

# Mickelson Muse

**From our state of deep thought or dreamy abstraction.**

**No. 36, May 2008**

This is my fourth attempt at a greeting. I actually thought I'd get this out on the first and I was smugly praising myself on getting out three newsletters in a row on the first. I came up with some very clever greetings, patting myself on the back for being so prompt. HmMMMM, guess that didn't happen. Sending this one out has proven to be quite interesting, but more on that later.

The topic this month (or I should say, the topic that kept coming up again and again and again until I surrendered to it once again) is judgment. Yes, we have written about this topic several times going back to our original newsletters back in the mid 90's and again a couple of years ago in the Muse. Although, it may seem as if we ramble a bit, we try to look at judgment from many angles. The second topic will be the new work... we will keep you suspenseful until later on in this newsletter. And in the PSS section, there will be an announcement.... Now wait until you get there to read about it.

## **Judgment**

First of all, we need to clarify what we are talking about. There are two different ways people judge. Sometimes the judging is the end goal including court cases, grades in classes and competitions. Other places you could be judged are college admissions, hiring and investment decisions. Such judgments can be mistaken (wrong), but usually some kind of appeals process is in place. If you feel you've been misjudged, you can protest that you've been treated unfairly, etc. In these types of judgments, it will usually spur a person on to study more (in the case of grades), practice more (in the case of competitions), apply at more than one college, file an appeal in a court case, etc. You try not to take the judgment as rejection but as a springboard to do something about it. This kind of judgment is NOT what we are referring to. What we are going to talk about is judging others and certainly yourself, not as an end goal, but as taking my opinion of a person, situation, etc. and not only thinking I am right, but declaring the person, situation, etc. wrong or right.

Webster defines judging as "*The cognitive process of reaching a decision or drawing conclusions.*" Often times, the very act of judgment is an act of pride. It involves looking to our own store of knowledge, putting together a few facts, figures or fancies, and coming up with some sort of answer or solution to a given problem or situation. Many times, it is the wrong solution or answer, and because of pride (ego), we refuse to correct our course. Judging others is an act of monumental pride (ego), enormous pride (ego), stupendous pride (ego), galling, astonishing, fantastic pride (ego). This should be understood right up front. When you make a judgment on another you have taken upon yourself the responsibility for making the correct judgment. It seems that all things, big and small, invite our judgment. Our judgments are a personal belief and are not always founded on proof or certainty.

It's so easy to judge, isn't it? What I mean is, don't you find it so easy to make judgments about situations and other people, when in actual fact there is quite a high chance that our judgment is perhaps unjust? We know ourselves how terrible quick we are to judge others (and hopefully, when we notice it, correct myself). Not only are we likely to be inaccurate in our assessment, but we also harm ourselves by categorizing, classifying, positioning, comparing and assessing others in a critical way. We limit our view and exclude possibilities that things may be otherwise. We also create negativity towards our subject and towards ourselves. Criticism can be so limiting and damaging as it's likely to be laced with a negative emotion. We also project our own prejudices, negativity and limitations onto others. Negative judgments say far more about the person making a judgment than about the one who is being judged. It is very easy to look at someone's behavior and think, "I would never do that or that or that" but until you are actually in a situation you never know how you are going to act.

What people say is wrong with you is most likely what is wrong with themselves. Insults are really nothing more than a coping mechanism people use to protect themselves from the things they fear are true, don't want to believe, or simply don't believe. It is how they keep themselves safe from themselves because the most frightening thing of all is to look into the mirror with eyes wide open and see into the self. The self is not always a pretty place. It is laden with envy, greed, anger, self-righteousness, conceit, and a myriad of these "flaws" we would all like to think we have never possessed. I am not different; I have been greedy, rude, self-righteous, angry, vindictive, selfish, etc....at various times in my life or within certain situations. We all have. It's called being human. Perfection is possessed by no man or woman. We all have choices to allow what we deem negative traits to rule us because we are all blessed with free will. Basically, each person can 'try' to not allow these behaviors to become a permanent part of our personality. That doesn't necessarily mean we'll succeed. So when we judge others perhaps we should step back for a moment and judge our judging. Are we being fair? Or are we acting on a double standard? After all, you cannot condemn a man for drinking from the well that you drink from every morning.

