

# Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 27, August 2006



This cartoon really made us chuckle this morning. We have just returned from our family reunion in the Midwest. Although the weather was sweltering (and gave a good reminder of why we live in Seattle), it was soooooooooo good seeing everyone. There were about 150 of us camping (most of us just aren't campers, but put up with the bugs, heat, hard ground, etc., in order to see each other) out on the Mississippi River near Brownsville, MN. As with all families, we have our share of, well, just about everything. We all get to be targets as well as doing our own "targeting". When I was the target, it was me being the 900 number psychic lady. It used to really bother me, but now I used it as an opening to talk about the "gut" sense that everyone, yes, everyone including my brother Bill (the most left brained, scientific person there is on the planet) has. It was really funny watching folks open up after you took away the dreaded word (psychic) and just talked in general, everyday terms. We soon had everyone telling stories about happenings in their lives that centered around "gut" feelings (yes, even brother, Bill). In the end, I told everyone that "gut" reactions were really intuitive thoughts. I didn't tell them that they were all psychic... that would have been too much. I do have other reunions!!!!

Now, enough about reunion: are you open to your psychic talents or are you still avoiding them? Do you rely solely on scientific "fact" or do you open up to at least the possibilities of intuition? Do you rely on others to tell you (or channel) what you already really know? Do you listen to your "gut" (intuition) knowingly, or do you still listen only to your brain? (And then find out you should have listened to your "gut"?) Do you keep going to and paying for "channeling" of folks that say they are spokespeople for Sananda, Mother Mary, Archangel Michael, Hatoon, Ashtar, Maitreya, Metatron, etc? You have to be careful during this time of acceleration, this time of the lessening and lifting of the veils, that dark souls sometimes are duping these channelers and say they are these

famous folks, when they aren't. Be as discerning of channeled information as you are of everything you hear from earthbound sources. (Earthbound sources being anyone physical). You must discern between the truth (for you) and the half-truths or downright misinformation in the channeled or earthbound messages because some individuals use this guidance to chart their spiritual paths.

In the Matthew Messages, Matthew talks to his mother and says, "Discernment is all encompassing – it distinguishes between the important and the unimportant of life, not only between what is true and what is false. There is a vast difference between satisfying your curiosity and expanding your interest in growing spiritually. In this lifetime, it doesn't matter one whit whether you know Ken Lay died of natural causes or was assassinated or if other recent mysterious deaths were really the suicides or accidents as reported, but it matters monumentally if unwittingly you follow the influence of darkness and don't recognize your soul's nudgings to get back onto a lighted pathway. Knowing if some book is factual or not has no bearing whatsoever on being consciously aligned with your soul's choices, just as being engrossed in the lives of entertainment stars or sport's figures does not. Bickering about trivial issues, following every fashion fad, keeping abreast of local or global scandal – how important is any of that to your spiritual evolution, your purpose in choosing this physical experience?"

I guess he told us, huh? He doesn't mean to scold or belittle us, but to tell or encourage us to focus more on what is most significant to each of us in this unique time when everything is accelerating and time doesn't seem to be our ally.

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Now this is to you Trailblazers... to you Way-Showers... you know who you are... Those folks who pave the way for others: Andrew Cohen wrote in his quote of the week, something just for you:

"I am endlessly compelled by the notion that high stages or levels of development do not preexist, that is, they are not "given" but are literally created by brave individuals who actually venture into new, uncharted territory, laying down "grooves" that others follow, which eventually become actual new structures or stages. The fact that the future, even at the most subtle metaphysical levels, literally does not yet exist, challenges our most fundamental spiritual/religious notions in every possible way, but if we're ready for it, it can be the source of enormous inspiration and promise. I think potentially what's the most thrilling for the postmodern self is the discovery that we are literally creating the future, which means we are not separate from the creative principle or God-impulse itself – God is evolving as we evolve. And this moment itself, assuming that one is leaning into it with all of one's being, reaching for the future, is potentially the very edge of the possible."

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We have been asked so many times recently about emotional healing. So next, we are going to talk about Heart Work. In particular, we are going to write about forgiveness. If you can learn to forgive, it should prompt emotional healing and enable you to live a

more productive life, say some experts. It's supposed to be healthy to forgive, but how in the world do you do it? What does it really mean? There are many models of how to forgive. In fact so many, that it causes stress to try to even begin to figure out how in the heck to start. In looking through much material and many, many, many sources, we believe the following is a pretty good place to begin. We are starting small, with some known offense.

