

Mickelson Muse

From our state of deep thought or dreamy abstraction.
No. 24, April 2006

First of all for our news: Loren and I became grandparents (finally) Saturday, April 1... so we are venturing out on uncharted territory... that of being able to spoil rotten and send home... what fun we plan on having!!!

Happy Spring 2006!!!!

******Consciousness is the time in between naps******

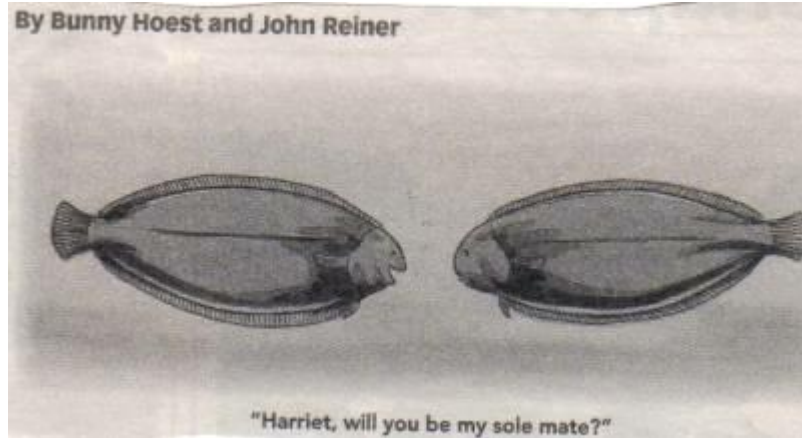
It's a wild ride, here in the 3rd dimension, huh? We are hearing reports of so many folks going into the void place.... we personally think that this is a bridge between this 3rd dimensional world and the next. So many feel disconnected from most of life, some losing their motivation, their inspiration, their passions; some feeling disconnected from family, from friends; are or have you been aware of the earth bobbling? Yes, actually bobbling on its axis? It started in January of this year, although it has happened in other times (1932-38 and 1958-64). Normally, the IERS (International Earth Rotation Service) reports very little motion of the earth's rotation, but during the past few months there have been a relatively large, developing anomaly in the spiraling motion of the spin axis, including phase shifts, the tightening of the spiral motion into smaller spirals and a major acceleration in the drift of the spin axis. Since we are so attuned to the earth, do be aware that we will all be affected by these changes. So if you have days when you do not feel connected, feel wobbly, or feel strange for no obvious reason.. it may be that the earth is doing its thing (wobbling, etc.).

Something to ponder about:

- Stay Free- Don't do what you don't want to do. Don't stop yourself from doing what you truly **do** want to do.
- Stay Present- Stay in the **NOW**. Past and future are always adjunct to that. Don't let them rob you of this priceless gift of **NOW** or the **PRESENT**.
- Follow the Energy – Let your body be your barometer. It will show you what you really want. You will always create what you need to get what you really want. Look for the intersection of Desire and Opportunity. There will always be peace and confidence there.

Tim Robbins writes “The unhappy person resents it when you try to cheer him up because that means he has to stop dwelling on himself and start paying attention to the universe. Unhappiness is the ultimate form of self-indulgence. When you're unhappy, you get to pay a lot of attention to yourself. And you get to take yourself oh so very seriously.”

Relationships



We saw this cartoon in our Sunday newspaper and could not resist sharing it with you. When we work with individuals almost everyone asks about some form of relationship. As we are learning to become more balanced or staying in a neutral state when dealing with people, your relationships work out better. The number one issue with people is their relationship with themselves. You have got to love who you are before someone can come into your life. Hopefully that someone will have been working on their issues also.

For those of you who have been working with us and have not addressed all your relationships issues, now is the time do your Relationship Chakra work.

Do any of you find yourself in the role of a counselor, therapist or healer of some sort? As you assist people in resolving issues or physical blockages, you as the practitioner sign what is being released from your friend, individual, or client and the issues being released will come back to you to be processed. This is not good. For those of you who have not had the Energy Signature removed, now is a good time to consider this.

If you are considering Relationship Chakra work or the Energy Signature Removal, please go to our web site, www.drsmick.com.

