

# Mickelson Muse

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

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At least we are consistent with our inconsistency!!! Nearing the end of June, but here it is!!!!

## **Consider your Inner Transformation... or another name for “Wake-Up Call”**

We constantly have waves of energy that flow around the world and universe, a wave of energy that causes us to question our basic belief system. I can't say that this wave of energy is a new idea; it seems to me that this wave is in constant motion waiting for the individual to wake up to become a seeker of truth. This “truth” is something that has to resonate with your inner truth.

For Diane and I, this quest began in 1965. We were taking a course in college titled, “History of Western Civilization.” In this class we became aware that the Lutheran religion was not the first religion. Our religious foundation was shattered. All the stories that we believed to be true seemed to shatter before us. We were so distraught that we requested a private meeting with a Lutheran minister. What came out of that meeting was that we as individuals could not question. We had to believe the stories and writings of the church to be true. We could not question???

We had to believe. Thus our quest for **Truth** began.

Has there been a time in your life that has made you stop and think and ask yourself, “What is going on?” Is there something that I need to take a look at or rethink? When did you start your inner quest? Make a time-line of your life thus far noting the changes you have made along your path.

This wave of energy seems to be apparent today, as so many people express a hunger, an inner yearning, for a genuine spiritual experience. Not satisfied with the answers which either science or religion has to offer, many have sought out teachers, gurus, psychics of varying degrees of reliability, anyone who seems to promise fulfillment of an inner need. At the same time, science today seems to be pointing beyond itself are at least beyond its materialistic boundaries which admits to the possibility that consciousness may be primary. And in many religious traditions, there has been a re-awakening to the esoteric wisdom hidden within the outer forms, an esoteric wisdom which by its very nature participates in the mystical.

The first thing we started to do was to study various religions going back in time to grasp some historical sequence of development that leads from objectification to interiorization. We researched specifically to the movement from religious knowledge or theory to the subjective inhabiting of the framework which such theory provided. One generation's conceptual structure becomes the next generation's guide to inner transformation. This is to say that our ideas, our beliefs, all that constitutes our basic world-view must become known experience in such a manner as to bring about a radical change in our lives.

As we open ourselves to change, this change continues to occur within us in a kind of continual pattern of assimilation. Every teacher has recognized the need to translate objective theory into practical experience. The study of your spirituality is a way of life, a mode of being, a transformative path, and a process which we are or should be continually experiencing.

Essentially the experience which we may call spiritual is the experience of our interconnectedness. Because we are the world, the vision that transforms us transforms the world. In our interconnectedness, the consciousness of each must reflect itself in the consciousness of all. Human transformation arises out of the transformation of individuals.

During our spiritual quest, we became more aware of our psychic abilities or more open to the possibilities. How do we receive messages from the beings around us or Source? We became more aware of information that we received through our senses; further, there are those impressions which arouse feelings, while another set of impressions give rise to thoughts and ideas. The combination of all these impressions, sensuous, emotional, and mental, began to spell the world for us.

One of the problems we have is sifting through the psychic or mystical information and experiences and asking ourselves is this true or just our imagination. With us, we get an idea, we verbalize that idea with each other, and then we wait for more pieces of information that supports that idea. We may have an idea for a year or more before all the pieces come together. This is how our work comes together.

It is important to listen to your messages and not ignore them. If you don't listen to your messages, they tend to get louder and louder to the point you can't ignore the message. If you still ignore the messages that you have been given, you may get what we have termed, "Wake Up Call", which could be as severe as the death of a friend or relative to an accident of some sort. Something that is major enough to get your attention to get you to change something in your life.

We speak of progress or path, but in actuality there is neither progress nor path. There is an ongoing and continual surrendering of intellectual knowledge to heart-wisdom, a continual awareness in the midst of daily existence of that mystery which animates the entire universe and which makes us all of one family.

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"Diamonds may be a girl's best friend...but handmade jewelry can be more spectacular and beneficial when designed for the individual." Matt Lauer

That statement leads us into the next topic of conversation – healing jewelry; or better said, "Jewelry which can facilitate your healing." Loren has created a variety of examples of jewelry that helps in the healing process, but all the jewelry shown on the website ([www.drsmickjewelry.com](http://www.drsmickjewelry.com)) is just examples of what could be designed for you. The majority of Loren's work is custom work designed specifically for the individual requesting the piece. It is

the combination of stones or an individual stone that will help people with issues, processes, problems, healing, etc.

