

Drs. Loren and Diane Mickelson
www.drsmick.com drsmick@drsmick.com

Mickelson Muse

From our state of deep thought or dreamy abstraction.
No. 86, December 2013

What is in this newsletter?

1. Sleep... oh my
2. How to save yourself from toxic people
3. Twelve Signs of Your Awakening Divinity
4. The Death of Metaphysics
5. Facilitator of Change
6. Less stuff equals more freedom
7. Next

Sleep... oh my

We get so many folks asking us about sleep... too much, not enough, waking up many times during the night, etc.... we thought this article was enlightening and certainly explained my (diane) sleep pattern.... Read on.....

How Our Ancestors Used to Sleep Twice a Night and Highlighting the Problem of Present Shock

By **Jeremy D. Johnson**

8 hour sleeping is a modern invention.

Imagine you are a denizen of the 18th century. It's just past 8:30 P.M., you've got your night-cap on. You blow out your candles and fall asleep to the smell of the wax and the wick, which gently fills the air around your bed. Some hours pass. 2:30 AM. You awaken, grab your coat, and visit the neighbors because they, too,

are up. Doing quiet reading, prayer, or even having sex. Well, apparently before the age of electricity, sleeping twice a night was completely ubiquitous.

Back in those times, we slept twice a night, getting up for an hour or two for recreation before heading back to bed until dawn.

From Slumberwise.com:

The existence of our sleeping twice per night was first uncovered by Roger Ekirch, professor of History at Virginia Tech.

His research found that we didn't always sleep in one eight hour chunk. We used to sleep in two shorter periods, over a longer range of night. This range was about 12 hours long, and began with a sleep of three to four hours, wakefulness of two to three hours, then sleep again until morning.

References are scattered throughout literature, court documents, personal papers, and the ephemera of the past. What is surprising is not that people slept in two sessions, but that the concept was so incredibly common. Two-piece sleeping was the standard, accepted way to sleep.

"It's not just the number of references – it is the way they refer to it, as if it was common knowledge," Ekirch says.

An English doctor wrote, for example, that the ideal time for study and contemplation was between "first sleep" and "second sleep." Chaucer tells of a character in the *Canterbury Tales* that goes to bed following her "first sleep." And, explaining the reason why working class conceived more children, a doctor from the 1500s reported that they typically had sex after their first sleep.

Ekirch's book *At Day's Close: Night in Times Past* is replete with such examples. But just what did people do with these extra twilight hours? Pretty much what you might expect.

Most stayed in their beds and bedrooms, sometimes reading, and often they would use the time to pray. Religious manuals included special prayers to be said in the mid-sleep hours.

Others might smoke, talk with co-sleepers, or have sex. Some were more active and would leave to visit with neighbors.

As we know, this practice eventually died out. Ekirch attributes the change to the advent of street lighting and eventually electric indoor light, as well as the popularity of coffee houses. Author Craig Koslofsky offers a further theory in his book *Evening's Empire*. With the rise of more street lighting, night stopped being the domain of criminals and sub-classes and became a time for work or socializing. Two sleeps were eventually considered a wasteful way to spend these hours.

The science seems to back up our history books. In a 4-week study with 15 men living with restricted daylight hours, something strange started to happen. After catching up on their “sleep debt” – a common state of affairs for most of us – the participants began to wake up in the middle of the night:

They began to have two sleeps.

Over a twelve hour period, the participants would typically sleep for about four or five hours initially, then wake for several hours, then sleep again until morning.

They slept not more than eight hours total.

The middle hours of the night, between two sleeps, was characterized by unusual calmness, likened to meditation. This was not the middle-of-the-night toss-and-turn that many of us experienced. The individuals did not stress about falling back asleep, but used the time to relax.

Russell Foster, professor of circadian neuroscience at Oxford, points out that even with standard sleep patterns, this night waking isn’t always cause for concern.

“Many people wake up at night and panic,” he says. “I tell them that what they are experiencing is a throwback to the bi-modal sleep pattern.”

Although the article mentions there are no benefits for sleeping twice a night, it’s difficult to imagine there wouldn’t be some major effects on our daily consciousness. How much would we benefit from a few hours of “unusual calmness, likened to meditation”? Seriously. I haven’t tried “bi-modal” sleep, but I think many of us, including myself, have stumbled into it. Our maddeningly busy digital schedules prevent us from considering the possibility, and benefits, of interloping with the sidereal realms of consciousness for more than an 8-hour “sleep debt” crash.

