

# Shepherd Beyond the MC II

Session 3: Oct 23rd

Parallels, Concurrents, Alternates

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Greetings to you all. Let's start with a brief meditation. One of the great spiritual skills is listening. All psychic access, channeling and intuition rely on a well honed ability to listen and in these cases to listen on deeper levels, than what we normally use. Simply invite yourself to listen, scan, notice what there is to be heard, to be received, to be acknowledged. Would anyone like to share perhaps an excited discovery?

[Listen and the word silent share the same letters...](#)

It's good to have inner silence, it's kind of rare in my experience. I'm working on it but I do notice a lot more silence when I'm doing a session, doing intuitive access channeling.

I was just struck with how beautiful you all are and how fortunate we are to be in each other's company for these two hours. Are there any questions or comments about subjects that we've covered?

[You've touched on parallel universes and if it's appropriate could you explain the difference between, parallel, alternate and concurrent universes?](#)

Those of you who are also doing the Level 1 class, I'm going to ask the group if they would like to devote an entire session or part of one to discussing parallels because there are a couple of people bringing up their own experiences of them. The final chapter in my book Journey of Your Soul, is devoted to parallel universes.

This is something that is amazingly much talked about subject in quantum physics, a sort of leading edge physics. They have come to the same place as Michael has in his teachings that there are a lot of different versions of our reality, parallel to our own that are just as real to themselves as ours is to ourselves. Some are nearby so they are very similar to our reality with just a few major changes that allows the Essences of all involved to explore different choices. The idea is that when individuals or humanity as a whole come to a particular point of choice that is important to Essence, it may spin off almost duplicates of almost the current reality as a way to explore the path not taken. There is that famous Robert Frost poem, he came to a fork in the road, he chose the path less taken and it made all the difference. The idea here is in that fork in the road, both of them look very interesting in being growth opportunities, or opportunities to explore curiosity that in fact they might both be taken. So, you go left and you spin off in a nearby parallel a version of yourself that goes right. In one parallel you marry person A and in another you marry person B. What looks like an important and interesting choice point to you, may not in fact be that important, may not generate a parallel universe because you are going to end up in the same place. It's experience isn't going to add appreciably to your lessons.

And something that you don't even pay any attention to like, should I go to the mall today, that could end up being a crucial choice because if you go, you will meet someone who will change your life. Let's say that you have an agreement to meet that person and you feel a strong urge to go to the mall but you just don't feel well that day and you say, no, I better stay home and get this work done. That could end up being a really important choice point. But in any case, in the concept of parallel universes, they are always merging when they become redundant.

Let's say a second universe was spun off to explore your plan B and it was explored and you ended up where your universe is basically the same as another one. The universe as a whole always works with economy, it doesn't want to waste any energy. If they become so similar that one becomes redundant, they merge. This process is managed from the high planes, the abstract planes of existence. It would not be something you and I would consciously be aware of but some Michael students are quite sensitive to the merging and diverging universes. And when this happens it is called a Nexus. So, sometimes when life feels a little screwy it's because two universes are merging back together and there has to be some decisions made. Let's say that in universe one you had a red shirt not a purple one and in universe 2 you had a purple one but not the red one. So, when they merge there will be a choice between the red one and the purple one. And sometimes it's seamless so if you didn't have a purple one but now you do. If it's a seamless merging you always think that you had that purple shirt. But if it's not seamless and there are glitches, you go, what the heck, I don't remember having this shirt! Or your house looks a little redecorated, how did that thing get there? Or something disappears and you think someone came in and rearranged things or your guides are playing tricks on you.

But for most of us for most of the time these mergings and divergings are pretty seamless. In 2016 two days before the US presidential election, Michael channel, Mike North, channel Michael and said, of course Hilary Clinton will win the presidency. And then 2 days later she didn't, he said we had a surprise parallel merging and we ended up here in one of these rare parallels where Trump won. As to whether I believe that or to whether this was just bad polling, I don't know, I keep an open mind about all these things. This example gets into the realm of can't be definitively proven. It's fun to play with these ideas so we play with them and we don't take them too seriously.

The idea with parallels is that there are some which we call main trunk or central parallels where a majority of what we are doing here in the universe is the same. Meaning that let's say in a majority of parallels, you are female and your name is Patricia, you had the same parents, you had similar professions but you married different people in them. You explored different paths but they are very similar. And then you get farther and farther out and your parallels are increasingly different. Certainly your body type might be different because your parents had different kinds of bodies, maybe one of the souls of your parent is a different soul in a different parallel because they are not the one you had an agreement with. They just get more and more different and the whole way that human life on Earth works could be

different. The continents could look a little different because of the evolution of the physical planet in that parallel took a different path. It maybe different languages and different names and so forth. You get farther out in the parallels and there are fewer representatives of you as Essence in them. Also as an Essence you may not choose to be represented in all the parallels. Let's say for the sake of the number, there are 3000 parallels going on at the same time of human beings on Earth on the Physical Plane. And you as Essence might choose to be in 400 of them because they are interesting and relevant to you. So, if you chose not to be born in a parallel that automatically changes the dynamic of that parallel for everybody else. So these are again always diverging, in other words new parallels are being created and re-merging, merging back together. This is why when you talk about distant history and you have good reliable, accurate channels talking about for example, what happened to Jesus, you get a lot of different contradictory versions. You get, Jesus died on the cross, Jesus didn't die on the cross, you also get the Jesus wasn't even on the cross, Jesus ascended, Jesus lived and moved to India for 30 more years. You get all these different versions. Well, not to be a cop out and apologize for bad channeling, there could also be inaccuracies in any access. But it's possible that all these things actually did happen.

Let's say right now in our current parallel 2021, the one we are sharing this Zoom call. If we go back and see that maybe there were 6 or 10 parallels that have different histories that now merging with ours, they are all combined. And if we go back, we can access all of those histories. It makes history very tricky to talk about especially the further back you go.

