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Mickelson Muse

**From our state of deep thought or dreamy abstraction.
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This is a long one.... Take your time.... Really, really long!!!!

What is in this newsletter?

1. What does it mean to be a finder???????
2. What is going on??????
3. Rapture????
4. Dealing with Psychic Entropy (lack of pattern or organization; disorder) --- this is intended for left-brainers... some of you may want to skip this section.... (o:
5. So we have some eclipses coming... growth time?????
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What Does It Mean to Be a Finder?

When we stop being a seeker and become a finder, we no longer have any doubt about who we really are and why we are here on Earth. In our own direct awakening to Spirit, doubt dies a sudden and irrevocable death, liberating an infectious confidence that is rooted deep within our souls. A true finder may or may not continue to engage in spiritual practice, but if he or she does, it is motivated only by the desire to continue to evolve for the sake of the evolutionary process itself. Indeed, in **evolutionary spirituality** (really like those words... evolutionary spirituality.... Hmmmm), making the effort to accelerate our own individual and collective higher development is recognized to be the very reason or justification for existence of human beings at the leading edge. **And we can only begin to do this when we have given up seeking forever.** Then and only then will we stop reaching for a spiritual epiphany to convince us of something. We instead make the effort to evolve because we are in love with life and are committed to unlocking its highest potentials through our own development. **Those potentials will only come forward when we are no longer trying to become enlightened but have let go of any other option than to be the expression of the highest we have seen and experienced, in all our imperfection, right now. That's what it means to be a finder.** Concept by Andrew Cohen but not word by word his...

Ok, what IS going on?

Just as we were beginning to SLOWLY make our way forward... moving towards our “new” lives, we were collectively capsized by a white squall of sudden self-doubt while plunging even deeper into the seas of uncertainty. Some huge waves of incapability came crashing on our collective shores that may have caused all of us to question really BIG things on even deeper levels ... questions like: Is this thing REALLY gonna happen?...or maybe even questions about our long held beliefs, like: do I REALLY want to be doing this?...OR...Is this REALLY what I want?...or Can I REALLY do this?

Not only have we just been capsized by these sobering questions and purgings of doubt, but we are hanging on to the bottom of a boat that is rapidly taking us over the edge of a canyon wall that we can't yet see.... Sweet Heaven!!!

Naturally, these periods of clearing and integration can create a serious dip in confidence. It is like, the further we ground into our lives and bodies, the more sober we become and the less plausible this all seems. (Yikes!!!) But these feelings only exist while we are knee-keep in clearing...once we make it thru to the other side of an integration period and can exhale, we get it... but in the meantime it is like waking up from a long dream and wondering how we got here...but more importantly, how and when we will get the hell OUT of here.

These frustrations of being held back have been really intensifying this past winter....boiling within us like a geyser ready to burst through the earth and launch us into the stratosphere thru the release of over decades of mounting pressure. These building emotions (anxiety/OMG-the stress/rage/disappointment/discontentment/etc. that have been coming to a head are definitely aiding us in moving forward and thank heaven for that...because we literally can't see a foot in front of our faces!!!!

From where we are right now, and from the compression of time collapsing in on itself...there is no such thing as predicting the future anymore, so we are all riding the wild waves of the present moment with such focus (and with a “please-god-let-me-survive-this” death grip) that the energies shift too quickly now to pretend we know anything AT ALL.

And...we really don't know anything...we have NO IDEA what is actually in store for us (which is part, believe it or not. Of the excitement!!!) other than a barely perceptible feeling of “we are so damned close.”

But... close to what????? And that is what this past winter has been all about.

- Releasing more preconceived notions of what will be, so we can create what is...with total freedom...
- Purgings the deeply embedded fears that block us from our power (which accounts for those odd solar plexus/abdomen rumblings and pains) and

- Witnessing the building momentum (frustration/stress) within ---- that is bringing us to sort of “live free or die” mentality

...and all of this in preparation for stepping out and becoming.... to shake up our foundations for the purposes of loosening any lingering feelings of incapability (do I really have what it takes?) so we can move forward into the unknown with confidence as we stop forward without knowing any of “the hows”. It has been said that it has been an extreme balancing act between two realities (separation/reconnection) and one that we are now learning to master...

Because change is SLOWLY beginning to show up on our external lives (and I know you do notice some changes), so much needs to be accomplished to restructure and align our outside world to match our new internal processing. This made the recent disconnect even more daunting as we were thrown back into our old separated selves again...unplugged from our power source while in the middle of some big life changes... Oh joy!!!! And all while we are still at the tail end of some intense cellular transmutations....

