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Mickelson Muse
From our state of deep thought or dreamy abstraction.
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As usual, just starting with a bit of humor.... But, in reality, how many of us actually do listen to our bodies? Our mind usually controls what we think, most of our actions, and what usually comes out of our mouth – many times it gets us into trouble. Our “gut” tells us one thing... but our heads tells us another. What do we do? Yep, we listen to our heads (we are smart, you know) and then it usually turns out that our “gut” was correct. So with this holiday season... let’s try to listen to our “gut” a bit more. Perhaps taking better care of ourselves in body, mind and spirit.

Balance

We all talk about being in balance... what does it mean anyway? Do you even know how it feels? Do you know what centeredness “feels” like? We are asking for a reason... How can you be “something” if you don’t know what it is... how can you feel a certain way, if you haven’t had any experience with it. You know what fear feels like, what sadness feels like, what grief feels like, what happiness feels like, (maybe even lucky enough to know what an orgasm feels like)... but what about balance? We had a few calls lately with folks feeling strange... thinking something was wrong – yet they couldn’t put a finger on it, because everything was ok, all right. What was happening with these individuals was that they were in balance... they were centered and it felt “strange”. .. Particularity after Level 37 which helps “center” a person. We are all striving to remain in neutral, in balance and in nonjudgment. It is sometimes difficult to stay out of judgment when it seems so much is going to “hell in a handbasket” all around us and with so much chaos surrounding each of us. Things that didn’t use to bother us, bug us now; it is like our tolerances also are being tested (and perhaps we are finding ourselves less tolerant – but yet, balance is exactly where we need to be right now – neither positive or negative, but in the middle. This doesn’t mean we won’t feel sad, grief, joy, happiness, etc.; we need those

reminders so we know what the middle feels like. The middle is calm, it is peaceful. Our collective purpose is to hold our center no matter what we see in the outer world. It is to be in our power as co-creators and to focus on a world abundant and free – and to know in the truth of our hearts that a miraculous transformation is taking place. Here are some symptoms of inner peace

- A tendency to think and act deliberately, rather than from fears based on past expectations.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging others.
- A loss of interest in judging self.
- A loss of interest in conflict.
- A loss of interest in interpreting the actions of others.
- A loss of ability to worry.
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling.
- Increasing susceptibility to kindness offered and the uncontrollable urge to reciprocate.
- An increasing tendency to allow things to unfold, rather than resisting and manipulating.

What are you willing to give up?

First of all, define YOU... Come on... take a minute or two and actually write down who you are. Look at the list. They are all a part of you... but not YOU. So many times folks will say they are a mother, a wife, a husband, a friend, a cancer survivor, a person with fibermialgia, a person with an artificial knee, a single person, etc. All those things are part of you, but not YOU. The problem arises when we start identifying ourselves as “something” so much that at times it consumes us and we lose ourselves in it. Sometimes the “description” has such a high payoff that an individual “needs” it or think they need it to have an identity. Will you still be “you” if that aspect changes? Finding ourselves, the true self has been one of the most difficult things we have ever done. Everything else seems like child’s play in comparison.

Are you willing to do the work necessary to discover who you really are? Are you willing to give up old habits that no longer serve you, but you are used to? Are you willing to give up your “crutches”... aspects that you solely identify yourself with? Are you willing to give up limitations, diseases, maladies, etc? It is simple to say the word, “yes”, but are you willing to do the work? This “finding oneself” is something no one can do for you, no book can do it for you, no video DVD, Blu-Ray disk, etc., no seminar or class can do the work for you... (although all of those can give you hints or the how-tos) – you can’t blink it away, pray it away, send it to the gold light away, give it to your spirit guides... this is something YOU have to do... How about setting yourselves free and embrace the life you truly desire and deserve. Many of us go through life weighed down with emotional baggage. When you endure a traumatic experience in relationships – especially early in your life, you can end up carrying its detrimental effects for

years to come. The subconscious effects may show in your life as creating a barrier of protection, preventing you from connecting in your intimate relationships or fear of giving yourself fully in your career or a multitude of other ways. These negative feelings/core beliefs formed remain unacknowledged because they are either too painful to think about or you are so used to them you do not even know they aren't true.

