

Shepherd Beyond the MC II

Session 4: Oct 30th

Clarification on IM's, Student Questions

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I had so many wonderful questions and some of them I didn't know the answers, so I ended up doing research and/or some channeling. I've learned so much from this. I love your questions, so, I think I will go ahead and dive into them this afternoon.

[Is the Essence an energy that plays out in the mind and the lower chart \(the Overleaves\) play out in the body? Is there a hierarchy and does one aspect take precedent over other areas on the Chart?](#)

The top half of the Chart concerns your Essence, your Soul, the parts of you that remain the same from lifetime to lifetime. If you were to request a chart on a past life self, I wouldn't need to touch the top half of the chart. The soul is a lot more than what plays out in the mind. The Soul is the eternal nature that uses the mind.

I would say that the Overleaves which are the personality can change from lifetime to lifetime are in fact more about the psyche but of course you can't really divide it up like that. The mind is a gestalt of the different parts of ourselves including our body. So, I would say that there is the Soul and then the Overleaves live in the psyche, then the body itself has its own personality. We refer to that as the Body Types. Also, there is the genetics, the heredity and all of those traits.

To oversimplify, you could divide the self into higher self and lower self. Higher self could encompass the mind, the spirit and the soul, etc. Which you could say are more of the abstract aspects of the self. The lower self would be the more concrete aspects of the self. That includes our sexuality, our hungers, our survival instincts, sensuality and so forth.

In spiritual circles the lower self has gotten a bad rap and I don't think that is right or just. The lower self is where we get to have experiences. They are the experiences that make our life rich and beautiful, our emotions, our sensuality. All the beautiful things about being in a body on the Physical Plane are available through the lower selves. It is true that as we mature, spiritually, mentally and emotionally we learn to master those impulses, so they don't run away with us. This will bring us more joy, more comfort in the body. Because the urges of the body are very strong. The lower self has some intense and demanding needs. For example, people who are not in control of their bodily appetites and impulses can do destructive things.

But that is not to condemn the lower self. In fact, those who are cut off from the body and the emotions are not very happy campers.

The goal here is wholeness, to have all parts of ourselves well represented in balance.

The question also asked if there is a hierarchy. There really is not. Each aspect of self has its areas of specializations, specialty. So, the higher self, the Essence, the Soul specializes in the bigger picture of our life. It knows what we are trying to accomplish and learn in this lifetime and how we set things up. So, we definitely want our higher self, our Essence to be intimately involved in the choices that effect the directions that we take. But I definitely don't believe that any one part of the self should be bullying or authoritarian over any other part of the self. The ideal is for all parts of the self to be heard, represented and for us as a conscious person, to, you might say referee, listening wisely like a good judge to all the parts of the self and making decisions that will serve the whole without depriving any part of self of what it needs. Sometimes the body has an appetite and we as the referee have to say, "I hear you, yes, we need to eat, we need to sleep, and I will prioritize that but right now we have to do this first. So, can you please hang on a little bit?"

Certainly, on your Michael chart the most significant, individual item is your Role because that underpins everything else. If you're a Scholar, or a Sage or whatever you are, that is the foundation for everything else. But again, it's just one factor out of many.

Why are there two kinds of castings?

I described your initial casting as your Home Address which are those 3 numbers that go across the 3rd line of your chart and your Raw Number which is to the right of that same line as your Work Address. So, your initial casting is where you live and your Raw Number casting is where you work, like how you work in the world.

A chart is pulled up to the screen to illustrate the above. So, we have a King with a discarnate Priest ET and the Home Address is 147. Initial casting is what happens when you as a Spark of the Tao initially emerged from the Tao into the universe and these are them most deeply ingrained traits that you take with you through the whole cycle. So, when you are on the Causal Plane, and someone is channeling your Entity and you are the spokes person speaking through the channel, that person would say, "I'm channeling a Server and Scholar cast King from the ___ Entity. So, this is deeply ingrained in who you are.

The second casting occurs when your whole Entity has been cast from the Tao and is now downloaded into the lower Astral Plane where you'll part your

Soul, that part of your Essence that is going to contain all of your incarnational personalities. You get together and reshuffle the Entity and you come up with a Raw Number that will tell you what your Global Job and Community Responsibilities are. All is choice and these traits are chosen by you. These traits will maybe bring in different emphases, so you get to explore, on the Physical Plane what interests you most. And the two ways of describing these interests are your Global Job, which is the larger task and the Community Responsibility which is what you tend to contribute to those who are closer by. So, these are your second address.

In fact, when your Entity has cycled off there will be a 3rd type of casting. When everyone in your soul family is done with the Physical Plane and you are planning how you are going to move forward and work together more as a team. This is a 3rd type of casting that doesn't concern us here on the Physical Plane.

[Can we do a short meditation?](#)

Sure, let's do that. Feel the flow of energy moving through your body. Let it move just as it naturally does.

This is your life force. Thank you, Life Force for moving freely through my being.

Feel how it moves through all the corners of your body that you might not normally pay attention. Feel it filling you with comfort and wellbeing. Feel it unifying all parts of your being into a single radiance.

Embrace your total aliveness especially that of your lower self. Ask that your higher and lower selves be completely unified.

When you are ready you can open your eyes and return your consciousness to the room.

I love channeling these meditations, they are always different. Thank you for the suggestion.

This is a question that was asked that is related to what we were just talking about regarding the lower self. I channeled about this last night.

[What do Hive souls, \(the souls that animate animals\) want to accomplish or achieve on the Physical Plane?](#)

This is the answer I received, and I thought it was beautiful. They mainly want to experience joy and to add to that for sentient souls, such as you and me and the Cetaceans. For example, the joy of motion, of aliveness, of vitality, of giving and receiving, of birth and the sweet poignancy of death.