We sometimes stumble upon some great articles that we feel necessary to share. The following articles are from the "**PRONOIA IS THE ANTIDOTE FOR PARANOIA: How the Whole World Is Conspiring to Shower You with Blessings**" by Rob Brezsny We hope you enjoy them as much as we did.

THE RICH GET RICHER

"Dear Beauty and Truth Laboratory: Help! My old Buick's transmission is dead, my credit cards are maxed, my kid's got to see the dentist real bad, and the one-speed bike I ride everywhere is about to collapse. I'm working two low-paying jobs already, although I just applied for a more lucrative gig as a strip-club dancer, only I'm having so much mysterious pain in my joints I'm not sure how sexy my gyrations will be. Please clue me in to some tricks that will help me keep a pronoiac attitude in the midst of the mess that is my life. -Pickled"

Dear Pickled: Here's the first thing I want to tell you: Pronoia does not assume that material comfort is a sign of divine favor. The universe is an equal-opportunity provider, conspiring to shower blessings on every one of us in the same abundance. But while the blessings may come in the form of money and possessions, they're just as likely to consist of other gifts that aren't as concrete.

Here's a hypothetical example. Let's say you have the gift of feeling at home in the world no matter where you are. The universe has determined that it's the exact skill you need in order to fulfill the specific purpose you came to earth to carry out. Having a prestigious job and big salary, on the other hand, might be exactly what you don't need.

The question of what gifts are essential revolves around your precise role in the universal conspiracy to perpetrate blessings.

The second meditation I'll offer you is a passage from the Gospel of Matthew: "Whoever has, shall be given more and more, while whoever has nothing, even what he has will be taken away from him."

Pronoiac translation: Whatever you choose to focus your attention on, you will get more of it. If you often think of everything you lack and how sad you are that you don't have it, you will tend to receive prolific evidence of how true that is. As you obsess on all the ways your life is different from what you wish it would be, you will become an expert in rousing feelings of frustration and you will attract experiences that assist you in rousing frustration.

If, on the other hand, you dwell on the good things you have already had the privilege to experience, you will expand your appreciation for their blessings, which in turn will amplify their beneficent impact on your life. You will also magnetize yourself to receive further good things, making it more likely that they will be attracted into your sphere. At the very least, you will get in the habit of enjoying yourself no matter what the outward circumstances are.

Bear in mind that you are a great wizard. You can use your powers to practice white magic on yourself instead of the other kind. The most basic way to do that is to concentrate on naming, savoring, and feeling gratitude for the blessings you do have--your love for your kid, the pleasures of eating the food you like, the sight of the sky at dusk, the entertaining drama of your unique fate. Don't ignore the bad stuff, but make a point of celebrating the beautiful stuff with all the exuberant devotion you can muster

We found the following writing of Rob Brezny such a fun way to come up with positive ways to describe what is going on with people right now.....

THE OUTLAW CATALOG OF CAGEY OPTIMISM

Psychiatry and psychotherapy obsess on what's wrong with people and give short shrift to what's right. The manual of these professions is a 943-page textbook called the DSM-IV. It identifies scores of pathological states but no healthy ones.

In 2002, I began to complain about this fact, and asked readers to help me compile material for a proposed antidote, the Anti-DSM--a compendium of healthy, exalted, positive states of being. As their entries came in, we at the Beauty and Truth Laboratory were inspired to dream up some of our own. Below is part one of our initial attempt at creating an Anti-DSM-IV, or as we also like to call it, The Outlaw Catalog of Cagey Optimism.

* ACUTE FLUENCY. Happily immersed in artistic creation or scientific exploration; lost in a trance-like state of inventiveness that's both blissful and taxing; surrendered to a state of grace in which you're fully engaged in a productive, compelling, and delightful activity. The joy of this demanding, rewarding state is intensified by a sense that time has been suspended, and is rounder and deeper than usual. (Suggested by H. H. Holiday, who reports that extensive studies in this state have been done by Mihaly Csizszenmihalyi in his book, *Flow: The Psychology of Optimal Experience.*)

* AESTHETIC BLISS. Vividly experiencing the colors, textures, tones, scents, and rhythms of the world around you, creating a symbiotic intimacy that dissolves the psychological barriers between you and what you observe. (Suggested by Jeanne Grossetti.)

