

I'd like to follow up on the discussion about the internal monads. If you abdicate the 2nd, 3rd, 4th, or 5th internal monad, it tends to make a person stuck at that level. The person who abdicates the 2nd internal monad will be a 2-year-old emotionally and mentally in many ways, even if they're 75 years old physically. Someone who abdicates the 3rd internal monad will tend to be an eternal adolescent. Sometimes, that means that e.g. someone who doesn't leave home because they're afraid to leave home, because they don't have confidence in their ability to make it on their own out in the world. That could be an example of an abdication of the 3rd internal monad. Someone who abdicates the 4th internal monad is unfulfilled, never completes their life task, has a sense of emptiness and frustration, and doesn't become a true mature adult. And someone who abdicates the 5th internal monad, which is where we review the life, is probably not going to become a wise elder, that one can become if they complete the monad.

I also want to amend a comment that I made earlier when Andre had asked via e-mail: "How can you tell if someone has not completed an internal monad?", and I replied that the person will be unhappy. I wanted to add that there are unhappy people who have completed their internal monads, but I think you'll find in almost every case that there will be unhappiness in those who do not complete their internal monads in the positive pole.

[Stella] You mentioned in a previous session that if someone abdicates their internal monad, let's say they abdicate their 2nd or 3rd, they can't complete the other monads that come after it. Is that correct?

Yes. If you get to the time where your 4th internal monad is rattling around and you didn't complete your 3rd, you always have an opportunity to complete the 3rd and you may work on issues of both the 3rd and the 4th at the same time. But it would be very difficult to complete the 4th internal monad in the positive pole without having completed the 3rd in the positive pole. You might then be doing some of these issues simultaneously. None of this is quite as linear cut-and-dry as we need to teach it; we teach it in a linear way. In fact, you might be 20 years old but you might be doing a lot of work on releasing your family imprinting, which we normally associate with the 4th internal monad. In which case it doesn't mean that you are actually in your 4th internal monad, but it does mean that when you get to your true 4th internal monad, it should be a breeze. Because you've already done the work. On the other hand, if you resist that tooth and nail, then it could be quite a difficult passage for you.

[Stella] Okay, yeah. Because it kind of links into what you were talking about with how narcissism forms. I think you mentioned that they abdicate the 2nd internal monad. That that's a way that a narcissist is born. If that happens and you have somebody like that in your life, and you can kind of see that they-- are they still able to reflect the monads in themselves without actually actively doing them? So if you're watching somebody go through their life cycle, you can kind of see there's an essence or an understanding that in that point in their life, that would be a time where they would be doing their 4th or 5th internal monad, but they're never going to complete it in either the positive or the negative, because they've abdicated the 2nd?

I think, essence will rattle around in the person. If someone was not able to complete the 2nd internal monad and they get to be in their mid-30ties, they might start to feel the doubt about the path that they're on at that point. But it may be totally unconscious. If you talk to them, they might say: "Oh, everything is fine." They're not introspective, they're not paying attention to their internal cues. But that doesn't mean that the internal cues aren't actually there. I think that we can recognize that the urge to review your life when you become older, let's say retired, is really a very natural thing for most human beings. And yet, that may be resisted, or it may not be done in any sort of meaningful way. You might have abdicated your earlier monads, but you might still be nostalgic about when you were a football star in high school, that sort of thing. So the stages are there.

[Patricia] I'm 6th level old. Did I complete my monads up to now positively, given that as a child - I would say, starting maybe at conception, certainly birth - it was a rough childhood? What would you say about that?

The real question always is: is an individual willing to face their issues and do the work? You have been very willing to do that the whole time I've known you, and I'm sure from before that as well. So, even if you weren't getting any love from your parents as a 2-year-old - which probably at the time made it difficult for you to feel safe in forging your own identity apart from them. If you are seeking, whether you're seeking spiritually or psychologically, or with self-help realm, if you're really doing some work, you can remedy all of that. In fact, if you can remedy that under horrendous circumstances, that's a really great thing in terms of your soul development. Because anyone can do these things when it's easy. But can you do it when it's hard? In the example of the 2nd internal monad, if you can own that you are an individual and that you're not part of your mother, if you can own that not everything I see out there is me, that what I see out there is also-- other people who also have their individuality, then you've really earned that lesson beautifully. And that gives you strength on a soul level that many will not have.

[Patricia] I think I did finish them positively, but late. That was my sense because I've certainly done the exploration.

[Steph] I am interested in animals and pets. Can our animals reincarnate back with us? Can we see them once we've passed over?

