

Drs. Loren and Diane Mickelson

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

1-206-824-1951

# Mickelson Muse

From our state of deep thought or dreamy abstraction.

No. 52, August 2009



**Note:** As with everything you read, take only the pieces that fit, discard the rest... this Muse is quite rambling - so print it off, grab a cup of tea (or glass of iced tea), find a comfy place to read and enjoy..... This may be one of those... Huh? I may need to reread this .. Again, enjoy.....

It certainly has been an interesting “ride” this summer so far - hasn’t it? I (Diane) wasn’t feeling very good the other day – not enough energy to do much, so I spent the time reflecting on not only this summer so far, but also the past 20 years or so. I was initially shocked to realize that we’ve been doing this woo-woo work for nearly 20 years.... been in the state of “trusting” the universe to steer us in the direction of our “life’s purposes” after going through a series of wake-up calls that we wrote about in the last newsletter. Not only trusting that we were doing “our work” but also trusting that we would survive physically (no health insurance), mentally (trailblazing gets quite labor intensive at times), emotionally (the unknown poses its own special problems), spiritually (are we *really* doing what we are supposed to be doing), and financially (very touch and go at times). So far with many hills and valleys, we’ve managed to survive, many times, believe me, many times – at a big surprise to both of us. Has it really been nearly 20 years? To answer that question, a couple of days later, our web designer, Sue, asked me to put some of our work into pdf format so it would be easier for folks to download off the website. In doing that “chore” (yes, chore, I’m not great at this computer stuff), I re-read most of the newsletters we’ve written since 2003. Wow, there is some good stuff in them – I don’t even remember us writing most of the stuff – it gave me pause to wonder how much of the material

was even ours... We know it drives the purists out there up a wall when we write in folksy language, but we do it on purpose – we want you to actually read it – and perhaps understand what in the heck we are getting at that month, but – even with the folksiness, much of the information didn't come from us.... Then I re-did the level work ---- holy moly – 34 levels. And some of the work is quite profound – where in the heck did it come from? I thought we were done at level 1, then again at level 3, then 5, and then I quit trying to figure it out. Being willing (?) trailblazers, I guess we all need to take time to pause, breathe, and assess what we actually have brought to the table to help with this ascension process humanity is traveling through. I am saying this honestly without ego because it wasn't us, it was us being willing to put each foot forward everyday and do what we intuitively do. None of us are the “pie”, we are each pieces of the “pie” and together we are all helping each other.

Speaking of “pies”, Loren was a guest at a recent seminar in Sedona, AZ. It was a pretty intensive class given by Tania Gabrielle (numerologist to the stars). While a very good seminar in which Loren learned a lot (and will be sharing some of his insights a bit later in this newsletter), he was struck by how many “pies” attended the class.... (Do I even need to define pie? Well, a pie is a person who knows everything about a certain subject – there is nothing left to know, they are the encyclopedia, everyone else is “not in the know”) Each “pie” totally, completely believing each owns “press”. Believe me when I say this gathering was the who's who in astrology, numerology, and tarot reader's world with a few psychics thrown in for good measure – coming from as far as Singapore. Most were clients of Tania's - so literally worshipped the ground she walked upon (this, of course, is not Tania's fault), there in lies the biggest problem (you realize this is my opinion only).. is when you “god-ize” and put upon a pedestal a fellow human being, hanging onto every word without evaluating and recognizing that any material (channeled or otherwise) comes through a 3d brain, we still need checks and balances... we still need a “devil's advocate” to challenge us to stay authentic. If you are either treated like a “pie” or think you are a “pie”, who will challenge the authenticity of what you are saying or doing? Who helps to keep you “real”?

Along this same line of thinking, Loren had an interaction with a “pie”, a very famous psychic whose name you would recognize. In one of their breaks, he asked this person how to tell if a psychic is channeling above the Veil of Fear (above the grid).... The psychic asked Loren if he wanted a reading (which, by the way is a 5 year wait); Loren said that wasn't what he was asking and repeated the question. The answer.... Get ready..... was to go down the street and get a reading from Roy. Huh? Is it possible the “pie” doesn't know the difference? Is there anyone out there that will challenge or ask this person if he/she is channeling in the higher vibrations above the Veil? Is there anyone keeping this person authentic? Not saying, of course, this person wasn't charming, charismatic, etc... just saying that when it comes to ego, this person is certainly the “pie”. Pies, of course can charge more... because they are “THE PIE”... they are the best. (Incidentally, have you checked out the prices for the “pie” folks? ... and you thought our work was pricey..... one individual charges \$17,250 for a packet of work, while another charges over \$2000 for each person at a two day class,)

Not all well-known folks who are really good at what they do consider themselves “pies”; it is just the folks who start believing they are the whole package, the whole world. Have you ever noticed that when you first hear about a person or read a book that a person has probably self-

published, you listen and/or read and just know how “spot on” the message is? Then as the person continues, becomes better known and better published, the work seems so-so or sometimes so iffy that you cannot read or listen to it? What happened? When did the person lose his/her authenticity? Does being well-known make you the best? Does it even make you better than anyone else? Does a person being a good marketer make them better at the job itself? Does being published by a well known publisher (anyone from the Hay House group to Putnam or Harper, etc.) make your information any better than if you self-publish? What if you don’t publish at all, is your information less valuable?