Even when we do start examining beliefs in general, we many times only just begin to touch the surface and think we know what is holding us back... Abandonment, betrayal, etc. are just a couple of beliefs that folks "think" are the core issues, when it usually goes much, much deeper than that. We get so caught up in "life" (our demanding schedules, families, diseases, etc.) that we tend to push our emotional health to the background or try to find a "pill" to fix it. By not allowing ourselves time to reflect on past experiences, we neglect an important part of our overall wellness... we aren't saying to live in the past... but in order to figure out what is holding us back, we will only find those answers in the past. The key is to take your present emotions out of it... look at the past as a series of experiences... each experience shaping the person you are...

What is blocking you anyway? Do you even know or do you assume? Usually there are some sort of negative inner scripts that frame life and/or yourself negatively. Negative frames are often just below the surface of consciousness and act as filters through which perceptions pass and are distorted. For example, "Life sucks and then you die. I never get my fair share. I can't do anything right." Etc. These negative frames constrict life energy and operate as self-fulfilling prophecies. We can easily perpetuate the ellipse by regret, and feeling bad about feeling bad. Consider for a moment how many other human beings must be in similar straits now. Alchemically, one needs the descent into chaos to create new forms.

Perhaps start with mindfulness. Mindfulness is an empowered stance from which to meet the world. Mindfulness means to be as present as possible with what you are experiencing. A classic mindfulness exercise is to eat one raisin, first looking at it carefully, noticing every convolution and variation in surface texture, feeling it with your fingers, smelling it, feeling its texture with your tongue, biting into it and sensing the release of sugar, noticing how the sweetness registers differently on different parts of the tongue and so forth. Mindfulness of posture is quite an engaging and beneficial practice. Being mindful of what is happening interpersonally, moment by moment and also the moment by moment perturbations with your own psyche are great subjects for mindfulness.... So this is a good place to start.... Being present..

The best time to do this is when something happens in the "now" that irritates, upsets or bugs you... and it happens again and again. Go into the current emotion you are feeling, and then start questioning yourself as to why you feel that way, etc. AND, believe it or not, you will uncover some core values you have that might not be what you believe or even think now. And... always ask if this emotion or feeling belongs to you or are you picking up that emotion from someone else... You don't have to "do" other people's work for them... just stick with what belongs to you. How do you figure this out? Use your intuition as well as your thoughts. Intuition is an instantaneous reaction to a situation or information... it is a sensation more than a "full blown" thought. What you call a "fleeting thought" may be intuition, but if your impression of the

situation or information comes after a pause and has clear mental focus, then it is a thought. Pondering or analyzing any issue is starting with your own thoughts about it. You could think of intuition as the signal that motivates you to take instant action in accordance with your spontaneous reaction or to seriously think about why you had that reaction....

When you do nothing, nothing happens... The key now is “what are we each choosing in every NOW moment?” Ask, listen and do what you need to do. Sometimes it’s easy and sometimes it takes guts. This is the practice of coming home or being at home with yourself, both literally and figuratively. When you’re at peace with yourself, anywhere is home. Making and acting on agreements with ourselves is a crucial practice in building self-trust. The relationship that we have with ourselves is the single most important relationship we’ll experience in our lifetime. How can we know what our dreams are, much less how to make them happen, if we fail to know ourselves and our needs? If we only focus on our goals and producing results, the achievement or failure of them will only develop our ego-needs.

The real practice of connecting with our souls and truly knowing who we are comes from honoring who we are and accepting life without so many limitations. After more than a decade or so of virtuous self-improvement, we are sick and being good, eating less, drinking less, saving money – all outer things. It’s time for an indulgence of going within and discovering who lives inside that body of yours, not only discovering, but knowing.

Earth’s Ascension

So the earth is shifting... is ascending.... Each of us sees through our own filter in each of our areas of expertise (yes, you all have areas of expertise)... Loren and I can only tell you what we discover through our lenses... We are sure have much more in depth knowledge about this subject... we only write to get you thinking...

Massive amount of energy has been twirling around recently... it sometimes feels like an energetic bomb has been exploded. So it is doubly important for you to remember to ground yourselves... it is and has been a wild ride. These intense energies have been and still are pushing everything into alignment – we, along with the earth, are being pulled into alignment. This pushing and alignment “stuff” has created strong experiences and sometimes feelings of panic, anxiety, depression, tension, racing hearts, hyperventilating, and a general inability to focus and concentrate. Alternating with break periods of lethargy and very low energy, darkness, and confusion and then joy and happiness; the see-saw and erratic energies created great confusion... like everything is trying to navigate to their ultimate “place”. Most of us are now vibrating above darkness or even the denser energies. We no longer have the space within us to “house” darkness – it is becoming darn right comfortable and misfit. This is why it is so important to “do” the “do”... not just talk about it, write about it, listen about it... but “do” the work. Community becomes crucially important to the folks in the process of awakening... although not always a bed of roses... it requires a deep clearing of the old restrictions, dogmas, fears, hatred and imposed rules which no longer serve you... it is, in fact, a healing process guided by your higher self.