Yes to both. I have a friend who had a cat that he was very attached to who lived to be 20 years old, and she asked the soul of that cat to reincarnate to her in the next cat. She confirmed that that occurred because this cat had some very unique mannerisms or ways of behaving that the second cat also had. Unfortunately, the second cat body had some genetic defects and didn't last very long. Then she got the third generation of this particular soul. So yes, you can negotiate that simply by asking. If you want to do this, meditation is a good way to get the message across. Project the thought that "In about 6 months I'm going to be ready for a new cat, or dog, etc. and I'm going to check out these three different local shelters. Would you please come back? My preference is this kind of a body, like a large dog, or a small dog." Or just: "I want you to look exactly, or as close to exactly, as the way you did before." And then, when the time comes, you just go look for the animal and you will be certain to recognize it. You'll just know. And certainly, you do get to see your loved ones when you cross over, including your beloved pets.

There's a little bit of confusion in terms of what has been written about animal souls, which are called hive souls. The misunderstanding about them is that hive souls have no differentiation. And so, even though your particular cat or dog or whatever has quite a unique personality that you can recognize, some assume that that's strictly a matter of the physical aspect, the genetics of that body, and that is not the case. Animals -in fact, all beings - continue to evolve from lifetime to lifetime as they move through the cosmos, and they do have individuality. What is actually meant by "hive soul" is that when we talk about the spiritual families of human souls, or cetacean souls, there's quite a complex structure. We combine into groups of 7, which are part of 7 seven's, which are part of strings of these 49, and then they gather together into soul families, and seven soul families make a quadre, and 12 of those make a quadre group or energy ring, and it is just much more differentiated. With hive souls, they don't have as many of these sub-divisions. It's not necessary to what they're here to do for them to have a lot of these sub-divisions. And so, that is what is really meant by hive souls. Of course, there's also a difference in what their lessons are about. Our lessons are largely about developing the intellectual part of the intellectual centering. Meaning: our ability to make choices, to create reality and so forth. Other beings in the universe have different sets of lessons. Different, but not worse or better. Just lessons that help complete the whole for all of us.

[Ellen?]: My husband died about 10 years ago and recently, my sister-in-law told me that she's still including him in her prayer circle. Which really surprised me because I've been going with the assumption that he's much better off on the astral plane than I am here on the physical plane, and I need his help more than he needs my help. But it occurred to me I may be totally wrong about this, so I'd like some information.

I agree with you, most people who cross over are really pretty happy, if not blissed out. It's sort of like when kids get let out of the classroom for recess, and they're going "Weeee! I can play, I can go on the monkey bars! I'm free! I don't have to sit through that boring arithmetic table!" and you're stuck there in the classroom and you're learning more. Most people are really happy when they cross over. An exception to that are people who are carrying a heavy karmic burden, or maybe those who don't realize they're dead, or they had a really violent, traumatic death, and they have a lot to work through. The people who cross over with a lot of stress will be offered help, and so they might stand what is - in our time - a year or two in the healing chamber where they're getting a lot of energy work, and they're guides are attending to them and a lot of nurturing. And it may take a few years for those people to actually get fully back to themselves. Another example would be someone who had a long and horrible illness. They might cross over very depleted, and they might need a lot of healing when they cross over. But most of them, by 10 of our years, they're in pretty good shape.

Now, if I'm including a loved one in your prayers 10 years later simply means that you're sending your love, well, we all love being loved! Sending good energy, it's like a "Hello, we're thinking about you, we hope you're having a good time up there!" Nothing wrong with that. There's nothing wrong with sending your positive loving energies to anyone. I would just go by your intuition about that. Can you tune in and feel that they need something that you can provide? But otherwise, it's fine to just say hi.

[Steph] [When we come down from the astral, how much energy do we leave up there? Or do we bring all of it with us? Or do we leave some of our-- with that silver cord; maybe that's what the silver cord means. Part of us is attached here and still attached up there. Or down there, or wherever it is.](#)

