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Mickelson Muse

From our state of deep thought or dreamy abstraction.

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Couple of things this month:

1. A roadmap of sorts.....
2. Blogs
3.and more

A roadmap of sorts

So, I have been doing a bit of reading lately and came across material by Joe Robinson what talks about identifying your core needs... Figure them out (identify them), learn how to satisfy them... and you will probably be a lot happier (or so they say). It all starts with something called “the self-determination theory”. Self-determination theory (SDT) is a macro theory of human motivation and personality, concerning people’s inherent growth tendencies and their innate psychological needs. It is concerned with the motivation behind the choices that people make without any external influence and interference. SDT focuses on the degree to which an individual’s behavior is self-motivated and self-determined.

People have an external “perceived locus of causality” (PLOC) --- stay with me here.... To the extent they see forces outside the self as initiating, pressuring or coercing their own action. In an internal PLOC, a person feels they are the initiator and sustainer of their own actions. People with a higher internal PLOC feel self-determined in that they see their behavior as stemming from their OWN choices, values and interests, instead of those with an external PLOC who experience their behavior as controlled by some external event, person or force.

The internal locus is connected with intrinsic motivation (inside of you), while the external locus is connected with extrinsic motivation (outside of yourself).

So we have three core psychological needs: autonomy, competence and relatedness. You have the need to feel autonomous, that you are freely choosing things in your life and are not being controlled. You have the need to feel effective and competent, doing things you initiate and that

make you stretch, not what you are pressured by other into doing. And you have the need to have close relationships with others to satisfy your social mandate.

So that is it, folks, here is the roadmap; satisfy your three core needs and everything will be smoother for you. You can have all the external success in the world, but you will remain unfulfilled if even one of the core needs is unaddressed. The catch is that only YOU can satisfy these needs through intrinsic motivation, the reverse of the external reflex. You seek no payoff, only the inherent interest of the activity itself, for learning, fun, and growth. Do it just to do it and you will get a whopping internal reward in the form of the lasting version of happiness and gratification.

This is the unconditional path that the sages have tried to clue us into, from Aristotle's idea of living well through lifelong learning, a reward in and of itself, to the Buddhist concept of right intention and the Taoist notion of acting in line with your authentic nature.

You must be in full alignment with your true self and values, while allowing the three core needs to work as your homing device. When people are oriented to goals of doing what they choose, growing as a person or goals for having good relationships, they experience higher levels of the basic psychological needs....

That is not the training we get, of course. We are taught to go for the payoff. Everything has to get us somewhere socially, financially, emotionally. We are like trained monkeys, waiting for our peanuts after each trick.

The core needs tell us we are waiting in vain when we expect other people, things and status to make us happy and that we are the ones who must make our lives fulfilled through self-determined choices. Your core isn't satisfied by thinking or spectating but by directly participating in life's meaningful experiences.

The need to autonomy comes from a desire to feel that you are the author of your own script. When you feel that your activities are self-chosen, there is sense of self-determination and freedom, which brings gratification. You have moved forward.

The need to feel effective is essential to self-worth, but you can only satisfy your need to feel competent by doing things you initiate; it has to be coupled with autonomy. You can be effective on an assembly line, but you won't satisfy your competence need, because the activity is not autonomous. Learning a new skill is one of the best ways to activate competence.

The third core need, relatedness, is a well-documented route to increased positive mood, better health and a longer life. You can't satisfy your need for relatedness by networking, since it won't produce the satisfaction that comes from close personal relationships. Your core needs are very, very smart. They know when they are not getting the real intrinsic deal.

The key to the meaningful and fulfilling life you want is acting from intrinsic goals that reflect your inner compass – learning, fun challenge, growth, community, excellence. It is tricky since external metrics are so instinctual, but you can do it!!!!

Review:

- Competence: succeeding in what you do
- Autonomy: being in control of your life
- Relatedness: connecting with others.

