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Mickelson Muse

From our state of deep thought or dreamy abstraction.

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Bringing you up to date on us....

First of all... is it really March????

Level 50 is proving to be life-changing... probably one of the most profound things we have personally processed and integrated... (Well still doing that)... if you haven't read about it... then here it is: [Level 50](#).

Loren and I have finally found a hobby both of us can do together... photography... although Loren is certainly better technically – he actually knows how to frame shots and knows how to use the camera – I do the “intuitive” crap (mostly PHDs ((push here dummy)) so it all comes out pretty similar... but we are having a ball... we are posting a lot of them on Flickr.... So come find us and enjoy!!!!

Loren continues to figure out new jewelry designs... and new techniques... so keep on the alert for some interesting things to come.

I am sorta – maybe – iffy thinking that perhaps I might put my blogs into some sort of a book... we will see..... but we are, however, working on a compilation of thoughts and techniques....



What is going on????

The huge energy wave that came through mid-January caused an upheaval in many lives. It seems to have caused deep emotional issues to surface in unexpected ways causing extreme life changes, relationship changes, moving heart, hearth and home, physical issues, grief, malaise or general disturbances within folks. We were all in a period of stasis for many months. Haven't you felt like... "I feel like something huge is coming and yet, I don't know what to do – I don't have any instructions for what is next." We have had time to get centered since January... time to be still and regenerate. Now things are different.

The potent new energies are beginning to softly bathe the planet (and our bodies) with the frequencies of change and we are starting to feel the first signs of re-birth as spring approaches... the sun feels noticeable different and is starting to slowly rekindle our desires to manifest those aspects of ourselves which we have long nurtured. We are beginning to sense, and even see, the first signs of our new lives that we have long known would arrive. We are still surrounded by unreasonable piles of snow (well some are... but snow is pretty close by here in our home in WA) reminding us that winter is still solidly our reality, yet, the passionate life force within is beginning to bubble up as the last of our mental clutter and emotional baggage drop off to make way for our shiny new selves that are begging to bust out of those restrict cocoons. (But, believe me when I say... that since this whole ascension thing is a process... many are already new and don't know it.) The new reality is here, and although some of us are revving up and raring to go

explore... we will need to enter and journey thru it in stages ... as we are already doing – but maybe don't know it. So grease your rusty gears (read: joints) to enable forward movement after many years of a sedentary life of stillness... I am not talking just physical exercise... much of where many are stuck is mental and emotional.

Time is clearly quickening and, as a result, we are now able to make more sense of what this “new” will be like and how to operate from within it. We are more noticeably able to break free from the shackles that bound us to an outworn existence and this is giving many – with new perspectives needed to release ourselves from our limitations once and for all. We have been fastidiously reclaiming our power as conscious co-creators of our human destiny to prepare for this next phase of planetary ascension. This is calling up some deep wounds and blockages that we have recently been giving the opportunity to face. Luckily, we can move thru the goo at warp speed now, enabling us to clear in hours what used to take us weeks or even months to overcome. Fears of our capability, power and skillful mastery abound as we ground even deeper into the unknown. Yet beneath those fading illusions of insecurity is a sense of certainty in our next steps...even if we have no idea what those steps are.

You may be noticing these changes in small ways, like, for example, your reactions to things that once bothered you – may be changing or even evaporating as we begin to see life thru more holistic eyes. As we are able to see more of our world with the expanded views now possible, we are simultaneously propelled out of the trenches of solely 3d and into unexpected opportunities that are aligned with our expanded way of thinking and being... and this is just the beginning.

Another aspect of unhinging ourselves, from the remaining fetters of solely 3d is the arrival of many completions. The last two months and into the equinox, many endings will finalize and/or completely dissolve...relationships, partnerships, careers, businesses, relocations, long-standing health concerns, legal/financial matters, etc. We will also see the physical parting of some loved ones...in our own lives, and, of course, in the whole as well. The March equinox period is always a powerful time of transition and, as always, there will be those choosing to use these exit points to continue their journeys elsewhere...