- Know how you feel about what happened and then tell a couple of friends, just talk about it. You aren't asking for an opinion or for someone to be on "your side", you are just talking about it.
- Commit to do what is necessary to feel better.
- Remember forgiveness doesn't have to mean reconciliation or condoning. What you are after is peace or closure.
- Recognize your primary distress comes from what you are feeling and thinking now, not the offense. Forgiveness helps heal those hurt feelings.
- Use stress management techniques to soothe yourself. (or take lots and lots of Bach Rescue remedy).
- Give up expecting things from other people, or your life, that they won't give to you. (for instance, approval from a parent, recognition of a job well done, for love from someone incapable of loving). You can hope and work for health, love, peace, prosperity, but know the only emotion you have control over is yours. You can't make another person approve of you; you can, of course, learn to approve of yourself, etc.
- Look for another way to get your goals met rather than through the experience or the person that has hurt you.
- Remember the best revenge is a life well lived. Learn to look for the love, beauty and kindness within yourself.
- Stop talking about the bad things that happened and remind yourself that you've survived, grown and persevered

The steps to forgiveness still aren't part of mainstream psychotherapy, but it is a health topic researched all over the place. Archbishop Desmond Tutu writes, "To forgive is not just to be altruistic. It is the best form of self-interest."

The big thing is to start forgiving yourself for decisions you have made, your role in some situations, etc. Have you ever beaten yourself up over something you did or said? What a waste of time. Remember that the past is the past is the past. There are no do-overs. You can't unring a bell. You can learn from your mistakes, but you can't go back and correct them. Maybe next time you won't make the same mistake or decision. Although there is no proof that practicing forgiveness directly diminishes disease (and why would there be? It makes too much sense), studies have shown it can relieve stress, anxiety and depression; lessen physical symptoms such as headaches, backaches and stomach distress and lift emotional baggage that may stand in the way of good health habits. Failing to forgive may be risky. Unchecked stress, for example, has been linked to chronic conditions such as diabetes, hypertension and heart problems. Sometimes things or situations can build up inside of you and cause ulcers or sometimes even worse conditions. We will leave it up to your imagination to fill in the blanks.

Forgiveness takes much introspection. Many people don't want to give up the anger. Resistance can be influenced by the significance of the injury, by how the person was raised, and even by their own temperament. Some folks are so reactive; it is very hard for them to let go of anything. The minute their mind pictures something is wrong, these individuals are in full stage alert. True forgiving does not require a person to forget, pardon or reconcile. Author Colin Tipping (in *Radical Forgiveness*) presents the idea that everything happens for a reason and the victim has the choice to learn from it and move on. We tell people to make a list of what they have learned from the situation. You will always, always learn something. It can be as simple as "I have learned I deserve better than that."

Now, in the most serious of "acts" such as child abuse, physical abuse and/or rape, you don't really ever need to forgive the abuser, but you do need to "let it go." Are you willing to still give your power and your time to someone who took that all that away from you? No one can give you back your innocence. No one can give you that time back. Remember the past is the past. Are you willing to give the abuser your todays and your tomorrows? You can spend your life being a victim (which you were), having an excuse (which you do) for not going forward, for not being happy, for not enjoying life or you can understand at the deepest level within yourself that you can let it all go and start living in the now. Why give it all away to something you can't have back? Remember, again, there are no do-overs; but we do get today and we get tomorrow.

In all situations, the thing to think about is that you only have 24 hours today. How are you willing to expend this time on things you have control over or the past, which you can't change?

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Another interesting little jewel arrived from Karen from [What Is Up On Planet Earth?](#) that really helped us keep a little perspective. She writes, "As the energies continue to remain at a higher Vibrational level, where they will stay until they go even higher, things are being affected in a variety of ways. When the energy is peaking, so to speak, it creates an environment of higher everything. One of the most common experiences when arriving in a higher frequency is the *no tolerance* scenario. Higher and lower vibrating energy cannot exist in the same space. This has nothing to do with judgment in any way. It is a matter of how energy exists. Think of it in scientific terms, if you wish. Human beings love to place meaning on things, because a 3D mind needs a story or a drama to wrap its mind around. We also tend to take things personally, as we still have egos. This law of energy, similar, in a way, to the Law of Attraction, is at the helm in the higher realms, widely known there, accepted, and utilized as a way of living and being. So then, here we are in the higher realms, and this new residency is creating an extreme reaction to anything of a lower vibrating nature. And this is as it should be. Very low tolerance, frustration, anger, and outburst are mean to occur during this time. (*Many of us have strived to be in a neutral, non-judgmental state.*) And this will be the theme as things unfold globally as well."



