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# Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 79, December 2012



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## **Took a year off**

This section will be short and sweet... we took a year off from publishing the Mickelson Muse for a variety of reasons... not only were we pretty 'durned' tired after writing them for nearly 20 years, but we weren't sure anyone was even reading them.... Also, I (Diane) had started a blog a couple of years ago and it seems redundant to just keep throwing information out... But, interestingly enough, we've had so many requests to keep writing them - we decided to start again... so here goes...

## **Sometimes you may have a tough day.... so???**

Do you ever just have one of those days? Maybe you're burned out, or you are facing some frustration or disappointment. Whatever the reason you are just in a funk?

Sometimes we have those days. We don't get them very often, so when we do we're always a bit confused on what to do.

We've tried pushing through it, trying to ignore it and just get on with our day. That usually doesn't work and just makes everyone else around us miserable too.

What does seem to help, and basically "reset" us, is doing something that we enjoy.

Whether it's taking a walk down by the marina or on Alki, baking something in the kitchen or even picking up a new book and reading for a while. Normally we save these things as rewards for ourselves, but sometimes you just need to spoil yourself. Think about it. The best gifts are always the one's that are unexpected. Do something for yourself today just to say "I love you." Sometimes the toughest love is just loving ourselves. Cheesy - but TRUE!!

## **12/12/12**

OH MY GOODNESS - that is all we've heard about... that and 12/21... the EOTW (end of the world).... it makes a person go looney trying to figure it all out... there is just sooooo much information rambling around... so, today, let's just think about 12/12/12 (and a little about 12/21).... Actually, this is a pretty cool date. On 12/12/12 there will be an activation that will bring the highest frequencies ever recorded. Although the following may seem a bit "out there" and is a collection of what information we are receiving, plus information we have received from fellow channelers; this is happening if you believe it or not.

The earth is passing through the smallest part of an hourglass right now. We will "get" to experience this "galactic squeeze" for a few more months, with the big push on December 21...Besides the chaotic affect it has on us, it also provides a brilliant possibility which we have been waiting for - for a long time.

This galactic squeeze creates a few unique experiences (according to Sandra Walter)

- Diminishing Magnetosphere - different frequencies of light penetrate the planet and everything on and in the planet.
- Dimensional overlap - aka, thinning of the veils, aka Astral collapse, aka global warming..
- Rapid Evulsion aka - Jump time (I know you've all have had some really interesting experiences with this).

- Dimensional shift - if you're on a planet ascending her frequency to "birth" a different experience... and Earth is doing this....

Ascension is the evolutionary step unfolding on this planet. Everyone must eventually match the platform (frequency/dimension/experience) to which the Earth is shifting or you can't exist here. No judgment, it is what it is. This particular shift hold a few magical elements and for those who consciously choose to use this window of opportunity, the experience can be miraculous.

It is time for NO TIME; braving new Zero Point territory (Gregg Braden talked quite a bit about this in Awakening to Zero Point) without a map. Zero Point is the underlying energetic of absolute interconnect stillness from which all experiences are born. It is the glimmer of clarity when the mind stops creating a false reality. It is the presence of all that is; infinite and neutral, awaiting a thought to create something from its boundless state of possibility. The illusions of a dense vibration are dissipating as we reach Zero Point. Time wobbles, speeds up, slows down and gets very funky during a dimensional shift. Least valuable gift for the holidays this year is any kind of time keeping (watches, clocks, etc.).

The very planet we love and live on is utilizing the dynamics of the galactic squeeze in December to create everything brand new. For those who choose to create an experience with what is going on, rather than be at the mercy of evolution, it is time to face the bold unknown on the 12/12/12.

When all the sacred geometry, ancient history, predictions, channels, physics and galactic battles have been explored, the moment of truth comes down to one thing: What do you know, and what will you do? The great cosmic trigger arrives in just a few days. What you are creating for yourself, you creator in-carnate? What has been learned after all of the searching, reading, watching, talk-talk-talking about the possibilities available to you? Does the unknown excite or scare you? It is one thing to read and chat and debate about the shift in consciousness. It is quite another to engage in it. To know and not do is to not know at all... get that? I will say it again: To know and not do is to not know at all...