It is about letting go... for the most part, the endings in our lives should be relatively obvious and for many, these are the physical completions that we have been working to tidy up for a couple of years. Anything that has been blocking our potential or serving as an energy drain will be removed and/or replaced with a higher-vibrational match (if we choose, remember we all have free will). Miraculous conclusions to our life's quandaries can now be expected and are the physical representations of our soul's expedition from powerlessness to empowerment...of taking full responsibility for our past (unconscious) creations and having the courage to live those out in a fully conscious way and without wavering in our ability to recreate our destiny.

Those who always do it “hard” have learned thru various hard core lessons/experiences how to effectively stand in their soul integrity...regardless of our individually dismantled worlds...and command the outcome of our heart's desire. Against all odds. Sometimes this meant the extremes... like learning thru life-threatening illness, going without food, heat or in some cases, a place to live. For others the learning came in the form of traveling the path along, without a

soul companion or temporarily parting from our true love for the purpose of breaking our hearts wide open so that we could heal the perceived separation within ourselves in order to become whole again.

Sometimes the lessons were less extreme, like enduring criticism and judgment from our loved ones...having to go without, when deeply we know we are genetically wired to have it all, having to hide our knowingness for fear of condemnation...having to travel with ho-hos and cookies for those sudden uncontrollable hunger bouts...having to shield ourselves from most of the outside world and constantly use discernment in order to survive the raw, vulnerable states of metamorphosis, etc.

In all cases, the impossible was demanded of us, our weaknesses were called out and we were forced to face our most daunting fears...regardless, we went forth willingly (albeit kicking and screaming at times) to sow our would' seeds knowing that our call to service was always our first priority.

In this next phase, those bulldozing, path-paving, trailblazing, pioneer souls who have come full circle will be given the opportunity to come unglued from the past in major ways so that we are free to co-create our "new", set the example for the next wave, and live according to whatever we have created. Our time has come.

As with all ending, new beginnings are always right around the bend, and we are finally beginning to feel the new energies of expanded potential slowly seep into our awareness, promising to reinvigorate us with new life, new passion, and a renewed sense of purpose. It is becoming increasingly more clear that all things are possible, even if in small doses.

So saying goodbye to a life gone by... As we prepare to take the next step and ground even deeper into our "new" lives and bodies, it is common to experience the rumblings of emotional eruptions from within. These eruptions may cleverly disguise themselves as intense bouts of anger, frustration or anxiety, but can ultimately provide the impetus needed to crack open a geyser of tears that could flood an ocean.

This buildup of emotion can powerfully serve to propel us out of a rut if we are feeling stuck and it is also common to experience these waves of release during the temporary mourning process that often precedes/follows a major bump up to a new level of consciousness. This is the feeling of loss often associated with a deeper level of ego/personality death and what always brings us into closer alignment with our true selves.

If you are still in the anger/frustration/depression phase, be patient with your process...this will eventually give way to the release of all that pent up energy and free you to move beyond the entrapment of woulda, coulda, shoulda and tall the regrets of a life gone by.

Remember, as soon as we love ourselves fully, we are no long afraid to be true. This is when life begins, when we deeply realize that the life we lived to get here was only practice.

Will there still be bumps in the road? Of course!!! But luckily, where we are – maybe we won't need roads!!! (o:

Are You Having an Inner Revolution?

So life has been a major roller coaster ride these past few weeks/months. We are feeling and witnessing an inner revolution of duality. Our inner and outer worlds are transforming right before our eyes. I can feel the light flooding back into the collective at such a huge rate that I can hardly contain myself. Today the world is beginning to be re-born. It might be a bit premature to say this...but kids...we did it!!!! The first domino has fallen, prompting not just a “trickle-down effect,” but an avalanche into a “new” world where the masses will be unified and each will be honored. Freedom, truth and integrity, love and peace are pouring down on their new emerging dimension and we all get to be a part of history in the making. This is such an amazing time to be walking on this earth. We have been waiting for this for a long time... (If you don't know what I am talking about... then start watching some news (NOT FOX)...)