You might be thinking by now we are playing victim because we are whining about not being well-known or worshipped by the masses... honestly, quite the opposite. We were published in the 90s... (out of print now)... we’ve been asked by Oprah numerous times to appear on her show and, believe it or not, have been invited by others both in the printed media as well as radio and TV to be interviewed.... Why don’t we....????? Gawd, I don’t know why – perhaps we are so afraid of becoming the “pie” that we lean too far the other way. We do know we need to get out of our recluse ways and get our information available and perhaps we need to be more available to talk about our insights and “knowings”.... Truly, we don’t want to be “pies”... we just want to be pieces of the bigger “pie” where we all work together to help in this journey we are all traveling on.

Now I feel better – perhaps I need to get to some other topic, huh?

\*\*\*\*\*

A few days ago, we were listening to a radio program that featured Norm Shealy. If you know him or not is irreverent to what a call in listener asked. A lady called in with the question, “I am 74 years old, I have good relationships, good health, a good place to live, plenty of food, but when am I going to have abundance?” I don’t remember how Norm answered her because I was flabbergasted by the question. What do you mean you have good relationships, good health, etc. but wonder when you are going to have abundance? What is abundance anyway? Is it all about wealth? People seem to be constantly on the look out for anything that will attract abundance. What is the definition of abundance? Webster defines it as a noun “The property of a more than adequate quantity or supply; an age of abundance.” Synonyms include: fullness, quantity, volume, mass, plenitude, copiousness, bountifulness, lush and plentiful. Although you can have abundant wealth, the word abundant nowhere exclusively applies to just finances. Abundance can be said to be the unlimited flow of all things to you. This lady had an abundance of relationships, of health, of living space, of food. What she was lacking was purely financial, which many of us are probably whining about, we are asking the universe for more abundance without realizing how many areas we are abundant in. So take a moment right now – take out a pen and paper and assess what areas you are abundant in, you might be quite surprised that you have abundance all around you. Most of the time when we are living our lives, we get caught in the illusion that life is just happening to us and that we have very little or no control over the events that happen to us. In reality, our “outer” material life is really just a mere projection or a reflection of our inner state. Someone told me the other day to imagine myself looking in the mirror and that I was having a very, very bad hair day. Would it make sense to start trying to change the image I am seeing by combing my hair’s reflection in the mirror? Or would it be

much more effective to change the image that is being reflected? That is what life is – a mirror. If we lack abundance in any area of our outside material world, what is it within each of us that not only causes this lack, but causes us to act in lack?

\*\*\*\*

Don't be offended by what we are about to ask you, because it is a question that really needs attention. It's for the sake of yourself and the world in general. Are you ready? Then here it comes..... Who in the hell are you? Now that is a line grabber, huh? We've asked several good friends of ours this question... answers, "I am a construction worker. I make roads." "I am a stock broker. I broker stocks." "I am \*\*\*\*\* son, I am \*\*\*\*\* and I am CEO of a small company." So, when you look in the mirror, what do you see? Do you see merely the role you play in life? Your job? See yourself as the son or daughter of some apparently very important person? Is that really who you are? Is that all? The truth is altogether different. You are much more than that, but how many folks really know that? I read on the web the other day when I was googling something ... don't remember what, but this quote stuck out from an ad selling some sort of a system or course to take on creating a life beyond imagination or something like that... The question was, "who are you?" and the answer read, "Oh hi, how nice of you to ask!! **I'm a unique representation of all that exists, so nice to meet you!! I became conscious an infinity ago, and I've been living a dream ever since. In fact, I'm living my dream right now, and I'm manifesting whatever I choose to believe to be true,**" Actually, that comes a whole lot closer.... But for now, let's talk about you... What if (as this ad says) you've been stuck in a 5-sense prison? If you are like most people, you probably are. However, not a prison with bars walls, balls and chains... but instead by your own 5 senses. Although many of you do rely somewhat on your 6<sup>th</sup> sense, most people merely rely solely on their five senses, on what they can see, hear, smell, touch or taste. That is all there is to life, period. BUT it is quite obvious that there is much more to life when you face first of all - that what you perceive with your 5 senses are frequencies. Everyone knows that your eyes merely distinguish between different colors. Everyone who has been in any science class knows that different colors are just photons with different "wavelengths" or "frequencies". The wavelength of blue light is different than the wavelength of red light. Your eyes pick this up and your brain decodes them into an image containing different colors of light. That is how you see (simplistically, of course). Likewise, different sounds have different frequencies. Your ears pick up the frequencies, and your brain decodes them into sounds. That's how you hear (again, simplistically). Hungarian biophysicist and Nobel Prize winner George von Bekesy demonstrated that your skin responds to frequencies as well, which are also decoded by your brain. That's how your sense of touch works. And so it goes on for all your senses....

Now, stop for a minute, and let this all sink in. As you think about it, you probably realize that all reality as you perceive it may not be as "solid" or "out there" as you think, but is nothing more than frequencies decoded by your brain. Your eyes cannot see infrared and ultraviolet light, but still, everyone knows that infrared and ultraviolet light do exist. Your ears cannot hear "ultrasound", but everyone knows that ultrasound does exist. Dogs can hear it. It is there.

