# Drs. Loren and Diane Mickelson www.drsmick.com drsmick@drsmick.com

# Mickelson Muse

From our state of deep thought or dreamy abstraction. No. 76, August 2011

## What is in this newsletter?

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### Is Love the Answer?

It was been said, written about, etc. by various folks here in our 3rd dimensional world and from "other places" that now you have the ability to bring up the remaining density that existed in your emotional body, you will have the opportunity to release yourself from it...and to replace it with love.

One of the greatest rewards of the past winter and spring we were just dragged by our faces thru is the anchoring of self-love...a new feeling of acceptance, solidified personal boundaries, and

even sacred bodily ownership that many of us have never felt before. This feeling of self-love is just starting to seep into our cells, and is responsible for the magnetic attraction of so many new things that will cascade into our lives...from new relationships, to new levels of abundance, and all of those things required to sustain/enjoy our new-human existence.

This is actually pretty exciting, and if you have had the pleasure to even taste a tiny morsel of this sweetness, you may notice that this energy is subtly recreating our patterns/responses /perceptions to align with our authentic core in total self-acceptance...and therefore more acceptance of others. This can manifest as feelings of emotional "self-assurance", of clear boundaries and understanding fully what is ours and what isn't...which also spawns the support/confidence to release ourselves from toxic energies/relationships/jobs and anything else that is not in alignment with our divinity. In other words, now's the time to act on any innerimpulse to set yourself FREE.

You may also suddenly have a deep, integrated, and even cellular understanding about how cocreation begins with this level of self-love....kind of like new software has been installed and suddenly things we have been talking about for years just make sense on a much deeper level. Once we have integrated this truth fully, and light fills every cell of our bodies, we have attained the self-love quotient required to unlock the chamber of magic that lives in our hearts...and when we do, we are able to fully participate in the outer world thru the resonance of oneness.

This internal opening is a precursor to conscious creation...one that we are currently undergoing as an integral transition into the unity fields of potential.

What is important to understand, is that your ability to master the physical realms, to step fully into your roles as co-creators, depends solely on your activated love-quotient. Which essentially means that your ability to remain true to your inner calling, and to design the world that you have envisioned for yourselves is wholly contingent upon the condition of, the strength of, the connection of... your heart. Don't take these words as indications of niceties, that is to say, love is not the application of those things generally regarded as "pleasant"....LOVE is an indication of, the reflection of, your internal connection to...TRUTH...the merging of the lower self with the higher self which becomes the internal & external representation of all that is.

The heart is our guide now. Period........ Soon we will realize the impact that our feelings now have on our creative potential and that our creative powers lie "whole-heartedly" within our feeling-based center...which means that love is the only (positive) way forward. When we bypass, or rise above causality and enter into resonance creation, we are finally at a place in our evolutionary development where every "reality" we co-create with is simply an indication of where we are putting our energy...and the material world, a rapid and vivid reflection of that. With this understanding, the physical dimensions become a powerful petri dish of potential, but that potential can only be nourished and brought to fruition with the proper balance of love. ((that should help us sleep at night:))

It is super important to trust in/take steps toward/act upon what "feels good" now...those things we are in complete "resonance" with...not what "seems" good on the outside, or to/by others. We are being strongly urged to only make the choices that set us on fire, or at the very least, create a

stirring of possibility and excitement deep within us...those opportunities/choices that increase our capacity to love and to share our YOUnique essence with others.

Never before has there been such a grand opportunity to actualize your full potential as cocreators of this new consciousness, so you do not need to accept anything less than your full-heart's desires. As you find the courage to make decisions that honor these desires, the universe shifts to match your request and supports miraculously arrive. But the choice must be made, and the energy will follow, as long as you trust completely in the gift of grace that is so heavily supplied to you. Be fierce in your determination to claim what is inherently yours.

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## The Laws of Attraction, Revisited AGAIN

What do theories on the evolution of humanity, the Law of Attraction, Reincarnation, Quantum Physics, Mirror Neurons & the developed Anterior Cingulate Cortex have in common? They all are a part of the "Grand Plan" here on earth: fully experiencing your body/mind/soul connection.

Whether consciously or unconsciously you are always doing the laws of attraction. The events and relationships you do attract, range in varying degrees from beneficial to harmful. We have long known that if we are centered and properly focused we are much more likely to actualize that which is most fulfilling. The Laws of Attraction (as we have talked about in newsletters and blogs many, many times) offer a path allowing us to utilize the our innate forces to ultimately achieve personal success.

