

Mickelson Muse

From our state of deep thought or dreamy abstraction.

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August has been a wild ride.... It is about to get wilder.....



Interesting way to start this newsletter, huh? We all know folks (or do it ourselves) that have elevated excuses and complaining to an art. We can find excuses for almost any of our actions or non-actions or have the ability to find problems almost anywhere and in everyone. Complaining and/or making excuses are simply the ability to see what's not working in one's own life or in the world one occupies. This CAN be a useful tool, if (and that is a big IF) one follows the complaint or excuse to a natural conclusion..... find a solution and apply it. The problem arises when we don't get that far.. and we use complaining or making excuses as an end.

The Daily OM (August 19) goes on to say that complaining and making excuses are a person's way of acknowledging that they are not happy with the way things are. In a metaphorical way, when we complain or criticize, we are tearing down an undesirable structure in order to make room for something new. But if all we do is tear down, never bothering to summon the creative energy required to create something new, we are not fulfilling the process. In fact, we are at risk of becoming a stagnant and destructive force in our own lives and in the lives of the people we love. Another issue with complaining is that we sometimes tend to focus on the other people, whom we can't change, as a way of deflecting attention from the one person we can change – ourselves. So transforming complaining and making excuses into something useful is a twofold process that begins with turning our critical eye to look at things we can actually do something about and then taking positive action.

When we find ourselves complaining or making excuses, the last thing we need to do is get down on ourselves. Instead we can begin by noticing that we are in the mode of wanting to make some changes. But rather than lashing out at somebody and blaming someone else, we can look for an

appropriate place to channel this energy – not at someone else – but instead parts of our own self. Finally we can ask ourselves the question of what we would like to create in the place of whatever it is we want to tear down. When a person does that, they channel a negative habit into a creative process, thus using our energy in a positive way. We might begin to think that everything around us is drying up.. income, friends, etc., but what is actually happening is us getting rid of the old. We have left one world behind and are now in another reality. Things that used to work for us just aren't working anymore. What do you really want? You don't need to know how it is going to happen, but start connecting to what makes your heart sing.

But, be gentle with yourself. During these times of our lives, we are filled with what seems to be constant change and growth. It is important to remember that we need to be kind to ourselves. Since it can be easy to use our energy to keep up with the momentum of lives, we may not be aware of the fact that we are much more likely to run ourselves down.... It is then that we may start complaining and/or making excuses or blaming others... our energy is low and we want to lash out at others for what is going on in our lives. We are all going through major vibrational rate changes... we are clearing old patterns, old habits, old blockages. Some of us have been thrown off balance and we were tossed out of our comfort zones. Others were knocked into balance. Many untrue elements magnified and exploded right before us until they were expelled from our energy. Some of those close to us were unexpectedly pulled away from us. Some received major revelations while others experience distortion of information or challenges to their true knowing. All our new directions were reshuffled several times and were once again rerouted to a truer course. All of this has taken place with month with the 8/8/08 energy, the energy of the eclipses and all the energy between the two. We can all experience lasting breakthroughs or total breakdowns. Soooo... Take time to take care of yourself, your body, your mind, your emotions, etc. Give yourself a break. You don't need to make excuses... you certainly can complain, but what good will it do? Remember the only person you can change is YOU.

This is what we have been hearing from almost everybody: So we've reached the next plateau, why isn't it utopia? Bliss? Isn't it supposed to be heaven on earth? Why are we so uncomfortable? Why do we feel naked? Karen from [What's up on Planet Earth](#) writes that there is so much less density in higher vibrating realities that we can feel nothing much between ourselves and most of everything else. We feel extremely vulnerable with no protection, perhaps even raw and helpless, but this is the way it is when we can see so much more of what is there, without having to look through walls of density or forests of lower vibrating energies. What we can now see can feel scary, dark, uncomfortable... maybe even leaving us spooked. So much is open now. The walls and density have dissipated (or are being dissipated.) We have dropped so much of our lower vibrating and dense energies from within ourselves. What does this all mean? It means you have to pay attention to protecting yourselves (but not out of fear); you need to make sure you have good boundaries.