It has been estimated by mainstream science that only 4% of the energy in the universe is visible to humans. The rest is so-called "dark matter" and "dark energy". Look it up if you don't

believe it. And that 4% is a very generous estimate, considering the fact that the number of frequencies (wavelengths) possible is nothing less than infinite. The longer you ponder all this the more you realize that there's more to life than what you can see, hear, touch, taste and smell with your five senses.

So what does all this mean? Sit back and relax and picture planet earth, all the different people, the animals, all the other life forms and all the things going on in our world. Picture the moon, the planets in our galaxy, then all the thousands of other galaxies, the stars, and all the constellations... consider the vastness of it all. Now realize that according to science, all this is nothing more (and probably less) than a mere 4% of all the energy in the universe. Considering all the things going on in that mere 4% of energy we can see, then realize what is really going on behind the scenes in that 96% of energy that we humans cannot see, must be mind boggling. Are you beginning to see that there is much, much more to life than you can perceive with your five senses? Are you beginning to realize that you may have been cutting yourself short by merely trusting your five senses? And are you beginning to realize that you're capable of achieving much more than you've believed possible if only you could somehow interact with that vast 96% of "invisible" energy? So if our five regular senses don't let us have access to this vast amount of 3<sup>rd</sup> dimensional universe (yes, this is still in the dimension we live in), how do we get access to it? Well, through your OTHER sense... your 6<sup>th</sup> sense... your intuition.

There is so much more to what we call "life" without getting all woo-wooeey. Don't wait for stubborn science or anything or anyone else to give you a full disclosure on the nature of the universe and reality. The power to "attract" or even "create" whatever you want is there waiting for you to grab. It has always been there. You, as a human being, are a child of the universe. The universe is all that exists, beyond what you can conceive with your mind or your five senses. The universe is an infinite ocean of energy. You are a droplet of that infinite ocean. You have an individual perspective, but you have a seamless connection to the vast totality of the energy ocean. Everything and everyone is part of this universe. At the same time, everything and everyone is seamlessly and indivisibly connected to the whole of the universe, in all its vastness and infinity.

Everything is connected. Everything is part of the same one, total, vast, almost inconceivable ocean of energy we call the universe. Every living creature is part of the "whole". Nothing is separate, although it appears that way. Appearances can be deceptive. The oceans on our planet are enormous collections of droplets of water. Jump inside the water and walk out, and you see droplets all over your body. Now there are a whole lot of droplets left in the ocean. In fact, the ocean entirely consists of droplets; however, you cannot see one droplet separated from another. They make up seamless connections with each other. The ocean is a whole. It is the same with the universe. You, just like everyone else, in the deepest core of your being, are an individual droplet of energy making up a part of the universe. But simultaneously, you are an indivisible part of the whole ocean of energy. Everything is connected, everyone is connected. Get it?

It is because of this indivisibility and this inconceivable infinity that the laws of the universe work. We've all known for a long time, there are laws – but as opposed to man made laws, the laws of the universe are practical knowledge. They are not about theory; they are about practical functioning in our lives. Knowledge is the ability to put information into practice. Knowledge

transcends information. Knowledge is practical. You can apply the knowledge about universal laws to your own advantage in creating your own life and destiny of your dreams. You can write the script of the movie of your life, with the knowledge of these laws. Isn't that what we have been trying to do – “create” or “write” our lives? So do you know these universal laws? Do you remember them? Have you been remembering to apply them to you in this lifetime? I came across a listing of 6 universal laws the other day in reading a pamphlet, Harnessing the Hidden Laws of the Universe. The following are bits and pieces (and lots of my dialogue) from this pamphlet and loads of other material both from “here” and “there”. There really isn't anything new here, just a pulling together of what we already know and putting it into one place. (We are not in any way “the pie”—we are bringers.)

Here is a short list of 6 of the major laws of the universe that work behind the scenes to pull the strings and manifest things in your life:

- 1. The Law of Attraction**
- 2. The Law of Vibration**
- 3. The Law of Cause and Effect (Law of Karma)**
- 4. The Law of Gratitude**
- 5. The Law of Love**
- 6. The Law of Allowance**

See, you knew them all along, but (like us) forgot there actually is some order to the vast array of seeming chaos. None of these laws can be seen in isolation. Every law (or practical knowledge, if you don't like the term law) has an effect on another law or is influenced by another law. It is a closed system of incredible interrelations. So for the greatest effect on our lives, we need to work on all the laws (or practical knowledges) or at least be aware that they exist. There are many more universal laws. Remember the universe is infinite. Infinite means “without limitations”, therefore, in essence, there is no limitation to the number of universal laws you can make up. The problem that would arise from doing that - is the knowledge and application would become increasingly complex and more difficult to grasp with every additional law to keep in mind; so let's focus on the above six.

