

EXAMPLES OF TRUES AND LIFE TASKS I'VE CHanneled

By Shepherd Hoodwin

The “trues” are activities most aligned with who one is that bring fulfillment in various areas of life. The original four are true (or right) rest, play, work, and study. These need to be adequately represented and in balance in one’s life to be happy and effective, although the balance is different for different people. For example, sages may need more play than other roles. These suggest the nature of what works for an individual and aren’t all-inclusive.

Life task is the centerpiece of one’s life plan, the most important spiritual accomplishment the soul seeks. There can be more than one, and each can have many aspects.

You can order a Michael channeling of your trues and life task here:

<https://shepherdhoodwin.com/order/>

Select “Written Intuitive Reading, Twenty Minutes” and write “Trues.”

LIFE TASK

To purge unnecessary beliefs that end up getting in your way and to purge things from your life that weigh you down. This is a lifetime of “getting back to basics” and making clear choices about what aids your effectiveness and happiness.

To bring to others the possibility that they might have a bigger, better life than they had anticipated, and that it might be something different than expected. In general, it’s about holding an expansive vision of life on the physical plane.

Bringing order to groups in such a way that each member fits according to their nature, and the whole operates more efficiently.

Likewise bringing order to your thoughts so that your larger thought forms operate more effectively.

Learning to love what is not so easy to love; learning to integrate foreign parts of your subconscious.

To integrate several strands of disparate past-life experiences. It’s not exactly a healing process, although there is some healing involved; it’s more about making sense of a lot of seemingly contradictory experiences and lessons, finding a higher philosophy that allows you to understand how they all fit together. Your life is not unlike those of mathematicians who spend a lifetime trying to solve a difficult equation.

In addition, you are exploring color, light, and sound, especially as they relate to healing and how these affect mood.

Preparing foundations for later changes for yourself and those around you. This includes researching tools and information that might be useful later. The theme is preparation itself, exploring how to be ready so that changes can happen easily. An analogy is a woman who does various exercises so that childbirth can be easier.

Bringing order out of chaos. Clarifying what is unclear. Organizing the disordered to take full advantage of potential.

To be true to yourself when there is pressure not to be.

To form greater understandings about different ways of being. That includes (but is not limited to) insights about the growth value of a wide range of human and circumstantial limitations, as well as the choices of unusual lifestyles and cultural paths.

This is in contrast to the assumptions that most people make about what is normal or usual, which is often assumed to be preferred or the most proper.

TRUE WORK

To formulate better models for life in general and for achieving the task at hand specifically, if you discern that the task is even necessary and useful.

Making progress toward solving one particular problem before starting on another in such a way as to not need to revisit it.

Any labor that feeds your mind and soul. You are not afraid of working hard but want your work to result in something at least a little new and different. This could include building something with wood, sculpting or other art, or working the soil.

Building frameworks that make room for others to brainstorm and understand. An example is creating thought experiments.

Organizing data in such a way that it becomes more useful.

You are very good in situations that require a calm, organized, and stable presence to allow others to be more productive. You like facilitating situations for others.

Getting things organized so as to be able to proceed more efficiently. You like to put things in order, with priorities clearly delineated, and then delegate tasks to others if others are involved, supervising to ensure efficient completion. Even when working alone, you “supervise” yourself with an eye to efficiency.

Forming more useful procedures and structures, or making them more effective.

Finding places for others to thrive, especially in hostile situations.

Communicating to others who are open when adjusting their expectations and opening to alternative ways of being in the world could enhance their life satisfaction.

TRUE PLAY

Physical exertion in a group that is not competitive, such as folk dancing or friendly sports.

Engaging with other people in an exploratory way, such as taking day trips to visit a museum or historic site, or taking on a group task that puts them all in motion toward a goal.

Play could also involve hands-on historic exploration such as making doll clothes that replicate those your ancestors might have made.

Interacting with children or being childlike with childlike adults.

Games of both strategy and chance where this is joyful camaraderie.

Being in environments where others are having fun, such as where music is being played and people are dancing. You easily absorb fun from others. You may or may not join in.