The old energies are dissipating now and the heavy, heavy density is leaving. This creates a breaking up or a breaking apart of old patterns, old behaviors, and one can feel as though they are hanging on by a thread and having one big meltdown. Who is minding the store? Where are the controls? Can anything and everything happen now with no apparent rules or guidelines? This out of control energy is a manifestation of a higher vibration. It is a manifestation of new

openings and of more expansiveness.... It is up to us to set all of this into place. We (Loren and I) respond to this by saying, “Trailblazing – AGAIN?!!!!” Many of you who have done many of our levels of work will not be as affected by this new energy, but still be aware how it is affecting people. It is a new way of doing things... there is an absence of controlling our dense energies, which can in itself cause chaos. If we focus on our process too much, this intensive focus tends to slow down our flow of energy and decrease our vibration. Sometimes, this is a good thing because it allows us time to figure out exactly what is happening so you can examine it, fix it (if you don’t correct it, then it could flash freeze what is needed to be fixed and tuck it away in some dark closet – waiting to be addressed and corrected. Yes, the situation, problem, healing malady, emotional disarray will wait for you to solve whatever the discordance was... it just doesn’t go away.) Sometimes these issues happen to slow you down, give you time to stop and smell the roses. But sometimes, there is a situation that needs to be addressed. As your vibration decreases, you will probably form a judgment concerning what is going on. The degree of deceleration is correspondent to the intensity and the essential inflexibility of the situation (and you). Once you figure out what and how to address the problem, then go back to your center and deal with it. (In center you will increase your vibration and lessen your density). You cannot be in your center and a victim at the same time, it is all about choice. If you aren’t experiencing any trauma, any discordance with this new energy, then you are in peaceful stillness which is where you want to be even if it is boring – yes, so, so, so boring. The stillness just means that you have been given a break, a time to breathe, a time to plan what you really want, what makes your heart sing.

Daniel Jacob writes about following your energy in one of his Reconnections newsletters. He says that in dealing with the influx of all this new energy and awareness, you have been uniquely equipped with instincts and predispositions (intuition) that will automatically move you in the direction of your destiny. He goes on to say that an infusion of mental and perceptual knowingness has been downloaded into your consciousness from the universal field during this new energy influx. Once you start allowing this to happen (following your intuition), the new emotional tones will freely run in your consciousness and will activate the new knowingness and you will transform quickly. How do we deal with all this? By staying balanced, by staying centered. This can either be easy or hard... you decide the path you want to take.



Greater Reality Checkpoint

Because so much is happening on multiple levels, it is helpful if we continually scan ourselves to see where we are regarding fear, insecurity, misinformation, distortion, etc. It is getting more and more essential to get ourselves to a place where we can’t be influenced by duality. Discernment (get that, discernment, not judgment) has never been more important. We need to locate our blind spots and then flood them with light. This will help us navigate the tricky minefield of these times.

Solara from Into the Centerport of the Labyrinth gives us the following checklist of things to look out for:

1. Too Much Thinking: We need to center ourselves in our hearts, rather than our minds and keep our intuition open wide.

2. Too Much Worrying and Anxiety: Worrying never brings clear solutions and only dissipates our energy.
3. Too Much Focus on the News, the World Situation and Conspiracy theories: This isn't to say that much of this isn't happening; it is. But is happening on a duality level and that is exactly where we cannot center our beings. We need to remain unhooked from all the duality-based information that is trying to grab our attention. This is the only way that we will be able to navigate clearly. (Our note: This doesn't mean not be informed on what is going on – just do it from center).
4. Financial Fears and Insecurity Issues: Yes, the world financial systems are falling and many of us are experiencing financial challenges. But we cannot let ourselves be motivated by lack, insecurity or fear. We must do what we need to do and go where we need to go, unhindered by financial considerations.
5. Crime and Security: If we scan the planet, we will see that nowhere is “safe”, **except for the place where we are truly called to be**. And that might be exactly where you already are or it might be on the other side of the world.
6. Natural Disasters: Yes, they are happening, but they are all part of the massive recalibration taking place.
7. Survival Fears: Our survival depends on our moving ourselves to the frequency band of the Greater Reality. This is a good time to remind ourselves that we all chose to be here at this time to help aid in the changeover from duality to the Greater Reality.
8. Fears for your Mental Stability, that maybe you are going crazy: The times that we are in now are pretty crazy, but you aren't!!
9. Getting overwhelmed by too many possibilities that pull us into multiple directions at the same time.
10. Letting our Nervous Systems Get Fried: When this happens, do something physical.
11. Distractions that pull us off course.
12. Compromises that dilute our core being and keep us from doing what we know to be true.
13. Leaping into action and putting our energy into the wrong place out of panic, boredom, impatience or frustration.
14. Getting Overwhelmed by Everything on This List