We judge, and then to make matters worse, we believe in our judgments. We've looked at the evidence and made a judgment, so it must be right, yes? There couldn't possibly be any other conclusion to arrive at but the one we've chosen, could there? What we don't see, don't understand, is that our judgments lead to suffering... our own suffering. Many times our judgments do not touch the person judged; he or she is free of us and our thoughts and our judgments. We cannot change their behavior by even a hair's breath by our judgments. And, we don't always know the whole story.

You don't need to refrain from observing others and forming opinions. We need to be careful that we are not using words that appear judgmental. The key to being non-judgmental is to know your own biases. List your biases. We ran across a couple of new terms when researching this topic: 1. Confirmation bias is our general tendency to seek or interpret evidence in ways that confirm our previously held hypotheses. Bad impressions cause us to be more susceptible to notice behavior that is bad; behavior that is good, by contrast, is often overlooked or discounted. 2. Behavior confirmation or self-fulfilling prophecies is when we treat others in ways reflective of our preexisting beliefs about them, causing them to act in ways that conform to our preexisting beliefs. (Thinking someone rude perhaps causes them to be rude).

Watch your language and mannerism when these biases come up. People who have been judged before may have “judgment radar”. Judgment radar is when a person is so sensitive to being judged that they pick up on any small change in a tone of voice or manner that indicates that the person in front of them doesn’t care for them or what they have done, or are planning to do. The effect of this radar is to immediately discount any valid advice you may have because they sensed that you were looking down on them; or to take the advice, and then sabotage it because it was not really something that they believed in - they were only doing it to please you. An empathetic way to deal with a touchy topic is to use your own mistakes as an example and qualify your example with a verbal understanding that what worked for you - may or may not be the right answer for them. Making mistakes cannot be avoided, but what we learn from those mistakes, and how we live our lives afterwards is the true test of every human being. It is impossible to truly know someone’s thoughts. However, a person’s action represents his/her true feelings more than words. You can learn a lot about a person by watching their behavior. If their thoughts and actions are different, then perhaps they need to reconcile the two. Now, take a look at that last statement and apply it to yourself. Are your thoughts and words in agreement, in sync, in alignment with your actions? I don’t think we are bad/negative, etc. because we prejudge people, I believe we become bad, negative, etc. people when we are unwilling to overcome these prejudices.

Ok, what to do about it? Am I the person I want to be? I have been trying to reconcile being non-judgmental with my increasing conviction that we should condemn and exclude assholes (I needed to use that word because I can’t quite find another that truly describes what I mean) ...and with the recognition that some things just aren’t ok... well our thoughts aren’t finished on that yet..... hmmmmmmmmmmmm. Perhaps, we (for now, until we “get it”) need to be mindful, need to pay attention, and not to beat ourselves up when we notice that we are projecting our judgments. We all do judge. Although we try not to, because of just living, we constantly make and pass judgments. All too often we find it difficult to accept what we are feeling. A common pattern then, is to experience some initial unpleasant experience, and then to feel bad because of feeling bad and then to feel bad about feeling bad about feeling bad and so on. It is a vicious cycle of feeling bad about feeling bad. Pretty counterproductive, right? Or, we to the opposite extreme and make the mistake in our lives of thinking that unless we do everything perfectly, it is better not to anything at all. After all, why be a hypocrite? Hypocrisy is saying something and not putting it into action.