The Laws of Attraction illustrate how emerging scientific discoveries suggest that humans are hard-wired to create their own destiny. Also corroborating ancient spiritual teachings with the newer scientific data, the Laws of Attraction opens vast new psychological territories through linking spirit with science.

While many voices now proclaim the validity of the laws of attraction, certain teachings are vastly over-simplifying our complex spiritual nature and personality. Of course we are here to learn how to manifest. However, without addressing the intricate web of our true spiritual nature and innate connectedness, the harvest of any such pursuit may fall drastically short of expectations. Many make a stab at manifesting and then give up quickly, so back to the "drawing board", back to the next book to purchase, back to the next seminar to take, etc.

Perhaps the most important decision one can make in his or her life is whether each of us possesses absolute self-determinism. If there is any doubt that we control our destiny, there may be hesitation in all we say and do. People sometimes wish for miracles, not realizing the miracle of the body, mind and spirit synergy that supports self-determinism.

In a world where we are continually barraged by huge quantities of disjointed information, we are left to determine for ourselves what is personally relevant. Until recently, there have primarily been institutional interpretations, often having the goal of controlling large populations. The Laws of Attraction compared to other philosophical movements is a radical

departure. Giving form and direction to our lives, it can bring into the conscious mind - preexisting extraordinary potentials that we may have largely ignored.

The thrust is really all about intention and attention. Each supports the other in ways that are relevant to the laws of attraction. One could describe humanity as consisting primarily of two kinds of 'energies' having two kinds of agendas (intentions). That which we perceive to be true about ourselves and others, we tend to enhance. Optimistic or sinister beliefs about the nature of the species play an important role in the projection and then creation of reality. Recent scientific findings show two distinct brain configurations: a mind having a more developed *anterior cingulate cortex* (associated with understanding complexity, vis-à-vis long-term outcomes) versus a mind having an *enlarged amygdala* (associated with fear and anxiety). (Man, such big words this time, huh?)

'Fear and anxiety' quite obviously describes a rather narrow mindset, probably able to only project single-minded outcomes. It could explain why there are those who only comprehend competition and its often limited and short-term, gains while neglecting to take into consideration cooperation and its potentially expansive, long-term gains. These people tend to mainly see issues in simplistic, black and white terms. The Germans in WWII feared what they projected to be their greatest competition; learnedness and cooperation.

"Understanding complexity" could be interpreted to mean: if I only do things to protect my short-term interests at the expense of everyone else, we all stand to eventually lose. The more complex, cooperative mind is therefore better equipped to see beyond any limiting/ artificial mind constructs to a more expansive vision.

Some wise sage once said, "The confusion on earth is created by differing energies. Any clash between energies is a result of a 'better than' mindset. Sometimes the children are even dragged into this mindset and then there are awful consequences. What people need to remember is they are eternal beings and that they never die. Reality is always truth, knowledge and bliss."

And then there is the contention that the story is "already over": that in some parallel reality we already possess highly-developed *anterior cingulate cortexes* facilitating a truly advanced, cooperative and compassionate society. Counter-balancing the often fearful and isolated ego is availability of one's alternate, quantum inventory through the powers of intention and imagination.

A mirror *neuron* is a neuron that fires both when an animal acts and also when the animal observes the same action performed by another. We can therefore suppose that in 'mirror mode', the mind does not differentiate from one's own or an observed action. In terms of the laws of attraction, *mirror neurons* could act as internalized belief and emotional reinforcers, recording indeed affirming, the behavior of others as though the observer were himself acting. Now, I know none of this is news to any of you....

The key to making the most of life is to understand your relationship with the laws of attraction. If you do not understand these forces, your reality could continue to manifest as unmanageable and haphazard - that seems to be the problem, right?

We have the power within us right now to magnetize solutions (from infinite quantum realities) for our everyday challenges. And isn't it interesting how when searching for a certain answer, other crucial insights can just naturally gravitate one's way? Keep at the center of your consciousness, your own innate processes for the "spiritualization of matter".

As the "jugglers" of sequential and non-sequential events such as trances and dreams, there will always exist the possibility for experiencing parallel reality 'bleed-throughs': visions and inspirations, while attempting to be in the MOMENT. And, by the day -- it is ego's primary role to keep us focused upon the present; however, it will usually try to discourage such intrusions. As you embark upon your own attraction studies, you might want to remain aware of the balancing act that makes you whole: granting yourself permission to integrate visions and inspirations into your meditations, affirmations or visualizations.