* AGGRESSIVE SENSITIVITY. Animated by a strong determination to be receptive and empathetic.

* ALIGNMENT WITH THE INFINITY OF THE MOMENT. Reveling in the liberating realization that we are all exactly where we need to be at all times, even if some of us are temporarily in the midst of trial or tribulation, and that human evolution is proceeding exactly as it should, even if we can't see the big picture of the puzzle that would clarify how all the pieces fit together perfectly. (Suggested by Meredith Jones.)

* AUTONOMOUS NURTURING. Not waiting for someone to give you what you can give yourself. (Suggested by Shannen Davis.)

* BASKING IN ELDER WISDOM. A state of expansive ripeness achieved through listening to the stories of elders. (Suggested by Annabelle Aavard.)

* BIBLIOBLISS. Transported into states of transcendent pleasure while immersed in reading a favorite book. (Suggested by Catherine Kaikowska.)

* BLASPHEMOUS REVERENCE. Acting on the knowledge that the most efficacious form of devotion to the Divine Wow is tinctured with playful or mischievous behavior that prevents the buildup of fanaticism.

* BOO-DUH NATURE. Dwelling in the blithe understanding of the fact that worry is useless because most of what we worry about never happens. (Suggested by Timothy S. Wallace.)

* COMIC INTROSPECTION. Being fully aware of your own foibles while still loving yourself tenderly and maintaining confidence in your ability to give your specific genius to the world. To paraphrase Alan Jones, Dean of Grace Cathedral: following the Byzantine ploys of your ego with compassion and humor as it tries to make itself the center of everything, even of its own suffering and struggle.

* COMPASSIONATE DISCRIMINATION. Having astute judgment without being scornfully judgmental; seeing difficult truths about a situation or person without closing your heart or feeling superior. In the words of Alan Jones: having the ability "to smell a rat without allowing your ability to discern deception sour your vision of the glory and joy that is everyone's birthright."

* CRAZED KINDNESS. Having frequent, overpowering urges to bestow gifts, disseminate inspiration, and perpetrate random acts of benevolence.

* ECSTATIC GRATITUDE. Feeling genuine thankfulness with such resplendent intensity that you generate a surge of endorphins in your body and slip into a full-scale outbreak of euphoria.

* EMANCIPATED SURRENDER. Letting go of an attachment without harboring resentment toward the stimuli that led to the necessity of letting go. (Suggested by Timothy S. Wallace.)

* FRIENDLY SHOCK. Welcoming a surprise that will ultimately have benevolent effects.

* HIGHWAY EQUANIMITY. Feeling serene, polite, and benevolent while driving in heavy traffic. (Suggested by Shannen Davis.)

* HOLY LISTENING. Hearing the words of another human being as if they were a direct communication from the Divine Wow to you.

* IMAGINATIVE TRUTH-TELLING. Conveying the truth of any specific situation from multiple angles, thereby mitigating the distortions that result from assuming the truth can be told from a single viewpoint.

* **IMPULSIVE LOVE SPREADING.** Characterized by a fierce determination to never withhold well-deserved praise, inspirational encouragement, positive feedback, or loving thoughts; often includes a tendency to write love letters on the spur of the moment and on any medium, including napkins, grocery bags, and skin. (Suggested by Laurie Burton.)

* **INADVERTENT NATURE WORSHIP.** Experiencing the rapture that comes from being outside for extended periods of time. (Suggested by Sue Carol Robinson.)

* **INGENIOUS INTIMACY.** Having an ability to consistently create deep connections with other human beings, and to use the lush, reverential excitement stimulated by such exchanges to further deepen the connections. A well-crafted talent for dissolving your sense of separateness and enjoying the innocent exultation that erupts in the wake of the dissolution. (Suggested by Sue Carol Robinson.)

* **JOYFUL POIGNANCE.** Feeling buoyantly joyful about the beauty and mystery of life while remaining aware of the sadness, injustices, wounds, and future fears that form the challenges in an examined life. (Suggested by Alka Bhargava.)