So, those are parallels. In all of your parallels, most of your Michael chart is the same. They are different versions of the incarnation that you know of in this parallel as "Patricia". And almost always one of the souls of your parents will be the same. If your agreement to incarnate as Patricia was with your mother, usually you chose one of the parents and then whoever they decide to mate with becomes the other parent and it is a package deal. You may also have agreements with that other parent but the primary agreement would still be with the mother. That will tend to be the same in most of the parallels unless it happens to be, unless there is one where you want to be in but the mother doesn't want to be in. In some cases the soul will be your father rather than your mother, so there will be difference.

But most of the Overleaves are the same. The life task is the key idea. You chose as an Essence to create a personality that we are calling Patricia in this parallel because you had a set of lessons that you wanted to explore. The parallels are giving you the opportunity to explore a lot of different aspects of the same lesson. So, you pretty much have the same life task, you have the same Overleaves, body type by necessity might be different because you might not had the same type of genetic material to make the same type of body.

In a dream that is still vivid today, I explored a distant parallel of mine that looked very different where I had an opposite body type. I was tall and strapping and very healthy. But he has some things that I don't have. He sleeps well, he's had a great sex life, etc. but he's not able to access

spiritually like I am. So on a higher level of Essence we were put together to work together on these two aspects of me to strengthen each other's weaknesses. I'm helping him open up spiritually and he's helping me health wise. You can communicate with the different parallels because you all share the same Essence. We might not even be recognizable to each other because we are so different in how we manifest. But we have the same Role and Overleaves, we have basically the same life task but we are just going about fulfilling it in different ways.

You can consciously communicate with your parallels. You can occasionally communicate with them as I have in the dream state. This is what in part I wrote about in that chapter in Journey of Your Soul. Or it maybe fine not to be aware of them but to know that the things that you did not get to in this lifetime... you know I've always had this dream of writing songs for Broadway musicals, but I might not get to it in this lifetime. But it's possible that if Essences thinks that is a valuable and important experience that I am doing that in a parallel. It's a way for Essence to get a lot more done using the same set of tools.

We are going to get to concurrents and all of that, but before I leave parallels does anyone have any questions? 19:59

Recently I've had this experience. At a family dinner my mother in law will tell a story with great detail and she insists that it is true but it doesn't ring true for any of us. And at the next dinner she will retell the same story with the details and insist it is true. We don't see any dementia.

I shared this with a friend who said her mother is doing the same thing. Then at work I have several clients over the last week who are bring up the same issue. I'm wondering if the storyteller is bring information in from another parallel?

What I'm getting right now from spirit is that can indeed happen and you've mentioned that they are of sound mind. It sounds to me like some recently merged parallels and they have a different history. They didn't quite fully merge for those people so that we were all on the same page. It's not a perfect process but it's generally achieved in a very skillful and seamless manner but it's not perfect. Sometimes there are these glitches and we all don't get on the same page an it does sound as if she is bringing in a different parallel.

I would be interested in hearing what story she told. Can you summarize it?

The differences are silly and small. She went into great detail how my husband worked at a pizza restaurant and how he made pizzas. But he never worked at a pizza restaurant. They she commented about how she loved to watch my sister in law and her husband do karaoke and gave specific detail. They have never done karaoke. When confronted, she commented how she has a memory like an elephant. In many ways this is true. And my friend Becky's mother is doing the same thing even though she is also of sound mind.

When you said that she has this incredibly good memory, I'm wondering if when 2 versions of herself, merged on to this track in our parallel, if she were not allowing some of the memories that were not congruent with this parallel to be erased. Maybe she wanted to keep them both. Me being a very forgetful person, it's a lot easier for those incongruencies to merge. But occasionally I wonder, didn't that used to be over here, or what happened to that thing. It does sound like nearby parallels merged for her recently and some memories weren't exactly the same.

You said they weren't important things. The reason you would split off into a different parallel is because it is a choice point where it's something important and then when you are done with it and everything is basically the same, you merge. But there are a lot of unimportant things that have to be erased. So, you don't get confused in the current parallel. She's not letting go of some of those memories. ... it's more convenient to forget the inconsequential things from another parallel.

That means that in dreams, parallel lives can also step in. For instance, I have dreamed that I'm in places that I know very well, but I've never been there. And the same places show up from time to time. One could say they are from passed lives but they could also be from parallels? But the places don't look old.

Yes exactly.

I'm having an experience of this now. I have a friend who came up into a dream of mine. So, we got into a long discussion. I have these recurring dreams of me being in NYC, and I lived there for 10 years. But what I was seeing was not what I saw when I lived there. In most of the cases, these dreams of NYC were kind of drab and dingy and depressing. And there was always this theme of I lost my keys, I can't get back into my apartment. Or I'm stuck here and I have no money for the subway. They are kind of low stress kind of things. In one of them I was with this friend. Well, it turns out that she's been having the exact same dreams with me in them!

So, we figured out... she's in the arts and theater and she's a dancer that we're friends also in some of these parallels and we're younger versions of ourselves where we are just getting started and trying to be successful. This was a real cool confirmation for me. I asked Michael about one of them and they said yes in this parallel you do eventually become successful but this is a little farther back on the timeline and you are still struggling. I also talk about dreams in parallels in Journey of Your Soul.

In your dream you are visiting a parallel in a different timeline, like you are younger. Is it possible through meditation for us to visit future parallels to see how something works out in this parallel so we can consciously choose which reality we want to live in?

Yes, to the first part of this. You can absolutely explore future probabilities 32:17 when you're looking at predicting the future or seeing the probabilities there is no guarantee that one parallel will actually end up with a particular future so that the different parallels are often switching back and forth between the different outcomes. This is because there is free will and

people are making different choices. But can certainly explore the probable different outcomes of various choices that you are making. And you can also say, in this parallel I would like to choose and create the more probable outcome. But I don't think it would necessarily mean that you are jumping into a different parallel. It's what you want to create in this parallel.