There are many websites that list stones and their healing attributes, and some that list the malady or ailment and then suggest the stones that may help. Here are a couple of websites you can bookmark that could help you discover what stones could benefit you at this time in your process. <http://www.crystalsandjewelry.com/metaphysicalproperties.html>  
[http://healing.about.com/od/gemstonesaz/A\\_to\\_Z\\_Gemstones.htm](http://healing.about.com/od/gemstonesaz/A_to_Z_Gemstones.htm)  
<http://www.crystal-cure.com/index.html>

There are also several good books to find the information in:  
Love Is In The Earth by Melody  
Crystalline Communion by Collen Marquist and Jack Frasl

Loren can design something just for you to facilitate your healing. Instead of it just being trial and error, he can help you pinpoint the stones that can be beneficial to you. Think about areas of your life that may need some “help”, look through the list of stones to see which ones can facilitate your journey. We have access to most stones. If we do not have them on hand, we can purchase the stones that you may need.

Loren has been researching stones that can help us during this influx of energy. One of the stones that keeps coming up that will assist us is serafinite. We have been able to find a few beads of serafinite. It is dark green with white streaks in it that looks like frost. When inquiring about this stone, some of the stores had never heard of it while others had but would not have anymore until the Tucson rock show next year.

Seraphinite is often referred to an angel stone because of its higher energies and relationship with angels. Seraphinite is said to help contact angels and communicate with them. Seraphinite is beneficial for intuition and psychic awareness. This stone can be very protective of the heart chakra when used over this chakra, and is helpful for sending unconditional love. Seraphinite is a purifying stone that helps one find one’s higher purpose and will. It is also extremely helpful for all forms of transformation and transmutation, including the magical kind. Seraphinite is healing for nerves, brain cells, purification of the blood and organs and eliminating toxins, kidneys and liver. Seraphinite is a type of chlorite and is the most effective stone for cellular regeneration and can cause a flush of pure healing energy. It acts as a trigger, causing old patterns of disease or imbalance to fall away and new patterns to be created. It is the premier healing stone of this age. Loren has been having a lot of fun with this stone, combining it with other high energy stones to make some pretty interesting pieces.

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### **What is going on, anyway?**

Man, we are really “in” it, now, aren’t we? What in the world is going on? What is happening to our lives? As our vibrational rate increases we have had to learn to not only to consciously remember to do the Gold Light Exercise every morning, but sometimes have had to do it several times during the day. Much has been written about this transition time, this time of no-man’s

land that exists between the old energy and the new. We are all traveling in a place that no one has gone before where it is easy to be lost, vulnerable, confused and alone. Allen from Points of Power writes about it on his website. He writes that “we are now traveling in a strange new land that is outside all of our previous experiences, boundaries and comfort zones. A land where nothing is the same as it used to be and nothing works like it used to work – a land where our dependable old tools are useless, our treasured old books are absolute and all our infallible old security systems are failing. Even when we understand what is happening, it is so easy at times to believe we are ‘losing it’ and on the verge of going completely crazy.” Boy, are we ever with him!!! So we do the Gold Light, try to stay centered, try to “think our bodies bigger”, etc, etc, etc. Although the Gold Light does work particularly with the added water (it is on our website), we still feel vulnerable. Allen continues to offer some suggestions which appear to make sense.