**The Law of Attraction** – every experience and every person in your life is there because you “attracted” it, or him/her. Mainly you “attracted” things unconsciously, without your conscious control. Many of us have unconsciously (or even consciously) given our power away. We've had a very limited perspective of ourselves, but recently, the tides seem to be turning. Now everything about us is shaking, waking up, and pushing us to claim our true nature and potential. It is time to “attract” experiences, inspirations and people into our lives to take action upon and create and manifest our dream image that many of us have in mind. We are really magnets...

In simplified practical terminology, the Law of Attraction is all about cause and effect. It states that if you focus your attention on something sufficiently, you will manifest it in your life. It all starts in your mind, but your emotions are involved as well. Just like everything else, thoughts and emotions are energy, but you can't “see” them “physically” with your eyes is only because your eyes are limited to a very small range of frequencies to perceive. Still, as a very limited illustration, consider brainwaves. Your brain shows certain “brainwaves” upon thinking. This is

nothing new. It is a well known and established fact that your brain operates on an electrochemical level, the activity of which can be displayed in the form of brain waves.

For example, your brain activity can be demonstrated in what science calls alpha-waves, beta-waves, theta-waves and delta-waves, all of which are manifestations of energy. Similarly, when you feel an emotion, you feel energy moving in the area around your stomach (butterflies). These are energies as well, frequencies you send out. You can feel it yourself. Some people send out “good vibes” and others send out “bad vibes”. They are nothing else but frequencies, energies. Because you are an inseparable part of the universe, whatever you send out affect the entire universe at once. That is why – *“like attracts like”*. The kind of energy you send out to the universe will be brought back to you by the universe, in multitude. What is important to realize, is that this is the way in which *like attracts like* relates to a magnet. However, unlike a magnet, which attracts the opposing polarity, universal vibrational magnetism works by attracting frequencies (energy patterns) of the same nature as you send out. It serves to remember that on a metaphysical level, *like attracts like*. As a consequence, the Law of Attraction states that whatever you focus on expands. Focus on negativity, on the adverse circumstances in your life, and you’ll attract more negativity. You’ll end up even more negative, you’ll focus on even more negativity, and you’ll attract more of it. It’s a vicious cycle – a downward spiral. The more you focus on negativity, the worse things get. However, you can turn it around easily. Focus on the positive and you’ll attract more of it in your life.

**The Law of Vibration** states that everything that exists in the universe vibrates. We have been talking about this subject before. A vibration is a movement of something between two points, two polarities, two extremes. The rate at which something vibrates between the two points is called the “frequency”. Everything in the universe is energy moving according to a particular frequency. For example, your ears are capable of picking up a certain frequency range. Humans can hear sounds up until a frequency of 20,000 Hz. That is 20,000 vibrations per second. Your ears can pick up frequencies only up to that upper limit. After they pick up a vibration of a particular frequency, your brain decodes this frequency into something familiar (the actual sound). Frequencies above this upper limit of about 20,000Hz are not picked up by your ears so you don’t consciously “hear” them. It is the same with your eyes. When you look around, it appears that you see different things. There may be a table in front of you, a chair you are sitting on, a wall you can look at, with a poster or painting hanging on it, and so on. What you see are not really these “objects”, but a bunch of frequency patterns that your brain decodes into an image of these “objects”.

Every color has another frequency. Every color is basically light with a particular frequency. The frequency of red is different than the frequency of blue. See now, that everything you “see” is a frequency. Your eyes pick up the frequencies and your brain decodes the frequencies into a 3d image (a hologram). Your brain works similar to a TV. A while ago, there was a scientist who found out how to “code” images into a frequency pattern. The transformation of an image into a frequency pattern is called a “Fourier-transformation”. Through a Fourier-transformation, images can be sent through the sky through electromagnetic frequencies, to be picked up by a television antenna. The television then decodes the electromagnetic frequency into an image that is projected on the screen (I’m not going to even attempt digital stuff... so let’s leave this here, ok?). The radio works in the same way. Sounds are transformed into an electromagnetic

frequency thru a Fourier-transformation; the antenna picks up this frequency and decodes it into sound. You don't see whole images of your favorite TV actor flying around the sky to be picked up by a TV. You don't because there are only electromagnetic frequencies "flying" through the sky (the ether) to be picked up and decoded by TVs. Neither are there whole sounds travelling through the sky. There are only electromagnetic frequencies to be picked up by antennas and decoded into sounds by the radio. These electromagnetic vibrations operate at a frequency beyond what you can pick up with your five senses.

That is why we can't see thoughts or why we can't see how our thoughts and emotions affect the universe and what comes to us. There are all kinds of processes going on behind the scenes of what you can perceive, governed by the universal laws, but you can't see these processes at work, simply because our five senses are too limited to perceive these frequencies. So... the truth is that everything in the universe vibrates. The way the Law of Attraction works is through a process called "vibrational magnetism". So the Law of Attraction operates with the Law of Vibration. It's this "vibrational magnetism" through which *like attracts like*. One particular vibration or frequency attracts another vibration of the same frequency.. It's as simple as that. So to attract the things you want in your life, you must make sure that you send out the same kind of vibrations or frequencies on which the things you want to attract vibrate themselves. In that way, you "pull" these things towards you through "vibrational magnetism". Life is simply a mirror that shows you aspects of yourself. You manifest the things you are feeling deep inside of you. These manifestations can come about in the form of persons, experiences, thoughts, inspirations and so one. Your job is to make sure you vibrate on the right frequencies to attract the right things. In this case, "right" is your label for things that YOU want. It's important to realize that you are more than your physical body. Your physical body is just a shell, a spacesuit which the real YOU is wearing to be able to interact in the dense, physical realm. However, on the inside is the real You and a subtle body vibrating at frequencies you cannot perceive with your five physical senses.