These are many of the lessons for humans too, but humans have added layers of consciousness on top of that.

I think what is being said is that we are not so different from the animal kingdom in that many of our lessons overlap. We are here on the Physical Plane to enjoy physicality and appreciate it in all of its aspects. To have joy, to have the exhilaration of motion, of exercise, of sexuality, of good food. In those things we share enjoyment with the animal kingdom, but we also have a lot of lessons on top of these things such as about choice, etc., but it doesn't take away those shared lessons.

[Why do we differentiate Spark from Essence? Why is it important to understand the Spark concept?](#)

It's not really that important to differentiate them. I like that differentiation when we are talking about the biggest picture, the cosmology of the Michael Teachings. Specifically, that reality could be divided into the nondimensional, the Source and the dimensional, the manifestation of that Source in this universe that has 7 planes of creation.

I think of the Spark of the Tao as the core of every being because all of us are in Source at the same time as we are in the Universe. So, we are always both. And this applies to everything in creation. When a spark wants to take a journey into a dimensional universe with seven planes of creation and wants to play that game on the Physical Plane through a life form that is capable of conscious awareness and choice making, I call that planetary sentience, then that spark will create an Essence that is the full potential for that being during this Grand Cycle.

You cannot separate the two, so if you are in communion with Essence, you are in communion with the Spark. So, in a practical sense, it doesn't matter but if you want to understand the cosmology, then that is useful.

A further differentiate the Soul from the Essence, saying that the Soul is the outer layer of the Essence that is going to stick our finger into a reincarnational personality to incarnate. It's going to animate the Shepherd Hoodwin, etc. in this particular lifetime.

I like it to have some clarity about the cosmology and we always want to keep in mind that these are just models. They do not limit the truth. It's a way that we can understand greater things in a limited way while we are using these limited brains.

[If everything has a consciousness and some level of self-awareness, how would the consciousness of computer software be described? How would the consciousness of newer software, Artificial Intelligence, AI, be described? At](#)

some point would AI reach sentience at a level where human input in the form of instruction programming won't be required by it?

Everything has consciousness. Probably a lot of you have experienced the sense that your car has consciousness, that it has a mind of its own. My previous car was used, and it was driven a lot more than I was driving it. I could feel it complaining that I wasn't driving it as much. It wanted to be driven more. But my current car, I got new, so it wasn't used to anything else. I didn't feel any sort of objections from it about driving too little. So, here is something human made and yet we are creators. We created something just as Genesis said about the creation of humans. We made it out of the dust of the earth and then we breathed the breath of life into it. And with our car, maybe GM or Toyota we breathed the breath of life into it so we could turn the ignition and it would go. It is a creation, and it works as a coherent whole and it has consciousness on its own level.

My first car was a 1973 Dodge Dart. I loved it, it was great except the back right door, passenger side door, the handle kept getting stuck so you couldn't open it from the outside. I kept checking it and checking it, but it kept doing this except every time I took it into the dealer, they'd say, "Oh this?" and they would open it perfectly without a problem. But it was like the car was playing a trick on me because it wouldn't open for me. It was as if it was entertaining itself by playing some mischief on me. I'd wait a week, but it was the same thing, it would not open from the outside for me. This happened 3 or 4 times. Finally, the dealership took the whole thing apart and put it back together. But I could have sworn that the car was being mischievous or maybe it was a nature spirit or deva who can also work with machines was playing a joke on me.

But all things have consciousness. Your furniture has consciousness. They are all creations. Of course, we would not expect to find the same kind of consciousness that we find in other human beings, but you can tune into them. I was on vacation in St Martin which is an island in the Caribbean and there was this beach that I loved to go to. But I sensed that this cliff, this boulder, this rock was really angry. I wondered why and then I asked around and found out that someone had been murdered there. So, this being, this rock did not like that someone had been killed there. The native American cultures are known for their respect for all beings. Some more western materialist minds think that this attitude is whimsical, that they were anthropomorphizing things that were not really alive. But I think they were just recognizing that all things including man made things are alive.

Now will AI ever become sentient the way Michael defines it? Remember in the MT we do not define sentience simply as the ability to feel which all animals have but as the ability to consciously make choices. Whether a machine would become self-aware, choice making, like we are and like the Dolphins and Whales are and a few representatives of some other species

are becoming, would depend on whether there were sentient souls who thought that would be an interesting experience to incarnate as a machine. 26:42. The question I would have is, are they capable of emotion which is at least some part of the experience of being here. The way I understand it is if a bunch of sparks of the Tao want to be cast from the Tao and incarnate as these AI machines then there would be some consideration on the part of the Tao, particularly the higher planes associated with Earth, whether they thought that this would be a viable and interesting and worthwhile experience. I kind of doubt that would happen, but you never know. If this technology becomes sophisticated enough that it would be a flexible enough tool for consciousness to want to incarnate into it then maybe so.

You talked about the spark of the Tao and last week we discussed concurrent lives on Earth. Does the spark of the Tao have concurrent lives on other planets? At this time does my spark of the Tao have other Essences on other planets concurrently?

When we are living in these bodies, we are so limited in our perception of time. For us time is linear, it moves in one direction, but you have spiritual teachers saying that in fact, all things are simultaneous. I would say that both are true. That on one level of things, all things are simultaneous and at the same time there can be a progression of experience. For example, as a soul here on Earth we can see our various past lives as having happened consecutively from the point of view of the Soul. The Soul decides, in my 1st lifetime I'm gong to be here. You finish it and then decide, I'm going to go do my 2nd lifetime, etc. I did mention with concurrence that there is such a population explosion now that a lot of people are having more concurrences at once. But from the point of view of the Soul, these could be considered to be consecutive.... Yet if you stepped outside of time, you could consider all of them occurring simultaneously. We actually do know this from past life regression where we can talk to a past life self here in the now. So, that self did not ceased to exist although that time, on the Physical Plane, in the linear sense was previous to our current incarnation. But it still exists in that more simultaneous realm of consciousness.