For many, this new platform means or will mean... moving to a new geographic location and if you are not moving... even within the area you live, you may have just noticed that every room in your house is now the wrong color or that you suddenly hate you refrigerator, etc.... you may be ending or beginning major relationship/careers/businesses, starting new projects/partnerships and finding a new or revised physical outlet for the expanded expression of the YOU.... So as usual... even more so now.... stabilize and brace yourself for change...

These very “interesting” disconnection periods, while shorter now than ever before, feel so extreme because we are so close to being fully immersed into oneness..the stark comparison of separation is becoming, vibrationally speaking, too much (at times) to bear...

We are still ebbing and flowing, finding our feet and stabilizing in the new which means that one day we are completely amped up and running insane amounts of energy... you know those days... you suddenly feel like a superhero, thinking you can do ANYTHING while the next day you will be running in circles or into walls because you are completely unable to ground, focus or sleep. These fluctuations are not only physically taxing; they also create desperate emotional extremes between ANYTHING IS POSSIBLE AND NOTHING IS POSSIBLE. Holy smokes...

But, really folks, it is getting better.... We are moving forward with less resistance and although we still may feel some distance between our higher and lower selves... is only temporary that is apparently due to the completion of the rewiring of our pituitary/pineal glands.... (Hence all the headaches, sneezing, vertigo, ear pain, body temp irregularities, chills/sweating, deep sleeps/insomnia, burning/watery eyes and sinus ickiness..... also worth mentioning, during this very sensitive time of pituitary/pineal activation (known to the outside world as “allergy season”), it is important to steer clear of any/all environmental toxins, noxious fumes, fragrances with chemical, anything that is not a natural substance....

I don't think any of us going thru this process can doubt the depth of the transformation..regardless of what we think or BELIEVE.... Our bodies don't lie... things are a 'changing folks.....

Rapture????

Our friend, Debbie (Takara) Shelor sends out a delightful newsletter: Here's to Your Magnificence! (<http://www.dolphinempowerment.com/latestnews.htm>) plus having a product line that you wouldn't believe (do check it out)... any way I am including some of the writings from her last newsletter about the latest "rapture" miss.... I loved what she had to say and I hope you will also... diane

"If you are reading this, then we can assume that the world did not come to an end on Saturday as foretold by yet another "prophet" who thinks he can tell the future. Psychic end of the world predictions is nothing new.

There is the group that thinks aliens are going to show up in space ships and teleport the "believers" off the planet. Like they say on Star Trek, "Beam me up Scotty."

Or how about this one . . .

Since the Mayan Calendar ends in 2012, after counting time for thousands of years, lots of people think the world will end then. Get a grip people. Time may change. Consciousness may change. The way things operate on this planet may change. But the end of the world? Sorry, I just don't buy it.

So what else are you selling?

Oh yes, the most recent person who thinks they are holding God's crystal ball who foretold the end of the world May 21st, 2011.

I find it astonishing how caught up in their own delusions a person can become. The fact that they are such a good salesperson that other people buy into their fantasy is even more remarkable. Didn't Jesus say something about "beware the soothsayers?" Having said that, I find it odd that most of those who believe they can foretell the end of the world just happen to be highly religious.

The following list was published in the Roanoke Times from these sources: Jehovah's Witnesses, "Proclaimers of God's Kingdom", The Christian Science Monitor, Time.com, guardian.co.uk.

These are the people who have been receiving the bad information, believing the information was coming from God, and the dates they said the world was going to end:

The Shakers: 1792, 1794, 1800

John and Charles Wesley, early founders of the Methodist movement: 1794, 1836

William Miller, a Baptist Preacher: 1843, 1844

Joseph Smith, Founder of the Mormon Church: 1891

Jehovah's Witnesses: 1915, 1925, 1975

Psychic Jeanne Dixon: 1980's

Pat Robertson: 1982

Stephen Gibbin and John Plageman, authors of The Jupiter Effect: 1982

Colin Deal, author of "Will Christ Return by 1988?": 1988, 1989, 2000

Edgar Whisenant, author of "88 Reasons Why the Rapture Will be in 1988:" 1988, 1989, 1993, 1994

Elizabeth Claire Prophet, of Summit Lighthouse: 1990

Harold Camping, Family Radio founder: 1994, 2011

Jack Van Impe, minister: 2001, 2003

Hal Lindsay, evangelist: 1988, 2000, 2007

Michael Drosnin, author, "The Bible Code:" 2000, 2006

The Rev. Jerry Falwell: 2009

Names will continue to be added to this list as long as people keep trying to predict earth's future and others are willing to listen.

Anyone who tries to predict the future needs 5 things if they want to get it right:

1) They have to have an ability to receive and understand. Some are born with the gift and never shut it down. Most, however, shut it down as children and have to work diligently to open up the gift again. Some have other gifts and should leave this one alone entirely.