There are also choices going on at a higher level of Essence as to which part of self, which parallel is going to experience which probable collective outcome. So, for example, if it is true that in the majority of our earth parallels Hillary won that election, and there are all these different parallels, the higher level of Essence might say, this parallel, Shepherd is well matched to be in the oddball parallel where Trump won because that would be an interesting lesson for that aspect for me to explore...

Of course all that is happening at levels way beyond the conscious mind and it's not something we need to be worried about unless you find it interesting and you say, hey Essence, this parallel is volunteering to go into that more pleasing outcome. But it's not a decision that will be made at the level of personality.

[On the Essence level, are all Essences equally skilled at exploring parallels and splitting and merging parallels?](#)

No you cannot say that all Essences are equally skilled in any area, so some things are just going to be harder. And there are certain defaults where a lot of Essences will just let nature take its course and allow things to go as they go and some are more skillful at them and more conscious of them.

When we are full time on the Astral Plane, between lifetimes there are also all these parallels but they just exist simultaneously on the Astral without the soul having to believe that they are different parallels. There's a greater capacity to be peaceful in the experience of living in a multidimensional universe that all of these things can be true at the same time. Whereas on the Physical Plane our brains couldn't tolerate which is why there seems to be all these parallels. But in fact they've always existed, they exist on all levels and we are thinking of them as different parallels on the physical plane to keep from overloading our human brains. In other words they are less separate than our brains think they are.

[I want to give a couple of examples. At least 10 years ago, I was pulling out of a parking lot and there was a Jeep in front of me. This is the time when there the Jeep back tires had covers on them with pictures of animals that looked like drawings or etchings. I was sitting behind this one, waiting for the signal to turn and out of this parking lot. I looked down and there was one animal and then I looked up and there was another animal. ...](#)

[Last year was an interesting year and a parallel shift happened to me right around April when there was a big shortage about commodities such as toilet paper, etc. I ran out of toothpaste and I looked several times in that drawer for more and then the next day, I have a leak above my toilet but I opened the draw again and there is toothpaste. Then a couple of days later the leak is gone above the toilet, it's bone dry. I thought this was a good example of Essence bring to my attention what I needed going into a parallel. ...](#)

Talk about Essence playfulness, refer to audio.

I have a quick question, does déjà vu have anything to do with parallel lives?

It absolutely does, yes. You have the feeling of didn't I just do this? Like this is so familiar and that would suggest that a nearby parallel did do it. It feels like an echo thing going on and you are in tune with it.

My husband says he has déjà vu all the time.

He may not have strong compartmentalization going on, he may be more porous in that regard. Also I think that some people have a stronger sense of their individual identity than others. Therefore they are better able to keep separate things separate and they are not as aware of them. It allows them to concentrate on the current reality. People who are diagnosed with mental illness may not have as strong a sense of an individual self so the different aspects of self may bleed together and be more confusing to navigate.

You find this in people who were heavily abused as infants and children and didn't get as good of an opportunity to develop an identity as John Smith or Sally Jones. They had it beaten out of them, that you don't have a right to have an individual identity. So, you see a lot of mental health issues such as people with multiple personalities. They don't have a strong enough self as the person they are in this parallel to keep out all those other selves. They get mixed up so a different subpersonality can take over from time to time. That actually could be a very interesting thing to explore. The psychiatric community does not have an understanding about the metaphysical aspect of it. So all they can work with are the subpersonalities of this particular parallel. But what if they had an awareness of parallels and past life selves? And they could say, Ok, that was a different you and that is also valid but we want to develop the you that you are in this parallel and make it stronger so you have more control over who is in charge in this particular parallel. So, that could be a path to mental health.

Any other questions about parallels.

I have a brief story, several years ago Ted Fontaine had a medical issue and he went to the hospital and he had some kind of ability to switch parallels. And he switched to a parallel where he didn't have the problem and the doctors couldn't understand how suddenly he got fixed!

Ted Fontaine, I don't know if he's channeling much now, but he has channeled Michael. He was a good guy and it would be very cool to do that. Also sometimes illnesses are pretty simple. By that I mean that they just have one major cause. For example, one emotional block or one unresolved issue. Sometimes you can heal it quickly and easily if you face at least that one thing. Other health issues can have 10 different things contributing to them such as chronic insomnia. To heal that you might need to heal 10 different issues so it will take longer.

So, in the cases where you see a spontaneous healing that looks quick and easy, it could be explained by swapping parallels but it could also be

explained by clearing the one issue that was in the way. When you hear of these quick miraculous healings, quite often I think they were simple problems to solve, not easy but just that they didn't have 10 different things contributing to their manifestation.

I had a coworker with whom I had a really good working relationship for years. One morning I had a very vivid dream that she was just furious, screaming at me and after that we never really talked again. And she moved on to a different company but it was tense at best after that dream and I'm wondering if that was a merge that was more to do with her and her path. But I always thought it was weird that there was this dream and then this change in the relationship.

It does sound like there was something going on in a nearby parallel. Maybe it was a way to let you know what was going on so you wouldn't take it personally.

Is there a way for us to intentionally shift parallels to bring items or tools that we need for this one?

I'm getting now from spirit that is possible but rather rare. And with the previous example, there could have been other explanations. It could have been his guides playing with him...

I want to go into this a little more deeply. There are times when there are a lot more activity with parallels diverging and merging. And we may if we are sensitive to them feel unsettled and then there maybe more of these kinds of phenomenon like the toothpaste appearing or images changing.

What I'm getting now is that in those couple of days with the toilet etc. is that there were two nearby parallels that were trying to merge and it wasn't going entirely smoothly. The observer was pretty much the same person in both parallels so it felt continuous from his point of view. But those higher up who are in charge of merging were having a little difficulty with the seamless part of it.

