

Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 42, December 2008

Can you believe it? We are actually early with this newsletter..... wonders may never cease!!!

George Bernard Shaw: "Life isn't about finding yourself. Life is about creating yourself.:

Information is information is just information

As with many of you, we have been receiving so much information – both in our physical world and in “our other worlds”. We are all receiving an onslaught of information from the newspapers, from magazines, on Radio, on TV, on the internet, from family, from friends, from acquaintances, from teachers, from our guides, from channelers channeling everyone from Jesus, Mary, Metatron, various groups from the ethers, etc. Information doesn't belong to any one person. It is information. People put their own slant(s) on information, their own belief(s) on information but the information no matter where it comes from is just that - information. We have said time and time again, that a person must take the information that fits with them and discard the rest. It doesn't mean the information is wrong or right, it means that not all information is to be consumed by each individual. Information resides in the universal energy field (yes, even if it happens here in front of you)...The universal energy field (universal mind) is all around you, you breathe it, you walk through it, etc. Again, no one owns it, it belongs to everyone. We are saying this because sometimes a person will channel something and think that information belongs to just that particular person. The problem here is that lots of folks might be accessing the universal mind energy stream and be getting the same information as someone else. Jesus or Mary or Metatron or any group do talk to more than one “physical” being so there might be multiple copywrited materials all saying about the same thing – one hasn't necessarily copied another, they just all accessed the universal mind energy field and listened to information being presented. Certainly different folks have different writing styles, etc., but the pure information can be the same. One doesn't have to be enlightened or psychic (although we all are) or a channeler to “hear” or “know” information. Sometimes the most profound things come out at the strangest times from folks we label as “asleep”. Why am I writing about this? Not because we have copied anyone (we always **try** to give credit where we get the information) nor do we think anyone has copied us, but because as we were researching the information we were given, we found many, many, many others talking about the same thing. We sort of think that perhaps the “other side” really doesn't trust any of us to actually relay everything we get so they hedge their options by telling lots of people. So when you read something or listen to someone and think you have heard it before ---- you probably have.

Old vs. New

Have you noticed recently that depression and anxiety attacks have almost reached an epidemic stage? Much has been written about this in the past few months. We doubt if any of you can say you don't know someone or of someone (perhaps even yourself) that either has panic attacks or some sort of depression. Karen Bishop from [What's Up On Planet Earth](#) really says it about the

best. She writes that anxiety attacks easily and frequently occur when we are no longer in the higher vibration on the outside as we are in the inside. Depression is a common occurrence as well when our outside manifestations are so out of alignment with where we are now vibrating on the inside. This mis-match can be frightening at times and really throw us off kilter creating when we seem like we have lost direction. Nothing seems to fit.

It has been said that in the past year, leading up the month of October when we were pushed into a very new space, none of us really fit.... Added to that – much of the planet has been brought up to where we used to be so as Karen says, “our prior roles were very suddenly over and done with.” What we have been working toward and for has “suddenly” (We use that word a little sarcastically) happened. The change is happening.. the roles and the energy we had infused into the planet since the Harmonic Convergence were now no longer needed as we were used to doing. Again, it is said that the critical mass has now reached the energy space that we had been holding for so long. This created a “sudden” dis-connect for many of us. We were now done with what we had been doing for so long. Our prior roles were now done and over. So now what?

This permanent and complete dis-connect could be felt as feelings of worthless, confusion, feeling lost, feeling invalidated and unappreciated, and now feeling useless. We now are asking, “Who am I now? What in the world am I supposed to be doing? Does anyone care? Does anyone even know that I am alive? Was all the work I have done up until now in vain? Did it even make a difference? Things are still so very ugly and dark, will things ever get better? What in the world is going on and where am I supposed to be? How will I now survive? Why am I being treated so disrespectfully, why am I being ignored, why is no one hearing me or even understanding what I am saying?” Any of this sound familiar? We are sure you could add questions to this list, but are also sure you are getting the idea.