2) They have to make sure they are actually "tuned in" to the right channel. They may be talking to someone. But often who they think they are talking to and who they are actually talking to are two very different things. It is very easy to communicate with something in the astral plane. You know you are there if all the information sounds oh so important and grandiose. Spiritual insight never causes confusion or fear. When a true message is being received, you simply know it to be true. You can feel a "yes" resounding throughout your whole body.

3) They must have no judgment, belief, fear or other opinion about the topic matter. If they do, whatever is received will be going through their personal filters and the information will come out distorted and tainted with their own disharmonious personal beliefs. It takes years of personal growth work to clear and heal the past in order to be a clear vessel.

4) They must realize, and readily admit, that anything you "read" today can change in a heartbeat. And tomorrow the information is already wrong. There are too many variables involved in the workings of the Universe. If even one thing changes, the whole future is changed.

5) They must be completely balanced, centered, and at peace before they begin. Otherwise, their disharmony will cause static or distortion in the connection.

Personally, I don't get readings about the future. I don't go to tarot readers. I don't read my horoscope every day. I don't call the psychic hotline. I don't send off for numerology or astrology reading at the beginning of each New Year.

Why?

Well first of all because I understand the 5 ingredients above and it is a rare thing to meet anyone that exhibits all 5 that actually does readings.

Second, because I know most people don't have all 5 and the information is highly likely to be tainted. And because the human mind is so powerful, even when it is told something that is not true, it can latch onto it and make it true. What you focus on you create. Period. Full stop. Why would I let someone else interject their thoughts into my mental program potentially screwing my life up? Your mind is sacred space.

I do occasionally consult friends who dowse when I'm facing an issue I can't resolve on my own. I want a different perspective or some advice. I also occasionally have Daniel Jacob assist me in understanding a current issue from a fresh, enlightened perspective. But I don't ask these people to tell me what is happening in 2 months ~ because I know it can so easily change. I talk to them about right now. What do I need to change about me to change my current situation?

So, even though it's sometimes nice to fantasize about a rescue when things get tough, the journey is every bit as important as the destination. Who you are becoming is what your life is all about.

When things get really rough, one of my favorite things to tell people is, "this too shall pass." It always does. Tomorrow is a new day. Things might look terrible right now. Some monster might be standing on the path right in front of you. But eventually the monster will get bored and leave.

I'm sure almost everyone has wished they could just pick up their marbles and go home ~ not wanting to play this earth game anymore.

Wouldn't it be great if every time you faced some disaster or another Moses would show up and part the red sea for you. Or maybe it would be more fun for Jesus to come walking over the

water toward you, slap on your wings, and you could just flutter away from all your problems. Or how about that ride in the space ship?

Fantasies.

Help does come whenever you ask. If you sincerely request assistance from Jesus, Quan Yin, Buddha, angels, God, etc., the help does absolutely come. It may not look the way you expected it to. It may not even be what you are hoping it will be. But all prayers are answered.

The truth is, true growth typically only happens when facing adversity. Comfortable people rarely do or learn anything new. You will never find out what you are made of, your strengths and weaknesses, until you have to walk your talk.

Are you compassionate?

Are you giving?

Are you judgmental?

Are you arrogant?

Do you feel worthy?

Do you feel loveable?

Do you feel less than?

Are you forgiving?

Can you truly see the beauty in all things?

In a delightful little book called the Frogship Perspective, Dr. Dean Black tells the story of a man who climbed a light pole in his youth to try to see something in the distance. A thunderstorm swept in and he was hit by lightning. His legs were fried and he is now relegated to a wheel chair for life.

Years after the event someone asked him if he had known what would happen when he climbed that pole if he would still climb up there. He thought for a tiny moment and then he said, "Yes. I would climb. I would climb." You see this man really liked who he had become ~ even in a wheelchair. He didn't know who he would be if the accident hadn't happened. But he knew who he was now and it is what he would choose again.

When you look back over your past, over the sorrows and the pain and say, "Yes I would choose that again," then you know you have healed and you have grown. If you still have anger and regret, then there is still work for you to do."

Dealing with Psychic Entropy

Dealing with Psychic Entropy (lack of pattern or organization; disorder) --- this is intended for left-brainers... some of you may want to skip this section.... (o:

Psychic or psychological entropy is a state of mind first written about by Carl Jung and later developed by Mihaly Csikszentmihalyi in his concept of “The Flow”(Flow is the mental state of operation in which a person in an activity is fully immersed in a feeling of energized focus, full involvement, and success in the process of the activity. According to Csikszentmihályi, flow is completely focused motivation. It is a single-minded immersion and represents perhaps the ultimate in harnessing the emotions in the service of performing and learning. In flow, the emotions are not just contained and channeled, but positive, energized, and aligned with the task at hand. To be caught in the ennui of depression or the agitation of anxiety is to be barred from flow. The hallmark of flow is a feeling of spontaneous joy, even rapture, while performing a task although flow is also described as a deep focus on nothing but the activity) --- (you really don't need to know this, but I do have to credit someone... although – gotta tell you folks, I had to “dumb it down a lot before I sorta understood what he was saying.... But it seems important to include – hey ask the invisible guys WHY????... not me... but I do believe this might be for those left-brainers who just HAVE to have something concrete to do.... hmmmmmm???)