So, maybe on your chart it says you've had 10 or 12 or 15 Grand Cycles, that means that you as a spark of the Tao inhabited a life form that resembled a giant ape, and you were a King soul on that planet. In another previous cycle you were a Scholar where the lifeform looked like a giant bird, it could be anything. From your point of view in this GC they are previous, they are linear, they are before this one. Yet from another point of view, they didn't cease to exist and some remanent of that, whatever was learned from those experiences, even unresolved memories of those experiences, still live in you at some level, particularly at the level of you as a spark of

the Tao. All of those things are there, and you can revisit them in regression. So, I would say that it is both.

In my last Perspectives Newsletter, there was a channeling about Love and Michael in that said that "Love is not always soft" a question asked me to elaborate on that concept.

Love is interested altruistically in what ever the higher good is. That can mean firm boundaries. I think Michael said that because we tend to think of the more feminine, nurturing, softer aspects of Love but there are also harder, more firmer, masculine aspects of Love that are not harsh, they are not toxic, they are not violating, they are not angry, but they can be penetrating, firm in the establishment of boundaries or what is needed to get clarity projected for a situation. So, Love is characterized by a very high vibration, and it has what looks to us like a masculine side and a feminine side but really, they are just different expressions of one concept. I think that is what Michael was referring to in that channeling.

[Can you talk about the mechanisms personality can use to make friends with Essence?](#)

A great source of unhappiness for people is when personality is stuck and cut off from Essence. Or you can say cut off from the wholeness that we are and tries to act in a fear based headstrong manner independently. Sort of, "I'm going to do what I want to do, when I want to do it, no one is going to tell me what to do, not even my own intuition..." Anything that we can do to break down the childishness and separation of that false or fear-based personality creates in us, and in all of us in some degree, is going to help us be on friendlier terms with Essence.

Essence is not separate from us. It is part of who we are just as the body is who we are. And ideally, we would own and appreciate all the parts of self. To be more integrated with Essence, the number one thing is to listen, just listen within. Not only listen to your lower self-feelings but also listen for your guidance, listen for your Essence with an openness to change, with a desire to do the highest possible thing and to let go of predetermined paths. As we do this more and more, we release bias. Bias is a thought form that is rigid that just won't move and that won't take into account the totality of the situation. We all have bias and the more we can recognize it and put it to the side and say, like they say on Oprah, "I want to be the best version of myself". I am willing to learn, and I'm willing to be wrong and admit that I was wrong. I'm willing to change course, I'm willing to listen and I'm willing to sit with guidance until it works its way through and becomes clear for me.

[Is there a way that our personality can assist our Essence in evolving?](#)

This is where the round table idea come in, we recognize that the lower self is the part of the self that is on the front lines of life. So, maybe Essence thinks something is a good idea, but personality has concerns about it. So, these concerns are brought to the roundtable... and then working with Essence and all the parts of the self hopefully those concerns can be addressed so the lower self feels comfortable and calm in moving forward. Like, "I know it's a risk but now I have some ideas about how to handle these financial concerns, or relationship concerns etc. Meanwhile when Essence hears about these concerns, maybe they are things that Essence hadn't fully considered. So, Essence can grow through integration with the personality.

Can Essence be stubborn?

Essence is not perfect. Everything in the universe, including our Essence is evolving. And certainly, our souls accumulate faulty belief systems from traumatic past lives, from bad imprinting etc. that can be carried forward. In this case we are talking about the Soul which is the outer edges of the Essence. The higher levels of the Essence have not yet been realized from our point of view as human beings because we are still on the Physical Plane. These higher levels become more activated as we move through the higher planes. So, it exists more as potential.

I don't think Essence would claim to be all knowing, all seeing, always right. But Essence is less encumbered by fear because it is part of self that is not attached to survival instinct of the body. Essence knows what the life plan is, knows what has been worked out ahead of time. And sometimes Essence can see that this path that may be frightening to the personality is actually going to work out well and sometimes the personality just needs to trust and go along for the ride. "... Ok, I'll be courageous and take a step forward." And then you find out, "Wow, I'm so glad I made that choice, even though it didn't feel totally comfortable at the time because look what happened. Something that I didn't know about on a mental level at the time, but Essence did know that it was in the offering."

So, you can't just always make a hard and fast rule where you say, "I'm just going to blindly obey what I hear from my Essence, or from my guides." Because I may not be hearing it accurately. My own bias might be distorting it. Good common sense is always an important element in decision making. Feeling into it, like, I'm going to try and put aside my fears and I just want to feel into the future if I took this path? And maybe it feels like a good thing to do even though there are some fears.

So can Essence or your guides be stubborn, I think so and again they're evolving alongside everything else. They don't know everything. For example, back in the 1980's my guides were not any more enlightened

about being gay or sexuality as the rest of humanity was at that time. And some of the guidance I was getting at this time was actually damaging to me. But no one knew any better so you can't place any blame about it. It's all growth and lessons.

Don't expect any Source to be all knowing. And understand that you will get the best results from teamwork, from listening to all sides of the self.

[You said on the Astral Plane we can create anything we want out of Astral matter.](#) (this is actually something that is mentioned in the Michael books by Yarboro) mentions the titles of 2 books... [there are stories of people materializing things out of thin air.](#) [Can we use Astral matter to create on the Physical Plane?.... refer to video for other questions about using Astral matter.](#)

The answer to these questions is technical. What I got from channeling was, "yes, it is possible. One can also create by molding etheric, (which is the 5th level of the Physical Plane, our bodies are on the 4th level) and other higher Physical plane energies, 6th and 7th. So, the point here isn't the matter that you are using to materialize things, the point is focusing your thoughts in a powerful and affirmative way. If you are really good at that, you can materialize things.

