

# Shepherd Beyond the MC II

## Session 6: November 13, 2021

### External Monads, Obstacles Poles, Astral Suicide

Transcribed by Susan A. Flow

Hello everyone. This is our last session this year. I set January 15<sup>th</sup> to resume these sessions if there is enough interest. You will receive emails about signing up, etc.

Let's start with a mediation:

Feel the waves of energies as they organize themselves around our intentions. My intention for this session is to be profoundly guided, with precision and accuracy and for all of us to have a wonderful time.

What is your intention for this session? Verbalize it in your mind and feel the waves of energy organizing themselves around your intention. When you are ready you can open your eyes.

As always if you have a question, raise your hand. If you think of a question in the next couple of months for the next session, please send it to me. Let's start with a question.

There was a discussion about the Mature Age External Monads (EM) specifically . the monad of Honorably Serving a Corrupt or False Master. EM are monads that you do with other souls as opposed to the IM which we reviewed in a previous section. It was framed as a necessary monad in order to learn about energy separation, your values verses someone else's and that all Mature Souls will do this EM in some manner.

Do some MS do this monad in other ways? But my key take way is there are key EM that we undertake in different soul ages to facilitate perceptual shifts that mark the soul's maturation....

Can you name some EM for other soul ages?

One of the chart handouts, Roles, Obstacles, Overleaves, Love Levels and Monads has a list of the EM:

*COMMON MONADS (Aaron Christean):*

1. *Adept/apprentice*
2. *Artist/patron*
3. *Defender/defended*
4. *Deserter/abandoned*
5. *Healer/healed*
6. *Hidden/disclosed*
7. *Honorably serving corrupt master*
8. *Hopelessly loving/hopelessly loved*
9. *Imprinter/imprinted*
10. *Independent/dependent*
11. *Innocent/sophisticate*
12. *Integrator/eccentric*
13. *Jailer/prisoner*
14. *Leader/follower*
15. *Master/slave*
16. *Parent/child*
17. *Passionate/repressive*
18. *Passive/aggressive*

19. *Pivotal facilitator*
20. *Player/pawn*
21. *Profligate/temperate*
22. *Promiscuous/impotent*
23. *Rescuer/rescued*
24. *Siblings*
25. *Slanderer/slandered*
26. *Slovenly/meticulous*
27. *Teacher/student*

This list has 27 but I've heard that there are as many as 55. 5:26 You've heard me say many times that all is choice. That is Michael's favorite sayings. This means that when you are on the Astral Plane planning a lifetime, no one is forcing you to do anything, but these are commonly chosen because they are good lessons.

Some make more sense to do at certain Soul Ages than others. For example, Honorably Serving a Corrupt Master is often done around 3<sup>rd</sup> Mature. But many souls are often working on their inner world much earlier than 3<sup>rd</sup> level Mature. In fact, the Priests and Servers because they are on the Inspiration Axis, specialize this and will be interested in the Inspirational realm from their first lifetime.

But you can imagine Warriors and Kings especially who are naturally about the Action Axis and therefore up until the Mature cycle may have been mostly focusing on their outer world. This is not to say that Kings and Warriors who are younger than 3<sup>rd</sup> Mature aren't also interested in their Inner World, All is Choice, and some might pursue that. But a lot more of them may be focused in the Outer World. And especially if you are a Warrior, you might be used to obeying orders, for example in a war situation, without questioning them.

So, if you're a soul who has gotten to 3<sup>rd</sup> Mature where you are doing a deep dive into the inner self... The Mature Soul cycle is about assimilation because it is the 4<sup>th</sup> Soul Age, the Scholar Soul Age, the 3<sup>rd</sup> level is where you are working very hard to internalize the lessons of that Soul Age. If you are a Warrior or King who hasn't done a lot of inner work until you started the Mature cycle, 3<sup>rd</sup> Mature can be difficult with a lot of hard work. It's not difficult for everyone but it can be.

Let's say you are used to following orders without questioning them and here you sign up for this monad where you're serving someone that you haven't questioned, and it turns out after the fact that you had been working for someone who had some very negative, corrupt, nefarious intentions. In the Michael book by Chelsea Quinn Yarboro there's a passage that says many people around Adolf Hitler were doing this monad with him. They were serving him, and they thought they were doing a good thing.

Serving their country for example, country is a big one that comes up with this, Well, I'm serving my country. Think of how many people think they are serving their country who haven't stepped back to take a look at the larger picture as in the Vietnam war by asking, is this honorable, is this a war we should be fighting, or am I just following the illusions of a mad leader.

Let's say you were serving Hitler and you're still alive at the end of WWII when all of the film footage of the concentration camps are released. Then you see all these horrifying things that maybe you know about or just heard some rumors but then you hear about other things, and you are profoundly dismayed that you were so naïve.