But we can’t go back to a pre-electric lifestyle of early-to-bed, early-to-rise. Yet, maybe we can we utilize this knowledge to enhance our quality of life, and open us up to alternative modes of mind and time.

This leads me to a book I’ve been reading through lately.

Swallowing the Information Age in a Single Gulp

If you’re interested in reading more on the modern world’s impact on our mind, look no further than Douglas Rushkoff’s new book: **Present Shock: When Everything Happens Now**:

“The point is that time is not neutral. Hours and minutes are not generic, but specific. We are better at doing something in the morning and others in the evening. More incredible, those times of day change based on where we are in the

twenty-eight day moon cycle. In one week, we are more productive in the early morning, while in the next week we are more effective in the early afternoon. Technology gives us the ability to ride roughshod over all these nooks and crannies of time. We can fly through ten time zones in as many hours. We can take melatonin or Ambien to fall asleep when we've arrived at our destination, and later take one of our attention deficit disorder-afflicted son's Ritalin pills to wake up the next morning...

Where our technologies may be evolving as fast as we can imagine new ones, our bodies evolved over millennia, and in concert with forces and phenomena we barely understand. It's not simply that we need to give the body rhythms... the body is based on hundreds, perhaps thousands, of different clocks, all listening to and relating to and syncing with everyone and everything else. Human beings just can't evolve that quickly. Our bodies are changing on a much different timescale."

What Rushkoff suggests, however, is not to toss aside our iPhones and "always-on" digital lifestyles, but to figure out a way for our technology to enhance our biology:

"Yes, we are in a chronobiological crisis of depression, suicides, cancers, poor productivity, and social malaise as a result of abusing and defeating the rhythms keeping us alive and in sync with nature and one another. But what we are learning gives us the ability to turn this crisis into an opportunity. Instead of attempting to retrain the body to match the artificial rhythms of our digital technologies and their artifacts, we can instead use our digital technologies to reschedule our lives in a manner consistent with our physiology."

I'm not sure I'll be adopting a 'bi-modal' sleep, but I can definitely see the benefits of recognizing, and attempting to live by, a new understanding of time. Time as quality. Duration. Flavor. One of my favorite 20th century cultural philosophers, **Jean Gebser**, wrote in 1949 that time was at the heart of Western civilization's crisis. In our attempt to be "in the new," we try to be tapped into everything happening, at once. But maybe that's the wrong approach. The wrong attitude about time. It's not important to quantify time like we do. Maybe what's needed is to step back and be present, not like the "present shock" Rushkoff is critiquing the digital age for, but in presence. In swallowing the information age in a single gulp. It could be that our contemporary crisis with being in the now is no different than the **Zen koan** of "swallowing the ocean in a single gulp." You can't do it if you literalize time into little bits, tiny ticks of the clock, emails, Facebook notifications

and bleeps on the LCD screen. It's just far too much. But our information overload may, in reality, be a limitation not of the digital age but of the mode of quantifying consciousness we bring to it. What do you think? How do we deal with the “Flood” as James Gleick calls it?

How to Save Yourself from Toxic People

You're in the best of moods and the day feels just great. Suddenly you feel sapped of energy and your spirits have been dampened. The source of the deflation? You've just encountered someone who has a bad attitude and it has cast a pall over your own mood. While it's a personal choice to seek to deflect the negative moods of others, it's not always that easy – emotions are contagious and we're programmed to empathize with others around us and to tune into their emotions.

The negative moods and thinking of a toxic person are pervasive – nervous energy, anger, sadness, complaints, clinginess, a view of the world constantly tinged with negativity. And if you happen to be caught up with toxic people daily in your life, by letting their negativity get to you, it can erode your own sense of self and deflate even the most optimistic outlook. Constantly negative emotions can lead to illness and a shortened lifespan – toxic personalities are not healthy for themselves or for you. And since misery loves company, miserable people will try to drag you into their fold; however, take charge of defending yourself and learn how to break free from toxic attitudes around you, to sustain your healthy, fulfilling, and optimistic outlook.

1. Discover your current attitudes towards life in general. There is no point in striving to be progressive and successful, when you yourself possess the negative energy that holds you back. Take stock of your actions and words. If your own behaviors head in the direction of self-pity and pessimism (a self-perceived victim status), it's time to re-track and start over by making a choice to adopt more optimistic beliefs and attitudes. Life will give you what you expect, so that your expectations need to be balanced with realistic measures and a more positive framework. This starts with you as a person before looking to blame others for your failures and miseries.

