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## **Level 25: Interior Seed**

You have been on your spiritual journey for a long time. If someone were to ask you what you believed in, what would you say? It is time for you to figure out or to better define how you believe. It is OK to take a few beliefs from this religion and a few beliefs from that religion and make your own form of religion. It is like your own spiritual recipe that you have adjusted over time and may continue to adjust this recipe making it better and better as you go through this lifetime. The spices are very important.

What are some of the things you do to remain centered and grounded? How do you control stress? What happens to you when ego steps in? What happens when you tend to avoid issues? What I am trying to get you to look at is what tools do you have and use when issues present themselves to you and how do you process these issues? Identify and write down the tools you use and have mastered for your spiritual technology. When you master a new technique, add it to your list. Physical exercises like yoga, Tai Chi, martial arts, meditation, prayer, etc. can also be items listed in your bag of tricks.

In order to combat all the issues and patterns that are dished out to us we must use all of our intuitive senses and attack the issues with a clear awake, guilt free, calm body, mind and spirit. The **interior seed** contains patterns, releases the issues we have been working on-- we deal with the patterns and issues, and it starts all over again. The interior seed carries these patterns from one lifetime to the next acquiring more patterns from each lifetime. It is from this flow of patterns that keeps on hibernating, comes out of hibernation to issue more patterns and remains alive.

The **interior seed** is like sour dough bread starter. You take some of the sour dough starter and use it to bake many loaves of bread but always keeping back some of the dough for future loaves of bread.

We have learned to survive by using what we have mastered through our spiritual technology. The patterns that we have been working on over and over again are encased in this seed. The seed contains all the different ways you have been killed, blocked, hindered, fear, despair, anger, etc. over lifetimes.

The interior seed does not make itself apparent until we reach a certain level of vibration before it can be removed. After the seed is removed we only have to work with day to day issues or patterns. The sour dough starter has been removed.

Then whatever issue manifests itself as energy in the upper level of consciousness, you then recognize it, to embrace it tenderly and transform it. What intent you set with your mind, you will be able to work through the issues that present themselves to through breathing, walking, smiling, driving, exercising, etc. transforming them into different vibrational zones of energy. Practice recognizing issues, embracing them, and releasing them to where ever they need to go. The first thing you have got to do is to be aware or mindful is to recognize what is there, positive or negative. By waking up and be aware of the possibility of different issues presenting themselves.

The second thing you need to is to mentally embrace the issue and to get deeply in touch with it before you can get relief from it.

The third thing you need to ask when an issue presents itself is to look deeply into the nature of what is there (fear, anger, suspicion). The nature of something means the root of that something: how this fear has been created: how this anger has manifested. Look deeply into the nature in order to see their true nature. This could even be done during your meditation which could take you back to where certain angers or fears originated. When we understand, when we have insights into the nature of our various issues, these insights will help transform our issues into positive energies.

You also work on group beliefs and issues. We were raised without the knowledge of being with different races cultures and religions. When we were placed in an environment where many cultures and beliefs systems came together, all you had were the stories that had been told about a culture or race but were not necessarily true. When anger has become a collective, when fear has become a collective fear, it is extremely dangerous for our nation and for the world. That is why we should practice not only as individuals but also as communities, and as nations. Just think of the possibilities. It all starts with the removal of the **interior seed**. Cost:\$611.

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