Of course my excitement and exhilaration comes from the recent good news of Egypt obtaining freedom in only 18 short days. I am in absolute awe of the power of what a unified collective can do. We are rising up to a higher playing field as current events as show us what we can accomplish in a short time if we simply stick together within a common goal. Because of these recent events, I feel even more assured that our peaceful transition into a multidimensional world is at hand. We have had our first major example that this is true.

We have earned our renaissance, rebirth, regeneration and reawakening. This new day is possible because of many brave ones who have gone before us in the fight for love, peace, truth, human right and equality... My hero short list...Mahatma Gandhi, Martin Luther King, the Beatles...even Woodstock and all the flower power hippies!!! Now I have to add to the growing list... a young google employee armed with social media that has catalyzed Egypt's version of the Berlin Wall. We all know now that even an entrenched and well-established regime of darkness has not control over us. Freedom is possible for one and all. The happenings of these past 18 days felt like Gandhi on steroids. He would be so proud. It was spectacular.

Courage is not the absence of fear, but rather the decision that something else is more important than fear....Ambrose Redmoon.

As this peaceful revolution was going on in Egypt, I have to admit that a not so peaceful inner revolution was going on inside of me. I started having panic attacks. I felt agitated, my chest hurt, my heart was racing, I could not sleep and I was soooooo out of sorts. I felt like I was losing it.

Alongside the horrific panic I was feeling, I also felt a deep inner calm...almost too calm. I was confused how my body could be reacting one way and my sprit/soul another. In the middle of the night...lying there (again) in my sleepless mode, I had a revelation. I remembered something that I already knew, but just remembered. This panic was the primal survival energy of my

genetic code, DNA and the programs of this mortal body. One the complete polar opposite side of this was my eternal higher self that lives in timelessness and knows that all is ok.

HMMMMM

I know that if I am feeling this now, then many of you are too, as we all are connected, if we like it or not... (o: What happens to one of us – happens to all of us at some level. This inner revolution has been essential in helping us get in touch with our polar opposites. Now that we are becoming clearer about the “higher self” within us, we are also seeing the dark ego dissolving away, kicking and screaming all the way. It is the end of our inner dark regime!!! (Well, we might have a few kicking and screaming matches... but it is leaving). How cool is that??? Now we have the ability to make better choices...choices from love (certitude) and trust instead of fear and hate. I choose living from my higher self. Hey, I want to feel good, safe and happy. Don't you? Living from the higher self is certainly more comfortable and stress free. The higher self is like the quiet peaceful place in the center of the storm, a peaceful retreat that we can go to anytime...or even better, we can stay there 24/7.

As we learn and grow through this inner revolution, we will need to support each other. It will be important to allow everyone their personal unique way of dealing with their inner revolution. It is easy to let the fear talk through us in these times, instead of the Love (certitude) in our hearts. So we need to forgive ourselves when we fall short of our spiritual expectations. I hope we can all be as authentic and as real as possible rather than always trying to be perfectly spiritual. After all, we are all spiritual beings having a human experience. Each one of us has a different way of learning, understanding and “waking” up, but we do have the same destination. So don't get all in a bunch if fear grips you for a time. Hey, I get wigged out – often.... It is human and part of the normal process of our journey. It is the catalyst that helps us take another step. I can't help but feel the magnitude of the importance of this inner and outer revolution and what we have and will learn from it. So... let's all go take another step.....

Something Else to Ponder... and a little ranting....

I am going to start this section out with clips from “Matthew Message”. February 13, 2011 combined with some “stuff” we are getting.