**The Law of Cause and Effect (Law of Karma)** states that for every cause there is an effect. It is simple to understand based on your knowledge of the Law of Vibration. What you send out immediately affects the whole universe. The vibration you send out attracts a like vibration, and something – an experience, a person, a thought, a hunch, or another energy pattern vibrating at a similar frequency will come to you. In the past, the direct relationship between cause and effect was not as clear as it is today. In the past, the time passing between cause and effect was much more extensive, making it harder to see and conceive the relationship between them. As humanity is slowly waking up to their true nature and people are raising their frequencies, time appears to be moving faster every day, until at one point it will appear as if we are completely "out of time". At that point every cause will have an immediate effect. For now, the time between cause and effect will decrease more and more, slowly but steadily. And this is the good news. Because through the knowledge of the Law of Cause and Effect, you will realize that you can make profound changes for the better in your life in a very short amount of "time". Causes have much quicker effect these days. If you ever wanted to make profound changes in your life, now is the best time ever. Karma is pure cause and effect. Every action must have a reaction. There is no way around it. Everybody rides on the karma train. You reap as you sow. It is the age-old adage of "what goes around comes around". If you go out and do bad stuff that has adverse consequences for other people, similar things will come back to you eventually.



However, to avoid ending up locked in a prison of guilt, fear and resentment, it is probably important for you to understand the Law of Karma. In general, if you cause something bad to happen to another person, then something similar may return to you after a certain amount of time. However, what may happen to you as a consequence of what you caused is not entirely about your action. There is a nuance to this Law. It is not entirely what you actually cause to happen to others, it's the original intention behind your actions that is important with regard to the Law of Karma. If something bad happens, that really truly and absolutely was not according to your intentions, then it will not cause bad things for you. It is the intention that precedes your action that sends out a certain frequency to the universe, not necessarily the action itself. And it is this frequency that determines the effects.

Limited knowledge of the Law of Karma often causes people to get stuck in a prison of fear, guilt and resentment. They put this prison up for themselves. The situation may have occurred that they caused something bad to happen to another person, be it unintentionally. However, they realize that they caused that thing to happen. As a consequence, they choose to live in guilt for having caused such a thing, and live in fear of the consequences that may fall upon them. Living in guilt and fear implies that they find themselves in an adverse, low frequency emotional state. Their subtle bodies will vibrate at lower frequencies, which block them from attracting the good vibrations they desire. The Law of Attraction still works as it always has been doing, but now appears to work against them. It merely gives them a mirror that shows what they are feeling deep inside. This is why it is so important to realize what is the true intention behind your actions that determines the frequency that you send out. When your intention is good, you send out the good vibes. If you caused something bad to happen to someone, then apologize, get it out of your system and get over it! No need to lock yourself up in a prison of guilt and fear. No need to keep blaming yourself over and over again. You need to move on, send out the good vibes, and attract the good things.

It must be stressed again that you cannot fool the universe. You are the universe, as you cannot be seen as separate from the whole. What you feel or know deep inside, the universe knows and feels deep inside. The universe will always pick up the frequency of your intention. No matter what the action is. The universe knows what you know. You are a child of the universe that has been given the power to create and manifest according to the vibrations you send out. So intend things you consider "good" deep inside. Intention is focus. Whatever you intend is what you focus on. Focus on what you consider "good" things, and you will send out "good vibes". And through the Law of Attraction and the Law of Vibration, you will cause similar vibes to come to you in the form of experiences, people, thoughts, hunches, gut feelings, and the like. The vibrations you broadcast determine the vibrations you manifest.

**The Law of Gratitude** is being grateful for what you have in your life. It is being emotionally grateful. When you feel grateful for what you have, you feel happy. In feeling happy and grateful, you exert one of the most positive emotions possible. In this way, you send out a high frequency of positive energy vibration. Your subtle body will be vibrating at high frequencies all the time. This creates the ideal circumstances for the Law of Attraction to be applied in attracting more high frequency energies into your life. The things humans generally consider as "the good things in life" are of high frequency vibrations. If you don't know where to start in applying the Law of Attraction in your life, the Law of Gratitude is the place to start. By being

happy and grateful now, you set the stage for more good things to come into your life. You have a choice. You can choose to be happy and grateful for who you are and what you have. The problem is that people generally have a hard time feeling grateful for their current situation and circumstances. As we stated earlier, turn things around and list all the things you have “going right” in your life... the things that you can be happy about, no matter how crappy your circumstances seem. This is a good place to start. This is not to imply that you should take your life for granted as it is. There is a difference between being happy and grateful for something, and taking something for granted. Taking something for granted generally implies two things:

If you take your life or your circumstances for granted, you are not feeling grateful about them. As such, you are not sending out the associated “good vibrations” that help in attracting energies of similar frequencies.

