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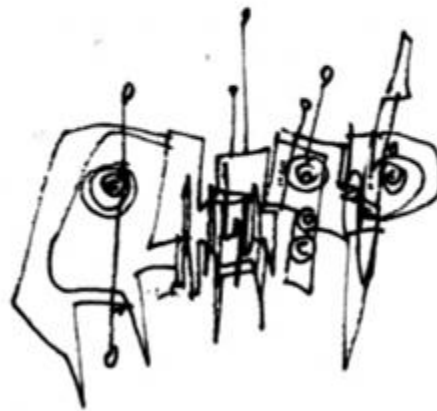
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Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 70, January 2011

life is too short
not to do
something
that
matters.



hugh

Here we are.... Another year ending.... Early for January but wanted to get this out before you get too involved in the holidays, before you go on vacation, etc.... and wanted to announce an upcoming world-wide meditation

What is in this newsletter

1. What is going on.....
2. Blogs
3. World Wide Meditation

What is going on

Holy cow.... I don't even know where to begin. We are still screwing our heads on straight, so please bear with us as we try to use words again. I guess I will open with this: November left us for dead or at least dead-like. If you have been feeling like you are suddenly back at the very beginning of your journey again, experiencing the same situations/sicknesses/emotional entanglements/financial hardships/etc... take heed. Some heavy goo has been kicked up the last couple of months... and if you were in as deep as we were, no doubt you spent most of the time wondering what in the heck was going on.

From the very end of October and thru the entire month of November, we endured such a legendary disconnect period that for the first time ever, we were not sure if we would still be up and working. I mean, we have certainly plowed thru plenty of void periods over the last decade or so, but November brought the whole concept to the next level... to the point that we were unable to tell the difference between dimensions, to identify what we were hearing, feeling, thinking, sensing or intuiting.... Which was very bleak and very confusing. It was like we had been dropped in the middle of the forest—left to our own human devices without a pack of matches, GPS or the Seattle Times.

We were reduced to a toddler-like state with a month long temper tantrum... vacillating between flipping off the forces that be and quivering in our pillows asking for “mommy”. If we didn't have abandonment issues prior to this process, we definitely do now. Our extreme child-like resistance to this “punishment”...a month without... well – without... was completely laughable to anyone who witnessed us, but soooooo not funny. We could just not get away from ourselves... everywhere we went, there we were.....

In a word... brutal... in two words...well, I can't say them here.

Luckily, since December started, there is a very different vibe slowly leaking into the earth plane and we are reconnecting again while adjusting to this new space we are now inhabiting...albeit a little lighter. Well, still fat, but with less emotional encumbrances. So --- what gives????

First of all, we had to call in all the big guns for back-up this time around; otherwise we would have never gotten through it while still working, blogging, etc. We needed all the help we could get to make some sense of the “nightmare” we just lived through and from I can gather (if your weren't forced to push the eject button) November offered us two things:

1.**An emotional upgrade** ...the loss of more of our ego-created selves so that we can inhabit more of our authentic self and live directly from the heart. Loss = mourning, so if you spend the last month crying over spilled milk, welcome to the imbalanced.... We are mourning the loss of more outdated aspects of ourselves (those things that we thought we would be, do or have in this lifetime, but didn't) which, of course, can also create a fleeting identity crisis leaving us vulnerable and skinless... pervious to all lower forms of energy and feeling as though we have no protection from societal forces of harshness. We are slowly coming out of a very inward period where even getting the mail may have felt like torture.

The sloughing-off included everything from releasing played-out relationships and responsibilities to shedding more preconceived ideas of who we thought we were and what we thought we were here to contribute...and everything in between. The reconnection of this higher level, heart-based intelligence required an extensive rewrite and manifested as a zombie-like state, a complete lack of interest in living... not even so much an interest in dying, just an overwhelming indifference to life... and, of course, with a side dish of physical misery to boot.

This disconnect period may have surfaced in a myriad of ways for you but the most obvious symptom of the void is that it is difficult-to-impossible to feel good or connected to anything in any realm.

Some common side effects are as follows: disinterest in our passions, purpose, potential, projects, creativity, all those things we normally enjoy, etc... the inability to connect to our higher guidance... financial hardship/sluggishness... lack of desire to care for/nurture our bodies/exercise/eat well (even foods we eat seem tired and unappealing)... feeling constantly dissatisfied yet not knowing how to feel fulfilled can manifest as hunger that won't go away even after a meal, unsatisfying sleep, etc... wanting/needing to be alone and feeling relentlessly fatigued.

These periods are some of the most difficult to navigate on the “journey”, but the undeniable truth is, they eventually and always bring us to a higher and better-feeling place. Even when we don't think we will survive it, and we have absolutely convinced ourselves that we are completely delusional and that nothing good will ever come of sacrificing a decade or two of our lives... something beautiful and amazing always pops thru ... and just in the nick of time.

2. On a physical level, we have been undergoing some MASSIVE etheric reconstructive brain surgery...some of which is still “bleeding” into this month... but will be finished by January as we find our new footing and try to make sense of this new reality we are adjusting our focus to. If you have been experiencing a literal inability to focus or make cognitive sense of things (what I call left-brain dead) or an unusual amount of spinning/dizziness/vertigo/loss of balance/eye issues/burning, itching and watery eyes/spaciness and/or sinus headaches and migraines... most likely it is related to this upgrade.