You probably know some people who are really good at manifesting things. They make affirmations, they visualize, and the thing shows up in their life. It may not show up in their empty palm... that is one kind of manifestation, it's instantaneous whereas if you want to manifest money to go to a workshop, it might take a few weeks or months. It's still manifestation but it's a little slower because the Physical Plane is slower.

Generally, the people who are on the Physical Plane manifesting things are using the upper physical plane matter. But the real point is they're really good at focusing their thoughts. They have a lot of life force. I think the point of this Is this just one of the many skills you could develop. 45:21 If you really wanted to be able to focus your thoughts so powerfully that you could make a stone appear in your hand that is your path. Why not, if it interests you, have fun with it.

But don't assume that people who are able to do this are more advanced or evolved or loving ... what about a person who focuses on becoming an extraordinary musician? That is no less of an accomplishment. We practice what interests us and it is all good, all valid. More metaphysical or spiritual skills are not superior. So, yes it can be done. In the books you cited, they manifested matter mostly from the upper levels of the Physical Plane.

I went back into the Yarboro books and read about what Michael had to say about manifesting things out of Astral matter. It was apparent that they

were really talking about using Astral matter on the Astral Plane. The Astral Plane is a lot more fluid than the Physical Plane, it's an Emotional plane so it's easy to create things there. They mentioned people creating so called demons out of Astral matter. But what is really happening is, we use Astral matter if we have left our physical body or when we are on the Astral in the dream state. Or when we're between lives on the Astral, we can create things to act out certain things to process certain lessons. Even Causal Plane entities may slow down their vibration to manifest on the Astral Plane to work out things they haven't worked out yet.

I know it's a technical distinction whether you're using Astral matter or physical matter but in the physical plane there is faster vibrating physical plane substance that is quite useful for making things materialize on the Physical Plane.

So, when human beings are working in the realm of the psyche, you could then use Astral matter to, for example, conjure a demon or something like that but it would not quite be physical because you are both in that altered state. But working in the psyche it may seem real to you. Just as what you manifest on the Astral Plane may seem real to you.

If we were aware that someone had an agreement, like a parental agreement with another individual because they had similar self-karma to work out. But in that process on the Physical Plane, from the personality level we could see that harming the personality, if we interfered with it, would it create karma between those 2 people?

No, I don't think so. It reminds me of the simplistic argument people often make that if people in a country are starving, we shouldn't help them because that is what they chose or that is what they created because they chose to incarnate there.

Maybe your lesson is helping the starving person. The question I would have is to look at a specific situation and consider can I actually be helpful here. For example, let's say a soul chose to be born to a mother who is a drug addict who is not able to care for the child. If you can go to child protective services and have the child taken out of that home and given better parenting by someone else, that would seem to be a sensible thing to do. But if it's a situation where there is nothing constructive that you can do, then it's wise to make peace with it although it is unfortunate.

When you channel Michael, you are bringing in a great deal of healing energy. Are you bringing in this energy from the Causal Plane or connecting with healing energy that already exists on the Physical Plane? When you are pulling energy for healing, from where does that energy come?

There is healing energy on all planes. Healing happens when what is stuck is released and energy can move again because your physical body wants to be healthy. There is a natural movement towards healing and sometimes it needs help. But you know if you cut your skin and it bleeds, eventually it will heal. So, there is a self-healing mechanism on all levels.

We also know that if you bring in energy that vibrates faster than the thing that you are healing, it shakes things up and that can also bring in healing. We also know that the energy that you are bringing in is not only vibrating faster but has a template of Love and understanding of what healing would look like for that particular thing that the healing energy is coming into, that can also move things along. Maybe replacing more negative destructive stuff thoughts with more fluid and positive thoughts.

Most healers are not only working from the Physical Plane including the higher levels of the Physical Plane but are also accessing healing guides on the Astral Plane. They can be very competent, and they can be very powerful and wonderful and helpful.

If you are also working with a Causal entity, that amps up the voltage to a much higher rate and that can bring changes more quickly and more potently especially if there is a lot of it and a lot of intensity of it.

So, it depends on the situation but generally even when I'm channeling Michael the healing that we are doing is collaborative. I'm a healer, my healing skills are being used, the guides are helping. You know the saying; Two heads are better than one. So, the more levels and the more souls that are involved in the healing, the more potent it is likely to be. In the end though, when we are working with healing another human being, it is the Essence of that person who determines what will happen. And if the Essence isn't open to the healing or cannot receive it that will limit what is given.

All is choice, everyone has choice, even choice about how much healing to receive. You might say, "well doesn't everyone want to be healed?" Actually, no. Some people have ego-based investments in being sick. For example, if I'm sick people will sorry for me and take care of me, or love me, or I'll get attention, or I don't want to be here, or I want to die or whatever. So, the amount of healing energy and the quality of healing energy that any of us receive at any given moment partly depends on the caliber of the healer but it largely depends on our openness.

If we are really open and by being open, I mean willing to change, willing to examine our old beliefs, those that we are very attached to and let them go. We are willing to change our habitual patterns as uncomfortable as that might be. If there is that willingness, then we can receive more.

I was also asked about me accessing some Michael information through the Astral Plane. Different information resides in different places. You might say that the Akashic Plane which is adjacent to the Causal Plane is where we store information that has already been pretty well processed. This is where the universe is processing all of its lessons from this particular universe. So, there is some information that is going to be most accurately retrieved from the Akashic Plane. You'll remember that there 7 planes of existence and we move through me except for the 4th which is the Akashic. This is not for cycling through and gathering experiences. It acts more like a resource. It's like the library. Because the Causal Plane is adjacent to the Akashic, they have the best access to it. So, they are the most accurate source for things like the Overleaves.

