

Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 51, July 2009

So wouldn't it be wonderful if we started this newsletter out by typing an outline of what it contains? In theory – what a wonderful idea and/or practice. In reality, that would mean we would have to have a clue as to what in the world we were going to write about, and, as of this moment in time (you know the NOW stuff), we really don't know what we are going to say... so here goes:

Wake up Calls

We've been hearing this buzz word for quite awhile from a variety of sources...What does it mean anyway? Well, in researching this, googling it, wikipedia-ing it, etc. it can mean anything from a call from the front desk at a hotel/motel to get you up, an urgent "call" from your clothes as you try to put them on that perhaps you need to lose or gain weight, a "call" from your boss that tells you to shape up or expect to be shipped out, a "call" from your emotional mind that is signaling you that you are on overload and to just STOP IT, or maybe a "call" from the universe (god, source, etc.) that you need to make some changes. Wherever it comes from, it signifies *change* in some form or another. It means that something needs to be listened to. This could be something as easy as getting up when the desk clerk calls to tell you it is morning, establishing some sort of a new diet or exercise plan so your clothes will fit, conferencing with your boss to evaluate what is right/wrong with your job, defining priorities if you are on emotional overload or taking a good look at what is going on in your life and figuring out what isn't working anymore. Whatever it is, if you are getting gentle nudges or out and out cattle-calls, change will happen if you like it or not.

Change is easier if you plan for it, if you expect it, if you know it is going to happen. But sometimes, life just gets away from us... some days we oversleep and don't hear the alarm. Some days when we are dressing our clothes don't fit (and we think this happens overnight???) Someday, we just might get a pink slip in our in-box notifying us that we no longer have a job. We may act surprised, but we really know or saw it happening without doing anything about it. Loren and I were not only in multiple car accidents, but also "got" to experience "down-sizing" in very real ways in corporate America. All the signs were there in our jobs, we "knew" we were unhappy, we "knew" we needed to change, but didn't. We planned to do something about it all "tomorrow". Tomorrow came in the form of lay-offs, firings, and teeth-bashing accidents. We finally did get the idea, but certainly did not do it the easy way. In fact, we didn't know there was an easy way. We didn't know enough to look for signals and signs of impending change.

Look around at your life, folks, in all areas.... If you are being signaled by "wake-up" calls, for heaven's sake – get up, take a look and see what needs to be changed. If you are unhappy in your job, do something about it. Maybe you don't need to change jobs or positions, but look at the job differently. Maybe you need to be an actor/actress doing a job... and your career is

acting... your acting job is going to a place to perform ... well, whatever you do at that place of employment... then you leave your acting job, go home and are paid to act... you get paid to be whatever character your job requires – it isn't you, it is a character in a play. You “act” well enough for an academy award... you get bonuses for acting beyond what they expected.... Or, you can look at your job as what we call a “cash cow” – something you need to do to earn money for what you want to do. You don't have to love it or even like it – it is a means to an end.... Or, you can choose what you love and create a career out of it, actually getting paid for something you love to do (this is not possible for everyone, but an option). So there are three ways to approach your jobs... Acting, cash-cow or doing what you love.... They are just that – options to you wake-up calls for work.

It is the same for wake-up calls for your physical body. If your clothes don't fit, then figure out what to do. If you are constantly ill, figure out if it is diet related (what you are putting into your mouth), then keep a log of everything you eat; if is environmentally related, keep track of how you feel inside or outside, what you are using for cleaning, etc., what the pollen count is, etc. If you just hurt or ache all the time – take time to figure out why – is it your diet? Is it lack of movement? Is it not hydrating yourself enough?

Take time to take stock of what is going right and what is not working anymore. Many folks look at wake-up calls just to be spiritual... it certainly could be time to evaluate that aspect of self. I remember my grandma saying over and over again about “wake-up calls from Jesus”. She used to call them heart calls from Jesus to get your life together. Although she was referring to “judgment day” sitting in front of a supreme being and being evaluated, these wake-up calls could be all inclusive – maybe it is a call to all parts of the self for any kind of change. We will tell you from personal experience – change will happen.... So why not participate willingly and manage the change? You don't need to be in accidents, get fired, get divorced or sink boats in order to get your attention – pay attention and make adjustments now to the little things so they don't turn into big things.

