

# Shepherd Beyond the MC II

Session 1: Oct 9<sup>th</sup>

## "The Trues" and The 7 Planes of Existence

The consensus seems to be that you like me to have some in depth areas to teach along with the more random questions. Today we are going to talk about the Trues, True Rest, Play, Work and Study etc.

We did a previous module on the Internal Monads, and we had some great discussions afterward. For example, what was the difference between completing the negative pole or abdicating it all together. I did some very deep thinking, including accessing channeling about this topic and I wrote a piece. All of you should have gotten it, when I emailed you information about this class. I will be also adding more material to this piece when I have a chance.

Anything like this will be available on my website. In this case you can go to the Michael teachings tab, then the Michael Teachings Home page. You will then see as selection for an article called Internal Monads, Abdication vrs the Negative Pole.

Are there any additional questions or comments about the Internal Monads? OK, well, remember that we are open ended and if you ever have a question or comment about a topic that we discussed in the past, feel free to bring it up even if it's a lot later. I don't mind jumping around at all if something just occurs to you.

I wanted also to say something about what happens when we crossover, and we die, and we are on the Astral plane full time. I was talking about how the guides don't instantly become wiser and enlightened just because they died. That is a true statement. But I may have neglected to mention that when we crossover, we shed the body which contains most of our fears relative to survival. So, we quickly revert to a state that is not so clouded by the illusions of the Physical Plane particularly about fear of survival. On the Physical Plane we may need to be concerned about having enough money to pay the bills, have enough food to feed our kids. As soon as the body is gone, and we are full time on the Astral Plane we no longer have to worry about that. And this is also true of our non-physical guides. So, even though they may not have evolved much beyond where we have evolved, or not at all, the fact that they can look at things without that filter of fear about survival, immediately gives them more access to clarity than what we have in the body. I didn't mean to discourage the guides in what they can offer, but I did want to convey that there are limitations. That they can only take us as far as they've actually gone in their own evolution. Do you have any comments or questions about this concept?

I have a really weird, way off question. Someone like Anna Marie Skaron ??? spelling. Who didn't as much die as she did translate, or what she called translate, but she just disappeared. What is the deal with someone like an ascended master who doesn't necessarily die in the body but instead just disappears? Jesus did that. It happens extremely rarely but it does happen. So, what happens with their 7<sup>th</sup> IM? Would it be completed in the positive pole even though you don't go through a normal death?

I love the weird questions. That's why we're here because we are weird! This is not something that I read about or thought about before, but spirit said when you asked it, it would be considered completion of the 7<sup>th</sup> IM in the positive pole. People on that level where they have such master over the body that they ascend or in other words take their body with them, I don't think they are concerned about completing all their IMs. I think they are beyond that and have bigger fish to fry but this would be considered a positive pole completion.

Let's do a short mediation to bring us together as a group. Feel the peace of Love permeating every cell of your body. Remember that all is well. That it is safe to let go of tension. It is in this moment, safe to receive more Love, Truth and Beauty than you have ever received before. All you need to do is open to it if you wish to do so. When you're ready you can refocus your attention on the group.

I just pasted a list of what some of us fondly refer to as the "Trues". This is a Michael Teachings terms called True Rest, True Play, True Work and True Study. *This is the posted list from the chat box:*

*Life Task, Life Work, Life Purpose*

*TRUES per YARBRO:*

*True Rest*

*True Play*

*True Work*

*True Study*

*VICTORIA MARINA HAS 7, 4 + Home, Health, and Spirit*

*TROY has 9 (Work/Task considered synonymous and is a larger category):*

*True Play*

*True Rest*

*True Study*

*True Home*

*True Health*

*True Spirit*

*True Love*

*True Core*  
*True Gift*

*STEVE COCCONI HAS 7 (Creativity and Service not on TT's list, doesn't include VM's Health & Spirit):*

*Work*  
*Play > Creativity*  
*Rest*  
*Home*  
*Love*  
*Service*  
*Study*

*NATHALIE'S LIST (that she had are channel for her):*

*True Rest*  
*True Play*  
*True Work*  
*True Study*  
*True Creativity*  
*True Home*  
*True Health*  
*True Spirit*  
*True Love*  
*True Service*  
*True Core*  
*True Gift*

These terms were first introduced in one of the Michael books by Chelsea Quinn Yarboro. Since that time other channels have expanded the Trues. For example:

- Victoria Marina uses the four but adds True Home, Health and Spirit.
- Troy Tolley defines 9 of those but he does not include True Work in his list, (see above).
- Steve Cocconi uses 7 but Troy's Creativity and Service are not on his list, nor does he include Victoria's Home, Health and Spirit. He does define Creativity as a subset of True Play, and he also uses Love, Service and Study.

One of group here, Nathalie had me do not only the 4 Trues, which is what I normally only do, but she collected some of these from other channels and requested I try my hand at channeling those for her. I got permission from her to go over some of those that I got for her.

Speaking generally, I'm quite familiar with what is covered in the published Michael books but some of the other esoteric material from other channels that have not been published in books, I'm probably not familiar enough to

address it. For example, Troy has countless articles on his website I'm not familiar with. If you want to ask about his ideas, it's best to ask him directly or talk to his community since I don't know anything about them.

However, Nathalie, using her Scholar double casting summarized what each was supposed to mean and therefore I was able to address them for her.

The reason I mainly stick to the first four, True Rest, Play, Work and Study, who incidentally Sarah Chambers, who was the first Michael channel, when she started again to channel in the late 90's referred to them as Right Rest, Right Play etc., but it's the same thing. So, the reason that I feel these are the core and that I like working with these is that although there are all these other areas, like a Home that really works for you and makes you happy, or things that best contribute to your health, these four foundational Trues can be looked at what as needs to be in right balance for you in order to be happy. If your life isn't working, you can look at what is underrepresented or missing in your life. And by rectifying those you can become happier. For me the others don't quite work that way. So, I feel it is good to focus on these four.

Your [True Rest is what rejuvenates you.](#)

Your [True Play is what grounds you.](#) It helps you feel happy, good in your body, help you feel alive, make you glad to be here. So, people who feel depressed, burned-out taking care of your Rest and Play can be a great antidote to these conditions.

[True Work is the type of work that you do that is deeply satisfying to you that is in Essence for you.](#) Michael says that "in Essence" means that it is completely harmonious with who you are. There are types of work that are more successful for you than others.