Anyway, a state of psychic entropy is characterized by anxiety, sadness and boredom and typically includes looping negative thought tapes. Psychic entropy is a state that leaves us hampered in our ability to deal with complex external tasks or useful inner contemplation. We all know what this feels like – that all too familiar state of being frazzles, fragmented and unraveled, paralyzed by inertia and self-conflict, worried thoughts gnawing our mind like a chew toy. So what can we do about that?

One answer is to use such times to do easy mechanical tasks like laundry and dishes that can be done even if your attention is a bit fragmented. Entertaining, not too dense audio books and podcasts on headphones can be a way to fill the chaotic inner space with better quality content. Psychic entropy is more likely to occur in solitude so if there is a positive social interaction available, you can try that. Focus on external consideration – on other's needs rather than your own –as psychic entropy is based on internal considerations.... Now, that doesn't mean at all to NOT do your own “stuff”... it just means IF it gets TOO MUCH... do something else. Alternatively, you could go all the way in the other direction and sit down in solitude, perhaps with a journal open and carefully observe or even record all the fragmenting thoughts as they loop through your mind and see what sub personalities they come from and what their issues are. If the state of psychic entropy comes from a general deficit of meaning in your life then see what you can do to increase meaningfulness.

This guy (Csikszentmihalyi) has 5 C's of a complex personality – he writes long, long dissertations about this..... But this is totally a summary... very short....

The complex personality knows how to integrate a variety of experiences into their overall experience, making the duller moments interesting. Being in “the flow” leads to complexity for when you experience “the flow”, you want to experience more of it and construct your world to pull you irresistibly towards experiences. Focus on these to **craft (manifest)** your world.

1. Clarity – know what you want to do in your life every day. Have clarity of goals, listen to feedback and adjust yourself to the feedback you receive from the world.
2. Center – you are in balance. Your goal is to focus, to know how to avoid distractions, to become at one with what you are doing, with all of your attention under your control.
3. Choice – knowing there are a variety of possibilities around you, that you are not determined by outside events but have choices and can move within it. Whatever you do, you do “at choice”.
4. Commitment – care for what you are doing at all times. Remain conscious of what you care about. Commit to it.
5. Challenge – keep upping your challenges as you master a certain level. Always make life more challenging.

So? Now... Awakening from Depression... Sub clinical depression is almost the norm in our society today. Many people go through their days burdened, their gaze lowered, suffering under a generalized feeling of oppression. Although it is easy to attribute much of this to fractured, alienated lives, environmental toxins and poor diets, research indicates that the primary causes are negative thought forms, often occurring just beneath conscious awareness, which frame perception so negatively that one lives in a darkened reality tunnel. For example, “life sucks, and then you die... I never get my fair share... I can’t do anything right...” etc. The negative thought forms trigger negative emotions which trigger physiological changes and the process feeds on itself as a vicious circle. So... really... it is time to awaken from it.

There are many ways to go about the awakening, but the will has to be there for recovery to occur. Depression is a yin condition, associated with lowered energy and a murky wateriness. Take deep breaths, stand up straight with good posture and get going, get active, raise fire, the yang principle, by doing stuff!!!! Don’t feel like it? Excellent, that is the sure sign of how well getting active will work. Pick tasks that give definite results by putting in the effort... like cleaning up your home. Shift to a high vitality diet with more live and raw food. Do a fearless moral inventory and ask yourself what you will remember well on your death bed and prioritize doing that.....

Depression is often suffering that is neglected and not confronted. Confront what haunts you... Consider... if you are in pain... you hate it, yes? Could you be addicted to pain... not the meds but pain itself????

The psychic inertia that resists change is so strong that our buddy – Jung – described the path of individual development as “contra naturum”... contrary to or against nature. In order to generate your own internal change means to push against such vast inner and outer inertial force that it was as if you have a whole universe resisting you. Often it is really just us, our own neurotic homeostasis and passivity, our false ego, that actually provides the resistance. Jung also said that man’s greatest passion isn’t sex, money, love or power... it is laziness.

