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Mickelson Muse

From our state of deep thought or dreamy abstraction.

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Ah, well, we start another month (well actually not quite yet as I am writing this, but almost)...I noticed it is full moon today – I am one that has never really been much affected by full moons, new moons, etc.; either that or I am too much out of my body to notice... But I do know that it really does affect others and also “brings out the crazies” (which we have experienced). As I was pondering that, it also brought up the question – do I even “feel” any of the changes that are going on now or am I completely oblivious to all the energy shifts and upgradings? The answer I “received” was that I am certainly “in my body” but I just don’t think about those sorts of things. I do know when there will be volcanic eruptions, earthquakes, etc.... but actual shifts in energy not related to physical earth changes... well- no. Does this make me abnormal? Am I missing something? Am I supposed to feel all the “stuff” that is going on? The answer is NO... what I feel and experience is right for me.... It doesn’t make me less than – I will experience things that are unique to me.

I remember when I first had my crystals removed.... I noticed NOTHING... Loren, on the other hand, experienced EVERYTHING... I thought, then, it didn’t work, I must have been scammed (although if you have read our story, you will know this would had been pretty impossible), but, none the less, I was absolutely convinced it worked for Loren and not me. As the months went on, he noticed changes in me. I was doing things I would have never considered, I no longer was afraid of heights, I started public speaking, the list goes on and on; what I am getting at is that I never noticed the changes; I just started “being different”. Everyone around me noticed changes. Deep inside of me I always “knew” I could do all these “different” things so when I started doing them, it was natural, but I remember, yes, I used to NOT be able to Oh, yeah, I did change. Did this happen over night? – NO!!!!!!!!!! For Loren, it did – for me, it didn’t. So as things change rapidly around us.... You know - the paradigm change thing – the old versus the new.... I guess I am not surprised I am not experiencing what many folks are... I do notice when I am unbalanced, ungrounded, and not centered, so I guess, for me, I will be satisfied with that.

So, how are you doing so far? I am writing this to take up space so I can put a cartoon on the next page..... this is a Diane Filler..... or you can draw a doodle.....

Paradigm Shifts



Speaking of paradigm shifts --- what in the heck does this mean, anyway? ...and what about – the old world, new world stuff? Do these changes happen like “snap”????.... Just a blink of an eye? Can you shift from old to new – back and forth? First of all the definition of paradigm is “probably the most common use of the word *paradigm* is in the sense of *weltanschauung*. For example, in social science, the term is used to describe the set of experiences, beliefs and values that affect the way an individual perceives reality and responds to that perception. Social scientists have adopted the Khunian phrase “paradigm shift” to denote a particular social phenomena.” (Webster) It is something that happens over time... a process, not an event. It would be like living in the Wild West...gradually entering the 20th century... on to the war years, to the 50’s, 60’s, etc. Things change..... You cannot step from today (physically) back to the Wild West and back to today. You can do it emotionally and even maybe mentally, but not physically... the change has happened. That is what is happening today; certainly we are having a paradigm shift, but it is and has been changing for awhile..... The “new” is happening NOW, we are all changing, if you “feel” it or not. The only constant in the universe is **change**.... Moving forward will be the theme now, in profound and rapid ways....

Beliefs

Ok, although we are probably beating this word “to death”... it also seems to be a stumbling block for many of us. Since our belief structure is such a basic part of our consciousness, the **law of belief** is a key to transformation of our consciousness. Recognizing this, an individual named Eric Butterworth, gives a basic concept for transformation as a simple formula:

$$C + B = A$$

In other words: That which you can conceive (C), plus that which you can believe (B), is that which you can achieve (A). We conceive through the creative process of the law of cause by establishing our thoughts, purposes, aims, and desires. To do this from the highest consciousness requires attunement first to spirit. **Mind is the builder and will build what you conceive through the Universal Laws and Creative Forces. If you believe that it is possible then it can and will be done.** This is the certainty, the expectancy you must provide. To the degree these ingredients are present and not negated by interfering doubts or fears or misapplication of other laws, you will achieve what you conceived and believed. You do not need to know how you will achieve your goal. This can be a step-by-step process in which you hold the ultimate goal in mind and each day conceive and achieve the next step until you finally reach that individual goal, or you can look at the goal, break it down into “lesson plans”... or better yet, each person can/will come up with their own ideal of what works for them.