If you take your life or your circumstances for granted, you settle for the situation as it is, and you will never strive for making changes for the better. You’ll stagnate.

Either way, being grateful is something completely different compared to taking something for granted. Taking something for granted implies standing still, it implies being stuck in the current situation. Being grateful, on the other hand, is appreciating the good things you have as a starting point for opening up to receiving “good” things of a like vibration. It should have come across to you by now, if you do not like the circumstances in your life, you are the one person that can change them. But you do not change them by constantly complaining about how bad things are. If you do that, you focus on the bad, you’ll feel “bad” emotions, and you send out “bad vibes” which will attract similar vibes. The key to changing things is to turn things around to turn your thoughts and emotions around. Doing that will set the stage and give the opportunity for the really profound changes to come. How do you turn your thoughts and emotions around to set that stage? By being happy now and being grateful for what you have. In that way you give the signal to the universe that you are ready to receive more good things. This is the stage from which the universe can start pulling the right strings through the Law of Attraction and the Law of Vibration and start creating what you want.

If you do not feel grateful, you focus your energy on the negative. As a consequence, you will attract more of the similar negativity.. Whatever you focus on - expands. It is no coincidence that the rich get richer and the poor get poorer. It is all explained by the downward spirals and the upward spirals caused by the focus of your energy. In the same way, it is the age-old wisdom that whatever you resist, persists. When you resist something, you give your energy to it. It sucks your energy up to grow and expand. Therefore, you cannot fight things to go away. Whatever you fight will remain, because it can acquire energy. You don’t like something? Then shift focus to what you do like and feel grateful and happy about. You will attract more of the like as a consequence. Similarly, you must not *need* things to change. There is a difference in nuance between “wanting” things and “needing” things. Whenever you “need” something, you subconsciously send out the signal or vibration that you need this or that in order to be happy. This indirectly implies that you are saying that you are not happy and not grateful, because you need something you do not have in order to be happy and grateful. As you cannot fool the universe, you send out a vibration that is completely at odds with the Law of Gratitude. Therefore, “needing” pushes things away. It is okay to “want” things, but only from a situation

of happiness and gratitude. You are basically saying, “Wow, this is all great, I want more of this.” Instead of “Hmmm, this all sucks, I need changes or I’ll keep feeling like crap!” From the first situation, you set the state for good vibrations to come in and you open yourself up to receiving whatever it is you want. You allow yourself to attract through the Law of Attraction whatever it is you want to pop up into your life’s experience.

Being happy and grateful starts with acknowledging who you really are. It starts with loving yourself for who you are deep inside. It starts with thinking and acting according to the real “you” deep inside, instead of thinking and acting according to a manufactured image of what other people think you are supposed to be. This is where the Law of Gratitude links in with the next one... the Law of Love. You need a deep, unconditional love for who you truly are inside. You should acknowledge your uniqueness and find a way to make use of your natural-given talents and passions. See into your strengths and interests, and find your passion. **Express that uniqueness and be grateful for who you are.** That is how you send out the greatest vibration of gratitude!

**The Law of Love** – in an attempt to explain in words what love is; let’s start off with your knowledge about the Law of Vibration. The Law of Vibration states that everything in the universe is an energy that vibrates at a certain frequency. When something vibrates, it moves up and down between two extremes. It’s like a wave or current. Imagine throwing a small stone into a pond. The spot where the stone hits the water will start acting as the center of multiple water circles that will start to expand in front of your eyes. The water circles you see are like expanding waves. Now imagine you put your finger in one spot in the water where these waves pass. At the point where you put your finger, the water level will go up and down. It goes up as a wave hits your finger and down again as the wave passes. In-between the highest level as the wave hits, and the lowest level as the wave passes, is a neutral level of the water. If you solely focus on the point where you put your finger, it is like the water vibrates; one second the water level at the place where you hold your finger is high (the upper extreme point of the water), the other second the water level at your finger is low (the lower extreme point of the water). And before it goes up, it starts at a neutral point. It returns to this neutral point, as it goes down afterward, only to return to this neutral point in the end, after which the whole process will start over as a new wave comes to pass.

You see that at the point of your finger, the water level “vibrates” between two extreme points, two polarities, an upper extreme and a lower extreme. Two extremes or polarities are always required for a vibration to occur. Otherwise, there would be no points to vibrate between. Nothing would happen. Everything would just “be”. There would be complete stillness, complete balance. There would be a mere “neutral” level that’ll just “be”. The waves of the water are manufactured. They merely occur when the wind blows against the water, or when a stone is thrown into the pond. If nothing like this happened, the water would be still at its neutral level. No vibration, just stillness.

Such balance, such a neutral level - that is what Universal Love is. Love is the balance of all. Love is the underlying Truth of all things. It’s where every vibration starts and ends. Whenever there is a vibration, your brain will decode it into an image or a sound or something else that appears real. At least, your brain will only do that if one of your senses (hearing, taste, touch,

smell or sight) is able to pick up the particular frequency or vibration. However, between the extreme points of all vibrations, there is always that balance point. As everything in the universe is a vibration, and, therefore as everything in the universe has two extreme points, there is a point in-between, the “middle way”, that is always neutral. That is the balance of the frequencies, the balance of all. That balance is what Love really is. And that is what the universe really is, the universe is Love and therefore you are Love.