Hmmmm... and.... Then what???? Next is self-acceptance..... Self-acceptance cannot be postponed until you feel you are good enough, until you have reached your ideal weight, idealized romantic relationships or other images of success. Even if you achieved such things, you would need to keep the cyanide capsules close at hand because any of these things can be taken away. When will you be good enough to accept yourself? Some people don't accept themselves until they are on their death beds and even at the end many are filled with self-loathing and self-rejection.

Perfectionists hold themselves to standards they would not apply to others. But such severe self-criticism does not usually enhance performance or efficiency; more often it undermines these pursuits. By excessive self-criticism, we lower our morale and self-esteem diminishing our enthusiasm for life. Self-acceptance is not the same as narcissistic grandiosity, it is simple recognizing yourself for being alive, for continuing to deal with the rigors of human incarnation, and for whatever else you are able to accomplish beyond that. You may be doing better than you think. Forget the sterilizing severity of perfectionism; self-acceptance is necessary to your well-being, the core from which you can be of service to the world.

Self-acceptance can be a moment to moment struggle, one of the most difficult and courageous of life missions. Self-rejection is an enemy of almost infinite form with its myriad mask and moods and self-medicating, self-sabotaging seductions. But you are the only self you are going to get and self-acceptance needs to be at your core. According the I Ching, your primary obligation in life is to work on your relationship to yourself. Get that relationship right and your relationships to other people, to the creative process, to sex, time, money, body, career; the collective cosmos will be as good as they possibly can be. But neglect or reject any part of that relationship and your relation to all those things will be diminished and distorted. Stop reaching for that shiny, new, perfected, hypothetical future self. Summon the courage to work with how you are and where you find yourself right now. Nothing is closer to your core than self-acceptance. Enough said, right????? This will end my very left brained segment for this newsletter.

Eclipses????? Growth time?????

So we have some eclipses coming... growth time????? This section is made up of channelings we received as well as others' channelings... some written stuff (where we took the pieces that pertained to what we were "getting)... some verbal conversations we've had with friends and relatives... too many sources to give credit to – because basically all information comes from the unified field and funneled through... so here it is as we could make sense of it.... again, take the pieces that fit... throw the rest away....).

Ok, the pull to resort to our old ways can sometimes be very strong --- some of us have been having a devil of a time not taking a step back.... Resisting these urges of the "old" at times, takes more energy than some of us possess... but we are doing it... really... we are (well, most of the time.)

With May nearly gone as I write this, we are slowly being sucked into another famed eclipse sandwich (**Solar Eclipse** on 6/1, **Lunar Eclipse** on 6/15, followed by another **Solar Eclipse** on 7/1), we are officially in what we would call – crunch time. There is that familiar manic feeling of “so much to accomplish, so little time/energy” encircling us, in addition to some conflicting feeling arising about where this journey is actually taking us and what the collective cosmic shitstorm has really been about.... (Sorry... but that word fits).

In the last couple of weeks, it felt like we prematurely bore a hole through our cozy cocoons and fell flat to the earth. This was/is a very sobering experience, one that is really grounding out any possible delusions or escapism we may have brought into along the way as well as providing us with a much-needed backdrop of practical sensibility before we get vacuumed up into some wormhole. In other words... we all had a time out.... Not a back step, but a time to reflect.

We are grateful for the time out because it clears some long-standing confusion about what is real.... (hmmmm) but that being said, it can also be difficult to grasp the higher-dimensional concepts from this “grounded time-out” space which can bring up deep layers of self-doubt, leaving us feeling unsure/insecure about not only our next steps, but about the entire journey we took to get here. The “invisibles” say we are just joining worlds...connecting the spiritual realm to the physical one and integrating a more visceral-based understanding of that, which in the interim can feel both real and surreal at the same time. In other words, our physical bodies are coming to understand what our minds have known for years.

On one hand, we are about to jump, face first, into completely unknown territory... territory that forces us to remain conscious and utilize our meticulously-honed skills in mastery (hmmmm again).. but on the other hand, we are being tested in faith of our absolute belief(s) so that we can release any remaining limitations about what we feel is possible. Get that... it is personal. This process varies for all, but one thing is true for everyone of us...where we end up on this journey will be a direct result of how fearless we dare to be right now.

This means that we have literally been dredging up the putrefied goo at the bottom of our human-made containers...scraping down the sides of remaining karmic residue, which also means our uglies have been visiting again and definitely wearing their welcome out. (Aren't you just so tired of this?).... And not just the usual uglies, but those sticky shadow parts of ourselves that we secretly thought we could get away with ignoring or that were so deeply embedded that we couldn't even see them until now. Yes, for just a bit longer, we get to play in the fun house of mirrors, clearly seeing the multiple ways in which we are still polarizing ourselves by projecting, reflecting and exposing our remaining loveless parts. And a good thing too...cuz, I always look forward to acknowledging yet another part of me that sucks....

