

Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 1, February, 2003

Hello:

Some of you have been with us for a long time while others have just experienced our work. The information at the end of this email is a brief explanation of our levels of work and other work that we do. If it sounds like Greek to you, it is as Greek to us when we try to explain what it is we do. The intent of our work has always been to help facilitate the individual's process in becoming clearer and by doing so will be able to channel a higher vibration or more light.

"Events continue to happen to and around the free man, but his/her insight removes their power to hurt or confuse him." THE DAILY GURU (A quote we found that may help you through these chaotic times.)

Throughout all the different levels of work there have been a few things that have remained constant. Are you drinking enough water? Are you still doing the "Gold Light Exercise?" Are you thinking your body bigger? Have you added fire to your energy field? Some of these exercises may be new to you so we will include them with this Newsletter.

(After you have done the "Gold Light" and a grounding exercise)

Think Your Body Bigger

The physical body is so dense that it is difficult for energies of higher vibrations to work through us. A way to assist the other dimensions is to think our physical body bigger by allowing gaps between all of our cells. A sign that we, as physical beings, are not big enough is the feeling of pressure on our shoulders, neck or back of the head. Can you feel the pressure on these areas now? Imagine your current height. Start to imagine your physical body expanding equally and getting bigger, without gaining an ounce of weight. See if you can imagine your body ten feet tall. As you imagine your body getting bigger automatically increase your connection to Mother Earth and the Universe (God or Source). See what it feels like being ten feet tall. Now expand your physical body to the height of twenty feet. Do you have a favorite tree? I would like you to imagine standing in front of that tree. Think your body as big as this tree. Can you sense the energy flow of

this tree? Can you see or feel the similarities of your energy and the energy of the tree? Can you feel how the tree is connected to the Earth and the Universe? Is your energy field big enough? Do you still have pressure on your shoulders, neck or the back of the head? If you do not have any pressure pushing you forward in these areas, you are big enough. If you do have pressure in these areas continue thinking your body bigger until the pressure balances out.

When should you think your body bigger? Any time you feel the pressure pushing you forward on your shoulders, neck and back of the head.

Adding Fire To Your Energy Field

After thinking your energy field bigger, it is time to add fire to your auric field. When you are allowing energies to work through you, you want every cell of your body open so the energy you are channeling or working with can flow freely through you. You do not want anything to get caught or blocked in your physical body.

One way for you to feel OK about being this open is to add fire to your energy field.

I would like you to imagine a flame like energy being brought to you from the Central Sun by a messenger. We are not going to the Central Sun; a messenger is bringing a flame like energy of the Central Sun. Let me know when the messenger arrives. This messenger will stop just outside your auric field.

Think your body open. Allow the messenger to position the flame even with the Heart Chakra. Are you ready? This flame is not hot or burning to you. Imagine a path of energy from the flame to a space located directly behind the physical heart (circulatory system) near the spine (central nervous system). Once you sense the path, start allowing the fire to flow down the path to the location behind the heart. The location of the flame behind your heart is like a pilot light for a gas stove or furnace. Let me know when the flame has come to rest in the proper place behind your heart.

When you feel the flame is located in the correct space, the path will disappear. Thank the messenger. The messenger will leave.

Now image the flame increasing to encompass your physical body and all the way out to the edge of your auric field. Take a nice deep breath, how does this feel?

Gold Light Exercise

Imagine a golden shimmering tube of light that extends a hands-width above your head to a hands width below your spine. This light never goes out, it always remains lit. Turn the wattage of this light up so it first of all fills your body with gold shimmering light. Once your body is filled with this gold shimmering light, turn the wattage up again so it pierces through your skin and extends about 2 feet beyond your body. Now mix it with love, however you perceive love to appear. Open the seven major chakras of the body plus your hands and feet or think your body open. Take a nice deep breath and blow it out through your mouth.

Do this as often as you think necessary – but at least every morning. The first few times you do this exercise, take time to really feel the light. Afterwards, it can go “on” as fast as turning on a light switch.

Grounding Exercise

I would like you to imagine sending a shaft of your light through all the different layers of earth. Just before your light gets to the center of the earth, I would like you to imagine your light going through a prism branching into a rainbow of colors. Anchor your energy in the center of the Earth using the rainbow of colors. The reason for this is when you consider all the different vibrations that can be found in Mother Earth. You have the plant kingdom, animal kingdom, rocks and minerals and many things that haven't even been discovered yet. All these different things can be broken down to a vibration or a color.

Now imagine asking Mother Earth for the amount of energy for the rest of the day. Allow this energy to start flowing up the shaft of light that you have created. As this energy gets closer to the physical body, imagine bringing in earth energy through the bottom of your feet allowing it to flow up both your legs allowing it to circulate in your abdomen. We imagine this energy as cool, crisp, and refreshing. While this energy continues to flow in, send another shaft of light to what you would consider God, Source or the Universe. When this energy gets to the place of your choice, ask for the amount of Universal energy you need for the rest of the day. As this energy starts to flow down this shaft of light that you have created, allow it to flow in through your crown chakra (top of your head), head, neck, chest down into the upper part of the stomach area. We imagine that energy as warm and loving. Mix these two energies together. The earthy energy and the universal energy and circulate it throughout your physical body and place it back in the

stomach area. This is your energy source for the day. Never use your personal power. Bring in just the amount of energy you need for the day.

Now that we have the daily maintenance taken care of, we can continue on.

How our work has expanded...

Most of you are familiar with the first three levels of work. Some of you have experienced levels four and five. Few of you have experienced level six. In the past two years, the Matrix Energy Patterns (now part of level two), Conceptual Vibration, and the Chakra Work were developed. The latest work Level Seven: Releasing Past Life Patterns, Accessing Past Life Knowledge and Level Eight: Aging, Going into Immortality, was developed over the past couple of months. The most difficult part of our work is trying to find language to explain what actually is happening as each level is performed.

Many of you realize all of our work can be done absentee. What we need from you is your full name (including maiden name) birth date and form of payment. We accept cash, postal money orders, checks and credit cards (Visa or MasterCard). Everyone progresses at his or her own rate. It is your choice as to when you are ready to progress from one level to the next. Some levels have been done at the same time, it all depends on what guidance you receive.

Reaching Others....

The intent of this newsletter is to make contact with our existing client base and for the people receiving this is to pass it on to others. Also pass this on to your friends that have had our work done for at the time we started collecting email addresses, is was a couple of years after our work was started. Please email us address of individuals that you would like to have us include in our database and also clients we may have had in the past.

Signing off... Loren and Diane

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