1. “Don’t make the mistake of desperately searching through your old beloved metaphysical books – channeled or otherwise, famous best sellers or otherwise, to find the answers. You simply won’t find any. The answers are not in the old books or in most of the new ones with. We cannot use the tools from within a reality system to get out of that reality system.” We are truly carving our own way, discovering what will work and what won’t. We are writing our own books.
2. “Don’t try to ‘make’ things happen while you are in transition. This is a time of continuously accepting (the unacceptable), letting go, releasing, allowing, living in the ‘now’ and trusting... trusting in the self.”
3. Letting go, like trusting ourselves completely, sounds simple and easy, but are you finding out that it isn’t? Letting go, completely letting go, means letting go of all control, of everything. As long as we are controlling everything or trying to control everything, we are just reinforcing duality’s illusions and in turn making the whole awakening process and the journey even more difficult that it already is. Yep, when we let go of control, everything goes to hell in a hand basket, but that is what needs to happen in order to break from from all the illusions. Many of us are already experiencing this. This is the time when we really need to dig deep within ourself, love ourself, trust ourself.
4. This is probably not a good time to try to make big changes in your life. There will be plenty enough time for that later, but yet one of our enemies during these times is inertia... doing nothing. We find ourselves stuck, but don’t know why... take a look at your present viewpoints and mindsets.. are they rigid? Are they old and don’t fit? Get rid of things that don’t fit anymore... be it clothes, ideas, opinions, etc. Someone once said that the definition of insanity is continuing to go back to the same people and places, doing the same things so that we can continue to not get what we have always not gotten.
5. Expect the unexpected. Just about anything can happen in states of transit, and usually does. Relationships can suddenly be pulled apart (or go haywire and strange), even those that have been long standing and very meaningful; secure jobs and livelihoods can suddenly be lost for no apparent reason; there may be all sorts of unforeseen drama with health and finances, and old friends can disappear from your life. And if all this wasn’t bad enough, there are the various ‘symptoms of spiritual awakening and transformation’ to contend with: increased sensitivity, unusual sleep patterns, memory lapses, inability to

focus and concentrate, feelings of spaciness or dizziness, feelings of uncertainty and apprehension, difficulty in relation to others, vivid and unusual dreams, emotional roller coaster rides (from the heights of joy to the depths of despair), mental confusion, long periods of lethargy, feelings of disconnection and insecurity, loss or change of passion, physical disorientation, a strong resistance to situations and people out of integrity"... do I need to continue? So expect and embrace the unexpected, it will just be easier.

6. "Don't try to hang on to everything for dear life. This will do nothing but cause you unbearable stress. Everything that is now out of alignment with you and who you are becoming is disentangling itself from your life. So let it all go no matter who or what it is. And this includes everything you think you know and used to know and who you think you are. Now this can be quite challenging and even somewhat frightening, but the old, all of it, must shatter and go to make way for the new. The new is not created from a mountain of clutter or build upon the past. The new is created from a void (yes that blessed void)... it is created from no-thing. The difficulty here is that we innately resist change and simply hate voids. They tend to scare us to death. We hate parting from anything until we can see what is going to replace it, and this replacement had better come with an ironclad guarantee. Guess what folks? Get over it... the best is yet to come. Let go of the old so the new has a place to come to. The void is the period in which we learn to trust. It is all about trusting the self.

Allen writes that traveling through the transitional zone is actually a prolonged death process. It is the dying away of the old to give birth to the new. This process is definitely not easy, death processes never are, and it may challenge you right to your core and perhaps beyond that. Just remember the tools (accepting, letting go, releasing, allowing, living in the now and trusting) and remember to use them often.

As we move out of duality, we are no longer 'in less', we are no longer on duality's karmic wheel. This does not mean that we don't still have issues and imbalances with us. As we move further and further into the new energy, these old unresolved issues will indeed come forward to be addressed and often in the most unexpected ways. All of a sudden there it is right there with a bang in our face with little or no warning. All at once we are at the epicenter of a situation that has been created or co-created to bring an issue to the surface. And as strange as it sounds, this issue, this imbalance of energy within us, has come forward only because it wants to be released. It is seeking only release. We have reached a point where we can go no higher until all this old crappy energy has been released. We all have the tools to take care of this – use them.

Try to stay in neutral... in the middle ground. Daniel Jacob writes about the Middle Ground in his Reconnections website....He writes that middle ground of personal focus exists between deliberation and complacency. In a sense, this vibrating could be likened to a singular pitch that is found on the tonal scale of the universe. When the subconscious mind

begins to perceived and to regularly recognize this tone, certain inner programming beings to initiate, beginning the process of transformation. He goes on to say that the middle ground vibration requires you to open up to receiving your deepest personal desires without becoming attached to them. Your ‘willing to be willing’ without being set upon any particular outcome. This middle ground stuff is pretty darn uncertain... and feels unfamiliar. We all must be able to maintain our sense of self, even when there is ‘nothing’ in the immediate reality that seems capable of supporting us. Only then are we all ready to transcend our immediate realities and move to another one that more accurately reflects who we all wish to be.