Speaking of that that suck... we have had to work really hard this past winter to lay down our goo. As with any toxic relationship, no matter how icky ugly feels we have a tendency to fight for its survival because the pull to resort to the familiar is so strong, so **in'toxic'ating** (not my word, but something I read sometime – can't remember the source), that we find it nearly impossible to refuse its lure. The really hilarious part? That everyday thinks that everyone else's ugly is uglier than theirs...when in duality, the only ugly we can see is our own. There is definitely a movie wanting to be made (oh, dear, Mirror, Mirror on the wall....)

The external manifestations of these recent goo removals may be showing up in multiple ways, like in the ability to finally clean out and organize that intimidating part of the basement, garage, storage shed or attic you have been reading since you.... Well... forever.... Or it may be as simple as filing away your taxes from past years... or cleaning out your email cache, sorting thru your itunes library or finishing up those UFO (unfinished objects) that have been torturing us since the harmonic convergence. Whatever form it takes... all menacing goo must go.

So, it seems we are at a massive transition point... in the process of crossing over to a higher dimensional speedway of cosmic intelligence... one that runs parallel to the lower dimensional highway of goo... but hopefully does not intersect it.

The next step on our “journey” is being called by many – the embodiment state... the phase of ascension that releases us from the old blueprint (well perception of it) of service and transports us to be new/true/original/sacred/divine blueprint of co-creation. Of course, we’ve been hearing about this – well... FOREVER... but it seems (or I am being told) that this new human blueprint is activated in those who have neutralized polarities thru the merging of self, expanded their energy centers thru the clearing of karmic “crap” and once these templates are trailblazed by --- yep, the trailblazers – holigraphically doing it for – well – for those who have other jobs and purposes... the potential will then be available for all....

If it is helpful, think of these trailblazers as acupuncture needles that pierce the intersecting points of earth’s meridians to restore the vital flow of universal chi. As these points light up, they fire energies into the life, blood and body of the planet, energizing the human collective with the zero-point field. This is not to say that everyone is prepared to accept these energies into their lives and bodies, but that the potential to tune into this grid is now stronger than ever before.... Many of you are trailblazers and have been working your whole “this lifetime” on this.

So now, things are very physically focused. The tender shoots of our lives are breaking thru the freshly tilled soil that we painstakingly overturned during the past few years. The next steps toward the physical expression 1. The release of the pain/fear body 2. The realization of the divine body 3. The reunification of earth matter with etheric matter. Many of you are well on your way into these steps. We know that in order to unify spirit and matter, we have to raise our physical vibration to match the vibration of our spirit body so that the two can become one vehicle... which means that we must be cleared of all discordance so our divine body blueprint can freely manifest in physical form.

What the “invisibles” (or whatever they are called) want for us to understand is that the physical apparatus (our biology suits) that houses the spirit body is actually as malleable and adaptable to change as the spiritual body... however it is residing in the 3rd dimension and is governed by space and time. So even though Jesus liquefied into his plasmic light body in three days.... Down here in the trenches, where we will continue to wear these fat flesh suits, we have to abide by the laws of physicality. Well, we are being told that this unification or merging process happens in the space between cells first so that the cells are surrounded with the high charge/intelligence of our spirit (light) body and eventually our cells begin to take on or mutate to align with the higher vibrating source. This is the law of resonance in action, a process by which a higher vibrating body of energy will automatically cause a lower vibrating body of

energy to match or align with its frequency... (instead of the opposite – which is the higher going to the lower.... Yaaaaay)... much of our level work has facilitated lots of this... so I guess we've been good for something.... (o:

The cells then undergo what the “invisibles” call a tightening process... they call it a tightening because for a long period of time we needed to inhabit two blueprints simultaneously... the human and the divine blueprint (which, in my case, explains all that eating for two...). Both sets of plans are apparently in place so we can smoothly make the transition from one body to the next and as we do, we lose those extra 30 lbs.... hee, hee... anyway, the space that existed between cells begins to “tighten” up as the templates merge.

This process is actually more of a dissolution in the sense that we are dissolving a version of ourselves that is outworn, while simultaneously morphing into a spiritual adult... where the physical and divine merge into one.

Really, this DOES NOT HAPPEN OVERNIGHT – nor would you want it to... but in a series of sequential unfoldments... a process that has been going on your (our) whole lifetime.

