

Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 7 , August 2003

Another Hello!!!

Get a cup of coffee, a cup of tea, or any other beverage of choice, find an easy chair, put up your feet... relax and read... this is a long one.....

First of all, we want to announce our new web address: www.drsmick.com. It has the same content, but we finally have our own domain name. Maybe by next newsletter we will have our own email address, but for now, use the drsmick@aol.com .

It has been a wild, intense, fuzzy, fast month since we've last "talked". This newsletter will have a couple of topics.... Including some ah ha's about manifesting, some things to consider when making changes or not making changes in your life, some things to think about when gathering information, and, ta da, information about Level 9.

First of all, let's start with the ah ha's about manifesting. If you haven't read last month's newsletter on manifesting... please do or this section will make no sense. This is Diane's ah ha... so it will not be we, but I.... Now that that is out of the way, let's get down to the ah ha. As many of you know, from meeting us or reading our story, I was in a series of 4 accidents in the very early 90s. I have always treated them as wake up calls, to make changes in my life, which I did..... after being totally in the dark about what to change and how to change it, and being sent back from "the light" a couple of times when I 'died' during the accidents (Loren lovingly calls me a "light reject"). I was told my job wasn't done.. that I had "stuff" to do, but not told what it was. Now, there is a lot of validity to the fact that I did need to make changes, I did need to start figuring out what made me happy, what made up me, etc. You know the drill.... So I am saying, it was a wake up call.... BUT, all my life, at least since my mom died when I was four... I have always wanted someone to take care of me... I always had to be the strong one (yep, I know I created that, but remember, I didn't know that at the time). When was it my time to be taken care of???? So during the 70s and 80s.. you know, identity time.. who in the heck am I time, I grew more and more resentful of the fact that I was the strong one... in my new family (husband and kids), extended family, friends, etc. Remember, I didn't know I had made this role... I blamed... well, everything. So when was it my turn???? When was it my time for others to take care of me??? After four accidents, breaking most of the bones in my body, really messing my physical body up... well, I got taken care of. I hated the new role even more than the old one, but I came to a time when I not only had to accept help, but accept responsibility for taking care of my physical body... actually realizing I had one. I still blamed the accident (none were my "fault). But after writing the manifestation newsletter... manifesting change (I wanted to be taken care of) but not doing anything about it.... Timeliness... the universe provided what I wanted...

I got to be taken care of. Did I cause the accidents??? Probably not... did I put the energy into motion for change? Yes, I did. I am not one to think everything that happens is for a reason... I think I sometimes get a cold because cold germs were around. But were the accidents for a reason... probably.... I have learned to be careful what I think (well, this is pretty new, but I am trying).... We do create by our thoughts.... Be careful what you think.. and when you do try manifesting... be ready for the changes. You will get changes. You might want to set up some timelines so when you put something in motion, you are ready for it.

Next, we are going to discuss some things to consider when making changes or not making changes in your life. No matter what you are considering changing or not changing, there is a **benefit** and a **cost** involved. If you starting thinking in terms of these, you will see if you want to make a change... and if so, what is involved in making it. This deals with positive as well as negative things going on. I will start with a positive. Loren and I have been married... in a relationship for over 37 years. The **benefits** include not being alone, having someone to share things with, learning to trust, learning to compromise, (this list can go on and on)... What is the **cost** for this relationship.... Well, never really learning to be alone, having to compromise, never actually getting to do what we want individually when we want, etc. The **benefits** for us outweigh the cost... so we are together. Now, let's do a couple of things maybe someone would like to change.... Say... chronic pain.... What are the **benefits** of chronic pain? Yep, there are benefits.... You get attention, get to be special, get out of things... maybe don't have to work, don't have to exercise, etc. **Cost????** Well, PAIN, and maybe facing some issue or reason the pain came in the first place. It is only when the cost of chronic pain outweighs the benefits, will a person be willing to give up the pain. Will it go away immediately (?), probably not, but what will happen, the therapies will start helping. Another example is smoking. What are the **benefits**? Well, enjoyment, time for yourself, maybe it grounds you, something to do after sex, etc. **Cost?** Health, money for the "smokes", friends, can't find good seating in restaurants, teeth are stained, etc. Again, only when the cost is higher than the benefits will you not smoke. No amount of hypnosis, patches, or woogie, woogie will help you... the cost HAS to outweigh the benefits. Want another example??? Hurt yourself in an accident and don't get better. **Benefit:** You always had to do everything for everybody, now someone helps you; attention, get to be special, have stories to tell, potential money gain (if you get better, less \$). **Cost:** Pain, inability to function fully, a burden. But until the cost outweighs the benefit, you probably won't get better. Oh, what about Addictions or won't give up mind altering substances (alcohol, drugs (illegal or prescription), marijuana. **Benefit:** Get out of being personally accountable for actions, get to be rescued, get others to prove love for you, get to not "feel", get to avoid psychic abilities, excuse to fail, feel safer, just love the feeling. **Cost:** Love, money, miss out on things, living in illusion, health, family, death. Again, until the cost outweighs the benefit, no change will be made.