We all seem to be going through a massive transformation. It seems as though we are not only witnessing but participating in a voluntary (yes, we did volunteer) cosmic death/rebirth. We are ending up with what no longer serves us – a clearing away, a tearing down and opening up, so that we have room for new beginnings... to use an old, old word.... A rebirth.... Our world is passing through some sort of a gateway. To successfully pass through this gateway, we have an opportunity to embrace change – to wake-up to our wake-up calls.... We “get” to let go so we can free our hands to grab what's next. We embrace the fact that our beginnings will always start at the end of what came before. So we are all in the processes of letting go... of changing. We are all seeking an end to past or present circumstances that frightens, pains, or just plain bores us.... We are ready. We've read, reread, watched videos, experimented with all the laws of attraction and other universal laws we can find, we've sought out gurus and channelers... yet, somehow we still feel stuck.

Ok, we've heeded the wake-up call. All true beginnings commence at the end of what comes before. This space that holds the new beginning at the edge of a previous ending is what is called transformation. Now this can be for anything... this does not have to be a spiritual woo-woey kind of thing... it is the end of being not-fit, being sickly, bad relationships, unfulfilling

job or career or it can be an extreme dissatisfaction with your life, your beliefs, etc. whatever your wake-up call was about. None of this is new knowledge – you are aware you have to end something before you can truly start something else. We should be as proud of our endings as we are of our beginnings. We are ending something that served us, something we learned from, etc. When we meet challenges, set backs, and the seemingly destruction in or of our lives, what we are actually witnessing is life’s uncanny ability to strike down that which no longer serves us... to clear space for something new to develop and grow. All this usually starts with some sort of a wake-up call alerting us to the fact that we are indeed ending something. What are you ending right now? What can you let go of or release in order to make room for your dreams and desires? (Fear? Anger? Negative thoughts? Emotional pain? Physical pain? Excess weight? Under weight? Physical and emotional dis-ease? Abusive or unhealthy habits and habitual choices? Hatred and judgment for what you may not understand or can’t agree with? Inertia, stagnation, the status-quo? Any career, environment, relationship or life-direction/lifestyle that does not make you happy or that leads you away from your bliss/passion?) Are you ready for a different life, money, the love of a soulmate, impeccable health, a new career? Nothing can effectively begin until you’ve released the negative expression and environment that will persistently cancel out any positive progress you make. The funny thing is, although this seems like common sense, it’s also hard factual science!!! We’ve all heard of universal laws like: The Law of Attraction and how they affect our ability to create what we want in our lives, but believe it or not, the physical laws of our universe (think Einstein and Newton) also affect and explain our reality and our ability to get what we want.

Science proves to us that we understand our world through our stories (our experiences). Our brains are designed to recognize and remember patterns. The paths in our brain actually shift and change as we create new correlations and connections. This is what creates meaning. $A+B=C$. In emotional math that can mean Love + Betrayal = Pain. For some of us, when we realize we can’t control whether someone else will betray us, we choose not to let love in so that Pain is then impossible (or so we’d like to believe). We’ve made our own equation, we’ve created our own pattern, established a new habit. So are you frustrated enough? As you listen to your newest CD series or work through the latest step-by step success or personal development system, are you actually believing that in itself will change you? You still have to make sense of all you have learned and still fight your old habits, your old way of thinking, your environment and your relationships... If we’re going to change the outcome other than re-creating the past, we all need to be really honest with ourselves.... Do we really need another regurgitation of The Law of Attraction or another rip off of The Secret? Are we really all confident that even though the last book or seminar we purchased may not have worked, the next one most certainly will? We aren’t saying that these don’t help facilitate you on your journey... but if any of us are going to succeed or fail, attain our dreams or waste our lives, it actually has nothing to do with what we read, who our teachers are or what program we follow, but to fully understand that WE are the craftsmen of our own lives. It has everything to do with what we are willing to do and who we are willing to be inside. You know there is a cart and a horse... the cart is all the trappings, all the resources, all the teachers, gurus, mentors, books, videos, etc.; the horse is YOU. Haven’t we all heard of the old saying, “putting the cart before the horse”? Well, we dress up the cart. We make it all fancy. We fill it with lots of wonderful things. We promise ourselves we’ll take the cart to all these wonderful places... BUT, without the horsepower to pull it, we are not going to