2. Learn to pick up on the energy (or vibes) around you. Besides knowing yourself well, you need to know how you feel when toxic people are around you. You probably already know how to do this but learn to make it a conscious act, not just an unconscious reaction. For example, think about how you feel when you walk into a business where everyone is friendly and cannot do enough to engage you in casual conversation. Then, think about walking into a business where the mood is sour, the assistants are barely able to mumble a hello to you and appear to have other things to do than to engage with you, their faces filled with resentment and a desire to be anywhere than where they are. The energy in both cases is enormously different and you pick up on it immediately. It is the same with individuals; you will grow to consciously notice when you feel immediately uplifted or plunged downward by the people in your presence and you can take steps to make choices about how to react once you recognize these feelings.

3. Recognize the toxic personality types. We all have our down days, and each of us is prone to the blues now and then. However, when it comes to toxic people, the blues appear to be a permanent state of being and feeling down, glum, angry, etc., becomes a primary personality trait rather than a temporary state of mind. The following toxic personality types are ones to be on the watch for:

Angry at life: A person who is always angry, blowing up, shouting, and reacting to everyone in a volatile manner is a toxic person. They need a lot of help but you don't need to be their battering board. Staying around a person like this will cause you to become angry too, to see slights where there are none, to react instead of reflecting, and to fear things.

Everything in the world is rotten: A person with this worldview is always down and always finds the dark side in everything. And they love miserable company; the more dark thinkers agreeing with their conspiracies and frightening theories, the better. Oddly enough, this person will often be competitive about their misery, trying to outdo any other person's misery. Prone to seeing other people's mistakes as enormous transgressions (and therefore cannot forgive) and to fearing that people are going to let them down/let them go at any moment, they live in constant state of fate-determining negativity and lack hope. Since they don't feel capable of changing their trajectory, they'll try to drag you in with them.

Attention seekers: Insecure, unable to create their own sense of self-worth, and emotionally immature, this person is a "clinger". They want your attention, they want it when they want it (now!) and they need to be at the center of everything. This person's constant need to be heard and rescued will wear you down eventually and their inability to settle down and take a good, long hard look at themselves means that they try to suck the energy and life from elsewhere, namely from you.

Gossips: "When all else in your own life fails, spill the beans on other people's misfortunes" is the motto of this difficult character. Instead of keeping confidences and being supportive, this person allows envious feelings to get the better of them instead of rechanneling their envious feelings. Unfortunately, gossip feels exciting to those receiving it initially, but it's like a sugar high- it soon crashes and the nasty after-effects harm everyone. If you have found yourself caught up with a gossip and you've enabled them or benefited from them, don't get hung up on worrying about your complicity; forgive yourself, make a choice to only speak well of others from this point on, and remove yourself from their sphere.

Fearful frighteners: Worry, anxiety, "what ifs", and fear pushes this personality. Everything in life, from relationships to crossing the road, holds some potential for fear and terror, and this person's anxiety is unfortunately very contagious.

4. Take a look at the company you keep (or attract). Looking at the list in the previous step, analyze friendships, family relationships, working colleagues and decide objectively just how healthy these people are in terms of your overall well-being and composure. Do they bring out the best in you or do you serve as a sponge for all their problems and miseries? If the latter is the case, for your own sanity and well-being, let them go. This might be really hard initially because of the expectations and sense of obligation that builds up in relationships but staying with people who lead you into constant misery isn't going to be rewarded, so don't subject yourself to it. Disengage yourself from their company politely by minimizing contact until a healthy distance can be maintained. You need this time to ponder and reflect on saving and preserving yourself, drawing on the optimism, hope and positive energy you have within.

There is a primal instinct in each of us to mirror others we're with. It's a survival and a social technique. And if that mirror is murky, negative, and lacking in self-

esteem, it's a mirror you need to throw a drape over for the sake of self-protection and moving forward. Remember that you can't change another person, only yourself, so don't bog yourself down with excuses about being responsible for them or feeling pity for them. You can only truly help a negative person when you're no longer influenced by them.

