

Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 50, June 2009

Warning... this is a loooooong one... you may have to copy it off and take some time reading and perhaps re-reading it (or just hitting the delete button – whatever works for you.) If you need this sent in pdf format, let us know and we can resend it in that format.

Hmmmmmmmmmm, number 50 already? Wonders never cease – sometime I need to go back and copy off the earliest newsletters which didn't have numbers – from the mid 90s... you'd probably be pretty amused reading them.

We are starting off this newsletter with two scenarios... a **warning** here – these are not real, they are made up. They in no way are intended to put any of us on pedestals or think we are god-like... they are just scenarios (again, made up stuff) intended to give us something to ponder, to think about, to try to solve.

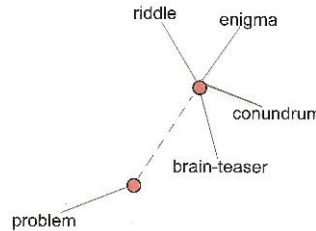
First one: So, here we are, in between lifetimes... anxiously waiting to go back to being 3rd dimensional humans... waiting in some sort of a limbo – having chosen our purposes, our lessons; our “bags” are all packed for – let's say – Italy. We have outlined our next lifetime. We plan to settle amongst the vineyards and do “our work”. We are happy with all our choices. We know we have lessons to learn, debts (karma) to pay off, and our purpose to perform. We plan on visiting Rome and swimming in the Mediterranean. We are stoked. Finally the time arrives and we “get” to come back... we open our eyes and we find out we have ended up in the **Antarctica** and our island iceberg is melting.... WTF? This isn't what we planned. This isn't what we agreed to.

Second scenario: You are Barak Obama (remember this is a scenario, don't get hung up on the name or position)... you “know” you are to run for president. This is your purpose. This is what you “came” to do. You campaign and win (in fact, run up a lot of bills getting there)... You move into the White House and prepare for your “job” your purpose. You “signed on” to stabilize the economy, fix healthcare, boost up and make our educational system better, do something about global warming, close Gitmo, make friends of enemies, create world peace, etc. You know your job (I – Diane- made this list – again, I am making all this up) but no one has provided you a staff, they gave you a house, but no funds to pay the mortgage, the light bill; no one picks up the garbage; they provided you a car/plane to get places but no map, no fuel to get there; you are expected to do the job you came for, but have no support to do it. You quit your “day” job; you listened to your intuition and are doing what you thought you came to do... but are finding it impossible to do it. Your bills are in arrears from your campaign (again this is

made up), you have no food, no fuel, your clothes are holey; but everyone is still expecting you to run the country, to make peace, to “get things done”. Again WTF?

What is going on here anyway? Although none of us are actually in Antarctica or president... we’d be really surprised if you don’t get the gist of what we are getting at.

So we have a metaphysical conundrum (Wikipedia “Conundrum, is a riddle whose answer is or involves a pun or an intricate and difficult problem”)



The problem is that we don’t know what in the heck is going on; which means it is difficult to even try to come up with a solution. We are all for the consistent determination to better oneself each and every day. In fact, at the risk of sounding trite, we kind of consider it our personal mantra. We critique ourselves more than you can even imagine. We enjoy and strive to be the best versions of ourselves and try our hardest to present and do “our purpose” the very best we can. We are sure you are all doing the same. Change is hard. It is inconvenient, messy, and difficult. Even though we all preach “don’t do it the hard way, do it the easy way” – none of us seem to have discovered the easy way. Or even if there is an easy way. Our paths are unwritten... We don’t think we really “got” that when we signed up for all of this “stuff”... we write our paths, our future, and our realities. The next time someone tells us to trust, to have faith, to believe... we really want to punch that person out. What in the heck do those words mean anyway? They have all become “Kleenex” words.... Words overused and thus have lost all actual meaning. So our epiphany is “There are no answers”.. it is our paradigm shift ... we create it. We aren’t going to go around and tell you all to have faith; have belief; have trust. We can’t tell you that; we don’t know what that means... you can’t have all those when it is all an unknown. So, we pick ourselves up, dust ourselves off, and, yep, start all over again.... Pick up a pen (well, a computer keyboard) and try to come up with something for you to read that perhaps will offer some (can’t use the word hope because that word has also become a Kleenex word and right now we aren’t in sync with Kleenex words) some --- well “stuff” to read while we all try to come up with reasons to continue.....

To totally change the subject to a bit – to give all of us time to breathe a bit... let’s talk about our main (probably) reason for being here: **Trailblazing**....

