

Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 12, February 2004

Hello Folks:

Bet you are all waiting with “baited breath” to see what topic we will write on this month, huh? (Or, better yet... “What is Diane on her “high horse” about this month?) Well, you all know we live what we teach (or write about, etc???)

This month’s musings will be about being in charge of your healing process.. Some from the perspective of a healer facilitating a client’s healing and some from the perspective of a person on the healing journey. At the center of both perspectives is the client. Look at it as a wheel, in the middle of the wheel is the client and/or the person who needs healing, and the practitioners are all spokes going out from the center (which is the client). The client has the intent of clearing various patterns that have come into the physical body and auric field. The client will seek out different practitioners to facilitate his/her healing journey. The journey can be emotional, mental or physical. Some practitioners expertise will overlap, but NO ONE practitioner is the “PIE”. No practitioner ever should be in the center of the wheel with the spokes going out to the client, the practitioner telling the client how they should feel, process, emote, heal. Now, we can look at this from both the practitioners viewpoint (our work) and from the client’s viewpoint (we, as folks who are on a healing journey). Have we totally confused you yet? We will attempt to give examples both ways.

Have you ever gone to an MD with an ache/pain and the MD (doesn’t have to be an MD... this is an example, ok?) told you your back hurts because you are fat? Your hips hurt because you are old? You have to expect pain when you are fat and old? Ever get an adjustment from a chiropractor and it didn’t “feel” right, and you asked about it and were told that it was correct.. or you came in like that... the chiropractor not only wouldn’t listen BUT told you in no uncertain terms you didn’t know what he/she knew???? And... it would take months and months and months of therapy before you “might” be well. Have you ever been to a psychologist and been told you are depressed because “that is just the way it is... you have to pay in pain emotional distress, depression, for all the ills society has done in the past to the American Indian, the African Americans, etc?” We’ve been told all of the above....

Have you, as a practitioner pre-determined the malady a client has before you checked with the client and *listened* to what the client has to say? For instance, the client was in an accident, so it must be “whiplash” and you do A then B then C for whiplash and it takes this long to heal? You may have even muscle tested for it... and that is what

you got? Did you even think that it tested that way because you expected it? The client's body will test that way because the body was told that is what was wrong. (example, I think((mind)) I have the flu – I will probably muscle test that I have the flu) Quite a while ago, we did a muscle testing test.... We went to a couple of practitioners.. one who has a fail save, three test way for muscle testing, another who uses a machine you are hooked up to and electronically tests, one who uses the arm for the test, and one who uses the finger method. This testing wasn't to disprove applied kinesiology... it was to prove that unless both the practitioner is totally clear and not pre-determining the outcome and the client's mind being clear enough not to send messages to the body how to respond--- that you can control the results. For the first test... from the clients perspective... (the client controlling the results)... We wrote down four maladies... some really wild ones.... Bubonic Plague, HIV, leprosy, and pregnancy. Each time, the practitioner didn't know what we were doing (I know this sounds dishonest, but we weren't doing this to be negative, but to prove to you can manipulate the results.. unless you are totally clear).... Guess what the results were... every time??????? The practitioners all re-tested three times... couldn't figure out why they received the wild answers.... The client can control the outcome if he/she tells the body (consciously or unconsciously) how to respond. If someone tells you, "you look sick" ... have you ever, at that moment, starting feeling sick? Or, someone says, "that arm looks really sore?", and, then the arm started hurting? The client HAS to have a clear, neutral mind while the testing is going on.

The second part... that of the practitioner pre-determining the results... is a little hard to test or prove. I suddenly hurt my hip while dancing at a cousin's wedding dance a number of years ago... the pain was excruciating.. and didn't go away. We were on travel so along I went to a number of emergency rooms, given pain pills - you name it, I was given it. When I arrived home I went to an MD who diagnosed the problem as me being fat and old... with a terrible degenerated spine... I went to a person who muscle tested me with the same diagnoses... fat, old and degenerated, (remember, I had already been told this so my body responded with the same answers)... I was sent to have an MRI..... guess what???? No degeneration on my spine.. in fact, the oldness, the fatness, etc. weren't the culprits. They ruled out degeneration because my spine was fine.... It turned out I had torn my muscles in my hip area... Torn ligaments... not fat, old or degenerated... (quite a dance, huh?). In Loren's corporate America days, he was an Art Director for a large corporation. He had lot of wrist and hand pain, went to the medical community to see what was going on. It was about the time that carpal tunnel was the "vogue" diagnosis of the day, you know, repetitive actions, etc. He tried to explain that it hurt the most when he made his hour commute to work and another hour home, but carpal tunnel was "in", so he was operated on. You know, if it acts like a duck, quakes like a duck, looks like a duck... then it is a duck. Unfortunately, the pain worsened. Years later, it turned out that it wasn't his wrist or hand... but in the shoulder joints and spine. A very gifted healer chiropractor worked with Loren and *voila!* no pain.