During this most recent shift, we also had to reclaim parts of ourselves that we had put ‘out there’. We had to reel back in all of ourselves - everywhere we had placed ourselves. Some of us began to pull back and remove ourselves from much of everything. It was more intuitively that Loren and I began to shift.. pull back. We didn’t know why we were doing this, but nothing else “felt” right. Certainly, financially, we shouldn’t have made this decision, but emotionally and physically, it seemed like the only answer. It was like – in order to survive we had to retreat, but as the changes progressed, we started understanding more. The old roles of assisting and placing our energy out there to support the shift were over. The “old way” of doing things is over.. we have reached a new plateau in our evolutionary process as a whole. There are many of us trailblazers that have had an “opportunity” to do this early... Our business took a dramatic shift a few years back – we didn’t know why then (as many of you who “get” to trailblaze didn’t know why you make changes, you just do or the universe has a way of making you make changes), but as time progressed we realized that although the work we do is still important and needed, the way we do our work changed from old to new. We had (certainly unknown to us) successfully gone from the “old” to the “new”. It was strange and met with a lot of (new word alert) unenthusiasm. Our work became more powerful, higher vibrationally – but folks wanted the “old”, they were comfortable with the “old”, the “old” was known. We listened to the guidance given to us (again, uncomfortable for us not to fight everything!!! ... and probably a first for us)

and made the changes anyway without knowing the whys, wheres, hows ,etc. Isn't trailblazing a blast????

So now what? Where do we all go to from here? Where are our sanctuaries? Is there anywhere left to go? It has been written that we began or opened up a new rung on the ascension ladder in years past. We were far beyond most others. Because we were holding the space until enough of the masses caught up, we were to stay on that rung of the ascension ladder until this point had been reached. The point has now been reached, but we are still on the same rung. This can manifest as feeling that there is nowhere left to go, that we are being boxed in on all sides by lower vibrating energies that everything out there is ugly, very, very, very dark, and certainly repulsive to what we know and where we are. Karen writes that is like a reformed smoker having to stay in a room full of smoke and people smoking all day and night.... And the smokers are exhibiting very dis-respectful behavior as well.

We have evolved beyond our current rung on the ascension ladder and we want out and want out NOW. It can feel as though it is absolutely killing us. This situation can cause depression and you start to wonder if you need professional help. You may wonder if you have indeed gone backwards to years past. You may feel like you are living in a strange world that does not fit you or you may really be in hell. Weren't things supposed to get better and better and better? You ever think that perhaps we are re-incarnating right now in our physical body, maybe we are being re-born right now and it has taken a bit longer that was previously thought. We are certainly being rewired, DNA activated, integrated, etc. We have been getting rid of the old and into the new.

When we are in what feels like and what seems like intense darkness, it can be very difficult to 'see' at all. What is the use anyway? Perhaps we can see what is right in front of us – and it doesn't look very good. Our endurance is most certainly being tested. Maybe we have finally had enough but we do not seem to know who we are or what our purpose is. Was all this worth it? What was all the past years and years and years all about? There are others around us that feel great and things are good (living in chaos but not a part of it). They have progressed up the ascension ladder that we helped create for them... but we are still stuck on the 'old'. Have you all had enough yet? Do you 'get' it? We are re-connecting to the new things. It has been going on for awhile. Perhaps you thought you had connected to the new, but not really. Parts of you had, but some 'old' still felt pretty good and you were unwilling to let them go. Perhaps 2009 not 2008 will be the year of new beginnings. Maybe 2008 was the year of letting go. The disconnect we may feel, the feelings of being useless with nothing to offer are really (perhaps) validations that a new beginning is right on the near horizon. You have to be DONE with the old, to actually let it go, only then can the 'new' unfold.