For some people Right Work would be just being alone. And maybe someone whose Right Work is being alone would be perfectly happy sitting in a closet copying illuminated manuscripts for 12 hours a day and it's no problem. But for someone like me who is social and gregarious, I would lose my mind even though I might enjoy that once in a while. But it wouldn't be True Work for me. You could say that [True Work is what allows you to complete your Life task successfully.](#)

Troy says that True Work and Life task are identical. I'm not going to disagree or say that he's wrong because it's up to each person how they are defining any given term. It's how he defines it, but it's not how I define it. He's not wrong or right nor I'm not wrong or right. But I'm telling you that I define life task as being broader.

[Life task is what you as a soul in planning this lifetime most wanted to learn or contribute to the whole.](#) The area of growth that you most wanted to focus on. For example, maybe your life task was to inspire in others a love of love and truth. That is broad and that could be realized in a number of

ways but however you end up living your life, no matter what life throws at you, no matter what changes you have to make, as a soul this is what you hope to accomplish. And the Work would be the HOW, the sorts of work that is going to let you accomplish that. And in Essence for you so you can be happy doing that.

True Work is usually not something like television repair or being a movie star or any particular career. Because usually, not always, Essence is really flexible about how you accomplish any goal that you may want to accomplish on the Physical Plane. Life is full of surprises and if Essence were to define your True Work as becoming a movie star and you try to do that and it doesn't work out, it would feel like a failure. But if your soul defined your True Work as bringing joy and happiness to others through performing, you wouldn't necessarily have to make it big on a large scale. Maybe you do it in your Community Theater and you work as an accountant during the day but you're still able to do your True Work.

Your True Work isn't necessarily your career. You may not be able to do your True Work through your career. It's better if you can but if you can't maybe you can do it in your hobbies or your spare time. And that's perfectly fine as long as the career that you use to support yourself isn't making you miserable. As long as it's at least neutral, it's perfectly fine. If you can manage to create a career that makes you deliriously happy, that's ideal. So, do that if you can but if you can't just find other ways to do it.

One of the great lessons for the soul is being resourceful. As they say there is more than one way to heal a cat. So, if you can't do it one way, find another way to do it. There is nothing wrong with that. Don't bemoan, "Oh I have a life task to do this, and circumstances didn't let me do that and my life is a waste". No, the soul does not look at it that way. The soul looks at it like, "Ok there's always going to be barriers to our accomplishments on the Physical Plane. Let's see how ingenious I can be to find some way around it.

[True Study is what is going to stimulate you intellectually and give you tools that you need for accomplishing your tasks.](#) Or the things that you just find really interesting.

I have gotten examples of Rest, Play, Work and Study that didn't immediately hit home, even for myself 30 years ago. Mind you that whatever is channeled is only an example. It's not going to be comprehensive. You are meant to see those examples and get a sense of the spirit of what Michael is getting at, the sorts of things that work for you. If any given example isn't available or doesn't work for you, even if you don't like it, if you can try to get at what Michael was saying underneath it, it will lead you in the right direction. And really, if you think about it, you can look back on the life you've lived so far and you can think of some examples yourself of things that you find to be deeply restful, or that make you happy and make you laugh; that would be True Play. Or that you find satisfying or

that you find fascinating. It doesn't need to be the few examples that come out on the list if you did get it channeled. See them instead as guiding you in that direction. And if Michael gives you an example of playing card games with your friends. The idea being that you are sitting around a table with 3 other friends and you're drinking wine, and you're laughing and you're playing cards and you then say, "but I don't like card games" that's fine. But look at the context of that, the point is that you are having fun with your friends. If you don't like it with card games find a different way to do the same thing. You don't like board games, you don't like scrabble, there are still other ways that you could accomplish it. So, don't force yourself to do something that you don't enjoy doing. But try and get a feel for it.

Michael gave an example for me of sculpture.<sup>27:48</sup> It really appealed to me. I went so far to acquire a set of sculpting tools and a kiln but it's a big operation since it's messy and it requires space and time. I never got around to it. I ended up giving the tools and the kiln away. Perhaps someday when I have more time, maybe if I ever retire, I'll take a pottery class. That would be playful for me; it would be fun but sculpting not the only thing that is going to work.

Are there any questions about the basic definitions of the 4 Trues so far?

Now, what you need in terms of Rest, Play, Work and Study is not the same as everyone else needs. You have your own needs. For you to be in balance with your Trues will be your own unique need and it will change from time to time.

[True Rest correlates with the Inspiration Axis](#) because you are trying to reenergize your inner world. You're trying to heal and that is the specialty of the Inspirational Axis.

[True Play correlates with the Expression Axis](#). Sages and Artisans are especially playful people, and they are probably going to need more True Play. And the Priests and Servers are probably going to need more True Rest.

[True Work is obviously the domain of the Action Axis](#). Warriors and Kings love work and it's very satisfying to them and it's important that they have adequate True Work.

And [True Study is obviously the domain of the Assimilation Axis](#) and the Scholar.

What you need for True Rest, let's say you happen to be a very healthy, vibrant person and there's not a lot of stress in your life, you're True Rest might only count for 10%.

Let's say that you're a really creative Sage or Artisan, you might need a lot more True Play. When you see a Sage or an Artisan who is unable to play, who is unable to find things to do that really make them happy and make

them laugh and feel joyful and feel grounded and glad to be alive that's an especially big problem. It's going to be a problem for anyone, but if you are an Artisan or a Sage and you don't have that in your life it's going to take a big toll on you. Because you can't be who you are. This is a challenge. Let's say you are a Sage but you're not in good health and you just don't have much energy and you can't think of a single thing that would be fun. That's understandable because your energy is low, you're exhausted. But give it some thought. Like, OK, I don't have a lot of physical energy, maybe some movies that make me laugh would be fun. I have the energy for that. So, try to find ways to improve that in your life.

I've arbitrarily chose several different channelings that I've done about peoples' Trues and I'm going to just read them to you as some examples.

Here are a bunch of [True Rests](#):

- That which provides a freedom from stimulation of any kind such as being without noise or any life
- Time spent in a flotation deprivation tank could provide much True Rest
- Meditation for you is not True Rest although it is valuable. For you that is a form of stimulation. Isn't that interesting? You know we think that meditation is the prescription for everyone. But it wasn't for this particular person it was stimulating.