Judging oneself could mean you are struggling to answer the question of “who am I?” It seems as if the majority of us do not want to really know ourselves. Man, that is hard!!! But we do want to know everything about others. We want to find faults in others, but not in ourselves or find only faults and no pluses in ourselves. We want others to forgive and forget our faults, but we don’t want to forgive and forget theirs. Instead of investigating and judging our own conduct, we commit the error of judging others. It is so much easier. In other words, we are unaware of our own house being on fire, but we go out of our way to see if someone else’s house is burning. When you judge, it can affect your body physically and cause you pain. Judging others is often a result of your own feelings of inferiority. Again, rather than experiencing and addressing the pain of your feelings, it is easier to judge others. In a moment of judgment, you may be experiencing the feeling of powerlessness. Most people don’t take the time to become aware of that feeling of powerlessness; instead we lash out to keep from feeling the pain. When

you judge, you may be trying to change another person, and in turn, try to make yourself feel more powerful. To get past the judging, you could make the effort to see what you are actually feeling, instead of acting out. To get to the heart of your judging, you have the option of doing some inner work and have the determination to look at yourself with clarity. Go deep inside yourself until you find the root of this feeling. This means taking time to get quiet in whatever manner works for you. This may take more than one try, but keep at it and you will find the “root”. Ever try pulling up the weeds in your garden or lawn... sometimes you have to pull and pull and pull before you get to the end of the “root” or “cause”.

Acceptance of what we are feeling is one tool, although it is not so much a tool as a way of being. Acceptance means acknowledging what you are feeling and standing back from it so that although you experience the unpleasant emotion, you don't entirely define yourself by it.

An important approach in doing this is to locate the feeling in your body.

What shape is the feeling?

Where exactly is it located?

What color, if any, is it?

What kind of texture does it have?

Does it change over time?

In locating the emotion in your body this way, you realize that the emotion is smaller than you are. We are bigger than any emotion that we experience which means that if we stand back from the emotion then not everything we are experiencing is colored by the emotion. In this way we create a sort of “space” between ourselves and the emotion... Loren's Think Your Body Bigger Exercise certainly comes into play here.... Locate the emotion and do the Nada Exercise (found on website) to get rid of it. Then tell the emotion/feeling (etc) that it no longer has a home in your body. Emotions do not understand logic and do not have the same language as your mental brain/body; you sometimes can only describe the emotion as a feeling.

Now, you don't have to refrain from judging at all, you are human.... But try to undertake practices that would curtail the cause of the problem (know your biases). Question whether your reactions to people you judge to be less than good are your biases. Perhaps we should all cultivate empathy for the people who are in fact rude, cruel, etc. We don't know the challenges the person(s) who display this behavior have had. We don't know how hard they have tried to overcome previous behaviors to even get to the point they can be rude. Maybe by not reacting and just observing it will give us insight that will help explain why some folks are the way they are. If your more positive reaction replaces the old negative reactive attitudes, then our tendency to form mistaken judgments will not become problematic for us.

The absolute best writings about judgment is in Gregg Braden's “Walking Between the Worlds – The Science of Compassion” in which he talks about the Seven Essene Mysteries of Self. He talks about the mirrors as different kinds of judgments. You can find summaries of the mirrors on our website at [www.drsmick.com/resources/mirroring](http://www.drsmick.com/resources/mirroring) If you haven't read this, we urge you to do so. Gregg is gifted at presenting the various kinds of judgments so we can all not only understand them, but understand them well enough to do something about them.

## Level 24: Portal to Spiritual Purpose

The human body is one of the most valuable things that we possess. It stores and holds a ton of information, wisdom and knowledge. At conception, we received from our parents two different bloodlines certain matched and paired recessive genes. These genes hold light codes that give us the highest opportunity for accessing and developing our Spiritual abilities and for healing the damaged and wounded aspects of our Soul. These genes hold memories which have created blocks to our path to oneness and initiated our deep-rooted feelings of separation, separation from our true essence and source. This memory of separation has forced us to create experiences and situations where we are given the opportunity to heal ourselves, our world and the things that we have been separated from. A **source code** is needed to access this portal. As we lead you through this portal, we will introduce you to your Multi-dimensional Mentor (M2). M2 is a guide that will lead you through the maze that was created to block you from this important part of your life's experience.