Matthew writes: “Let us speak for a moment about light workers. Millions of individuals are participating in international meditations, prayer services and rallies for peace and freedom. Many persons and groups are involved in local assistance programs, and others are actively helping people in distant lands or financially supporting organizations engaged in those efforts. Multitudes all over the globe are working toward the betterment of their communities, their countries, their world. And relatively few of those many millions think of themselves as the light workers they are. They are following their hearts without realizing that the radiant light generated by their unity in spirit, unity in compassion, aiding with caring and sharing—unity in the light of godly service—is raising vibrations throughout your world and adding momentum to Earth's ascension journey. Yet those light workers—indeed, the vast majority of the population—have no idea about ascension or the Golden Age. They diligently work to improve

conditions, but the vastness of need seems overwhelming and many of those dear souls despair: What kind of world is this for our children and grandchildren to inherit?

You who know you are light workers can let the light-generating masses who don't realize what they are doing inspire you to reach out beyond your circles of enlightened persons. You can dispel the negativity of despair in the people who are uninformed simply by living your light. We don't mean preaching or proselytizing, we mean living with such glowing spirit that your energy of joy and confidence touches everyone near you. So let your light shine in all its glory—it is a most meaningful, fulfilling life mission!

Please don't think, however, that you should keep your knowledge under a bushel, so to say. You know family members, friends, neighbors and colleagues who are reluctant to accept whatever doesn't fit into their ideas and beliefs—respect that, knowing that they will have other opportunities to “see the light.” For soul-searchers, though, having someone with whom to share intuitions and convictions can be immensely reinforcing, so when open-minded individuals indicate that they would welcome a discussion, offer as much as they are comfortable hearing. If they seem somewhat skeptical, still you have planted a seed that could grow into full blossom. With the light on Earth more intense than any of you can consciously remember, minds are opening just as hearts are.

Another area of great importance is, Earth has reached energy planes that are conducive to the opening of telepathic connections. Everyone has the capacity for this soul-to-soul communion as a birthright—it is an ingredient of the soul. With the higher frequencies prevailing on Earth, those connections are opening at a faster pace than previously; however, do not be discouraged if yours has not. It will when the time for you is right, but be aware that a sense of urgency to communicate with a loved one in Nirvana, for instance, can create an energy barrier and delay connecting. It is essential that you be mindful that not only light beings—your beloved souls in spirit or ascended masters or members of spiritually advanced physical civilizations—want to talk with you. Dark entities are just as eager to reach you with their disinformation; to preclude their doing so, ask for protection of the Christed light and demand that only light beings may contact you.

Although asking for protection and receiving it is just that easy, you must act responsibly. If you are feeling tired or ill or beset with worries about anyone or anything—any type of stressful condition—do NOT attempt a telepathic connection! To do so would be an open invitation to low entities because your energy level is too low to reach the high vibrations of light beings. Novices may experience self-doubt, which also carries a low vibration, so remember your innate capability and let that give you confidence. But **feeling egotistical** is a certainty that you will reach low-level beings because **egotism** carries an energy attachment that is incompatible with light, whereas humility and thankfulness have light vibrations. (It is NOT up to any one person to determine if another is “awake” or “asleep” “enlightened” or “dark” – you get the gist, right? You must have heard it (hopefully not said it)... we really need (I don't often write in absolutes) to concentrate solely on how “we” – “each of us” are doing our own inner/outer awakening. It is NOT up to us to judge another's paths... so quit it!!!!

Be guided by knowing that light emanating from a telepathic source resonates in the heart; the energy of a low entity acts like a resistor or inhibitor, and alerts you to end the connection. As with all other achievements, practice will increase your discernment as to whether a source's vibrations are light or low as well as increase your ability to clearly receive the transmissions.

Hand in hand with the growing instances of telepathic communication is the explosion of your "information age." You are inundated with information, and being discerning about what is truthful and what is not is essential not only to be accurately informed, but because developing discernment is a forward step in spiritual evolution. The Internet has enabled swift global dissemination of authentic information that previously was known by only a comparative handful, and while it is the best source of myriad factual reports, it is equally useful to the dark ones on and off-planet.

