

Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 14, April 2004

****This month will prove to be a collection of ramblings with no one point, but many things to think about... but, then, again, what's new?**

Hey, we bet you never thought we'd get this off in the actual month of April, huh? Well, here we are AND we have a couple of days left. We know we could come up with reasons and excuses, but, that is just what they would be... reasons and excuses... the real reason is... we just didn't get to it.... What interesting words..... excuses and reasons..... We can think of excuses or reasons for most anything. Sometimes we use them offensively.. in situations where we need to have excuses or reasons to do or not to do something or to be or not to be somewhere, etc. Sometimes we use them defensively, defending why we are this or that, etc. BUT, have you ever thought that accepting (or making up) reasons or excuses... it is a free will decision? No one makes you defend yourself with an excuse or reason. You decide to use them. Now this newsletter, for instance, is a good example. We have very good reasons (well, maybe not so good, but???) why it is so late... but, guess what? We just never sat down and wrote it. Our free will decisions and/or free will situations determined our lateness. It is not a fault... it is a "just is" thing. So many times, in life, we get so used to making up excuses or reasons why things are the way they are, that we never look at the fact they are what they are because of many of ours (and others) free will decisions and acts. We have a client who wants to quit smoking. He has tried patches, counseling, hypnotherapy, acupuncture, gum, etc..., but always has excuses why he smokes. He has reasons. His payoff for smoking is higher than his payoff for not smoking. As long as he looks at all the reasons (and his free will to make up excuses and reasons for smoking), he will continue smoking. He really doesn't want to quit if he spends so much time telling why he still smokes.

So free will is the kicker... the wild card in life. It is the gift God (Spirit, Goddess, etc) gave us. It makes us different than plants or animals. It is undeterminable... no one can accurately predict how a person will use his/her free will. It is truly a "wild card". Sometimes we don't know how we will act or react in any given situation. (Actually, although it isn't actually apparent at this point... I am going somewhere with this.....) We have folks telling us that some psychic told them they would meet "his/her prince/princess" next year at a Safeway Store located at xyz address. This prince/princess would be behind them in line on xyz date, at xyz time. What is wrong with this picture?????? First of all, the only things for sure are the things that are NOW... at this very present time. A psychic can predict a probability of things happening... but cannot predict the free-will of the prince/princess and what he/she will do that day, the Safeway Store still being there and in business, all roads with no road

construction or accidents so the person could actually get there.... See??? Too much free will involved here. So free will is the wild card, the undeterminable, the “who in the heck knows”.

So, free will.... You can use it to make excuses or reasons why you do or don't do things... but do realize... it is YOUR decision.....YOUR FREE WILL decision to use excuses or reason. I can make all the excuses and reasons... and make very valid reasons why I am not exercising... but in the end... it is MY decision. Who am I trying to convince and why. If I am injured and physically can't do jumping jacks... that is not a reason or an excuse, it is a fact. I don't have to prove it to anybody. But if I am trying to figure out a reason not to exercise, then I probably can do something that won't interfere with my injury. What about the guy who wants to quit smoking? He will, when he doesn't spend his time trying to find excuses and reasons to smoke. He may use the same modalities that he tried before..this time he will quit smoking because “it is time”. The other thing to be wary of are predictions that involve other folk's free-will. Listen to the predictions or forecasts, but don't expect them to be 100% accurate. If you don't know how you are going to use your free will in the next hour, how can anyone predict how you will use it? We are affected by our own free will decisions, but also affected by free will decisions of others. Remember the only real control you will ever have is the control of yourself. You can act or react... this is your choice, your free-will.