These are all symptoms of what is going on now. Yes, duality is dying away. Yes, it is currently fighting for its life. And yes, we are in the midst of birthing something completely NEW. And it is exciting, challenging and sometimes scary.. But it is what we were born to do. It is absolutely monumental what we are achieving, the long awaited shift from duality and it is totally worth our full efforts.

So what if you want to stay where you are... stay living in duality then:

1. You can try to hold onto the belief that everything is still ‘normal’ and carry on as usual. Unfortunately, this illusion won't last long. One of the reasons that the world is experiencing such jarring events and upheavals is to give us a gigantic wake up call.
2. You can put your focus on the terrible things that are happening during duality's final play for power and control. This makes you live in a hostile and fearful world full of menacing forces.

3. You can battle duality on its own terms, trying to bring justice into an unjust world. (If you do this, duality will maintain its control over you because you will be feeding it by believing it to be real.)
4. You can be paralyzed by fear and insecurity, rendering you ineffective to take decisive actions to step out of duality.
5. You can simply give up.

So is living in duality really a choice?

Level 26: Opening Your Personal Amalgam Portal

This level is the first time that we received instructions on how to do this level before we received the information as to what the level was. We were very confused. So, this level is like a primer for time travel within dimension we live now. You will be provided comprehensive details as to how to time travel into the future and into the past within the reality you reside. We are not going to say this is easy because it takes a lot of practice on your part, as it did for us. To begin with, you will travel using your essence. As you become more adept you will take more and more of yourself with you.

We feel that you need to practice this level like a child learning how to walk, by taking baby steps. This could also be compared to learning how to drive a car. You are not allowed to drive a car until you have reached a certain level of maturity or age and passed a written and driving exam. Many of you have had children, who have come to you after they have met all of the prescribed requirements for driving, and asked to borrow the car. You give them the keys, and let them go. This is the same feeling we have with this level, happy, excited and proud. For those of you who have reached the proper level of maturity, passed all the tests, it is time for us to give you the keys to time travel.

When we were writing and organizing the information for this level, we started to question the timing for this level but continued to proceed with great reservation (not out of fear). We kept asking and the answer that we kept getting was “**Now is the time.**” If you have done any research on this topic at all, you will come across many vocabulary terms that deal with time and other dimensions. Our first question to our hypnotherapy clients when we were actively doing past life regressions was, “Why do you want to go back in time? How will this help you in this lifetime?” This is a skill that is like any tool you have the ability to use that comes with a warning label.

We have been receiving glimpses into other times and places for many years. We set the intent of the client before the healing process was started with an individual and allowed these beings from other dimensions to come and assist us with whatever we were doing. We knew how to open portals for other dimensions to come to us but did not know what we were doing to get to other dimensions. We had to slow this process down to realize what we were doing. **We can now Open Your Personal Amalgam Portal and provide you the directions as to what to do.** Webster defines amalgam as, *a distinct entity formed by the combining of two or more different things.* That is what has happened in discovering the “How to,” for this level.

To begin with, the only time that exists is the present moment. You have learned to remain centered, grounded and in balance through many difficult situations without going into fear, anger, judgment or ego in the past. Your energy needs to be open and flowing without restrictions. Your vibrational rate needs to be constant while on your journey.