Here's for others:

- Sleep or rest outdoors on or near the ground
- Mentally challenging games such as chess... Now that's interesting, how would a mentally challenging game, such as chess be restful? Well, my theory is that for this person with the mind fully engaged, the body can relax and let go. Or otherwise the mind would be too chaotic or stimulated.

For another person:

- Reading science or metaphysics and receiving healing energy work

Or another person:

- You often find restful something involving a gentle rhythm or motion, sitting in a rocking chair, being on a boat in mild waters, or listening to music without much melody, but a pleasant rhythm, minimalist music like classic music might fit the bill.

For another people:

- Sitting quietly, not doing much of anything
- Mindlessly browsing, or window shopping
- Any nondemanding activity that you get lost in for hours such as reading, writing or a handicraft.

- Although using a computer, phone or tablet can also be restful it is not as effective for rest as activities quote in the real world.
- Gentle petting activities such as petting a dog, tending a garden, observing trees
- Anything that engages in the energy of love in a manner that slows down time
- A resetting of all your systems by going into a mutual place of consciousness. This can be achieved by various activities that do not engage the mind such as handcrafts or easy household chores.
- She also does not currently find True Rest through meditation but there are techniques of meditation that could achieve this for her
- Studying or just reading quietly without disturbance. This puts you in a trance like state that brings rest

Do you have any questions or comments about True Rest?

Let's talk about [True Play](#) that grounds you and makes you happy to be alive.

- All travel including visiting nearby places with the purpose of learning about them and/or seeing things about them that others may have overlooked
- Games of skill and strategy
- Engaging with people in an exploratory way such as taking daytrips to a museum or history site or taking on a group task that puts them all in motion toward a goal.
- Hands on history exploration such as making doll clothes that replicate those that your historic ancestors might have made
- Skipping as a child might and otherwise moving the body in a rollicking free easy manner
- Strategy card and board games
- Attending occasions that call for you to dress up or otherwise prepare. So, making a costume for a costume party could be part of that.
- Communing with friends ideally 3 or 4 at a time such as sharing a meal or any kind of pleasurable outing with good conversation and laughter
- Teaching those that want to learn practical knowledge
- Singing, dancing, especially slowly like slow dancing as an expression of emotions
- Games of all kinds are playful for you, especially those involving wits or elaborate schemes. Board and card games work but are those involving teams on a mission rather than sitting at a table.
- Just as playful could be working in a group to achieve a positive goal such as volunteer work as long as it includes socializing with friendly people.
- Solitary play includes working with rope and puzzles

- Weaving such as making macrame or making a hammock can playfully pass hours.

Sarah Chambers has said that Play usually involves other people and Rest was usually alone but there are exceptions.

- Dance in a specially organized groups such as square or folk
- Making music with friends
- Games not requiring props such as Charades
- Vigorous sport especially on water such as boat racing
- Basketball is one example of True Play in that it moves quickly, has some bounce and jumping involve in regular intervals. And it's fun when you relax with other players given sensitivity, give and take. The competitive aspect is not central. There are many other forms of activities that fit these criteria. The most important result of group play is an increased sense of aliveness.

Do you have any questions about True Play? 39:50

### True Work:

- Part of it is helping people find their right place within human structures whether they concern employment, family, community or others. You help people find where they truly belong.
- To build structures either literally, construction, design, engineering etc., or as human organizations that are more responsive to human needs.
- There are many types of work that is in Essence for you, the more hands on the better although there are satisfactions for you playing in a symphony we sense that it can feel less substantial for you than when you are having meaningful interactions with other people or animals. You're exchange need is high which means that you need a lot of give and take with others to feel satisfied. This includes others receiving your gifts but also you are receiving theirs.
- Engaging with others in such a way that they go deeper into subject at hand and gain new insights.

Now if you are trying to translate that into a career, you could maybe do that as a customer service person or a bureaucrat. Maybe people didn't understand the instructions or how to make something work. So, you engage with them in such a way that they go deeper into the subject and gain new insights. It could be something mundane and practical just like this.

- Organizing work groups to be more effective. Sensing the gifts that each member can best offer to the task.
- Helping others find their right place in society in general.
- Processing peoples' requirements in such a way to help them move along quickly to greater effectiveness. You would have to know what

people's requirements are to do that kind of work so you would probably be a good listener.

- Making progress toward solving one particular problem before starting on another in such a way as to not need to revisit it. I can image in that persons' work that they really like checking something off the list, knowing that it's totally completed
- Organizing data in such a way that it becomes more useful. It sounds like it could be a good Scholar True Work.

I don't see any hands raised for questions, so let's go on to [True Study](#).

My True Study was something like philosophy of Art and I've never done it or been interested in reading it. But that isn't to say that I won't some day or find a broader application of that.

- Fringe aspects of science such as discovering what is in the depths of the oceans or deep in the earth.
- How women contribute to human understanding
- Looking into how people through history achieved goals with limited tools and how some of those techniques might be useful today especially for those of limited means. Let's say you can't afford a computer. How could you still accomplish things.
- The art of those who depict the inner world in such a way to illuminate it with spiritual light
- The music of those who channel celestial music.
- Your True Study is wide ranging. You like to study insects and the animal kingdom especially the more eccentric or unusual behavior within them. The evolution of clothing of all kinds as new materials and technologies become available. Many branches of science such as meteorology etc.
- All that concerns human development but especially how people can prosper physically and emotionally.
- The relationship of elements both within societies and among societies. You are more interested in the meta trends than the personal or intrapersonal
- Anything that is pertaining to humanities understanding and its place in the cosmos.
- The role of society in helping people grow in unprescribed ways without forbidding behaviors but instead making positive experimentation possible.
- This highlights the theme for this lifetime. You want to be surprised and delighted by what emerges from within you in your life. You are looking for the spontaneous and the unpredictable, not the chaotic or destructive. You want to live with the sense of solid ground beneath you yet with heightened aliveness. But there is room for newness to happen.

- You study lineages. By that we mean you are concerned about what has been passed down and how over vast swathes of time.

Now I'll read you some [Life Tasks](#) which also include when people order their Four Trues from me.