☆ **trail-blazer** (trāl’blā’zər)

1. a person who blazes a trail
2. a pioneer in any field

3. Pros and cons are arguments for or against a particular issue. Pros are arguments which aim to promote the issue, while cons suggest points against it. The term has been in use since the 16th century and is a shortening of a Latin phrase, *pro et contra*, which means “for and against.” Considering the pros and cons of an issue is a very useful way to weigh the issue thoughtfully and reach an informed decision.
4. Many people find themselves considering pros and cons in daily life, although they may not be aware of it. For example, someone shopping at a supermarket might weigh the cost of an item and the quality to decide whether or not to purchase it. People making larger decisions, like purchasing a new car or home, often spend a great deal of time thinking about the pros and cons of the purchase so that they can be sure that the right choice will be made.
5. In addition to being useful in daily life, pros and cons can also strengthen academic papers and debates. By weighing the pros and cons beforehand, someone can consider potential objections to a point, as well as ways to dismiss a counter-argument. Skilled authors will often include pros and cons in a paper to indicate that they have considered all sides of an issue and are confident that their feelings are correct. They can also be used to identify weaknesses in an argument: if you notice a lack of discussion of the cons of an issue, for example, it is probably too good to be true.
6. Many politicians have highly refined the art of examining pros and cons, especially when it comes to major issues. Campaign and staff advisers are kept on staff to thoroughly and carefully research issues and ultimately provide a list of pros and cons. This list can be used to build solid, well thought out persuasive arguments that can be used on the campaign trail, in political debates, on the floor of a legislative body, or to counter

So trailblazing has something to do with pros and cons.... Not only do we “forge” forward, we actually have to “think” about what it means to forge forward. Being a trailblazer also is being a leader... leading the way. Believe it or not... most, if not all, who read this newsletter are trailblazers... Most (again, if not all) of us wonder why in the heck we signed on to “figure out” what the “new” will look like. It sounded like sooooo much fun before we actually had to “do” the do part. I wrote a note to one of our friends who is a well-known channel asking this person what was going on... I thought this person would channel me some “look-sees” at the future. I wrote about how I felt like I had one foot here in the third dimension and one foot in the other dimension(s). This is how the conversation went:

Title: What the f%\$****?

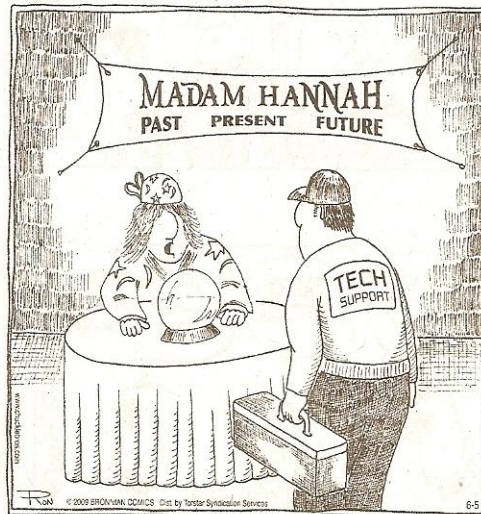
Diane: What in the world is going on, anyway? I feel stuck in between. This is the first month since 1991 that it is iffy we have enough funding to “make it”...????

Channel: In between in a good way to put it, Diane. We have one foot in the new age and one in the old. We (as in the US society at least) are still clinging to old ways of doing things while also desiring a new way of life. So, everybody is frozen in some way and not doing anything. (like buying things, taking trips, committing to classes, etc.) My wish is that we could all collectively take a big breath and step forward—or—all chose to NOT step forward. This middle place is suffocating. Sending you light and love and energy to step forward.

Diane: Trust me when I say we are stepping forward ---it is the unknown—the trailblazing that sometimes is, well, exhausting.

Channel: Hugs you. You and Loren have always been the trailblazers ahead of the trailblazers. Thank you both for that. (from one who follow behind you)

Sooooooooooooooooo? What? Huh? That is no answer. Yes, we did take a breath, and another and yet another. Yeh, I guess we did sign on for all of this... you did too....Guess there are no answers, no futuring... just all of us blundering our way onward.



"It seems to boot up okay, but the minute I try and look up something, it freezes on me."

We continue... let's look at this trailblazing thing as leading.....

Following vs. Leading: You can find thousands of articles online to tell you "how" to do something. If you need to read those articles, you are a follower in that area or niche. You are essentially reading an article to catch up to what everyone else is doing in that niche or field. It is similar to "fitting in" to the moment of what is popular.

Leaders are not following. Leaders are writing the articles first, paving the way for others. By the time anyone is close to catching up to the leader, the leader is on to something else. Leaders sometimes stand out. With the leadership roles one has, a leader has to choose carefully. Some original thoughts are not always good thoughts, are they? Leaders mostly make the right choices, however, no one is perfect and a wise leader learns from his/her mistakes. *A wise leader realizes if he/she makes a mistake, many people will follow the wrong path as well.* So in leading (or trailblazing) we all have responsibility to deciphering our truths and also to choose carefully what we write about and/or share.

Knowing the Difference...

Knowing whether you are fitting in or standing out/following or leading will make a huge difference. Not all people are leaders, but that does mean a follower or someone fitting in cannot be successful.

In the end, it all about choice.

A leader is paving the way and essentially is standing out. A follower is part of a pack, or fitting in. This does not mean that someone in the pack does not see a way for improvement and, after trying to make the changes(s) within the pack, branches out to do it their way, starting something new.

A person that copy cats a concept, business, product or service is not doing anything new. The person is attempting to be a leader following the same path the original leader went. That is *following*. If the person were doing something new and innovative, improving on the original, that is how things evolve and get better. They push the limits over what is currently available and making it better. Or the leader is creating (or trailblazing) a whole new way. The person becomes a leader, learning from the experiences he/she had as a follower. But sometimes it is the “right” thing to be a follower. Maybe you have learned a technique and you want to perform the technique exactly how you learned it, in the same exact way it was presented – it is the right thing, then, to be a follower because that works for you.