Matthew's message dated August 29, 2008 talks about synchronicity. His message states that, *"Synchronicity is nothing less than the universe in operation. What you perceive as random events, chance meetings, good or bad luck, isolated incidents, and especially what you call "coincidences" actually are energy in motion in perfectly defined and aligned directions to achieve specific results.*

The synchronous process is like a stretch of dominoes on end – when the first domino falls against the second, a chain reaction flows until the last domino has fallen. While that is the simplest way to explain the workings of synchronicity insofar as one situation affecting the next and the next and so on, it is not an accurate explanation because the domino line had a first and last object. Synchronicity has no beginning and no ending – like the universe, is always in motion – and synchronous happenings are not as obvious as a straight line. True, certain happenings in a lifetime stand out from the myriad of others because of their greater importance and direct tie-ins to those may be held in significance as well, but those, too, are surrounded by the "before" and the "after." Synchronicity is the series of situations required to manifest the intended results of the participants. If you could know the profound importance to your soul of your consciousness acting upon your variety of inspirations, motivations and intuitions, yet the simple reason for ALL the happenings, you would understand that Earth is a stage for all of you to play out the karmic roles you chose. The "importance" is the soul's chosen mission that is being relayed to your consciousness via those nudging; the "simple reason" for all happenings is that you manifested them by your free will choices... You do of course participate in synchronous happenings, but you are not responsible for creating the circumstances or contacting the people who will be the links. Countless sources of energy come into play for each life, arranging the opportunities for connecting the links. But as always, free will is honored, so at each "open door" – or, new acquaintance or event – everyone may respond as he or she wishes. The value of recognizing that nothing happens by coincidence cannot be emphasized too strongly. It invites – compels! – you to look at your life in a new light by understanding the significance of the synchronous threads that have woven its design. When you realize that happenings are purposeful, that they are guidelines and open doorways to karmic completion, you can proceed with more confidence, more excitement, more fulfillment and joy as you live this life in preparation for the next."

Looking back at all the different levels of work, you can clearly see how they all have assisted us in getting us ready for this Level 26. Two key levels that play an important part for your success in this level are Levels 20 (which helps you to wire the left and right brain together) and 24 (which assists you in defining your purpose). If you have not done these levels, you should consider doing them before you do this level.

The cost for Level 26 is \$888.00.

Again you may ask how in the world do we come up with the pricing????? We don't – the folks on the other side do. We put all sorts of prices, starting very low to whatever.... We spread them out and each picks them separately with no one looking. We have our kids pick them... Everyone always picks the same price even though there are over 20 on the table. Now, explain that!!!!

Think about it, folks, we all thought Crystal Removal was waaaaaaay out there. This is so out there we are having trouble sending this out. Is this the only way to do Time Travel? Of course not. But, this is the only way we know how to present it to you at this time. You do need to have your Personal Amalgam Portal opened before you can time travel with not only your essence but ultimately your entire being. It all depends upon what you want and your intent.

You may want to look at **Level 20: Reuniting of Soul and Spirit to “One”** and **Level 24: Portal to Spiritual Purpose**. You can find the write ups on our website. If interested in these levels, we will offer you a good cost reduction on the two of them.

We will still offer the **August Tune-Up** for September. A lot of folks have found this tune-up to be exactly what they need at this time.

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We've heard from a number of sources (both on this dimension and others) that some companion animals (no matter what the age) will choose to leave because they embody so much of our old energy, they can't go forward with us in their current form. Be aware that they have already made plans to come back into different situations to be with you.

In closing, we want to tell you a little ditty that perhaps will make you chuckle. Most of you know that we have a 2 year old grandson, Carson. He calls Loren – Papa and me – Bama (what can I say, he's two). Well, our daughter, Hidi, was watching the Democratic convention the other night, when the announcer came on and said, “Obama will speak soon (or words like that)”. Carson started yelling, “Bama on TV, Bama on TV....” He ran around the room dancing and screaming.... Then Obama came on... he stared at the TV and started crying, “No Bama on TV, where is BAMA?” ((guess, I'm not that famous, huh?.... diane))

All for now....
Loren and Diane
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