If you really get the lessons of this monad this may act like an inoculation so that in future lives you will not unquestionably follow someone. You will start to take responsibility to ask questions that could help you bring in more conscious choice

rather than automatically following the leader. In Yarboro it says that most of the EMs are reciprocal with the same soul. If you are doing Teacher/Student, which is the most common of these monads and maybe also one of the most important ones, then in one life you are the Teacher and in the next life you are the Student with the same soul.

However, I think you can understand why it would not be practical to do all of these with the same soul, switching roles. If you are doing it with the same soul, and get both sides of that experience, it can be a very rich lesson for you. But Adolf Hitler was channeled as being a 3<sup>rd</sup> level young warrior. If let's say you're a 3<sup>rd</sup> level Mature Scholar doing this monad, then you've learned this lesson you're probably not going to be a corrupt master that Adolf Hitler is following in a later lifetime because you've already grown passed it. So, when AH is 3<sup>rd</sup> Mature, he doesn't have to be 3<sup>rd</sup> Mature, it's just a common time to do it, and he signs up for this monad, he's probably going to do it with someone who is willing to be a corrupt master.

Now, even an Old Soul can be a Corrupt Master since it isn't limited by soul age, but you are more likely to find someone willing to do that in the early young soul cycle. So, should not assume that people doing them are doing them reciprocally in every case and that they are at the same soul age when they do them.

Let's look at some of them on this List. The Adept and the Apprentice. I'm going to guess that is often done during the Baby Soul cycle which I'm now calling the Structure Focused Soul Age. Think about how many people particularly during the Medieval times where there wasn't a lot of formal educational opportunities. If you wanted to learn a trade, you would become an apprentice. Let's say you wanted to become a leather worker. Maybe you would work for free except for some food and hay to sleep on, for as long as 10 year to learn that trade. Maybe with that same soul in a future lifetime, you'd be the older person as an expert metal worker.

But when you are doing this as a monad as opposed to a garden variety apprentice, there are far more people being apprentices in that world, in the Medieval world that was the only way to learn than people who were doing this as a monad. When you are doing a monad, you will see this relationship become central to the life and extremely important, extremely impactful may last longer and that relationship may continue throughout the whole lifetime because it is a focus of learning. As opposed to if you're a garden variety apprentice, you finish your apprenticeship and then you go off and start practicing this trade on your own and you may or may not maintain the relationship or affiliation with the Adept who taught it to you.

So, if it is a monad, it is central to the life and it's something that you have an intense dedication to. Same thing with Artist / Patron where it becomes a key relationship. You can read down through these and make some educated guesses when you are likely to do them.

Healer / Healed seems like a common Old Soul or maybe Mature Soul monad that you might choose.

Some of these look like they might be done easily at any soul age. Hopelessly Loving / Hopelessly Loved, unrequited love, we all experience it. And if that is something you signed up for, maybe a lesson here is accepting that the person you're attracted to will not necessarily reciprocate and be attracted to you and you learn to not put all your eggs into one basket. Not to think that is the only person who could make you happy.

Jailer / Prisoner would likely be a younger soul age.

Master / Slave is likely be at a younger soul age. Today when we don't have a lot of real Slavery there may be a situation that looks like that although it may not be called that.

We have a lot of these EM within the family, for example, Parent / Child. Of course, everyone has a parent, and many people have children. So obviously not every case would be a monad. But when it is a monad that may be the most important relationship in your life. And as long as you are both alive, it's a very intense relationship. What makes it a monad is not only is that relationship deeply important, but if you're doing the parent side of it with that soul, you are trying to learn everything that you can about being a good parent. And if you are playing the child role, you are learning as much as you can about being a good child. I don't mean good in terms of societal expectations. But you just want to explore that relationship in depth, so you understand every angle of that relationship. That will make you better at it in later lifetimes when you are not doing this monad.

You hear about the Pivotal facilitator monad quite a bit. It could be a brief one where I have an agreement with you to help you change your life's direction. So, maybe you meet me, you come to my workshop, and I say one thing that lights up a light bulb in your head and it changes the course of your life. If that was a monad, then I agreed to do that. And if it is a monad, it's not only an agreement but I'm observing how to change a person's life. It usually happens because you are listening to your guides and your intuition, and you are doing what they are telling you to do as being just led by your mind. So many times, our minds talk us out of the things we know we should be doing. We have a feeling about it, but we say, oh, that's silly, I'm not going to do that and then we fail to fulfill the agreement. If we're doing this as a monad, we are observing how that works and if you are the one who is facilitated by that, you're observing also, wow, that feels great when someone listens to the guidance, and they do that thing for another person.

The Sibling monad is similar to the Parent / Child. If you are doing that Sibling monad, it could be the most important relationship in your life.