Yes, it is fascinating. So according to my friend the brilliant Susannah Redelfs all of that is managed from the high planes. This is part of what they do for us and this fits with in with our discussion about the 7 planes of creation and my statement that everyone on all the planes associated with earth are intertwined and working together on this project. So, what we do here on the Physical Plane affects them and vice versa.

The next question asked [what is the difference between parallels and concurrents?](#) 53:19

They are totally different. You are the same Patricia, basically in all the parallel Patricias. But a concurrent is a past or future incarnation of the same soul who is not Patricia. So, a concurrent is exactly the same as a past life of your own or even a future life of your own. Different Overleaves, same Essence but these are different people. So lets go back and look at the soul because we need to understand the soul because we need to understand the soul to understand concurrents.

I define the soul as the outer most layer of Essence. So, Essence is this large body of potential that is characterized by the upper half of your chart. It has a certain Role, it has a certain position within things. And at the very beginning before it's first lifetime it was created as a sort of acorn who is going to grow a bunch of oak trees. So, the higher levels of Essence are still unrealized potential in terms of our point of view in terms of our point of view on the Physical Plane.

So there's the Astral aspect of Essence, which is collaborating with the Physical Plane manifestations, the Causal level of Essence that is not yet activated in regard to who we are here on the Physical Plane. There's the Mental Plane aspect, the Akashic aspect, etc. So there are all these unactivated aspects of Essence which from our point of view are purely potential.

The lowest aspect of Essence is the Astral self and that is the same as the soul. So the outer layer of Essence is the soul and out of the soul is created these various incarnational personalities. Think of it as being like your hand and the palm of your hand is Essence and it sends out a finger to be your present personality and another finger to be the past life self were you were the King of England and another finger to inhabit the body and personality of a pauper in SE Asia in 1721. These fingers are all semi little bits of Essence, little souls energies to activate, to incarnate into the various incarnational personalities.

Let's say you've had 143 past lives, those all share Essence with you. They are all you but, in each case, they had a different life plan, different or at least slightly different issues to work on, different abilities, different chart set of Overleaves, different body type combinations, different parents. So, every incarnation is a different expression of you as a soul. Is that clear to everyone?

The top half of your chart stays the same. If you are a Sage then in all of your human incarnations, you are a Sage here on Earth. That doesn't change. If you have 46% male energy, you have the same in all incarnations. But the bottom half of the chart can be different in every one of those lifetimes depending on the life task. So, you chose a new incarnation because you as a soul, as an Essence want to experience some different explorations. And you can be very different from lifetime to lifetime. Maybe unrecognizable when you compare it to the personality that you have in this lifetime.

I got to know one of my reincarnational selves who was quite macho and it was almost shocking to me because in this incarnation I am not a macho person. But here was someone who had different issues and was doing different things. And yet he was still a Sage, still roughly the same soul age, a little younger. It was a different kind of exploration. You can get a sense from this that the soul is exuberant and curious and wants to experience a wide range of things and this is how it accomplishes it. When it chose to be, for example, Shepherd Hoodwin, in this particular parallel, it's exuberance, it's curiosity made it want to create a lot of different versions of Shepherd Hoodwin. But it didn't just want to be SH, it also wanted to be all the people

who you have been in past lives, some of whom are quite different than SH and yet shares Essence with them.

Now, why are there concurrent? It's a simple question of arithmetic. There are roughly and I emphasize the word roughly because numbers are really hard for channeled entities. There are roughly 1.8 individual souls who are playing here on planet earth. But throughout our history, there have not been 1.8 billion bodies, so you had to wait in line, like take a number at a bakery for your turn to get a body.

Now we have 8 billion bodies on the Physical Plane so everyone gets to have 6 or 7 simultaneous lives in this time frame. So, this way the ability to have concurrents is useful. There needs to be souls to activate all of these bodies. If you didn't have a sentient soul who agreed to incarnate, we'd basically have a zombie apocalypse, all these bodies walking around without souls. 1:00:05 and we love having experiences. So, we can have multiple lifetimes that just happen to be in the same time frame. In this case a life in the year we are calling 2021.

There are 2 ways this can be accomplished. You as an Essence as a soul can reach out at the same time, and I mean in your experience it would be simultaneous, so you can reach out and say, here's a body, I'll send a soul out to this body and this body etc. and I'll operate them all at the same time. That will be a fast track growth. It's the same time frame and as my point of view as a soul, it's simultaneous. I'm going to run these all at the same time.

Another way that could be accomplished is, I as a soul complete the lifetime called Amanda and I die in the year 2036. Then I bend time and find a body that needs a soul back in 1957 and having completed Amanda, I bend time and take on that 1957 lifetime. When I get to the end of that lifetime in 2017, I bend time again and see a body opportunity in 1967. Concurrent incarnations can also go in this way. From the soul's point of view, these are consecutive lifetimes and each one could be at a slightly older soul age level. But when incarnations are done all at the same time, all of them are exploring the same soul age level.

In both cases the souls are using different Overleaves and different personalities. And generally, each of the personalities are very different. For example in this parallel, I'm SH and I'm really interested in metaphysics and I'm interested in the theater and I'm dealing with an unresolved past life where I was tortured and murdered by the Church in France and I'm dealing with these other related unresolved issues. If I'm going to make another Essence in this late 20<sup>th</sup> century early 21<sup>st</sup> century timeframe I would take greater advantage of it if I do something really different. So there might be a me in China who is a scientist and female and has a bunch of children. I don't have children. And there could be another me who is a female in Argentina, where I'm exploring politics. So, there could be very different me's and it's not necessarily going to be very interesting to have these different me's met because I'm looking for new and different experiences. But if I did met by coincidence or choice, the female me in China who is a scientist, it would probably feel very familiar, wow you seem very familiar to

me!... if I know the Michael teachings, I might think she is a close entity mate of mine. Or if Essence doesn't want a lot of interchange because it may pollute the evidence in scientific terms, it might just be a Hi, you seem interesting and then like a passing experience.