This extensive brain rewiring manifest as a result of joining polarized spiritual forces within the pituitary/pineal glands ... the blending of the divine feminine and masculine energies that are fully responsible for our entrance and focus (hence vision issues) into universal consciousness via the higher mind. As we reorient ourselves to the new timeline and our physical bodies begin to harmonize with the new frequencies, we will begin to see, feel, and experience new dimensional patterns based in a higher reality construct. The secrets once hidden from our mortal sight will become available to us and our vision will become keener...our perceptions, more profound.

In other words, the shift from November to January is a deeply physical one and is resulting in our reconnection to unity consciousness and divine love. In fact, we are told that November was primarily a biological restructuring period and one that required us to be completely unplugged from our current level of consciousness so that we could be reoriented to the new. Make no

mistake... this recent disconnect was the mother-load of all disconnects. If your wheels came off like ours did, it is simple because it is time for a new set.... (o:

The Reconnect

After a disconnect period, there is always a reconnect period... albeit to a higher level/frequency... which is what we are in the process of assimilating to now. Though technically, we are still between worlds, those who work in and are aligned with the divine developments on earth will experience a great shift in mind, body and spirit... a harmonizing shift that will offer us the ability to further stabilize ourselves in the increasing frequencies and to maintain equilibrium in our cells.

As always there is an adjustment period (aka pain) required to bring our lower bodies into alignment with our higher self because we are now vibrating at a much higher rate and our cells still need time to adjust. This month we are re-harmonizing... an intense period of assimilating to the latest download so we are fully prepared to exercise our gifts and potentials in the new.... Look for big changes in your inner and outer world... the macro and the micro...

We have also heard that our merkaba is changing, the sacred geometric vehicles that house and transport our consciousness are rapidly increasing in spin and morphing into a new geometric construct which will support and enable our participation with the multidimensional living. These changes are also responsible for our recently skewed depth perception and inability to focus from a particular point of reference (again, brain scramble). This is nothing (so we are told) to be concerned with... we are simply rising up, bumping against a dimensional ceiling in an attempt to break thru to a higher altitude which can cause feelings of confusion, lightheadedness, ungroundedness and dizziness.

So... that is it... we are changing... we are doing it.... be kind to yourself.... And have a good holiday....

Blogs

Certainly can't leave you all without a plug for our blogs.... It will be a year in January since we started them... I have heard from a couple of you suggesting that I continue (I committed to a year... it will be up January 14).... So I know at least 3 people read it.... Hmmmmmmmmmmmm... 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... well, should I continue?

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

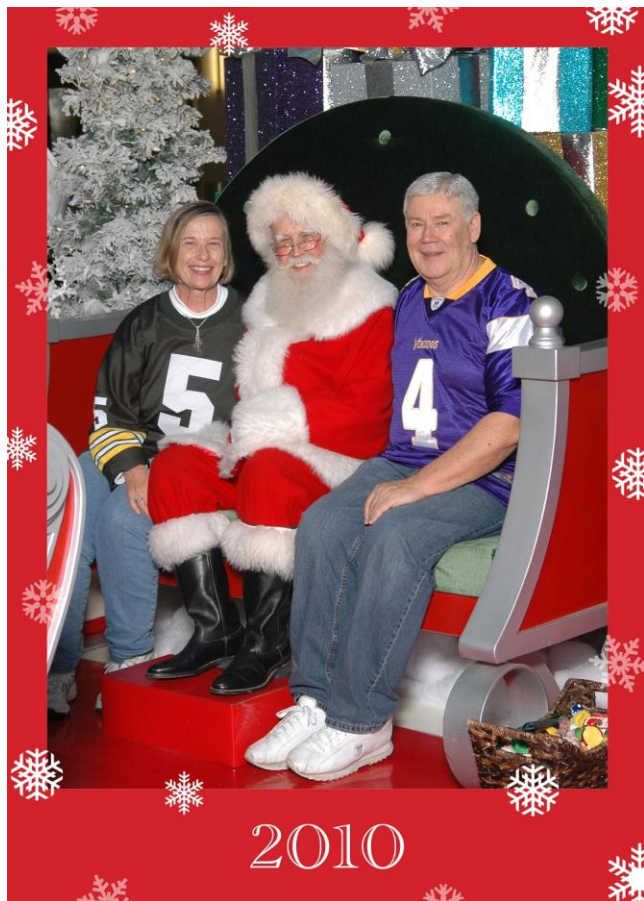
Loren's www.drsmickjewelry.com/blog and www.fortunatenumberjewelry.com . Loren writes weekly... the drsmickjewelry is all about stones; the fortunatenumberjewelry is more about numerology....

World Wide Meditation

There is a worldwide meditation scheduled on Dec. 21, 2010 to welcome in the winter solstice and to welcome the New Year.... It is scheduled for:

India – 8 pm; Sydney – 8 pm; Paris – 8 pm; New York 9 pm; Minneapolis 8 pm; Seattle 6 pm.
See you then!!!!!!

Loren and Diane



Yes, there is a story behind this photo.... I have on a Packer jersey... Loren has on a Viking jersey... the melding of our backgrounds.... The jerseys were a gift from a cousin, and although we really don't watch football, our family has RABID loyalties... this photo will drive them crazy..... It is the little things that make me smile (o:

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