5. Listen selectively when engaging in any conversation. Seek to hold onto the positive and constructive aspects of any conversation. Train your mind to consciously throw out the bad essence of the conversation. It becomes a matter of choosing what it is you wish to dwell on; allow the good side to hold stronger for you and to serve as the thoughts you focus and ponder on. When negative Ned starts getting really trying, returning positive energy through positive words or suggestions that are supportive. Doing this creates a space between you; while the other person may be internally struggling to refute to your positive insistence, it is clear to them that you aren't going to be won over to the dark side!

Create a personal signal to remind yourself to keep deflecting the negative conversation and signals beamed at you from a toxic personality. It might be pulling a piece of your hair, digging your thumbnail into your palm, flicking your wrist, tapping your knee, etc. This minor action is a protective mechanism to remind you to consciously note that negativity is being sent your way and to make a conscious effort to refuse it entry into or lodgings in your own thoughts.

When dealing with blamers, shift the perspective. While the toxic personality wants another person to take the blame for a situation, stay calm and keep insisting that the problem be solved instead of discussing whose fault it is. Seeking to blame someone keeps things static, and stuck in time, and a solution won't be found because it has been lost from sight and the blamer doesn't want to take responsibility for improving their own situation anyway. Stick to the facts and point out what needs to be done to fix a problem. If they become hot-headed or violent, remove yourself from them and allow them the space to calm down.

Use empathy and compassion with those who seek to spread fear. Limit your exposure to their fear talk by turning their negative talk back on itself. For example, if they insist that your business venture is going to fail, ask them "Well, what if it doesn't?" Help them to see the possibilities rather than endless negatives.

And when they really get to you, see their fear as a form of being upset and tell yourself over and over again that this is their reaction, not yours, and that you have the choice to remain grounded and true to your goals.

Always remind yourself that negative emotions have a time limit; they do not last, they will soon pass. You do not need to carry the ball of negativity with you beyond the encounter.

6. Develop a beautiful mind. This can be achieved by accepting the reality of things that cannot be changed. Let bygones be where they belong – in the historical archives of repressed memory. If these emotions become too difficult to attain closure, seek help to close this chapter fully and finally. In this way, you won't allow the negative thoughts to fester and control your present and future self; understanding and learning to accept what has been as a lesson in growth rather than a crystallization of who you in time for all time is the way to break free from negativity. Acceptance forms a great part of this beautiful mind, bringing closure and leaving the mind and body free to achieve a more fruitful and higher quality lifestyle.

Take up practices that help to ground you. Some things that might help you include meditation, yoga, reflection in nature, martial arts, endurance sports, a hobby that fulfills a passion, etc. Find something that calms and centers you and to which you can retreat when you need to re-energize yourself.

7. Know what your needs and desires are. Take time to decipher what is important to you. Know what your likes and dislikes are and develop some idea of where you would like to see yourself in the future. Write down your plans on paper. Paste it on a wall where you can constantly remind yourself and stay focused. This will also help you when times get tough and you feel the gripping desire to fall back into older negative habits. More importantly, knowing what you want in life acts as a shield to prevent you from taking on board other people's expectations for you and treating those as your own instead. By all means remain open to hearing what others have to say but don't be swayed by what doesn't fit with your needs and desires, or by what stops you from being true to yourself.

8. Stick to your own beliefs and be comfortable with yourself. The doubts, regrets, and misgivings that others feel should be of no consequence to you and the

paths you follow in life. It is commonplace to hear such comments as "My parents wanted me to do X, so I did", or "My spouse wanted to go to X city, so we did" and then to see the speaker behave as if their life were determined by someone else's choices. Or, there is the perennial "If only I had done things differently, I'd be famous/rich/important by now, but X held me back." None of these thoughts about the past are helpful to the person you are now: Don't allow other people or their preferences to serve as your excuse for a lack of an internal moral compass and set of beliefs. Your faith and confidence in your own beliefs will get you to where you want to be. Once again, listen if you have to, but do it selectively. Keeping away from people who confuse you is the next very best choice to make – make excuses to stay away.

At times, you will need to make compromises with the people close to you or who impact your professional life; but, do so knowingly and confidently, and not because you feel bludgeoned into making choices by a toxic personality.