The third topic is information gathering. We've been told... information is power. It is... the lack of information.. not knowing, that puts us in an uninformed powerless position. It can create puppets out of us.... Information is neither positive or negative... it is JUST information. What you do with the information as you collect it, throw some

out, catalog it, disseminate it, it is entirely up to you... it is personal. Everyone has a right to their own opinion. The problem occurs when you don't keep your information current. Although you can learn from the past (well, most of us try to), information written in other times relate to other times. Things have changed so much, particularly in recent years. If you won a Chrysler Pacifica, 2004, and it needed work, you wouldn't use a Model T repair book to find out how to repair the Pacifica. Along these same lines, Channellers such as Alice Bailey, channeling DK, wrote for the time she lived in. There is much we can learn from, but a lot of it referred to the time it was written in. Things that exist today were pretty inconceivable then. Nostradamus's predictions were based on the times it was written in... the predictions were written in code and left up to us... but written in yesterday's knowledge base. Everyone seems to interpret it according to his/her own knowledge base... what is right for each person... but totally contradictory to each other. So what is right? What is wrong???? Both are right and both are wrong. It is entirely up to each individual person. So, information is information is information. It is neither positive nor negative. The important thing is to keep it current... take the pieces that fit, don't judge the other parts, they just aren't for you.

Now, for Level 9. Better take a break, walk around the room a bit, breathe, take a drink of your refreshment and settle in again. Heressssssssssssssssss Level 9:

Level 9

Physical Clearing of Stored Memories

Uniting Body, Mind, Spirit in the Physical

Think outside of the box.... remember that information is neither negative nor positive... it is just information. We found the following quote in 1994... have kept it for no apparent reason, but it seems appropriate to share:

“Energy is neither created nor destroyed and our soul is energy since life force is energy. You have to expect reincarnation because no other energy is destroyed. Why wouldn't we just continue to change and transform????”
Anonymous, heard this quote: 3/94

Through all the different levels of clearing that we perform, it is very evident that we have come through many processes of clearing many different aspects of our human experience that have accumulated over our many lifetimes. As we progressed through each level that was presented to us, we gained another aspect of ourselves back that had been lost over many eras of time. We have become clearer and have developed the ability to be

flexible in channeling the energy that is needed. It is now time to bring the physical body up to speed with the mind and spirit.

Pre-requisites for this level:

Level One (Crystal Imprint Removal), Level Two (Soul Beliefs/Matrix Energy Patterns), Conceptual Vibration, Fear Chakra, and Level 7 (past life patterning). Level 8 is optional, but you will want it done sometime to get rid of the aging symbol. For further information about these, please read about them on our web site.

www.drsmick.com

This level is all about the trinity of *body, mind* and *spirit*. It is about all parts of a person working in conjunction with one another. The level will be split into two parts... the first part will be the physical body clearing. The second part will be the uniting (in harmony) of the trinity of *body, mind* and *spirit*.

Many of us have been brought up in a religion with the message that “*soul*” is out “there”. Even now, folks talk about “Light Body” as being separate, “out there”. This is a lifetime of unity. Letting *soul* (your light body or whatever you call it) come into the body for unionship with the physical *body* and *mind*. No separation, all parts working in tandem together. The *Spirit (soul)* totally integrates with *Mind* and *Body*... no one entity having more power than the other. It is balance/harmony/consensus of the three. What does this mean..... consensus is when all entities have a say in what is going on. The definition of consensus is: General agreement or opinion – mutual understanding. This means ALL have to agree, in consensus. You do this by compromising but not losing your individuality.