Material purported to be a message from a high light being actually may have been written in government or corporate offices to further their agenda by sprinkling lies amidst familiar spiritual data. In other instances, some receivers, or channels, are unaware that they are reaching base entities that claim to be a well-known, respected light source, and they give disinformation that their receivers pass on. Some messages—such as mammoth changes in seas and landmasses will require your evacuation by ETs and when you return to the planet, you'll have to live underground—are pure nonsense. **Be discerning about all information by asking within, connecting consciously with your soul, wherein the truth lies.** If the information flows with ease, it is aligned with your soul's truth; if you experience a jolting or resistance sensation, it is not. More so than at any other moment in the last two millennia, in this time of ever-intensifying light, intuition is clearer, more emphatic. However, if a mind is closed to all information except that which dovetails with rigid beliefs, the soul's messages cannot penetrate that barrier.

Never have our messages been intended as a substitute for your own abilities!

A bit more.....

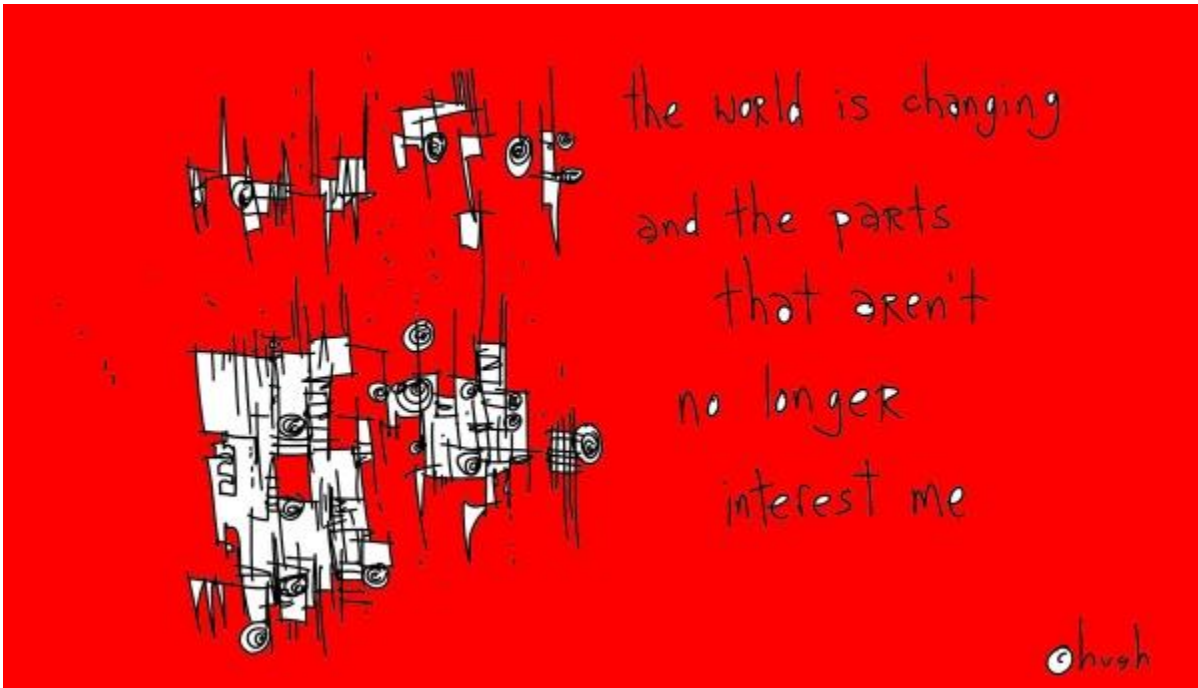
Blogs

Certainly can't leave you all without a plug for our blogs.... It has been a year in January since we started them... so, by the looks of things, we aren't out of words so... onwards we goooooooooo.

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



Loren and Diane

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