Our essence is unimaginably vast. And I've been defining the soul as sort of the bottom layer of the essence that carries all the reincarnational personalities. And that's also vast. Because it includes who you were in all of your past lives, all these past-life selves. When you are planning a new lifetime, you are generally selecting, on average, about six of those past lives with unresolved issues that you want to address in the new lifetime. And so, those six (on average) reincarnational personalities, people you have been who all were working on similar issues, will be especially present in your current lifetime, and very easy to access. E.g., if you do a past life regression, those are the ones that are likely to pop up for you, because they're so relevant to your current lifetime. But the past lives that you've done on different issues that are little relevant to your current lifetime really don't need to have a lot of their energy in the current lifetime. Also, the more expansive you are as a soul, the smaller percentage that you're probably going to need to pull into this lifetime. But you need a certain amount of that essence energy to operate the body. If you have a large expansive life task, then you might bring in more of it. Because you're doing a lot more different things. Just like you're bringing a lot more guides. Those of you who have read 'Journey of Souls' and 'Destiny of Souls' by Michael Newton, he also gets into that. And he talks about the percentage of your soul energy that you're using to run your particular life. And more isn't necessarily better. You just want to pull in what you need in order to run this particular body. If you need more, you can open them more. If you are blocking your essence energy, and therefore you have less than you really need for the lifetime, then you definitely will want to do the work to unblock that so that there can be a flow.

[Steph] [So we bring down part of it depending on how much we need? Of our soul energy?](#)

Yes, exactly. It's like all things in life: more isn't always better, or preferable. Sometimes, less is more.

[Patricia] [I just want to make sure that I understand hive souls. All animals: insects, mammals, birds, are all hive souls?](#)

Yes. E.g. there is an avian hive souls. All birds share this group. And then their sub-division would be a sub-set of e.g. all the hummingbirds being a hive soul. And so, if you're a hummingbird, then you're really connected to all the other hummingbird members of the hive soul. And you have a particular nature. You have that hummingbird nature. And yet you still can be individual within that subset of bird hive souls.

[Patricia] Dogs, cats, horses are very intelligent. And gorillas are very intelligent. Pigs are very intelligent. What distinguishes these animals, dolphins, what distinguishes whales as part of a hive? And individually they're so much more intelligent?

According to the Michael teachings, the dolphins and whales - referred to together as the cetaceans - are not hive souls. They're like humans, they're sentient souls. In fact, there is a lot of evidence that they're more advanced than human beings. However, they do not have the ability to manipulate their environment. So they don't show the obvious signs of advanced civilizations that is e.g. building skyscrapers, and having books. If somehow the whales had books, they'd get wet... so they're not very practical for them. However, scientists are beginning to catch on that the cetaceans have extremely complex social structures and are very sophisticated and complex.

But if you're talking about the true animals that are very intelligent, everything in the universe is consciousness. I think people would be more likely to say everything has consciousness, but I would prefer to say that everything IS consciousness. Human beings made the great mistake of thinking that just about everything else out there is stupid except for them, and that's not true. Bill could talk to you for hours about the intelligence of trees, and I just saw this article where they're doing scientific research with birds and being astonished at their ability to solve problems. Intelligence is not nearly a characteristic of human beings. Everything is intelligent. A rock is intelligent. If you examine the structure in a rock, you can see a lot of sophistication there. It's just that rocks evolve much more slowly, so they change very little. So to humans, they may look like there's nothing happening. Because it's happening on such a slower track compared to us.

We're waking up, particularly in the science field, to just how intelligent all things are. Even things that don't have brains. Scientists are beginning to marvel at "Oh my god, how did they do that without a brain?" Everything is part of the Tao, and the Tao is no dummy. So why should any of the Tao's creations be stupid? It's just not possible. This is something that I find so beautiful about some of the Native American cultures. That they have a respect for all beings, and the intelligence and wisdom of all beings. And we would be well to emulate that.

[Susan] When animals gain sentience-- Michael once said, if I'm remembering correctly, that some pigs are gaining sentience. And some of the raptors are gaining sentience. Does that mean that they evolve beyond the level of hive soul? It's like, the hive soul has functioned for them, and they've learned everything they can? And now they move into being a sentient being and are no longer hive souls?

This is a process that happens on many planets. To have sentience - which means being capable of purely intellectual functioning, reasoning - you have to be able to function out of the intellectual part of the intellectual center. And that's why Michael sometimes refers to humans and cetaceans as creatures of reason - along with billions of others across the universes. So that has to be in place. There are a lot of animals that are already highly intelligent, and it would not take much to tweak them to the point where they could be capable of purely intellectual function. What we find is: many species have a few of their members who are experimenting with moving from being of a member of the hive soul to the first soul age level of being sentient, which is 1st level infant. A great example of that is the famous Coco the ape who learned sign language, who became a very good communicator. This is happening in a lot of species, but it's still at an experimental stage. It has not yet been decided whether large numbers of their species mates will follow them through into becoming full-fledged sentient species on Earth.

