

Mickelson Muse

From our state of deep thought or dreamy abstraction.

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Well, here we are again... actually pretty surprised that a whole month has passed by so quickly. Is it really time for another newsletter? Is it really April already? It feels like we skipped more than an hour ahead when we started daylight savings time. We can't quite seem to get caught up on our sleep... how many of you can identify with this?

A Self-Help Kit for Closed Minds and/or Judgmental Minds

None of us probably think we have closed minds, but we certainly can identify those we perceive to have closed minds. We have to be very careful to not judge others who think differently than we do. We have to watch out that we don't have the same closed mind we think others have.

Deepak Chopra wrote in the San Francisco Journal the following advice:

1. Stop believing that you're right. Examine the compulsion that forces you to be right all the time.
2. Don't make every argument us versus them.
3. Be less attached to winning and more attached to the truth.
4. Don't color every issue with morality. Right and wrong are generally useless when it comes to finding creative solutions.
5. Write down the five fundamental beliefs that guide your life. Now write down the best arguments against those beliefs.
6. When you are the most emotional about any issue, assume that you are blinding yourself. An open mind is calm, centered, flexible, and tolerant of opposing views.
7. When you are thinking of saying an idea that you know came from someone else, let go of it.
8. Most people either automatically agree or automatically disagree. Examine this trait in yourself and give it up.
9. Be aware of how you feel before you speak. Feelings are closer to the truth than words.
10. Walk in someone else's shoes before you judge them.

These are lifelong lessons, and yet they're worth learning today, this very minute. To be in the company of open-minded people is to breathe freer air. Be very sure you are actually open-minded enough to accept others may think differently than you do.

Being in the NOW

We are being told again and again and again to be in the Now.... This question was presented to and answered by Deepak Chopra. We think he gave a pretty good answer; the only thing we would change is that you have to determine what kind of meditation works for you. Meditation means for some folks to go into a yoga like position, quiet your mind, etc. For others it may mean to find a quiet place, sit, quiet your mind, etc. For others, it may mean to take a walk in the woods, still others may find their sacred place and "zone out"... whatever works for you – works for you. Don't try to fit yourself into someone else's mold.

Question: "You can teach us about the "now" and we can think about being in the "now", but in order to be in the "now", we cannot be thinking about it. How do we reach this mind frame if we cannot force ourselves into being there? The very act of thinking puts us out of where we desire to be, and it seems almost impossible to stop thinking and just "be". Therefore, the instant you realize you are in the "now", you have just brought yourself out of it. What can we do to allow ourselves to "be"?"

Answer:

You have astutely explained why using the ego directed mind can never take us out of the mind's realm. What the sages have told us is that we must first transcend thought through *meditation* where we experience our essential nature, our pure Being in the now. In the beginning, this state of being and silence will be lost after we come out of meditation. However, over time that state of pure consciousness in *meditation* becomes so firmly established that it is not lost even when we are engaged in our daily activity. This is explained with the analogy of dying a cloth. The early method of dying involved dipping the white cloth in a vat of dye and then putting it in the sunlight where the dye would fade out. But some of the color would remain even after being bleached by the sun. The cloth would be dipped in the vat again and put out in the sun. Again it would fade, but this time a little more of the color would remain than the last time. And so the process of dipping and exposing to the sun would continue, each time making the color stronger and more colorfast. Eventually a time comes when after dipping the cloth in the vat of dye, the sun does not fade it anymore, it has become completely colorfast and permanent.

This is what happens when we dip our awareness into pure consciousness during meditation and then come out into our daily activity and it fades away. But each time a little more of that silent witness or that presence of the now remains. Eventually the time comes when we engage in all our normal behavior, but we effortlessly maintain that inner attention that is always seated in the present moment. It is a quiet presence of Self that keeps awareness open and unconditioned regardless of what we are doing.

Level 31: Merging Pleroma with the Physical

If you look at the progression of the various levels of our work, it is very evident that we are working backwards to the very beginning of physical life on Earth, our creation. We have been working on our many issues and releasing patterns that have held us in bondage, keeping us from becoming the light beings that we originally were. We have been working on operating from a more centered state of mind and thus we have been able to stay out of the emotional, fear based, dramas that have been going on around us.

We, while on Earth in physical form, are the lowest vibration of light. As our bodies have become more crystalline, we have developed the ability to channel more and more light or a higher vibration. Our energy field has been expanding and becoming clearer and clearer as we have worked through our issues. We are to the point that we can remain physical and step into the next realm of light.

Gnosis is the Light Within (different from Pleroma). When we go to our very special space of light within, we can hear the voice of the higher self. This is our only true Teacher. There are many that do not have the light awakened within them and must seek their answers from others (external teaching) or outside themselves.