Love is what everything is made from. So are we humans. Everyone and everything stems from the same source, which is the universe, which is love. It is the point where every vibration and thus everything starts and ends. It is the Universal Truth behind all things. So all experience, all manifestation, everything starts and ends with Love, utter balance, bliss and stillness. However, hanging around in stillness all the time would be quite a boring experience. It would hardly be an experience at all. You would experience neither. You would stagnate. You wouldn't evolve and wouldn't grow. There would be no purpose. The universe wouldn't grow, wouldn't evolve and would just stagnate in being still all the time. That is why in life you are playing a game. You are an aspect of the universe, a unique point of perception. You give the universe a unique experience and so does everyone else. You are playing a game that helps you and the universe as a whole experience what it is like if everything did not appear to be “one” hanging around in stillness. You are playing a game that helps you and the universe experience what it is like for everything to appear separate (while, of course, behind the scenes it is not).

So, why are you playing that game? For experience, for evolution, for growing. For growing beyond stillness. You can never have full knowledge of hot and cold if you have not experienced both. That is why every person is having his/her own experience of separation, to provide the universe with a unique perception. In simple terms, you are the one who is experiencing cold. Another person is experiencing heat, but because you are both one and the same at another level, at the level of the deepest truth of the universe, that “one” universe experiences the “whole” experience of hot and cold. That is how true learning and evolution occurs in very simple terms. Imagine all the different perspectives provided by all different people with all different points of perception. Wow! That is a lot of experience, a lot of learning, and a lot of growth and evolution!

Still, in the end, everything is just balance. Everything is just love. Everything starts and ends at love. You are love and so is everyone and everything else. The separations manifested in the form of frequencies and vibrations are just the illusions put up to allow for the experience of separation, to allow for learning, growing and evolving. This is why you, either consciously or unconsciously, are always seeking to achieve balance. You are on a continuous journey to go home to the stillness, the love that you are in the deepest core of your being. But since you are a unique aspect of the universe, with a unique point of perception, and thus a unique polarity, there are matters to deal with and lessons to be learned to move closer to that stillness.

For this reason, your life experience, the holographic movie, is like a mirror. Life, the mirror, reflects aspects of yourself (*like attracts like*), but it reflects aspects of yourself, of your deepest emotions and thoughts, in the form of “physical” people, experiences, thoughts, inspirations, etc. So when you manifest, for instance, a person in your life in the presence of whom you feel very uncomfortable, this person is mirroring an aspect of yourself that you need to deal with in order

to move on in your journey towards the balance (love) you unconsciously seek. It may appear that you attracted an opposite polarity, but this person is merely mirroring an aspect of yourself that you have to deal with before you can move on to balance. Yes, again, *like attracting like*. The closer you move to this balance or the more you live according to the Law of Love, the greater and more apparent your conscious attraction results will be.

The false belief "in scarcity" humanity lives by, goes directly against the principles of the Law of Love. How can there be scarcity in an infinite universe, in an infinite pool of unlimited frequency and wavelength variances? There cannot be. Scarcity equals limitation. Only a true belief in limitation or a true belief in scarcity can manifest the illusion of scarcity. Focus on lack or limitation and you will attract lack and limitation. It is merely a choice. The alternative is to choose infinity and act like it. Realize that Universal Love is abundance.

Love is freedom. It is freedom for you to express your uniqueness, freedom for you to express who you truly are inside, freedom to express your own personal natural-born and talented role in the giant "movie" for the "whole" to experience and learn that particular aspect of the game of separation that you allow it to by merely living. However, at the same time, this means that everyone else has the same freedom to express their uniqueness, to express who they truly are inside, to express their own personal, natural-born and talented role. That is what helps the universe grow. That is what helps you grow. Likewise, no one, not you, not me, not anyone else, has the right to impose anything on anyone. Freedom means that everyone is free to decide for him/herself to do as they please, what their role should be, as long as they steer clear of hampering anyone else in expressing their freedom and uniqueness. If you hold anyone back from expressing his or her uniqueness, from living their own unique point of perception, you hamper the learning and evolution of humanity and the universe. That is what Love is. That is what true, unconditional Love is. That is what freedom is. That is the Law of Love.

**The Law of Allowance** comes in after you have applied all the other Universal Laws to amplify your application of the Law of Attraction. The Law of Allowance must be applied to complete the cycle. It has two equally important aspects to it. The first is what we talked about during the discussion of the Law of Love. You must love yourself enough to *allow* yourself to deserve the good things you long for. You must *allow* yourself to deserve in order to open yourself up for the good vibrations to be *allowed* to come into your life. That is the first application of the Law of Allowance. Associated with this, if something good happens to you, then be grateful for it. Don't be shy and don't be humble. In that way, you thank the universe. It is really nothing more than thanking yourself for allowing yourself to experience this good vibration. Just send out the vibration of happiness and gratitude.