So, I could be here now and have 5 other me's in this present timeframe or I could be in many different timeframes.

Well, of course, all your past life selves are you in different timeframes. The only difference between that and concurrence is that they overlap in the timeframe you are in for the simple reason that there are a lot more bodies available and you don't have to wait in line. And this situation probably won't last very long because this high of a human population is not sustainable.

So, the concurrents are all happening now in 2021, but my 5 other concurrents could be decades before or decades after

Technically if you are talking about a concurrent of yourself in 2021, you are saying they are all alive somewhere. But you are not likely to meet. They may have been born a little earlier or die a little later and they may look very different than your present personality because they are dealing with other issues the soul needs to deal with. But because they share the same Essence, their core will feel very similar but they are manifesting differently at the moment.

If my 5 others are in different decades, that's not a concurrent, we'd call that a past life?

Right, if they've died already, that is a past life of ours. It could actually be from the point of view of the soul, a part of the soul emanating from you now but it could also be future selves in that they are a little ahead of you in soul age. But if they are alive in this parallel in 2021, then they are concurrent, you are unlikely to meet but some people say they have briefly met a concurrent. And you do get some people channeling who says, yeh your concurrent with a famous musician or movie star or whatever. I think that some people are saying that too easily and I question whether it is correct or not. There are a lot of other reasons why you may feel connected to a celebrity. They may be archetypal for you, they may be in your entity, you may really be deep friends. I would be very hesitant to claim that a famous person is a concurrent of yours. But it is possible and we can't rule that out either.

I wonder if concurrents come back to explore something that isn't relative to one personality but is interesting to Essence. Can you think of it in that way?

Yes, when you as a soul are planning a new lifetime, you sometimes see it as an opportunity to explore new territory but you may also see it as an opportunity to tie up loose ends. On average then, you could say recruit about 6 past life selves, who were all working on different aspects of an issue. Let's say that you as a soul have had 6 lifetimes around the theme of power and the abuse of power and you still don't feel as if you've gotten it

handled. You've still been in situations where you've had power and you felt that you didn't handle it well. Or maybe your guides sat you down and said, you know you really need to get a handle on this going forward or it's going to hold you back. At the same time you may have some past lives in which you were a victim in the abuse of power.

So, you work with your guides and you carefully craft your next lifetime to work around this theme. And all the past life selves, it could be more or fewer than 6 who still feel they have a stake in this issue, I'm feeling unresolved, I'm feeling victimized etc. you all get together and plan out the lifetime. You might say that throughout that whole lifetime, those 6 past life selves are in box seats viewing what you are doing in this new incarnation. And they are counseling you.... So this new incarnation is responsible for healing the pieces of the past lives selves who did not successfully endure the abuse of power.

Hopefully you make some progress. Maybe you get a huge ahah, you get a huge revelation and you totally fix it. So, now all 6 of these past lives are all resolved around that issue. It may be the key issue for themselves and they can go more dormant into the Essence. Like, Ok, I'm good now. I don't have to work out any more stuff on the physical plane beyond that issue. I'm just going to contribute my wisdom to the overall self. Or maybe the same past life self who participated in that lifetime has a totally different issue.

But lifetimes are issues driven. So, other incarnations whether they are truly in the past in the timeline or whether they are concurrent in this timeline, those selves will be about different themes, different interests. Refer to Shepherd's previous example about being a scientist... they could look very different from SH but they are aspects of who I am.

Are we complete about concurrents?

I think I met a concurrent of mine in the same city. Portland has a lot of food carts... our eyes met and locked and there was a huge energy exchange. And immediately a thought went through my mind, this is you, this is you! I thought is this intimidation, he's not looking away, I'm not looking away... is there something else going on? Then I had a different channel confirm that was a concurrent. It was odd and he was completely different, race, political views. It was nice talking a few times but there has been no desire to follow up with him.

I love the story and I think it reminds us how vast we are. People who think of themselves as small are just looking at the most local version of themselves and probably in the most distorted way. But if we are living in our vastness then the local personality is about 1:12,000<sup>th</sup> of all of who we are if we consider the way as we as Essence have all of these past life selves, which could be 100's or even over a 1000, and those are all part of who we are, if we are taking a larger view of our identity. And each of those have all those parallels, so they had a larger experience than a single past life that we can access through regression therapy.

If you step back even bigger, we are part of a soul family of about 1000 souls and they are all having these experiences. I think people who have self esteem problems would interpret that information as I'm just a speck of sand in this vastness and I have no meaning. But I think if you understand it correctly you can interpret it as Wow, I'm so vast and yes, I'm focusing my attention right now in this life but it's part of something so huge.

And every little detail is interesting and important to Essence or it would not be happening. In fact, every little tiny detail of every life that we have and in each parallel, in each concurrent and in each past life they are all opportunities to grow. If we look at it in that way and embrace those growth opportunities... I will not only grow that personality, I help grow the whole self. Whatever I've figured out, what I've learned or strengthened in my skill set does spill over to the parallels. The parallels can then have access to what we figured out and we can have access to what they figured out. It may not be direct access but sometimes we ask them to help us and be conscious of it. But in any case, we have grown our Essence and that is what we are here to do.

So, we are not small at all. We get into this divine paradox where it's part of something so vast in a way it doesn't matter. So if you didn't get this promotion or didn't marry this person in this particular parallel and you feel like you missed out, you can have a sense of, well, not to worry, I'm vast. I'm sure if it's something important I'll do it in a new parallel or another lifetime or whatever. And at the same time whatever is happening is vitally important because it is an opportunity for this vast eternal being to play on the playground of life and to learn something and express itself in a new and beautiful way.

[When Michael tells you the number of past lives that you had up to now, does it include the concurrent ones?](#)

Yes except for the ones that would be considered probable future selves. Those would not be included. Past lives from your point of view, would be those who were a little younger or a lot younger in terms of soul age. If they are a little ahead of you, from your point of view, they are considered probable and they do not count.