We chose our parents carefully in order to facilitate experiences and situations that will enable us to heal ourselves. During this lifetime we all have done a lot of work to clear out our issues and repair our physical bodies so it has the ability to channel more light and higher vibrations. As we have been doing our work, Mother Earth has been going through vibrational changes also. As the Earth raises her vibration, we, as physical beings, are being given many opportunities to raise our vibration. These vibrational shifts have been felt around the world by many people who are experiencing confusion and chaos in their area of the world. It is in this perceived chaos and confusion that lie great opportunities for us to grow and expand and evolve.

Our bodies have been stimulated and continue to change as a result of the different rays of energy that have been blanketing Earth. It is as if the different energies that come in waves are coded with messages for us that our body takes in and our physical body processes; which, in turn, will allow us to have access to new information and data allowing it to move into our consciousness. We have not had access to this information. It is like we needed an access code to get to this information. Our task is to awaken, activate and unite the many different aspects of ourselves. This will trigger new versions, understandings and meanings to all the events in our lives and our world. The only way to access this information (it is almost like a GPS system) is by going within where we can feel the data corresponding with and translating our experiences within the context of our minds.

By learning to interpret all aspects of ourselves, all the answers to the mysteries will be found within. We are required to step out of our current belief systems and to create new belief systems as the mind is structured to evolve and form our experiences based on what we command. Our mind is not our master. We are the masters of our own minds. The mind is but a tool to be used to create reality and nothing more.

As all the pieces come together we create a connection between our human genetic coding that gives us access to more and more information. This is the awareness and understanding of who we truly are. Having access to the **Portal to Spiritual Purpose** provides us with the information we have been looking for. It helps fill a void or longing and helps answer the question, "**What is our reason for being here, what is our purpose?**"

*“When you examine the lives of the most influential people who have ever walked among us, you discover one thread that winds through them all. They have been aligned first with their spiritual nature and only then with their physical selves.”* Albert Einstein

As we were growing up and being directed by various individuals or groups (our parents, educators, people we look up to and seek advice from) as to what we should do for a vocation. What choices did we have? What was our motivation? At that time did we actually have a choice? Many of us chose professions that our parents/advisors guided us to and many of us were given no guidance what-so-ever. At this point in time it was as if we had given all of our power to these people and were pointed in a direction that they thought was correct. This was truly like walking into a void that many have not recovered from. These individuals walk around doing what they have been doing for decades, they appear to be happy, doing their daily routine doing what society has deemed acceptable, but are they really happy?

When organizing our thoughts about this level, words kept flashing through our heads... purpose, heart's desire, personal goal, personal mission, spiritual path, destiny, fate, intention, target, dream aspiration, expectation objective, desire, aim, plan, end... to the point my head was spinning. It was difficult getting a handle on what the guides were trying to tell us. Very few people have been asked, “What makes your heart sing?” or “What do you do that brings you joy or happiness?” Have you ever been doing something where you lost all track of time you were so immersed in the project?

Now I want you to step back, write down what brings you joy and happiness, list your talents and skills that come easy to you. In what ways do you like to work with others - for we are not stand alone individuals? Are you more comfortable in a leadership role or being directed or assigned activities? What is your forte, do you like to organize? Teach? Analyze? Counsel? Comfort? Be a care giver? Garden, etc.? Go within and see what you come back with. List the areas that you have difficulty or struggle with. What are the things that make you cringe? No talent? No aptitude? No skills?

### **DO THE ABOVE EXERCISE NOW... DO NOT READ AHEAD.**

This exercise that you have just completed is still mental, but it is getting you closer to where you may want to be. It is almost like you have to answer the questions by the way your physical body answers. It does not have a language but has feelings you may try to verbalize but you may have trouble with the interpretation. You have to do this exercise with **absolutely** no expectation at all.