Point of the story???? The person on the healing journey should always retain his/her own power.

So, the question is, who knows the best for the client? Pause, pause, pause.. actually the

client with lots and lots and lots of information from the spokes (the practitioners). If a client comes in and wants a practitioner to heal him/her, then that client has just given his/her power to the practitioner. If I were the practitioner, I would run very fast the opposite direction. A practitioner cannot heal the client. Only the client can heal themselves. A practitioner can facilitate the process. The practitioner has the intent (oh! That word again) to help the healing journey, the client has to have the intent of healing and be open to it. We were talking to a lawyer friend the other day... this friend mentioned that she had been talking to a chiropractor --referring a client to her. The chiropractor mentioned to the lawyer... "I love it when accident cases come in... they are worth at least \$4000". It appears to me that this practitioner has a predetermined agenda. Do you think the client's healing journey is the main objective?

Now, let's talk about the power of suggestion. This is where the practitioner will have all the answers and justify prescriptions based on what "they" are telling this practitioner.... Now I ask you, who in the heck are "they"????? I am sure they are referring to other dimensional beings.... Do "they" know better than the client being treated? Using this information... as information and as part of the bigger picture is how it should be used. As the be-it-all, this-is-the-only answer type of thing... well, you have just given your power away to "beings" who may or may not have ever been physical.., may be these beings are on a learning curve in another dimension and don't have the answers, or not even from "they" but from the ego of the practitioner who thinks he/she knows all the answers. We have a cousin who was told she would die if she didn't do X,Y,Z.... This was "channeled" information from "they"... she must do this.. or else. She didn't do it, but yet, is still alive. Another example of the power of suggestion is: I have two friends... one was diagnosed with cancer.. pancreatic (which has a very low survival rate) over ten years ago. At the time she was diagnosed, the MDs gave her 6 months to live. She told me at the time she wasn't going to die of cancer. She hasn't. Another friend was diagnosed with breast cancer.. in the very beginning stages. The MDs told her she had a 95% chance of beating it, but in her mind... "cancer kills" and she was dead in 3 months. When I was in my first auto accident, I was told I had to have my right leg amputated. It wasn't repairable and I'd never walk again. The message just didn't set well with me so I opted to have it repaired (the best it could be). Was the journey to "walking" easy? ... No... but I can walk, run, skip, etc. In fact, the scar that used to cover the right leg from above the knee to the ankle is smaller than a postcard now. My sister has extremely knarled (gnarled- for you folks that read to correct) hands from debilitating arthritis. She can't knit or crochet (she never did), but she can take a lawn mower motor apart and fix it, she can replace the little small fuses in Christmas tree lights... she can, in fact, do about anything. She amazes me, but if you ask her about it, she has never thought of herself as not being able to do things. I know, I know, these are extreme cases and probably not good examples... but do think about it. Does the power of suggestion have anything to do with healing? Can you bring disease into your body by suggestion (and/or fear of getting the disease)? Can you just not accept disease/maladies? I think you all know the answers to that.

The next part of the healing journey we will "muse" about is the payback of a malady/disease/disability. The first thought that probably comes to you is.. I don't get

anything out of my disease/malady/disability. The payback doesn't have to be positive.. it just has to be bigger than being healthy. You have to be willing to give up what you get from being diseased, etc. You may have to be willing to give up your handicap sticker, your disability pay, your work-man's comp paycheck, your sympathy gained from friends and family, the attention you get, the reasons you have so you don't have to go to work, look for work, exercise, etc. If you can make a list of what you get out of the disease/malady/disability/depression, etc... and make a list of what you get out of being healing (emotionally, mentally, physically).. compare the two and make a choice... then act on it..... or not.