Praising the ego and this realistic life we experience each day (the species' development of linear consciousness), **your** power point, the MOMENT, is a divine crossroads for healing the beliefs that are holding you back. Immersed in the multitasking required by everyday existence, we sometimes forget that the present moment is our way out of limitation.

Individuality combined with the phenomenon of one's unique moment- to-moment consciousness allows for supreme focus which will ultimately allow us to scale the walls of any self-imposed "karmic-well". The definition of focus is laser-like thought penetration of a given object or event. A specific kind of focus, intuition allows for the unfolding of a partial or complete comprehension of a specific object or event.

Imagination is one of your greatest gifts. Once you're grounded in your truth through self-evaluation, you can imagine the most apropos and expansive elements; envisioning yourself in five, ten and twenty years. This is the absolute key to successful envisioning. Instead of believing these events will occur in the future, you can assume they're happening right here and now. Effectively utilizing the power of your imagination; reminiscing the future, you will bring to the forefront of your consciousness your most cherished visions.

Music, especially, has the power to inspire fond memories (from the past or future) and their corresponding vibrations. It has even been demonstrated that expansive moods, instigated by music can have a positive impact on the cells. When you combine expansive remembrances, emotions and the creative force, you perform a kind of synergistic magic where beneficial energies may enhance each other.

The greatest reward of such processes will never alone be materialistic wealth. Instead, that learning focus, ingenuity and compassion is the path to liberation. Somewhere during the process of becoming, we simply appreciate the miracle of who we are. It is this appreciation that leads us to one of our main purposes here on earth, to be the masters of our own destiny.

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#### The Time to Act is NOW

The illusion is that you are moving down a path and because you have always believed the path to be straight, all of your sensors are set up pointed in one direction. The problem arises when you begin moving in one direction and lose sight of the viewpoint that led you to choose that path. With limited vision it is easy to miss a 90-degree turn. Many times the challenges arise because your path is taking a 90-degree turn but all your systems are so intent on moving forward that you completely miss the turn. It is very common. It is neither a sin nor a problem, it just means that suddenly you no longer feel the path beneath your feet. You do not have the same certainty of direction or sense of where you fit into the universe. This is becoming very common, those of you who have consciously made a choice to spread light. The biggest challenge with all of this is that you are creators with every thought that you hold in your heart. When you have a thought in your head, hold it in your heart and get behind it with your full energy it becomes your creation. It will now take you to a different vibrational level, resulting in a different reaction than before.

You have been reaching up into different vibrational levels never experienced before and you are actually stepping into these now. Everything that you were expecting, except for the final pieces of the cosmos aligning, are being experienced right now. Do not wait! If you are uncomfortable with where you are, change direction. If you are worried about it being the right direction, that really is not the concern—for there is no right or wrong direction. There is a motion of forward movement, or a lack of motion. Once you are moving forward, you can change course or steer in the direction of your passion with no problem. But standing there waiting to move forward until you see the correct dimension or direction is what is causing many of these challenges. Until now it has worked very well for most of you—to wait until all the cards are on the table, so to speak, and then make your best deal or choose your preferred direction. But in the higher vibrations these rules are now starting to change.

So, this is the way you have been playing the game of life. Now what is taking place is that there is a need for anchoring into your reality new ideas the moment they come in.

You walk around all day long experiencing life, right? It is not possible to be conscious without having ideas. Just for the sake of argument, put your ideas just above your head. They do not belong there, of course, because they are everywhere. But let us just say that there is a universal subconscious mind that each one of you are a part of. Many times you get lost and unplug from that subconscious mind. Why do you unplug from the subconscious – from the universal piece that connects all of you? Because many of you are not comfortable with having strange ideas go through your head. First of all, understand that you are like a radio station. You are picking up other people's thoughts all the time. It is not about trying to keep negative thoughts from coming into your mind, because that is a trap of its own. You try to block negative thoughts from coming into your mind and think only positive thoughts. Yet by doing so, you will build up such a vacuum that you experience all the negativity at once to maintain the necessary balance of pretending to live in a world of duality. Now you are stepping out of the world of duality. You are stepping out of the black and white world into a world of triality (hey a new word I've seen several times in the past few weeks) where you have a new connection. You have always seen the black on one end and the white on the other. Now there is a third point that is called the

higher self, which gives you a new view of the line. You can start to see that it is not black and white after all, for those are only the end pieces that tend to stick out the most. Then new point is actually where all the differences blend; the truth is really in the middle, and not necessarily at the ends where you have always believed it to be.