When you are planning your lifetime, you have finalized your life plan, you've decided on your Overleaves, you've decided what you want your life task to be, you've made agreements, it's sort of like, just before being born, you as an author finished a book and sent it off to a publisher. This is what my life as SH is going to look like... Having been finished it then can be placed in your records on the Akashic Plane.

So, if you are getting chart information, like what was your chosen goal for this lifetime, that is best retrieved by Michael from the Akashic Plane. However, if they want to see what soul age you are currently manifesting, which is not part of the manuscript you sent off to the publisher before birth because it relates to now, that's information that maybe needs to be seen maybe in your aura. They may need to look through the channel, into the Physical Plane and read that information psychically.

There is also a lot of information about you on the Astral Plane, particularly on the 4th level of the Astral Plane, which is a level where we can have experiences, but it's also used to store knowledge, being the number 4 being the Scholar number. If you've read about the Astral Plane, you might have heard about the Hall of Records where you can go and look up stuff and get animations of knowledge. That would be the 4th level of the Astral Plane.

When people ask me to channel what is my soul connection with another person that is information that is probably best retrieved from the Astral Plane. Now if I'm channeling Michael for everything, they will go ahead and pull up the information from wherever it is present. 59:10 I don't necessarily know where it came from. But since I have been working to channel Michael less for my own health, I've been learning how to access some of this information directly, maybe with Michael supervising but not bringing their Causal Plane energies into my energy fields therefore it's less draining for me. And because I've been channeling Michael for 35 years and that I worked with my guides for 9 years before that I have a lot of energetic infrastructure for getting all sorts of information. When I started getting answers to these connection questions directly with Michael's supervision by

going to the 4th level of the Astral Plane myself, the information I'm getting reads pretty identically to what I was getting it through Michael's intervention. This was a recent event for me, and I was excited that I could do this.

Now, for the Trues, True Rest, True Play and True Work and True Study, there is an element of these that Michael needs to give me because it was set up before the lifetime. And though when I channel them, I don't want to be bringing them into my field, Susannah Redelfs who is an amazing healer and channel recommended that when I'm doing the Trues, I have Michael meet me on the 7th level of the Astral Plane. The human body is well-suited to Astral Plane energy, and it isn't taxed very much, whereas the human body is not very well-suited to Causal Plane energy. When I was channeling the great intensity of Michael's energy it was taxing. So, for part of the Trues I meet Michael and they download it to the 7th level Astral and I download it from there, so I don't have to take their energy into my body.

Meanwhile there are aspects of the Trues that concern how that person has actually been working with those Trues and this information is on the 4th level of the Astral Plane. There is also psychic assess through the Physical Plane to that person, like what are they doing with it now. So, when I channel the Trues, I'm combining all these things and I don't necessarily know which guide or who's giving me what word or where it's coming from because it's delivered to me in a unified package. But it's actually coming from different places.

When you are accessing information like relationships between people, you go to the 4th level of the Astral Plane, into the Hall of Records, do you also go directly to the Akashic plane? As channels can we go directly to the Akashic Records or is it easier for us to go to the 4th Level of the Astral Plane?

The Akashic Records are different than the Akashic Plane. The Akashic Records are inherent in every part of the universe on all 7 planes. There is an aspect of everything that is like a window into the Akashic Plane. It permeates all of creation. So, that everything that happens, every experience is connected to the Akashic Plane and will eventually be processed into answering the question, "What did I in this universe learn from this experiment?"

If you are a gifted psychic, you can read the Akashic Records of physical matter. You can hold a watch that belonged to someone else back in the past and you can look through the window of that matter that watches experience and you can pick up things about the previous owner of that watch. That is called psychometry. I would say that all psychics have some ability to read the Akashic Records. But if you are defining the Akashic Plane

as the more permanent records, where your Overleaves are, the ones you chose before this lifetime, that is really hard to access from the Physical Plane because it is 3 planes away. You'd be going from the Physical, through the Astral, through the Causal to the Akashic, 4 planes away. Because of that I think it would be a lot more accurate and efficient to get it from Michael who is already Akashic Plane adjacent. That is part of their lessons, learning how to read the Akashic Plane.

The Akashic Plane is constantly being updated and there is a lag. Let's say when I planned this lifetime, just before I incarnated, I uploaded it just like sending a book off to a publisher. That manuscript may need to be updated. I'm actually experiencing this with my book *Journey Of Your Soul*. I've made many corrections but they're not ready to do another printing of it, so those changes are not yet updated into the manuscript. The copy you buy in the store does not have those changes. So, it's the same thing, if I go to the Akashic Plane, and you are one of those rare people who decided to change one of the Overleaves, which is a hard thing to do, but you are in the middle of it, that may not yet have been uploaded. This information could then be found on the Physical or Astral Plane. The Astral Plane is more concerned with your soul and what your soul's intentions are. And the Physical Plane would be more about what is actually happening on the front lines.

Everything can be read. You can pick a random tree or plant and you can read their Akashic Records because everything in creation has a window. People used to think of the Akashic Records sort of like a tape recorder that was always on in the background, and you'd play back the tape. But I think it's more accurate to view them as windows into reality that transcends space and time. The neutral place that takes you out of the linearity of time and into a previous manifestation of that energy. So, if you are reading the Akashic Records of a tree you can see into the past. But the Akashic Plane would be the universes larger lessons.