Even if you are exhausted by all this activation stuff, this is the last one. Give it all you've got. It is written about what will be available on 12/12/12. I am not entirely sure what it all means, so bear with me.... It is written that this is the Christed/Krysthl (yes that is how it is spelled)/Crystalline Consciousness activation. Sacred light intelligence rays which initiate the reactivation of the 12 strand and beyond DNA matrix, the Christed state of consciousness, amplification of the God within you, to be place right in your core and a profound expansion of your consciousness will occur. For those who prepare properly, they say you may never be the same. Oh, my... so many words, so little understanding..... well, I am just going to go "with it". Why do this anyway? Well, to free yourself from illusion. To serve humanity and earth in an incredible way, to bring harmony, divine wisdom and unconditional love onto this planet. Also,

to know your true self and embody the highest aspect of your self. To merge multidimensionally and walk between all worlds. To show others what is possible and assist them as they evolve.

You get to be your own guide... (oh, yay, huh?)... There are many good teachers for every flavor of this ascension, but no one can do the prep work for you. If you are not into all this path work of surrendering, etc.... well, then, who are you mirroring???? Are you denying your own ascension process? Are you going to fall back to sleep? Well.... you get to choose.... but if you decide to be your own guide... well....

- Clear your schedule for the 12/12/12. Honestly, it is one day and no one is too busy to miss a cosmic event. Take just the morning off if you are afraid of your boss or your job. Wait...if you have fear at that level, you probably won't be able to receive anyway, so work away... work away.
- Set up a sacred space for the night of 12/11/12. Make it somewhere you can be at midnight, and do it soon and energize it with intention to receive.
- Stay calm as the energies get dicey. Relaxed body, mind and spirit is more receptive to incoming light
- Cleanse your body of chemical, toxins and low-vibe food. Eat for light.
- Don't exhaust yourself with cleanses if you procrastinated until now to begin.
- Program and drink good clean water. Don't know how? Just drink bottled water.
- Clear your emotions and lower level beliefs. (The core stuff that block and sabotages you).
- Embody self-love, neutrality and non-judgment. Honestly, do this.
- Open your internal portals and micro-wormholes to received the incoming encodements. (Much of our level work has prepared you for this over the years...)
- Call all your guides, angels who said they would assist you right now. We all have them, give them permission to come help you.
- Expand your consciousness.... think yourself big... so you are w-i-d-e open to receive.
- Keep intending to receive the maximum amount of activation on the 12/12/12.
- Get the little tasks out of the way or simplify so you can be quiet and be still as much as possible.

Then just BE.... Here are two meditations you may want to try... or make up your own - the thing to remember is - do what works for you.... breathe, relax, stay in neutral.... now, I know you will ask, for how long (I know I am asking that)??? Well, do what feels right for YOU.... you are the guide... you may fall asleep... fine; you may stay awake - if so, try to stay in the moment to receive, receive, receive... and STAY OUT OF JUDGMENT.... this has never been done before, so there are no rules, no experiential writings, nada, nothing... so go create....

1. *First we find a space that we can use free from disturbances and clutter and ensure we can be undisturbed for at least 20 minutes, ideally. Optimum is to clear a place that we feel is liberating*

*or spiritual. It may be as simple as hanging a certain picture there or placing some items from nature around. Burning incense is a very common pleasant choice.*

*Sitting comfortably with a straight spine is important. Whether to sit cross-legged on the floor or up on a chair can be a matter for each meditator to resolve. Sit in a way that will not soon cause agony, as you will render the task impossible otherwise.*

*Breathing should be natural but relaxed and if it feels natural then perhaps somewhat slower than usual. Do not spend time forcing special breathing and become distracted on that aspect of the process.*

*Allow each muscle group in the body to slowly relax by conscious decision one area at a time until you are as free from body tensions as possible. Check for any obvious discomfort and deal with it gently.*

*Close the eyes almost fully with them looking very slightly downward and ahead. If you like a meditation object can be placed at the point where your eyes will be rested. It is not however essential to have any special objects.*

