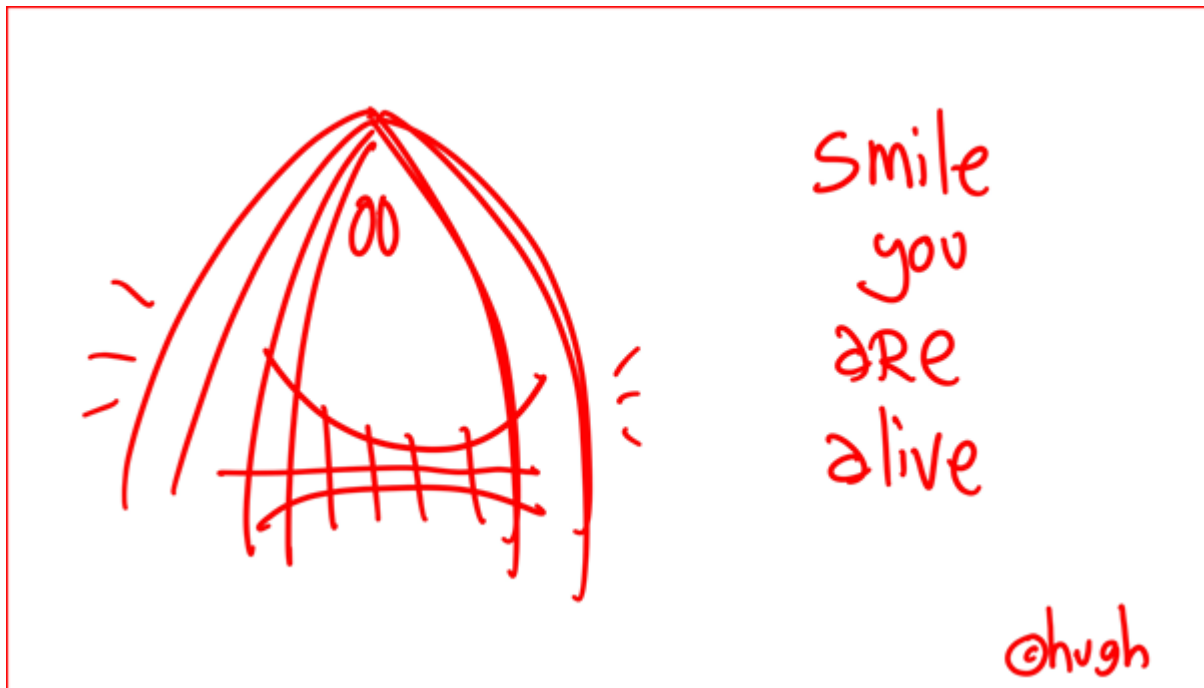


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Mickelson Muse

From our state of deep thought or dreamy abstraction.
No. 78, October 2011



Autumn, really? When did spring and summer happen? Man, time seems to be flying by... I skipped the Muse last month and only heard from one person asking where it was.... hmmm - so I have to ask myself, is it worth it - writing this "thing"? Hmmmmmm again.

What is in this newsletter

1. Human 2.0
2. Movement is necessary - really
3. Updates
4. Ametrine necklace photos again

Human 2.0

There is so much change taking place on the subtle levels that to even try to speak of each one individually would be like searching for a stone cast in the ocean.

If your head feels like lead, your heart is on fire and your body is a mockery of a marshmallow... then welcome to the full integration of head/heart/body. Ouch!!!!

If I may still indulge in polarity for a moment, I have what feels like very good news and very bad news. The good news is that I have been told that this is the time that the frontrunners of the new/human consciousness to complete the upgrade to the "new human prototype (you know, the multidimensional human), the final transformation into mind/body/soul integrated existence - on all dimensions.