We are trying to get you to look at yourself in **your** reality. Looking at your life up until this point, you should see your life as a process of stepping stones that have lead you to the place you are today. Are you happy where you are? Look back at the major points in your past. What were the major skills you were using? What skills do you like to use? Imagine a hologram. When you cut off a piece of a hologram, the entire original image is still contained within the smaller piece. Reality is the larger hologram, and you are a piece of the hologram. Your beliefs about reality become your beliefs about yourself. If your beliefs are accurate, you'll end up with an achievable purpose.

Have any of you had what some people have termed, “A wake-up call?” This is an experience that has happened to you that signaled you, that you need to change something major in your life. The best example of this is a friend of ours had her own business in her own building. She had been given hints over a period of months that something need to change but did not listen to these hints. Her building actually blew up as a result of a gas leak. She was not in the building at the time but got the message that something major needed to change in her life immediately. Does anything need to change or be adjusted with your current situation?

In some instances, the main reason you may be here is to learn how to listen, learn how to feel, be able to see beauty in nature, learn how to enjoy the quiet while walking in the woods, learn an appreciation for others, this list can go on and on. Some people have actually surrounded themselves with a collection of objects that carry the energy of their purpose, but this energy is not available to their physical body at this time. The main reason I wanted to include these examples is to get your thoughts away from only a vocational venue for your purpose.

Our purpose or passion may not appear as we mentally think it is. The rules that we have worked from in the past no longer fit our template. In fact, in all probability, it may be quite the opposite of what you expect. We were surprised at what turned out to be our purpose. Although we are teachers, healers, writers, facilitators, counselors, parents, grandparents, etc., none of these were our purpose. They are all things we came to do in this lifetime... to be of service. We are certainly “enjoying” a service lifetime, but still service was not our purpose.

**Are you ready to walk through the Portal of Spiritual Purpose?** We will open the portal to your spiritual purpose using the source code which will give you access to your Multi-dimensional Mentor (M2) that will lead you through the maze so you can discover your spiritual purpose for this dimension and other dimensions as you become aware of them.

This level is for anyone that has had Level 1, of any age, alive or dead.

Cost \$888. We don't know if any of you know how much we struggle to actually put a price to any of our levels. We come up with a price, but the guides are in charge of this aspect. We have some raging battles.... This level was not only difficult to ‘bring through’, to understand the mumble jumble, but to actually put words to it. Trailblazing, at times, really sucks. Then we try to price it... this time we priced it, tried to send it out, our computer didn't actually blow up, but everything went off the hard drive, we re-loaded everything (Vista, Office, etc), (luckily we learned a long time ago to back up and back up the back up), changed the price to closer to what the guides were saying, sent out the newsletter the second time. Guess what? Yes, black out again. The third time is this time; we will do what is being “suggested”. We have all agreed to a special price of \$675 until June20, 2008.

Loren and Diane

**PS.** Remember, to keep doing the Gold Light Exercise everyday. One of our clients wrote and told us “The exercises have become as much a part of my day as breathing.” Way to go RR!!!!

**PSS.** We (certainly not alone, but with the magnificent Sue) have set up our blog: [www.drsmick.com/blog](http://www.drsmick.com/blog) We certainly have not figured out how to use it correctly, but do take a look if you have time.....

### **For you to think about:**

In the movie “Zorro”, there’s a swordsman’s circle, and Zorro instructs his disciple: “You stay in your circle. Don’t go outside that circle for any reason whatsoever, because if you’ll stay in your circle, what you need will come to you, and then because you have remained in your circle, you will be able to deal with it on your terms.” It’s a spiritual metaphor. Not going outside your circle means staying in the space of your own life? You leave the other person’s space alone. It’s not your business? They can’t learn the lesson their space provides them, the truth that’s there if you are in their circle pushing on it. And not only that, the only reason you are in theirs is because you can’t bear being alone in your own circle. Stay in the circle, don’t go out, and you’ll see that fantastic things happen. If you would learn to do that, you would be given the “Godly” life that you are intended to have... something to think about, huh? This is a random writing that I couldn’t find an author for... but it did cause us to ponder a bit.

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