*Still breathing normally in a relaxed manner it is suggested that we begin to search with our mind for the spot at which we feel the air moving in or out of our nostrils. We identify the area of skin that actually feels the air passing over it either at the lip or within the nose. Go into that feeling.*

*As we breathe, we focus all of our attention through direct sensory experience attached to that one simple sensation. It may take a little time to find but each of us will be able to find it with patience.*

*It may amaze some of us - at times how quickly the mind wanders away from this simple task. Suddenly we are thinking about cooking or some fantasy rather than watching the breath. Alternatively we may be noticing some itch or ache that suddenly is bothering us. Either way we have slipped of task and gently bring ourselves back.*

*It is not a failure- just a sign for how restless our minds can be in normal mode. Remember that it takes time for the mud to settle in the glass. Gently become aware of whatever you find yourself diverted by and allow it to just be without any judgment or analysis. Take the mind back to the sensation of the breath.*

*2. Everything you wish for is attainable. Of course you know this already, through your understanding of the universal laws. But in this timing, in the time of ascension, there is a great urgency to manifest your desired outcome more efficiently. And so we assist you now.*

*In the following meditation you will remember a time when you were happy, and when all other beings were happy also. These memories are universal. They are imprinted into your*

*consciousness from lifetimes gone by – periods of time in which you lived as one, in harmony with each other and with Mother Earth. You can choose to access these memories in order to help you manifest a fifth dimensional reality once more – and so we will take you back now into one of these times.*

*Close your eyes and see yourselves in a field of green; in a landscape of radiant beauty on Earth. The trees and grass, the flowers and creatures are similar to those now on your planet, but the landscape feels different, and you tune into that difference now in order to remember it fully.*

*In this reality, spanning across time and space, you are immersed in a radiant, shimmering energy field, golden-white in hue. This living matrix is visible to you in all things. The air around you pulses with the golden-white Light; the sky, although blue, is a shifting flowing field of energy that merges with the nature around you. The ground below you emanates this energy and breathes golden-white frequency into the plants and flowers, and they in turn communicate with the insects and birds and all living things.*

*As you sit or walk in this magical land, you now notice that you are breathing the same golden-white energy into and out of your body. You notice that your energy is a force field that interacts with all other aspects of life through the living matrix which connects all things. There is no ‘space’ between yourself and another being, or between yourself and the sky – rather, you have a living experience of everything being connected by the energy or prana of the Creative Source.*

*There are certain beings walking by you who are less solid than others – some seem to slip in and out of the physical dimension at will. You know that you too can achieve this ability to make your body invisible at will – or rather, to become pure Light, rather than a solid form. As you pass by animals and trees, you notice that they are communicating with you – sending thought forms to you. You smile back at them, practicing telepathy in the form of simple thoughts of love; greetings of love; acknowledgement of mutual respect, like a telepathic ‘Namaste’.*

*This makes you feel a great trust, a letting go of fear, as you realize that you can discern instantly how much Light any animal or being is holding, and whether or not they are holding a high vibration; one of unity & love. This means that you cannot be deceived – and also that you cannot deceive another, as your vibration is recognizable to all as well. And you remember now, that to hold as high a vibration as possible, all that is needed is to be in a place of appreciation for the beauty around you.*

*You do this now – you look with the eyes of a child at every single detail in nature, discovering anew the delicate latticework of veins in every leaf, the entrancing play of light and shadow beneath each tree. You feel the hum of the great Mother Earth beneath your feet, and as you stop and listen, you begin to hear Her heart-beat. How can it be that you have not heard this before, this deep, loving song of the Great Mother? Kneeling on the earth now, hands touching Her soil,*

*you open your heart in Love and gratitude to her, pledging your allegiance to Her and her tribe, above all else, above all your Earthly concerns that seemed so pressing only yesterday.*

*As you rise to your feet, you find yourself surrounded by many hundreds of Light beings, some human, some animal, some Star people - that are now able to show themselves to you because of the high frequency you are holding. They welcome to you to the fifth dimension, and you remember them now, from a lifetime that has surfaced in your dreams sometimes, a lifetime in the golden age of Atlantis. All of these Light beings were present already, but were invisible to you until your heart was opened into unconditional love for all beings on Gaia.*