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Beware of too many practices. No practice will deliver you. Being present is immediate. It is now. Just remember to be present with that which is present and you are free, at least, in that moment. Each moment that you are fully present, you are awake. You are enlightened. Each moment that you are not present, you are not awake. It is that simple. The Daily Guru.
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Many of you have been questioning why you can't sleep, why you are spacey during the day, etc. Your brain wave frequencies are shifting and your subconscious is releasing old fears and traumas. All the hard work you have done to clear your emotional bodies has enabled you to access higher frequencies in your waking states, hence the spaciness and dreaminess. But we are also accessing higher frequencies in our dream states, and it is there where you may have some profound experiences. The big thing here to learn is to not try to figure anything out right now... don't go into fear or panic of the “unexplainable”. Try to enjoy the ride. The goal of the integrated path is very simple. It is to awaken out of the illusory world of the thinking human mind into the truth and reality of life lived in the present moment. The old world of the mind is a world of the remembered past and imagined future. It is a world of illusions and yet almost everyone believes this illusory world to be the truth of life. Is it your intuition talking to you, or is it fear talking to you? Intuition comes from within, comes from a place inside of yourself; fear comes from your mind, old memories, old experiences.

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The next topic will center around deserving.... This is a topic addressed often, but never really integrated within us. We can talk the talk, but not really walk the walk. Do you deserve wealth? Can you receive abundance? Do you deserve being healthy? Do you just say the words, but not really believe them deep within you? One of the old programs we are working on releasing has been "in order to be more God-like" we have to give up material things, we must live at poverty level, all spiritual work should be given free, etc. The old program is that our main purpose is to be of service and to give and care for others. The care for ourselves has been placed second. We have been programmed not to be worthy of having anything, not to be prosperous, etc. It is NOW time to have it all, to have the abundance of all things plus having enough abundance of all things to share with whomever we please. It is time to be healthy... you do count.

Sometimes we need to remember WHAT the Rules of Life really are... (this is from our friend, Samone)

1. Never give yourself a haircut after three alcoholic beverages of any kind.
2. You need only two tools: WD-40 and duct tape. If it doesn't move and it should, use the WD-40. If it moves and it shouldn't, use the duct tape.
3. The five most essential words for a healthy, vital relationship are "I apologize" and "You are right."
- 4.. Everyone seems normal until you get to know them.
5. When you make a mistake, make amends immediately. It's easier to eat crow while it's still warm.
6. The only really good advice that your mother ever gave you was: "Go! You might meet somebody!"
7. If he/she says that you are too good for him/her - believe them.
- 8.. Learn to pick your battles. Ask yourself, "Will this matter one year from now? How about one month? One week? One day?"
9. Never pass up an opportunity to pee.
10. If you woke up breathing, congratulations! You have another chance!
11. Living well really is the best revenge. Being miserable because of a bad or former relationship just might mean that the other person was right about you.

12. Work is good, but it's not that important..

13. And finally; Be really nice to your friends and family. You never know when you are going to need them to empty your bedpan.

And... the best one so far is one I just received over the phone from a good friend, "You receive what you get"... duh!



Now, let's get a little more serious

YOU HAVE TO GIVE UP SOMETHING from Curtis Burns, writing in a newsletter he writes on prosperity Plug in for Profit. Vicky sent us this and it is worth reading:

Before I get any farther, I think I can almost hear people's responses already "Right, Curtis, I have made my goals; and I really, REALLY tried to make things happen. Fate, God, or something is holding me back,.... really!"

Well you can't go up against God, right? I mean, if you're supposed to be a humble, human doormat; you really CAN'T change that, you know....

Sorry, just my sense of humor....

The truth is that you limit yourself by how and what you think. You've categorized and pigeonholed yourself and you have (grumblingly) accepted it.

I know that our friends, our parents, and the legion of voices blaring at us from our TV sets like to tell us about ourselves; but it does not cancel out the fact that you are the Creator of Your Own Reality.

You need to let this law of the universe to sink into your consciousness. Rome was not built in a day, and one of your first tasks is to start rethinking/imaging yourself. You can literally rebuild yourself into the most competent, vigorous, and successful person you know.

You can arrest the progress of certain habits of thoughts and feeling in a day; you can do more in a month; and you can do a whole lot of changes in a year!

If you can't accept it, PRETEND to accept it. In effect you're fooling the mind to believe what it really is anyway!

Okay, you came up to those walls of limitation before in your earlier efforts; and you were hurt by what happened. Believe me, I certainly understand; the truth however is that you came up against a limitation that you could not dissolve or transcend in your

mind.