Karen with her bright insights tells us that our new roles will not involve holding up the old, saving anyone or even holding a higher vibrating space. They will involve a space of no connecting energy (remember the void-like feelings?), as each and every person will now survive through her/her own connection to source, while at the same time interacting with others. Our new roles will involve what comes very naturally to us. It is what we do effortlessly and what we know the most about. These roles will involve what we will now find ourselves relating to, once we reach our very new ascension rung. We will not be 'reaching out to others' as we have

done in the past. We have now learned to stay put, to stay in our center, to be neutral, non-judgmental and to wait until others are ‘ready’ and asking for our assistance. The ones that are ready will come and ask for our help and we will assist their journeys. And as folks start asking for help, are you ready to help? **Are you ready to accept your talent(s), your gifts, and the reasons why you came to the 3rd dimension this time?**

We will begin to see a new light. We will begin to see the door open to our next rung, if only a little at a time. We will move closer to some things and completely drop others. That means careers, friends, family, geographical locations, passions, etc. Places we might have considered living before may suddenly become unappealing while other place present new opportunities. Our old safe places may not feel safe, so we find new ones. Our old ways of doing most anything and everything are changing... So change with it. So let the year 2009 be the year of new beginnings for you. Let’s all be a part of it.

Emotional Changes

Something else we have noticed is one of the big effects of this “new” rung is the heightened emotions we are experiencing. We feel fine (and others will tell us they are fine), but what does fine mean anyway? Steve Rother defines fine as **F** for Fed up; **I** for Insecure; **N** for Neurotic; and **E** for Emotional. That actually sums it up quite adequately. Sometimes the emotional levels are overwhelming, but also at the same time liberating. It is as if we are releasing lots of “old” (patterns, people, events, places, etc) during each emotional upheaval leaving us lighter and lighter. With the heightened emotions comes heightened sensitivity. In reality it comes down to the attachments we hold. The old way of doing things, old beliefs, old goals are common attachments. Are these things alterable? Can you let go of the old? Many of you have incredible strength and willingness to release the “old”. Sometimes we get scared and jump right back into the “old”, but that is human and totally understandable as long as we take a step back and realize what we are doing, take a big breath and plod on forward again.

Multidimensionality

Let’s talk a bit about multidimensionality.... We hear this talked about a lot... we talk about being multidimensional beings. Multidimensional is defined as ‘having or involving or marked by several dimensions or aspects.’ It just means we reside in many dimensions at the same time. Most are aware of only the 3rd or physical dimension. So how can you tell which dimension you are ‘mostly’ in? First of all you have to be somewhere near your body – meaning, of course, you have to be conscious. Are there dimensional borders? How do you know where you are or which dimension you are in? Don’t get hung up on the “higher” the dimension is the better it is; a higher number doesn’t mean better. All dimensions exist for specific reasons and specific purposes. We won’t go into them here because to tell the truth, this is not an area in our “need to know” packets. You travel from one dimension to another by raising or lowering your vibrational rate. (Yes, you do have control of this). You might find different areas geographically vibrating at different rates... you just ‘feel’ different in them. But, we must caution you here that it will also be very individual and personal as to which areas affect you vibrationally. It will not be the same for all folks – it is personal and unique to you. Find your

own personal space where it feels right to you. Don't be swayed by the masses or by advertisements – go within and find a spot that is right for you. It might be a hidden cove, a hidden grove of trees, a public park that has some hidden little spaces, a mesa just waiting for you to find, it might be some seemingly crowded metropolitan place that has small hidden spaces that appeal to you, but find it – you will know when you find it. It might be many sacred (to you) spaces. For us, it is near salt water – things really happen for us when we get near the shore – time ceases to exist. For us the dimensional border residing in between the lower and higher vibrating energies merge. We can communicate with higher vibrating non-physical entities who usually have to drop a bit vibrationally while we have to raise ours a bit, but we can communicate in a way that is unique to each of us. We get most of our work from this place. We urge you to find yours. When you do, you will also find the border between the dimensions. Pay attention to what you do when you are there. This is your blissful place, your place of lightness, freedom and peace. A place of letting go. Once you get used to doing this, you can bring this “place” anywhere at any time and begin living conscious ‘multidimensionality’. The higher we begin to vibrate, the more we will all begin operating and existing at soul levels.

2012

Now, just a word about 2012.... Some folks are just waiting and existing for this date.... Somehow the sun will shine brighter, the flowers smell better, the birds chirp louder, etc. in 2012. Please remember this date of 2012 is just a benchmark... changes are happening gradually. We become used to and accustomed to the changes and forget things have changed – so be aware that all the prophesized “stuff” is happening NOW... we are in the 2012 change. You will not find that one day everyone has suddenly awakened from the dream or see a lead story on the news about how to light came to Earth. It is going to be a very gradual process that has been filtering into humanity very quietly from several sources to reach a critical mass, when it can then naturally reach the level of general consciousness.