[Does the exact time of birth get recorded in the Akashic Records or any of the other planes?](#)

The question would be whether anyone at the moment of someone's birth was aware of human clock time. Because if no one was aware of it, there is no means to put that into the records. Let's say I want to look at the Akashic Records of your birth and there was a clock on the wall, and I can tune into the moment birth, and I can see the clock. Well, then we are good. Hopefully your mother knows the date if there wasn't a calendar on the wall. But throughout most of history if people even cared about time, dividing a day up into 24 hours and 60 minutes an hour, if they even cared about that, they would have to go look at a sun dial. If it was a cloudy day, the sun dial wouldn't work. What then would be in the Akashic Records

would just be a sense of what you experienced when you were being born or what your mother experienced when you were being born. And the sense of the time of day or.... I wouldn't presume that you could get a precise clock time when it wasn't accurately recorded say by a nurse. I do know that there are astrologers who are pretty good at figuring it out based on running a lot of different charts. 1:10:52 That is called rectification.

[I have done many techniques but all of them are inaccurate. And this time is very important for knowing who you are. And I'm baffled to try and figure this out.](#)

I know that channeling is collaborative. For example, if a Michael channel has a lot of health knowledge and experience and feel for that kind of information, the channeling from Michael will be more specific, exact, precise and accurate through this channel than through another who doesn't have these experiences. So, it's always going to be a collaboration. Although there are cases where the channel doesn't have a feel for it and gets great information, but it certainly makes it harder for Michael when the channel is not adept in that area. So, what I'm thinking here is if you work with a channel who is really good at getting their own opinions out of the way but who also knows a great deal about Astrology. If you went to them and explained about finding out the accurate birthtime and shared the details, and picture etc. that you have and ask for help. I don't promise you that you would get a precisely accurate result but it's the best idea I can come up with for solving that problem.

About 25 years ago I was going to have an Astrological reading done from a famous Astrologer...I was to call into her assistant. The message I left for my birth information was that according to my birth certificate I was born at 8:24 AM but that a Michael channel thought it was about 5 minutes earlier. The assistant did not convey the entire message... I went for the reading, and she hadn't gotten the message and she was furious. She said there was this fade where people believed that the nurse wrote down the birth time 5 minutes late and she didn't agree with it. ... but having been told that by another Michael channel that it was probably about 5 minutes earlier, different people have used that time. But eventually I did feel guided to just go with 8:24.

[Extended response please refer to the audio or video.](#)

You are a King soul and Kings and Warriors being on the Action Axis are often very much about self-sufficiency, the idea about pulling yourself up by your bootstraps, being independent, being self-reliant. And I think your thoughts here are in line with your Essence.

I totally encourage people to learn this material super well, so they get better and better at spotting the traits. The best tool we have for recognizing the Role energies is on Michaelteaching.com, the roles photo

database where you can see the facial expression and the eyes for different combination of Role and secondary, either ET and / or casting. This is a great way to learn how the Roles look but there are lots and lots of clues, even with students who have studied a long time, there are very few who are really astute in being able to spot the traits. Part of the problem is that the charts are so complex. For example, you observe a trait like someone is very physically active, very full of energy and the mind goes to, "it must be a Warrior". But there are so many other things both on and off the Michael chart that could account for this trait. There are a lot of Michael sites that have questionnaires to determine your Role, are you more this or more of that. But unfortunately, I don't find them to be very accurate. The most accurate thing is to have it channeled and especially if it's the first channeling by a channel who tends to be accurate at chart material. I don't think there is a substitute for that, and we can all get better at it. Even when I guess, and I've done 12,000 Michael charts and I'm really good at guessing. But I'm often guessing wrong.

[Extended response about personal experiences with inaccuracies from channels. Please refer to the audio/video 1:24:24](#)

One of the reasons I wrote my book, Journey of Your Soul is because I wanted to understand channeling itself and why there were discrepancies. Some channels are terrific, but Overleaves or charts are not their strong suite. They are really good at maybe other things. I think there is a certain kind of mind that is better at systems. So, if you have a mind that is good at making distinctions between things, like this is why this is different from that, you might have a better instrument for channeling Overleaves. Whereas if your mind is more geared for how things are the same. Maybe that is not as sharp a tool for channeling Overleaves.

There is also the question, are the channels careful enough or going deeply enough into the energy. I do find that the channels whose work is more precise are just more careful, detail-oriented type of people. And the one's who have a different style might be great for other kinds of material. ...

[Extended response please refer to the audio or video.](#)

The Michael teachings are unique in that it is a channeled system that is quite technical similar to how Astrology is quite technical with a lot of its own terminology. And it's channeled through a bunch of different people. And just knowing how we are, you couldn't expect everything to be uniform when it's coming through a lot of different people. There will be discrepancies. And I actually think it's a good thing because it makes us think for ourselves. And maybe after discrepancies we go back to Michael, and we get new information that explains the differences. It helps our knowledge to keep growing in that way. That is why Michael is always saying, "Self-validate". Do your own study, observe in your own life and

decide for yourself. And whether your self-validation is correct or incorrect, it's yours.

Another good way to learn the teachings is to refer to the Handout that came with your chart teaching material called Celebrity Overleaves. You can observe Celebrities and see if you can pick out their role or some of their other traits. You can then look it up and if it is on the list of people who have been channeled, granted the list isn't 100% accurate, but I think it is pretty good, it's one way of fine tuning your own perceptions.

I had an idea that I emailed to you about figuring out a person's chart by having a conversation among all the participants after looking at life, achievements etc. I think it would be so interesting to have these points for conversation among a group.

If anyone is interested in participating in this kind of group discussion, after BTMC II is complete, please post something in the chat.

I would like you to be the person running it because you are the person teaching it. You would know if it were true.

Yes, I could channel it. If you are interested, please make a note of it in the chat or email me. I will make a list of names for this kind of workshop. People would watch the videos on their own time, and we would get together and discuss it.