make it very far. So when we hit that wall, feel stuck, get our wake-up calls, don't look outside of yourself – look in.

Authentic Self

Andrew Cohen writes, “Whenever we deeply surrender to the best part of ourselves – what I call the evolutionary impulse or Authentic Self – we will, even if only temporarily, experience some form of existential relief and release. It’s so easy when we stop resisting the Authentic Self’s ever-present, non-stop aspiration to evolve. It’s when we stop resisting at the deepest level of our being that everything truly changes in a way that is forever. I’m not just talking about having a powerful spiritual experience; I’m talking about a permanent, irrevocable, vertical leap in our own emotional, psychological, ethical, philosophical, and spiritual development. When we no longer want to resist our own Authentic Self’s natural inclination to evolve, we will begin to transcend those structures in the separate self that limit us. And we will also awaken to a sense of spiritual buoyancy, a lightness of being, because we have finally ceased to resist in a fundamental way and that’s what changes everything.”

What does it mean to you to be your authentic self? Our last level was all about authentic self.. you becoming you and me becoming me. It is about us stepping into our own “beingness”, setting boundaries and each of us being true our own selves..... The universe is helping us by having our outside world mirror our inside world. Although this seems very simplistic, we are actually finding it very difficult. Last week, I (Diane) had a very difficult week and in thinking about all this mirror stuff, all I could think about was that if the outside world is mirroring my inside world, then I am truly F*****ed..... I really wasn't thinking this to be funny or witty, I was truly on overload. Too many things to think about, to answer, to do. Too many fires to put out, too many places to be...WAAAAAAAAAAAAAAAAAAAAA. After I settled down, I realized these were all things I was doing to myself.. the universe wasn't doing it to me.... In being authentic, meaning - be real to me... to myself, which things do I choose to do, to say, to be involved in that truly represent who I am, not who I think people think I am. Am I making sense to you? I was trying not only to be ME, but trying to please others and be what they needed me to be. Now, in taking a step back – it benefits them as well as me – to be JUST what I am, to have good boundaries, to not worry about trying to be what I perceive what they want me to be. It was my judgment, not theirs.. I did this to myself.

Don't be wishy washy about who you are. We have a really good friend – a really delightful person. This person is really fun to be around, but in thinking and working on this authentic person thing, we realize this person is whomever he/she is around. If you were to describe this person – everyone would have a different description – there really isn't an authentic being. He/she is trying so hard to “fit in” they have lost or never found “self.” In another setting, we were at a cookout the other day and a couple of folks were vegetarians so when we were serving the food, we asked a woman if she were vegetarian. She answered, “Yes, except for when I eat beef, chicken or pork.” She wasn't kidding..... HMMMMMMMMMM authentic self? Are you allowing the you inside of you to come out and meet the world? Come on out and play..... don't be afraid, we don't bite.

Level 33: Plenum Consciousness

Plenum Consciousness (This-ness) refers to the self-luminous and non-mediated nature of the Self, which is internal to everything, from ego down to the physical body. This Self is the substance out of which all things are really made. That which is everywhere, is also within us, and what is within us is everywhere. Plenum, fills all space, expands into all existence and is vast beyond all measure of perception or knowledge. On account of self-luminosity, non-relativity and universality are the same (Atman and Brahman- the Atman being the "Self" and Brahman being the "World Soul"). This identification of the Self with Absolute is not any act of bringing together two differing natures, but is an affirmation that absoluteness or universality includes everything and there is nothing outside it.