The *spirit (soul)* is the belief that something else exists, the trust that it does, the faith that it does, a knowingness that we are more than just 3rd dimensional, that we are part of something bigger... that something else exist. It can be called God, Goddess, The Divine, Spirit, Source, etc. We can't see it, it just is. You can't see oxygen, but you know it exists. An imperfect example, but an example nonetheless, is H₂O... water.... it is a solid (ice)(your body), a liquid (water) (mind) and a gas (vapor) (spirit). Spirit is like the gaseous form of H₂O - you don't see it, but it is still there.

For purposes of this level, we need to define what we mean by *mind*. Our explanation in the trinity of *self* is the balance between the logic and emotion. (We can hear the groans, and the “oh mys”, the “not according tos”, and the “who do they think they are”, but remember, we are offering information. Take the pieces that fit and eliminate the rest). It isn't as if one hasn't been taught that the *mind* has power, logically and emotionally. We know the power of the *mind*. All things start with “intent” with “thought” to get the energy flowing. The logic is driven by the emotion of feeling or passion. They work in harmony together. This is the most important (in our opinion) aspect of the *mind*. The problem is that we have let the *mind* try to control the *body*. We have treated the *body* as a vehicle with no intelligence.. the *mind* is the driver, with sometimes no consideration to what the *body* either needs or wants. Even applied kinesiologist practitioners whose job it is to ask the *body* what it needs, ask with

preconceived ideas about what the answer is.. and the person being tested can control the *body's* responses by thinking what the *body* needs. The answer will come up – voila, what the *mind* tells it to respond. It takes a very clear *mind* on both the part of the practitioner and the client to get a good reading on what the *body* really wants/needs. Many times, hands on practitioners will listen to what the client has to say, but “listens” to the *body* and will start working where the *body* wants to start. The client will say “my lower back hurts” and the practitioner hears, “start at the upper left shoulder”.... the client will get huffy, but pain usually starts dissipating because the clinician listened to the client’s *body* and not the *mind* of the client. We’ve been taught that the *body* is a temple, thus meaning “take care of it, treat it well, etc.” BUT, the *body* is more than a temple. A temple is just an empty building; your *body* is a living, breathing, intelligent entity. We’ve been listening to what the *MIND* thinks the *body* wants instead of asking the *BODY* what it wants. We’ve spent so many, many lifetimes (this one in particular) working on spiritual things, working on understanding (*mind*) things, that our *body* is behind the *spirit* and the *mind*. It is denser, heavier and it is easy to think about leaving it behind and let the others transcend. Ashes to ashes, dust to dust kind of thing. Your carbon energy *body* will change form and wait for *soul* to retrieve and connect with it.

Your *body* stores information, not just in your brain (a place where nearly everyone thinks all knowledge is stored in a body), but in your entire *body*. Candace Pert, a pharmacologist and professor at Georgetown University, discovered neuropeptides in every cell in your *body*. “The *mind* and *body* communicate with each other through chemicals known as peptides,” says Dr. Pert. “These peptides are found in the brain as well as in the stomach, muscles and all of our major organs, and so on. I believe that memory can be accessed anywhere in the peptide/receptor network.” She wasn’t looking for them - she was a “pure” scientist working on some other project and “came” across this amazing discovery. (It has also changed her whole perception on how she views things.) So, it is a scientific fact that every part of every cell in your *body* “thinks”. There are thinking parts in each and every cell in your *body*. This means ALL of your *body* can “think”. The problem arises when the *body* doesn’t know how to communicate with us or does the *mind* know how to listen to it. It is like a “beaten” child who has never had a voice, and all of a sudden, you ask the child what it wants. The only way the child has been listened to is by acting out or being silent... the *body* has “acted” out by using pain as a signal.

Mankind has always tried to duplicate what Nature has already created, often without fully understanding the processes involved (or even in spite of it). Then, as our knowledge and technology progresses, we continually refine our inventions to more fully replicate Nature, and even surpass it in some cases. From observing birds, we were inspired to fly, first with crude balloons and gliders and eventually achieving the escape of Earth’s atmosphere via the space shuttle. Fish swimming and breathing underwater has prompted the development of such varied items as scuba and submarines. Muscles have led to engines, ears to microphones, and eyes ultimately to satellite imagery. And our very brains inspired us to create the computer in an attempt to recreate its incredible powers of computation and data-storage. However, as the brain isn’t fully understood, it wasn’t realized that not only the brain but also the entire body stores memory (the