*Your friends say farewell now as you come back into this time and space on the Earth plane, reminding you that you may return at any time of day or night. Take a deep breath, and feel yourself in your precious body, in the here and now.*

Through the power of the associated activation on 11/11, a new force consciousness will be made available during the 12/12/12 activation. The power of this awakening energy enables each be-ing to be able to experience you in your totality. Once experienced, you will have a choice of not falling back into old ways, as the energy literally expunges from your be-ing, frequencies that no longer serve you. Transformed by energy, the cells awaken to the coding embedded by your highest self. This activation has been held in "wait" until consciousness would support mass awakening. Awareness and preparation are key signatures for the transformation available through the activation. That moment is NOW.

The 12/12/12 represent an activation of your highest self, through you and around you. When the highest self activates the encoded elements within your be-ingness, there is a communion of awakening. The activates subtle energy that unites the entire chakra system (many chakras that haven't been written about or talked about).

Through the 12/12/12 there will be a sense of being reborn into unity with all aspect of you. Greet yourself with a new level of respect and honor your commitment to this life. Your willingness to proceed throughout time has brought you to a completion of one aspect of your journey. Take this new fullness deeply into your be=ing to empower your. Let the awareness permeate every cell and create a new healing energy that will envelop your consciousness.

The activation of the 12/12/12 provides an opening or an opportunity for a healing of all old wounds. Your role is to receive the healing by accepting who you are... Can you do this????

### **Information on the Elestial Quartz stone....**

So go dig out your Elestial Quartz stone... it can be quite useful during this time of change... Here is a photo of one... (ours)... The arrow is pointing at the water trapped inside of the stone.



Melody describes the Elestial Quartz, " Elestial Quartz is one of the "enchanted crystals", bringing with it the concepts of Shiva and the understanding that after transition from one phase of life or from the physical body the newness will be re-instilled.

Elestial Quartz Crystals provide the user with a hug from the wind in the willow., allowing for flow in change and actualization.... can be used to assist one in overcoming burdens, to bring the heart and the intellect into synchronicity...they stimulate the actualization of the conscious self...

Elestial Quartz serves to provide an entrance to information concerning the past, present, a and future of ones existence.. the elestial contains the absolute and ultimate essential wisdom and can provide for transfer of insight to the physical intellect via the higher-self.....can be used to sustain and maintain during changes..." Here are more examples of this very special crystal;





Elestial quartz crystals have an extremely high vibration and are powerful stones to aid your spiritual growth. These crystals are attuned to the vibration of the higher spiritual realms and they will help you to make a stronger connection to the beings there.

They are an excellent crystal to keep nearby as they continuously receive spiritual vibrations, which they regulate and attune to the energy of those who are nearby and receiving it.

This allows you to receive an infusion of the love and light from the higher realms at a comfortable frequency, the level required for your personal growth and healing, without it impacting you in a way that may be uncomfortable.

These are a stone for our times, as they aid attunement with the higher vibrations and open doorways to higher dimensions. They are an amazing stone to aid change in your life, and provide a stronger connection to spirit and to the angelic realms.

These high crystal energy stones will assist healing on a deeper soul and karmic level.

They are an amazing catalyst for change and are powerful when kept in the room with you.

That way they can work on helping to dissolve deep karmic issues, at the level that is comfortable for your own spiritual growth.

Elestial quartz crystals are a particular type of quartz that have natural terminations on the body and faces of the stones. These are often etched into the crystals, and many have key formations on a face of the crystal... an indented area going into the crystal. They form in layers that resemble clusters, but the crystals overlap and join together.

These quartz crystals have a high vibration that helps you to make a stronger connection to spirit. These are powerful stones to use in meditation... as they will help you to open stronger connections to the spirit world.

## **Ask for what you deserve**

Too often we see energy workers not stepping up and asking for what they deserve. If there is one tough love lesson that we are finally starting to learn is that if you don't stand up for yourself, no one will.

We commonly let our contributions go unrecognized and far undercharge or give away our services. We convince ourselves (you and us) that we aren't worth that much \$\$\$\$ , folks tells us it should be free, or are afraid of the confrontation necessary to put things right.