Whether you can pull off branching off on your own or being a leader (or trailblazer) is directly dependent on your character. Many of us started out by following until we branched out on our own. So each of us in our own right are leading.... Like it or not. It is kinda like a bicycle race. The whole pack goes out and each cyclist takes a turn in leading while the rest of the pack “draft” off the leader – only to take their “turn” as a leader – until such a time the “turn” turns into something entirely new – an entirely new race. We are all “trailblazing” the NEW – “drafting” off from each other. When one gets tired, they “draft” or “follow” for a bit until they get their “second” wind and “forge” ahead. We are all grateful to all for you for helping us trailblaze the unknown.

(The following discussion is a compilation of many, many sources about the subject. We are NOT trailblazers or leader in the subject. At this point we are just compilers, put-it-togetherers.. You may have to read this a couple of times to ‘get’ what is being said... hang in there. If nothing else it may present another view to look at).

So, now we have discussed trailblazing up the wa-zoo.. let’s go on and discuss while we are trailblazing – why aren’t things working like we want them to?.. How come? It seems as though we are in the phenomena of “all-hell-breaking-loose” and we need to “shovel some shit” on the path to ‘creating’ the reality we envision. Process, release, process some more, let go, un-toxify, create some more, process, etc. seem to be all we are doing. Taking a step forward – looking around, freaking out, stepping back, recreating, shoveling more, etc. On and on and on. Probably describing it pretty well... probably also not what you want to read about, both in terms of the choice of word and in terms of needing to recognize that there may be some crap involved in the process of creating and attracting the things we want. First of all, the fact that this kind of stuff can happen is not a sign of the law of attraction or creating is not working. In truth, it’s actually blatant proof of the fact that it is.

Here’s the thing... there are soooooo many things written about teaching you how to engage the law of attraction or activate the law of attraction.... There is much confusion, many conflicting ideas.... You cannot engage or activate something that is already engaged or activated. We are either aware of this as an underlying principle in our experience or not. What is happening is that life is basically trying to make you aware of that principle all the time. Life as we know it is a vehicle for *experiencing* yourself... for experiencing who you really are. We are looking into a mirror, except the mirror images are the people, places, experiences, and so on that take place in our lives. These invoke thoughts and feelings within our bodies, again, the

vehicle for your experiences of ourselves. This, in a very small nutshell, is the way in which life is designed to make us aware of ourselves, of how we think and feel about ourselves.

We all have some kind of desire to become more aware of the Law of Attraction – well, more than a desire – most of us really need to understand how it works. So the if the word ‘shit’ is an accurate description of our current experience, than that doesn’t mean we haven’t activated the law of attraction for ourselves, that doesn’t really make any sense. Instead, by the law of attraction, life is reflecting the way we think and feel of ourselves deep inside, and is trying to make you aware of that... simply because that is the nature of life itself. In order to make our experience ‘less shitty’, life is showing you the very things that we need to deal with. After becoming aware of that crap and dealing with it, our life changes because of what we’ve experienced going through these challenges, not in spite of it.

Some of us will give up entirely, degrading this whole concept of “attraction” as mumbo-jumbo the moment the going gets a little tough. *“This wasn’t what I wanted to attract! This doesn’t work!”* But, yet it does. We’re attracting the very experiences designed to break through whatever is keeping us from experiencing what we really want – and life is showing us exactly what it is. Once we’ve seen the reflections for what they are – just reflections, and dealt with whatever kind of imbalance within us they are reflecting... these imbalances simply won’t be there anymore to be reflected in our life. So by the very ‘law of attraction’ we won’t attract any crap anymore. That will be impossible, simply because life has nothing of that nature to reflect anymore. It can only reflect how we think and feel about ourselves.

People who decide to engage on the path of ‘consciously creating their own reality’ and things like that, will still have to deal with this kind of “crap”, but refuse to see it as such. This is a very logical phenomenon called ‘cognitive dissonance’. I know we are spending a lot of time and words on this, but it is worth being aware of this because being aware of it can put us in control so we can deal with our inner imbalances.

‘Cognitive dissonance’ may sound very highbrow and spawned from the realm of intellectual jargon – but it sorta counterbalances all the naughty words we’ve said before. What ‘cognitive dissonance’ comes down to is really very simple: it basically means that we’re in two ‘minds’ at the same time... with one mind contradicting the other. Most of the time, this takes on the form of a belief that is contradicted by experience, information and/or behavior. That brings up a state of mental and emotional unease or disharmony and it’s not a pleasant feeling. So it insists that you resolve the contradiction in some way.