The bad news is that I think it is going to hurt like "hell"... well, so far that has proven to be true. I definitely hope "they" are wrong here, but the pains of labor have been p-r-e-t-t-y intense since last winter... and it doesn't feel as though it will let up anytime soon. It seems as if everything has been very "physically" focused. This is what I heard: every single cell of your played-out bodies will continue, unremittingly, to throb in the writhing pain of cellular mutation/ cell regeneration, etc. Again... ouch!!!!

I am hearing that... out of all of this ---- is the realization that those who are on "the journey" have arrived at a deep place of physical integration, a crosspoint in all intersecting layers of perceptual reality that are now woven into the cellular tapestry of the new "human 2.0".

If the spring was a time of reassessing, redirecting and resetting, the summer was a time of integrating, mutating and morphing. During the last several weeks, all those parts of ourselves that needed to be reclaimed were/are revealed to each of us (in mostly odious/unexpected ways). With all the Mercury retrograding (it seems like it happens often, right?)... she/he (what do you call a planet, anyway?) is finally leaving its shadow station and we are coming out of a very long and productive inward phase where we released and cleared lifetimes of human/genetic karmic debris...however, with so much growth in such a short period of time, our cells still need the time/space to shift and align with our new level of awareness.

Because of all the inner work we completed the last few months, we are experiencing a profound deepening...an unmistakable soul recognition is taking place, a growing awareness of "home" that is filling every cell of our bodies... literally. (and where is home, but within us, huh?)

Right now we are adjusting and releasing another round of remaining density so we can align with the harmonious energies of the new "human 2.0", and it does NOT feel good all the time; but as we continue to come into alignment with the vibration of our complete, purified, core selves, our bodies will adjust and release, adjust and release (get the picture?) and the end result will be a perfected physical vessel... the physical representation of our divine-human blueprint... "human 2.0".

This autumn will provide you with forward moving momentum, the key will be in how well your body is able to assimilate these energies. If you are hanging on to unresolved issues from the past, forward movement will be halted to the extent that you are willing to let go. The physical symptoms of changing from carbon to crystalline may continue to plague you, but only until you are full released from the past, firmly situated in the present and focused on moving into the

future. Trust in your body's intelligence and it will show you the way home... again...home is within us.

If I have to define health in the new "human 2.0", the "invisibles" give me the word - harmony. In fact, they are stressing changing the word health to harmony.

Come on now, no doubt, we have been in a nasty funk... we have been knocked down for weeks with symptoms and tired in ways that mimic the beginning of our journeys. This deep fatigue is present in every tissue, organ, muscle and bone of our bodies...even our blood is tired... but up until now, none of it has made any cognitive sense.

The "invisible" ones say that all of this is because we are literally changing physical form and our bodies are using all our vitality to morph...that we are emerging from our proverbial cocoons. Although the butterfly analogy is relentless overused, it is also very poignant in the sense that we are actually changing from one physical expression to another, from the inside out...and just like the butterfly, our release from restriction is timed with greater cycles of creation.

Whenever we go through these intense periods of physical transformations, it is important to remember the magnitude of change we are undergoing...that the transition we are morphing through is not an incremental (yes, that is linear) healing that is taking place as in the old paradigm holistic constructs where we "peel" back the layers of the onion" to reveal our core. Contrary to that, biological ascension (reconnection) requires that we access our core selves first, in order to effectively find true and lasting change on every level of our being and in every area of our lives. Now... did you get that????? The old way was peeling off layer after layer to "find" ourselves... the new way is going to the center and working out.

This is also why, for those on this journey of finding self, no individual healing modality can take us to any full symptom/malady cure...not only because these modalities are external, but because true health is not established through healing, but through remembering...aligning with our divine state of wellness. The difference is in the focus.

In other words, the journey does not bring us from bad to better (again linear), but from limitation to freedom (quantum). The result is in the lasting effects, but the process is WAY more comprehensive...which is ultimately why the trailblazers were chosen (well we all volunteered, you know) to go first. So all you freakishly courageous souls could fully display the results of such self-inflicted torture... (smile... yes, I am smiling).