In response to getting the exact time on a birth. This is something that hasn't been done before to the best of my knowledge but is possible. It's like calculus. If you consider two wheels that are on the same plane, but they are turning at different rates. One is turning fast; one is turning slow. Each wheel has its own time and its own measure of time. So, how do you determine the intersection? This is calculus, it's taking an instantaneous reading at one point even though those 2 objects are moving at two different speeds.

It is possible in spirit, I know this is possible, just because I know, not because I've ever done it, not because it's been done, but it is possible. You can get someone in the same timeframe, the same way you can do it between 2 ET cultures moving at 2 different speeds. You can do it within the same culture moving at the same speed but two different people. If you take a snap shot with a soul who is willing to do this with you, an Essence that is willing to do this with you, who knows the time at the time you were born, Essence can coordinate that and give it to you this way. That's the principle.

Thank you!

You mentioned in one of your classes that most people are not listening to their guides therefore they may only have one guide present at any given time. I'm curious about your thoughts about guides developing their own skills as guides. Might a guide sign up for a few folks who make special problems by not listening to them? Might this be part of their own development at an Essence level? 1:38:11 Do they learn patience?

I did channel about this. Guides learn many things about being guides, patience among them. A primary guide will probably only have one person at a time. What is a primary guide? Nobody incarnates without having a main guide. And that guide is someone whose job it is to be with you on this journey, who knows what your life plan is. I think of them as being like social secretaries. They know your schedule and they will tap you on your shoulder and say, you have an appointment at 2 PM... They're all purpose but they're main purpose is just to keep you alive long enough to achieve what you are here to do. So, if they see you are in a bad way, they try to get you help, etc.

If you are a primary guide for a human being, that is pretty much a full-time job. You can certainly do other things on the Astral Plane but you're not going to be able a primary guide for other souls while you've taken this on. Your primary guide may change through the life, you may have different needs and they may switch. But only one at a time.

However, especially for those who have larger tasks in a lifetime, often may have many other guides. We call them secondary guides and they aren't your social secretary, but they help you with specific things. Maybe you're an artist, they'd help you with your art. Maybe another one helps you with your relationships. And some can be temps where you bring them in for a temporary need and they come in and out. So, people with larger life tasks, may have 15 or 30 different guides from whom they are drawing in order to live their life. But everyone has at least one.

Now, what happens if someone is deeply enmeshed in false personality, meaning that they're unconscious, they're very fear based, they're very reactive, they're not considering their choices, they're not listening to their intuition, etc. there you have a primary guide who is, shall we say, underemployed. Not much what they do will get through and yet they still want to be there for those rare times when they are able to get through.

One of the things that guides do, is they whisper in our ears. They try to get thoughts through that the person might assume to be their own thoughts or the voice of their conscience. That can actually be coming from one's guides or one's own Essence.

Now even that can be hard for someone who is really shut down. But generally, your guides can do a certain amount of that. Maybe they have to shout out loud sometimes. For example, if you are about to have a car

accident, they may amp up the intensity and yell to try and get your attention.

But one of the things our guides can do even for someone who is very stubbornly not listening very much at the time is they can manipulate energy in such a way to get your attention over here or distract you over here. It's like a way you might deal with a toddler who is getting into trouble or a pet. Instead of yelling, "no don't do that", just distract them with a toy over here. So, even if the person being guided isn't paying much attention, if you are a guide and get something shiny and dangle it over here in front of them, you might be able to coax them away from a more destructive path and into a more constructive path.

So, there are things you can do as guides, but it certainly is more satisfying as a guide to work with someone who is responsive, who is more of a team player and who will work with you.

[If you're a guide who's stuck with a person who is not listening, is that karmic payback for the time you didn't listen to them?](#)

It seems logical that would be the case but what I got on that was this would be self-defeating. You always want to go into the lifetime, hoping that the person, having created a life plan would be somewhat interested in following the life plan, somewhat interested in working with the guides. So, no, I don't think that is going to be a karmic repayment.

Generally, your guides are entity mates. In Level I we talked about your Entity being your soul family, a group of about 1050 souls. In Michael's case it's 1050 but it can be anywhere from 1000 to sat 1800 souls. But anyway, you probably do know people who are in your soul family here on the Physical Plane and often your guides are members of your soul family. It's a good fit to have your guides that close to you and they also have a more vested interest in you doing well in your life because your growth will eventually be their growth.

There was a question about inputs. 1:44:33 You know from Level 1 that all souls have an input for concrete reality, what's happening right now in your life and in the world. And 3 of the Roles only have that one input. Scholars, Warriors, and Kings only have one input. This makes them more linear, more simple, it either is or it isn't, no nonsense, down to earth.

The two Inspiration Roles add a second input. Servers add an input for the common good and they are always paying attention to the path to the common good and a path to concrete reality and they are always trying to put them together. Priests have an input for the higher ideal and they are

always trying to match the higher ideal to current reality and that's about 50/50.

But then you come to Expression Roles and Sages have 3 inputs, Artisans have 5. I've seen several different versions of what the 5 different inputs of the Artisans are dedicated to and also for the Sage. My channeling on that is that inputs for the Expressive Roles are modular, meaning that you can pug whatever you want into them. For me as a Sage if I'm performing in front of an audience, I might have my second input geared for feedback from the audience and my 3rd might be tuned into my fellow actors. One channel said that the second input for the Sage is being aware of what I am expressing and the other is being aware of what is coming back to me. This could certainly be how it is done as well.

As a King I have one input. It seems very simplistic and I'm a little disappointed in that, but do I have access to the inputs of my ET Priest and the input of my Server casting? So, do I have access to any other inputs or am I relegated to my single King input?

What happens when you are a one input person, but you have bleed through from a role that has more than one input, it's similar to stereo sound being combined into one speaker. You could be aware of the higher ideal, but it is going to be combined in your one. If you were a Scholar with a discarnate Artisan ET, so that you had a lot of bleed through, it would be like you are simulating having 5 inputs, but you would still have your one input.