Secondly, you didn't persevere long enough to actually "break down" that wall. You didn't imagine that you could endure the "pain" any longer, so you quit (failed).

So this gets me to the real point: there is always a price for something. You have to give up something in order to get something else.

In the case of moving up higher in the world, spiritually or materially; we have to give up our "addictions" to low self-esteem, our previously held notions of who and what we are, and most especially of what we can do.

Giving up those old self-paradigms can be pretty hard; after all, we can get SO MUCH with them. We can get lots of sympathy from our friends and society; and it really is easier than having to work for it. It gets us free money from the government, and our parents can always bail us out!

It's what we used to do when we were children, we'd start crying and everyone would come running. Heck it even serves us well as adults!

Before I said that you previously came up against limitations that you could not dissolve or transcend; but was it not really so that you came up against limitations that you REFUSED to dissolve or transcend? Think about that one for a while...

When we give up lower self-images, instead of getting sympathy and other emotional stroking; we get RESPECT, AUTHORITY, and EMPOWERMENT from our associates. Wow, kind of exciting...

Giving up stuff also includes giving up wasteful, time-consuming activities that burn up a lot of our time, energy, and money and give very little in return. All those shows that we watch on TV don't do very much to expand our minds, but they do give us things to talk about over the lunch table at work (at our "wonderful" jobs)!

Chasing after members of the opposite sex can give one a great temporary feeling of "wholeness", but we have to be whole first within ourselves in order to really experience that; and maybe that goal is accomplished by applying ourselves to other things anyway.

Having 3 hour chat sessions with our friends certainly uses up a lot of oxygen, and does give us a good feeling to; but are we not really only trying to mutually reinforce each other into a certain, well-defined, narrow level? Circles of friends have a "limiting" effect on each member. What we call on the surface as "friendship" may actually be somewhat more complicated underneath.

Don't get me wrong; I watch TV, I like the beauty of women, and I like to talk with my friends; I'm also pretty self-directed, and I get a great joy from accomplishing and creating things.

When you're not tied up with "busy work" or other distracting things, you have a lot of time and energy on your hands which you can channel into productive, money-making, and probably especially fulfilling things for you; but you have to give up all the "rewards" of your other previous activities.

When you go to the store you "exchange" a dollar bill for a candy bar; at another kind of countertop we "exchange", or give up, negative self-concepts for higher and better ones.

When you want more confident, capable, and success-attracting attitudes; you have to "trade them in" in exchange for your older, less beneficial ones. Everything comes with a price; you have to give up something for it.

I truly don't think I need to say more at this point about self.... Just be at least open to start accepting who you are at this present moment and go from there.



Now, let's talk about **infinite** vs **finite**. As usual we need to define them first so we are all on the same page:

The definition of **infinite**: extending endlessly, immeasurably or inconceivably; extending to infinity. **Finite**: having definite or definable limits; having a limited nature of existence. (from Webster's Ninth New Collegiate Dictionary)

We are going to talk about a couple of things... the first thing is being able to "see". We have so many clients that tell us that they want to be able to see. I always assume they mean other than 3rd dimensionally.... We are going to look at it a little differently. We are going to talk about seeing finitely (which is 3rd dimensional) vs seeing infinitely (which has always been termed "multidimensionality"). From now on we will discuss it as finite and infinite seeing. Believe it or not... all (get that... **all**) of you can see both ways. You just put up barriers and beliefs that you can't see infinitely. You also expect something that may be atypical to you personally (meaning all people will see a unique way that is individual to them). Writers and speakers talk about individual experiences they have... the way they see infinitely. What they don't tell you is that the way they see is unique to them and the way you may experience "seeing" will be different. So the first thing you will have to do is to be open minded about your definition of the way you "see". You all know how your finite seeing works... if not... go get a book and read it. I am going to explain infinite "seeing".... You have a switch.. well, not an actual switch, but a mechanism in your brain (optical lobe) which allows infinite seeing.. it is energetically aligned with the pineal gland (which is the gland of multi-dimensional happenings. Ok, I know this is pretty primary, but it doesn't need to be in depth or in detail). When you have a belief you can't see (this belief can come from anywhere or anyone... again, doesn't really matter), it sets up a barrier from you being able to "see" infinitely. No one can remove this barrier for you. But you can.... We've been working with a couple of friends on this... the initial thing for you to do is to understand that everyone of you will see infinitely at times.... These times will be when you put on

