

Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 2, March 2003

SPRING MUSINGS by rrrramblin' c.j. of the north
(a very gifted writer from MN)

ODE TO THE PUDDLE

In the summer, a puddle results from skies made dark by
ominous clouds, dumping downpours, and backed up water,
indicating an overwhelmed drainage system.

A barrier between here and there. Sigh.

In the spring, a puddle represents a joyous appearance of melted snow,
tempting you to tiptoe through it.

Listen: The water actually "gurgles" as it eagerly trips along the path of freedom
to the storm drain, and its eventual escape to the fast-racing river.

Muse: Does our attitude define a puddle?

Is it a symbol of abundant rain running off with topsoil and debris,
clogging our street gutters, the backup causing a barrier to the progress of our
designed itinerary?

OR is a puddle a joyous welcome sign of spring,
calmly reflecting remaining snow banks and black bare branches,
yet alive with melting water whisking snow and ice away,
encouraging us to anticipate warmth and COLOR.

Puddles - the visual hope of spring.

We will begin this newsletter, by wishing each of you a very **"Happy Spring"**.... Can you believe that it is spring already???? With everything that is going on world-wise, we sometimes forget to notice the passing minutes, hours, days, weeks, months, seasons..... The good part of that is that we are learning how to live in the NOW, the bad part is sometimes forgetting to "live". Plus, we've been asked to remain in neutral, not to react to the chaos, to be in it, but not a part of it.... That really sounds hard to us. The biggest difficulty seems to be NOT going into the group vibration around us.

- Have you ever been to a sporting event and "got caught up" in the crowd's enthusiasm (with for or against) for the event?
- Have you ever been to a meeting and/or seminar (Mary Kay, MLM, etc) and "got caught up" in the speaker's enthusiasm for the product or service that you ended

- up signing up or purchasing the product/service, got home and wondered what the heck you had done?
- Have you ever listened to or attended a charismatic religious service where the leader was so powerful energetically that you “got caught up” in the messages (either positively or negatively)?
 - How did you respond to 9/11(Twin Towers Bombing)? Did you catch the sorrow of the nation?
 - How are you responding to the overwhelming energy of the messages of war?

All the above are examples of *group vibrational rates*. It can also happen during concerts, chantings, drummings, etc. It is when you depart from your inner vibration and start responding and merging into the “pulse” and “rhythm” of the outer – group vibration. It permeates you and starts to mask your actual inner pulse. You become part of the sorrow, fear, joy, rage, etc of the group. You lose you. You have successfully tapped into the vibration of a group, no longer knowing where you begin or end. You probably started unconsciously, but the vibrations becomes conscious when the emotions start affecting your actions or reactions. If you have any mind altering substances like alcohol you become even more vulnerable to shifting to the group vibrational rate. You have to realize that if we want to believe it or not, it is an act of free will, free choice that we participate in a group vibration. The question is “Can we be a part of the whole (group) and still have our own vibratory rate?” Yes, that is where we are now, being a part of, but still an individual.

Now comes the big questions... “How in the world can we do this?” “How can I be aware of what vibration I am in?” “Does it matter?” Remember, in order to be of service and/or help to others, we HAVE to be in neutral. We have to be in our own power, our own vibration; we have to be balanced. How can we be in our own power, own vibration and/or balanced if we don’t even know if the emotion is ours? We have to be able to step back and not judge the situation, the event, the words, etc. This is not saying we agree or disagree with what is going on, but being in a space where we can help others in the chaos. Thus being in the chaos but not a part of it.

What can we do?

1. Use this exercise to begin: “Interrupt your mind several times each day to ask, “Where was I a moment ago?” You will be appalled to see how often you were wandering in dangerous places, both mentally and emotionally. Maybe you were in a storm of anger or in a jungle of despair. This insight urges you to stay in quiet places where you are in control of yourself. Self-command means you don't bother to notice whether society pelts you with rocks or flowers.” (The Daily Guru)
2. Breathe... remember that air is your friend.
3. Be aware of where you are, whom you are with. Mainly being aware of your presence in any situation. Remembering this will help you stay in your own frequency.

4. You may want to “charge” some water and keep it on hand. By charging water, we mean: placing a certain type of energy in water that will be of assistance to you in a future time. When you have charged your water, all you need is a couple drops of this water and add it to your glass of drinking water.

How to charge water...

- a. Decide on what type of energy you want to put in the water.
 - b. You hold a glass of water or bottle of water in front of your heart chakra. Your hands should be on either side of the glass in a prayer like position.
 - c. State your intent and why you have the right to place this certain type of energy in the container of water. (It could be something like this, “I am a child of the universe and have the God-given right to channel this intended energy into the water for the good of the whole.”)
 - d. You have stated your purpose for charging the water, now think your body open and allow the energy to flow. The energy will flow from both Mother Earth and the Universe. It only takes a minute or two to charge the water depending on what energy you are putting into the water. You will know when it is finished.
5. Laugh, laugh, laugh... this can jar anyone back into his/her own body. If you find yourself in a situation where you don’t know if the emotions are yours or someone else’s.... Think of a joke, a funny story, watch a comedic video, etc... this will bring you “back”.
 6. Read a book that is just for the fun of reading.
 7. Do a puzzle
 8. Play cards.
 9. Do some crafts/hobbies/garden.
 10. Sing
 11. Exercise
 12. Take a nap
 13. Talk to someone about it that will understand where you are coming from.
 14. Turn off TV; Turn off the radio; Don’t waste today on the same repeated news time after time after time. If you have a need to know... watch or read about it and then ‘get on” with the TODAY.