Teacher /Student is the most common monad and it's not just about what you're teaching or what you are learning. It's about how to be a good teacher and how to be a good learner. You know in the US people go through 12 or 13 years to get a High School diploma, maybe 4 more to get a college degree, maybe even 8 more to get an advanced degree. And yet very few courses are offered on how to learn, how to study, how to prepare for classes, how to memorize things. This is a bad oversight; they should be teaching these things from the very beginning. For instance, how to do your homework, how to study. So, this monad is a lot about, Ok, you're here on the Physical Plane, and one of the biggest reasons you're here is to learn. You also learn a lot by teaching others. I certainly learned a great deal by teaching these workshops.

In this monad you learn a lot about how to be a good teacher or how to be a good student and that is generally done with one other soul where you switch sides. But of course, you could be doing a teaching monad to a lot of different people at the same time. None of it is carved in stone as how it needs to look but these are common monads.

Does anyone have a question or comment about the EM? 20:51

[Do we typically do more than one EM in a lifetime?](#)

If they are the longer ones where you're going to be focused on it for the whole lifetime, you probably don't want to bit off more than you can chew. So, I think

probably those who are greedy for experiences might try and do 2, and then they go, Woo, that was too much and I'm not going to do 2 again. But in addition to EM, you might be paying off a karmic debt which is also very involving. If you have a big karmic path, you may not want to do a monad.

Also, let's look at the EM in terms of all your lifetimes. Some people choose a quick survey course of the Physical Plane. They might finish the whole Physical Plane in 58 lifetimes, one or two lifetimes per level. They are not going to do a lot of monads. People like me who are doing a broader study of the Physical Plane, spending a lot of time at each soul age, trying to hit all the major cultures that are happening at any given time... I've had 544 past lives so I might do some of these monads many, many times.

There is a name for what one channel coined for what you have done with someone with whom you've done so many monads that you know them very, very well so you know them inside out. We call that a Love monad. I've had a few Love monads with different people. It's because I've done several monads with the same soul. It's a really good way to get to know someone.

Also, doing karma with someone as awful as it can be, can make for a really intimate relationship with another soul because any intensity is bonding to you. Let's say you are doing the Teacher / Student monad with someone but you're not doing it in this lifetime, but you meet that person, and you go, Wow, I feel really close to you and then you pick up from where you left off and it's really easy to learn from each other because you did that monad.

So, it's all choice, if you want to do a deeper education, you can do a whole bunch of monads. But if you just want to get the highlights of the Physical Plane and spend most of your time as a guide on the Astral then maybe you'll hit a few of the big ones.

[Going along with that, Michael is our teacher, is it possible that we have been Michael's teacher?](#)

It is possible. I've been on and off the physical plane of Earth for a very long time, that's part of how I got so many lifetimes. I think my first lifetime on this planet was 80,000 years ago. I've had lifetimes with members of the Michael Entity. They are a little ahead of us, so they are a little older in soul age. It's like a big brother relationship.

There are a couple of King souls in the Michael group who are teamed up now to dictate chart information. We knew each other on the Physical Plane, we were great friends. They could have been my teacher because they were more advanced, but they could have also been my student if there was an area that I had expertise in, but they didn't.

So, absolutely all of these things fit together. If you're interested in the Michael teachings now, there is a good chance that you were friends with them before and they taught you good stuff and you want to continue that relationship.

[That was my intuition that we as Michael students have known Michael maybe on the Physical Plane or maybe on the Astral and maybe we have taught each other.](#)

I'm glad you brought up the Astral because on the Astral we are still studying and learning, and the planes are not so separate above the Physical Plane. If you are on the Astral you can have a Causal Plane teacher and you can connect with them directly pretty easily. Many of my guides who are not physical at the moment are also students of Michael and have direct interchange with Michael.

Is that why it's so easy for you to receive Michael's guidance through working with Astral Plane guides because AP guides are also Michael students?

Yes, observe how life is on the PP. You develop your circle of friends; your resources and you start relying on them more and more. That's why people will say that networking is so important. Because we like to develop networks with souls that we feel connected to, that we trust, that we have a good history with. And it's no different on the higher planes. So, we develop these networks of souls, who we trust and who we are good at working with, we have a history with.

Yea, Michael is growing and learning by being a teacher now. That is one of the big lessons of being on the Casual Plane. You recall that the Casual Plane is an intellectually oriented plane, so they are very good at teaching, and they grow and learn by teaching.

My guides, many of them who are in my Entity or in my pocket also have this working relationship with Michael. I've set it up now so when I'm doing intuitive readings and working collaboratively with my guides, I've asked specifically that Michael supervise the whole thing to ensure accuracy and feed relative information. The only thing that is different about this than directly channeling Michael is that I've asked Michael not to come into my fields. I've asked for intuitive readings for Casual energy not to come directly into my body's fields because after 35 years of allowing that, it's just too hard on my body.