Does any of this sound familiar? Are any of you experiencing these same emotions? Sometimes it is just nice to know we aren't alone in our experiences, huh? So is there anything we can do about it?

Well, we've been waiting and waiting for the next step after this neutral, hopefully nonjudgmental, void like stuff we've been stagnated in for what it seems a long, long time. So, what is next? Is there a next? Read on to find out:

### **Level 16: Awakening of the Veritable Self**

In the past, we have talked about ego and staying in a neutral position when we are dealing with or observing others as they go through their life lessons. It has been most difficult for us to stand by at times and let others go through their paces to get to the next stage.

While staying out of ego and in a void like neutral space, little did we know that there was a step beyond the neutral state. We are calling it the Veritable Self. Trying to put words in defining this is again very difficult.

This is the energy and intelligence of creation, creating something from absolutely nothing. We are tapping into the actual pulse of the universe. The energy keeps pushing us forward causing us to question and seek the truth through our personal spiritual development and compulsion to become more awake and more aware. This is the Veritable Self.

As we go through life learning our different lessons and releasing blockages that have occurred in our past, there comes a time when you get to the true veritable self. Recognition of the TRUTH is the discovery of true consciousness. As our motives become clearer and clearer, you will come from a centered, egoless state. You will have a wholesome passion to create something that is new. It emerges only to the point that ego has been transcended. For the sake of the evolution of consciousness itself, this pure motive will naturally be experienced as a true heartfelt connection to your higher purpose and potential. It cannot arise from the personal self or ego. Pure motive is one of the drivers of your veritable self, your personal drive to create the future.

Next comes the action or do part. Truth based motive must always be actualized so that you act with integrity. You simply and consistently follow through on that pure motive. Pure motivation arises from the first chakra, which is located at the base of the spine; it progresses through all the chakras thousands of times before it becomes an action thus bringing it into our reality and the world. Truth and integrity in action is not just an inner experience. It has visible, tangible effects on the complex and challenging matrix of human relationships and the world in which we live. In order for the veritable self to

function uninhibitedly, the individual has to be willing to continually let go and embrace ever more of the world of form in every moment.

*We (Loren and Diane your woo-woo specialists) have the ability to restore and create an undestroyable connection that starts at first chakra (base of the spine), flowing through all the chakras. This connection is between the rising of pure motivation and the spontaneous expression of integrity in action that means that at the deepest level of the individual has become aligned with the egoless passion of the veritable self. Your human life becomes a clear reflection of that dynamic wholeness that created and is still creating the whole universe.*

The veritable self is only concerned about creating the future in the now. What can I do today to make a better tomorrow? There is no more procrastination, no doubt in your abilities or no confusion; you are committed to go forward. You have an inner drive to do what you have come here to do; bringing a deeper feeling of joy and an inner confidence, a passion and pure conviction about being here and doing the things that feel right in order to create a better future. This is the very reason that we are here. You are consciously experiencing your creative ideas taking form and becoming part of the universe. When you take the step from formless to form, you become one with the creative principle that has forged this whole process out of nothingness.

It seems like we have been on this path forever. It has been a journey from the ego, to the center of your being, to the imperative self..... a journey from a separate self, to no self, to the veritable self.

We first have to understand and recognize that blind and unchecked identification with ego always gives rise to an inherently false picture of reality, because this picture is built upon a fundamental assumption of isolation and separation. In the spiritual vision, this position is seen to be an illusion, because the essence of authentic revelation is the direct apprehension of non-duality, no-otherness, or non-separateness as the underlying ground of all there is. The ego's separate identity, which is based upon an unrelenting need to see itself as being unique, always manifests as a wholeness-denying, love-denying, negative relationship to life. The face of ego is pride; arrogant self-importance; narcissistic self-infatuation; the need to see oneself as being separate at all times, in all places, through all circumstances – and that ego is the enemy of all that is wholesome in this human experience. When you take the mask of this ego off, one finds oneself literally face-to-face with a demon – a demon that thrives on power, domination, control and separation, that cares only about itself and is willing to destroy anything and everything that is good and true in order to survive intact and always in control. This demon lacks any capacity for empathy, compassion, generosity or love; delights in its perfect invulnerability; and will never acknowledge that which is sacred.