Blogs

Certainly can't leave you all without a plug for our blogs.... It will be a year in January since we started them... then big decision time to continue or quit.... Hmmmmmmmmmm.... Until then, please do check in now and then... you don't have to comment on the blog, you can email us with questions or comments, also.... Always love feedback or your thoughts...

Diane's www.drsmick.com/blog . I write everyday – random thoughts, etc.

Loren's www.drsmickjewelry.com/blog and www.fortunatenumberjewelry.com . Loren writes weekly... the drsmickjewelry is all about stones; the fortunatenumberjewelry is more about numerology....

...and more

A friend of ours in Boston, MA has created a unique healing practice.... Do check it out: www.JesseGoldman-IntuitiveHealing.com . We've had the pleasure of knowing Jesse for years – she is one very talented individual... check her out...

Margaret Lulic (another friend) has just released a book, “Home – Inspired by Love and Beauty” all about feng shui in your home... she has done a remarkable job creating a very readable, useable book.... Do check it out.... www.lulicbooks.com

Allison Witcraft, my niece, has developed quite a unique lifestyle program, incorporating sensible weight loss... Weigh Simple -- she also “pens” quite a good blog... and, yes, I'd refer her even if she weren't my niece - www.weighsimple.com

Also, this is a good time to have your palms read.... Joel Smeby is one of the best around... he is now known world-wide, so I'd get a palm reading or a class from him soon.... His website (Anytime Palmistry Zone) is www.theapz.com is a good place to start. Why not start by copying your dominant hand and send it to him to analyze and read for you... his prices are reasonable, and again, he is very, very good... this would be a good way to bring in the new year... and also, a great gift to give someone.

And, oh, we just had some pictures framed by Ted Anderson... he is a master framer that will figure out which “wood” will not only enhance the picture but also fit in with your individual energy... he then crafts his frames from scratch... mats it and finishes it off with quality glass. His finished products are treasures.... We are lucky to have him as a resource.... You will be, too.... iframeurpicture@aol.com is the contact information. www.iframeurpicture.com is the

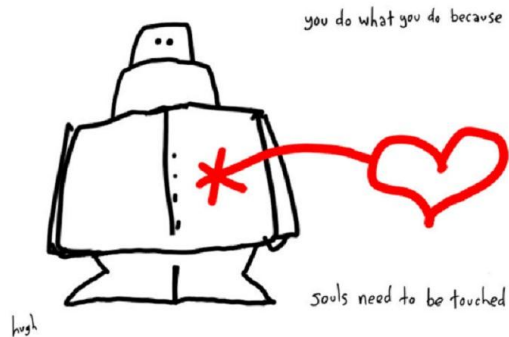
website. Do check him out; you won't be sorry with the results. If you are thinking about giving a framed photo, print or original piece for Christmas... this is the time to be contacting him. He also writes a very informative blog...

If you are in need of a terrific Reiki treatment and live in the Twin Cities area... contact another of our friends, Vicki Man, she can channel energy!!!! sothispapyrus@gmail.com

Oh, Yeah.... If you are interested in one of a kind, awesome orchid (and other flower) photos... please check out the work of Dr. Deb Heim... besides being chiropractor extraordinary.... She has one of the best "eyes" I have ever seen for taking photos of flowers... and, most all of the photos are of HER flowers... (talent there, also).... Her orchid photos are to die for... Her website is www.drorders.com . Email her for more info: drdeb@visi.com

Naturally, you can also "think" about us for any of your healing jewelry, fortunate number necklaces (or just pretty stuff) needs.... Loren has time now to create something special for you or for you to give as a gift..... (o:

So that is enough for this month... have a great Thanksgiving....



Loren and Diane

Let Go of Everything

If you have the courage to let go of everything, while practicing the art and science of stillness, you might get a sense or an intimation of what the experience of someone like the Buddha may have been like when he was sitting in deep meditation. But you have to authentically do it. Give yourself the freedom to imagine what it would be like to let go of absolutely everything—to have no desire left for anything other than utter and unconditional release. Andrew Cohen

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