Here are some official definitions of cognitive dissonance:

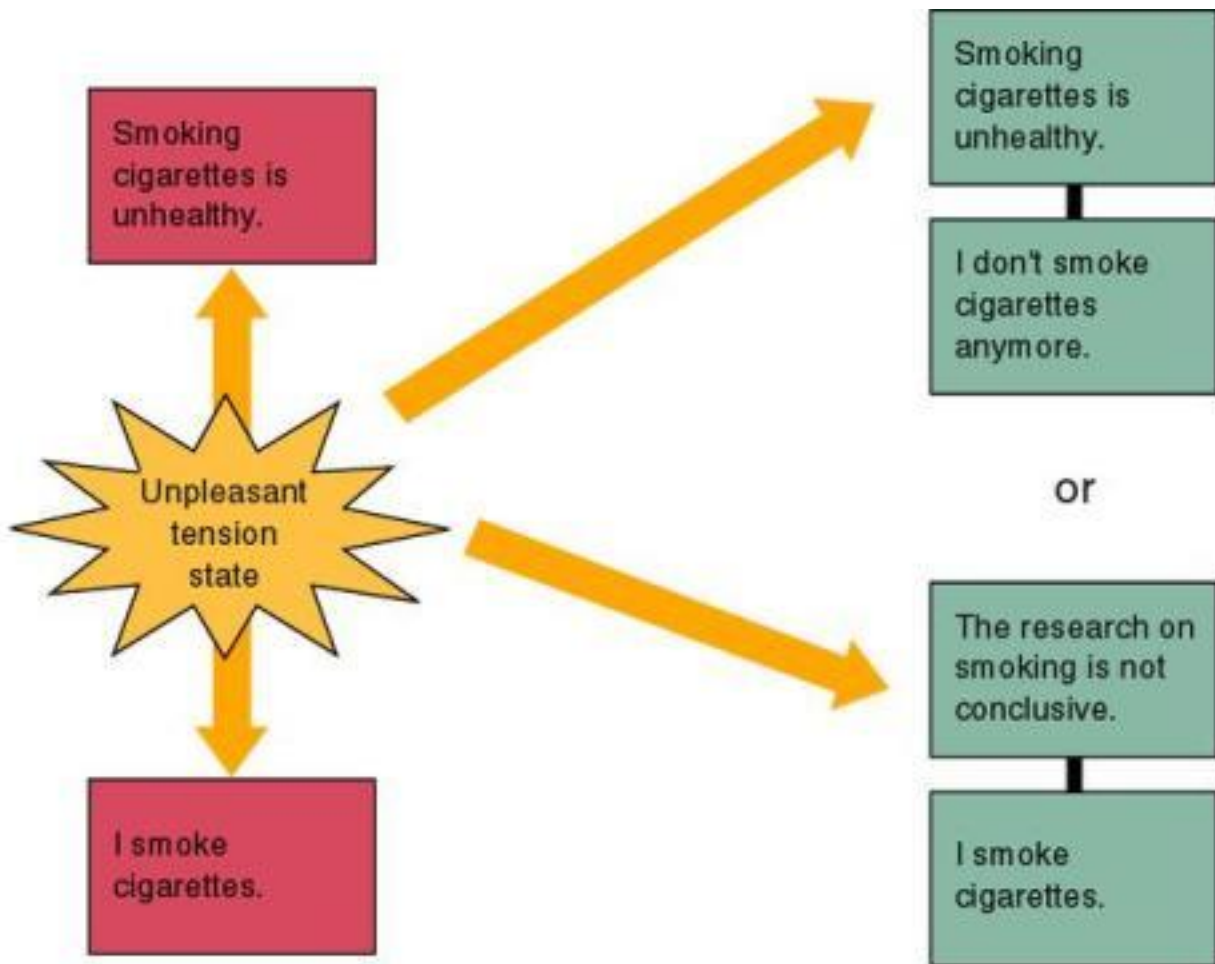
- Cognitive dissonance is the mental conflict that people experience when they are presented with evidence that their beliefs or assumptions are wrong.
- When two simultaneously held cognitions are inconsistent, this will produce a state of cognitive dissonance. Because the experience of dissonance is unpleasant, the person will strive to reduce it by changing their beliefs.

- An emotional state set up when two simultaneously held attitudes or cognitions are inconsistent or when there is conflict between belief and overt behavior.
- The resolution of the conflict is assumed to serve as a basis for attitude change, in that belief patterns are generally modified as to be consistent with behavior. To put the latter part (“..belief patterns are generally modified as to be consistent with behavior”) in other words, we’re talking about self-justification of often self-sabotaging behavior. Put it differently: you’re basically lying to yourself.

To remove the cognitive dissonance:

Dismiss the challenging information as untrue without further investigation or change the justification for their behavior and beliefs. A good example of this is in alternative healing. Mainstream medical science is often riddled with the paradigm of negative cognitive dissonance that is reflected in its inability or complete disinterest in processing new and unwanted information, particularly if it’s unexpected. If a patient recovers using alternative therapy, orthodox medical science responds accordingly: The patient must have been wrongly diagnosed in the first place, or the patient must be responding to some prior orthodox medical treatment, even if it was given years ago or if the patient is undergoing spontaneous remission. It basically accepts anything but the fact that a “quack” cure works, because that can’t be possible. Another example is one when the ships of the Spanish arrived in the Americas, the native people simple couldn’t see the ships because they were so at odds with their beliefs or what could exist. They literally didn’t see them. They genuinely couldn’t observe what others were seeing because of the blocking effect of cognitive dissonance. There are many people out there who genuinely can’t observe what others are seeing because of this same blocking effect.

