

# Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 40, October 2008

As with all the information we provide, keep the things that “fit”, discard the rest. After our last addendum to the Muse, my cousin, Laurie, brought me a card with the following quote:

Buddha: *“Believe nothing, no matter where you read it or who has said it, not even if I have said it, unless it agrees with your own reason and your own common sense.”*

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## Intuition

Let’s talk about intuition for a bit. Everyone has intuition or the ‘sixth sense’. Intuition is real. It is as real as thinking, but too often people believe that if they can’t think through something and come to a logical, reasoned conclusion, then they don’t have enough information, or somehow they are not thinking well enough. Information is nice, and so is thinking, but sometimes answers come to you as fully formed knowings. Sometimes there is no thinking and understanding. Einstein (probably one of the most famous thinkers and reasoners of this era) said, “The intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, and the solution comes to you, and you don’t know how or why.” He also said, “There comes a time when the mind takes a higher plan of knowledge but can never probe how it got there.” And –“The only real valuable thing is intuition.” Pretty ‘out there’ statements from this man of science, huh? We are all conditioned from early in our life to think and to respect logic and logical outcomes, but we need to add to our thinking skills the ability to receive input from our intuition. When we do this, we will **know**, not merely understand.....

## Ways to Nurture your Spiritual Life – Deepak Chopra

Intention is the starting point of any spiritual path. Intention includes will and purpose, aspiration and vision. If you set your intention towards material existence, that will grow instead. Once you plant the seed of an intention, your soul’s journey will unfold automatically.

- Know your intention
- Set your intentions high
- See yourself in the light
- See everyone else in the light

- Reinforce your intentions every day
- Learn to forgive yourself
- Learn to let go
- Revere what is sacred to you
- Allow the universe to take over (meaning, do what you have to do, then let the universe do its job)
  - Embrace the unknown

## **Reality**

How are you doing during this intense energy surge? Here we thought things were intense a year ago, two years ago, three years ago, etc. What a ride we are all on!!!! The “speeding up” seems to envelop all aspects of our lives - we knew this was coming, we wanted it to happen, but are we all ready for it? We will continue this newsletter by asking the question... What is your reality? Are you aware of the fact that you create your own reality? You create it by your thoughts, your beliefs, your words, your actions. Do you have any wiggle room in your reality? By that, I mean, is your reality stagnant or do you have room for possibilities? The reason we all need to take a look at what we have created is – if you haven’t left any room for possibilities, how will you recognize when something has happened? It is said that the Indians never saw Christopher Columbus’s ships because in their reality, there wasn’t such a thing as those kinds of ships. Many folks report that they have seen UFOs... it is within their possibilities. Others flat out reject the fact there might be UFOs... they don’t exist so if one landed in their backyard, they still wouldn’t see it, because it isn’t within their reality. So, as all these changes are happening, will you even notice anything? Do you have any wiggle room in your reality? It has been reported, written about, predicted, etc., that there will be some sort of a UFO landing sometime around Oct. 14 (but remember that our linear time only exists in our 3<sup>rd</sup> dimension)... Do you have any open enough mind for this to happen?

### **New work:**

## **Level 27: Phoenix Rising, From Out of the Ashes**

(At times our physical bodies experience extreme heat to the point that we needed ice packs to help cool our bodies down. We were not sick but felt as though we were having “hot flashes.” Thus the name, Phoenix Rising.)

### **Phoenix Rising**

BY ISHVARA

The phoenix it is calling- a cry of pain  
Fiery feathers of forgotten fools  
Burning- ever so brightly- a beacon  
The phoenix it is calling- the end of a reign

Flames that dance and flicker- watching  
Look into the phoenix's eyes- powerful!  
The mythological beast- does it truly exist?  
The same could be said for true love...

Suddenly it plunges- down- headed for the ground  
Impact! A shattering of a powerful heart  
The crater is all that remains- nothing left  
Fire dancing all around- laughing- beware!  
The phoenix- it has gone to bed- died tonight...

Ashes- all that is left of what once was  
Black ashes swirling with soft winds  
Punishing those for their sins- beware!  
The phoenix- reduced to fragments of its glory...

Wait! Ashes, in the center- a fire burns again  
A fusion of intense fury and feelings  
The ashes dance with the cold breeze- the fire burns  
A cry of joy- a cry of immortal love- so alive!  
The beast born again- but never like this

It stretches its wings- embers shed- new life  
A bird of old- reborn- wearing its burning crown  
A glowing rain of shedding ashes and tears  
The phoenix has returned to deal with earthly fears

A new song is sung- melody melts minds

Defying its death- eternal- for all of time  
A formula of extensive beauty and passionate brawn  
It sings lovingly- a completely different song  
The phoenix rises- the birth of a new dawn...



For months we have been hearing people talk about not fitting in. We hear things like: Our long time friends have been falling by the wayside. I feel so alone. I am no longer comfortable in my old shoes. What are the new rules? I no longer have a road-map. The list could go on and on.

As our vibrational rates have been increasing and changing, it is almost like we are getting ready for the next leap. We are standing on the edge of the cliff, jumped up in the air and are suspended mid-air like we are defying gravity. Where do we go and where will we land? It is like the next page has not been written yet or we are not quite ready for the next step.