Again, the phase of “release of the pain/fear body” begins with an internal expansion. As the old template is released or dissolved and this has happened or is happening now for the first wave of folks to embody the spirit/human template. The spiritual body will first begin to expand within the physical vessel. As these energies begin to flood the body and our focus is on the radiance of love, it can literally feel like being plugged into an electrical outlet... you may feel very “charge”, like every cell of your body is alive and vibrating... hyper-sensitive, like wearing your nerves on the outside of your body, amped up, dizzy, jumpy, with shortness of breath, fluctuation body temperature/night sweats, irregular heartbeats and/or erratic sleep patterns. These symptoms can be off-putting, especially if they come on suddenly, but know what they are just another delightful part of the process. If the charge becomes uncomfortable or overwhelming, stretching, walking, breathing and even salt baths can help a great deal. We may also experience these waves of energy as bliss that undulates throughout the central nervous system... these purifying energies are at work to release all remaining density trapped within the body. As well, the body has created new systems based on the intelligence contained within each strand of activated DNA and the energy vortices that enliven and govern each center are opening more to sustain these systems. The feelings associated with the awakening are: bliss, euphoria, freedom, joy, spiritual ecstasy, etc.

The second phase “the realization of our divine body” is when the soul being to experience itself in human form as if for the first time. The term “reborn” really does apply here. This is an integration phase which enable us to ground into/fully occupy our bodies and is required so that our crystallizing template can solidify in form. Thru this period of integration we enable our connection to earth to fortify so that we can stabilize ourselves.

Once the integration period is complete we begin to physically embody the changes set forth by our divine blueprint. This is the phase where “spirit and matter are working as one” where we embody the physical essence of our spiritual form.

So that is it... one way to look at how the 3rd dimensional form perhaps becomes multidimensional...

Personal note from us

So what has been going on with us? Well, it has been a wild “run”... certainly for the past 25 years or so... but this past winter has been... can I even find a word???? Challenging doesn't even come close... but it is all I have for the moment. Everyone has been going through “stuff”... the aging process “hit” us – and we gleefully signed up for Medicare and all the “Welcome to Medicare” physicals, etc.... the good part is that after many, many, many Dr visits – with a barrage of specialists, a couple of procedures, etc. we are pretty darned healthy... but – when in the hell did we get to be 65????? The many, many earth changes and adjustments... global warming? Mother Earth just saying, “Enough is enough?” Who knows... we just know we have had volcano eruptions, hurricanes, earthquakes (even here where we live) galore... colder than normal weather (when is spring coming?)... All sorts of political polarization.... Not anymore what is good for the people, but now, what is good for the party???? Terrorism... hey, but we did find and kill Osama Bin Laden.... But the energy around it... wow – intense!!! The intense economic downturn we have all had to experience... for us – although we get requests daily – no one has money to pay us... although we would like to gift more... we also have to pay rent, buy food, etc.... AND there are still folks out there that think we should do all our work free... since, you know... Jesus did.... So certainly money is an issue.... But it wasn't any ONE of these things... it was the combination of all of them.

And then, the rapture.... Boy, how intense has this energy been????? And all the while... all of us just getting up each morning to the NOW.... Well, the now for me the past few months hadn't been anything to write home about. I usually do not get depressed... but I have been in an intense depression (which, if you read this entire newsletter... I do “get”... but certainly had no insight when it was happening.) I can't say I was unhappy or unjoyful... I just sunk deeper and deeper into this abyss. The more I fell into depression, the more I injured myself... I knew I was ungrounded, but did not know what in the heck to do about it... nothing --- read that --- nothing was helping. Added to that I had some pain meds for some of the procedures... and... well... pain meds and I do not co-habitate... who knew? The hysterectomy left me without any energy. I had no reserve. Normally this is ok... this is part of the healing process... but this particular NOW... it wasn't ok... I needed energy... I need something.... So deeper and deeper I went.... I started having night terrors... not out-of-body experiences, not nightmares... but night terrors.... Ungrounded???? I don't know....

I also, had the opportunity to experience a variety of psychic attacks (yes, more than once or twice over a period of months – and from trusted friends and clients who we'd like to think were doing it unconsciously) – Which you may or may not believe in... but I had bite marks and bruises and welts and scratches on my face, arms and, well all over my body... blood dripping from many of them..... Who hates me so much????? Yep, deeper and deeper still I went down the rabbit hole.

