

# Mickelson Muse

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

**No. 6 , July 2003**

"Sailing forward: Just as a ship sails through opposing winds by setting its sail at a certain angle, so can we, by right insight, sail through all seeming opposition. Forget opposition. Remember insight." The Daily Guru

Happy summer!!!!

Can you believe it???? Another season has flown by. It seems like "earthly" time has speeded up because Christmas was only last week (ha). So, the first topic of this month's newsletter is Manifesting, the second topic will be Timeliness, followed by Value.

Samone Michaels, Author of *Speak Your Truth* published by Sunstone Press enjoys traveling to sacred sites to expand her knowledge of what we can learn from the Ancients. She blends common sense, insight and personal experience into wisdom that can be applied to our daily lives. The following is a first of several articles. Each is an excerpt from her latest book soon to be published, *Messages Within*.....

## **Manifesting Your Reality Part I of III**

*"Be heartfelt of your thoughts" is a phrase that I use to express the power of desires and words. Acknowledging the energy behind words is becoming important as we notice the acceleration in which our intents are being manifested. I have also observed spiritual meanings popping out of every day phrases and quotes. Expressions, such as "What goes around, comes around" conveys the idea that words and thoughts form into action, and will come around to benefit you or provide a lesson. This saying also recognizes circular time instead of linear time. Many sayings like this one guided me to examine old and new expressions seeking to discover inherent spiritual messages. Time and time again, messages stood out! So this prompted me to write a book titled, Messages Within.*

*But, why haven't we been paying attention to our thoughts and words? One concept is that we haven't accepted that our thoughts have power or that we are Spiritual Beings creating our reality. Also, I believe that until this incarnation our desires were carried over from lifetime to lifetime, hidden by the veil when we reincarnated. Thus making it difficult to see this process happening. But, things are changing!*

*Look back over the last 5-10 years. Have you noticed how quickly your desires are manifesting? Those times you declared, "I hate my job", and got laid off that same*

day! Or wondered, “I haven’t heard from so and so lately” and then that person calls! You may have paid little attention, but is imperative to now!

In addition, there are phrases that I have observed that have a direct impact that are far from what I desired. Take the expression, “So and so is a pain in the ass.” Would it surprise you to know that you might develop hemorrhoids? Who wants that! Or last fall I noticed that I was tired every day, to the extent of having to sleep eight hours and then a nap on top of it. I discovered that it was because I was frequently using the expression, “I am tired of this or that”. As soon as I stopped saying this, I was no longer tired. An exercise to find out what expressions you use that may be affecting you is to jot down in any given day what sayings you find yourself repeating. Then note what symptoms you may be manifesting that are associated with the use of these expressions.

In this brief article, I can’t do it justice to describe why we’re manifesting faster. I will hint that recent findings about the Mayan Calendar are astounding! However, I can share another exercise to help be balanced and clear with your intentions. If you say something that you don’t mean, quickly restate it. For instance, stating, “I hope it doesn’t rain Saturday” insinuates that you don’t accept that you create your reality, and Spirit does the opposite to teach a lesson. In other words, to hope is to want, and to want will manifest you being in a wanting state. That isn’t what you intended. So quickly restate, “No! I meant thank you Father Sky for a sunny day, Saturday.” This accepts that you create your reality, and the action of thanking is as if it has already happened.

In the next article, we will visit the inherent spiritual meanings that are present in everyday words and expressions. Until then, “stay tuned”, an expression that conveys the meaning about our bodies being in harmony, tone, or resonance. Amazing, isn’t it?”

We know, we know, you have read the books, attended the seminars, listened to the tapes, said the affirmations and probably received all sorts of advice from friends and relatives. We are sure we’ve all tried everything and yet there are areas of our life that just “don’t work”. It isn’t that any of the above things are wrong; they all do work in degrees (in fact, many times we manifest, but either don’t realize it ‘has happened’ or we don’t want it at the time it appears.. this is the second topic of this newsletter). But some of our biggest problem area (relationships, careers, money, health etc. whichever is unique to you) still remain problem areas. One thing to take a look at is “Do you deserve what you are trying to manifest?” Secondly, “Are you willing to settle for ‘almost what I want’?” Only you can answer these questions --- but we will say that unless you truly believe you deserve whatever you are asking for and not willing to settle for ‘less than what you want’, you will have problems with the areas you deem problem areas.

Ok, now that we’ve established you deserve and you ‘want it all’, then ask yourself, if all the techniques you’ve tried are outside of yourself; meaning, you say the mantras, listen to the tapes, read the books, etc, but never actually **integrate the concepts in your physical body????** We discovered we had been manifesting (sometimes with good results, sometimes mediocre, sometimes zip, nada) outside ourselves. The really important things, we either settled for less than we wanted or we ‘got’ nothing, zip’. While we were sitting drinking coffee (yep, haven’t given that up) a couple of weeks ago with a friend, brainstorming manifestation (or in other words, “why in the heck does life suck?”) she asked us if we internalized our requests. It seemed like a strange question.