Part of what's holding that up is that humans are spoiling the environment so badly that we don't know if animal life will even be able to continue on the surface of Earth, which would be a real shame if that happened. But there's a wait-and-see attitude about what's going to happen. I personally believe that we'll get through this, and that animal life will continue to be able to be sustained on the surface of Earth. There's also the question of what will happen with the human race. Will the human race, if it survives, become more respectful for other species? There have been many planets where the dominant species ended up enslaving the emerging sentient species. And that would be a bummer. In

fact, according to a Michael channel named J.P. van Hulle, that actually happened with the human species on another planet where we were an up and coming secondary one. The dominant species were enslaving us. We were at the infant soul stage at that point. So some of the more enlightened scientists on that planet - they did have space travel - brought some of those human bodies to Earth and seeded Earth with those human species. Of course they've been tweaked and changed along the way, but that was a very early way of moving the human souls off that planet into a relatively uninhabited planet where they could flourish and where they would not be exploited. So it would be sad and ironic if we ended up doing that to emerging sentient species here on Earth ourselves. There are some humans who actually started their grand cycle on this other planet, according to J.P.'s channeling, and came over very early on and continued here.

[Susan] It's fascinating. One of my thoughts around that is an observation with some dogs I have met who are playing with sentience - I'm guessing. And why I say that is that there are some dogs that have - humans have designed mats for them that have words on them. And the dog will point to the word that they want. If they want to go out, they will go put their paw on the word that says 'walk', or 'out', and I think it's fascinating and I kind of wonder if that is some dogs playing with sentience.

It could be, but also, since they already are quite intelligent, the ability to express a want or need is not the same as being capable of linear logical reasoning. An example of that would be: if the dog makes a budget and says: "My person put down five bones, and based on my prior experience, I'm not going to get any more bones until tomorrow. So I'm going to budget them and I'm going to eat one of my bones every hour so I can really savor them." That would be a reasoning kind of approach to solving a problem. Whereas most dogs, they might be able to tell you what they want, but if they get five bones, they're going to go through all of them in a big hurry.

Sentience is simply the ability to reason. And even though humans have that ability, many of them don't take advantage of it... so it's not a given that the ability to be rational will be taken advantage of by a sentient species. And species become more sentient as they evolve, so they become more complex in their ability to reason. More elaborate, you might say, as they become more sophisticated. And that requires a body that is capable of accommodating that. Sometimes, the body will need to be tweaked. It will need to advance somewhat before it's a really practical tool for rationality.

[Susan] I've been reading about the difference between 'essence contact' and 'essence manifestation'. My inquiry is-- what I'm understanding is that essence contact, we cannot really seek, but we can be open to it. Because in the seeking, the ego gets involved. So that's different than essence manifestation, is what I was understanding from my reading. Could you address that a little?

Then, my other question around essence manifestation is that Michael has said that most humans manifest essence about 40% of the time. And that Michael students might be a little higher than that just because they're on spiritual paths. I'm wondering if there is a mechanism for us to intentionally manifest essence and to manifest more of our essence, and when is it most appropriate to do that? Michael says - if I'm understanding correctly - that being human, it's not always practical to always manifest essence. We don't want to manifest necessarily a 100% of the time. So I'm kind of wondering when is it most appropriate to manifest essence. Is there a mechanism so that we can choose to manifest? Does that make sense?

Absolutely. First, let's talk about essence contact. Essence contact refers to the personality either contacting their own essence or contacting the essence of another. Contacting the essence of another could also be called soul recognition, like that sort of romantic idea of "you lock eyes with someone across a crowded room and you know them immediately without having ever met them in this life." That can actually happen pretty often in life, although not necessarily in a romantic way, not necessarily with someone that you have a mate agreement with. But you simply meet someone, you look into their eyes, and you go "I know you!" Mother's sometimes have that experience with their new-born infant. They look into their eyes, and they recognize them. Because of course, you're not

going to agree to be a mother with a soul that you've never met before - most likely. Unless you're being adventurous around that.

When you recognize another soul, it can be so beautiful, and so revelatory, powerful, and exciting. Because you link from your essence to their essence and there is this powerful circuit of energy that starts moving and it's really thrilling. You can also have something similar happen when you do open to your own essence - especially if you've been resisting being aligned with your own essence. To give an example: someone who's really been a lot in false personality, they've been fear-based, they've been shut off from their essence. And then, they go through some really stressful experience that breaks them open and essence comes flooding through. Suddenly, they're elated, they just have this amazing uplifting life-changing experience because they finally allowed essence to come through.

Essence is the largest part of who we are in this universe. And I say 'in this universe' because the very core of who we are is as a spark of the Tao, but the Tao is non-dimensional. It exists outside any sort of manifestation of the universe. So the essence is **[0:45:20]**