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## **Level 8: Aging... going into immortality**

### **Soul learns how to live in the physical body**

Interestingly enough, we (as 3<sup>rd</sup> dimensional humans) have come to a time in our lives where we have a choice of immortality. Can we actually choose immortality???? If so, does just the act of choosing mean we are immortal...or are there things we need to do in addition to “intent”???? What is immortality anyway??? According to Webster, “the quality or state of being immortal”...immortal – “exempt from death..exempt from oblivion.”

In ages past, sages and the vibrationally ready folks who chose immortality did it through a series of “tasks” (including, but certainly not limited to: the chambers in the pyramids, the kivas of the indigenous people.. all sorts of rigorous, specific challenges) they completed through a series of lifetimes. (If you are interested in actually knowing how the ancients did it, Gregg Braden’s work is a good starting place). As we increase our vibration rate, our bodies are merging into one. (Just how many do we have???) We have come to a time in our development that we “get to” do it all in one lifetime--- totally integrate the body, mind (mental and emotional) and spirit (soul). I know this is talked about again and again.... We hear everywhere about body, mind and spirit.... in fact, it is used so much that it has become the “Kleenex” word of the “new age”. No one can define exactly what it means and it certainly means something different to everybody. The words scare the bejebees out of the conservative bunch because they think it is new age and the new age folks are as clueless as anyone. So we will give it a definition for this write up... and understand that it is for this work. I won’t even begin to attempt to define it for others.

What it means in this context is that our soul gets to come live in our physical body(ies) –our bodies merging as one----- for as long as we choose (immortality) and NOT be limited to the confines of the 3<sup>rd</sup> dimension. (Again, did you get it?????... Our body totally becomes multidimensional). Prior to this point, our spirit or soul was dictated by society’s, culture’s, 3<sup>rd</sup> dimensional rules that prohibited/restricted it to remain in the physical body... thus, we had lots of “out of body” experiences... we were ungrounded... we were spacey.... we sometimes felt as if we didn’t belong to our body... this list goes on and on and on and on. So we’d go hug a tree.... Send light down, etc.... (actually this list is long, also).... Then something happened... we don’t know what, where or when... but all of a sudden, it became impossible to ground the old way... in fact... impossible to ground at all. What happened is that our soul decided it was time to come live with us... to totally integrate with the mind, body, and spirit. It is telling us “I found the vibration rate high enough to sustain myself” .... Wow!!!

So what does this mean.. or what do we have to do now???? Spiritually (soul) is probably vibrationally ready or you wouldn’t be reading this. Our “problem” areas are actually in the areas we have tended to neglect while “spiritually” advancing.... (meditating, church, retreats, classes, reading for higher thought, etc.)... What have we done to prepare mentally for immortality? What have we done to prepare emotionally for immortality? What have we done physically to prepare for immortality??? Bingo.... Probably not much, huh? And add to that an area in our auric field that contains an aging symbol/key/code... that predestines our death

in this lifetime. We can remove this symbol, but each person needs to figure out which areas of his/her life he/she has not prepared for immortality (if this is what the person chooses).

(From now on, I will use the pronoun you.... I am not referring to you personally or pointing fingers at you... I use this just because it is easier to explain using this pronoun.)

**Mentally**, if you are the questioning sort, you will be challenged to go beyond what is known... to challenge that part of you that reasoning cannot reach or touch.... You might find research or data to read, you might be able to watch some specials on the History Channel, you might find some sages to talk to, but you will need to go beyond all that to find that part of yourself (mentally) that just knows..... For some, this will be quite the task. The logical part of you... is it the strongest? Does it determine what you do and don't do, based entirely on facts and tangible things/reasoning?

**Emotionally**... are you emotionally set for immortality? Society has taught us that old age brings wisdom, older folks are nurturers, and old age brings privileges. You are in your infancy of your life... Emotionally, are you prepared for this? Are you ready to accept the fact that you won't age? Does the emotional body completely rule you?