Although the process of ascension can be difficult, lonely and create upset in relationships, not many people we know would change their path. Awakening is just a name for a divine process of intense transformation, opening and empowerment. In a world of illusion and superficiality, the ascension process that is happening today among individuals and the earth is something that has never happened... What a privilege to be living at this time...

Matthew writes that there is a universal “window” for Earth’s ascension and the linear clock is ticking. She is assured of reaching her destination in good time, but if you want to physically go along, you must wind up third density karmic lessons, just as you chose in your soul contract. Remembering that the soul nudges your consciousness in accordance with that contract, uncomfortable feelings about self are important messages. So far from this being a time of merely acknowledging discomfort with your attitudes or behavior, it is an opportunity with time limits to change them. Evolving from third density into the other dimensions does not happen simply because you’re on the planet and the planet is ascending. Your evolution comes with heeding conscience and intuition and other wisdom your soul is giving to guide you in alignment with your contract. It comes with self-introspection, acting with honor, respecting all of nature’s life forms, discerning truth from falsity, emulating but not copying persons whom you greatly respect, and not judging others. It comes with recognizing and feeling grateful for the blessing in your life, with forgiving yourself and others for perceived injustices. It comes with living from your heart.

It is Already December 21, 2012

Rob Brezsny recently wrote a column titled that. It certainly caught our interest because this whole “evolving” process is more than a date. He writes that many visionaries and prophets expect there to be a huge and sudden shift in the world’s story sometime soon. Whether it happens on December 21, 2012 or a later date, a sizable proportion of them even predict that it will be “in the twinkling of an eye”... a sudden cascade of events that completely changes everything everywhere.

Some paint the scenario in broad, catastrophic strokes, expecting something, they’re not sure what, that will have the impact of a large meteor strike or nuclear war or pandemic disease. Others harbor a more benign but equally fuzzy expectation, speculating that maybe some high psychic powers will kick in to the multitudes all at once, or that benevolent extraterrestrials will arrive to solve our energy crisis.

“It is eternity now; I am in the midst of it. It is about me in the sunshine; I am in it, as the butterfly in the light-laden air. Nothing has to come; it is now. Now is eternity; now is the Immortal life.” Richard Jefferies.

Brezsny goes on to say that what very few of the prophets do, however, is make a precise prediction about exactly what will happen. Their visions contain no assurances, no specifics. And in my view, that’s worse than useless. It fill us with a vague buzz of fear or amorphous sense of hope, but offers no concrete directions about what to do to prevent this dreaded thing or

help create the hoped-for thing. And the face is, as I (Brezsny) see it, they can't possibly know what the Big Shift is --- if, that is, a Big Shift is really looming. The very nature of any Big Shift will be so unexpected, so beyond our imagination, and so utterly alien to what we understand that we can't possibly delineate its contours in advance.

I'm reminded of Jung's formula, which is that we don't so much solve our problems as we outgrow them. We add capacities and experiences that eventually make us bigger than the problems. This theory can be applied in reverse. If we have not yet grown wiser than our current predicament, then we can't see what the evolved state is beyond the predicament. Our minds are as-yet incapable of embodying the vision that will catapult us beyond the problem we're stuck in. When the Big Shift comes, whether or not it comes in the twinkling of an eye, it will be something that no one foresees, let alone described in detail. It will be beyond our comprehension, unlike anything we could have visualized headed our way. (Thirty years ago, did anyone imagine the Internet or the impact it is having?)

And if that is true, then the inescapable conclusion is: There's no use trying to plan ahead for it. It's counterproductive to hold a particular scenario in our mind as the likely development. And it is downright crazy to harbor a chronic sense of dread about an unknowable, unimaginable series of events. The best way to prepare for a Big Shift is to cultivate mental and emotional states that ripen us to be ready for anything.