9. Find like-minded people. As we all know, no person is an island – we humans are social creatures. As time progresses, your entire being will become accustomed to happy and wholesome interactions. What you will discover when you focus on sustaining an optimistic mindset and refusing to dwell on the negativity is that you will attract people with a similar mindset to you. Mingle with company that helps you to develop a healthy body and mind – be with optimistic, upbeat, and happy people. The more time spent with people of this nature, the happier and brighter you will feel. Their nourishing, healthy, and positive attitudes are contagious in a good way and will help you to stay on an even keel. Equally, once you reach the point whereby anything or anyone who disrupts your sense of balance and inner peace starts to irritate you, you know how to politely deflect them, and this confirms that you're well on your way to a greater and more contented life.

Pass it on. Use the inspirational example of the more positive people in your life to guide yourself away from the toxic thought dwellers. In turn, become more like the optimistic people by seeing the best in others and complimenting the good you see in people. Be the source of a "healthy chain of emotions" by remaining upbeat when interacting with others; accept and give compliments with thankfulness, maintain eye contact with them, and smile.

10. Strive to become one with yourself, the environment and your needs. This may be difficult at the onset but given time, the routine of seeing everything as a wonder and finding the good and positive in everyday interactions will eventually fall into place. A calm and collected mind is ingenious and complements productive and sensible thinking.

Twelve Signs of Your Awakening Divinity

This is a channeling that V. Kelson sent to me... I thought it was very good and may explain a few things that might be going on in your life.

1. Body aches and pains, especially in the neck, shoulder and back. This is the result of intense changes at your DNA level as the “Christ seed” awakens within. This too shall pass.

2. Feeling of deep inner sadness for no apparent reason. You are releasing your past (this lifetime and others) and this causes the feeling of sadness. This is similar to the experience of moving from a house where you lived in for many, many years into a new house. As much as you want to move into the new house, there is a sadness of leaving behind the memories, energy and experiences of the old house. This too shall pass.

3. Crying for no apparent reason. Similar to #2 above. It’s good and healthy to let the tears flow. It helps to release the old energy within. This too shall pass.

4. Sudden change in job or career. A very common symptom. As you change, things around you will change as well. Don’t worry about finding the “perfect” job or career right now. This too shall pass. You’re in transition and you may make several job changes before you settle into one that fits your passion.

5. Withdrawal from family relationships. You are connected to your biological family via old karma. When you get off the karmic cycle, the bonds of the old

relationships are released. It will appear as though you are drifting away from your family and friends. This too shall pass. After a period of time, you may develop a new relationship with them if it is appropriate. However, the relationship will be based in the new energy without the karmic attachments.

6. Unusual sleep patterns. It's likely that you'll awaken many nights between 2:00 and 4:00 AM. There's a lot of work going on within you, and it often causes you to wake up for a "breather." Not to worry. If you can't go back to sleep, get up and do something rather than lie in bed and worry about humanly things. This too shall pass.

7. Intense dreams. These might include war and battle dreams, chase dreams or monster dreams. You are literally releasing the old energy within, and these energies of the past are often symbolized as wars, running to escape and boogiemen. This too shall pass.

8. Physical disorientation. At times you'll feel very ungrounded. You'll be "spatially challenged" with the feeling like you can't put two feet on the ground, or that you're walking between two worlds. As your consciousness transitions into the new energy, your body sometimes lags behind. Spend more time in nature to help ground the new energy within. This too shall pass.

9. Increased "self-talk." You'll find yourself talking to your Self more often. You'll suddenly realize you've been chattering away with yourself for the past 30 minutes. There is a new level of communication taking place within your being, and you're experiencing the tip of the iceberg with the self-talk. The conversations will increase, and they will become more fluid, more coherent and more insightful. You're not going crazy; you're just waking up and moving into the new energy.

10. Feelings of loneliness, even when in the company of others. You may feel alone and removed from others. You may feel the desire to “flee” groups and crowds because at times you are walking a sacred and lonely path. As much as the feelings of loneliness cause you anxiety, it is difficult to relate to others at this time. The feelings of loneliness are also associated with the fact that your Guides have departed. They have been with you on all of your journeys in all of your lifetimes. It was time for them to back away so you could fill your space with your own divinity. This too shall pass. The void within will be filled with the love and energy of your own Christ consciousness.

11. Loss of passion. You may feel totally disimpassioned, with little or no desire to do anything. That’s OK, and it’s just part of the process. Take this time to “do no-thing.” Don’t fight yourself on this, because this too shall pass. It’s similar to rebooting a computer. You need to shut down for a brief period of time in order to load the sophisticated new software, or in this case, the new Christ-seed energy.