We thought we had been doing that. But in trying some of the information our friend gave us, combining it with the books we've devoured, tapes we've listened to, advice we've been given..... and mulling over intuitive messages we've received, we came up with how to bring manifestation into the body (thus internalizing it):

### **Steps to manifesting:**

- 1. Know what you want.**
- 2. Make your intent general to allow Spirit not to be limited, but not too general so it really isn't what you want.**
- 3. Contemplate – “I'm already that....or already have that...” From your power center, dream your greatest desire. Move the dream down to your 1<sup>st</sup> chakra to ‘birth it’.**
- 4. Have passion.**
- 5. Move the energy up to your heart chakra to record and register the intent.**
- 6. Move the energy to the 5th chakra. Be at total peace.**
- 7. Be with Spirit inside the Womb of Creation. You'll feel a symbol (that is unique to you and your dream) move into the womb (around 1<sup>st</sup> chakra area).**
- 8. Bring the symbol up to the throat....**
- 9. Project the energy through the symbol. Become the symbol. Place life force into the holographic symbol.**
- 10. Release it to the Universe. (It will move into your auric fields and then into universal multidimensionality.)**
- 11. Then forget about it. So be it!**

This is in the embryonic stages, a basic outline for **YOU** to personalize it your yourself. Give us feedback on this if you want to share.

Thus, this brings us to Topic Two.... **Timeliness**. So, you've manifested something. Are you ready to use it, live it, participate in it, etc???? You might immediately say yes, but before you do, you may want to check in your recent past to see what has happened and/or gone on in your life. Have you ever had a feeling you need to change jobs? You hate your job, you felt unfulfilled in it, but yet, you stay and stay and stay. Then **wham!** One day you are fired, let go due to downsizing, the company goes belly-up, etc? Have you ever felt you needed to get out of a relationship (be it partner, friend, business associates) but you didn't? You stay in it because..... Well, you can list the reasons. Then one day, **wham!** The relationship ends badly, lots of bad feelings, etc. Have you ever lived in a house and you “knew” it was time to sell it or if you rent, time to find another place? Of course, you didn't move and, again, **wham!** The place was sold out from under you, foreclosed upon, started needing all sorts of repairs, was in a tornado, was in a flood, was in a fire, etc..... and you were forced to make the move?

These are all examples of something you needed to change in your life; you probably manifested change, either consciously or unconsciously, but didn't act in a timely manner when the event happened. So think about it... do you really listen to your intuition when

it “talks” or because you’ve settled or accepted ‘less than’ the Universe has to step-in and force you to accept the very things you asked to change?

Next topic is **Value**. How do you value yourself? Do you value yourself enough to know you deserve whatever you are asking for? OR do you listen to other’s opinions of you and either readily believe it or spend time trying to convince them why you deserve.....?

This last topic hit us between the eyes this spring. While on travel to an area we hadn’t visited before, where folks hadn’t heard of Drs. Loren and Diane Mickelson or the work we do. We were questioned to our face and certainly behind our backs of how dare we/they charge that much... or the work isn’t worth that much, on and on and on. We were in the process of developing some new seminars and were, frankly speaking, having trouble figuring out how much to charge. Because we hadn’t had to defend our prices or our value for years and years, we started questioning and trying to defend **to others** our value. We had evidently temporarily forgotten.... Then a big ah ha came to us... we know our value; we know the value of our work. Either others value it or don’t. It is that simple. If they don’t value it, then it isn’t for them, it doesn’t change the fact that we value ourselves and the work we perform. How could we possibly manifest anything if we were dependent upon other’s perception of value for us?

We constantly see many people that want to give their work away. They want to “be of service to the Universe”. They aren’t putting value (not necessarily money) on their talent. We live in a society that if something is free, it has less value. If you have to pay for something, then you will value it more because you paid a price for it. You also have folks that are free-junkies... they collect free services, free items, etc... but because they don’t pay (be it money, barter, a thank you, etc) it has little value.

As you increase in your vibratory rate through all the ‘letting goes’, ‘re-defining’ sometimes ‘the bubble of biology’ can be really difficult. Tears, anger, rage, depression come up for no reason. You wonder if it will ever, ever be over. The good news is that you are experiencing what people call ‘the thinning of the veil’. The bad news is really good news in that it will probably continue for some time, but can be an indication to you that it is happening. That you can and do live mostly beyond the veil of Universal Fears.

You have power as a creator (a manifestor) and a responsibility for using that power. You have a ‘say’ in what happens. You have a responsibility to yourself, to others, to the planet not to judge others or yourself’s vibratory rate. You are unique, your journey is unique.