Do you quit smoking when you realize it’s not healthy? In this case, cognitive dissonance may change your behavior in the light of new knowledge, namely that smoking is unhealthy and so you might consider stopping. Or do you find an escape route to maintain your current behavior (smoking), based on the fact that the evidence that it’s not healthy is not conclusive? In this case, cognitive dissonance may trigger a new say to justify your current behavior. As such cognitive dissonance can work two ways: 1. You can either make up reasons to justify your current behavior, even though that has gotten you into the very state that you’re not satisfied with. (This can also be a consequence of misinformation or a misunderstanding of the principle of the ‘law of attraction’...e.g. as in understanding that there’s no law to ‘activate’.... But instead that ‘by law of attraction’ life will reflect how you think and feel of yourself based on your beliefs...) you can see this with people who try to ‘activate the law of attraction’, and at the first sign that the going gets tough, they dismiss the whole principle entirely.



2. The alternative is to recognize the reflections for what they are (reflections of the inner disharmony)... and then take your responsibility, and deal with them.

As such, cognitive dissonance is not a 'bad' thing in itself. It can have 'negative effects', but it can have 'positive effects, too. It's an instrument of evolution... a tool you can use in life. Everyone of us has fallen for the negative effects at some point in our lives. We've all played the 'blame game' at some point. You can overcome the negative effects implied by realizing that it's okay not to be 'perfect' (whatever in the heck that perfect is) and that it is okay to be wrong sometimes. Accepting that you were 'wrong' and then setting out a new course is the good way to make use of cognitive dissonance. After all, to accept a trait is to have the power to change it. You just need to be willing to be honest with yourself. Recognition sometimes is 98% of the battle. The thing is that most people deal with cognitive dissonance by retaining their original self-identity, by finding a way to explain their behavior within their original belief. Such as, "*It was you who made me react like that!*", "*It's not my fault!*", "*They deserved it!*" These are some of the regular responses to unpleasant situations.

Whenever something 'bad' or 'unpleasant' happens, or whenever you do something 'bad' or 'unpleasant', we quickly tend to make up excuses. Usually, what we come up with is not something caused by the fact that we were wrong, but because of some other reason that always

turns out to be the fault of someone or something else. *It's simply denying our own fault and/or responsibility. It's a lack of being honest with ourselves.* Cognitive dissonance can block the process of mental and emotional healing...which is the very prerequisite to be able to transform your life. After all, life reflects the way you think and feel about yourself.

If you keep seeing it as some random result that's always the fault of other people or circumstances, you're disregarding your own responsibility and will protect the self-identity that got you into this situation in the first place, which you've already acknowledged not to be satisfied with. This isn't particularly good because it implies that you're constantly maintaining your self-delusion, namely the fact that your current life situation doesn't have anything to do with your inner state. The situation will never change because your inner state will never change...and that happens to be exactly what life is reflecting in the form of your 'outer reality'..by 'law of attraction'. Are you starting to GET what all this is about? Again, life (itself) is reflecting our inner self. It is true that our thoughts and feelings of ourselves may have been manipulated by education, media, religion, and experience in our lives and so on... in fact, other people and 'outer' circumstances may have played their part in creating our beliefs.... BUT that doesn't change the fact that you (we) are still the one holding on to those thoughts and beliefs about yourself (ourselves). That's what's reflected in you (our) life... by the 'law of attraction'. That means the solution is with you. The key is to become aware of this mechanism of life reflecting your inner state, and thus to read your 'outer reality' in order to become aware of your own inner imbalances. In this setting, cognitive dissonance is one way you can become aware of this: *You can treat the very sign of stress (dissonance) as a signal. It's enlightenment knocking on your door saying, "Hey, I'm here, no need to look for me!* In other words, just treat the stress you feel as a signal. Then follow up with appropriate action to bring about change.

Ok, so there is just one other thing that comes into play at this point, the other side of the coin is that this very stress can pull you into self-sabotaging behavior (the negative side of cognitive dissonance), in an attempt to avoid the stress. This will only bring more of the stress because life will keep reflecting it as long as you keep hold onto your inner imbalances. (How many times have we heard THAT? If you keep avoiding the issue, the universe will bring it on stronger until you "get" the idea that you need to do something about it?) Anyway, that means that you could significantly accelerate your progress **if** you had ways to identify your imbalances and eliminate the associated distress. Isn't that the key? The how? The 'if' we only knew how?

We live in a world that, by design, challenges us emotionally and morally to the extreme, and we're experiencing this reality through 'bodies' with endless behavior programs that are constantly playing. So when we decide to take matters in our own hands and become aware of the principle of 'attraction', and do what's necessary to transform our experience, then chances are that life will present us with challenges.