This fiercely independent group stepped up as the biological beta-testers for the new "human 2.0" prototype and now these groups (yep - all of us) are finally (although slowly) coming out of the beta (metamorphic) phase and are soon to be fully functional 2.0's as we all near the end of the massive inner journey and embark upon the final phase of our physical transition to the fully multi-dimensional being. This is not the end of the end... it is the end of a phase. (Note: keep in mind, that although we are emerging, our "wings" still need time to harden before we can take flight, so patience is still required.)

The "invisible" guys have always said that physical health would be the last to arrive, but they are making it clear that this will not be health like we have ever known before. Health is such a broad topic that **perspective** matters here. They really want us to "get it", that this state of completeness is far superior to physical well being. They describe new "human 2.0" health as "an amalgamation" of circular patterns of bliss. Heightened, creative energies that flow uninterrupted and are interconnecte, yet independent of each other. Energies that transmit and communicate to each other in a harmonic and effortless way, free of the separation-based discordance that breaks the flow of vital life force in lower dimensional consciousness.

They also have that the "human 2.0" edition will be malleable, spontaneous, self-contained and light in its movement... they call this the "ultimate state of physical existence" and one that will require less maintenance than the older "human 1.0" model.... (thank goodness)

Because the new human form works with crystalline magnetics in the fluid form field, we will be tapping into a new circuitry board, one that is built into the new grid and contains the codes required for our physical participation with conscious co-creation.

With the upgrades complete, our ability to adapt to energy will apparently be remarkable and our new "human 2.0" vessel will enable us to not only feel good ...novel concept.... but to navigate ourselves strictly on the crystalline grid, which exists all around us now, pulsating with pure potential and while wafting to express its infinite intelligence through our shiny new stellar bods.

Another point I am told to make to this life-changing transition is that each of you are fully in control of your destinies now. It is no longer a place of coming together to create for the good of mankind, to fix what is broken, but a place of coming together to create from deep passion, from the unrelenting desire to make and manifest your YOUNique contribution to the planet through the pure reflection of your soulular self... your "human 2.0".

We are finally at a place of fully expressing our divinity in a way that expires our old clearing contracts and deeply embedded programming that we are here to "save the world". There is no saving or service require any longer...we are simply here now to share the part of ourselves that will, by default, uplift others (you know, the old "modeling" by example thing.) The shift is important here because when work from a place of "saving", we are holding on to the very paradigm that we are not breaking free from.

We are shifting from service to creation, which is a completely difference energy construct. Any need, desire or impulse to "save" the falling world comes from a polarized mind, lends energy to chaos, keeps us attached to the outworn and, therefore, restricted from our ability to create on the new timeline. Remember those words of the famous Albert Einstein, "Problems cannot be solved by the same level of thinking that created them"???? It applies here. As the outside world continues to spiral into chaos, it is imperative that we push through to a higher level of thinking by remembering that lasting change only comes when we transcend the energies that created it.

We are here now to create a new way... to use inspiration as our weapon and love as our shield. And there is no turning back.

There is no longer a gap between who you are and who you want to be.

Movement is necessary - really....

I have had all these nagging voices telling me to write and emphasize the need for activity during this time by reminding each of you that it is vital to begin moving your physical bodies in a way that will support the systemization of your new cells.

One day - a while ago... I just did not want to move... did not want to do anything... Loren said to me in a rather passively sarcastic tone, "cars have movable parts, you know".... HUH???? Well he was snidely referring to the fact that I hadn't left the house in a couple of days... (that old fatigue I talked about in the above blathering)... and as a result our car just sat in our garage. And even though at the time I had thoughts of dumping my hot coffee on him, those words echoed in my head and became an ongoing and tantalizing reminder that "if I don't move my vehicle parts, problems arise. Gotta get moving all these parts....

The constant emotional and physical heaviness and lethargy that accompanies path cutting can be discouraging, to put it mildly, and I will be the first to admit that there are days that I have a big aversion to any kind of exercise.