- Your task is to verify or not commonly held beliefs about why things are as they are and where they came from and whether they are necessary. This involves taking a fresh look free of biases at how things are now and whether they can be improved.
- Your task is to complete a rather long list of agreements, etc. with other souls, mostly left over from other lifetimes as you simultaneously release issues from the past so to be more fully here and unprecedented ways.
- World communication, the intersection between personal and world truths having to do with the expression of content and context.
- To learn to work with elemental energies, including nature spirits and devas, and the earth energy of Gaia itself to help humanity harmonize with them.

I'll interject here that if you go to one channel and get your Role channeled accurately, it's done. There's only one possible Role and you got it. There's no point of shopping around, you're muddying the waters and be more likely in getting inaccurate information. If you disagree you could go back to the initial channel, or you could ask another channel, but you'd want to disclose that it's already been given because there is a lot of problems associated for asking for identical information more than once.

With something like your Life Task and your Trues there's less of a problem with that because there are so many different ways that for example your Life Task could be stated. .... The second channel may be for useful because it highlighted a different aspect of your Task or your Trues. So, you could just add it to the list. But it could muddy the waters if you do it several times. But it's not the sort of thing where there is just one right answer.

Here's more Life Tasks:

- To transform the experience of your subconscious so that its energies move more freely and can more quickly reflect your Essence.
- Learning to love what is not so easy to love.
- Learning to integrate parts of your subconscious

Pretty cool? I've done a lot of reading to you in this session so far and I'm going to do a little bit more. If you found it to be too much or not useful, you can make a note in the chat. I read them after the class, or you can also email me because I always check and answer my email. (51:02)

As I mentioned previously Nathalie asked me to channel additional Trues for her and she gave me permission to share them with you.

**True Creativity:** She defined that as "what is my creative outlet?" I channeled for her, "Watercolor painting and painting murals are your highest creativity however many creative outlets appeal to you and are appropriate. Architecture and interior design are included".

**True Home is the kind of environment that I need to feel comfortable and anchored in the Physical Plane.** It can be described as geographical locations, or zones or in terms of elements such as the general weather, temperature, types of nature, colors. Zones according to Troy include oceans, desert, wilderness, jungle, plains, urban and mountains. This what I got, "your True home interior is a lovely simple space without clutter in a balance of light and dark, not too bright and not too dark. There are few items but those that are there are of high quality from elegant lines. Maybe 2 or 3 large, perfect plants. Comfortable without being slovenly. In terms of location and environment: moderate temperatures without uncomfortable extremes, absence of natural disasters especially earthquakes. You want to be on ground that feels solid and stable. In general, an absence of extremes. Hills are better than steep mountains for the place that you live although visiting the mountains is fine. Not isolated but not crowded either.

Probably, if we think about it we all know what home environment works best for us, but maybe not. Maybe we've gotten used to living in clutter and chaos but that's really detracting from our sense of wellbeing.

I studied Feng Shui quite a bit. That can bring to consciousness a lot of ideas that you might not actually think of. For example, because of our animal hardwiring we feel instinctively insecure when we are sitting with our back to the doorway. ... In Feng Shui you arrange things so that doesn't happen.

**True Health is defined is the type of interactions with the environment that are most beneficial for me to maintain optimal physical health.** Categories would include exercising, food, socializing, sleep, schooling, entertaining, meditating etc. "Your greatest Health is achieved by having above average stimulation that makes you feel alive without feeling stressed. You are better off walking briskly than slowly unless you are engaging in True Rest. You are better off running slowly than at the edge of exhaustion to the point where you are in the zone and seem to run without effort feeling though something greater than you is doing the running." In the Michael Teachings that would also be described as having a higher experience in the Moving Center. "Having adventures while traveling, taking risks and trying new things but not exposing yourself to real danger or extreme inconvenience." For example, you might wander and get lost but not have any significant danger of not getting back. In other word, living on the edge of your comfort zone without pushing yourself much makes you feel alive, pumps

your heart, physically and metaphorically and it creates optimal health for you.

Notice that in this case Michael did not mention what foods you should eat. So, I think we can assume from that Nathalie already knows how to eat a good health diet and that she is going a pretty good job of it. But what needed to be heightened was finding the optimal level of stimulation.

**True Spirit is the medium that allows my Essence to express itself more fully.** The 7 areas that could be spiritually meaningful for you are: animals or Independently Mobile Beings, dependently immobile beings like plants, ritual, labor, arts, technology and communication. Your True Spirit is usual a combination of 2 or 3 of these media. Michael said through me that "your greatest opportunities for spiritual experience come from communing with nature such as being in the wilderness. You do not wish to live there but visiting for special moments you can have peak experiences especially when you are alone. Perhaps camping or hiking in places of great beauty. For other people, True Spirit might be attending a Mass in a beautiful Cathedral or meditating with a Guru or meditating with a recording. But for Nathalie it was being in nature.

Your **True Love is what helps you experience Unconditional Love.** A way to help one grasp the factors that come together to generate agape from personality and Essence into the world. It's designed to help manifest hope, connectiveness to person and to give one the experience of unconditional Love. Love is sent to remind our personalities that we are the Love. For example, Mozart's True Love was his music, and someone else's True Love might be another person that reflects and inspires it in me.

For Nathalie, her True Love or her best way of reaching Unconditional Love is meditation. "If you go into a deep state, disconnected from your immediate environment you immediately sense the Universal." Again, this is not going to be true for everyone.

Interestingly with Nathalie her True Spirit is being in Nature. So, through these different channels (59:49) they are defining True Spirit and True Love as being a little different although they clearly have overlap. True Love is purely what is going to get you into Unconditional Love.

**True Service** is asking what is my way of genuinely giving to the world from my Essence. It often produces feelings of deep satisfaction and inner peace. For Nathalie, Michael said "Your good service allows others to serve you. You can viscerally feel and see how you are benefiting from their gifts." That's interesting isn't it? "Feeding others both physical food and metaphorically, such as encouragement, is also True Service for you."

The 2 rarest Trues, I believe only Troy talks about. They are the **True Core** which is a way to help those factors come together for embedding one's truth into the world. And the other is **True Gift**, the way to help one grasp

those factors that come together for amplifying one's Courage into the world. Those are a little abstract, but I think you can get the idea from what Nathalie shared from Michael. "Your **True Core**, again that's defined as embedding your Truth into the world, is to bring your unique take on situations. What you see that most don't in such a way that others respond by saying things like, 'I never thought of that before, or how interesting, I'll have to think about that". Again, True Gift relates to amplifying your courage. "Your **True Gift** is to demonstrate that big problems can have solutions that spring from creativity, from trying something different than what is usually done or from reframing the problem all together."