“Everything is created by thought. All matter is subordinate to thought. All physical events are the result of a thought or thought of any kind affecting matter. The solution begins and ends with the self. Moving into higher evolutionary status means carrying our true energy (power) as creators even though we are still firmly rooted in the physical experience. We are all beginning to see that the time lag in our own creations is now very

short. We really do need to pay attention to what thought we allow to reside in our heads, as they now become our next reality in record time.” Steve Rother, Beacons of Light

**Feedback:**

A. Some feedback we received from our last newsletter from a client who has given us permission to share. We found it quite interesting that it paralleled this month’s topic of manifesting.... But from another aspect... be careful of what you ask for... you might get it. “ You might mention to your readers that one person ‘wished’ they could learn to do something, and it unfortunately came true. With every ‘skill’ there will be a side effect of some kind. Sometimes you decide that the ‘side effect’ is definitely not something you want except the doorway you opened cannot easily be closed. Clairaudient abilities can have many side effects; I wished for a ‘better’ ability and ‘opened’ a doorway to another dimension. Now, after 6 years, I have finally found a way to close that door. Remind your readers that everything in the Metaphysical Arena has a ‘side effect’ of some kind. Just channeling energy can overload a person, but usually can be dealt with. But once you open a door you may not be able to close it. People tend to forget this side of ‘learning’ or ‘doing’ more and more things. Also, besides people wanted to ‘learn’ to do more and more things, is often just ‘one’ more way to earn money, not that they will be able to use that skill in the highest manner that their clients might need from them. In the end ‘promising’ the ability to do something for a client could cost a client a great deal more money than they can afford, when going to another person would be quicker, safer, and less expensive. Unfortunately, I feel that people who ‘do’ everything and say so, make me very wary; also less likely to want them to work on me; I believe a “lightworker will have “Specialties” not a swarm effect.”

B. Feedback from “Always Ask Your Body Seminar”

(from a client who is in the medical profession)

I have seen Drs. Loren and Diane’s work evolve over the past ten years. We have worked together professionally. The core of their work has always been to learn how to tune in and to trust your inner wisdom, or as my mother called it “her women’s intuition”

I can honestly say that learning how to go within and listen has helped me in all aspects of my life. I can choose more respectfully the food that I eat and the lifestyle that I live in. This results in more energy and overall vitality for me. When I listen to my body and honor the information it provides me, I am more contented with my life’s outcome and I have less depression and more successes. It has helped me clear out old family conflicts, while I learned to be me, myself, in all my personal relationships.

My business and professional career is effortless when I go and listen to my inner wisdom. It has made my chiropractic practice flow with ease, which makes for a satisfying relationship for both my patients and me.

(From a client in the medical profession)

In learning to ask my body what it wants and/or needs, it has helped me open up a level of trust in myself. Instead of always asking someone else, I can now ask myself the questions. It gives me more power. While I still would ask others questions, I may look at them more as opinions rather than “the gospel according to....” regarding what I want or need. In opening up the one level of trust, getting to the point that I truly believe what my body is telling me, it has opened and deepened my trust levels in other information I get though the day.

- C. Gold Light Exercise – People have asked us if the Gold Light Exercise is appropriate as your vibration increases. Yes, because Gold Light starts in the dense physical body... as you increase your vibration, it shifts to clear. You don't need to try to control the color. It just happens.

**Also, here are some things you may wish to look into:**

1. For those of you who have worked hard on clearing the mental, emotional, and physical bodies, but are still having difficulties, you may want to check out Vibrational Remedies. Andre Neumeister (505-982-1368 or [acn000@earthlink.com](mailto:acn000@earthlink.com)) can do a vibrational reading for you using a sample of your spit to find out at what level each organ, system or area of your body is functioning at and what to do about it using vibrational remedies. We've had a lot of success using these remedies. We've also had Rolfing done by her... if you are ever in the Santa Fe area... Get an appointment with her... she is tremendous.
2. Prill beads..... These are little beads that you put into a gallon of water... wait 24 hours and it changes the structure of the water so it is more useable to the body. These beads last forever.. after the first 24 hour period, you can make a new gallon every hour (leaving about a fourth in the jar as a starter). We cannot believe how different our body feels... actually feels like we are adequately hydrated. Many factors contribute to the fact that regular tap or filtered water doesn't hydrate our cells. The water molecules are often too large to enter the cell wall and many cells are covered with a film coating caused by products made from petrochemicals. Petrochemicals residue enters your body in the air, the water, the food you eat, even the products you allow to touch your skin. They cause many body malfunctions including poor water and nutrient absorption. For more information contact Takara at [www.spiritofnature.org](http://www.spiritofnature.org) or toll free at 1-877-438-9902. They also have many other products for you to look at.
3. If you are interested in getting an online health evaluation, check out Dr. Richard Freeman's site at:  
<http://myhealthstore.com/affiliates/index.php?aid=6>
4. Of course, we will be in MN in July, seeing clients in person (you may want to check out our website to see all the work we currently do) and giving seminars “Always Ask Your Body” and “Survival Skills”.
5. Try to remain neutral:

"Be a calm beholder of life. Mentally detach yourself. Stand back and quietly observe everything that happens to you and around you. Do not resist it; merely observe. Do not try to change or improve or destroy it, merely be aware. See yourself as someone apart, which, in truth, you are.

You need not fear that this detachment loses your control of things. It does not harm your daily tasks. They will go on as before. It may surprise you to find them proceeding as before, even improved. Mental detachment is, in fact, a higher form of control." The Daily Guru

That's all for this month..... Don't you just feel like saying sometime.... Stop the world, I want to get off??????

Have a good month..... Loren and Diane

[www.drsmick.com](http://www.drsmick.com) (website)

[drsmick@drsmick.com](mailto:drsmick@drsmick.com) (email address)

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