[The reason I was interested in concurrents and in understanding them better was because another Michael channel, channeled some concurrents for me. It was interesting because they were doing things I wouldn't do. My life is different and I couldn't imagine being that person.](#)

[I asked Michael through another channel, what is the most number of Grand Cycles anyone has ever done. They said 200. So what is the end goal, you do enough GC and they you just hang out at the Tao?](#)

Let's define GC. That's where you as a spark of the Tao, a unit of consciousness in All That Is, in a unidimensional, unconscious realm decide that you want to play one of the many games that the playground that universe offers of being a planetary sentient. You choose a planet that has a lifeform that is capable of working out of the Intellectual Part of the Intellectual Center. You choose that planet in that live form and you have a

series of lives on the Physical Plane of that Planet, just as all of us are here doing. You complete the Physical Plane which is called cycling off and then you keep growing through the rest of the Planes of Creation, the Astral, Causal, (the Akashic plane is in the middle that acts like the library or Scholar Plane) Mental, Messianic and Buddhaic.

As you go through these 7 planes you reunite. In the beginning you split up into the individual soul to gather experience. It's like a search party to gather more experience. You split up to cover more territory and then you start reuniting into larger and larger and larger groupings until you finish all 7 planes. Now you are in this very large reunited group of souls and then you feel complete and you are reabsorbed back into the Tao.

Every time, you play that particular game, which I'm calling planetary sentience, you gain more experience at playing the game. The first time you do it, if you had your Michael chart done, it would say you've had 0 previous GCs. By the time you've done 10 you're getting the hang of it and you've probably done all of the 7 Roles... these incarnations could be in anything you can imagine and in anything that you cannot imagine. This is the stuff of Science Fiction. SF writers are remembering these previous GCs.

Now let's look at the universe. The universe as you know is extremely vast and in general the farther away you are from the center of the universe, the more simple the experiences are, they are more pioneering out at the edges. So, people with fewer GCs go to this simpler, pioneering planets to get their feet wet. And as you get more and more experience, you are ready to take on the more complex planets. And these planets are more toward the center of the universe. It's very much like the people who live in the big cities tend to have more complex, cosmopolitan lives and the people who live out in the sticks are living more simple lives. And one is not better than the other but some people just prefer the stimulation of more cosmopolitan experiences and some people prefer the more, might say rural experiences.

Earth is more out in the sticks. This is a more primitive planet but it's not the most primitive. But at the very least it's at the far level of suburbia where they have just started to build up. It's relatively primitive. The average person here has fewer previous GCs. The average for Earth is 4 previous GCs. If you get closer to our galaxy for example, you will find that our average is much, much higher. There are pluses and minuses being in our particular lifeform which is fairly emotionally. We get to explore a lot more emotion but also there is a lot less stability. There is a lot more craziness on this boondock planet in this primitive, aggressive lifeform.

The ones that are more experienced may have less emotion and they tend to function more collectively than we do. They may have more of a group mind experience and less of an individuality experience. Again, these are Pros and Cons. There are some good things that you get out of being so individualistic.

So, closer and closer to the center of the galaxy you would have a higher number of previous GCs. When I asked Michael about this, they said they heard of souls with close to a 1000 GCs. Why do they keep doing it? It's interesting and fun. If they didn't find it interesting and fun they would no

longer do sentient soul GCs like we do. They might come to the universe in other forms. For example they might incarnate out of the Tao as part of a star, a sun beam. They might come as one of those behind the scenes angels who are just helping out, helping people get things organized for us. Or they can just stay in the Tao. There is no one forcing anyone to do anything. We follow what is interesting to us. ...

This is a very difficult time to be human. It's very stressful. It was always a very difficult planet with an aggressive lifeform and now we have these changes happening. And you will hear a lot of people complaining loudly, I didn't choose to be born. Well, I guess you could argue that the personality that is the result of the choices of Essence didn't choose it but you actually did choose it. You chose all the important things about what it is like to be you.

It's not really true that you didn't choose to be born. It's just that at the moment it's not as pleasant as you would like it to be or it might not exactly be what you signed up for. Because other people have free will and they don't always work out the way you thought they would. But still, you chose your place. You're not coming here ever without agreeing to it. That just doesn't happen.

You may be an inexperienced soul who told your guide, oh, I don't care just do whatever you think is right. I just want to get back here, I like being here, I want to be in a body and you just jump into the first available body. But that still is a choice. Maybe you didn't plan as well as you should have. So, next time you will plan a little more carefully.

### [What about alternate lives?](#)

A lot of what we talk about depends on how the particular author is defining those terms. I'm going to assume what you mean by those terms is an alternate universe. It is not a parallel, it is not a concurrent but a whole different version of this universe. This is something that I've learned from Susannah Redelfs who channels the Council of One and others. She's told me that our whole universe in which there are concurrents, past life selves, parallel selves, the whole universe itself is exploring the theme of Love. And that there is an alternate version of this universe and this planet Earth and it has a different theme. It's still Earth, it looks much the same but the theme is Power instead of Love. So, different rules are being explored. And then there could be another version of this universe which apparently is not a parallel, it's another whole different version of the universe that has an Earth around a theme of let's say destruction. That the Tao could be exploring.

So you see here the economy that the universe uses and reuses, cycling the same materials in different ways. Yeh, Earth was a perfectly good idea and here's a version of Earth in the Love theme, there's one in the Power universe and there's one in the Destruction universe that the Tao is exploring those themes recycling the same material.

That's the best that I understand it right now. You could get a lot more information about this from Susannah and other people. I did want to mention too that there is a much more thorough discussion of concurrents in

the Seth material by Jane Roberts. Seth goes into this a great deal and Michael just touches on it.

The idea of alternate universes where I've come across it also refers to universes where the laws of nature are different. For instance, here Planck's constant has a particular numeric value. In other universes it might have a completely different value that will lead to different manifestations of natural law. And another concept... the laws of magic are the laws of nature...