We will have to read and interpret these challenges as reflections of our own inner imbalances and deal with those imbalances. It's important that we realize that we don't have to be 'perfection', 'sweetness' and 'light' every waking moment, nor do we have to be everything we'd like to be and keep trying to convince ourselves that we are. We are okay already. That realization is the starting point from which all else follows. If you can accept that, you can accept yourself for who you really are. Once you accept what you are, you can change what you

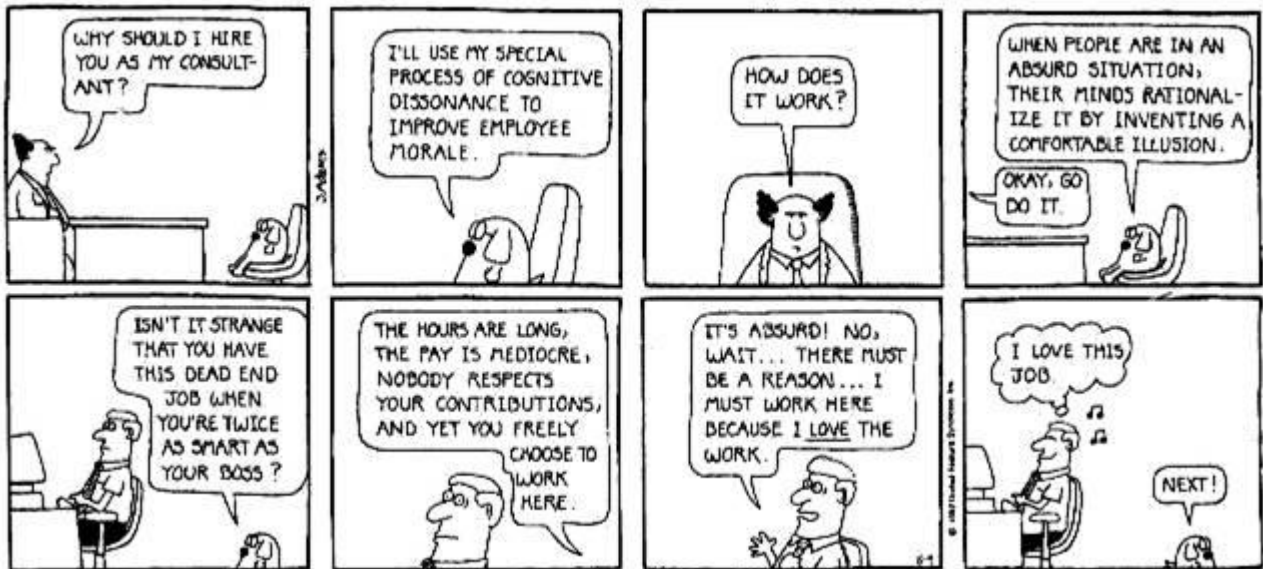
are, because you accept that there's something to change within yourself instead of trying to explain away your discomfort. You need to be honest with yourself. *You have to accept that there's something to change first before you can change it. We are evolving individuals. We need to take the responsibility to not explain discomfort away, but to accept it as a reflection of our own inner states. We all say we want change, but the change must begin within each of us.* The way we were - worked for then, but not for the **NOW**. With honesty (with the self) there's not any cognitive dissonance that demands that we concoct an ever-changing story to protect our self-image of being 'perfect'. We will all realize that it's okay to be wrong. It's okay to make mistakes. It's okay to not be the perfect individual that we assume everyone thinks we should be. No need to be embarrassed at all. No excuses... We get to be ourselves.... So to answer the question of 'how'? The answer lies within each one of us. Each of us has our own answers – there is nothing “canned”, there are no books to buy, no class to take, or no lecture to attend. No one has the answer for you except YOU. Still don't quite “get it”? We'll try to set up a couple scenarios: let's say you are an accountant, but you want to be a ballet dancer. You are a perfect accountant... but as a dancer, let's say – well, imperfect. You have no training, but yet you go try to perform. The outside world looks at you trying to fumble around the dance floor and laughs and ridicules, etc. The outside world is reflecting your inner lack of knowing how to dance. So you take dance lessons, you emotionally and mentally change your inside from that of an accountant to a dancer. Did anyone 'do' it for you? No, you did it.

What if you want to bring in a partner in this lifetime that is self aware, someone you can relate to, who is understanding – yet their own person. Instead you keep bringing in “fixer-uppers”, issue-laden folks. Why? This is an opportunity to look inside and figure out why you are attracting fixer-uppers. Perhaps there is a part of you who views yourself as a fixer-upper. Maybe you were told so many times growing up that you didn't deserve “perfect” so you have always settled. This is the point at which you begin. Right here at this spot. This is where change has to begin.

Perhaps you want to bring money into your life, but all you have is lack. What lies “inside” of you that mirrors the outer lack? Why isn't there enough on the outside? What pieces are missing, views or beliefs held that lie within you that keeps the outside in lack? Right now the economy and the group vibration certainly are adding to the vibration of lack, but it goes beyond that – to something inside of you that accepts lack, that deserves lack.... Go into that and you can change so the outside no longer has to reflect “lack”.... (we don't quite have this one figured out in each of us yet, but it is a start.)