We are reaching a state of consciousness where the ever-present witness is not just recognized as the core Self of one's existence, it is now perceived as the primary reality of every experience. You, as the observer, are that pure consciousness. The process of observation is also that consciousness. The object of observation is that same **pure consciousness**. The culmination of enlightenment is the knowledge that consciousness alone exists, that is all there is was or ever will be. The oneness, or unity, dominates awareness even as one engages in the same mundane details of life as before. **One ceases to identify with an individual body-mind apparatus and sees the whole universe as one's physical body.** There is a personal body and there is a material universe, experienced through the senses, but they are now cognized to be incorporated in that one single reality of Plenum Consciousness. This is the third level of initiation into the realm of light. The first level was 31, the second 32 and now 33.

Dormant potentials previously mentioned are now fully operative. There is the ability to head and transform others and everything is experienced as miraculous. A flower is seen as a flower but is also experienced as rainbows and sunshine and earth and water and wind and air and the infinite void and the whole history of the universe swirling and transiently manifesting as the flower. In other worlds every object is seen as the total universe transiently manifesting as a particular object. Behind the scenes one can feel the presence of the same ever-present witnessing awareness that is now in both subject and object. **Plenum Consciousness** is the ultimate level of freedom from fear. It is characterized by an abiding sense of joy and peace. There is no "other" outside of oneself to be afraid of, and the constant dance of unity masquerading as diversity is seen as the blissful nature of life itself. All creation is seen as the play of consciousness.

Consciousness is the basis of all reality and shift in consciousness changes every aspect of our reality. Reality is created by consciousness differentiating into cognition, moods, emotions, perceptions, behavior, speech, social interactions, environment, interaction with the forces of nature and biology. **As consciousness evolves, these different aspects of consciousness also change.** As your consciousness evolves, your whole world evolves and changes with you. Every spiritual tradition speaks of higher states of consciousness. The average person only experiences *three* states of consciousness in an entire lifetime. These are deep sleep, dreams and waking state of consciousness. The brain functions measurably different in each of these states. Brain biology and brain waves show precise and different characteristics between sleep, dream and waking states of consciousness.

To proceed beyond the first three states of consciousness you do have to have a belief in a higher consciousness or spirit. When you proceed through learning how to be, feel, think and do, the mind is led past its conditioned states to its pure unconditioned state.

The **next stage** is the state we experience when our internal reference point shifts from body, mind and spirit, to the observer of body, mind and spirit. We experience and learn about this level as we learn how to communicate with our higher self or soul. This is accomplished through any form of meditation that you have learned to master. This observer is referred to as the witnessing awareness. During meditation, a person begins to identify with this aspect of the Self which is beyond thinking and feeling (the silent witness) and then begins to feel more calm, centered and intuitive in your daily life. **As the authentic core of oneself solidifies, there is less emotional drama in their lives. Relationships are more loving and compassionate and one finds a deeper more caring relationship what the environment and nature.** With the experience of the silent witness, the biology will also reflect greater balance and the activation of homeostatic mechanisms. Meditation (however you choose to commune with source) has been shown to lead to the reduction of stress markers, slower heart rate, lower blood pressure, enhanced immune function and orderly and precise self-repair mechanisms. Those who practice some form of meditation are less prone to get sick. (Meditation could be: a formal method, taking a walk, taking a shower, hiking in the wilderness, saying a prayer or mantra, sitting by the water, walking in the woods, etc. Regardless of the dissimilar methods practiced, the sole reason of meditation is to teach our busy mind to become quiet, releasing our psyche from stress and anxiety drawing upon some calm reflection and contemplation.)

