

# Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 30, April 2007

Hello again,

This is another one of those “get comfortable with a cup of tea” type of newsletters that may take a couple of readings to understand.

A friend sent this our way and we thought it would be a good way to start this newsletter:

*“One of the biggest weaknesses of many people in relationships is that they don't listen. Part of the problem is they are generally too busy talking - validating their own views, opinions or attitudes to be interested in those of their partner. Listening is a different act from hearing. Hearing is a physical act that we do with our ears. Listening is a mental act that we do with our brains. Most people who fail to listen do it not because they are poor hearers but for a variety of other internal reasons. Listening. Many factors contribute to a person's poor listening behavior or habits. They include, but are not limited to:*

- *Distractions in the environment.*
- *The other person's body language.*
- *The emotional or communication patterns or history of the relationship.*
- *A lack of interest in the subject.*
- *An ego that is out of control.*
- *Hidden personal agendas.*
- *Suppressed negative emotions like anger, guilt or blame.*
- *Insecurity or low self-esteem.*
- *The pace of the other person's dialogue is too fast or too slow.*
- *A limited vocabulary of either person.*
- *Personal unresolved issues with either person.*
- *Personal prejudices or judgments of either person.*
- *Personality style differences.*

*Any or all of these can get in the way of a person "getting" or "wanting to get" your message or better still understanding it. Why not observe the other person's non-verbal messages while you are talking to them. They will tell you, without a doubt, whether they are listening to you or not or even want to. If there is any doubt that they are listening, ask them a simple question. If they don't or can't answer it, most likely they are not listening, so why bother with the rest of your message? Here are just a few simple steps to improve your listening skills.*

1. *Stay focused on the other person.*
  2. *Look for the central theme of their message.*
  3. *Key into their major points.*
  4. *Control external distractions.*
  5. *Stay in the present (control your internal distractions).*
  6. *Make lots of eye contact, and use responses such as, "I see," "uh huh," "Hmmm," "Really."*
  7. *Pay attention to those things that draw your attention away from the other person and the message.*
- Improved listening will have a tremendous positive impact on all of your relationships. Listening to others is one of the greatest compliments you can pay that person. It also validates them rather than*

*invalidating them. If you are a poor listener I will guarantee that someone is trying to tell you but again if you are not listening you will never know it. In His service, Tim Copyright: 4/2007 Tim Connor, CSP, Connor Resource Group”*

Listening is a skill that takes practice.... Just because you are quiet when someone is talking, doesn't mean you "hear" what is being said. You might be thinking about the next thing you want to say so you will miss the words coming out of the other person. How good of a listener are you?  
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The book and movie, "**The Secret**", has certainly been in the news lately... folks raving about it as the next best thing since sliced bread and the nay sayers criticizing, condemning it, generally finding fault with nearly everything in it. The book and movie are very well written, but is actually a collaboration of lots of "information" we've all been reading and talking about for years about manifestation. Along with all the manifestation ideas it also talks about truly loving yourself before you can love others. If you haven't read/watched it, we suggest you do... It will reinforce many of the things you already know or perhaps jumpstart you from a "stuck" position. All in all, a very positive experience. What folks in general forget is that although thought precedes everything, intent is certainly important, nothing will happen without the **DO** part. You must follow up your thought(s), your idea(s), and your goal(s) with action.

There, I will get off my soapbox now.  
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But, of course, I am not really done... am I ever? I am going to take this "thought...action" theory a bit further. We recently received this email from a friend, Sue Denniston (who has agreed to let us share it):

*"This was one of those dreams where you're awake. I'd heard something about terabytes and computers and thought WOW I can now get new computer – mine is a little old. Technology is really coming along these days. Then the technology switched in my mind switched to nanobytes. It was something I'd read about how they were being used by industry and government. How minute they were. Then as my mind does it switched to the movies – pick one: the Matrix, Terminator, etc – about how machines would take over the world. You know the usual fear terror man against machine thing. Though I wasn't feeling that.... It was way beyond that.*

*I was slowly waking and noticing how my knees hurt. Hey maybe the nanobyte things could be programmed to rebuild knees from the inside out. Again the thought Technology has come such a long way. How do we keep it being used in a way that is beneficial without the powers that be trying to control every aspect of your life? This technology would be used as someone's agenda.... Again the speed of technology thought came back. It was then the flood gates open...*