From the beginning of my journey, exercise felt to me like waaaaay too much effort for far too little reward... which could have made it very easy to give up and fall victim to inactivity... I literally "made" myself move everyday (well most everyday). So you see, I definitely "get" that even the thought of exercise can be daunting with so many symptoms. That said, I have been getting repetitive messages that we will be so much better off if we push through the (adrenal) fatigue and start "moving our parts" on a regular basis. In other words, we can no longer be sedentary without increasing consequences due to increasing frequencies.

As always, our bod is the best gauge for what and how...and desire is our fuel. if you can cultivate the desire to get more physical by doing something you love over something you dread, you will double your results, but even the simplest movement with intention to stabilize, revitalize or regenerate will bring more palpable results now. Either way, more focus on the physical will help us to maintain homeostasis through these increasingly more physical changes.

Along with movement, the physical body is still in need of rest and rejuvenation through integration periods...doing and being, activity and recuperation...this formula will be required for optimum self-care and nourishment during this time.

The bottom line is that we are physicalizing our authentic selves in the material world now ...cell-by-cell...and with so much energy channeling through our meridians, we will just plain feel better if we up the ante with regard to physical care. If we heed this call to move our bodies on a regular basis, we will be supported to dislodge stuck energies and release stored up toxins in a more effortless way.

I am also hearing that any part of our body that needs healing (love) will most likely make its presence known to us during this time, if it hasn't already, and that we will be given the opportunity to release traumatic cellular memories responsible for long standing physical ails. Any primordial resistance (yep, fear) we feel will be highlighted for healing as well.... mostly because we need to ground ourselves before we can ground the life of our dreams.

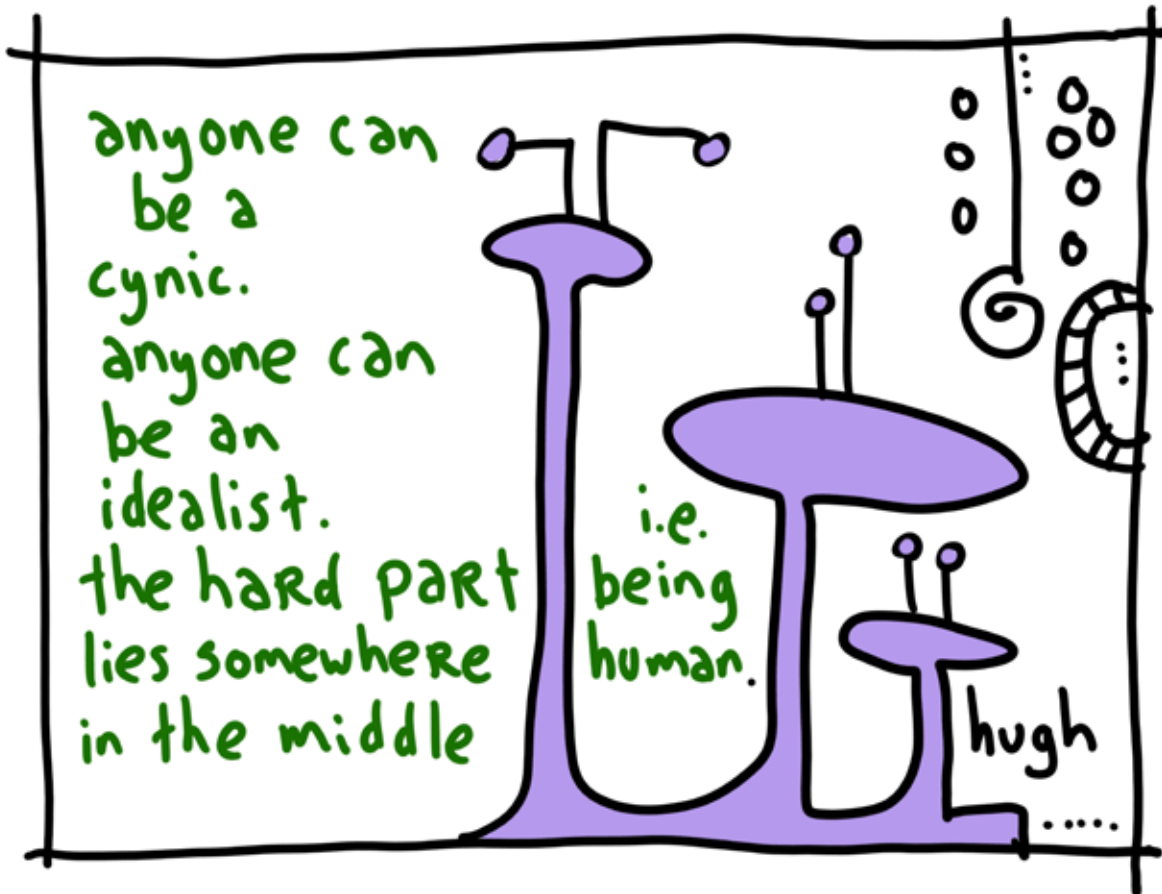
The amount of time that it takes to fully embody your physical vessel is directly proportionate to the amount of resistance you have. What I mean is this: for the physical body to integrate these very high frequencies requires a deep level of surrender, of acceptance, so that each cell can harmonize with the universe of creation. If there is resistance to holding, integrating these energies, the body will buck in defiance and create great discomfort (and we have all been there, right?). So it has been recommended by these "invisibles" that I talk to -- that we should have a softening, an openness and a willingness to welcome and embrace these energies fully---not refusing them. Kinda like childbirth, relax into the discomfort will ease the stress on the physical body during the intensive rebirthing process you are currently undergoing. Allow, allow, allow is what could be said to all the resistance disguised as suffering.