neuropeptides mentioned above, for example, as well as the ultimate storage medium – DNA – which is far, far beyond our capabilities to duplicate, let alone truly comprehend, at present). Whereas, living organisms are carbon-based, computers are currently mainly composed of silicon-based components (though recent advancements in the production and manipulation of carbon nanotubes and ‘bucky-balls’ (buckminsterfullerite) may soon change this.) Silicon and carbon are in the same elemental family (see a Table of Elements if necessary); both consequently sharing many physical and ‘behavioral’ characteristics, such as having four unpaired electrons in their outer ‘shell’ and preferably assuming similar tetrahedral (think pyramid) configurations when forming stable compounds (CH₄ – methane – is a simple example). For comparisons sake, you can think of the body as a computer’s hard drive. As everything that occurs is saved on the hard drive, everything you experience is ‘saved’ within you body (imprinted with/upon your very cells or molecules). On a hard drive, items that are deleted aren’t necessarily removed from the hard drive itself, and can still often be accessed if you have the proper programs. The body acts in a similar manner. Whereas an event might be ‘deleted’ (for example: an injury can heal, or experience forgotten, or even a trauma repressed), it is still imprinted within the body; and can potentially be accessed (relived) by using various “programs”. These can be anything from simply smelling a particular odor, visiting a specific locale, experiencing a similar event (re-breaking a bone), or getting *body* work (massage, chiropractic, acupuncture, rolfing, etc.)

There are ways of removing these not-so-deleted items so that they are unrecoverable (or un-reliable in our case). Your computer can be cleared by utilizing specific programs that over-write the unused portions of the hard drive, making multiple passes (or sweeps) until all deleted material is truly gone. This can be done for the *body* as well. The first part of level nine consists of ‘sweeping’ the *body* with prescribed ‘program’ to rid the *body* of stored memories. However, where you can utilize a generic, pre-made program to clean up any computer, a special program has to be written/created specifically for each person. This is because there are many methods and mediums of storing memory within the *body* (to give a few different examples or data storage: VCR tapes are recorded magnetically, CDs and DVDs utilize lasers, LPs are etched so that their data is retrieved through vibration...), everyone has different experiences throughout their lifetime, and even the same event will be experienced differently by everybody since it will be filtered through their own 5(+/- ?) senses and processed according to their current ‘mindset’ (current beliefs, fears, preconceived notions, past experiences...) – even the same individual will experience the same event differently at different times in their life. So, each individual requires a unique program developed especially for them, consisting of a combination of elements - including, but not necessarily limited to, such things as vibrations, harmonics, optics, aromatherapies, magnetics, acoustics....(Please note: One of the preceding elements is NOT more important any than the other - it is not just sound, it is not just frequency, it is not just vibratory rate, etc... Instead, it is a combination that is unique to EACH individual) – that when used in the proper sequence is specifically tailored to transmute/absorb/negate/dissipate the *body*’s stored memories. This program will be used absentee to sweep your etheric and/or astral *body* (and thus, physical, as all are one), performing multiple sweeps as needed or dictated until the *body* is clear. Once clear, we will ‘write-protect’ your *body*, so that any subsequent experiences

will not be imprinted and thus start the whole process over again (we are being intentionally vague concerning the particular materials and methodologies involved – not out of malice or stinginess, but out of concern to help protect those who invariably attempt the process themselves without understanding the underlying complexity and end up being ineffectual or even detrimental). No, you don't get the programs when completed - this would defeat the purpose of you getting rid of the stored messages and increase the possibility of re-creating them again. We cannot tell you at this time how long it will take you to completely clear your *body*. It all depends upon what is going on in your life, how you process information, how strong your *mind* is (i.e. how much you keep trying to control the process with your *mind* and trying to analyze the process), how many stored memories are present, and how well you are keeping up the assignment of getting rid of old messages (the messages of who you aren't) and creating who you choose to be (because without the old stored messages, who are you?). Once cleared, the physical *body* will be freed to better 'keep up' with all of the improvements you have made to your *mind* and *spirit* through other level work, or whatever else you may be doing. Have you noticed, as you progress, an increased tendency to become 'ungrounded'? It may be that your *body* is 'bogged down' by all its stored memories and cannot react fast enough to match your increased *mental* and *spiritual* abilities. To return to the belabored computer analogy: when your hard drive gets too full or fragmented it runs progressively slower and more inefficiently, and crashes more often – freeing up memory and 'defragging' improves speed and reliability. This analogy could also work to help explain in part why we age (apart from belief systems telling us to) – the longer we experience life, the more clogged our *bodies* get with stored memory, thus running slower and slower until we fatally 'crash'. A cleared *body* can potentially run indefinitely, which ties in well with Level 8's immortality piece... Those of us who are exploring the *body's* ability to regenerate (or simply not degenerate) will benefit immensely by not having the *body* continually remember past injuries and feel the need to replace the scar tissue or calcification we have so painstakingly removed from old 'war wounds'... Heck, most of us will simply be happy to be 'grounded' more often....