*The formula for the evolution of creation is close at hand. It is a simple formula I saw it in my mind. It begins with the word "formulate" and a "long f" symbol. It is but only a half a page wide and only one line. Short, sweet the way I thought it would be. Amazingly simple was the formula to create all things. Again the thought of machines and this formula meshed. Mathematics was a part of it. Fractals on the surface of skin explaining the use of energy and how the pyramids of Egypt were created. Then the question...How really different are we from machines? What is organic, natural, human, or god? Are we complex nanobytes in a performance? Energy is a formula and aren't we are energy? Isn't all matter energy and a formula?*

*Now fully awake the future ripped into my mind as "the movie played on". The concept was so simple and the speed with which we all became aware of how creation is explained was astounding. In the future, it was bright – it was awesome in a word. (If we can just keep the Big Brother effect from*

*happening) It was bringing up the formula – the essence of all things. Every thing was a formula. Very little difference between the skin on my arm and the bed I was laying on. How very cool to know this. How simple it would be to fix things like “sore knees”. How much respect for all of life there had to be that everything had a place as well. It was incredible!*

*The formula was simple.... Just remembering it after fully waking up was not. It is though now in the grid of human consciousness = thought= Potential = probability = actuality = creation. We are almost there!*

++Sue Denniston  
dream, April 10, 2007 4:30 am”

**Are you still with me?** Her dream reminded me of something quite profound that happened to me... In 1991 I was in a pretty bad accident. A man ran through a stop light going about 50 mph and used me and my car as a stopping point. Even though I had my seat belt on, I was thrown out the window. (I was the driver of the car). My right leg was caught in the window on my way through. I landed nearly 20 feet from the car, with my head slammed against the curb. I did the “going to the light bit” and was told it wasn’t my time....and was sent back... (boy, I was mad) and Loren now calls me a Light Reject... haw, haw..... Anyway, I woke up in the emergency room where the doctor told me to get my family together because it was time to say my ‘good-byes’. Well, I knew that dying that day wasn’t in the cards and told them so. Although they thought I was in supreme denial, they fought to save my left leg. The determination was to amputate, my leg was broken above and below the knee, the kneecap was broken and a huge hunk of my leg was missing from the side my right leg, knee and calf area.... I certainly didn’t think so and wouldn’t agree to it...so they straightened out my leg and put it together with hundreds of staples and rubber bands. I had a severe head injury, had 6 broken ribs and my right shoulder was dislocated. Dying would have been a blessing. They did several surgeries and my leg healed... then they had to re-break the leg so I could bend it. Parts of the leg bone were also missing... the parts on the outside of the knee that hold it into place. I am sure there is a technical name for it, but it looks like a two pronged fork with one prong gone. Keep in mind it was the early 90s...alternative meant going to a chiropractor... period.

I knew that all the cells in your body completely change every 7 or so years (some take a shorter amount of time, etc.) So I did a meditation everyday where I asked for healthy cells to replace the damaged ones. I also did a lot of physical therapy and exercises to regain flexibility, etc. I have to tell you, this wasn’t an easy thing to do; it took time, a lot of time. But in 1998, I went to the orthopedist (the same one I had worked with after the accident) and had x-rays taken of my right leg. The bone had re-grown... the impossible did happen. When examining the x-rays, the orthopedist just kept telling me all the 20 or so previous x-rays had been mismarked and probably weren’t mine. So, can it work? It did for me..... I have a small scar on the right side of my right knee and that keeps keeping smaller. From a massive scar going from above the knee, nearly down to the ankle to a very small one. (Many of you know I had a knee replacement on my left knee last year... the posterior ligament had been torn completely off during yet another accident. It couldn’t be repaired and I didn’t have 7 years of no walking to do it the other way, the replacing your body old cells with perfect new ones way... wish I did, this “fake knee really sucks).

So, all in all, does having the thought, the intent and the action work? I’d say it does, but you have to give it time and you have to have the **ACTION** piece.

