

Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 49, May 2009 (second one)

I'll bet you are surprised to get a second newsletter this month (or don't really care).. none-the-less here it is:

It seems as though quite a few of the newsletters, emails we have been receiving with “chaos, swirling energies, unpredictability, overload, feeling apathetic and lethargic, anxiety, sleeping like a baby and having insomnia for brief periods as well, losing things, having wonderful new connections while losing others” (Karen Bishop) She goes on to say that if you are a sensitive, you may feel that you have been hit by a tidal wave, traumatized, severely clobbered by who knows what or perhaps even finding you have a great need for rejuvenation, rest, and some solace of a much needed order. When the energies rev up, we can begin to feel beaten down. The energies at times seem to wear us away, with no break, reprieve or time to rest in between the high pressured waves that serve to polish us and bring us so closer to our authentic selves. We are being worn away so that what is deep inside of us can be revealed. Our ego selves cannot seem to keep up, get in the way or even navigate things. When we begin feeling helpless, powerless, weak, exhausted or not in control, it is then that we open and can begin to connect to our authentic and true selves. We are being squeezed now from every direction. This can cause feelings of great apathy about our work, our futures, and even the effectiveness of what we believed we were here to do and create. As a part of our ego selves begin to change, we may feel that nothing much of us is in charge or in the know. We have been preparing for so long for this. This is when the new beginnings will finally begin... or at least this is what we are being told. (Haven't we heard all this before?) Many of us feel that suddenly things are really different and we really do not know who we are or what we are indeed here to create. We feel insecure, unconfident, ineffective or even greatly confused. We feel rocky, ungrounded, fearful, unfocused and even may have lost our bearings. It is the time of great energetic movement – it always seems as though these are the times when we feel that we do not know anything at all...feel that we don't know what will happen next, feel that we cannot count on one thing, that one thing adjusts and changes, a domino effect occurs and everything down the line is affected and all things appear to go to h&^^&(*!!!!

The good and the bad news.... That this is all happening is the good news and this is all happening is the bad news. We are being given the opportunity to connect to new and more highly vibrating relationships, endeavors, and anchors. As changes are happening and re-alignment is taking place, we are beginning to re-connect. Things we never believed would ever happen will begin to happen .. when you say?... watch, listen – really listen, you will notice changes in people, in your relationships, in our society... things are ‘achanging’ but we are so caught up in our own “stuff” we don't take time to notice that movement has taken place. We keep looking toward the old for answers that don't fit anymore. We keep looking for answers that haven't been written yet. Folks, we are the trailblazers... we write the answers.... This has never been done before; there has always been a roadmap for everyone to follow... The bad

news is that there isn't one... the good news is that there isn't one. We get to write it... we "get" to do it... Yep, we signed on for this one. So let's all quit whining and get to work.

First of all, we need to check with our all our bodies (physical, emotional, mental and spiritual) to see how they are doing....some of us are energetically out of balance, which manifests in all sorts of pain, disease and physical ailments that range from discomfort to acute and chronic conditions. The source of many of these conditions lies in our lifestyle, our beliefs and messages that we have created which create stress that manifests throughout our bodies. We are learning to transcend many of the beliefs which have helped us to regain our balance. Mentally, we all have been reviewing, rewriting, re-creating many of the messages we have learned and reacted to our entire lives; we are working on having healthy thought and positive attitudes --- this, too, has helped us regain our balance. The body is the physical vehicle that our spirit (consciousness) operates through. Without the body we are unable to maneuver in the physical world. So the body is important to us and maintaining the body is critical to our being able to be in balance and do our work. We put pressure on our bodies by not eating well, not getting enough sleep and being out of integrity with our emotional and spiritual needs. Our body functions well under pressure until it can no longer continue and we reach a point of physical and emotional exhaustion. Then it begins to tell us, in ways we cannot ignore, that it is out of balance. We are driving ourselves too hard, ignoring our needs and basically trying too hard. We must be in balance on every level in order for our bodies (all) to function properly.

Why does this matter? Being out of balance reduces our vibrational rate which we are all working so darn hard to increase. Stress lowers our vibrational rate. Worry, doing too many things at once, tension, fears of all kinds (loss of a job, getting a new job, starting a new business, having a job but continually worrying about losing it, reaction to various scenarios, etc) can all reduce our vibrational rate. When you find yourself numb, crabby bitchy, 'out of it' pressure in the head at various places – you are probably about of balance which means your vibrational rate has decreased.

Worry is the darkroom where negatives are developed. – Interesting, huh?

