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Mickelson Muse

From our state of deep thought or dreamy abstraction.

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Man, it has been a wild ride lately.... So much information is coming out on all levels... non-metaphysical as well as all the woo-woo sites.... Folks are trying to capitalized on 2012... some honestly trying to prepare folks for change, others trying to instill fear, while others yet are trying to just make money while not understanding that real change is happening. It is really up

to all of us not learn to stay centered, grounded and as close to neutral as we can while we, ourselves, are progressing forward on our “journeys”. Some days this is easy, some days it is really difficult – added to that is that we are also in the midst of winter weather – following a very busy holiday season – with the normal “come-down” to earth that we usually get in January.

There is a lot going on January 15th, 2010. Mercury resumes its forward movement, we will experience a solar eclipse and there will be a new moon, all on the same day. This day seems pivotal for us. A great time to go forward into our new direction will be supported by the loving energy of these celestial bodies.

When we are creating our new realities, with enough of us sharing the same vision, our reality then become the norm for the whole. When this is firmly anchored within us, who we are and what we want our reality to look like, we will then begin to connect with others who are of like mind. As everything unfolds and progresses, our network of people will expand forming grids and shared foundations.

So, although this time of winter “blahs”, when all is seemingly dismal, this is actually a great time for us – we are progressing... when depression sets in – the aches and pains get the better of us, when the holiday bills start arriving, when the sun seems like it has disappeared from the atmosphere, all in all when even our faithful Bach Rescue Remedy seems to have abandoned us, it is time to reach out to one another to remind each other that this is the time we expected; this is the time of “voidness” that we all “knew” would happen.

No matter what, we need to stay open and this keeps our energy flowing.

We need to stay centered and balanced. If you aren’t, it throws your whole energy field off kilter like a load of laundry.

If you just feel like you want to pick a fight or argue with anyone, take Bach Rescue Remedy (it really is your friend). This is the season we usually have *cabin fever*. **Cabin Fever** can be described as: Feeling sad or depressed, feeling lethargic, having difficulty concentrating, craving for carbohydrates or sugar, difficulty getting up and moving, social withdrawal, reduced productivity, irritability, sleep disturbances. So do we “do” it like we have always historically done? Perhaps, this time, this time of great changes happening whether we like it or not – we can do it differently. So what does “differently” look like? We don’t need to rush out and get on some new and improved anti-depressant – perhaps, this time, instead of giving into the “blahs”; this is a good time to forge forward... use this time to take stock of where we are – right now – in this moment. Instead of focusing on what is wrong with us – what is right?



Fun Ideas to Cure Cabin Fever:

1. Turn on the music! Yes, let all of that mundane stuff like house work or bills sit for a bit and dance that fever away. Get silly, no one's watching and if they are it's likely they'll get silly with you – you've been inside for a long time!
2. Create some salt dough and make some now people INSIDE – okay, this may seem a little crazy because we're breaking up the fever, but it's a diversion and when it's cold outside, you must focus on what is inside at times. Easy Salt Dough Recipe: 2 cups flour, 1 cup salt, 1 cup water, 1 Tablespoon oil., mix to soft dough, play, sculpt, and let harden.
3. Eat a meal under the table. Spread out a picnic blanket and change it up. The kids or your spouse/roommate might think you're nuts, but its okay. Have fun!!
4. Visit the museum. No museum? Find a nature center that has stuff to do indoors. Nothing like this going on? Take an adventure in your own quarters and see what items you have that you might find in a museum or nature center??? Create your own special "center".
5. Have a treasure hunt. List some items you would enjoy finding. Maybe it will be items the kids will find easily or things you've been looking for....either way, take some time out to hunt for fun :o).

6. Call a friend or make a date with the web cam. You know that loved one you don't see because they live way far away. Make contact, see how they're doing and see them, too, if you can. No phone or computer? Well, we can pretend with this one, too.
7. Get out the puppets and play. I'm sure you can create an interesting story line about the family trapped in the house with inches upon inches of snow or below zero weather!!! What do they do?
8. Let everyone make a mess!!! Bring out the blankets, chairs, folding tables, stools, sheets, and make a fort. Talk about who's living there, what they're doing, and how they make their home. How do they get their food? Any flash lights, this would be fun at dusk or dark.
9. Tell a story. You're not a story teller? Just start talking, let the next person add on. Even little ones can add a lot to this. Have fun with it and you'll probably all be immersed in laughter or something of the wow-wow nature in no time..... hmmm.
10. By yourself? Write a story... or start a blog.....

Ok, ok, so they are all strange, but it did lesson the mood a bit, didn't it.... At least it did for us writing it or perhaps it was the Bach kicking in.....

What is your next step? What can we do to help facilitate your "journey"? We need to be prepared internally for this very new phase, most of us still have personal energies which need to be balanced and aligned. Take a look at everything we offer, perhaps it is time for some of our work....

If you choose to do any of the various levels of work that we offer, we will throw in each of the following, as a gift.

What can we do to help you through these cold winter months?

1. Help keep you **centered and balanced**. Help you stay in neutral.
2. Send you 10 minute **jolts of energy**, kind of like taking vitamin B12, only better.
3. Send you 10 minutes of **intense light**, without using sun-tan lotion, helps prevent SAD.

Or pay for one of the above items for \$30.00. We will be offering these through the month of January 2010.

Summing up: Don't let the January "blahs" or "cabin fever" get you down.... Go have some fun, do something you usually don't do. This is our perfect remedy for our 'blahs':

New baby Orca whale sighted between DesMoines, WA and Vashon Island on January 7... this is right outside our window.... This took our breath away and chased away any “blah” feeling. No we didn’t take this photo, but it is a real photo that a freelance guy took – borrowed it to show you.



Smile... Loren and Diane

We are attaching a pdf file of this Muse, plus a pdf file of “What We Offer”...

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