12. A deep longing to go Home. This is perhaps the most difficult and challenging of any of the conditions. You may experience a deep and overwhelming desire to leave the planet and return to Home. This is not a “suicidal” feeling. It is not based in anger or frustration. You don’t want to make a big deal of it or cause drama for yourself or other. There is a quiet part of you that wants to go Home. The root cause for this is quite simple. You have completed your karmic cycles. You have completed your contract for this lifetime. You are ready to begin a new lifetime while still in this physical body. During this transition process, you have an inner remembrance of what it is like to be on the other side. Are you ready to enlist for another tour of duty here on Earth? Are you ready to take on the challenges of moving into the New Energy? Yes, indeed you could go Home right now. But you’ve come this far, and after many, many lifetimes it would be a shame to leave before the end of the movie. Besides, Spirit needs you here to help others transition into the new energy. They will need a human guide, just like you, who has taken the journey from the old energy into the new. The path you’re walking right now provides the experiences to enable you to become a Teacher of the New Divine

Human. As lonely and dark as your journey can be at times, remember that you are never alone.

The Death of Metaphysics (hmmmmmmmmmm)

Can something as profound as metaphysics reach a point where it will cease to exist?

To answer that, you have to understand the definition of the word metaphysics. It means ‘beyond physics,’ i.e. ‘beyond the study of the phenomena of nature.’

Saying that metaphysics is beyond the study of nature suggests something supernatural. However, as nothing can exist outside of the “universe(s)”, then nothing is beyond being natural. Supernatural, therefore, is a word that contradicts itself.

‘Supernatural’ is an oxymoron, just like ‘an exact estimate,’ ‘clean dirt,’ ‘fresh frozen,’ and ‘a definite maybe.’ How can anything in the universe be beyond the natural? More likely, it is something beyond the understanding of physicists because it is too subtle to be included in today’s physics.

Let’s drop the use of the word supernatural. ‘Supernatural’ implies that some things are permanently beyond our understanding and, in the new reality, that attitude just doesn’t make it any more. If something exists, it can be understood. The first step is to admit that it does exist.

For example, there is overwhelming evidence to support the idea that the human aura exists. The human aura is an envelope of etheric energy surrounding the physical body. While only clairvoyants can currently see the human aura, what will happen when a device is invented which allows the etheric energy of the aura to be directly displayed on a physical monitor screen? One thing that will happen is a boost in our ability to diagnose health conditions before they can physically manifest and cause real damage.

We do have aura cameras today that interpret electrical signals in the hands and make an estimate of what the aura should look like, but these do not read the etheric energy of the aura directly. Also, we have Kirlian cameras, but they display an electrical reaction to etheric energy, not the etheric energy itself. What we need

is technology that can see etheric energy directly and display that on video. Another application of such technology will be clear contact with the spirits of departed loved ones.

The study of etheric energy is in its infancy today. Etheric energy is life energy, an energy more subtle than electromagnetic energy. While electromagnetic energy deals directly with the physical world, etheric energy is pre-physical. Clairvoyants can see it, and people in the spirit world can see it, as etheric light. Most physical humans do not see it at the present time, although we do have the potential ability to do so by developing our in-built, subtle senses and, as we progress through The Shift, people will find this ability unfolding naturally.

Research into etheric energy today is in its infancy. Remember that electrical energy, in the early 1800s, was still a mere curiosity of scientific pioneers. Electricity, it was said, could be felt from an electric eel, it could be seen in the sky as lightning, and observed in biology as the force which moves muscles.

When the Leyden jar, a device for storing a small charge of static electricity, was invented, the door was opened to more research into electricity. Then, with Volta's invention of the chemical battery and its ability to produce a controlled current, laboratory experiments became much easier to perform.

It wasn't long before there were instruments to measure voltage, current and resistance. Then, Faraday's inventions of the electric motor and the electric generator opened the way for electricity becoming the new motive power in the Industrial Revolution, largely replacing steam as a working fluid.

Today's challenges to physics, and metaphysics, are etheric energy and consciousness. Etheric energy research will yield machines which diagnose and heal automatically. It will also produce, among countless other benefits, the means to affect and control the weather. Rain dances are not superstition. They are conscious attempts to alter the balance of etheric energy in the vicinity, which automatically affects the weather conditions. Etheric energy devices can also achieve that same effect.