Remember you need to be open to a healing facilitation (don't you just love my new use of words).... If you are closed or expect the practitioner to "heal" you.. it just won't work. Our daughter, Hidi, is an acupuncturist...as I was lying on her table.. she was telling me to open up.. naturally, I was spacing out.. not present. She went on to say, although she can put the needles in when a person is closed, they just aren't effective. They won't go into the chi. Also, I remember talking to my chiropractic friend when I'd go in to be "tuned up".. I'd say.. "fix me, "make it quit hurting"... she would reply, "your body just doesn't want to be adjusted today" – or "open up and let's see if we can get things to move." If I didn't open up... no adjustment or manipulation would work that day. I would get to go home in pain. I have been in counseling sessions with clients who have made the decision to say they want to get to the bottom of their (say for example – depression) who will spend the entire session arguing, finding fault with the way I talk, walk, dress, etc. all the while being defensive and finding excuses for whatever reason they came in.... They, perhaps, find a comfortableness in being closed. They go through the motions but I am either not the correct practitioner or they aren't willing to be open to letting the malady go. Not all practitioners are created equal.. Find the one(s) that are compatible with your energy, will facilitate your healing journey... ones that will listen to you. We certainly have.



Holding the Space for Someone (by Loren)

One of the questions that have come up for us this past month is how and why would you hold space for someone? When I was first ask to do this, I had no clue how to do it nor did anyone offer any advice as to how to do it. They just said do it! I am now going to try to explain how I hold the space for someone. What type of event would warrant asking someone to hold the space for you? Can I hold the space for myself?

One example of an event that you may choose to have someone hold the space for you is during a presentation to a group, where you want to be open and allow information to flow. By asking someone to hold the space for you in this situation, the intent of the individual holding the space for you should be to only allow information through that would be benefit the attendees of the seminar or class.

Another type of event would be to hold the space for someone going through a healing experience. This could be an MRI, surgery, dentist, etc. You are allowing someone to come into your auric field to facilitate change and you want to be open to allow the energy to flow. As your energy field is altered you also do not want other energies to come into your auric field or body. You want to be open without fear.

As a practitioner, the intent that you should have as you are setting up your office or work space is to use different things in your room that will support your energy. Think about the things you like. It could be a certain artist's style of work, the type of music you choose to play, the combination of colors you choose, your selection of rocks or shells, etc. All the things should allow you as a practitioner open to allow the different vibrations to flow as needed to facilitate a clients healing process. This is an example of how you could hold the space for yourself. You have designed the space to do this for you.

As a client, you need to be able to open up to the skills of the practitioner to help you facilitate the change that is needed. You need to feel comfortable with the practitioner. If you do not feel comfortable you need to find a different practitioner. Sometimes we are put in situations where we need care but at the moment we do not have a choice of practitioners. This is when you would ask someone to hold the space for you.

It is too difficult for an individual to hold the space for themselves and remain neutral and open to the outcome of the situation. It also takes a lot of energy to do this. You may in fact hinder the healing situation or presentation that you are giving.

Who would you ask to hold the space for you? One thing I would consider is this someone that you can trust. Can this person remain centered and neutral during this process? Does this person have the ability to observe and not get involved in the process? Does the person know how to hold the space?

How do you hold the space? If you are asked to hold the space for someone, your intent should be to provide a safe environment so the client can be open to any possibilities. In no way does the space holder have an opinion. I always do the gold light exercise, ground and connect to the universe as I am setting the intent for holding the space. As I become centered, I mentally go the center of the room that I am holding the space for, do the gold light exercise for the room, ground and connect to the universe with the proper intent. I expand the gold light beyond the room and open the center core of energy to the size of the room. In some situations you may physically go to the room you are holding the space for. In most of the cases we hold the energy for someone from a distance. When this is the case, you need to know the length of time (beginning to end) to hold the energy for the space. Then close the energy down for the room.

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That is it for this month, folks..... we will climb down now, off our "high horse" to enjoy yet another sunny day here in Seattle. We will close with a lovely little prose written by Oriah Mountain Dreamer that goes like this:

The Invitation by Oriah Mountain Dreamer

**It doesn't interest me what you do for a living.

I want to know what you ache for, and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the center of your own sorrow; if you have been opened by life's betrayals or have become shriveled and closed from fear of further pain. I want to know if you can sit with pain without moving to hide it or fade it.

I want to know if you can be with joy, if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, to be realistic, to remember the limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself; if you can bear the accusation of betrayal and not betray your own soul; if you can be faithless and therefore trustworthy.

I want to know if you can see beauty, even when it's not pretty, every day, and if you can source your own life from its very presence.

I want to know if you can live with failure and still stand on the edge of the lake and shout to the silver of the full moon, "Yes!"

It doesn't interest me who you know or how you came to be here. I want to know if you will stand in the center of the fire and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you, from the inside, when all else falls away.

I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.**

See you next month,

Loren and Diane

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