For some people and probably the vast majority of people this information would be overwhelming which is why most people don't need or have this information. For me it's fun and it's expansive and it helps put things in perspective. It helps to say that the day to day issues that we have, trying to get your washing machine to work right it's not to say that they are unimportant. They are important and valid as a means of growth and expanding our consciousness. They are all worth doing. But when we have this large consciousness of it all, it probably is going to help us do those things better because we aren't going to take them so seriously and we're less likely to allow them to dominate our consciousness. We'll handle them skillfully, lovingly but not under the illusion that this is the whole universe. That is why I like this material.

I think you will find if you are a science fiction fan that these are people with big imaginations. Their minds can hold these alternate realities and learn from them.

I'm going back to your written questions about concurrents to scan them. I have a feeling that there is a little bit more to mine in these questions. Your questions have been so extraordinary and so wonderful. I'm really grateful because it has gotten me thinking about channeling some new things. 1:42:27

I know that the concurrents share the same Essence but since concurrents are in separate bodies, that means we each have our own souls.

It's the same soul, but it's different aspects of the soul. Remember the hand with the fingers coming out of that soul in every past life and every concurrent. I read it again because I thought some other people might be confused about it. So, each incarnation shares with the oversoul the same past lives.

Are our concurrents roughly at the same soul level that we are?

Yes, they are roughly the same.

Now I'd like to share a question that was asked that I didn't know the answer to. So, I did some channeling and intuitive access on it.

And that was the question about the soul ages and which planes they are on. So I explained that we are a little unusual as a planet in that when we start incarnating here, the soul parks itself on the lower level of the Astral Plane. 1:44:42 and is separated from the incarnation on the Physical Plane because the physical plane of Earth is too dense to accommodate soul energy. On a lot of planets where the physical plane is of a lighter density,

the soul would reside on the upper level of the physical plane and the incarnations would be on the 4<sup>th</sup> or 5<sup>th</sup> levels of the Physical Plane. It think you know that each plane of creation has 7 levels in addition to there being 7 planes. And you see this repeating 7 throughout our universe.

I also taught that we do the first 5 soul ages on the physical plane. And that the 6<sup>th</sup> level, the Transcendental is almost always done on the Astral Plane except when there is an incarnation of a Transcendental Soul such as Gandhi. The 7<sup>th</sup> is done on the Causal Plane.

I also taught in the Level 1 sessions that in your initial casting when you have a 6 or 7 gives you a direct line to the Astral Plane. So, even though the Astral Plane is the 2<sup>nd</sup> plane, because it's where we do our 6<sup>th</sup> or Transcendental soul age, with a 6 casting, you are very connected into the Astral Plane. If you have a 7 you have a direct line into the Causal Plane. Having 6 or 7 in your primary or secondary casting gives you a wiring to directly connect into them. It's a real advantage if you are a channel or a psychic. I do not have those numbers so I'm at a bit of a disadvantage so I access those planes more through telepathic communication. I had to develop a different "muscle" in order to get that kind of access.

[Is it like that on every planet?](#)

I asked Michael and this is what I learned. There are some planets where the Physical Plane is even more dense than ours. And they cannot even do the 5<sup>th</sup> soul age on the Physical Plane. It is moved up into the Astral Plane.

There are also planets where the Physical Plane is less dense and the Transcendental soul age is done on the Physical Plane. But let's say we are doing our main experiences, Infant, Baby, Young, Mature, Old, on the 5<sup>th</sup> level of the Physical Plane and then on those planets we do the Transcendental on the 6<sup>th</sup>. It's one in the same lifeform that vibrates a little faster and they can still be seen by Mature souls. They look a little lighter, airier or they can be felt or heard but there's a lot of interaction.

I thought this information was fascinating and it was something I didn't know.

It brings up the concept of the tuning. If you are a musician, you may know that about a 100 years ago, a group of people got together and decided that they would define the musical note A above middle C as vibrating at 440 Hertz (Hz). So all the orchestras of the world were supposed to tune instruments so A had that particular note, vibration, that particular sound.

There are people who claim that this vibration is unnatural and out of harmony with the human body and it would have been much better if they had tuned it to A above middle C to 432 Hz. If you go down through history, you'll see that A above middle C has been tuned as low as 400 Hz and as high as 480 Hz. So, you can tune the same instrument in a lot of different ways and it has a different effect. You might say it has a different density.

So planets can be tuned differently. So you have some planets that are tuned on the Physical Plane to be more dense or more light and each of the tunings will give you a different experience. Not better, not worse but a

different experience. Therefore, each of the 7 levels of that plane would also be tuned differently.

Right now, we as human beings experience ourselves as solid and we experience what we define as reality at the middle or 4<sup>th</sup> level of the Physical Plane.

The Devas or nature spirits that are part of our legends, the fairies, the elves, the nymphs the Undines. These are on the 3<sup>rd</sup> level of the Physical Plane. And sometimes people who have more psychic perceptions are aware of these beings who are vibrating a little bit slower than we are. They interact with us, and they look after nature, they are like the angels of the natural world.

Then there are the ghosts who are not quite anchored here on the 4<sup>th</sup> level of the Physical Plane but are on the 5<sup>th</sup>. And sometimes we see them out of the corner of our eyes. They are half visible and half invisible, maybe in a haunted house. They may be slow down their vibration on occasion so you can see them and communicate with them. So there are all these different levels.

Well, on another planet that is tuned differently, may be they incarnate not on the 4<sup>th</sup> level but on the 5<sup>th</sup> level and they have a life form that is well tuned to that vibration. Part of the problem of humanity is that some people are perfectly comfortable with the human body since it is tuned to the 4<sup>th</sup> level of the Physical Plane of Earth. And some of us feel more uncomfortable with the higher densities like the physical body is weighing us down in some way. It feels too heavy.

