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# Mickelson Muse

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

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We had to laugh at the seeming impossible task of integrating experiences of great expansion, clarity and peace with the equivalent of being caught in a sausage grinder of limitation and suffering. They can and do change as frequently as seamlessly as do weather fronts. And, man, have our weather fronts been changing.... So our suggestion is just to “go with the flow”, stay as grounded as you can, try to stay in balance, and breathe, breathe, breathe....

It has been a wild ride, hasn't it? We sometimes feel as if we are that Mary Poppins character with umbrella held high being swirled around and around and around.... So hold on folks, think we are in a for a ride of a lifetime!!!!

In this newsletter I will talk about:

1. The key to liberation
2. Collective responsibility
3. Grounding
4. Whatever it takes... a pondering

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## **The Key to Liberation**

We are starting out with a quote by Andrew Cohen states that we don't necessarily believe we have to solve all of our psychological problems in order to become liberated human beings. The key to our liberation is simple and direct: it occurs when we discover and recognize something that is more important. When you awaken to something that has infinitely greater spiritual, moral and philosophical value than your personal problems, when you discover a high perspective that is inherently more meaningful than the woes of your wounded self, those problems and woes won't necessarily disappear, but they suddenly appear to be dramatically less important. Now, in a deep and profound and significant way, you are just not as interested in that personal world any more. And that's how you find liberation. It is not because you work through your psychological problems; it is because you begin to lose interest in them. The discovery of that which is higher is the secret to becoming a dignified, self-respecting, caring and spiritually liberated human being --- right now.

This doesn't mean we don't continue to work out our blockages, our traumas, cellular memory issues, emotional memory issues, etc. We still are doing our clearings, but it doesn't seem as pressing... it is just being in the NOW and experiencing – well – experiencing.

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## **Collective Responsibility**

In the past few years, science has made a radical, revolutionary discovery that changes everything about the way we think of ourselves and the world. What they found is that when we create heart-based feelings of gratitude, appreciation, care, literally, using the muscle of the heart to create these feelings – what we're actually doing is generating a magnetic field inside our bodies that is part of the magnetic field of the earth that undergoes the change. Gregg Braden has certainly written extensively about all of this... and he understands and writes about it so much better than I do.

He says that the earth's magnetic field rises, falls and regulates everything from climate to ice caps and sea levels. This magnetic field joins all life on earth from a blade of grass- to an ant, to a goldfish – to a hamster – to us. When many of us come together and create a common feeling (which we all do a lot with group meetings, meditations, etc.), that experience is called "coherence." "Coherence" can actually be measured. It is 0.10 Hertz. That is the measurement of the coherence created between the heart and the brain. (Cool, huh?)

Scientists first found out about this during 9/11 when our satellites 22,000 miles in space began to register changes in the magnetic field of the earth, when humans were having feelings about September 11<sup>th</sup> and the World Trade Center. This is a surprise to science. (Gotta love all those left brainers.) The scientists asked, "Why would people experiencing 9/11 affect the magnetic fields of the earth? There's no connection, right?" Well, wrong. They found that there is a connection and this has led to what is called the Global Coherence Initiative Project.

Scientists are now building the sensors that can measure these magnetic fields and put them up onto the website where you can watch the fields change everyday in real time. In addition to measuring this field, the Global Coherence Project's aim is to teach people how to create coherence in their everyday lives. It is not a hard thing to do, and you don't have to change your lives to do it. You don't have to change your meditations, your prayer, or any practice. It is a way of being in our hearts as we go throughout the day and that is very easy to learn. For more information on this check out <http://www.glcoherence.org/>.

When we create this coherence inside our bodies, it triggers about 1,400 biochemical changes. Anti-aging processes begin. DHEA level – the life-giving hormone – surges in our bodies. Our immune systems become really strong. We think more clearly. We become less aggressive. The magnetic fields of the heart are now being documented. We are facing the greatest challenges of 5,000 years of recorded human history. As we face the great challenges of our time, we are asking, "What can we do?" Is there an effect between the collective emotions and the earth? If a large enough portion of the earth's populations were to focus the strongest magnetic field of the human body upon one emotion in the same period of time, it makes

tremendous sense that such a focus would affect the portion of the planet that operates in the same range of frequencies as the emotions.

A change in the way we feel about ourselves and our world has the potential to affect the world itself... humbling, huh? So do we have a collective responsibility? Since everything is energy... it makes sense that we – as we are all on our separate, individual paths... perhaps have some responsibility also to help with the “all”. Perhaps it isn’t about just the “me”.... Maybe we should schedule a meditation that all of us could settle into sending out an emotion from the heart for a bit... let me know if anyone is interested... a very, very, very informal... do as you normally do, but all at the same time?

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## **Grounding... yes, again**

This area still seems to be very troublesome to many people. It is defined in sooo many ways and means so many things. There is the old way of grounding that meant connecting to the earth... but as we all have become more crystalline and less carbon based... we are naturally connected to the earth... so the new grounding is more of bringing “all” of you together... making sure no part of you is “somewhere” else... being “present”.... You do this by being aware, being balanced, being centered, being in the NOW. You can do this very simply by doing the [Gold Light Exercise](#)... or anyway that works for you. You can certainly do it the old way of connecting the earth, etc.... but you are really making it way, way too hard. Loren and I find it easier to be “present” by using the energy of various stones... through jewelry and for “decoration” throughout our house and car. The new grounding and protection jewelry Loren developed is having wonderful results. If interested, check it out at <http://www.drsmickjewelry.com/bracelets.htm>.

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## **Whatever it Takes**

It is rarely the spiritual experience itself that actually catalyzes transformation. More than anything else, it is our willingness to respond to the implications of that experience that makes it possible for us to take real and discernable leaps forward. Andrew Cohen talks about this occasionally in his work. The experience of higher states of consciousness is free he says. But the potential for dramatic transformation that it reveals to us is always expensive to actualize. It is a perennial truth that we must be willing to give up a lot in order to not lose touch with the pristine vision glimpsed in revelation. How much do we have to give up or change? If we are serious about going all the way, then.... Whatever it takes, huh?

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See you all next month or maybe sooner if we do a group meditation. Do remember to check out our blogs. I write daily, Loren writes about once a week.

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So, that is it for now... am closing, giving you a smile... our little granddaughter, Veta saying hi...



Smile....(o: Loren and Diane

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