Now here is the situation. Even in a field of triality you are experiencing connections and feeling other people's emotions and thoughts, but you can bring these to a level where they simply go right over your head and do not attach themselves to you. (Especially if you have orbs set up). It is not the negative thoughts that drain you, but it is their attachment to you that does. You reach up and grab those that thoughts that add to you, and then you bring them into your reality and anchor them. This is very common because you have been doing this from the very beginning of your existence on planet Earth. You try "on" an idea. You bring it in and if it works, you think about doing something with it. It adds to you, it helps you raise your own vibration, and after a while you think about maybe sharing that with someone else. After a few months it will happen and after a couple of years, you may actually write a book about what you are working with. You may even start to teach other people about a secret of life

Most people will bring in a new idea, then wrestle and fight with it to make it their own. Finally, if they can justify it, they will write it down and bring it into their reality and anchor it. Stop waiting and do it now! Find a way to write something down. "Oh!, I cannot write! I cannot say anything that has not been said before," Or find a way to illustrate your idea. "Oh! I cannot draw or paint." Or find a way to talk about it, to discuss it with someone. "Oh! I don't want someone to think I am stupid or way out there". Hmmmmm, we have heard these excuses before. Even better are the excuses of no time.... You have a message/talent that nobody else can carry just the way you do. It is the reason you are here. Whether that message becomes a painting, book, piece of music, or even a smile or kind words that you pass on to someone else. Any of these can be your trigger, but bring in the idea to your reality now. Figure out a way—whether it is something you hear, a thought, an idea, the sound of music, whatever it is. How can you anchor that in your life in some way? Most of the time just write it down and express it in your own words in some way. Does writing it down ground the energy? Yes, because it is taken out of the ethers and brought down for you to express that piece from Home. But so does drawing, doodling, painting, talking about, etc. all of it anchors it into your reality.

You do this all the time with everything you are passionate about. Don't wait for the big picture. Do not wait until you become an author, or until your book hits the New York Times best seller list. You have many, many ideas that filter in and out. Anchor the energy at smaller and more regular intervals. When you find something that excites you, bring it into your reality. Anchor it in some way to make it a third dimensional reality, and all dimensions start acting accordingly very quickly. It is about finding practical uses for everything you are experiencing and anchoring the energy. It is not necessarily that you have to build on that one piece. Because you will be anchoring so many ideas so much information, you will have many more choices about which ones you choose to build on and which ones you choose to go forward.

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driving 200 mph on the highway of ideas



## The importance of solitude and/or being alone "together"

Now there is a recurring message in many of the religious texts that says "For everything there is a season, a time for every purpose under heaven"

Indeed there is a time for solitude. Divine Solitude is a noble condition, and one that offers quantum leaps in terms of growth, when understood, and recognized for its profound purpose.

You see the Divine-Self is ultimately, conclusively alone in its final pursuit of omnipotence.

In your terms, the soul enters the earth alone, and the spirit departs the earth alone. Ascended Masters that walk the Earth, have for millennia sought solitude in their incarnations before achieving self-mastery. So it is with many of you now.

Many of you who find yourself alone at this time, are of the belief that you must find a partner. Many of you seek your 'soul mate' your twin flame. Yet we tell you, in many cases among the advanced souls, you are alone because you have planned it. Indeed it is a special and noble undertaking. It is time for Divine Solitude. now I have to take a pause here... you could be in a relationship and still be in the Divine-Self... you and your partner could be alone together.

Solitude for those seeking sanctified light, for those seeking, what is termed 'consecrated enlightenment' chose specific periods in their life plan, to be alone for a time. This does not mean you will always be in solitude, it simply means for a time you have chosen it to 'work on the self'; to achieve self love. Many people can not be in a relationship and work on self-love so they have to do the totally "alone - alone" things. Others can..... it is an individual thing... you have to decide if you can still work on self while being in a relationship - where you both give each other enough "space" to be "alone together".... It is about choice - what works for you. What doesn't work is trying to seek a partner without loving SELF.

So, believe it or not ---- loving the SELF is a requirement.