What to do about all of this? First of all recognition of the fact you are out of balance is the first thing. We all get out of sync.... All of us.... So, recognize the fact. Then, take a breath or two, take a step back, breathe.... Which area of your life (bodies) is out of balance? It is **OK** if you can't identify it; maybe it is on all fronts.... Maybe, just maybe you need a bit of time just to do and be nothing... to just breathe... to be nothing to nobody (bad grammar, but you get the idea). Trust us; it will get to be boring there in that space, but be with it for a bit; get really, really bored. At that really boring space, you will know which area(s) of your life that are out of balance... you will **know** if you are in worry or fear or trying to do too many things at once, or not getting enough sleep or just being tired because you can't sleep or money problems or on and on and on (etc.) perhaps you have more than one area.... So? Just recognize that fact. Now breathe – and breathe some more. If you are worried about some particular thing – take out a pen and paper and write down all the things that worry you and then under each entry, write down some things can make things smoother. If you are in fear about something, write down each fear and an explanation of why you fear it... If you are doing too much... write down all the things you are working on and prioritize the list. If you are tired, for heaven's sake, take a

power nap. If you can't sleep – take your pen and pencil and start writing about why you can't sleep (this will get boring enough, that it might put you to sleep) or schedule a massage or some acupuncture – this will help. Perhaps you need to go see your medical person (chiropractor, naturopath, etc.) to discuss options. But for heaven's sake DO SOMETHING. We need to stay in balance in our physical, emotional and mental bodies to easily go through this transition. We want our vibrational rate to be flexible and continue to go up. This does not mean that our vibrational never, never should get slower; sometimes for certain situations, it needs to be slower. What we are talking about is a decrease in our energy field due to worry, stress, etc.

Now, let's talk spiritual bodies.... This is the area that one either spends most of their time on or virtually none of their time on. Neither is in balance. This is the area that we seemingly have the least control over – the least understood body. Much is written about spirituality, some of it in direct opposition to each other. This is where you get to read, channel, automatically write, listen, and discern what is spiritually right for you; but keep it in balance. Reading 24 hours a day – is just that --- reading. Collecting books, articles, emails, newsletters, etc. is just that – collections. Now is the time to choose what is for YOU – then discard the rest; put into action your spiritual beliefs – feed them --- practice them --- become them by getting them into balance.

“Spiritual confidence is the heaviest anchor in the midst of the unending storm that is life and death. It is an unshakable confidence in the inherent rightness of *being here*—confidence in the rightness of finding oneself in the very middle of the life-process, even in all its chaos and complexity. Having this kind of confidence is of the utmost importance for anyone who is convinced that they deeply care about the way things are. It's especially important to have this kind of confidence in times like these, when there is so much turbulence and individual and collective insecurity about survival. Without this kind of confidence as a constant reference point, we may find ourselves at times without the emotional, psychological, or spiritual resources to fight the good fight. And those who care more than anything else about the perennial quest to transform the world into a powerful reflection of that which is sacred cannot afford to allow even a moment of doubt or fear to overshadow their soul. Why? Because that may be the one moment that counted the most! In other words, we can't afford *not* to have spiritual self-confidence if we want to change the world. *Andrew Cohen*”

Daniel Jacob wrote in 1997 (or thereabouts) in his **Reconnections Transmissions** a rather wonderful article about all the work going on at that time about energy activation of the heart center... in his last transmission on May 1, he talked about activations in these terms, “Terror means activation. The body gets hot, breathing accelerates, and a general clearing takes place – as a human psyche makes way for imminent change. A cool, calm exterior is NOT the ‘norm’ for this period in human history. When it prevails, it's merely a REST STOP as you rev your Planetary Engine, prepping for yet ANOTHER LEAP into 4D and beyond.” We are going through a series of energy activations at this time again.. and, of course, have been for some time. We wrote to Daniel and asked, “It is a good day when we receive a transmission from the Reconnections, what a beautiful day this has been. We have one question, ‘In your energy activation section, you describe what was being activated a number of years ago. What is being activated now?’.... His answer..... “Whatever is left.”.....