Without the depths of our life experiences, it is difficult to look directly into the darkest regions of the human soul, how many among us will have such love for the truth alone that we will courageously remain unmoved and immovable?

Do you remember why we started on this path? Ours was for the desire to be free from this experience of alienation, a desire that expresses itself as the pull to go beyond any and all notions of inhibition or restriction. The path eventually leading us to the mysterious compulsion to transcend the human experience altogether, to be free from the whole process of life and death and the struggle to exist or just be. It is the longing for final release, the desire to go back to zero – before the beginning, before the big bang, before time began. It is the desire to go from a trapped, deeply conditioned relationship to life, to no relationship whatsoever – to absolute, unparalleled freedom, abiding for eternity in the infinite peace of the ground of being.

From this vacant empty ground, beyond life and death, there arises a pure impulse to become, to take form. This inner drive to evolve or God impulse, when experienced directly, is felt as absolute love – an ecstatically positive, completely unified surge towards manifestation. Utterly life-affirming the expression of this imperative in the awakening human is defined as the veritable self.

So the path goes from awakening, to the prison of ego, to its dissolution in the ground of being, to reemergence as the veritable self. You could compare it to, a negative relationship to life, which we could call minus one, to no relationship to life whatsoever, which we could call zero, to a positive relationship to life, which we could call plus one. Minus one, to zero, to plus one. Ego self, to centered self, to veritable self. That is the essence of the path.

Plotinus (204-271 C.E.) wrote, “What do you feel in presence of the grace you discern in actions, in manners, in sound morality, in all the works and fruits of virtue, in the beauty of souls? When you see that you yourselves are beautiful within, what do you feel? What is this Dionysiac (wild) exultation that thrills through your being, this straining upwards of all you Soul, this longing to break away from the body and live sunken with the **veritable self**?”

But what is it that awakens all this passion? No shape, no colour, no grandeur of mass: all is for a Soul, something whose beauty rests upon no color, for the moral wisdom the Soul enshrines and all the other hueless splendour of the virtues. It is that you find in yourself, or admire in another, loftiness of spirit; righteousness of life; disciplined purity; courage of the majestic face; gravity; modesty that goes fearless and tranquil and passionless; and, shining down upon all. The light of god-like Intellection.

Withdraw in to yourself and look. And if you do not find yourself beautiful yet, act as does the creator of a statue that is to be made beautiful: he cuts away here, he smooths there, he makes this line lighter, this other purer, until a lovely face has grown upon his work. So do you also: cut away all that is excessive, straighten all that is crooked, bring light to all that is overcast, labour to make all one glow of beauty and never cease chiseling your statue, until perfect goodness surely established in the stainless shrine.

When you know that you have become this perfect work, when you are self-gathered in the purity of your being, nothing now remaining that can shatter that inner unity, nothing

from nature, wholly that only veritable Light which is not measured by space, not narrowed to any circumscribed form nor again diffused as a thing void of term, but ever un-measurable as something greater than all measure and more than all quantity- when you perceive that you have grown to this, you are now become very vision: now call up all your confidence, strike forward yet a step- you need a guide no longer- strain, and see.”

Ego self, to centered self, to veritable self. That is the essence of the path. Once that we have said yes, we must succeed, because we have seen with our own eyes, felt with all of our senses, and recognized with our own mind what integrity, authenticity, transparency, and conscience truly are: the only solid ground in the universe.

We have to wake up to the fact that there’s no one else who is going to save us. To accept responsibility for the future means we know without a doubt that it is on our own shoulders-each and everyone of us – to create that future right now. And now means NOW. Those of us at the leading edge (that means you and all of us) have to stop waiting, stop hiding and stop pretending. We have to be the ones to take this leap, because there literally isn’t anyone else to do it. Yes, it is going to take divine intervention, but we have to be the divine interveners. We literally have to choose to be God, which we define as the creative or evolutionary impulse itself. Cohen writes that billions of years ago, something exploded out of nothing. And who but God could have made such an audacious choice – to create an entire universe? That powerful urge to become is now actually beginning to wake up, through the unique capacity for self-reflective awareness that is our human birthright. Through us, God, or the energy and intelligence that is driving this whole process, is just beginning to awaken to itself. So becoming God in an evolving universe means we have to be the ones to carry this process forward at the deepest and highest level, to consciously evolve in the biggest way possible for our collective salvation and transformation.