Celebrate your freedom from ignorance!!! Take the experience and move on. We've all been 'had' at some time... and for goodness sake, it's called experience. It is the nature of life itself. If you allow experience and new knowledge to change your beliefs, you're constantly moving forward in knowledge and in understanding. That is the nature of life. If you don't, you're going to be stuck in the spot getting more and more tired and stressed trying to justify beliefs through self-deception and life will keep reflecting your inner state of discomfort. It won't get better, folks. So love yourselves for who you really are... not some artificially imposed image of what or who you think you should be. Be honest to that part of you, and celebrate the true unique person you are inside. That is the pivot on which all else hinges and from which all else follows. You have a mind of your own, so use it, and act from that perspective. If the going

seems to get a little tough and there seems to be dissonance, (ding, ding, ding – a red flag should go up – recognize the issue or pattern) then you know one thing for sure.... You need to look inside for the answers. The dissonances mean the universe is telling you that you have created an opening for you to make changes. You are not a stagnant individual... you are evolving... ascending. The universe is giving us the tools to do that. So you ask, “Why doesn’t the “law of attraction” work for me? We are saying it probably is... it just isn’t what you **expected**... the very fact that you have issues and know you have issues (money, relationships, career, etc.) is telling you that it is all working... you are doing it... keep forging ahead, you will create what you want, you just have some old stagnant ‘inner’ stuff that needs to be jarred loose for you to move forward. I know we hate hearing that there is still something else we need to do... You don’t NEED to do anything. You can stay right where you are, there is nothing wrong with that – but don’t sit there complaining and making excuses and blaming someone else for where you are. The ‘law of attraction’ will continue to make things pretty unbearable for you, but if that is okay with you, then it is just **OK**. (We have purposely used both you and we interchangeably because we needed to hear and read this material as much as anyone else).



The following paragraphs explain what is going on and what to do about it (it is from a channeled message from the Circle of Divine Light), “Archangel Michael wanted this article written in order to help the many people who undergo the experience of a rapid shift into multi-dimensional awareness, or, the shift from the Indigo state to the Crystal state of consciousness. There are people who make the transition in a relatively gentle way, but there are many who experience a crisis when this happens. These are usually the people who have chosen to open up to the higher dimensions. This choice is not made logically by the rational mind, but is rather a soul choice made in response to the available transitional energies of the Earth herself. So, sometimes a person is thrust into psychological, emotional and bodily changes for which they can find no logical explanation. This can cause a crisis. My experience has been that orthodox doctors and psychologists are of very little help as they have no idea of what the person is

experiencing. When tests come back negative, the person is often considered to be hysterical or ungrounded or even schizophrenic.

This transition often happens to people who have been on spiritual paths and are better equipped to handle the shifts. But, my experience is also that Indigo Children, no matter what their state of spiritual awareness, are particularly vulnerable to the spontaneous experience of transition or breakthrough to the awareness of higher dimensions. I must also add that the use of any kinds of drugs, fairly common among Indigo adolescents, quite often precipitates this transitional crisis before the person is really ready to deal with the effects.

Below is a list of the symptoms experienced in the process of crisis or breakthrough:

- Sudden extreme sensitivity to people and environments. A person who has previously been sociable and active suddenly finds they can't bear to be in shopping malls or in crowded environments such as restaurants.
- An increase in psychic ability and awareness. This most often manifests in the ability to almost "hear" the inner thoughts and feelings of others. This can be disconcerting if the person imagines that everyone else can also read their thoughts and feelings; also an extreme sensitivity to negative energy in certain environments or people, including the inability to tolerate certain people who had previously been close.
- This increased sensitivity can lead to panic attacks or anxiety attacks. These can occur at any time, even when the person wakes up at night. Often there is no valid reason for the attack, although the person will often seek to find a reason.
- The person might also find themselves "zoning out" for long periods of time, just wanting to sit and do nothing. This can be irritating to someone who has previously been very energetic and active. This is just the consciousness adjusting to spending more time in the higher dimensions and less time in the 3rd and 4th dimensions. Related to this is the need to rest and sleep for far longer than previously, and a general slowing down.
- Obsessive anxieties about humans being destroyed (by pollution, lack of resources, aliens, technology etc). This is because multi-dimensional consciousness can access all levels of the group mind, including that part which holds the fears and anxieties about the survival of the species. Since the person is often concerned about their own survival, they tend to resonate with this part of the group mind or morphogenetic field.
- An obsessive need to understand what is happening, leading to the mind becoming overactive and the person fearing they are losing it or suffering from "burn-out" or a fear of going mad and being unable to cope with everyday life in the future. Again, psychologists and doctors seem able to offer very little help.
- Depression for no reason, or related to the crisis state. This is often just the consciousness clearing out old layers of energy that need to be released. It is not necessary to "process" or relive the experience, just allow the body to release the energy. Have patience with the process and know that it will pass.
- Disrupted sleep patterns, often waking up to 3 times a night, or just at about 3am. Again this is just the consciousness adapting to new cycles of activity. Higher consciousness is often more active at night since the lower dimensions are quiet at this time.