Pleroma means fullness and is the region of light above the world, the heavens. Some have defined this word as signifying the divine world or Universal Soul. It was believed by some that the world is controlled by evil beings that held the human spirit captive. The heavenly Pleroma is the center of divine life, a region of light above our world, occupied by spiritual beings or eternal beings. Some eternal beings were sent back to the physical realm to help aid and help us recover the lost knowledge of the divine origins of humanity. Pleroma is a realm of pure light and the home of all the Gods.

Our human task is to respond to the innate prompting of our nature to grow into our full potential as differentiated individuals yet at the same time to live with the deepest awareness of our Oneness with the divine ground of the Pleroma (holiness within).

We must, therefore, distinguish the qualities of the Pleroma. The qualities of Pleroma are PAIRS OF OPPOSITES, such as...

The Effective and the Ineffective.

Fullness and Emptiness.

Living and Dead.

Difference and Sameness.

Light and Darkness.

The Hot and the Cold.

Force and Matter.

Time and Space.

Good and Evil.

Beauty and Ugliness.

The One and the Many.

The pairs of opposites are qualities of the Pleroma which are not opposites, because **each balances the other**. As we are the Pleroma itself, we also have all these qualities in us. Because the very ground (foundation) of our nature is distinctiveness (our issues balanced), which means...

1. Our qualities are distinct and separate in us, one from the other; therefore they are not balanced, but are effective as they can be. Thus are we the victims of the pairs of opposites. The Pleroma is discordant in us. It has been this way since we have been in a physical body.
2. The qualities belong to the Pleroma. Only in the name and sign of distinctiveness can we and must we possess and live them. **We must distinguish ourselves from these qualities**. In the Pleroma (which is located all around us), they are balanced and void (when you are truly balanced you are truly in a void or nothingness); which is not so in us. **Being distinguished from them delivers us from the realm of the physical.**

When we strive after the good or the beautiful, we thereby forget our own nature, which is distinctiveness (our issues balanced) and we are delivered over to the qualities of the Pleroma, which are pairs of opposites. We labor to attain the good and the beautiful, yet at the same time we also lay hold of the evil and the ugly, since in the Pleroma these are one with the good and the beautiful. **When, however, we remain true to our own nature, which is distinctiveness (balance), we distinguish ourselves from the good and the beautiful, therefore, at the same time, from the evil and ugly.**

Creatura (another name for physical) is not in the Pleroma right now, it is separate. The Pleroma is both beginning and end of the created beings (we began there and up until this lifetime have returned there). Creation is an emanation from the existing potential. Creation and dissolution have their grounding in the Pleroma and even during the phase of distinction as a created entity, the Pleroma is an integral part of our existence. It has been scientifically proven that a universally prevailing field of energy called the 'false vacuum potential' is the substratum from which all material emanation takes place and it pervades every location subatomic space to intergalactic space.

By being a physical creation or being of light, both of which have limitations, our existence in an alienated essence is limited to the current space-time. Our creature 'essence' has no real validity in the true fullness of being. Our human task is to respond to the innate prompting of our nature to grow into our full potential as differentiated individuals yet at the same time to live with the deepest awareness of our oneness with the divine ground of the Pleroma.

It is now time to be initiated into the next level of light... the Pleroma. This means the physical merging into the Pleroma (or Universal Light)... Are you ready? We came from the Light (Pleroma), and became physical (separated from the light), we die (return to the light), up until this lifetime. We can now merge the physical with the light. Yea!!! Cost is \$555.

Letting Go

Do you ever hear the words "Let Go"? What do they mean anyway? We came across the following poem that really says it best:

To "let go" does not mean to stop caring, it means I can't do it for someone else.

To "let go" is not to cut myself off, it's the realization I can't control another.

To "let go" is not to try to change or blame, it's to make the most of myself.

To "let go" is not to care for, but to care about.

To "let go" is not to fix, but to be supportive.

To "let go" is not to judge, but to allow another to be a human.

To "let go" is not to be protective, but to permit another to face reality. ..Mahmoud El Kati

I ran across this the other day...

Notification Alert:

Due to recent budget cuts and the rising cost of electricity, gas, oil, as well as current market conditions, The Light at the End of the Tunnel has been turned off.

We apologize for the inconvenience.

This certainly brought a chuckle to us, but we have to admit, that sometimes we feel like the light at the end of the tunnel has been turned off.... Times like that, we need to find someone to talk

to, someone to email, and someone to just “be there”; let’s all “be there” for each other during all this chaos... We are all the Light....

‘Til, next time.... Loren and Diane

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