another “hat” and remove the barrier and just “see”. You don’t force it, you just do it. A couple of examples: My sister is gardener extraordinary. When she puts her gardener hat on... she “sees” differently than I do when I am out in the yard with her.... She sees where things want to be planted, she sees where the colors with co-ordinate and flow, etc. She will see the finished project. I don’t see what she does at this time. Our chiropractor friend fusses to us about being able to see, but when she has her doctor hat on, she sees everything in and around the patient... I’ve seen her work and I am awed at what she can see and do. In fact when she complains about not being able to see, I want to slap her.... (Ha)... so for an experiment... we had her sit down, think about a couple of question, put her doctor hat on and see what happened. Voila! She could see. She trust the doctor... she doesn’t have the barrier up when the doctor hat is on. So..... For you, dear folks... who do you think can see? Is it an MD? Is it a teacher? Is it a chiropractor? Is it a massage therapist? Is it a palmist? Is it Silvia Browne? Doesn’t matter whom... just put on that hat... put on your doctor hat, your teacher hat or whatever works for you.... Close your eyes, get very quiet and ask some questions... Perhaps you are concerned about a job interview... you can take yourself there and go through the interview. Perhaps you want to see how your mom is doing... perhaps you want to see if little Johnny is safe... practice this.... The way you see will be unique to you... Loren and I see entirely different, but can talk about and have similar experiences. Try it. (We will have more directions, etc on our website later).

Next, will be a small discussion about some infinite things... for one is money... have you ever been told that you have money all around you, but yet you have trouble buying a loaf of bread? Well, that money around you is infinite money.... It isn’t finite (useable money)... Don’t try to go to the bank to spend infinite money. This is money coming into your being-ness ready to be manifested into finite, but isn’t there yet. I do think we are manifesting at a rapid rate... as the veil keeps getting thinner and thinner, we should be able to bring this infinite into useable finite.

Also, do remember that guides are infinite... they aren’t finite. Which means they aren’t in human form and cannot perform things like bringing all that infinite money into cash into your hands.... Trust us, we’ve tried (ha)....
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Some things to think about...

From Joel:

“Are we always seekers, is that where we find the joy? Or is the joy simply in the moment, every moment in time, when we are not fighting with the past or trying to shape the future...”

From the Daily Guru:

If you happen to get too close to the truth or to a true teacher, the ego will have you out of there as soon as possible. It will have you reading other books and visiting other teachers. In other words, the ego needs you to remain the seeker. It does not want you to arrive at the goal.

And once again, what is the goal?

The goal is to be still and silent. To be awake in the present moment and know yourself as the One who is fully present. It is known in Silence. It is known as Silence. There is nothing left of you from the past or future. There are no thoughts. Just a silent Presence in a breathing body, which is fully present with that which is present.

Get to know your inner state of Presence just for a few moments and you are free. There is no more seeking. As you become more grounded and settled into the present moment, your whole life will begin to change. The Eternal dimension of existence will begin to reveal itself through the doorway of the present moment.

Beware of paths that fill you with too much spiritual knowledge. You are just feeding your ego. Beware of teachers who elevate themselves above you. Look to their actions and their presentation and not just what they say. Some teachers say that they want no followers and yet, they are surrounded by followers.

There.... That gives you lots to think about. Have a good “rest of the month”
We were here and you were not, now you are here... and we are not.....

Loren and Diane

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PS We received the following from a colleague, perhaps you'd like to participate:

Short message:

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Call for Stories and Wisdom for The New Pregnancy and Childbirth Book by Takara

We're seeking insight from moms, children, professionals, and wisdom keepers. What do you know that could help expectant mothers? Visit <http://www.childbearingbook.com> , or call Takara at 505-455-0370, for details.