OK what do you think? Is there any questions or comments? That was a lot of me reading to you.

You mentioned that proportions vary in each individual. I can image that in a single lifetime or over multiple lifetimes these Trues can vary quite a bit depending on what stage you are at or what you are trying to do at that stage. Is that correct?

Yes, I agree, they are going to change, and they are not carved in stone. And what might be playful for you earlier in life, might not be later and vice versa. Your tastes change. But the underlying spirit of it will be similar. There will be something about it that brings a smile to you, that makes you happy, that makes you glad to be here, grounds you more, makes you more in your body. It's like, "yeh, I want to stay here".

Speaking of True Play, so many of the people I work with, say to me, I'm tired of this planet. I don't want to be here any longer." And I've said it many times myself too. This is a hard planet and yet we chose to be here, and we're probably not done if our bodies are still ticking. So, finding our True Play is important to energize us for moving forward.

And maybe you can think of several things that would be playful to you, but they aren't available to you right now. Maybe because of your health... Maybe the most playful thing you can think of would be a sexual partner and you don't have one at the moment and you feel really frustrated by it. So, we have to be ingenious and figure out other ways that will work for us. (1:03:57)

I often recommend to my fellow Sages, to buy funny books. At one point, I bought all of Gary Larson's books because I think he's brilliantly funny. Or watch funny movies or other things that make you laugh. And call up your friends who make you laugh and have a lunch date and keep it light. All of your friends don't have to be deep and meaningful. If they're just fun to be with, that is a real plus. So, be sure to have enough True Play in your life and it will make it easier to handle being here on the planet.

There's a famous story about Norman Cousins who was sick, and he laughed his way to health. This was way before the internet, and way before you

could rent videos. Because he was a kind of a celebrity, he was able to get reels of Candid Camera television show which to him was hilarious. He just watched those, and he laughed and laughed. He released so much tension that he got better. So, play is important.

But there are some people who play too much. All they are willing to do is play and they are not willing to get down to work and they don't rest. So, they are out of balance in that way. You know someone whose partner is a Sage who says, "I can't get a serious word out of that man." They are always making jokes and you can never get them to be serious. That would be also out of balance for that person.

Anything can be out of balance for a person. Obviously, True Study is more important for most Scholars. But that too can go to far. If you're studying all the time, and you're not getting out and exercising and resting and eating properly and engaging socially with others you are going to get less and less benefit out of your studying.

These things work best, they fire on all cylinders when they are in proper balance with each other. That's why I emphasis the first 4.

[It seems to me that one word that encompasses all the Trues would be authenticity, being your most authentic self in the moment will have you working on whatever one of those Trues needs to be done especially if I'm not in my Chief Obstacle.](#)

I was also thinking about the CO blocking the ability to be in balance. My CO is Impatience which is the fear of missing out and therefore I tend to be overly wound up, I want to get things done, I want to cross them off my list, etc. and of course that is very antithetical to being in the present moment. What I have found is the key to handling Impatience and life in general is to prioritize. That is, stopping and thinking about what is the most important thing to do today. And then if I can get into the flow, I get a sense of what I most need to do right now. If I'm in touch with myself, which is authenticity.

If I'm in touch with my true self, I can sense, "yeh I have all these other things that I need to do, and I have written them down, so don't worry, I'm not going to forget about them, and I've made a list, so it's all good. But what I really need to do right now is swim laps." And that feels like it's in the flow for me, it's a good time for it, etc. And truly I can then feel like all those other things can wait. This could be restful for me or playful or it could be both. So, the sensitivity to what is in the flow in this moment can help get us into balance. And sometimes the thing we thought we had to do today can very easily be postponed.

So, we can detach from these preconceptions. Maybe the thing that we most need is True Rest because we are running on fumes. I certainly have run on fumes in my life, and I've been able to push myself beyond that. But

you are going to get more mileage out of your life and your body in the long run if we rest it when it needs rest. If I'm not able to sleep then I might just lie down and do a lot of energy work on myself... or meditation or deep breathing or emotional freedom techniques or whatever. That may count as True Rest for me because it rejuvenates me.

So, I may know that I need to do these other things but I'm not being very effective or efficient right now. If I take care of my True Rest, and I feel better then I'll have more energy to get those other things done.

For me for True Study, I just have to pay attention to what I'm most interested in learning at the moment. It may not something that Michael told me... But it's more like, "wow that's really interesting and I want to know more about it." The internet is such an amazing resource for that approach. Or I may have reminded myself to review some of the Michael literature and it's on my reading list. And since it's really interesting to me it satisfies my True Study. If I'm just reading something because I have to and I'm not that interested it's obviously not going to be that satisfying.

So, being in touch with ourselves is the name of the game, staying in touch with our Essence, is our true self, what we really want. Not superficial wants but the ones that come from deep within us.

[For those of us who have not had this information channeled, are you offering channeling services as an update to our charts?](#)

If you want me to channel your 4 Trues and your Life Task you would put in an order on my website, or PayPal and email me, for the minimum 20-minute, \$60 intuitive reading. I'm only channeling Michael directly, meaning bringing him into my fields now for charts. But I have learned with the help of Suzanna Redelfs how to access Michael and the guides for the Trues, for questions like what is my connection with so and so and for any Michael information. I'm able to get the Michael information now in a slightly less direct way, but it seems to be identical to the material that is coming through. So, I'm very happy about it. It's just a real relief for me to be able to do it this way.

[Are the Trues just for us living on Earth, or does Michael have Trues?](#)

I think it's more for us living on Earth because when you don't have a body, you're probably not going to get tired. And you're probably having a lot of fun in the nonphysical realms and you're studying whatever you want. It's a little harder when you are in a body because you have children to feed, and you have to earn a living, and you have to pay the bills, and everything is falling apart... It's harder to keep those things in balance. It's really important that we make the effort to keep our Trues in balance because we will be operating more happily and more efficiently.

By the way if any of you have suggestions for topics like this that you would like to see me take a deep dive into with you in these sessions please email me or put it into the chat. I look at the chat after the sessions.