**Physically**... have you prepared your body to be able to function for the next....well, whatever you choose? It is the mental body that will have to realize you don't need age spots, gray hair, wrinkled skin, compromised spine, etc., but have you taken care of yourself so your body can go on for years? Have you told your body that the spine doesn't need to degenerate/compress? ...that your bones don't need to weaken and get brittle? ...that your skin doesn't need to lose its elasticity? It is helpful to realize that this very body that we have, that is sitting right here, right now... with its aches and its pleasures, is exactly what we need to be fully human, fully awake, fully alive, fully multi-dimensional. Think your body bigger and allow the energy to flow through the physical body as it becomes clearer.

**Spiritually**...have you prepared your spirit (soul) for immortality? If you are even reading this, you have probably "got" it – you probably do spend the time meditating, praying, etc. Do you keep things in balance... understanding that spirit is a *part* of your immortalness? What you will need to also "get" that you are physical body, mental body, emotional body as well as spirit body. All of our bodies... physical, mental, emotional, and spiritual communicate to us clearly and specifically... if we listen.

Each of us will have one of the areas more troublesome than the others, although, we will need to look at all of them. If your mental body is having brain farts and brain fog, that is a good indication that is your problem area. If you find yourself over-thinking things (analyzing them to death), getting way too anal, then this might be a starting point. If your emotions are on edge, you have no control over them, you are depressed and can't figure out why, this is an indication this is your problem area. If you have unexplained pain, old pain coming back, organs that are messed up for no reason you can figure out, joints that scream, etc. this is an indication that your physical body just wasn't ready for soul to come to live. If you feel depleted, no energy....This is your problem area.

It is interesting that the mental (logic) and emotional bodies have been compared to the ying/yang.... They have to be in balance... neither side of that part of the self is complete without the other. Emotion is necessary.. without it logic would be cold and rationally lifeless.

Neither one nor the other should be used exclusively. This is the same for all your “bodies” really. You need to keep all the bodies in balance with each other. You will know when they become out of whack (balance). Things start either feeling funky, you start having more pain or ailments, or you start over-analyzing things, never really figuring out anything... in other words, you go outside of yourself and quit listening to *all of yourself* (bodies).

You can start the process by doing intentional healing. It begins with the premise that any symptom is a signal, an attempt of your mind, body, spirit or emotions to get your attention. If you continue to ignore those signals (or symptom), it will get louder and louder, eventually leading to chronic, more complex symptoms and disease. It is also important to remember that a diagnosis, while valuable in the Western Medical model, is simply a label for your symptoms. Do you need to label the symptom? Do you have a “need” outside of yourself for this? Relax.. Intentionally ask yourself... all parts of yourself where the problem is located, what it is, and what it needs. Ask your body... where in you do you feel neglected, unloved, and weak, etc? Ask your mind what feeds it, how it gets fed, etc. Ask your emotions what feeds them, etc. Ask your soul what anchors it, basically how is it doing, etc. Celebrate life rather than “defending” it. How do I choose life? In living, sometimes we have forgotten how to live.... We are always chasing after the “cookie”.. the minute you get the cookie, it starts to crumble. The cookie has been money, power, beauty, fitness, perfect health, new furniture, biggest contract, most prestigious address..... What if **LIFE** were the cookie? *Most of us live homeless in the neighborhood of our own true selves.* We don’t know us..... Choosing to live “on purpose”, choosing to live totally in an integrated body, mind and spirit takes a commitment to yourself.

Now, to change, you have to realize that you have been your own worst enemy.... You are apt to judge yourself too harshly and try to change immediately, right now, blast, whip, snap --- it is done. Nope, we are like a rolled up piece of paper... as we unroll the paper and change behavior, thought pattern, physical pattern, etc.... we do it for a moment and the paper rolls up again to go into the rolled up or old pattern of behavior until the old pattern(s) are released. In order to change or make the paper lie flat, the pattern of new behavior is repeated over and over until we integrate it.. and voila, the paper lies flat.

Have patience with yourselves. You can resolve the feelings you are expressing now (as shame, guilt, victimness, martyrdom) that actually belong in the past. Look at the emotion--- What was going on? What were you doing? Were you under duress and doing the best you could for your age and background? Did you actually have any control over what was going on? Give yourself a break... not guilty. Case closed, cancelled. Besides, the past is over, done.. Kaput. You cannot unring a bell that has already been rung. Express your feelings, instead of spending the rest of your life with your nose out of joint for something that is in the past.