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Full Message:

Call for Stories and Wisdom for

The New Pregnancy and Childbirth Book by Takara

Imagine how an expectant mother's experience could be different if she knew what you know.

- **Would she have more hope?**
- **Would her fears be eased?**
- **Would she be amazed by what is possible?**
- **Would she do something specific in preparation?**

Then share with us what you know.

This is a call for stories and insights from **moms, children, professionals** and **wisdom keepers**.

The book is about the **birthing process being one of joy and miracles** - as it should be, versus an experience of fear and trepidation - as it has become in western society.

It contains details of my (Takara's) pregnancy and birthing process, how I grew personally and spiritually, the method I chose (water birth with only my husband present) and how I arrived at that decision, the role dolphins played in the process, the vast amount of knowledge I gained by reading, surfing the web, talking to midwives and others who work with pregnant women professionally, what I was guided to do, to eat, to read, and more.

It also contains information about various childbirth methods and locations including homebirth and water birth, nutrition and exercise, meditation, connecting with nature, overcoming fears, the new children, keeping positive thoughts, and conscious manifestation. It will contain a vast number of references to books, products, people, and techniques.

Moms:

Share with us information about what you learned and feel other moms need to know about all areas of pregnancy and childbirth - especially those mentioned above.

A few thoughts to consider:

- What birthing method did you choose and why? How did that work for you?
- What did you eat, pray about, or do that made a positive difference in your pregnancy and birthing process?

- What did you do that you would recommend others avoid?
- Did you use any alternative healthcare or complementary medical methods like massage and other body work, Reiki or other energy methods, herbs, homeopathics, flower essences, etc.?
- Do you use muscle testing, a pendulum, or another method to assist in receiving wisdom from within?
- How did you choose your child's name?
- What books, products, or techniques really helped you?
- Did the child communicate to you, or someone else, prior to birth?

During pregnancy and childbirth, did you experience any:

- personal or spiritual growth
- synchronistic, miraculous, unexplainable moments or events
- assistance from dolphins, angels, or others from the unseen world

New Children of The Earth:

Share with us your wisdom and insights that can help pregnant woman. What do you feel they need to know? What would you tell them about themselves, about giving birth, about the new children coming in? I've left this rather open since I feel you are leading the way, and we, as parents and grown ups, are the ones trying to catch up.

Professionals:

What professional advice and stories can you offer related to the topics above? What have you experienced that needs to be shared? This is for professionals such as midwives, doctors, nurses, doulas, massage therapists, etc. that work with pregnant women professionally. Being quoted in a book is a great way to boost your business and "expert" status. We really appreciate your input.

Wisdom Keepers:

This is for those individuals who receive spiritual insights. What wisdom can you offer for pregnancy and childbirth - particularly with the new children coming in. What would benefit the mothers and children? What uplifting, inspirational, and positive guidance can you provide?

There are certain issues like high risk pregnancy, postpartum depression, and others that I won't be addressing. There will be references for people to learn more about those issues.

If there are other topics you feel I should be including, please let me know.

Guidelines:

Send your insights, stories, and thoughts in the body of an email to Takara (takara@ispwest.com). or by mail to Spirit of Nature, P.O. Box 31275, Santa Fe, NM 87594.

Include how you want your **name** and **title** to appear. Also include your **complete mailing address** and **email address** so we can notify you if your story is chosen. Please also provide a phone number and good time to call in case I have any questions. Feel free to include photos, particularly if you are submitting by regular mail. Photos will not be returned.

You may submit more than one story or insight, but please send them each separately.

By sending your story or insight, **you are granting permission** to Takara and Spirit of Nature to publish your story in whole, or in part.

All stories and insights must be your own. If they have been previously published, you must own the copyright.

For more information about Takara and her work, visit <http://www.dolphinempowerment.com> or <http://www.spiritofnature.org>.

I look forward to hearing from you.

Blessings,

Takara

<http://www.childbearingbook.com>