Do you have any further questions, or did you have an ah ahs from what we have been exploring in this last hour? Was it useful and do you have anything to share how it was useful? Other's get a lot out of what you share.

Everything was useful

I found it fascinating. It increased my appreciation of other people I know and a sense of different activities or modes of expression that they find themselves in. And it increased my appreciation for the modes of expression that I find in myself. At 75 years of age, there is an equilibrium and it helped me understand why I'm enjoying being in the earth increasingly. I appreciated your overview and insights about all of this.

One of the great things about the Michael teachings is that one of the things that something that we know in theory is that we are all different. But having it fleshed out and brought vividly to life to know that different people need different things, and what works for me doesn't work for you, i.e.. If I meditate and feel wonderful I shouldn't assume that is going to have the same effect on everyone else. I can be humble enough to know that it isn't going to work for everybody. And it can initiate an exploration of other techniques that work for different people, what rejuvenates you, what are you being drawn to, etc. we need to pay attention to those things.

Shepherd introduces a new group member. Refer to the video (1:18:03)

BREAK

Since we have covered the Trues, I'm going to go to some of your written questions. I think we have enough questions to go six more weeks. I ask that if you think of things you would like to contribute to the group, please ask or write them down and send them to me.

After death does the personality of this incarnation remain more or less on the Astral Plane until the next incarnation? Or is it gradually completely absorbed by the Essence and forgotten. So that only this upper part of the chart pursues its path (past?) on the Astral Plane.

Many of you know the concept of the subpersonalities when we're talking about the subconscious mind. It's a term that has gained increasing acceptance in psychological worlds. The idea of subpersonalities is that I mainly go about my business thinking of myself as my conscious mind, insert your own name, but if I'm dealing with a problem that I can't seem to solve, maybe I go to a really skilled alternative type of therapist, who guides me into my inner self, in a way that I would not normally do while I was going about the tasks of just living my life.

She might point out to me, "ask for your inner child, what his opinion is about this". And lo and behold you find out that this inner child is a real thing and not just a figure of speech. But it is a department within the inner self that covers all things related to when I was a child, the ability to play, the ability to have joy and wonder and it is still an active part of the subconscious even though you are now an adult. Or maybe the inner child is feeling wounded or it's feeling happy, so we can hear from the inner child.

Well, it turns out that there are countless other subpersonalities (1:26:46) within the overall self but if I haven't particularly asked to communicate with them, I won't consciously know that they are there. In Psychology they talk about the inner critic, a part of me that is trying to protect me from criticism by preemptively criticizing me, "oh you mustn't do that". Maybe there's an inner Parent, or the inner wise person, or there are subpersonalities associated with different body parts. The liver could be considered a subpersonality. So, you can talk to the liver and the liver can tell you things.

When you start exploring the inner world, you find out that we are really vast beings and that all these parts, the subpersonalities of the personality (your name) are very important in terms of how effective I am as a person. Working with a therapeutic technique where I bring the parts of myself to the round table and have discussions can be very healing.

You can also in this type of inner work bring in other souls. You can bring in souls of your parents or your friends etc. and you can get a round table discussion going in your inner world say to heal a health issue or why can I not seem to heal this problem. So, going into the inner world, you find that things are quite fluid.

I wanted to discuss the subpersonalities because when you get to the larger level, not the personality but the soul, each incarnational self is like a subpersonality of the soul. I don't mean that literally in the way we were talking about the subpersonalities of an individual human being. But as you go higher, and higher, and higher you find these larger and larger categories that all have compartments or subpersonalities.

So, when I as Shepherd Hoodwin, leave this body behind, I still exist. The personality of Shepherd Hoodwin will never cease to exist, and it keeps developing, it keeps growing and it keeps having experiences on the Astral Plane especially as long as some of the issues of Shepherd Hoodwin are not fully resolved. Let's say that I'm planning to reincarnate and on an Essence level, we're talking about the one who is going to decide what my next life is going to look like. At the Essence level, I've decided that we are going to work on some of these unresolved Shepherd Hoodwin (SH) issues. And we're also going to work on similar issues in all the other previous personalities. And perhaps the next lifetime we resolve those issues and then Shepherd Hoodwin would be pretty resolved. So, SH is not going to be raising its hand to the larger soul, the Essence saying, "I'm still feeling really

unresolved about this". Then I can go into a more restful place. I can go dormant. But I'm still always a part of the soul that will never cease to be. And I'm also continuing as part of the soul and participates in the soul's evolution to gain valuable experiences from the experiences the soul has.

Let's say another lifetime of the soul that is animating SH becomes a really accomplished musician and takes the experience of musicianship farther. Since I love music, I may be really involved in that lifetime and benefiting from it and growing from it as part of the overall soul.

Let's say, SH is now full time on the Astral Plane, he's left the body behind, but you want to talk to that personality. You can do that by tuning into that level of the self that was SH. You could also ask to talk to the Essence of SH which would be like calling a company and talking to the supervisor. If there is a new lifetime that SH is really involved in part of his circuits will be busy. But there will always be enough of SH full time on the Astral Plane that you could always talk to him.

Then you go to the next level of things. I am just one Essence within a soul family an entity of 1000 or so souls. As we move through the higher planes, not only is SH integrating more with the Essence that spawned SH, but that whole Essence individual soul is integrating with that group of 1000, or 2000 souls that is my spiritual family. You could say, although it is not exactly the right word, the soul that included SH is now a subpersonality of the soul family. And that soul never goes away. It never dissolves into nothingness. It becomes not exactly dormant, but it becomes less prominent since your focus of your consciousness is now on who I am as a soul family and less on who I am as an individual.

But even though Michael is a reunited entity on the Causal Plane, I can still ask to speak to an individual soul or Essence within that group, and I do. The Michael Entity is 1050 souls of Kings and Warriors and there are 2 Kings who are working with me on dictating charts. And rather than talking to Michael as a whole, which I can do, I can zero in on those 2 souls...

The great thing about knowing this information is that you can zero in on wherever you want to, either in a very focused way on an individual or you can zero in on a more generalized aspect. When you zero in on God, you are basically saying, "get me the whole on the phone. The whole that includes all of us, everything for this whole universe." And you can do that too, but your call might be intercepted by one of God's customer service representatives because if you try to engage with God as a whole, it might blow you out of your suit. It could be too much for you. ....