**As we have said before...We (Loren and Diane, again, your woo-woo dynamos) have the ability to restore and create an undestroyable connection that starts at first chakra (base of the spine), flowing through all the chakras. This connection is between the rising of pure motivation and the spontaneous expression of integrity in action that means that at the deepest level of the individual has become aligned with the egoless passion of the veritable self. Your human life becomes a clear reflection of that dynamic wholeness that created and is still creating the whole universe. Again going from egocentric self to neutral self to veritable self. Cost \$333.00**

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The comments/testimonials so far have been extraordinary:

One client wrote and told us how happy she was that she was that we suggested having her kids done... she cannot believe the difference in them. She wrote that they have such a better sense of themselves as individuals and have been discovering talents that she didn’t even know they had.

Another client wrote and told us that for the first time in her life, she felt she “knew” herself. She had been trying to figure out the inner self for so long and suddenly there she was!

Another wrote about the fact that he had been releasing, releasing, releasing and processing for years, but now he felt the changes within his body.

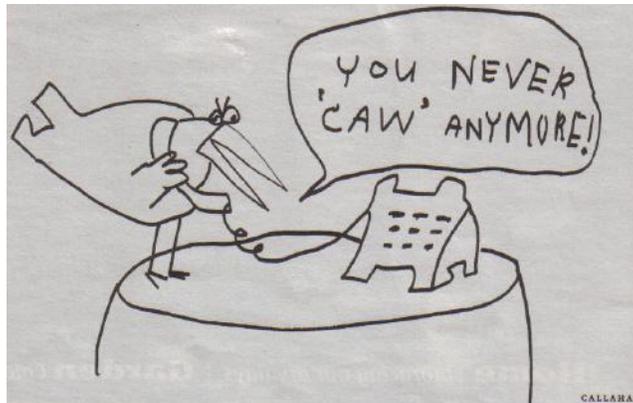
One chiropractor reported that her hands seem to melt into the bodies of folks that have had the work done. Cranial work was a much finer touch, much more powerful. The body went into alignment just by setting the cranials. The energy flowed freer and the room was so much brighter, like other lights had been turned on.

An educator wrote, “It seems as though the material is absolutely ‘integrated’ into me. This is absolutely incredible, and has never been like this before. The best is that I think I am a better teacher because of this. Information or knowledge that has been difficult to grasp before is now becoming part of me, sort of like integrating with my being, a bit of a surprise, not unpleasant (so far), a bit emotional.”

But for many of us, the changes are subtle, sometimes very subtle. We are not the ones who get the “Hello Jesus!” moments. The changes have come as scars disappearing, new talents unknowingly uncovered, body workers commenting upon how much our bodies and/or energy has changed. So we don’t get the Hallelujah moments, but we do change.

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So, signing off for this newsletter. We thought we’d close with this cartoon. Enjoy!!! (hee, hee)



**Loren and Diane**

**PS:** We ran across this non-toxic, pleasant smelling recipe for making an all purpose surface cleaner for your house or office.

## All-Purpose Surface Cleaner

Handful of fresh sage  
1 ¼ cups of water  
1 tablespoon baking soda  
8 drops lemon juice

Put sage leaves and stems in a saucepan. Add the water, cover and bring to a boil. Once it reaches a rolling boil, lower heat and simmer 20 minutes. Remove from heat.

When liquid is cool, strain through a fine mesh sieve to remove any impurities.

Pour cooled liquid into a bottle and add baking soda and lemon juice. Put top on the bottle and shake well.

Use to clean bathroom sinks and kitchen surfaces. Store in refrigerator.

Herb alternatives: Two handfuls of fresh thyme sprigs or one handful of fresh rosemary sprigs.... Use your imagination.

**PS (Again):** Just to let you know, Loren and I will celebrate our 40<sup>th</sup> wedding anniversary this Sunday.... Woo-wee...!!!!

**PS (Yep another):** If you are still having trouble with reading this email without all sorts of symbols, etc. it is probably because your version of word isn't the same as ours or possibly that you don't have Word on your computer. We are trying hard to correct what we can on our side.

Again, if you don't want to receive this newsletter, let us know

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