

Mickelson Muse

From our state of deep thought or dreamy abstraction.
No. 3, April 2003

Hi Folks!!!!

Yep, it is just Loren and Diane checking in again with our wayward mumblings and insightful(?) mutterings. Hope this newsletter finds you (well, I guess it has 'found' you or you wouldn't be reading it, huh?) smiling. If not, then, as Loren likes to spout out, "Think yourself bigger... and breathe." Now, have we gotten/grabbed your attention??? Are you ready to just sit awhile and spend a few moments with us???

This newsletter is quite eclectic so really has no central theme. So we shall start by telling you what is going on with "us". We are in the process of developing a new workshop, titled **Always Ask Your Body**. Many of you who have worked with us in the past year know that we have gone through a major transformation. We received the message that it was time to start focusing and taking care of our physical body. For those of you who have not seen us in the physical body within the past year would not realize that Diane has lost about 170 pounds and Loren has lost 90 pounds. As a result of losing all that poundage, many people have asked how we did it. Since there was so much interest, we developed the workshop, **Always Ask Your Body**. We are test marketing the workshop in Dallas, Texas. The central theme is teaching each individual how to listen to his/her own greatest intelligence... gathering information from all sources and then figuring out what is best for each individual's highest and greatest benefit. It addresses addictive/compulsive behaviors, patterns that were imprinted upon us, and what to do about it. But most of all, the workshop is interactive and every person who comes with his/her own personal intent (whatever it is) leaves the workshop with learning some little "gem" to help them go forward. The workshop is 3-5 hours long depending how many people attend. If the main interest is in diet or weight loss, we will have the resources in the last part of the workshop to give the attendees a baseline (or starting point) as of that day, measuring Body Fat, BMI, current weight, a before picture, etc. (Actually, each person would be shown how to measure his/her own so it is very, very confidential). In addition, each attendee would be given "tools" to facilitate change. If the main interest is addictive/compulsive behaviors, the workshop would focus more in that general area.

Have you seen the heard about or seen the gorgeous salt lamps that have recently become available? If not, we suggest you look at the website www.saltoftheearthlamps.com to view them. They have all sorts of wonderful attributes besides the beauty of the salt crystals themselves. If you want more information about them contact Michelle at her email address or the toll free number. If you live in the MN/WI/IA/ND/SD area you can contact Dr. Chris Grams at 612-824-3141 or drchris@morningstarhealing.com . They come in all sorts of shapes and sizes and we promise you they are worth a look-at/possibly purchase one.

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Here is a quote from the Daily Guru that fits in with all of us going through change:

"Why is it so hard for me to change my attitudes?"

'Because you identify with them. You think that you are your attitudes. You think that your abandonment of these attitudes will leave you empty, a nobody, without support. But this is exactly what you must dare to do. You must drop your false mental viewpoints without immediately substituting others. At first, this emptiness will leave you somewhat disturbed, puzzled. But stick with the vacancy, dare to face the emptiness. Then it will be filled with truth, just as a lake with brackish water must be drained before being refilled with fresh water.' THE DAILY GURU

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The following is something we wrote in one of our original newsletters we used to send out via snail mail about 7 years ago. We “ran” across it while going through some of our old files, and remembered how life-changing learning about mirroring was for us.

Topic: Mirrors.... We've all been exposed to the fact or accused of “mirroring” – “we are mirroring something or someone”. What does this mean? There are some situations where the definition of mirroring which we were given (and according to Webster: ‘something that gives a faithful representation, image or idea of something else, a pattern for imitation’) just didn’t work. We’d look at the situation and just know we weren’t mirroring ourselves at the time or even something we needed to learn specifically about ourselves, something we were lacking, etc. (and... believe me, we have many opportunities to do this first mirror). We came across an individual, Gregg Braden, who taught us more about mirroring. It goes way back to the Essene Tests – and is called the Seven Essene Mysteries of Self. By understanding what they are, life and life’s challenges seem to make so much more sense. The concept/idea is from Gregg Braden, but the rambling text pretty much belongs to us.

SEVEN ESSENE MYSTERIES OF SELF

- 1. Mystery of the First Mirror – this is the mirror we are all familiar with. It is known as The Mirror of the Moment. It is the one Webster so aptly defines. You’ve all been there – someone says or does something (we like or don’t like, it doesn’t matter), and it may be mirroring an action or word within you or some action or word you need to learn.*
- 2. Mystery of the Second Mirror – this mirror is The Mirror of That Which is Judged. This is the mirror that we have the most trouble with. The thing(s) that we judge will present itself to us over and over again, until we realize that it will keep happening again and again until we understand it is the charge we are placing on the people, situations,*

words, etc. Let me explain further. Take something you really judge – let's say – dishonest people. You have put a charge on it – then I can pretty much guarantee you, you will have lots so dishonest people show up in your life. Another one is erratic drivers (this was one of mine). The charge I placed on it was rather undignified language and an occasional hand gesture to the car or individual driving the car. Until I came to the realization that it was a judgment call and to get into a place of non-judgment – you can bet I had this happen over and over and over again. Yes, it is possible to get to that place of non-judgment. The second mirror is all about allowing within another the possibility of thought action and feeling that you do not allow within yourself. In other words, they have a right to do exactly what they want... BUT you have a right not to react to it.