* **LATE LATE-BLOOMING.** Having a capacity for growth spurts well into old age, long past the time that conventional wisdom says they're possible.

* **LEARNING DELIGHT.** Experiencing the brain-reeling pleasure that comes from learning something new. (Suggested by Sue Carol Robinson.)

* **LUCID DREAM PATRIOTISM.** A love of country rooted in the fact that it provides the ideal conditions for learning lucid dreaming. (Suggested by Kenneth Kelzer, author of *The Sun and the Shadow: My Experiment With Lucid Dreaming.*)

***LYRICAL CONSONANCE.** Experiencing the visceral yet also cerebral excitement that comes from listening to live music played impeccably by skilled musicians. (Suggested by Susan E. Nace.)

IN THE MENSTRUAL HUT

I wrote a letter to America's wealthiest woman, Oprah Winfrey.

"Dear Oprah," I began. "Please buy up all the Pizza Huts and convert them into a network of Menstrual Huts. Create 10,000 or 100,000 local neighborhood sanctuaries where women can retreat while they're in the throes of their monthly appointment with dying and purification. Let the men come, too. They need sabbaticals. We're all desperate for regular chances to drop out of the crazy-making 9-5, to find respite from the grind's crimes against the rhythms of sleep and love and play.

"The men may actually need the Menstrual Huts even more than the women. They mistakenly imagine that they can drive themselves on and on and on. Their bodies don't

have a built-in menstrual mechanism to cyclically slow them down. And so they mostly never stop to peer into the heart of their own darkness. Which is why they tend to find evil everywhere else except in themselves, and fight it everywhere else except in themselves.

"Just a theory to consider: If men got a chance to have periodic breakdowns and negotiate in a safe place with the toxic feelings that just naturally build up inside everyone over time, maybe they wouldn't wreak so much havoc out in the world. Maybe Menstrual Huts would save the world."

My letter to Oprah went on for two more pages, but you get the gist. Sadly, she has not yet responded to my plea. Unless and until she does, we'll have to do the best we can on our own. And so I propose the creation of a virtual network of Menstrual Huts under the auspices of the Beauty and Truth Laboratory.

What exactly would that entail? What secret rites might we conduct? What constructive madness could we unleash?

Here's my suggestion: Let's make our Menstrual Huts a Free Bitch Zone—a place to bitch and moan without apology. To cry and complain without guilt. To rant and accuse. To dive into our pain and obsess on the jerks who have done us wrong. To hone our paranoid fantasies and hostile political theories with the intricate ferocity of a mad scientist.

If you'd like to hunker down in our Menstrual Hut during your time of the month and share the fruits of your catharsis, send your rants to zenpride@earthlink.net. In the future I may publish them in the Menstrual Hut section of the Beauty and Truth Laboratory website. I reserve the right to edit your mess of stuff for length, style, and content. For that matter, I might tack on my own whines and fulminations. Your requests for anonymity will be honored; otherwise, your name, alias, or initials will be used. Please be sure to note your preference.

After taking advantage of the Free Bitch Zone to unleash the toxins that have built up in you, you may find that you're in a more reflective mood. You could even feel inclined to engage in some radical introspection. It's fine, of course, if you don't. There's no pressure. But if you're drawn to take an inventory, the Beauty and Truth Laboratory has developed a set of questions to guide you. Here they are.

1. What feelings and intuitions have you been trying to ignore lately?
2. Which parts of your life are overdue for death?
3. What messages has life been trying to convey to you but which you've chosen to ignore?
4. What red herrings, straw men, and scapegoats have you chased after obsessively in order to avoid dissolving your most well-rationalized delusions?