Like all laws, the law of belief is impartial. You may conceive a great idea. If you believe you can make it “fly”, you will. If you also hold a belief that you cannot succeed or you fear success, you will bring the idea to a point of success and then make decisions that will cause you to fail. Searching out and releasing fear-based beliefs can completely change the results. We usually think of achievement in terms of material success. The laws, however, are not so limited. They work equally well to provide peace, joy, patience, love and other conditions. Such goals of your transformation are in accord with the purpose of the Universe and can bring greater contentment than materials goals alone. Only through seeing these aspects, as well as our material goals, can we achieve contentment and fulfillment. There is a warning about seeking materials goals only. You can, by the powers of mind and physical effort alone, achieve great wealth and great fame. The price you pay, however, may be enormous, in broken health, in ruined relationships and in lack of fulfillment. It is not necessary to pay such a price. You can achieve such goals if your seeking is based on guidance by attunement to your higher self. As you do that, believing that your material and other needs will be met, they will be, by law. It is the question of what path of belief you choose to follow; the high road, guided by your higher self or the low road, guided only by your mind and mass-mind consciousness.

So what is the Law of Belief? Simply put --- **As you believe, so it becomes for you.**

Interestingly enough, (we are not proud to say we’ve been working on this for over a month) this newsletter has been a struggle... “Life just happened”... Too much going on, too many complications happening, too many things going on with folks around us, on and on and on.... All legitimate “reasons” why we didn’t get this finished. We are not procrastinators by nature or usually by action, but this newsletter just didn’t get finished. Every day we had new ideas to

add, new subjects to research and write about, but... and we should have capitalized that BUT...the real “heart” of this newsletter is about beliefs... and we were busily being presented (should say bombarded) from all sides with our own individual and universal beliefs (these are quite different, by the way)... gawd, this has really been an interesting time. We say interesting because these past few months have been EVERYTHING... every emotion, every feeling, every logical thought, every reason, etc. known to man-kind. When we heard things were speeding up, we had no idea what “speeding up” meant. We are still not sure.... But, again, this newsletter is still not finished, huh?

In the past few months, it appears everyone is becoming an expert on beliefs. You can't turn on TV, go to a bookstore, read a magazine or newspaper without some new “cures” for beliefs that are blocking or holding a person back. It seems like everyone is stepping onto the bandwagon right now... it is like it is the newest revelation to hit our planet – many well known authors, talk show hosts, all in all, anybody who is anybody is hitting the circuit with “beliefs”... from The Spontaneous Healing of Belief by Gregg Braden to Excuses Begone by Dyer... Beliefs are getting talked about. This is a good thing.... The fact that beliefs as a “source” of what perhaps may be ailing a person – is a good thing to consider or look at, but a problem arises when you begin to believe all the hype that wham, slam, thank you mam, the beliefs that are causing you problems disappear like magic. Personal beliefs ingrained into your energy field (auric field) can be removed... particularly ones that you bring from past lives.... (this is what we do in Level Two Part One of our level work). Sometimes this lifetime's beliefs can also go into our energy field.. These can also be removed... but the ones.. the personal ones (again, not the universal ones) that are in our physical bodies (emotional, mental, etc.)(this lifetime) are much more difficult to change because we (in all probability) are unaware of what the personal core beliefs are. Oh, we think we can pin point them... we've been working on them for literally years... abandonment, betrayal, self esteem issues, self worth, love, happiness, health, intelligence, graceful, good, bad, reliable, trustworthy, work ethic, but they are actual symptoms for the “real” core beliefs that are usually unconscious or stubbornly held in our subconscious. (Some of these could also be traced to a personal core belief, but you really need to go through the self discovery process to get to the core.) These are the starting point, however, for “getting to” the core personal beliefs. First of all, we need to point out that not all core beliefs are negative.... In fact, quite the opposite, most of our core beliefs are positive and really serve us well... it is just the negative ones that we are trying to discover and change.

So a good starting point is taking a look at what is going on in your life right now. We have been inundated with stories from everyone on how challenging life is right now... from the non-metaphysical folks who are talking economy to war to healthcare to far left vs. far right politics to the metaphysical folks talking about changing paradigms to ascension to pole changes to alien landings... doesn't matter.... Life is seemingly chaotic right now. Sooooooo... look at what is bugging you right now... situation or person.... What are they (or it) doing that bugs you? How does it make you feel? Why do you feel that way? Let's say someone just lied to you...(This is a made up example). What did they do that bugged you? Well, lied to you. How did that make you feel? Probably angry... why do you feel angry? Because they lied... Again, how does being angry make you feel? It makes me feel like they can't trust me to tell me the truth.... How does that make you feel? It makes me sad they can't trust me... Why can't they trust you? Because I really can't be trusted... Why can't you be trusted? Because my dad called me a liar

when I was little... how did this make you feel? Like my dad didn't approve of me.... How did this make you feel? Like I was unlovable... thus, I am unlovable.... Personal core belief? Yes.... Now you know, now – it can be changed....