The second aspect of the Law of Allowance is to stop trying to control every single aspect of your life. You should realize by now that you are a unique being, a unique aspect of the universe with a unique point of perception. There is no one else like you, no one else in your shoes and seeing things in your way and so you are a part of the universe that cannot be missed. If you were not there, your experience, your wisdom, your uniqueness would not be there and that would be a loss. You also have an inherently limited point of perception. You are not experiencing the perceptions of all the other things alive, at least not consciously. So although you are infinite behind the scenes, your perspective is limited to be able to fully experience your

own unique point of perception. You cannot possibly have the same big picture as the universe has behind the scenes. The universe is the integrated whole of all apparently separate points of perception and is a source of all knowledge and all experience. It is because of this that you should never try to control the way in which things come to you after you have applied all the other Universal Laws. This is where trust comes in. It is a trust of knowing that the universe has the big picture of things and is in the best position to decide the way in which the things you desire come to you. As soon as you start trying to control things, you push “coincidental” happening away. Controlling is analogue to imposing. As you try to control the ways in which you think the universe should let things come to you, you are imposing your will on the universe. This is at odds with the Law of Love. Just as you should not impose your will on others, you should not impose your will on the universe. Instead let the universe figure out a way in which the things you desire should come to you.

**Your only job is to recognize the opportunities, hunches, gut feelings, inspirations, thoughts, people, experience and other forms of energy patterns (vibrations) in order to act on them.** Those are the ways that things come to you. As you act upon them, you work towards achieving your desires. This is the way the Universal Laws work.

You must get yourself out of the way. As you try to control things, you are basically standing between yourself and the universe. You stand in your own way. You block the way for things you attract to come to you. Recognize the opportunities, people, experiences, hunches, gut feelings, inspirations, thoughts and so on, and act upon them. Do not make up a way in which you think things should come to you and then wait for things to come to you in that exact way. You will never stop waiting. It won't happen. Just trust the universe, trust that it knows better, that it knows best and recognize the things you should act upon and then don't forget to act!

\*\*\*\*\*

A few weeks ago a colleague of ours, Kathleen Weiss, mentioned to us that she was going to be taking a class on numerology from Tania Gabrielle in Sedona, Arizona. Kathleen has been very interested in numerology and has written a numerology computer program. As a result of this discussion we signed up to receive Tania Gabrielle's e-mails. This discussion with Kathleen started before the deaths of Michael Jackson and Farrah Fawcett. Tania Gabrielle's newsletters talk about celebrities and tie in a study of their names, birthdates, etc. identifying significant numbers that are or have been important in their lives. She also writes about that everything has a vibration, tone, color or number and how important these energies are to people that live in the third dimension. Everything can be examined through numbers.

A few days after the initial discussion of numerology with Kathleen, she invited either Diane or I to attend the seminar with her because she was allowed to bring one guest. I (Loren) decided to go. What I learned was Tania Gabrielle uses three systems to analyze your numbers. She uses the Chaldean System, Pythagorean System and an Ancient Egyptian Numerology System that was developed by Cheryl Stoll Thygeson and Dennis Stoll. By working with these three systems, you can tie in a multitude of information.

The reason I went to the seminar was to see how numerology can assist in further analyzing the energy or vibration of stones and the tones they emit when combining them into a piece of jewelry. Since particular vibrations/frequencies attract, enhance and assist in the actualization of certain experiences, the utilization of members of the mineral kingdom, which vibrate to specialized frequencies, may help one to complete and to understand the experiences which are necessary to further ones development.

I found the seminar very insightful and very worthwhile and am looking forward to using this information in designing jewelry to assist you and your process in the future.

During the next few days I am going to practice working with individual names, their numbers and using stones that will vibrationally assist and fill a personal void. The overall design will be very simple but will energetically benefit these individuals while keeping the cost of the piece reasonable.

\*\*\*\*\*

## FEEDBACK

We have received very positive feedback from the individuals that have experienced Levels 31, 32, 33 and 34. These last four levels have truly helped people stay and function above the “Veil of Fear”. Some individuals who have never been able to see auras before, report that they are starting to “SEE”. It is truly amazing what people are starting to open up to, and this is only the beginning. Positive *changes* are in the air.



Where does the information in this newsletter come from? The answer is quite simple – “the unified field” that Deepak Chopra talks about in so many of his books. A field where all information exists for anyone to grasp – meaning for us it includes our own channelings, channelings from others, books on a variety of subjects, articles written in magazines or blogs, newsletters, conversations, ads, googling a plethora of words, dictionaries, TV, radio, billboards – just about everywhere. We are cosmic sponges and try to give credit where we can.... But, alas, the same material may come from a variety of sources so identifying the “first” to say it is nearly impossible. So we offer our apologies if we have inadvertently not given credit to the “first to say it”... and we offer thanks to all of our collective sources 3<sup>rd</sup> dimension and otherworldly.

**Loren and Diane (we now offer a collective sigh for us finishing writing this and you finishing reading it.... Ahhhhhhhhhhhhhhhhhhhhhhhhhhhhhhh)**

**Copyright notice:** Copyright 2009 Loren and Diane Mickelson. This information may be freely disseminated in whole or in part provided that there is no charge for the information and provided that this notice is attached. When using an edited or partial version of this material please clearly state that this is an edited version and refer the reader to the full original version.