We received the following information from several rather long tedious channeling sessions – with some pretty intense ‘training techniques’. This is some of the most difficult training we have ever had since we were introduced to the wonderful (should put that in quotes) world of crystal implant removal nearly 20 years ago. Some of this may be due to the fact that we are still physical beings bridging the 3D world to the other ones. Anyway, here it is:

Level 32: The Creative Conscious Authentic Self

When time began, something came from nothing. An impulse emerged—the impulse to become, to create, to evolve. This urge to take form gradually became the whole universe, eventually including you and me as we are right at this moment in time. As human beings we experience this evolutionary impulse on many levels. At the gross physical level, we feel it as the sexual impulse, the powerful urge to procreate. At a higher level, the cognitive level, we experience this same principle as the uniquely human desire to know, to understand, to create. At the highest level, the level of consciousness, we experience it as the spiritual impulse; the mysterious urge to evolve as consciousness itself. This urge to evolve is what some call the authentic self. The movement of the authentic self in each and every one of us is the evolutionary impulse that is driving the engine of creation. When you feel the irresistible compulsion to develop at the level of consciousness, you are experiencing in your own soul the same impulse that initiated the big bang. In those moments when the creative impulse manifests itself at the biological level as sexual desire, the outcome is always predetermined. When that same impulse expresses itself at the highest level, the level of consciousness, the outcome is not predetermined, that is why being alive is suddenly recognized to be such a deep and profoundly creative experience. Through our physical beings, the same impulse that initiated the entire evolutionary process is becoming aware of it and awakening to its own deepest desire, which is to become conscious. If we intentionally engage in this process at the highest level, we will find that we are literally creating the future. If you have the courage to let this energy in, you will recognize the true meaning of your aspiration to evolve. You will begin to see the precious significance of even the barest murmurings of your own struggle to become conscious. We would like to call this **The Creative Conscious Authentic Self**.

Have you ever observed a very young child looking in a mirror realizing that the reflection in the mirror is themselves? This usually happens before the age of 2. It is a revelation and an affliction. Children have no capacity for self-awareness. It is about this time when children become conscious of their own thoughts, feelings and sensations – thereby embarking on a quest that will consume much of their lives. The first shock of self-recognition marks the beginning of a lifelong search for the one “true” self and for a feeling of behaving in accordance with that self that can be called authenticity.

Your hunger for authenticity guides you at every age and aspect of your life. It drives your exploration of work, relationships and play. You try out friends, fashions, hobbies, jobs, locations and living arrangements to see what fits and what does not fit. As you get little older you become more focused on a career, community, belief system, and family that match their self images, or feel trapped in existences that seem not their own. Elders regard life choices with regret or satisfaction based largely on whether they were “true” to themselves.

The authentic self is also a cornerstone of mental health. It is correlated with many aspects of psychological well-being, including vitality, self-esteem and coping skills. Acting in accordance with one's core self, self-determination, is ranked as one of three basic psychological needs, along with competence and a sense of relatedness.

Can you identify your true or core self in your daily enterprise?

One of the fundamentals of authenticity is self-awareness: knowledge of and trust in one's own motives, emotions, preferences and abilities. It is necessary for clarity in evaluating your strengths and weaknesses. Authenticity also turns up in behavior: It requires acting in ways congruent with your own values and needs, even at the risk of criticism or rejection. It is necessary for close relationships, because intimacy cannot develop without openness and honesty.

People who truly know their core truths are more likely to respond to difficulties with effective coping strategies, rather than resorting to drugs, alcohol or self-destructive habits. They often have satisfying relationships and enjoy a strong sense of self-worth and purpose, confidence in mastering challenges and the ability to follow through in pursuing goals.

In Level 31, we merged pleroma with the physical. Level 32: The Creative Conscious Authentic Self is the next vibrational level of light. This is a place where we can now look into a mirror and beyond to discover the new YOU, a multidimensionalized being of energy and light. We create a bridge or passageway to this dimension. We are given a complicated series of adjustments that have to be done in a specific or that is unique to each individual.

By being a physical creation or being of light, both of which have limitations, our existence in an alienated essence is limited to the current space-time. Our creature 'essence' has no real validity in the true fullness of being. Our human task is to respond to the innate prompting of our nature to grow into our full potential as differentiated individuals yet at the same time to live with the deepest awareness of our oneness with the divine ground of the Pleroma. This can be done now by discovering The Creative Conscious Authentic Self.

As a result of this level, the awareness of our Creative Conscious Authentic Self broadened our world, increased our vision, unlocked the doors to our fullest potential and further opened us to possibilities we never thought of or imagined. We are becoming aware of the many forces at work in our lives – both seen and unseen. We acknowledge these forces and strive to understand them, find our place among them and work with them, not against them. Once we accomplish and further integrate this level, we know we will have a deeper appreciation and awareness of the world, universe and the events that continue to unfold on a daily basis. We have been able to discover and embrace your Creative Conscious Authentic Self. When we looked into the mirror, we could see our true essence. Cost \$630.00.

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PS. We are still working on our community idea, just not quite ready to announce, release, "get going" on it. Somehow Level 32 just needed to come through. Whew, you guys do know --

don't you ---- that this newsletter was as much for us as for release? Breathe, breathe, breathe...
balance, balance are our mantras.....

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