What's going on?

Wish I could sum up what is going on in our world... but I can't. It seems like time is spinning away on one hand - at the same time that some days drag by. We get days, weeks and months so mixed up... oh dear!!!

But we waddle along... together we are:

- working on the children's books illustrations
- working on the recap of much of the info we have given over the years (helpful hints, etc.)
- discovering new techniques and having new challenges with photography --- capturing photos, photoshopping them to uniqueness... then printing on cloth and quilting to make quite different wall hanging.... NOW, this is fun!!!!
- channeling new material and presenting it to the world (you).... all about The Infinite Heart --- really mind blowing
- practicing the new grounding... and man, does it make a difference.... (along with the Gold Light)
- creating a new pendant out of ametrine (pictured at the end)... everytime I wear mine - someone comments on it... it is and unusual stone and helps...well, I also included what ametrine does at the end. I love mine!!
- and... finding time to travel to the mountains to spend a bit of time just playing and having no agenda... for me VERY difficult... but needed
- and, of course, hammering away at my random thoughts every day in my blogs... tune in, sometime..... www.drsmick.com/blog



In closing.... here are grandkids ---- Carson (5) and Veta (3)... aren't they growing up?



Loren and Diane

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PS: Here is the info on the necklace again:

Loren has created a unique “healing, balancing” necklace(s) from non-tumbled shards of ametrine (no treatments of any kind).... the pictures below are of the one he designed for me. Since all shards are individually quite different... each pendent is totally special... the shards vary in size (mine is about 1 ½ inches). He can create one especially for you – bringing in your energy (or the energy of the one it is intended for) while creating it. I cannot even begin to tell you the difference it makes to me while wearing it or having it nearby – but it truly does help center me – while all this transition stuff is going on. I can be “here” and “there” – and be balanced.... Whew – and those of you who know me personally, probably thought that was an impossibility.



Ametrine shards have been very difficult for us to find... but we “came across” (guided to find) a few last month when we were researching the new grounding. Since I only need one.... Loren is offering to make the rest for \$70 plus shipping... which is about the cost of the shard plus the sterling silver findings.... Email us if you are interested....