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The other day, I was reading an article in our Seattle Times newspaper... it was comparing Stephen Hawking to Brian Greene (well known physicists). Now, that doesn't have anything to do with what I am going to talk about. I just found Brian Greene's explanation of the String theory (**now stay with me, I am going somewhere with this**) which was pretty interesting. The question to him was, *"Bearing in mind that most of us can't figure out how to do an email attachment, please explain String Theory – briefly. (Still stay with me, I promise, I am going somewhere with this). His answer, "Sure, I can try. String theory tries to tell us what the basic ingredients making up stuff in the world are. And we certainly have learned that if you look at any piece of matter sufficiently closely you find molecules, which are made of atoms, which are made of electrons orbiting a nucleus with neutrons and protons, and the neutrons and protons themselves are made of finer particles called quarks. It's like a sequence of Russian dolls. Inside every particle there's something else. Now conventional ideas stop with electrons and quarks. They're little tiny dots with nothing inside. String Theory comes along and says, well hang on, actually there may be another layer. Inside the electron and inside the quark there may be something else. In fact, it suggests that the something else is a little tiny filament that looks like a string, vibrating away. And the string inside the electron vibrates in one pattern and the string inside the quark vibrates in a different pattern and the way everything is a manifestation of these little strings."*

Now this isn't proven yet by physicists, but they believe in the next few years they may be able to do so. I found this thrilling.... Science may start to prove what we've always "known" inside. These vibrating strings are possibly what make it possible to communicate between dimensions... (now, this is a Diane-ism.... my opinion only)

Next, Brian Greene talks about the alternate dimensions being like a loaf of bread. He says, *"Well, the idea is that String Theory teaches us – again, only if the theory is correct, which we don't know yet, but if it is correct, it tells us that there are more dimensions than the one that we can directly see. This theory claims that there are others. And one way of picturing them is to think of the universe as if it's a giant loaf of bread where everything that we have long thought to be the universe is simply one slice in this big cosmic loaf. And the other slices are other regions of the cosmos that we can't see because our vision, our sight, is limited to our piece of bread, but these other slices according to String Theory could be there. And those other slices are like alternate universes. They may be like our universe, they may be very different. And they can be floating right nearby."*

Although simplistic, we found Dr. Greene's use of a loaf of bread going down to each individual slice pretty understandable, and added to it, the possibility of the "string theory" passing through each slice, allowing for each of us to be able to communicate between dimensions, well, pretty darn eye opening. We've had similar "ah ha's" in the past 15 or so years... one in the mid 90's with Gregg Braden's Awakening to Zero Point, way before he became an icon in the metaphysical world. He was the first to mix science with metaphysics in an understandable way. Another was Deepak Chopra with his quantum physics writings (starting with Quantum Healing) telling us about the unified field. Wasn't that a concept? Then we had Conversations with God by Neale Walsch.... Next came the film, What the Bleep do We Know? Each adding pieces to our puzzle of us trying to understand what in the heck "it" is all about. Each piece being only a part of our whole. It seems as though the universe has left it up to us to discover our own "whole". No one has the total answer. No one source is the "pie", but pieces of the pie each person brings together to make his/her "whole".

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Not done yet, another email came our way titled, *"Scientist Say Nerves Use Sound, Not Electricity"*. *Please keep in mind, these are theories that scientists are spending time developing and trying to prove. The CBC News reported that "The common view that nerves transmit impulses through*

*electricity is wrong and they really transmit sound, according to a team of Danish scientists. The Copenhagen University researchers argue that biology and medical textbooks that say nerves relay electrical impulses from the brain to the rest of the body are incorrect. 'For us as physicists, this cannot be the explanation,' said Thomas Heimburg, an associate professor at the university's Niels Bohrs Institute. 'The physical laws of thermodynamics tell us that electrical impulses must produce heat as they travel along the nerve, but experiments find that no such heat is produced.' Heimburg, an expert in biophysics, developed the theory with Copenhagen University's Andrew Jackson, an expert in theoretical physics. According to the traditional explanation of molecular biology, an electrical pulse is sent from one end of the nerve to the other with the help of electrically charged salts that pass through ion channels and a membrane that sheathes the nerves. That membrane is made of lipids and proteins. Heimburg and Jackson theorize that sound propagation is much more likely explanation. Although sound waves usually weaken as they spread out, a medium, with the right physical properties could create a special kind of sound pulse or soliton\*\*(check at the end of the newsletter for definition) that can propagate without spreading or losing strength. The physicists say because the nerve membrane is made of a material similar to olive oil that can change from liquid to solid through temperature variations, they can freeze and propagate the solitons. The scientists, whose work is in the Biophysical Society's Biophysical Journal, suggested that anesthetics change the melting point of the membrane and make it impossible for their theorized sound pulses to propagate.”*