When your higher self or soul consciousness stabilizes and the witnessing awareness is present all the time in waking, dreaming and sleeping states, you have then earned your stripes for the next level of consciousness. This state of consciousness is sometimes described in traditions as being both local and non-local simultaneously. The silent witness self is unbounded, but the body and the conditioned mind are localized. You have heard statements like, “*walking between the worlds*”, “*to be in the world and not of it*”, both of which describes the flavor of this level of consciousness. In this state of consciousness, even during deep sleep, the witnessing awareness is fully awake and there is the realization that one is not the mind/body, this is in the field of change, but rather an eternal spirit that transcends space and time. The most remarkable aspect of this state of consciousness is the knowledge of one’s nature as timeless and therefore no fear of death. ***Although this level of consciousness is not the pinnacle of enlightenment, nevertheless it marks the critical transition from an identity bound of a conditioned life, to a life of freedom in self-knowledge.***

As you integrate the last level of consciousness, the new level of consciousness is the expansion of the ever-present witnessing awareness is experienced not only in the silence of the Self, but also in the most abstract qualities of nature and the mind. Dormant potentials such as the awakening of the nonlocal senses (talents thought never to be attainable) begin to be experienced. As the individual mind starts to assess these unused realms of the psyche, they will activate extraordinary spiritual abilities previously thought to be unattainable. These include experiences such as knowledge of past and future, clairvoyance, refined sense of taste, smell, sight, touch and hearing, control over bodily functions, heart rate, autonomic functions. In other

words, objects are experienced simultaneously on a gross sensory level and subtle more abstract level. Appreciation of life from this more refined perspective represents the real engagement of the heart and love as the engine of spiritual growth at this stage. By experiencing the patterns and deeper connections that underlie external diversity, we find our soul is stirred by a profound sense of beauty, awe, compassion, gratitude and love. The integrating power of these qualities brings together the polarized world of the earlier level of consciousness which is divided between the Self and non-Self. In this level of consciousness, this harmonizing and synthesizing power is felt as the presence of divinity in our heart. Wherever one goes one feels the presence of the Divine. At this stage, there is an even greater conviction of the immortality of existence, not only as nonlocal consciousness, but also in the knowledge that you are that enduring presence of divine love. Divine consciousness also brings a deeper experience of liberation, as the external sensory world is no longer seen as a kind of spiritual exile which the soul must endure, but rather the world is a manifestation of beauty, and love of one's consciousness and therefore integral to one's spirituality.

The number **33** is the most influential of all numbers. It is the Master Teacher. The **33** combines the **11** and the **22** and brings their potential to another level. When expressed to the fullest, the **33** lacks all personal ambition, and instead focuses its considerable abilities toward the spiritual uplifting of mankind. What makes the **33** especially impressive, is the high level of sincere devotion. This is shown in its determination to seek understanding and wisdom before preaching to others. The Master numbers **11**, **22**, and **33** represent a triangle, triangle of Enlightenment. By briefly describing higher states of consciousness, the intent is to give you a general sense of the evolution that we have been going through for many years. It is important to emphasize that spiritual development is not fundamentally an intellectual or faith-driven enterprise. Enlightenment is not attained by reading and studying, or by fervent belief in something outside yourself. The development of higher states of consciousness primarily comes down to regularly and systematically experiencing deeper values of Self and then integrating that into one's daily life. The specific experiences an individual has on this journey, will necessarily vary, and based on the spiritual tradition and practice one follows, but also based upon your own personal history and tendencies.

Life is constant cycle of destruction and healing. Always has been and always will be. The wisest of us are patient whatever the situation and happy in the knowledge that healing or calm will follow!

Now with mass communications it is possible to experience things from a global consciousness making the idea of Plenum Consciousness much easier to accomplish. There is a scientific explanation for this phenomenon. It is called a grid or web that surrounds the earth connecting all of us together. Have you ever had the experience of being with a group of people and you all had the same thought at once? We like to chalk those times up to coincidence but is there really any such thing as coincidence? If you have ever noticed in nature how a species seem to practice non-verbal communication, seeming to know what the other is going to do? They do this because each species has their own web that they tap into that relays their intentions to each other. It is also important to understand that the experience of enlightenment in Plenum Consciousness is not a state of awareness that happens based on your likes and dislikes. It is a matter of living the

truth of the universal reality in every aspect of your life. You recognize your unlimited, joyful Self in the pure Self of your Christian neighbors, not in their attitudes.