Once you change the belief, then –you have to trust in that belief.. Trust can sometimes be even harder to “get at” than the belief itself... it is like having a belief that the pond is frozen... trust comes when you act on the belief that frozen water will support your weight, then walking on the frozen pond and “knowing” the frozen water will hold you up. The whole thing about trust is that it is also wrapped around “deserving”. (All you brainiacks, chill out here, of course, you would check the thickness of the ice).

So the person who bugged you actually was a gift from the universe, helping you discover your personal core belief... and, what a gift, huh? We will tell you, every irritating person isn't necessarily a “gift” to you... sometimes they are just irritating.

Your personal core beliefs were probably formed when you were in vitro to about 5-8 years of age... some even a bit later... but it is rare to find a core belief that was formed after that. Many times the beliefs (low self esteem for instance) came as a symptom of the core.... I (Diane) don't really like to be touched... I really never tried to figure it out, just thought it was one of my many “unique” character traits.. until I was talked to a friend the other day who also has that “unique” trait. So I decided (unthinking about my own belief about myself) to help this person back track to a core belief... I won't go into details, but this person's was tied to touch being bad when his dad tried to choke him as a young child... touch=bad.... So all touch was negative.... Mine was traced back to never being held as a newborn or anytime after that... touch=unknown.. not a known so why would I know touch was good or bad when I wasn't touched? (My mom had a brain tumor crowding out her short term memory and didn't know she had a baby). So we both are restating the core belief.. Touch is good (or whatever). Does this change happen in a flash? Goodness, no.... but it is changing and I am given many opportunities to state this new belief many, many times throughout the day... So in helping another person, I was helped....

Is it important to get to your personal core beliefs? Yes...it is really the only way you will be able to go forward.. these negative personal core beliefs are holding us back. Is it easy? No, it will be, perhaps, the hardest thing you have ever done in your life... but – it works... really!!!! No one can do this piece for you... folks can give you hints and even tell you what they “might” be... but only you can integrate, understand and change them. We (and others) can actually remove the beliefs stored in your energy field, but only YOU can deal with the physical, this lifetime personal core beliefs.

Universal/Multi-Universal Beliefs

Now... what in the heck are universal beliefs? And how are they different from personal ones? You can think of universal beliefs as beliefs that actually come from society... the world around you. These universal beliefs become enmeshed and become a part of the grid of the planet... because you are part of the planet they also become enmeshed in you. Universal Beliefs follow you from lifetime to lifetime because even if you leave, the planet has always stayed... so when

you are born, it is already a part of you... these universal beliefs include (but certainly are not limited to) a person cannot heal themselves, you have to die a physical death, personalization of god, men can do certain jobs better than women, women can do certain jobs better than a men; no matter what you personally believe in this lifetime... these underlying universal beliefs WILL limit you.... It doesn't matter that you have a personal core belief that you can heal yourself, the universal belief that it is impossible to heal yourself will stop you (there are rare exceptions to this).

Your personal core beliefs are the basis from which we apply the Universal Belief Systems which are major detriments in creating every aspect of our lives. Our universal beliefs are also the filters through which we screen all that comes to us as well as all that we think, say, and do. Universal Beliefs are the basics of our consciousness. If we are going to transform our consciousness, we need to change our universal beliefs. They are totally ingrained in our physical bodies. We have found that you cannot remove or change your Universal Beliefs through prayer, positive affirmations, zapping, writing them down and burning them, etc. Your Universal Core Beliefs are dense, solid and are difficult to alter in any way. We, (Loren and Diane) go in and change the out-dated Universal Core Beliefs from a very dense solid state to a more fluid state and then a gaseous state depending on your personal vibrational rate thus making it easier to change your beliefs as you progress and change. For more information please go to our website at www.drsmick.com and look for Level 36: Changing Negative Universal/Multi-Universal Beliefs.