All travel, including visiting nearby places with the purpose of learning about them and/or seeing things about them that others may have overlooked.

Games of skill and strategy such as chess.

Casual team or dual sports such as volleyball, badminton, ping pong, maybe tennis if it isn't too competitive.

Many games of strategy such as some card and board games. Again, the key to providing true play is that it's fun and mildly competitive, but that it doesn't put you into overdrive in that regard. For you, the stakes must be low.

You know that you're deriving true play when you're "in the zone," time passes quickly, and you're having fun.

There are many types of play that work well for you. You like to be around others who are having fun—that is your fun.

Word and video games, and some board and card games. The creation of puzzles.

Word games. Complicated games of all kinds, especially with others. They could include role playing but do not have to.

You have a wide range of play that brings you refreshment, but especially esoteric/fringe games and those with some complexity that might cause players to think "outside the box."

Community activities that bring diverse people together that help them connect in non-intellectual ways and feel relationship that they might not otherwise feel. One of many examples would be a group coming together to put on a community theater production, or to dance together.

TRUE REST

Sleeping on the earth whether camping or in your own yard, whether at night or for a daytime nap. This includes sand at a beach. Touching the earth with your whole body is restful for you. Walking barefoot is, as well, but not as powerful.

Swinging and rocking, such as in a hammock, rocking chair, or recliner; that can rejuvenate you and even induce trance.

Meditation.

Body stimulation such as on a stimulating electrical pad or a massage chair—anything that puts physical and/or spiritual vibration into your body.

Receiving energy work.

Body work such as massage, especially when vigorous, triggering release and relaxation.

Your true rest is more sociable than it is for many people, in that you can find rest with others around as long as there are no demands placed on you and the time isn't structured. One example is hanging out at a beach or pool, with or without friends, enjoying the sun, sipping on a drink, reading a book or magazine—a typical beach holiday.

Another form of rest for you is receiving deep tissue massages in which you go into a semi-trance state.

Sound healing is perhaps the most potent form of true rest for you. You can access it through recordings that may include bells and chimes, or electronic simulations.

Sleeping during the day, especially when alone.

Receiving gentle massage and other touch that may or may not move into sleep.

Anything that facilitates muscle relaxation including massage, yoga, and other forms of gentle stretching.

Lying on magnetic pads or in places with strong electromagnetic forces such as vortexes and ley lines.

Studying or just reading quietly, without disturbance. This puts you in a trancelike state that brings rest.

It is hard for you to rest. Grounding your energy helps. Mud baths, sometimes available at hot springs or spas, help not only to ground you but to feel present in your body. Sometimes, being in older growth forests helps. Magnetic pads can help bring rest.

Resetting of all your systems by going into a neutral place of consciousness. This can be achieved by various activities that do not engage your mind, such as handcrafts or easy household chores.

You do not currently find true rest through meditation but there are techniques of meditation that could achieve this for you.

TRUE STUDY

All that concerns cultural assumptions that may help or hinder progress, including the happiness and well-being of those in the culture. How cultural misconceptions can be “combated” and replaced with more accurate understandings of life, referring to universal truths.

Looking into how people through history achieved goals with limited tools, and how some of those techniques might still be useful today, especially for those of limited means.

How people have carved out interesting niches in life that got around the limitations of the prevailing society.

The history of human development, intellectually and culturally. How practices even from the distant past continue to inform current cultural views.

Fringe aspects of science, such as discovering what is in the depths of the oceans or deep in the earth.

How women contribute to human understanding.

You like to study things that are hard to understand, perhaps arcane, that take a lot of work to figure out. Then you get the satisfaction of breaking through. Areas of true study include religion and history, but also some areas of science. You are unusual in that your true study involves areas where you don't have a personal stake in the knowledge—it is just for your intellectual edification.

You like to know how people have managed to be creative and productive in limited situations, and how they have overcome minor adversity. You are not interested in the big, heroic stories, but the little unsung ones.

Mathematics. Also, patterns in general, as in history and politics, not limited to statistics.

How things work that “shouldn't” work. How unlikely things were invented.

The interrelationships of all things, especially things that don't overtly seem related.