

Drs. Loren and Diane Mickelson

www.drsmick.com drsmick@aol.com

Chapter 15: Unfreezing the Brain Freeze

Enlightenment is a destructive process.

It has nothing to do with becoming better or being happier.

Enlightenment is the crumbling away of untruth.

It's seeing through the façade of pretense.

It's the complete eradication of everything we imagined to be true.

-Adyashanti

We go through life with so many false notions – of the world, of spirituality and of ourselves. We build up masks and we believe the facades. It's all a charade. It is all based upon illusions and deceit. We deceive ourselves at nearly every moment and the world also deceives us at nearly every moment. We live in perpetual cognitive dissonance, justifying the most absurd things in our minds. We constantly lie to ourselves and we believe it.

To awaken to the truth that you see, you must tear down the lies.

Are you still attached to the lies? We want to hold on to the illusions and to become enlightened at the same time. That is not possible. But there are hundreds of spiritual teachers that will tell you it is. They offer you processes to become happy, fulfilled, calm, find your soulmate, be positive, get the right job, and make lots of money, become healthy and whatever else you may desire. This has nothing to do with awakening. This is only polishing the ego. They all lead you right back into the matrix. You may even be lucky enough to get a golden cage, but it is still a cage and you remain imprisoned in slavery. This is the road that most people choose to follow.

There are those of you who just want to leave here (third dimension) and become fourth or fifth dimensional beings. You have done that before. This lifetime your 3rd dimensional body is transforming into a multidimensional body.

Make no bones about it. Awakening is not a walk in the park. It is a ride through hell. It is the tearing down all of your cherished beliefs and everything you thought about yourself. We must enter the shadowlands and come face to face with our shadows. It is there that our false ideas of whom we are shattered. It is there that all of our false beliefs are destroyed. We must face these

false notions and see them for what they are. This is the only way to heal, to become whole again, to live in integrity.

Along with figuring out our truths, as we are working through our issues, our ability to channel more light or electrical energy increases. This energy can also be transformed into mechanical energy or heat energy. The energy centers are like energy transformers. When energies from the lower energy centers move upward into the higher energy centers, they are transformed into other forms of energies with much higher frequency. When higher forms of energies from the upper energy centers move down into the lower energy centers, they are also transformed into other forms of energies with much lower frequency. This stepping up or down process in the ancient teachings is called veiling the light, which means the intensity of the divine light is either increased or reduced. This is how you move around from one dimension to another dimension. The illustration below is an artist's (Alex Gray) rendering of what your energy field would look like when it goes from our current third dimension, then transforming to higher dimensions.



As energies flow from one energy center to another, an emotion such as peace, love, compassion, etc. can also be incorporated with this flow of energy. It is all determined as to the need of the individual. This emotional energy increases as it travels up from one energy center to another.

The function of the brain must change in the course of the ascension process. By opening the left brain portal, human consciousness opens for the multidimensionality of the higher realms. The left and right brain become connected in the ascension process so that both emotionality and spirituality are synchronized (working together). **The right brain deals with perception and analysis of emotions while the left brain deals with logical, abstract thinking and the establishment of causal relationships.**

Since the left and right brain are not synchronized, most people cannot integrate emotionality with intellectuality. Those individuals on the ascension path are so exhausted by the energetic transformation. One of the things that may occur during this process is that your sleep patterns

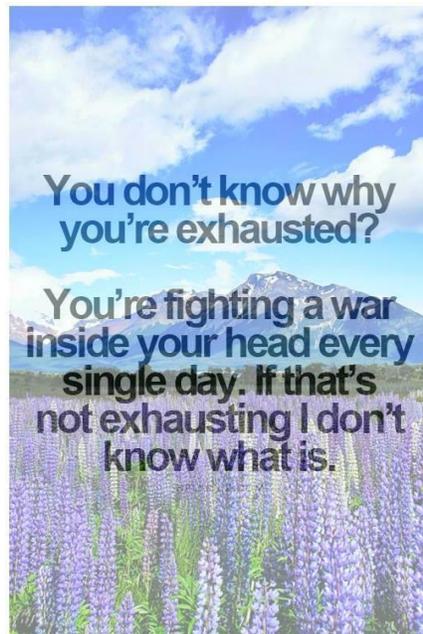
may change. There is something called the Triad Sleep Pattern that occurs for many people. They sleep for about 2-3 hours, wake up, go back to sleep for another couple of hours, wake again and go back to sleep again. For others, their sleep requirements have totally changed. You can get by on less sleep.