Humans are at least as advanced as any other species so why would the concept of a grid to precipitate human communication be so hard to believe. It has been known for over 50 years that a geo-magnetic grid encompasses the earth that is there for unexplained reasons. Some have called it the web or grid of love.

There are many grids that exist; many individuals, groups, societies and civilizations have tapped into many of these grids. (an example of this is the 9/11 energy grid which incidentally still exists – it is a heavy, fear-based, mournful grid or the grid that was just tapped into with the death of Michael Jackson – you know the one that shouts “freak” or “god-like”, literally millions of folks from all over the world are tapped into this grid right now). Our job for this level is to connect you to the correct grid and disconnect you from grids that no longer serve you. This level again takes both of our energy to weed through the millions of webs, a whole new concept of Spiderman and Spiderwoman... You will be permanently connected into the Plenum Consciousness grid of likeminded individuals. This doesn't mean you will never go into the lower vibrational “group” energy, it just means that you may choose to visit for some reason and then have the ability to immediately leave. You all are trailblazers in this lifetime, you chose to be. Many will follow, but you chose to lead. The group energies that have influenced you in the past will change. You will have much more support from higher beings than ever before; they will be able to assist you easier. With all that is going on, the sooner you do this level the better it will be for those that are just awakening to this process. Let us know when you are ready for this third initiation into the new energy and to be connected to this energy grid. Cost is \$777.00

Mickelson's Inn, Our Virtual Reality

The “Mickelson's Inn” is going well.... Comments include, “The best part of it seems to be able to write whatever one thinks in total anonymity. I can be totally me.” “What fun it is to have someone to talk to.” “I love a community that doesn't judge.” The Inn is a closed, invite only group on facebook and is not connected to our “normal” membership (meaning Loren and I have facebook pages that aren't connected to the “inn”). We are accepting new folks on July 1, so if you are interested, contact us for instructions and pay through Paypal on our website.

Grudges

So, a topic we'd never really talked much about, but seems to be coming up quite a lot with many individuals lately... first of all, what exactly is a grudge? **Grudge** may refer to: A deep-seated feeling of resentment or rancor. Resentment is the experience of a negative emotion (anger or hatred, for instance) felt as a result of a real or imagined wrong done. So what? We've all had grudges, resentments, and negative emotions.... Well, the “so what” comes into play when the negative emotions materialize in your body as disease, stifle your relationships and/or contaminate your whole beingness. Sometimes a person gets so consumed by the grudge, they fail to live in the now because any grudge will have begun in the past... remember we can't undo

or have do-over's in the past. We have an acquaintance that has held a grudge against her mother for over 30 years... she can't even remember why, just that she was right. Well, her mom died recently and this woman is grieving, grieving, grieving... she now misses her mom, misses having a relationship with her, etc. Soooooooooooooooooooooo, what can be done --- nothing... she missed her opportunity to let go of the resentment, the grudge, etc (no matter who is at fault – she will never be able to re-gain the 30 years... never have her mom alive again). This same woman (you'd like to think would have learned a valuable lesson) hasn't talked to her daughter for over 10 years..... HMMMMMMMMMMMMMMMM. So, someone slights you, says something that offends you, does something that offends you (whatever the reason)... is it really worth carrying on the baggage of a grudge – a “I'm gonna show him/her?” .. and have that grudge eat away at you? The resentment (even if you are in the “right” will enter your auric field and have a heyday with you. You don't have to accept any wrong done to you... this isn't what this is about – this is about you hanging on and on and on to it. You can do two things... you can let it go, you can not react to it OR you can react to it and let it bug and harm you. You decide – you see, it is entirely up to you, not the person who caused it; it is up to you... Is it serving you? If not, let it go.

That is it for this time.... Smile

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