Love of self is a condition that many, especially those from a Christian heritage, have lost. Christianity with its teachings of original sin taught us that we were flawed in our nature, that we needed forgiving. We spent lifetimes on our knees asking forgiveness for who we are. We lost our sense of our divinity, and found it easier to give than to receive. Balance was forfeited.

Now, as the Earth transforms to the new Crystalline Age, the nature of energy resonance and the dimensional grasp of the planet is expanded. There is a lessening of the influence of duality/polarity for those of you that choose to extend beyond the third dimension.

You may ask whether solitude or partnerships bring greater advancement to the soul. The question is timely and especially pertinent for many of you in the dawn of the Ascension.

The short answer is that <u>both</u> being with someone and solitude have their divine purpose.... and we underline the word <u>BOTH</u>. Much is gained in being in a committed loving relationship. This is the natural circumstance in most of our temporary stays on the plane of Earth.

There is great purpose also in solitude. It is time to learn to love self.

It is no error that great numbers of you on the final steps of the path of enlightenment are alone in this period. Now is "the prelude to the coming Ascension" - what some call it... we call it a journey - a process... whatever you call it, if you are among these, perhaps your solitude or aloneness is appropriate. Perhaps it is as it should be. Perhaps, you planned it.

Yet many of you feel that the loneliness is too much to bear and that you must pursue a partner...the elusive twin flame. There is much confusion around the concept of the twin flame, the 'soul mate', and the role and nature of optimal partnership in self-mastery.

## Solitude and Nondependency

Solitude is intended to be a period of sublime reverence of self. Your life and your experience in this plane is your own creation, your own living tapestry, woven by your individual belief. Within solitude, the soul is prompted into self-review, and opportunity is given to dive deeply into the deep waters that flow hidden within you. To swim in the ocean of SELF, and in doing so, you rediscover the love within, to learn what a brilliant spark of Source you truly are.

Relationships are a method of reflecting the affectivity (expressing emotions) of your belief system, and giving you feedback on what, simply stated, is working, and what is not. Detachment requires the individual to explore the self, to reacquaint the self with the inner horizon, and this facilitates and necessitates sovereignty (independence). Sovereignty is the beginning of self-mastery, the discovery of self.

A relationship of two sovereign nondependent humans has greater balance, greater creativity, and greater longevity than a pairing of two beings co-dependent on one another.

Ultimately each soul must clearly define SELF in order to gain self-mastery. Self Mastery is embodied in periods of planned detachment. It is that period in which impeccability is crystallized. Crystallization, through impeccability is a necessary phase of self-mastery. One enters the void, the great mystery in the quest for fortitude and sovereign vision, alone, without a shoulder to lean on. And in the process, one discovers sublime wholeness and self completion. (Ah, remember the void?????)

There is great validity in partnership (you know, coming together), in the natural aspect of what you may term - soul mate. But conclusively, one walks the path of self-mastery in sovereign detachment.

You become enlightened when you learn to transcend the physical self. Each of you must endeavor to the final conquest of what is termed 'impeccability'. Impeccability is the crystallization or uniform clarity of the soul, and it is a necessary virtue of self-mastery. This involves release of dependency, the release of all that does not serve your divinity. It is a rebooting and reprogramming of all you are.

Many have told you that the language, the fabric of higher dimension is sacred geometry. Impeccability is the geometric clarity of the soul mind. By defining yourself through impeccability, you become crystalline, and thus more capable of "Divine Consciousness" within the geometric light of coherent higher planes. It is only accomplished by deciding who you are, what you believe, and then living it. Recognizing your truths, and aligning fully to them.

Relationships in the linear duality experience are a means to the end. Loving relationships are a sacred, joyful tool of achieving Self Mastery, but that ultimately in each soul's journey; there is requisite ultimate growth into sovereignty. The sovereign self is a sufficient self & truly has no dependent need of another. Such conceptual dependency can be a deterrent to self-mastery.

In your self-truth, you merge in sovereignty with your other half. The other part of your soul that separated in duality expression. Each of you have a male and female component as you become "whole".

Many of you consider a soul mate and twin flame the same. Only the syntax is in parity (the quality or state of being equal or equivalent). The true meanings are different. The twin flame is the other half of the same soul, split in duality, and these are rarely in physicality together. The 'soul mate' is in our term, another soul with whom you have contracted to grow together within

physical duality, as a means of development and exploration of love with another soul. Movement toward common purpose.