Self Healing

Those of you have not considered the Level 35 – it is pretty awesome... At first we started out the healings (If you have no idea what we are talking about or if you can't remember what this level is – read through it on our website) – with little things like bruises and small cuts.... We couldn't believe how fast they healed – nearly in front of our eyes. I (Diane) started on my right eye (I have a disease called histoplasmosis that hit my right eye and I don't have a center of vision. The center of vision is completely and irreversibly scarred, or at least was.... I have photos of the inside of my eye proving it used to be scarred.); I did the prescribed healing procedure then... actually, I forgot about it. I couldn't figure out why my contacts were blurry... I kept putting in fresh ones (wasted a few)... cleaned them, put eye drops in, etc. OH, I remember now, I was working on my right eye... I paid attention (finally)... covered my left eye – guess what? Not my entire center of vision was back yet, but the huge black spot was sooooo much smaller.... It has continued to decrease. As of today, it is just a small pinprick. So the process doesn't happen over night – it doesn't go – whack, bang – healed... but it is improving.... No center of vision for 35 years – permanently scared... seeing again... hhhhhhhhhhhhhhhhhhhhh. BUT, I have to tell you, I worked very hard on my core issue of deserving first.... Ok, then... now off to getting my 20/20 vision back... or should it be my knee (I'm wondering if I can change my titanium knee into bone????) or something else...??? You can only do one thing at a time until your body adjusts to the new cells, etc. You are going back to a lifetime where the part you are working on is perfect—so only one thing at a time or you could put your body into shock. Again, if you have no idea what we are talking about... go to www.drsmick.com and read about Level 35... it is (in my words, of course) awesome and it

works!!!! If you are working with medical people (alternative or regular), you can do this in partnership with these folks.... Some individuals we know have done this with results that the established medical profession can't wrap their minds around... healing taking places where it is impossible to heal.... Fun, huh?

Using Your Gifts



The above cartoon actually has something to do with what we will talk about next.... Hopefully you got the gist of what it was about.... If not, it is the “crystal ball” trying to call the psychic... the the psychic telling the “crystal ball” to only call during business hours... How many of us are guilty of that? How many of us put our “inner knowing”, our intuition, on hold? Or even worse, don't listen at all? Your intuition works 24/7 All the time, and you will get these gentle nudges, telling you to pay attention. **WE ALL** have this 6th sense... it is not just available to the few.

Another View of 2012

Rob Breznsy has an interesting write up...”**As the Fake Reality Dies . . .**

I don't know anything about whether any specific political, cultural, or climatic events will happen on December 21, 2012. I'm not that kind of prophet.

What I do know is this: We're in the midst of a Great Awakening . . . a wild and adventure-filled Collective Resurrection . . . a transition that will see the gradual collapse of the Fake Reality and the slow ascendancy of the Real Reality.

When the transition reaches critical mass -- maybe on December 21, 2012, maybe not -- fewer and fewer people will be invested in belief systems, and an ever-growing contingent will thrive on asking questions and keeping an open mind.

For those of us in the latter category -- the Awakeners, the Resurrectioners, the Harbingers of the Real Reality -- we will prize the virtues of curiosity. We will avoid being addicted to dogmatic theories and rigid certainties, knowing that they tend to shut down our fluid intelligence.

We will get a kick out of shedding our own emotional biases so that we can strive to be more compassionately and tenderly objective in our understanding of the ever-evolving truth.

And here's one of the most fun aspects of the mutation we will usher in: We won't need to worry our beautiful heads and hearts about whether any particular prophecy will come to pass . . . because we'll know we have the power to override and render irrelevant all prophecies, as we create the world we want instead of the world we fear.”

.... And we agree.

Listening



How good of a listener are you? Do you think because you are quiet and not interrupting the other person, that makes you a good listener? Listening is an art many of us have never had the opportunity to learn... we just “think” we are listening when actually we are “thinking” up a response or formulating in our minds what to say next. This is NOT listening... Listening is actually paying close attention to what is being said, plus paying attention to what isn't being said... It is “reading between the lines”... it is queuing into the non-verbal as well as the verbal. For instance, any of you ever watch the new show, “Lie To Me”? If not, it is a good place to get some very good information on how it is done.... the main character observes expressions, body language as well as listening to what is being said... quite interesting.... Why not try the next time you are in a conversation with someone... you might be surprised and find yourself pleasantly engaged in and participating in a real conversation.

So, that is it for this time... stay in touch...

Loren and Diane

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