Did I fully answer that question? Good. If you want to know more about how the personality is eternal, just like how everything else is eternal, Seth channeled by Jane Roberts goes into that extensively.

There are some people in the Michael Teaching believe that when you as an individual soul reunify with your soul family, you disappear. That is what reunification means. I don't agree with that, I think that is a misunderstanding. I think that everything that is created will always exist but will become more integrated and will change it's focus and will continue to evolve and become something a little different. Nothing is really destroyed, and even Einstein taught us that. You cannot destroy anything. Energy can become matter and matter can become energy, but you can't get rid of anything. Once you have evolved to become your personality, there is no reason to get rid of that because it is useful and beautiful. Why would you destroy it? But it could become a more dormant part of the Oversoul because it has mostly served its purpose. Yet it continues to enrich that Oversoul with all its experiences that you as a personality had.

Let's go to the next question.

How do beings on the higher planes, on the other side of the Akashic Plane, in other words, the Mental Plane, the Messianic Plane and the Buddhaic Plane, connect with us. And what type of work do they do with us on the Physical Plane.

When I first started channeling, early on, instead of Michael who I was expecting to get, I got a being on the Messianic Plane. The energy coming from there was so gorgeous, so healing, so intense but the words were so difficult to get. The 3 high planes are abstract and the lower 3 are concrete.

There's a special relationship among the Physical, Astral and Causal Planes in the way they work together. But all the planes are interconnected, and they all influence our experience on the Physical Plane. It's just that the higher planes and the beings on the higher planes who are reuniting cadres, and cadre groups, they're interested in much larger and more abstract formations. They are still interested in what's happening on the lower planes and are still participating albeit in a more abstract way.

Different metaphysical teachings agree there are 7 planes of creation, but they differ in what they are. Some of the Michael channels differ in what those are. I've settled on something that works and makes sense to me. Remember that all these constructs are tools or models. We shouldn't confuse the words for being reality themselves. If they work for you great. But if someone disagrees, you don't want to get into big fights about dogma.

The 7 planes of creation as I understand them are as follows:

The **Physical** which is the lowest. And when I say lowest, I don't mean the worst. I mean it's the slowest in vibration and the most concrete. It correlates with the Action Axis because it's about form and manifestation and vitality. So here on the Physical Plane we explore the Action Axis. We explore action, solid and solidified energy. We explore sensations, we explore making things. This is the first plane.

The [Astral Plane](#) is the second plane of existence, and it is the Emotional plane. It's much more fluid than the Physical Plane because emotions are much more fluid than solid form. When we are on the Astral Plane we are much more fluid. You probably heard about how you can think about a tree and see it manifested instantly. Or you die and you think that St Peter is going to be waiting for you at the Pearly Gates. Well, if you believe that strongly, you create it, or your guides create it for you. It's very easy to create things because it is so fluid.

And your lessons are about emotions because it is an emotionally based reality. So, you are processing your emotions on the Astral Plane.

There is a special relationship between the Astral Plane and the Physical Plane not only because they are adjacent to each other but because the physical plane of earth has become so dense, so lowered in vibration that the soul that animates a human being can not be parked on the Physical Plane it's too dense. While on Earth, we park our soul on the lower part of the Astral Plane. So, there is always part of us that is Astral. When we go to sleep and dream, it's possible to leave the Physical Plane and hang out the Astral. Our guides are Astral. So, there is that interchange. There are those planets where the physical plane is not such a dense vibration so it's possible to park the soul there. But we don't do it that way here.

When we're between lives, we're mainly on the middle of the Astral Plane. And when we're all done here, we hang out on the middle and upper Astral Plane as our Entity starts to recombine, that's our soul family of about 1000 souls. When everyone is ready the upper Astral is where the recombining begins. Once all members of your soul family have completed their lives on the Physical Plane and they start recombining on the Astral Plane. You haven't lost your individuality, but your focus is increasingly how you can work together as a whole and have lessons as a unit.

Then you cross over into the first level of the Causal Plane. The 4<sup>th</sup> level of the Causal Plane is called mid-level and that is where Michael is. They are a whole entity or a recombining soul family of about 1050 members. When they are complete with that, they will move into the upper Causal Plane.

And eventually they will cross over into the lower Mental Plane. Now that they've recombined adequately as an Entity, they start to recombine with other members of their Cadre which consists of 7 Entities.

So larger and larger groups recombine and recombine moving through the higher planes. And things become more and more abstract. And because they are so abstract and we are in a human body with a limited brain, it's hard for us to conceptualize what it is like on the high planes. It's hard enough to understand the Astral and the Causal from our standpoint.

If you have conscious out of body experiences, which I have not had, it's much more plausible for you to have a more vivid understanding of at least the Astral Plane.

In any case, we'll take Michael's word for it that the high planes are really cool and that they are still evolving, and they don't know everything either. But they are intimately involved with our evolution. Our evolution fuels theirs and their evolution fuels ours. We are all effected. What we do matters to them, what they do matters to us. They are not somewhere else. They are here. There is no somewhere else. They are just vibrating at such a rapid rate that we don't perceive them.

When you are Astral, you can channel Causal entities and higher entities. Michael channels from the high planes and it's actually easier when you're not in a human body to visit these high planes. You can speed up your vibration, and therefore if you are between lives on the Astral you can visit the Causal Plane. But my understanding is that you can't sustain that very long because it takes a lot of energy and it's not really where you are focused. And Michael can do the same, i.e., get glimpses of the high planes.

Another Michael channel, channels that Michael is now on the Mental Plane but that is not what I get. The Michael teachings are the only body of channeled material that I know of that have many different channels involved. Inherent in that fact is that they won't always agree. There are problems transmitting information in that it has to come through a channel that is not perfect. There are always things that get lost in translation or that aren't accurate. Certainly, Michael can tune into the Mental Plane and channel from that location. Maybe that is what this channel is picking up, I don't know. Again, it's not useful to have a pissing contest and say, "I'm right and the other one is wrong". I'm just sharing with you that is out there and some people believe it. If it works for them, I have no problem with it.

These discussions get into the realm of things we cannot prove. I can't even prove that Michael is a 1000 Kings and Warriors. I can't line them up and count them so I'm going to take their word for it. Some channel once said they thought there were some Scholars included. But the first channeling said they were only Kings and Warriors, but we don't want to make a dogma out of it. But there are Michael students who do make a dogma out of it and will be very upset if you suggest that they are not 1050 Kings and Warriors with no other Roles. But I don't think we should be getting upset or possessive about things like that.