You can resolve physical problems by just starting to realize that the body does count, it does matter. Ask what it wants and/or needs from you. Much of the “stuff” that is going on in your body are symptoms that were caused by emotional or mental thoughts. Once you start taking a look at the entire package, you are on the “road” to wholeness.

To relieve stress, turn off your phone (yup, the cell phone also.) Turn on some music if this helps relax you (I like the sound of silence), take a mineral bath.. rub some lavender oil into your scalp.. soak a hand towel in hot water and lay in on your chest or knees to keep all of you

warm..... Relax, relax, relax. Breathe deeply..... Stay there until the water cools... Do this daily until you “get” what it feels like to be relaxed. Then, you can go to this “space” (remembrance) any time you get too stressed out. Did you know that 70% of our energy goes to emotions? That leaves only 30% for physical or spiritual things. Does this sound like balance?????

Physically and emotionally are you depressed or depleted? They are quite different. Depletion can lead to depression. Is it that you have energy drains? Such as: Other people’s expectations for you.. Are you living someone else’s dream for you? You put out energy but are starving emotionally. Have you lost yourself? You play by the rules and your unique energy got caged. You are deprived because duties and responsibilities fill your days and you gain weight trying to get emotional energy from food? Do you find someone else’s good fortune depressing (envy in a passive aggressive sort of way)? Do you think you are dealing with things by worrying about them? Worry never comes up with good ideas. It usually just takes up time, torments and exhausts us. Do you have a lot of unmade decisions and postponed projects? (Remember not doing is also a decision) Do you over commit? Do you always say yes? Do you hold onto loss... when you can’t let go of someone (human or animal), they become a dead weight and a severe energy drain?

Only you can decide what is best for you. You may want to re-think if you want immortality or not... to be physically multidimensional. (Clearing the 3<sup>rd</sup> dimensional bodies so soul can live in the body.... Is this for you???) This doesn’t need to be hard. It doesn’t need to be complicated. Once you know what patterns are blocking you, and where your block(s) are, then just the knowledge of that information starts the unblocking. Next step....You may ask yourself “Why would I want to do this immortality stuff? I don’t have anything to look forward to anyway. Or, is this in my best interest? Is this what God/spirit intends for me?” Immortality doesn’t mean you have to live forever... it just means you have the choice of how long you want to participate. You get to choose, not having it chosen for you. Now, decide if you want us to remove the symbol. You ask, “Why would I want the symbol/code/key to be removed anyway?” This symbol/code/key has been there for many lifetimes. In it is a code or a trigger that tells your body(ies) when to age, how to age and when to transition (die). It can be removed/eliminated through a series of manipulations/reversals of the coding and/or untangling of the anchors, etc. This symbol/code was not present at the birth of your soul. We all were created for immortality, but somewhere along the way, it was attached to our soul (by whom or what or what reason doesn’t matter). What does matter is that we have come to a ‘time’ that it can be eliminated. This work is two-fold. 1) the elimination of the symbol/code 2) the balance of your body(ies). The removal itself won’t make you immortal, the balance (although it does make living life NOW easier) won’t allow for immortality either. So you might ask “Why would I want this work done or do the work of balancing if you can’t guarantee me immortality?” I can not answer this question in anyway that would promise you anything. That is outside of yourself. I can’t offer guarantees.... Only YOU can decide if this feels right to you... this is an intuitive question to yourself.

If you choose to have us facilitate your immortality (removal of the code/symbol), we are setting up an email address dedicated to just this work. The removal of the symbol can be done anytime ... and, yes, it is permanent. You do not need any of our other work, but it will be much easier if you at least have Levels 1,2, and 3. There are no wrong or right answers here.... You get to decide what is best for you.

The cost will be \$880 for those who haven't had any of our previous work and \$500 for those who have had Levels 1-5). The work takes about 24 hours to complete for those who have had other work and twice as long for the ones who haven't. The work, due to the time involved is done absentee.

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