### **Fear of not surviving... Fear of surviving**

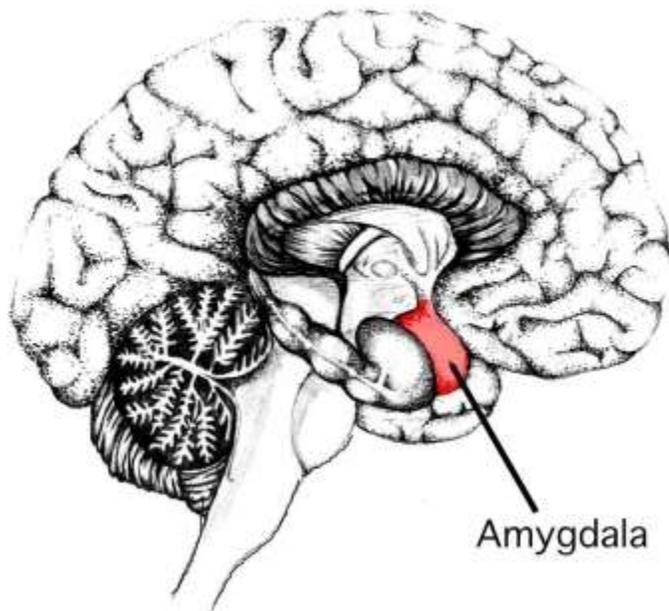
Many times we find ourselves facing a problem, we react to the problem, find a solution to the problem and fix it. (For example, 911, Katrina, San Francisco earth quake, etc.) With the collapse of the financial market, we often get sucked in to the group energy and get scared. The energy of lack and not surviving the great depression of the 1930's has been passed down to you. This is just one example of many patterns that have been passed down to you. Ask yourself if this is another way for the powers to be to manipulate the government to deregulate the financial institutions? If so, once you get people into the mode of the "fear of not surviving" they will agree to anything that might **save** themselves without even a glance at the wider consequences. It appears that the manipulators have harnessed and accumulated

so much control of the global economic system that governments are helpless, hopeless and impotent.

Our collective purpose is to hold our center no matter what we see in the outer world, be in our power as co-creators and focus on a world unbound and free, and know in the truth of our hearts that a miraculous transformation is taking place. The key now is “What are we each choosing in every **NOW** moment?” In other words, what is not in alignment with the energies of a fifth dimensional reality will not be able to sustain itself within that frequency of light.

## Amygdala

The amygdala (uh-mig-dah-la) is the brain’s center for the emotion and memory of fear. **This is a physical reactionary fear, how your body responds.** When the cells that make up this structure are activated, our heart beats faster, our breathing is more rapid and shallow, and our hands get cold and clammy. Scientists have shown that fear conditioning, panic attacks, phobias or obsessions, happens within the amygdala and is stored by it as an inappropriate anxious reaction.



The amygdala reacts to ‘fear conditioning’ in the same way as Pavlov’s dogs were conditioned to salivate on hearing a bell. So, through repetition, the subconscious mind could be affected in a way which would alter the autonomic reactions stored in it. What are the catalysts for the ways you react in different situations? Can you identify specific catalysts when you are in family situations, bereavement, exposure to other sufferers and general social environment amongst many more? How you react socially, the ability to read the nature, mood, or intentions of other people by reading their body language and faces, can affect your relationships.

Think about how you react to certain sounds, smells, flashes of light, dark, when you are startled, experience pain, etc. The primary role of the amygdala is in the processing and memory of emotional reactions such as the anxiety reaction or ‘fight or flight’ response. Fight or flight is an involuntary response, a response that a person cannot control consciously but that is controlled by the body’s nervous system. This is a very important function that affects our entire body.

How you react to situations has been established and ingrained in you from birth. Many times people have learned their reaction techniques from their parents, family members, close friends and teachers. How you react to a situation may be the same way your great, great grandfather physically reacted to that same situation. These reactionary physical patterns are no longer relevant and are hindering your ability to remain neutral, centered and grounded which enables your decision making process.

When the amygdala receives signals of potential danger and begins to set off a series of reactions that will help you protect yourself, you want these signals to function from your current state of knowledge and awareness. We need to vibrationally change the amygdala; you will want all the old patterns that are no longer relevant removed, we will provide you with a series of physical and meditative exercises to remove them. Cost \$810.00, special price until Oct. 20 will be **\$540.00**. Again, we do NOT set the price. We thought it was interesting that both totaled 9... hmmmmmmmmmm. No prerequisites to do this level. This level is different from the Fear Chakra Work that we offer which centers around emotional fears and wrong messages. It is also different than the Veil of Fear that surrounds our planet. This work is much more physical.

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Did you know that if you rearranged the letters in EARTH you get HEART? Both are connected vibrationally - as the EARTH’S frequency changes, so does the frequency of your HEART. Some individuals will not be able to handle the change in frequency and may be leaving us.

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Here is something for you to watch and ponder. Here are two short videos that Gregg Braden taped that give us some good insights..... If you are not aware of Gregg Braden or any of his work, we encourage you to “Google” him. One of our favorite books is [Awakening to Zero Point](#) by Gregg Braden. If you haven’t read this book, you may want to take a look at it.

Braden writes: “There is a living field between the particles of atoms that gives matter its form; this is the matrix of all matter. Ancient civilizations already know this, and the Western world is only beginning to wake up to this. <http://spiritlibrary.com/videos/greg-braden-the-matrix-of-life>

Thought, feeling and emotion, these define a state of conscious living, so what's the take on these? Western civilization has lost the understanding of how these three elements of human

living processes. <http://spiritlibrary.com/videos/greg-braden-union-of-thought-and-emotion>”

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