- A commitment to not getting lost inside our own heads
- A strategy to avoid being enthralled with the hypnotic lure of painful emotions, past events, and worries about the future. (The only expectation to this is when you are working on your personal core beliefs... work on them, but don't let this consume you...diane)
- A trust in empirical evidence over our time-worn beliefs and old habits
- A talent for turning up our curiosity full blast and tuning in to the raw truth of every moment with our beginner's mind fully engaged
- An eagerness to dwell gracefully in the midst of all the interesting questions that tease and teach us.

Brezsny ends by saying that everything I just described also happens to be an excellent way to prime yourself for a chronic, low-grade, always-on, simmering-at-low-heat brand of ecstasy --- a state of being more or less permanently in the Tao, in the groove, in the zone. We say... Well said!!!!

For those of you who are on this journey you may want to consider some of the levels we offer... it can/will help your process, raising your vibration while facilitating your growth – progressing at a faster pace.

We asked a couple of clients to write **“Why people should consider any of our work?”**

One of the most intriguing answers came from RR (New England)...”I came upon the Mickelsons after over twenty years of seeking that included an endless number of teachers, practices and paradigms that did, in fact, answer some of the questions I had been looking for, yet left me “knowing” there was so much left to discover and “BE!” Along the way I increasingly found the wherewithal to listen to the still small voice of discernment that often demanded that I chart my own course free and away from any individual organization or affiliation. I had come upon the Mickelson’s web site several times over a period of several months (if not years) before actually connecting with them and taking the leap required to try our Level 1. I was tremendously conflicted in the beginning because what they facilitated and pointed to was exponentially different than anything I had ever been exposed to or was aware of (and I was no beginner when it came to the whole continuum of spiritual/new age modalities). I have found that my most important decisions on my spiritual quest have required me to “TRUST” the feel for and of things rather than my cognitive analysis of the pros and cons which often leans in the opposite direction. The decision to couch my doubts and move forward with the Mickelson’s was without question the most important decision I have ever made on this journey and its results are still being validated and confirmed. The scope and depth of what they have facilitated for me is beyond my capacity to portray other than to wholeheartedly endorse who they are and what they do! The only caveat I would extend to those of you who may be considering their work is that this work is only for those who are ready to not only move into the realm of the unknown but to become increasingly capable of integrating the seemingly unknown into your daily experience. To be gifted with facilitators of their wisdom, courage and character is a blessing I am eternally grateful for. In closing, I want to make it very clear that you must still take personal responsibility to do the work to integrate what they potentiate. PS: Trying to compare what the Mickelsons facilitate to other paths is like comparing checkers to a three dimensional game of chess!”

We asked another long time client to write up, “Why do any level after Level 1?”

TA (Midwest) replied, “As I was completing Level 1, Crystal Implant/Imprint removal, I read ahead and knew immediately I needed Level 2: Soul Beliefs/Matrix Energy Patterns, Level 3: Soul Emergence Patterning and Level 4: Multidimensional Portal Alignment done as soon as possible as these levels were and did remove my limitations for my spiritual progression and allowed me to assist others on their spiritual path(es) to self discovery and allowed all the processes to flow much easier.”

. . . and another wrote, “The immediate results of having Level 1 completed were so profound and tangible for me that there was never a doubt that I would try a few more levels to see what my experience would be after they were completed. I never intended to do more than a few levels when I began this journey several years ago, but found as time and levels passed that what they facilitated for me resulted in greater integration and growth than I had ever dreamt of, let alone experience. All seekers want to have some sort of map and gage to assess their growth and to let them know where they fall in the spiritual/enlightenment continuum, but the Mickelson’s work cannot be conceptualized or contained because, as they will attest, even they do not know where it will lead us (or them) next. They are truly pioneers and trailblazers of conscious development and integration!!!! I have completed 37 levels of their work and I now know that what lies ahead is an endless evolution of consciousness that interestingly enough keeps me more present and

grounded in this very moment in a way I could never even imagined, let alone embodied. Not doing more work after Level 1 is like paying admission to an amusement park and only going on the Merry Go Round!!! If you are like me, you probably want to do all the rides and some more than once!!! BR” (East coast)

For the upcoming holiday season give yourself the gift of doing something you are really passionate about... part-time, full-time, anytime. You simply have to do something... and be able to accept all the good vibes and feelings that will come to you.

A very Happy Holiday Season to all of you..... See you in 2010!!! (Although a new level – to accompany Level 37 – will be out soon... also, don't forget about the new service we offer, the one where Loren will make your name fortunate by creating a piece of jewelry for you.)



Loren and Diane

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