5. What unripe parts of yourself are you most ashamed or fearful of? How can you give those parts more ingenious love?
6. What parts of yourself have the least integrity and don't act in harmony with what you regard as your highest values? How can you bring them into alignment with your true desires?
7. Is it possible that in repressing things about yourself that you don't like, you have also disowned potentially strong and beautiful aspects of yourself? What are they?
8. Are those really flaws that are bugging you about the people whose destinies are entwined with yours, or just incompletely developed talents? Are those really flaws that are bugging you about yourself, or merely incompletely developed talents?
9. Some people try to deny their portion of the world's darkness and project it onto individuals or groups they dislike. Others acknowledge its power so readily that they allow themselves to be overwhelmed by it. We believe in taking an in-between position, accepting it as an unworked gift that can serve our liberation. Where do you stand?
10. It's easy to see fanaticism, rigidity, and intolerance in other people, but harder to acknowledge them in yourself. Do you dare?
11. Would you be willing to compose a Menstrual Hut mission statement? Speak the following sample as if it were yours and see how it feels: "I'm ready to stop the world. I need some extended leave time. A sabbatical from life. I'm not going to wash any dishes, do any laundry, make any small talk, pay any bills. I will follow every weird train of thought or vagrant emotion that captures my imagination. Will lower the barrier between my conscious and unconscious minds. Will follow the smells I like. Listen to my body. Celebrate what's not so beautiful but really interesting about myself and anyone else. Keep my eyes out for surprising new intuitions and teachings. Have wild patience. Smash a clock with a hammer. Actually kiss the earth. Fall out of my chair from laughing so hard at nothing in particular. Listen to music I don't understand. Call out to the sky, 'I defy you, stars.' Give my whole heart or else not offer it at all."

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Many people have been have been mentioning that they have been having trouble sleeping at night. We decided that we would include the following information to possibly assist people with this problem.

Snooze, You Win

Everyone, now matter how high-strung, has the capacity to nap. But the conditions need to be right. Dr. Sara Mednick, who will publish a book on napping in the spring titled Take Back the Nap!, has some helpful hints.

1. The first consideration is psychological: Recognize that you're not being lazy; napping will make you more productive and more alert after you wake up.
2. Try to nap in the morning or just after lunch; human circadian rhythms make late afternoons a more likely time to fall into deep (slow-wave) sleep, which will leave you groggy.
3. Avoid consuming large quantities of caffeine as well as foods that are heavy in fat and sugar, which meddle with a person's ability to fall asleep.
4. Instead, in the hour or two before your nap time, eat foods high in calcium and protein, which promote sleep.
5. Find a clean, quiet place where passersby and phones won't disturb you.
6. Try to darken your nap zone, or wear an eye mask and eyeshade. Darkness stimulates melatonin, the sleep-inducing hormone.
7. Remember that body temperature drops when you fall asleep. And Raise the room temperature or use a blanket.
8. Once you are relaxed and in position to fall asleep, set your alarm for the desired duration.

How Long is a Good Nap?

1. The Nano-nap: 10 to 20 seconds. Sleep studies haven't yet concluded whether there are benefits to these brief intervals, like when you nod off on someone's shoulder on the train.
2. The Micro-nap: two to five minutes. Shown to be surprisingly effective at shedding sleepiness.
3. The Mini-nap: five to twenty minutes. Increases alertness, stamina, motor learning, and motor performance.
4. The Original Power Nap: twenty minutes. Includes the benefits of the micro and the mini, and additionally improves muscle memory and clears the brain of useless built-up information, which helps with long-term memory.
5. The Lazy Man's Nap: fifty to ninety minutes. Includes slow-wave plus REM sleep; good for improving perceptual processing; also when the system is flooded with human growth hormone, great for repairing bones and muscles.

6.

Finally we need to touch base with you about the Veil of Illusion. The feedback that we have been getting has been phenomenal. Some people are starting to have the work done on their spouses, children and grandchildren. Can you imagine growing into adult with no illusions? What a mind boggling thought. Many of those that have had their children/spouses "done" see changes almost immediately. For those of you who have had the veil of illusion removed please continue to ground the new way. Do it until it becomes a habit. Also, as you encounter challenges during the day, refer to the exercises, they will benefit you greatly.

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Here is a little teaser... yep, **new work soon...** More on that later...

Since tomorrow April 5, 2006... at two minutes three seconds after one will be
01,02,03,04,05,06... why not try a manifestation exercise. It will happen twice that day so you
can do it twice.....

Loren and Diane Mickelson
Baby Carson and his grandpa.....



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