So what we “get” from this is something all of us have known... vibration is the foundation, the ultimate key for transformation. I had a friend read the above, this was her response,

*“Hi Diane,*

*I loved your segment about the nerve transmission as sound rather than electrical impulses. Back in the early 1900's, Daniel David Palmer, the founder of chiropractic, looked at the tone of the nervous system as the source of dis-ease in the body. Way before science had any real understanding of neurology, Palmer was talking about 'nerve interference' and believed that pressure on a nerve (rather than pinching) caused an increase in the tension of the nerve, which in tern altered the vibrational frequency of neural transmission by changing the tone, much like tightening a guitar string. An accelerated rate of nerve impulses (rather than a restriction of nerve flow) was believed to cause excessive heat in the nerve and in the end – organs served by the affected nerve. For D.D. Palmer this increased heat was manifest as inflammation and tissue necrosis. Cool, huh? Chrissy”*

**Now a disclaimer: We are only the information sharers.... If you disagree with any of this, don't kill the messenger.**

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A new level has quickly followed Level 19. We will be sending this out separately from this newsletter so be looking for it. Level 19, Shadow Self – What We Keep Hidden, has proven to be profound work for the clients that have chosen to do it. The response from them has been things like, why didn't we do this earlier? I can now deal with facing the parts of myself that were previously hard to accept and finding a way to truly love all of me. One client wrote, *“I have gone through all of the levels or work that you have been bringing forward and offering throughout the years. I found each sequence brought a new depth of clarity and connection with myself. Incrementally, it felt like each new level of work was a natural progression building off one another. They moved me forward, step by step, along a path of profound self healing and self awareness. It has been like following a treasure map and discovering lost pieces of myself along the way. So, Level 19, the Shadow work, has been quite an adventure. It has been like opening up a giant closet filled with lifetimes of “stuff”. I have been leaping into my jumbled closet of hidden fears and treasures and been discarding what isn't mine, what doesn't fit and discovering a wardrobe of gifts and talents and aspects of myself that I*

*pushed aside or discounted along the way. I have been pulling them out into the light of day and trying them on again, out in the open. I am finding new levels of delight and joy that I have never felt before. This has felt like the place that all the other levels have been guiding me to all along. I feel so much lighter and whole, more "me" to be me."*

Contact us if you are interested in pursuing level 19.

Also, Loren continues to create jewelry like you have seen displayed on our website plus has started to make bookmarks and custom jewelry that support and energy that the individual client needs for this particular time in their life. The feedback to this type of work has been outstanding. One client requested a picture of the stones that Loren had selected for their piece of jewelry and the client said they could feel the energy of the stones from the emailed picture that was sent. ["Contact us if you are interested in Loren creating something just for you."](#)

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We end this newsletter with a quote from Rob Breznsy... taken from the March 15<sup>th</sup> Leo (Diane) astrology.... We think it is too good not to share and wish for all of you:

"Here are the blessings we wish for you: 1. Not a sudden evacuation from a pitch-dark tunnel into a blinding light, but rather a gradual transition from the frigid blackness to cool grayness to warm brightness; 2. Not an eruption out of a claustrophobic squeeze into the middle of nowhere, but rather a natural evolution from an interesting limitation to an expansive possibility; 3. Not a stressful rocket launch from the bottomless abyss to a scary peak, but rather an exhilarating joyride from the lower depths to the ringing heights."

Loren and Diane Mickelson

Breznsy coins a new word in his predictions this week, walkomancy – meaning, taking a stroll and regard any interesting quirks that catch your eye as clues to your destiny. I think that is what we are going to do right now... we suggest you do it also.

Solitons, or solitary waves, are stable, shape-preserving and localized solutions of nonlinear classical field equations, where the nonlinearity opposes the natural tendency of the solution to disperse. They were first discovered in water waves, and there are several hydrodynamic examples, including tidal waves. Solitons also occur in plasmas. One example is the ion-acoustic **soliton**, which is like a plasma "sound" wave; another is the Langmuir **soliton**, describing a type of large amplitude (nonlinear) electron oscillations. Solitons are of interest for optical fiber communications, where it has been proposed to use optical envelope solitons as information carriers in fiber optic networks, since the natural nonlinearity of the optical fiber may balance the dispersion and enable the **soliton** to maintain its shape over large distances. For more information check out: <http://en.wikipedia.org/wiki/Soliton>

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