I just present this material in terms of, this is how I understand it, this is what was given, and it is by necessity over simplified. You can not get a teaching from a higher plane that is not oversimplified because our brain can't take in the true complexity of it. A measure of a good model of reality of a belief system is, "does this feel good to me, does this help me be a

better person, does this make me feel more relaxed about the life I'm living, does this make me feel like I understand things better... does this make me happier.

With organized religion, I'm not a big fan. I think that every part of their dogma is partly or entirely wrong. But if it works for someone, if they go into that cathedral and it makes them feel connected to God, and if the liturgy is uplifting to them, and the music is wonderful and if they think that eating a cracker is the body of Jesus and it's a good thing to be doing and not cannibalism, I just say, you be you and have fun with it.

And I also understand that a lot of people who would hear me explain that I believe in a Causal entity of 1050 Kings and Warriors, and they would think I'm absolutely nuts. And wouldn't go near this crazy man who thinks he can talk to dead people. I can't prove to them my experience because they don't have the basis of understanding and they would likely say the same thing to me.

So, all I would say is that a belief system can be either a step up for you or a step down. You've heard about these criminals that found Jesus in prison and it made them a better person. It gave them a discipline, and something to look forward to and they were growing up toward that. And as long as you're growing up toward something, that is a really good thing. But it's also true that you get a belief system that was a big step up for you at first and now it's holding you back and now it's a straitjacket. You're not growing beyond it.

Stan and I were in the spiritual group we talked about. The basic teachings of it are still useful to me, they hold the test of time. They were things that are common to many teachings such as live in the present moment and don't react, respond. But after awhile for me, I wasn't growing any more. I understand the theories but I'm not becoming more self-realized as a result of this and I had to let it go and move on. Overlapping with that is I found the Michael teachings. And for me after 35 years of the Michael teachings and I'm still growing because it's not a dogma. There are always new things to learn.

But then there are other people who are Michael students for a year or two or five and they say, "Ok I'm done with this, I've gotten what I need from this..." You should just follow your heart and do whatever works for you.

So anyway, back to talking about the high planes, the high planes are with us. But I don't know of anyone who has channeled directly from the high planes on a constant basis and gotten coherent words out of it. But I wouldn't rule it out. Perhaps somebody is doing it.

And questions or comments?

Our awareness about beings on the nonphysical planes and our conscious interaction with them seem to be focused on the beings that reside on the Astral and Causal Planes.

That's right because they are more accessible to us and they are closer and their focus is concrete and not abstract.

The Michael entity on the Causal Plane and our spiritual guides on the Astral Plane are good examples of this.

So yes, when you work with a guide in my way of framing it, the guides are Astral and the high plane teachers are Causal in my understanding.

When it comes to the planes on the other side of the Akashic Plane..

Let me explain the Akashic Plane. The Akashic Plane is the 4<sup>th</sup> and neutral plane, and it correlates with the role of Scholar. According to Michael, we don't actually exist on the Akashic Plane because it is neutral. It's the central plane of our 7-plane universe that is processing all the experiences that the universe is having, making sense of them and distilling them. And eventually when this universe is all used up it will distill all those lessons down to what Tao needs to move forward, maybe in creating a new universe.

The 2 planes that are on either side of the Akashic Plane are the Causal Plane, which is Intellectual and the Mental Plane, which is Higher Intellectual, abstract thinking. You can see how that is a useful location for these Intellectually located planes, both are located adjacent to the big library in the sky.

But there are Akashic records in every plane and those are the mutual parts of each plane that feed directly into the Akashic plane. So, when you say you are a psychic who accesses the Akashic records, it like you are able to look into the windows embedded in matter that tell you where it's been and what it has to say. So, that is the Akashic records. 1:56:39

Michael can access the Akashic plane more easily than you or me because they are adjacent to it. We can all access the Akashic records, but the Akashic Plane is where more of those things are deeply distilled. When I channel your Michael chart, Michael is going to the Akashic Plane and is dictating a lot of that material. The Akashic Plane knows what role you are, you have basically deposited a whole plan for being a human being in this Grand Cycle. So, it's all on the Akashic Plane. For somethings Michael will need to go into the Physical Planes' Akashic Records. For instance, what soul age are you manifesting right now. That might not be fully processed into the Akashic Plane because you're still processing your life. So, this information needs to be read more cyclically from the Akashic Records on the Physical Plane.

When it comes to the planes on the other side of the Akashic Plane, which are, the Mental Plane which is obviously Intellectual, the Messianic Plane which is Emotional, that's where Jesus hailed from. In the last 30 days of his life, he brought all this teaching about Love which is emotional. But Lao Tzu brought through the Mental Plane which was more Intellectual.

And Buddha brought through this pure energy from the highest plane, which is the Buddhaic Plane which is also on the Action Axis, and it mirrors the Physical Plane. So, you have mirror images, the high planes are mirroring the lower planes.

The middle concrete plane is the Astral and the middle higher plane is the Messianic and that is also Emotional, but it is the Higher Emotional. It's all about Love, so they mirror each other.

In terms of the higher planes, we seem to know little of who or what resides there. We hear about the Infinite Soul a collection of cycled off human souls and we hear how they manifest through human beings every few thousand years.

Ok Infinite Soul, what is that? This is a something in the Michael Teachings that is very useful. That this means is occasional there is someone who is not playing the same game we are playing any more. They are not incarnating into bodies; they are finished with that and now they are recombining with larger and larger groups.

If a soul in the upper Astral Plane is all done with the Physical Plane wants to come down and do some teaching to move humanity along to become more advanced, the Tao might set that up, so it happens. And that is called a Transcendental Soul.

The most famous of these types of souls who have come for a brief time just to help humanity is the Infinite Soul. Jesus, Buddha, Lao Tzu and Krishna are examples of the Infinite Soul. But they were not the Infinite Soul for their whole lifetime. They only brought through these energies from the higher planes for a short time, maybe 30 days. And they did that to stir things up on the Physical Plane.

Since we are out of time, I will continue with more information on the Infinite Souls next time.

TRANSCRIBED BY SUSAN FLOW