The seeming paradox in linear relationships, that of the 'soul mate' concept (not the twin flame) is that a relationship of two non-dependent sovereign beings, has greater joy, greater balance, greater interface with the divine, greater opportunity for advancement than a relationship based on co-dependence. You can have more than one soul mate and soul mates do not have to be your partners, they can be friends, family members, etc.

In this time, in this now, many of you are actually merging with your etheric (non-physical) twin flame, and molding your sacred fullness into one physicality in order for you to enter the crystalline realm in wholeness. In most cases this soul reconnection is accomplished in solitude or in sovereign non dependent relationships.

So, embrace your chosen period of SOVEREIGN SOLITUDE, it is the sign of your soul's intent to enter into crystalline self-mastery.

The point here, is that if you find yourself in solitude, recognize its purpose. If you are in a relationship - refine it in beauty to the greater love of non-dependence. You will indeed discover love expands and that relationships become more splendid in non dependency; just as you are discovering relationships of co-dependency are imbalanced one way streets, and fail.

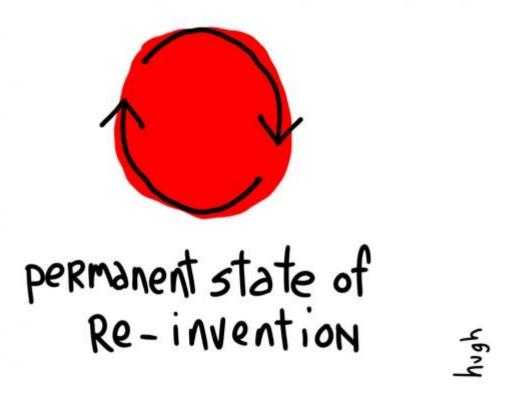
In sovereignty, humanity will see themselves in this framework as being 'whole' and not being their partner's property or someone's 'better half'. Each will bring their integral, whole SELF in fullness, in robust flow of energy into the relationship, in a manner that often does not occur today. There are pre-agreed points that allow for freedom of choice and for change, even if that change is to end the partnership. In sovereignty, individuals share their best, without compromise of ideals. Each will recognize the divinity of the other and retain the integrity of SELF.

They will afford their own promises, promises and choices of the new, but there will be avenues and opportunities of adjustments and the ability of reviewing terms. This will allow for greater recognition of the SELF. These will be designed to prevent energy blockage and reduce dysfunctional marriages and divorce complications and lawsuits.

Some relationships in these terms will indeed last a lifetime, some will not. But the archetype of sovereignty will better support both, based on choice and mutual agreement of each individuals terms. And as such independence becomes joyful, devoid of one partner being dominant and imposing their beliefs, morality and will over another.

Humankind, in mass today, truly does not recognize or understand their soul, their divine SELF. Self is unfortunately regulated to the realm of ego personality by the masses. You can love yourself without being ego-driven - meaning -- don't be afraid of getting to know YOU.... for fear of folks judging you. Just do it.

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Yes, that pretty much sums it up... we have been hitting the road running like heck... not sure exactly what is happening but:

- Our drsmick website is a bit easier to use with a couple of bullet points on the first pagethe first for Gold Light Exercise (in case you need a refresher), a bullet for all the level services and one for "other work"... although if you do have time, the website has lots to peruse, read, and watch with short videos we've made.
- We continue to work on the jewelry website expanding it to include photos, art quilts, and books (fingers crossed)....perhaps rename????
- The writing/illustrating continues on the books... Loren is creating templates for the ongoing characters in our proposed children's books the characters will be many family members and friends... (write what one knows, huh?)... the book(s) that will be about our work/information, etc. is coming along pretty good. Can't quite figure out at this point if it is one or two books.... hmmmmmmm
- My blog continues... surprising how much I find to talk about, huh? www.drsmick.com/blog, Loren writes his every now and then is concentrating more on the illustrations in the potential book.
- The newest work (a new way of connecting and grounding the crystalline body) has changed us dramatically - we feel more present, more balanced --- more HERE (wherever that is).
- We've had a question come up again and again... so we will attempt to answer it here.

1. Will we look different with crystalline bodies than our carbon bodies? Not actually - less dense, yes; perhaps some reverse aging... but that will depend more on your intent than what happens to everybody. The changes are subtle and difficult to recognize at this time.



creativity is not a talent. creativity is a drive.

hugh

### Off for now.... Loren and Diane



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