things get too hard, too emotional or start affecting our daily lives. We get too tired, too bored, and too impatient for things to happen. And then, whammy, when things start to happen, we wander around in a befuddled state wondering what did or is happening. Quite a quandary, huh? We are changing, folks, that is what is happening. We have known for awhile of the changes to our mental body, our emotional body and our spiritual body. As we have had the intent of integrating all the work we have been doing... our mental, emotional and spiritual bodies have increased vibrationally. Most of the time (well, at least part of the time) those bodies are vibrating "in sync". Now it is time for our physical body to do a "catch up".

Have you had days where you think just getting through the day is a big deal, you are still tired when you get up in the morning, all you want to do is... nothing? Do you have unexplained aches, pains, perceived illnesses? Your body is trying to get rid of its extreme denseness. The whole enlightenment process greatly taxes all of our systems. At first, our emotional and mental bodies were at a carnival riding all the rollercoasters they could find. Even though we still get to have a ride now and then, it is nothing like the physical body being put through a sieve. We are really going through the ringer as the body wants its turn to vibrate higher. It is actually restructuring. Believe me, it is no small feat to change our entire cellular structure. We have watched several shows recently that have outlined some of the studies being done to prove (scientifically) that more organs than just the liver can regenerate. (Wired Science; Episode 104, Health: Body Builders - <http://www.pbs.org/kcet/wiredscience/episode> click on: Body Builders... very, very interesting how they are growing fingers, bladders, replacement veins, parts of the esophagus, etc... watch it sometime. If the researchers can do this outside the body and then implant the new structure/organ containing some of your own cells in the structure into your body, then is it really going out on a limb saying that perhaps the body will be able to do this within your body?) You already know that every cell in your body will replace itself with a new cell every 7 years or so (some much sooner than that, others take longer), you have an entirely "new" body. What is different this time is that the "new" cells want to be less dense than the old ones; they want to be able to vibrate in tandem with your other bodies. The more you worry about what is happening, the more stress you put on your body. The body may decide that you have to slow down, eat differently, sleep differently, etc. If we don't listen then the body will find a way to get you to listen.

So what is Radical Balancing? It is taking all the balancing techniques we have done before, gearing it up,..... Plus redoing the first part of Level 2 and removing all the negative and used up belief systems you added since having Level 2 done. We can choose our own individual

belief scripts. It's totally up to us. And the creation engine (universe) just keeps faithfully taking orders from whatever belief script we have fed it. Perhaps it is time to "clean" up the ones that didn't work. We think that in order to be comfortable each person must find what works for themselves personally. Then to remain comfortable, we must be willing to allow that to change/evolve. Many of us have seen and/or experienced what doesn't work. Rather than look for a balance, we tend to run to the opposite extreme which probably doesn't work any better. Let's state that again, "Balance is something we run past on our way to the other extreme". This is not a level, just something we have been told to offer at this time. The guides roused us out of bed before 4am this morning and told us to get this out to you. The cost will be \$333. Before we work on you, you will be given all sorts of directions and exercises to prepare you for the balance. Believe us, the balance made life more livable for us right now. Let us know if you'd like this work by contacting us at [drsmick@drsmick.com](mailto:drsmick@drsmick.com) or contact us if you have any questions.

Andrew Cohen wrote, "If you really let in how much work went into creating your own miraculous capacity for consciousness (hourteen billion ears of hard work) then suddently you will understand why it is completely crazy to sit around and worry about yourself, about the endless petty fears and desires of your separate, personal self-sense or ego. Believe me, the purpose of all that cosmic effort and creativity, from nothing to energy to light to matter to life to conscisouness to you... it was not all for that, but for enlightenment."

Bye for now... other new work coming in so I guess we should listen, huh?

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