The second part of Level 9 is the coming together of the three parts of *self* – each having its own identity, but working in balance and harmony. With the connection, a symbol will be put into the joining point to "seal" the trinity. This will be done at a time (you will know when) that, again, is unique to you. You will KNOW what the symbol looks like, we won't be permitted to know because it is personal just to you. This is a time, when truly, you are one with yourself. We cannot give you a timeline because of your own free will, again, what is going on in your life, how you process, etc.

Once the *mind*, *body*, and *soul* are in 'synch', quite a number of things may be possible (limited only by your imagination)...Energy and matter are intrinsically related ($E=mc^2$). So it stands to reason that if you speed up an item (your *body*, for example) enough, it will be converted to energy. Can this explain how the physical *body* can become invisible, or become a 'being of light' ('light body' takes on a whole new flavor, no?). Once you are energy/light, traveling most anywhere become practically instantaneous. And when (if) you decide to reconvert back into a solid object, who's to say what form you take? On another note, there is the idea of other dimensions. If memory serves,

every dimension has a characteristic frequency or vibratory rate. If so, simply changing your own frequency/vibratory rate to match a particular dimension should allow you to shift from one plane of existence to the next like you were stepping into the next room...

Why even consider this level?

This grand experiment that we are a part of...you know the one where the universe has not only given us free will but has also given us a chance to ascend with all parts (*spiritual, mental, physical*) intact, has been prophesized, theorized, channeled, but not done before. We are all writing the “book”. Over all our lifetimes, we have processed, learned, changed, etc... until this, our (could be) final lifetime, we can finally bring all parts of us together infinitely. Because energy is never destroyed, but changes form... we have, thus, changed form physically for many, many lifetimes. We have “died” –our *body* and *mind* changed forms, but weren’t destroyed. This is a lifetime of gathering ourselves together. We thought it was “*soul*” retrieval – when, perhaps it has been *body* and *mind* retrieval. Perhaps our *soul* was intact, but many other parts of us had changed form – waiting to be gathered in this lifetime. When finally intact, now we can learn how to change – “shape shift” – because we finally “get it”. Our whole being-ness is particles/molecules that can be vibrated (etc) and has the ability to go from dense 3rd dimensional form to energy waves of light – but it is still us. As we work on the physical *body* with massage, acupuncture, chiropractic, rolfing, etc, our *body* heals, but the memories of the injuries are stored. For instance, we took care of the scar tissue surrounding a wound, but the *body* has memory of the wound and continues to create scar tissue, far after the wound and scar tissue created while the wound was still there. We want to get rid of the stored memory. We want our *bodies* clear so we can vibrate faster so ultimately we can shape shift or tele-transport (which requires we have a body). Can’t you just think of all the possibilities???? But, a caution...., IF you are considering it to be a super human, a super hero.. then think again. You have spent eons, lifetimes, trying to learn balance. Trying to think in terms of super hero is ego not in check (enough said on that subject).

Back when we introduced Level Five (going through the Veil of Fears), we told you about the three ways of leaving. 1. Physical *body* death. *Soul* leaves the *body* and crosses over. *Body* goes back to an energy *body* in the earth, actually waiting to be re-united with *soul*. (*Mind* at this point can either go with the *soul* or can stay with the *body*.) 2. Like Jesus did, changing his entire essence into energy (*body/mind/spirit*) and crossing over. (We’ve had many “how dare you talk about that” and “you devil’s spawn” when we have talked about this) When in actuality, some indigenous Indians and aborigines do this all the time. Jesus said something like.... As I do this, you can do it... (how do you know he was only referring to physical stuff???)....It is faith and the knowingness you deserve to do it that makes it possible. This is more of an unconscious than a conscious decision. 3. In this lifetime, you have the free-will choice of uniting self: the *body*, the *mind*, the *spirit*. There are NO wrong answers... it is free will. YOU get to decide.

That is all for now.

Loren and Diane

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