But, most of all chill-out... this doesn’t have to be hard. We subscribe to the K.I.S.S. theory.... Remember it??? Keep It Simple Silly.

Question: I can see that I meet every event and person in my life through the filter of my past experiences... and that everyone else does the same thing. So how is it possible for a new way of seeing to be born in us? How can we change this world, as we know it? It just doesn't seem possible to suffer day-to-day experiences and at the same time know a richly spiritual life.

Answer: Trying to change what you get from life without first changing what you know about life is like putting on dry clothes over wet ones and then wondering why you keep shivering. You must stop trying to change what you are getting for yourself and go to

work on changing what you are giving to yourself. It is vital for you to realize that life has not held back its riches from you. The truth be known, which it will be, you have been held back from real life by a false nature which thinks life is meant to be suffered through and that all there is to insulate it from a harsh world is what it can win and possess for itself.

While there is no denying our world is becoming more and more cruel, there is also no denying that we are the world. Neither our individual world nor the global one can change until the connection between what we experience and who we are is no longer denied. This is why we must have a new knowledge. Spiritual knowledge isn't something mysterious or out of this world. In fact, spiritual understanding is the most important and practical knowledge a person can possess. It is ultimately what we know about ourselves, about who we really are, that determines the quality of our life. (The Daily Guru)

We have written up why absentee healing works. Although we have included it in our web site, we are including it for you to read in this newsletter.

Psychic, Mental or Absentee Healing

A psychic is a person who regularly taps into his or her “other” senses. Everyone has psychic abilities. Everyone can tap into their inner knowing, into their energy being and do remarkable things. As children we had the ability to see energy, but we forgot how to.

Many psychics are gifted healers; one of the ways they work is by absentee healing. The healer works with someone who is not physically present. Each psychic healer develops his or her own way of doing this.

The mind thinks in words while at the beta frequency, the conscious level. The mind thinks in pictures when the brain wave frequency slows down to the alpha theta level. It is while you are at the alpha/theta level, the unconscious level. That you are continually being healed and renewed; also, it is from this level that healing energy flows most readily between one person and another.

Human beings through mental visualization, and project their consciousness anywhere in the universe they want. Through mental projection they can alter physical reality by creating new realities on the mental plane through visualization. The ability to visualize allows a person to focus mental (healing) energies to those who require healing. You can compare visualization to daydreaming except that in visualization images are not generated a random but are programmed consciously through a form of affirmations prior to (intent) or during the healing process or session. The conscious mind can be thought of as a computer keyboard. Through it a person can program in or affirm what he intends and from the central data bank (the collective unconscious mind), information in the form of images will appear on the screen of the conscious mind. We take this ability to program images and develop from it techniques that can universally be applied in healing.

As we learn to enter the alpha/theta level at will is important because healing is actually channeling spiritual energy (which comes from the all) by the healer. Those who channel energy from the all or universal energy, the source of healing are not the healers; they simply facilitate, channel and focus the energy which flows through them. In order to focus this energy there must be a rapport between the source of healing, the All and the channel or healer.

The ego of the client, a function of the conscious mind, which blocks the healing experience until a rapport is established with the healing source. The healer must unseat the ego without crushing it in order to open; the doors to healing energy. Only then can rapport be established.

Surrender is a process which always happens in the 'now' but must be repeated many times for it to be impressed deeply within a person. It can be accelerated through doing the "Gold Light" exercise, grounding, breathing, thinking your body open etc. The more you allow and affirm that you want to be a channel, the faster you will progress and the sooner you will come into a stronger relationship with the 'All'.

One of the things you need to do as you begin the healing process is to focus on your breathing. Keep your back straight and breathe in and out without separation. Take five breaths while relaxing and think your body and energy field bigger. As you think your energy field bigger you should start to feel less dense and full of light. You need to feel your body open and your energy flowing before you open the doors to the purpose of the healing.

Many time people are so focused on their upper body (diaphragm on up which deals with the emotional and mental healing energy) they ignore or forget about the lower half of the body. Focus on your feet, think them open, and start allowing the energy from Mother Earth to flow through your body. This energy is needed for the physical healing of the client.

When your are ready, everything open and flowing, we call your essence to us by using your full name and birth date. We do what work you have requested us to do and send your essence home.

In the healing process we the healers are only channels for the energy that is required. The practitioner should remain neutral and not become personally attached to the process. The feeling of being open and clear is essential.

That is about all for this month. Do check out our web site, www.drsmick.com. We've added quite a bit lately. If you have checked it before, remember to "refresh" the site (and each page) or else you won't get the new and improved (?) stuff.

Have a great spring..... Loren and Diane

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