I was given an opportunity to “leave”... you know we all get them once and awhile... not by a walk-in procedure (which sometimes is an option – many are leaving this way – we are losing many friends this way), but by a physical death... after evaluating/considering it... I chose to “stay”... not even thinking why... I just want to. This is where things got really murky--- the night terrors got worse and more intense... I kept seeing myself dying and felt my body “go”... until one night last week I witnessed my funeral and the impact it had on others.... Keep in mind... I had decided to stay but had some unseen forces pushing me and blocking me... It is hard for me to acknowledge “evil” or crap like that... but... folks... this was bad. I have always known that any of us can leave... although be missed, certainly... I couldn’t believe the intense sadness and grief I felt when I was no longer here... I just sobbed.... I was not sleeping... sleeping would have been a blessing... this was real... CRAP..... What is happening???? Then I broke my foot... what the fu**?. Why was it happening? What to do???? No answers.... Loren ... poor man, just helped me the best he could... living with this bitch (this is my word... Loren objects to me using it... but I know I was one) had to be awful.... He would tell me to breathe, think myself bigger, gold light, etc... on and on and on.... NOTHING WAS WORKING.... I never changed my mind about leaving... and I knew I could stay, but what was working – pushing me to leave???? Then a couple of nights ago, I went to bed a bit before Loren – as I lay there I got the shakes and was more terror stricken than I ever have been... I developed big red welts all over my body and had huge bit marks appear. I went out to the living room shaken to my core and just stated, “I can’t do this anymore....”... I couldn’t stand up.. Loren and Sean (our son) immediately came and tried to settle me down... breathe, breathe, ... you are safe.... Breathe.... It was then we all figured out that it wasn’t just about me.... It was me “getting” to holographically trailblaze ... me getting to fight the fight of my life.... Me (with lots of help from so many) making a stand... the rapture energy seemed to take the “group energy” to an even lower vibration. So many, many wanted to leave... then were very angry when they didn’t. This fed the negative (yes, evil) energy even more, making it stronger and stronger while leaving all of us wondering why are things getting harder and harder. Figuring this out was the answer... not only had we all gone waaaaay beneath the veil of fear (without knowing it), had certainly lowered our vibrations, but also with the lack of personal energy – couldn’t see the way out. Time was being distorted, backwards and forwards... we didn’t even know what day it was, let alone the month.... But realizing what was going on gave me the power to shift out of it.... (that and a LOT of help from Loren, Sean and all the invisibles ... also Dr Deb who just happened to send out of flower photos that touched my heart exactly when I needed it (oh, by the way, Deb... I am waiting for a “real” photo to arrive in the mail...); Daniel Jacobs who happened to mention to me that same day of the “end of times for me” that the newsletter we write is valued because it has content; my high school friend Harold – who never knew me as a metaphysical weirdo... just a weirdo – he reads my blogs and encourages me and tells me I am doing a valuable thing ; daughter Hidi for all the acupuncture and herb help; the grandkids for just loving me; and a big thank you to all who put up with me).... It was like I walked through a door... Loren put a piece of Mook Jasper (see photo below), one of my favorite “holding” stones in my hand... the depression just “left”... We created a multi-dimensional orb to absorb the negative... I wonder... Did I really “sign” up for this... this trailblazing, holographic “crap”???? I am not an empath... why me? I don’t “feel” things.... Oh.... I guess I did get to feel, right? Some of you may choose to go through this on your own.... **But do remember the trail has been blazed and you don’t have to do it blind like we did....** I knew when I left the bedroom that night that I was dying... I knew if I stayed in the bedroom, my family would find me dead

the next morning. I certainly didn't realize what in the heck was going on... but I knew at that moment I needed help... I asked... it was there.



Here is my mook jasper.... I love this stone!!!

Yah, I guess I did sign up for this, but sometimes I forget.... So on we go, huh? **Anyone interested in this multidimensional orb will have to let us know**... it is so new to us... but I am smiling, centered, balanced... and certainly better than I was a couple of days ago... hey... we won, huh?

Fun Stuff

So along with encouraging you to read our blogs... which – either good news to you or bad news... do continue....

Here are couple of new pieces of jewelry Loren is working on (taken with my iPhone so quality interesting...) and some photos of some photos (ha... taken with actual cameras.... Woo-hoo) we may offer for sale, **if you are interested – let us know**... Oh, also, I believe we are actually going to be writing some “bridge” children’s books... not metaphysical, but bridging the woo-woo with the on- woo-woo... stay tuned..... I write, Loren illustrates....



This is alexandrite and tourmaline....



This is something Diane is doing Kumihimo braiding... the purple and orange necklaces are glass beads... the blue is lapis with a silver tube thingee...



Hidi brought home a bracelet which Loren figured out how to make... this is a jade knotted bracelet Loren made... front and back... cool, huh?



Here are some seaglass pieces we found that Loren is wire wrapping into pendants.... What is seaglass you ask? It is glass container of any kind (bottles, plates, etc.) thrown into the ocean many years ago – who knows where that has been tossed and buffeted around by the waves... you can find them on many of the beaches around here – particularly in low tide after storms....

Here are a few photos we can print, mat, etc. most any size you want:



Bainbridge Island

Ferry crossing Puget Sound from Seattle to



Mt Rainier



Mt Rainier Sunrise



Early Morning Sunrise



Close up ferry taken from Alki Beach

Now... how bored are you??????? We are FINALLY off.....

Loren and Diane

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