Rain-making, etheric energy devices have already succeeded in some basic experiments by Trevor Constable. When he served on merchant marine ships, he

would secure his experimental, etheric energy projector tubes to the deck of the ship. The passage of the ship through water continuously recharged the ship with etheric energy. His projector tubes directed some of that energy towards the sky ahead of the ship. Within 15 minutes rain would appear – on a fine day, around the ship, and nowhere else!

The study of consciousness will also expand physics, which is just beginning to recognize the role of consciousness in subatomic behavior. Subatomic particles are displaying signs of consciousness, and this is happening under controlled laboratory conditions. This is leading to the realization that the universe, and everything in it, must be conscious. In other words, the universe must be one big, fully aware, inter-connected, Infinite Being.

The boundaries between physics and metaphysics will blur as the study of consciousness becomes their common ground. Physics will find that it has to expand and become something more all-encompassing than it has been to date. The big turning point will occur when physics grows to include a philosophy of Universal consciousness. When it adopts the habit of asking the question, “How did the universe’s consciousness achieve that?”, then it will be on the fast track to its greatest discoveries ever.

Physics, the study of nature, will grow to include everything in nature. When that day comes, there will be no metaphysics because metaphysics will have become a part of the new, expanded physics.

The unknown will have become the known, and our appreciation of the works of the universe will have grown along with this expanded knowledge.

Facilitator of Change

You awakened in a modern society this time. Now you are a Facilitator of Change, but you say, "I'm going to go to the esoteric meetings, but I'm not going to tell others I'm going. Because I'm not going to go through that again." You're careful who you tell about what you believe, because you're tired of swimming upstream and having the current beat you back against the rocks. You're tired of losing family and friends or even jobs because you happen to believe that God is inside

you. That is the story of the old soul who is here in the room and listening to these words.

However, the result of all this is an old soul who comes and stands tall as a Facilitator of Change on Earth, but who also lacks self-worth. That's an oxymoron! How can you have a lighthouse that's uncertain of its own light or if it's doing anything worthwhile? Will the waves come and knock the light out? But that's who is in front of me and listening now, because you're all that way! You can't help it. Your past is your past.

This turnaround of energy on the planet cannot instantly create giants and heroes of self-worth, especially among those who have practiced in the old energy for so many years. Perhaps you think you are ready for this shift? You are not - not for the energy that's coming. That's what we want to also address.

There is something coming where you will be able to manifest things only dreamed of, but it's going to take belief, realignment, and new understanding. You are going to have to start some basic survival perceptions that require you to understand that, dimensionally, you are more powerful in areas you cannot see than the ones you can. You weren't taught this in school or by your mother, and you have never practiced this. That's where you stand at this moment. "Well then, what's going to happen?" The answer is that you're going to have to want to change. If you do not actively attempt to change, you will always be floating on the surface like the old oil.

Less stuff equals more freedom

I received a page from a book a friend of mine was reading... which book??? Who knows... but it was all about getting rid of things that drain us...

This is a pondering kinda thing. What if you were presented with a fabulous, once-in-a-lifetime opportunity, but you had to move across the country in three days in order to take it? Would you be filled with excitement and start making plans? Or would you look around your house and worry about how to get everything packed up in time? Would you despair at the thought of transporting your stuff across thousands of miles (or worse yet, find it completely ridiculous)? How likely would

you be to decide it is just not worth the hassle, you are “settle” here and maybe something else will come along some other time?

It seems crazy to consider – but would your stuff have the power to hold you in place? For many of us, the answer may very well be “yes”.

Things can be anchors. They can tie us down, and keep us from exploring new interests and developing new talents. They can get in the way of relationships, career success and family time. They can drain our energy and sense of adventure....

So ponder a bit, friend.... What would YOU do?

Next

Finally, do check out our final chapter of the 12 Chapter – Multi-dimensional settling in work.... It is and has been phenomenal for us... you’ll find all about it on our website under the level work.. the very very very last entry.



Have a GREAT HOLIDAY SEASON!!!!!!

Thanks for spending time with us today... if you need to get in touch with us....
We are at drsmick@aol.com or drsmick@drsmick.com (they both work) We
do have time slots available for consulting/coaching/counseling.....

Stay in touch...

Loren and Diane

Copyright notice: Copyright 2013 Loren and Diane Mickelson. This information may be freely disseminated in whole or in part provided that there is no charge for the information and provided that this notice is attached. When using an edited or partial version of this material please clearly state that this is an edited version and refer the reader to the full original version.