Would your guides have an interest in keeping you in the positive poles? Would that be one of their jobs?

Absolutely, yes, often it's a losing battle but... because you are going to be happier if you are in your positive poles and you are going to grow more and learn more. So, yes, that would be part of the agenda. And your primary guide is probably roughly at the same level of development as you are. So, they learn by guiding you, they can see your mistakes and they can remind themselves not to make the same ones when they are incarnate. You learn a lot from guiding other people and you're getting both sides of it. It's like being a football coach and you used to be a good football player but now you're looking at the game from the sidelines of the field and you can see what people's choices are leading to. That can be very educational. Yeh, they want you to be happy, they want you to thrive. I imagine it could be heartbreaking to guide a loved one, someone in your entity, someone you've known in many lifetimes, you really care about, to see them creating a lot of pain for yourselves, from abdication or whatever. But they also probably realize that you are going to eventually learn a lot from that experience, and they are just going to try and help you in whatever way they can. 1:49:36

Very briefly, I had an experience in a public channeling session where the person next to me was clairvoyant. And we were in a circle and somebody on the other side of the circle had a guide standing behind them. And he was taking a ball bat and slamming it into his hand because he was very annoyed that the guy wasn't listening to him!

Laughter. Well, I think that guide needs to learn patience and will probably come in with the CO of Impatience the next time around. It's no fun to be underemployed and you know lifetimes where people are really stuck are very frustrating to Essence too.

I think you can view all Essences as being very gifted in some way or another. And fulfillment comes from being able to express your gifts. When someone is really stuck and not moving forward at all, there would be a lot of pain both for the personality and for the Essence. Sometimes life events will come up just to shake the person out of being stuck, even if it's horrible like a near deadly car accident. Sometimes people will tell stories about how these horrible things that happened to them positively changed their lives.... And got them moving in the right direction. Maybe someone who used to be athletic, and fit is now a quadriplegic. But they will say, it's the best thing that happened to me, because I opened to my gifts, or I found out what I could do in spite of these limitations.

I think the worst thing for a soul is to be stuck. That is just really painful. If you are moving in the wrong direction, at least you are moving. Then you have some momentum, and you can course correct. But if you are not moving at all, that is just really painful.

The Physical Plane seems to be the only one where there are ongoing encounters with loss and concrete ways. Is that correct? The loss of the physical presence of loved ones, the loss of homes, childhood, money etc.
1:52:22

That is correct. You are not going to experience a lot of loss on the Astral Plane because things are so fluid and it's easy to see that nothing ever really lost, it just becomes recycled.

What are some of the important spiritual components of encountering loss in the grieving process?

Equanimity is one of the great lessons and by that, I mean the ability to stay centered, to stay authentically in connection with yourself no matter what is happening in the outer world. Developing equanimity is a huge gain in our growth. And so, we get that tested all the time and loss is one of the ways our equanimity is tested. Let's say you've been married for 50 years to someone you really loved and suddenly your spouse dies and suddenly you

don't know what to do with yourself, your very lonely. If you can avoid getting stuck and still find a way to make the best in that situation and still manage to have some peace, some equanimity, that's huge. So, that is one of the great lessons for all of us.

Nonattachment is another. Buddha said attachment is the cause of all suffering. And by that I think he meant that we need things to be a certain way in order to be happy, so we're attached to them. If I do not have a b or c I cannot be happy, I can not live through life. And that is limiting us since it's being inflexible. So, when we lose something that we thought we couldn't live without and we find a way to live, maybe we are learning greater nonattachment from loss.

Grace is another lesson from loss. You are in a great deal of pain, but you can learn to be graceful, to be kind, gracious to other people even though your nerves might be frayed, you might want to be grouchy, nasty and want to lash out but still be in grace that is a great lesson.

So, these are all things that you cannot learn on the Astral Plane. You can only learn in the body, and you can see how those things strengthen the soul a great deal

Another is **overcoming the illusion of separateness**. So, in the case of grief and in general the illusions of the Physical Plane. On the Astral Plane you know you are not separate because it is really obvious. But in these hard, solid, meat bodies, it looks like other people are separate from us and that can cause a lot of suffering. If you lost that person and you realize we can still communicate with that soul, and realize that soul is still present with us, that can help us overcome one of the biggie illusions of the Physical Plane. In fact, the Physical Plane is one big illusion because everything looks solid and real and it's not really that solid and real. It's more just a mind creation. They say that the universe is a thought in the mind of the Tao. So, we start to learn that the things we thought were real and solid are just illusions then we can make some real progress on the Physical Plane.

Another lesson is accepting the impermanence of the Physical Plane. We just realize that everything is changing, nothing lasts yet we can still be happy. That's a great step.

I'm not saying that these are easy lessons, I certainly haven't mastered them myself. But these are lessons we can work on, and enduring losses is one way we can do that.

I'm feeling guided to lead us in another brief mediation. Be aware of grounding. By that I mean feeling you are present in your physical body, that you are a loving presence to your lower self.

Now experience your body as being seamlessly connected with Mother Earth so there is a flow of energy. So, your Essence flows through your body, and

that energy keeps flowing down into the Earth. And you're blessing the Earth, uplifting the Earth, raising the vibration, loving the Earth.

And now allow the blessings of the Earth to flow up through your body, feeling that comfortable solidity moving up through your body, out the top of your head, melding with spirit.

There starts to be a flow up and down without any blocks or obstructions. Love flows down through your body with the Earth. Vitality flows up through your body into the Heavens.

All the parts of the self, happily join together in the heart.

All the parts of self, unify into a beautiful radiant whole. With a free flow of energy in all directions.

Thank you everyone.