“In these treacherous times of change and flux, each of you is like a violin string that has been plucked – reverberating that tone throughout your universe, loud and clear. And all of your former lifetimes have gathered themselves into the ONE NOW MOMENT – weaving their distinctive themes and counter-melodies into a single, unresolved CRESCENDO OF DESIRE. And, as you listen, every part of your being is swelling with a need to bring about that FINAL TONE, which will knit together all of the ragged ends of these many lifetimes.”  
(Daniel Jacob again)

Don’t try to resolve this tone, instead just be ready and willing to hang there, suspended in time and space, vibrating with eternity. As the people all around you begin to awaken and stir, your sensitive ears will learn to endure the roaring of the energy until the rest of your universe is able to hear and respond to it too. Don’t run away from this. This is what we have waited for, but actually is the only moment that has ever existed. Any doubts, needs, pains, pleasures are all spices to season the person you are becoming. Savor the flavor and let go..... enjoy the ride here in the middle, folks.

Again, remember to do the Gold Light Exercise often. Remember to breathe... stay centered and grounded. Check your plumb lines often to see if they are all straight. If you don’t have an Orb in place, you may want to consider one (on our website under Other Work)... the orbs really do help in keeping your energy in place for you and deflecting energy being directed towards you. Also, do consider the new work:

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## **Level 25: Interior Seed**

You have been on your spiritual journey for a long time. If someone were to ask you what you believed in, what would you say? It is time for you to figure out or to better define how you believe. It is OK to take a few beliefs from this religion and a few beliefs from that religion and make your own form of religion. It is like you own spiritual recipe that you have adjusted over time and may continue to adjust this recipe making it better and better as you go through this lifetime. The spices are very important.

What are some of the things you do to remain centered and grounded? How do you control stress? What happens to you when ego steps in? What happens when you tend to avoid issues? What I am trying to get you to look at is what tools do you have and use when issues present themselves to you and how do you process these issues? Identify and write down the tools you use and have mastered for your spiritual technology. When you master a new technique, add it to your list. Physical exercises like yoga, Tai Chi, martial arts, meditation, prayer, etc. can also be items listed in your bag of tricks.

In order to combat all the issues and patterns that are dished out to us we must use all of our intuitive senses and attack the issues with a clear awake, guilt free, calm body, mind and spirit. The **interior seed** contains patterns, releases the issues we have been working on-- we deal with the patterns and issues, and it starts all over again. The interior seed carries these patterns from one lifetime to the next acquiring more patterns from each lifetime. It is from this flow of patterns that keeps on hibernating, comes out of hibernation to issue more patterns and remains alive.

The **interior seed** is like sour dough bread starter. You take some of the sour dough starter and use it to bake many loaves of bread but always keeping back some of the dough for future loaves of bread.

We have learned to survive by using what we have mastered through our spiritual technology. The patterns that we have been working on over and over again are encased in this seed. The seed contains all the different ways you have been killed, blocked, hindered, fear, despair, anger, etc. over lifetimes.

The interior seed does not make itself apparent until we reach a certain level of vibration before it can be removed. After the seed is removed we only have to work with day to day issues or patterns. The sour dough starter has been removed.

Then whatever issue manifests itself as energy in the upper level of consciousness, you then recognize it, to embrace it tenderly and transform it. What intent you set with your mind, you will be able to work through the issues that present themselves to through breathing, walking, smiling, driving, exercising, etc. transforming them into different vibrational zones of energy. Practice recognizing issues, embracing them, and releasing them to where ever they need to go. The first thing you have got to do is to be aware or mindful is to recognize what is there, positive or negative. By waking up and be aware of the possibility of different issues presenting themselves.

The second thing you need to is to mentally embrace the issue and to get deeply in touch with it before you can get relief from it.

The third thing you need to ask when an issue presents itself is to look deeply into the nature of what is there (fear, anger, suspicion). The nature of something means the root of that something: how this fear has been created: how this anger has manifested. Look deeply into the nature in order to see their true nature. This could even be done during your meditation which could take you back to where certain angers or fears originated. When we understand, when we have insights into the nature of our various issues, these insights will help transform our issues into positive energies.

You also work on group beliefs and issues. We were raised without the knowledge of being with different races cultures and religions. When we were placed in an environment where many cultures and beliefs systems came together, all you had were the stories that had been told about a culture or race but were not necessarily true. When anger has become a collective, when fear has become a collective fear, it is extremely dangerous for our nation and for the world. That is

why we should practice not only as individuals but also as communities, and as nations. Just think of the possibilities. It all starts with the removal of the **interior seed**. Cost \$611.

Finally we get this off... hope to hear from you soon!!!

Loren and Diane

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