So, today we want you to practice this skill early on... of standing up for yourself and not being afraid to fight for what is yours. Do not undervalue your time and your work. You do not have to be aggressive to be assertive. But you must be confident enough in your worth to demand what your deserve. This isn't just about money... it is about being valued.

## **Finally - what are we up to**

It has been a busy summer/fall/winter. We have been redoing our website, so if you haven't looked at it recently, do take a look at it... We are aiming for "ease of use". [www.drsmick.com](http://www.drsmick.com)

We are changing over from us keeping our client email list to feedburner doing it for us. That is why we asked for you to re-sign up... if you haven't done so, please do - it is on the first page of our website... again [www.drsmick.com](http://www.drsmick.com)

We've added coaching/counseling/consulting to each of our level work, plus as a stand alone (meaning, you do not have to do any of our work/services to use this service)... so if you need some kind of assistance, we can be there to help you. Gotta say (and this is difficult for me)... we are very, very, very good at this - <http://drsmick.com/counseling-services/>

We have a DrsMick facebook page, plus a DrsMick fan page, <http://www.facebook.com/drsmickology> (I know, I know, I should have called them different - but didn't think at the time)... if you are on facebook, check it out, tell others, share, like, etc.

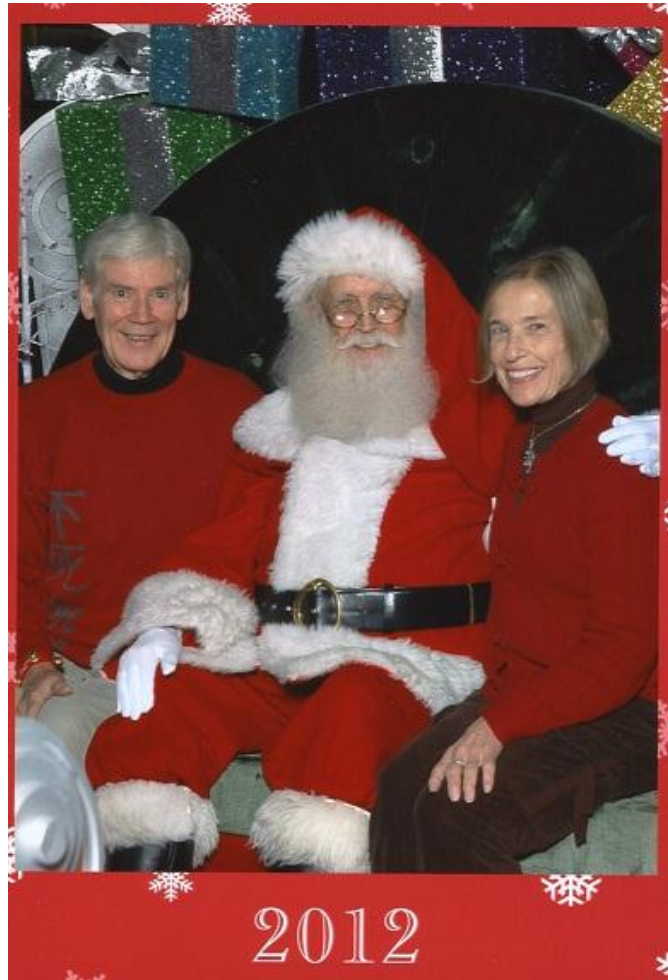
Our art work is located on facebook as SunTsunami fan page (<http://www.facebook.com/pages/Sun-Tsunami>) Do check it out, this is an area we are having so much fun doing/creating/messing around....

DrsMick is also on Pinterest... although we are trying very hard to come up to speed, it is a work in progress... check us out: <https://pinterest.com/drsmick/> On this site you will see our work/services, our hobbies, helpful hints, etc.... Appreciate it if you would repin, like, share, etc.

I am still writing my blog: <http://www.dianesmusings.com/> If you haven't checked it out, please do... You can also sign up on that page to have it sent to you each day... yes, I do write each day, so go for it... we can share a cup of coffee while enjoying a moment together!!!!

Well, that is it this time. We hope you all have a GREAT 12/12/12 and a fun 12/21/12.... see you - well, wherever.... Please feel free to forward, share, post this newsletter....

Loren and Diane



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