3. *Mystery of the Third Mirror – This is the mirror of relationships. The Mirror of That Which is Lost, Given Away, or Taken Away. The relationship can be a momentary one that happens as quick as a flash or as long as life long friend(s) or a partner. This is the mirror which tells us that we see something in another individual that we don't see in ourselves or there is a void in ourselves. As this part "awakens" in us, many times the relationship is completed or the void is filled. The relationship happened just for the simple reason of "awakening" some part of us. Other times, after we reclaim that part, the relationship will need to be redefined and continue with the context of the redefinition or it will discontinue because it is finished.*
4. *Mystery of the Fourth Mirror – this is the mirror of compulsive/addictive behaviors, The Mirror of the Most Forgotten Love. I want you to just take a minute here and spend some time figuring out your compulsive/addictive behaviors. Everyone has them. I used to think I didn't have an addiction; I thought addictions were drinking, drugs, alcohol, gambling, etc. We spent some time and we identified our addictions. For me, it was trying to be perfect..... Trying to fix everyone's lives..... Food.....control.....Now, figure yours out. Next think about what you have missed out on because of the addiction/compulsion. What I "lost" was being able to be myself. I lost time for myself. I lost me. Through missing out on being myself, I was missing out on life. What do I love most? Life, living..... Interesting mirror. You can think of the alcoholic – he loves his family and what does he end up losing but that which he loves the most – his family. Braden says that your greatest fear may be re-defined as your most forgotten love. Addiction/compulsion may be re-defined as a behavior pattern which, in its extreme, will provide the opportunity experience exactly the opposite of that which you most desire in your life. The addiction/compulsion is your way of providing yourself the opportunity to experience your greatest fears (most forgotten loves), in degrees, as you drive from your life the very things that you hold the most dear, until the fear is either resolved or manifested.*
5. *Mystery of the Fifth Mirror – The Mirror of the Mother/Father. This mirror has an exercise. Take out a piece of paper. List on the top – mother figure....father figure. Under each put a + and a - . (If you did not have a mom or dad, put down your childhood caretakers. Under each list all the positives and negatives about each as you saw them before you were 12 years old. (Again, not through an adult's eyes, but a child's eyes). If you don't have any positives or any negatives, that is fine. Use phrases*

Without warning God inhales deeply and we are chosen to be closer to Him. We are awakened, stirred in the crowd, yet alone. There is no time for judgment, concern or even preparation, for we are prepared. We don't worry or wonder or hesitate. The force is so strong but yet so subtle. We are caught up in the wind beginning to ascend into the ever lightness of our being.

At first we fail to notice we have left the others. They too have His breath but they hold fast to each other and stay close to the ground. Then we discover we are above them, we reach out but we can't go down to get them. They can only lift themselves.

We struggle. We do what we can. We want them to journey with us. Each time we begin to reach for them we float higher. The sun shines through us and they absorb the light. Perhaps, we will see them again.

The mist comes. Sometimes the rain. We flounder but remain afloat.

Then we realize we are alone. Have we abandoned or been abandoned? Should we have clung to the others? Stayed to rot at the bottom of the pile.

Was the decision really ours? Or was it made for us?

The absence of our surroundings becomes familiar again. We relax, stop thinking. We just are. We remain faithful to life.

It is in that brief time that God begins to slowly exhale. We are whisked together. You are in my space and I am in yours. We both, feel violated. We twist, turn, swirl. You pull your way and I pull mine. My first reaction is to shut down. I stop breathing; gravity begins to pull at me. You reach out and touch me and up I come. You are angry with yourself. You scream, "I want to travel alone. No companions, no baggage, no souvenirs." I thank you. I am eternally grateful. You see my truth and feel my essence. We move closer together. We connect before we touch. We are like lovers.

Sometimes we float away from each other, but not far. For there is no separation. Then we are back together feeling no absence.

We radiate together, we glow. I absorb all you give me and then release all I have to you. Our supply is endless.

Will we be consumed in passion? Will we allow lust to ignite us? Is it our destiny to burn up like leaves in a bonfire?

It rains. We embody all that is in us. It scares us. Will we cling to each other, hold too tightly and be pulled back to earth by their energy and by our own?

No. Our altered consciousness, the fire of love, the mist of emotions has brought us together not for a sexual union, but for a union with God.

We know we carry all we need with us. Eternal knowledge. We know God, at sometime, may still the skies and we will drift apart. We will reach for each other. We may want to cling for one last moment but that feeling will flee quickly.

We will separate knowing there is no separation. And when we part I will know you are with me as I am with you. We retain the light and it is up to us to share this with the world. "*****"

Well, folks, that is about it for this month. Remember, our email is drsmick@drsmick.com; our website is www.drsmick.com ; stay in touch.

Loren and Diane

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