- Feeling strange electrical energy waves through the body. The Crystal body is incredibly sensitive, and feels solar and lunar waves, cosmic waves, and energies from the galactic centre. Often these energies are assisting in the process of "rewiring" the body to carry higher energies. Speaking from experience, I know how uncomfortable this can be. But the body eventually acclimates to dealing with these energy waves. You will probably find them to be more intense around Full Moon. The best way I have found of dealing with this phenomenon is to go outside and stand barefoot on the ground and imagine the energy running through your body and into the earth.
- A whole range of physical sensations and experiences, usually related to detoxification. The Crystal body holds no toxins, but allows everything to pass through it. In fact the eventual trick to being Crystal is just to allow everything to pass through and hold onto nothing. It is the ultimate state of detachment. But at this stage the body needs to release years of "toxic" waste, whether physical, emotional or mental. The release is always through the physical body, which presents symptoms such as intense fatigue, muscle and joint pains especially in the hips and knees, headaches, especially at the base of the skull, and neck and shoulder pains.
- Dizziness and "spaciness". This is because you are in "higher" states of consciousness. You need to get used to being at these levels and staying grounded at the same time. These sensations tend to increase with solar flares and full moons as well.
- Increased appetite and putting on weight. This is because the body needs huge amounts of energy to power this process.
- The ability to see beyond the veils. That is, to become aware of spirits, devas, ETs and angels as a reality and to communicate with these. This can be very frightening if the person is not accustomed to this kind of other dimensional awareness.

Coping Skills for the Transition

The best advice I can give is to be accepting of the process and do not resist. My own transition has been going on for nearly 18 months. I found that the key was acceptance. I kept hoping that I was going to wake up one day and feel "normal" again. It was only when I accepted that I would never again feel "normal" as I knew it, that I was better able to feel more comfortable in my new space and to cope better. Then you can begin to explore the adventure or the positive side of this new state.

Below are some tips for dealing with the transitional crisis:

- Be at peace with what is happening to your being. You are becoming a Crystal being. Another term for this is a "Christed being", which refers to a multi-dimensional being with full access to 9 dimensions, and maybe even 13. My experience at this point is that some people only open to 5D, others go through to 6D. If you make it through to 6D then you will probably achieve full 9D awareness in this lifetime, if not in the very near future. What a privilege and a blessing!!
- Be kind to yourself and nurture yourself. Remember, as a Crystal being you carry an equal balance of the "mother" energy and the "father" energy. The mother says, nurture yourself as you would a new-born baby, for in fact that is what you are. You will need time to grow in strength

and learn the skills of your new environment. Trust is very important here. I made the transition as a single self-supporting person in my own business with very little resources. I was terrified that my physical state would prevent me from earning enough to survive. But I was held through the process, and still have my home and I have always had enough although there have been some close calls.

- Don't take drugs of any kind if you can help it. Obviously if you are on medication for your health then you will need to continue. But do not take recreational drugs of any kind, these will aggravate the process and you could get lost "out there" in the higher dimensions. Also try to cope without anti-depressants or tranquilizers, although again if you are on these you will need medical advice and should not just stop them. The best path to take is to use homeopathic and naturopathic medicine, and I have found that Flower Essences are very helpful as well.
- Avoid crowds and crowded places. I have perfected the art of the weekly one hour shopping "blitz" in order to care for my needs while not spending too long in tiring and toxic environments. Gradually you will be able to tolerate more and more exposure to these environments. The key here, of course, is to hold your own peace and harmony so strongly that instead of you being affected by the environment, you in fact affect the environment in positive ways. The Crystal person always holds and carries positive energy, but you will learn to use it in incredibly powerful ways once you have gained your balance and are able to move among people again with ease.
- Stay grounded and centered. This can be very challenging for those who are acclimating to higher dimensional awareness. You will often feel dizzy and spaced. But try to pay full attention to the physical and grounded aspects of life. The key here is to spend time on exercise, walking, food and artistic occupations. Don't spend hours in front of the TV or lost in computer games. These will only serve to increase the ungroundedness.
- Spend as much time as you can in Nature. You will find spending time in fresh air and sunlight will assist to strengthen the new bodies. Also the devas are there to support your processes.
- Eat simply and eat as much fresh vegetables and fruit as possible. I have been told by guidance that brown rice and vegetables are the best kind of food for this new body. However, indulge your cravings - mine have ranged from calamari to chocolate cake. This is not the time to diet. Your body needs huge amounts of nourishment to fuel the processes you are passing through. You may even put on weight, but you will need to accept that this is part of the transition.
- Finally - Celebrate your transition. You are becoming a Galactic human, the next step in human evolution! You are entering into your birthright. WELCOME HOME, HUMAN ANGEL." (Again, as with any channeled message(s), take the pieces that fit, discard the rest, it isn't intended for you. Don't judge – just absorb what is meant for you to absorb at this time)

If the information in this newsletter resonates with you and you have not done Level 32: The Creative Conscious Authentic Self, you really need to consider doing the level. The masks that you have learned to wear need to be removed so you can discover who you really are. In a way, this is taking another step toward reclaiming your full potential or power.

We are finding that the last two levels of work (Levels 31 and 32) are becoming known or received as well as Level 1, Crystal Implant Removal. The new levels are being compared to an initiation into new levels of light. For those of you who have been putting off our various levels of work, please do not put this off too long. It is difficult catching up when you start to lag

behind. It is easier to ride the crest of the wave than to get caught in the undercurrent of the wave.

If you have done all the work that we do, we honor you. Some people have suggested that we should accept donations for the newsletters that we write. We have now added a button on our web-site for those who would like to make contributions that would facilitate our existence.

So, I guess we will continue a bit longer, change is inconvenient – it is a constant, necessary part, but we are taking the words: trust, believe, faith and hope out of our vocabularies for now.

Loren and Diane

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