What we have learned through the process of finding *our* own truth that our brain is in need of reconfiguration and balancing. This will cut down on the confusion and the feeling of being disconnected. It is like our brain has been frozen in our old logical patterns and by being frozen it has blocked us from the unified field.

The image we get is your head is like a bobble head doll that is disconnected from the lower functioning body. The flow of the chakra energy is blocked or vibrating differently and is not compatible with the brain.

This chapter of work will help tie the entire package of self together.

The function of the left brain changes through this process. It has to or you cannot progress. **By opening the left brain portal, human consciousness can leave the third dimension and open up to the multidimensionality of all dimensions.** By opening this portal, both your left and right brain (emotionality and spirituality) are finally synchronized. All ideas in the higher dimensions are a combination of spiritual purpose and emotional intensity. This is another step your 3rd dimensional body is going through as it transforms into a multidimensional body.



Emotions are lower frequency astral waves, often referred to as the 4th dimension and the mental ideas and concepts being higher frequency waves are referred to as the 5th and higher dimensions. Emotions modulate Spirit, Pure Consciousness, and give the incarnated personality

direct information from the soul. The ancient Greeks used the same word “psyche” for the emotional body and the soul at the same time. They knew that the soul manifests itself mostly through feelings. Purely for that reason many channels have said that ascended human beings will inhabit the 4th and 5th dimensions simultaneously, because these two dimensions cannot be separated, as they are superimposed energy levels. However in reality we have discovered that you appear to physically exist in the 3rd dimension during this journey but will have access to all dimensions as you adjust to higher vibrations and your body becomes less dense. **You will be truly multidimensional and have access to all dimensions.** You are ascending in your 3rd dimensional body, it may look like you are 3rd dimensional but you are (becoming) multidimensional. You are not limited to the 4th or 5th dimension as we were all taught. We are not leaving the 3rd dimension... it is a dimension – part of multidimensionality. We have been stranded here in the 3rd dimension since we arrived but as we hopped onto the ascension train, we are no longer imprisoned here. Also, remember that ascension is a process, a journey... one that will continue and continue and continue. Not only are we, 3D folks, on this journey, but so are our guides, angels, spirits, etc. living in other dimensions. One really can never say - “I am ascended” as, again, it is a process, an evolutionary journey.

The left brain is the portal to the Higher Self that is conceived as pure consciousness or pure ideas. All consciousness in the higher realms is expanded awareness. This fact clarifies the importance of the changes of the brain enabling it to acquire a larger percentage of its original potential. It is the left brain that will be largely involved in this mental expansion.

You may hear high frequency energies or feel vibrations throughout your whole body. What you hear has to do with the increased rotations of your chakras within the expanded astral field. This high frequency sound is heard when the cosmic energies flow through the open portal of the left brain hemisphere. The sounds and vibrational patterns may vary with the different cosmic waves of energy that are coming at us. This is a very important feedback mechanism between you and your Higher Self, which mitigates somewhat the often traumatic physical experience, as we can prepare ourselves mentally and psychologically for the somatic consequences of the next cosmic wave of energy.

Does this chapter open you up to more processing? Yes, it does. That is why this cartoon seems appropriate.



So, this chapter... Chapter 15, of work will help tie the entire package of self together by opening the left brain portal; human consciousness can leave the third dimension and open up to the multidimensionality of all dimensions. By opening this portal, both your left and right brain (emotionality and spirituality) will finally be synchronized. We always knew that the brain would be the last and hardest part of our physical body to wrangle into this ascension process – and, my goodness were we right. Cost \$750

Copyright notice: Copyright 2015 Loren and Diane Mickelson. This information may be freely disseminated in whole or in part provided that there is no charge for the information and provided that this notice is attached. When using an edited or partial version of this material please clearly state that this is an edited version and refer the reader to the full original version.