It's like being on the Astral Plane between lives when we can manifest things very easily because it is so fluid, it's an emotional plane and by definition it has a higher vibration because it is a higher plane. And we say, why can't we do that here, why can't we manifest things just by thinking about them? It's a little harder to manifest things here. That said there are people, spiritual teachers, like Abraham channeled by Esther Hicks that teach you how to manifest things here on the Physical Plane. It may not happen as fast as it happens on the Astral Plane. But we can learn how to manifest things here on the Physical Plane by setting our intentions to it. Some people are better at it than others. I'm not a very good manifester. I think it takes a powerful physical life force and the ability to focus your intention very well.

So, it's interesting how different planets are tuned and using those for different life forms. But what we do know, the Ordinal Planes, the Physical, Astral and Causal, the 3 lower vibrating planes, are where we come to play with form, thought, feeling manifestation. Then when we cross over to the high planes because we are all done with that aspect of things. Then we work on the more abstract aspect of things and we work more collectively. And we influence the Physical Plane. We make some decisions about it like who should be the home for that next IS or the TS, so we are working more with these generalities, than these specifics.

I hadn't realized until this question how there's deliberate choice around how the planes are tuned and how the specific levels of those planes are tuned and how the life forms are adapted to those planes.

I mentioned how this friend and another of our group were part of a spiritual group I started when I was 16 named Emissaries of Divine Light. They talk a lot about the Atlanteans and the Lemurians and how they vibrated at a faster frequency and how they were better able to control matter. The Lemurians went back quite a long ways and they were actually not a solid human life form. They existed on the 5<sup>th</sup> level of the Physical Plane. They were a more etheric life form. They functioned more in harmony with the whole. They were more loved based.

What the bible calls the fall of man, was not quite as negative as that term implies, but it certainly has had many negative results since people are feeling more separate from the source. But it gave us a lot of positive results as we explored the darker, heavier vibrations. And when we've brought them back to life, we've learned more about Love. So, it's all been interesting and useful to the universe.

But part of this fall of man or drop in the vibration of the planet as a whole, meant that we started incarnating into these more solid feeling bodies on the 4<sup>th</sup> level of the Physical Plane rather than doing it in more ethereal bodies on the 5<sup>th</sup> level. Although if you're in an ethereal body on the 5<sup>th</sup> level of the Physical plane, it feels perfectly solid to you. It just looks different to those who are vibrating at a different frequency.

Going through this Kali Yuga or age of darkness has given us a huge opportunity to explore the darkness but we are coming out of it and therefore it is predicted that gradually the Physical Plane of Earth will vibrate again at a higher frequency, as it did once before. That may change the kind of body we are in, it may change the kind of experiences we have.

It is often framed in religious terms as we have done bad things and that is why we fell. But from the standpoint of the Michael teachings we are just looking at as a collective choice to explore different nooks and crannies of reality. It takes the judgmentalness out of it, it takes the bad verses good out of it and frames it all as learning lessons. That said, Michael does remind us that we always have the choice to grow through joy rather than through pain. This dive of consciousness, this fall of man as it is put in the bible, lead to a lot of pain and suffering that can eventually be useful. But we can at any time choose to Love, to grow through Joy, to create peace. There has always been a choice.

And I think in this time, we are waking up to the fact that we have been choosing a lot of painful, negative ways to grow and instead we can choose to grow through Love. And that is what the Michael teachings is all about, showing us how we can grow and live on a path of Love and we don't need to grow through pain so much.

Most of us who are interested in these teachings are highly sensitive people. So we don't have the tough hides that we used to have and that most people have. We don't need to be knocked in the head with a 2 x 4 to grow.

We can grow with the tap of a feather so we are choosing to find these spiritual teachings and to share them with others who are also saying, you know what, the school of hard knocks had its value, but I think I'm done with it. I think I'm ready to choose Love. And that is why we are all here.

Any questions or comments before we close today?

[Do the concurrents deal with their own karma, or does that cross over?](#)

A concurrent is the same as a past life self. It has its own agenda. It will probably deal with whatever karma from prior lives however the soul set it up to be dealt with. Part of the planning of the life is, ok we have this leftover karma, we need to deal with in order to move on with a fresh slate, here's the perfect personality in order to deal with it. So, again the concurrent will be no different in that way.

[Also if a concurrent causes karma and can't deal with it in that lifetime, does it get passed onto another concurrent?](#)

That's a fascinating question. My guess that in most cases, the karmic pay back will have to be planned by higher levels of the Essence or soul and it would probably be then handled in a future lifetime. But I'm asking spirit now, could a concurrent, let's say one concurrent makes karma, could another concurrent or yourself complete it? I'm getting, yes it could but it is rare. Normally the repayment would wait.

Any other questions or comments before we conclude today.

Let's do a short mediation seeing that all this information has likely blown your mind. Go into stillness and ask for all the parts of your mind that were blown come back and reassemble in to a beautiful, perfect, congruous mind that is capable of enjoying this moment of eternity and infinity just where you are. In other words invite all parts of yourself that are relevant to be with your body and to be grounded where your body is.

We've had so much fun exploring these far out ideas, it's left us in an expanded awareness. Now we get to bring this back into our human body that is here having experiences. And may be going forward we can allow these experiences in our human body to be more joyful and expansive based on knowing how large we are and how large every human being that you will ever meet already is. You may not have known it, but know you know it.

When we can appreciate the vastness of every being that we meet, may be they can begin to feel expanded and happy.

Invite yourself now to feel absolutely vast and at the same time completely comfortable in this particular body and ??? and open to the joy of it.

Does anyone want to share anything. I see a thumbs up for an A OK.

This brings up the concept of balancing opposites. And what I mean by that is the divine paradox, where opposites can be true. For example, one can be infinitely small and infinitely large at the same time. If we can integrate those two truisms, it can release a lot of stress. A lot of therapists are dealing with low self-esteem, I'm so small