Auric Field

Many of us are drawn to the sea and we often find ourselves seeking out the nearest coastline. Have you ever been to the beach and noticed how acutely aware you feel afterwards, and how you feel simultaneously relaxed and invigorated? It's not just the healing qualities of sun or the sound of those crashing waves, but it's the combination of the salt from the ocean and the air that ionize your aura, cleansing and strengthening it, and leaving you feeling refreshed. Going to the beach is a great tonic; it's almost as if all your problems are washed away. Not wonder bath salts are such a hit!!! (Hint here, if you can't go to the ocean, bath salt is a very good alternative.)

A strong, well-balanced, and cleansed aura is essential to everyone, both on a physical and spiritual level. We should all make a conscious effort to achieve a powerful auric field, as we're constantly bombarded by external influences. Your aura can be affected by your state of mind and body, your emotions, the people around you, as well as your immediate environment. If it becomes weak, you can easily become tired or drained, or in the most severe cases, you may feel powerless to make choices or decisions. If this continues, physical symptoms will become noticeable, as will mental and emotional imbalances. You have brought it in from your auric field and made it physical.

Your aura is a wonderful early-detection system. It will alert you early on, so you'll have time to do something about it. When it is healthy and strong, it acts as a protective shield. Your aura can be strengthened in a number of different ways. It doesn't require a lot of work and can help you remain healthy, improve your psychic abilities, keep you safe, and attract only what is best for you. We can't stress enough the importance of doing the Gold Light Exercise daily, getting regular physical exercise (movement of any kind), being outdoors and breathing in the fresh air that is rich in oxygen and prana (if lots of pollution exists where you live work in an office building where you can't open the windows, etc. find some fresh air... anywhere and breathe it). Diet also plays a big part in keeping your aura balanced and, of course, does everything in moderation. Just a becoming more aware of your aura is a great start to understanding how vital it is to your mental, physical, emotional, and spiritual well being.

Along with that entire aura "taking care of" we can report now on the skin care (not make-up) regime that we were testing that included semi-precious stones. We both have used it (men have to take care of their skin to, guys) and found it not only wonderful for our faces, but offers a MAJOR protective shield on our faces... it has been unbelievable how different we feel. Our faces are our first line of defense, you know. We felt (and feel) protected no matter what the situation was. When stressful situations came up, we actually dealt with them with more centeredness (another new word). Since neither of us wear any make up (you could probably guess that Loren didn't, but I let my 'natural' beauty be my calling card (snicker, snicker), the fact that these products are colorless really appeal to us. It is like wearing jewelry on the face, you just feel different. If you want to check it out look at www.mysensaria.com/ldmickelson. Go to the catalog and click on Genesis Collection. If you are interested you can order online at this website.

Some of the semi-precious stones used in the making of the **Mineral Genesis Gold Collection** are: (following each stone is the energetic property we observed and experienced – they have many other benefits to the skin, but we concentrated on the energetic components)

Obsidian –protection, removing negativity

Smithsonite – new beginnings, strengthens the immune system

Hematite – mental organization, grounding, calming, original thinking, logical thinking, decreases negativity, balance

Malachite – transformation, helps with change, balance, protection, counteract self-destructive tendencies, enhancing emotional stability

Rhodocrosite – balance, enhances love

Gold –balance, and remove negative energy

Mica – enhance one's perception (allowing one to more clearly understand what is really happening), soothing, calming, relieves anxiety and tension

Bentonite (Clay) – rejuvenates, removes negativity, removes toxins

Sensaria basically uses all natural products (no petroleum) and is an ecological responsible company located on the Olympic Peninsula here in Washington.

Level 28: Filling the Void of Loneliness

During the past few weeks we have been having computer issues. We did not know if it was our computer or Comcast. What we discovered was that there were problems with them both. We needed a new modem from Comcast and we needed a new Ethernet card.

We learned from Comcast that as a result of the television signals changing to all digital in a few months, some of their systems had to be upgraded; during the upgrade, they started getting all sorts of noise and interference from the “old” analog system. (Now does this seem familiar as we have been upgrading? Old patterns, habits, etc getting in our way?) We have had problems hooking up to the internet for the past few months and it has been getting slower and slower. It got to a point that we could not get the internet or if we did get on and tried to send an e-mail, the e-mail would be lost somewhere in cyberspace not delivered. Isn't it interesting how our outside life gives us clues as to what is going on internally?

Our personal energy has been changing for a period of time and we have written about our physical bodies being rewired to handle the flow of energy more efficiently. We are now ready, for lack of a better term, to upgrade our modem and to activate our own personal Ethernet card. This is not an actual card but a minor chakra that has been waiting for us to achieve the proper level of vibration to be used. When this is hooked up properly, you will have high speed access to a global network.

Have you ever felt alone, even if you are in a crowd? **This level of work will help fill the void of loneliness and give you a better sense of community.** You will be more connected to everything in a whole new way.

We are going to compare all the work that you have been doing in the past with your physical body and the knowledge that you have gained to a computer. Think of your first computer compared to the computer you have now. The computer has gone through many updates and improvements over the past 30 years. We physically have done the same. We have had computers that have crashed, lost their memory, received downloads and updates, had viruses, blew up, been defragged, scanned disk, cleared of cookies, etc. while our physical body is cleansed, adjusted, released old patterns and belief systems, increased vibrationally, continually learn, etc. It is like our physical body has been defragged and cleared of cookies. Like a computer, our physical body has been going through a tremendous amount of change getting vibrationally ready for digital transmissions by upgrading our personal modem and to activate our Ethernet card.

Think of your body like your 30 year old computer, do you like how it works? By doing this level you will be more in tune and balanced with everything. You will literally be more in **tune** or **tone** with nature (plant, animal, mineral kingdoms) and the world around you. Communities will open up to you in ways you never expected. You may even find yourself humming more. You just need to be more open to receive this information. Let's finally get out of the old and into vibratory rate of the “new”. **Cost \$530.00.** Also, if you do this level, please be prepared for extensive exercises.

Ponderings.. Yes, again

We have been reading some articles on MRSA or the superbug.. the super bacterial virus. It actually has been severely under reported and this super virus is drug resistant and indiscriminate on whom it affects. It kills many, many, many people each year. It can be virtually anywhere from gyms to hospitals and presently, there is little we can do to prevent it. So, ok, what I have been thinking that in our 3rd dimensional world where we live – polarity exists. If the super virus exists, then something opposite has to exist. There has to be a polar opposite. So what if we had a super virus that “contaminated” folks with say – joy or happiness? You wouldn’t have to ‘do’ anything, just be in the right place to “catch” it. It wouldn’t take millions of folks having to chant at a particular time or anything like that. MRSA doesn’t take work or the ‘doing’ part... it just infects. So what is the polar opposite? Could it be the “joy” bug or the “happiness” bug or the “love” bug? Is it active? If not, can we activate it and ‘infect’ with joy or happiness or something like that? Maybe just by folks talking about it could be a start. HMMMMMMMMMMMMMMMMM, just a thought.

Just do your best to keep yourself in balance. One of the first things that causes Energy misalignment, is asking or demanding too much of yourself in terms of time and effort. In other words, you just cannot burn the candle at both ends, so that you are physically tired, and then expect yourself to have a cheerful attitude. So, the rule of thumb has to be: “I’m going to be very, very, very happy, and then do everything you have time to do after that.” Abraham

You all know who I am talking about in the above quote.....

In closing, my cousin, Laurie, who is a quit-smoking counselor said one of her clients had shared a right-to-the-point saying, “If you have one foot in the past and one foot in the future, you poop all over today.” Pretty apt, huh?

Loren and Diane Have a great Thanksgiving.... Sorry we are soooo long winded... We guess it is a gift.... Hee, hee.

If you have trouble reading this, we can send it as a pdf file.....

www.drsmick.com

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