The only time they are coming directly into my fields is when I'm channeling charts. It's more efficient because there is just so much information to be gotten. But if I just need a download of a few things, like when I do the Trues which is not a lot of information, I'm asking them to download it to the 7<sup>th</sup> level of the Astral Plane and then my guides are helping get it. What has surprised me, happily, is it sounds almost identical to the words that are chosen when I brought them into my fields for the same information. This is something newer for me and it is working very well and I'm grateful that we can collaborate in this way.

But remember, I've been channeling this information for 35 years, so I have all the neural and energetic pathways. The infrastructure has been very well established in my fields to be able to work this way. I don't think I could have worked this way when I first started out.

It feels like your guides are Michael's TA"

Yes, and a lot of channels and psychics will tell you that their guides work as a team. In intuitive readings I rarely stop to ask who is feeding me this information. And I've found that even with the Michael Entity, because you know there are 1050 souls. Kings and Warriors and they are working together as a team, and when I do channel them for answers directly there are several souls working on the information. In that collaboration they are weeding out the material that may not be the best. So, in collaboration the cream rises to the top and you get the best, most accurate information. Whereas if it were always just one soul telling you their opinion of things, there is more room for mistakes.

It's an insight into how we are better together than individually.

Some of you know Laurie Stroud, she is a Michael student and has been to some of the gatherings. She and I are playing out the major Pivotal facilitator monad. That's how Michael described it when we first met. In the 1700, I was the daughter of a friend of hers and my father fell on hard times. She was married at the time and she was a man and she took me under her wings. I was going to be a prostitute to make my way, but she brought me over to America, we were in

Europe at the time, set me up in a baking business and I thrived. I lived into my 70's. So, in this lifetime, I've helped her out quite a bit.

We knew there was something odd when we met each other. Some thing felt different than when you normally just meet someone. So, we asked Michael and that's when he explained this monad.

Terrific, you've probably both learned a lot about how to help and be helped because she also would have to receive your help. Some people have trouble receiving help. But when you receive it, it can put your life in a better direction.

All these issues you just described came up in this monad for us. Thank you for sharing.

Is there any other way to validate that you are engaged in an IM aside from channeling or asking Michael?

Yes, if the relationship is central to your life and it goes on a lot longer. Let's say you're doing a Parent / Child monad. You're an adult but you're still calling your mother every day and asking her advice ...and you can validate that it's not just that you love each other. But it's about you learning how to do that relationship. That would be a good validation that there is a monad.

It's different from karma. Now karma is an imbalanced relationship where you're discharging a debt. It feels like this hot energy burning off.

But if it's a monad, it feels more equal, like you're both getting something out of it. It's probably going to be a happy relationship as opposed to karma which can be a very difficult one.

I have an incessant need to help younger people coming up in my industry... I find it hard to say no even when I have no time. Is that karma? Am I burning off karma?

You say you are doing this with a lot of different people. Karma is with an individual. Sages are teachers and we do find that rewarding to do what you describe. Sage and Artisan is on the same Axis as the Intellectual Center. Teaching is an intellectual activity. It's relaying knowledge and information and coaching and helping in that way. So, I think there is a lot of reward in teaching for Sages. Also, for Scholars, they are stereotypical teachers more because they like to deep dive into any knowledge. But the act of conveying it is very much in expression or Sages. I think this a natural thing and being a good person, wanting to help others, wanting to give back is part of it. It's not a monad if you are doing it with a bunch of people in the same way. But it could be a part of your life task.

There is a saying As above, so Below... Fear like loss seems to be a unique lesson of the Physical Plane. But what place does Fear hold on higher planes? On the Astral especially on the lower Astral fear seems to have an active place vibrationally. Even on the mid Astral, where we are between lives, souls still incarnating are negotiating the effects of Fear.

The lion's share of Fear that we experience as human beings originally arises out of our body's hardwired survival mechanism. Fear is designed so when the human animal encounters a grizzly bear, all senses are on alert, and we then make a choice that will preserve our physical body. Meaning we run, or we hide, or we attack if we have the right weapons to do so.

But what happens with sentient beings such as humans and cetaceans because we have this intellectual focus on choice making, we start to associate physical survival issues with emotional and intellectual issues. For example, if someone criticizes me, that may be unpleasant but generally speaking we don't associate it with our

survival instinct, with death. We may intellectually get into an argument with someone but let's say in a past life, being criticized literally led to our death.

For example, I was an herbalist and healer in a Christian culture, and I had great success more than the average doctor of the time. Some of the superstitious people may have suspected me of witchcraft... and so their criticisms of me led to me being burned alive. So, it gets lodged in my head that being criticized... leads to death. Now I have this CO of Arrogance that believes that if I am criticized, I will die, literally. So, working to heal that, to release the CO means that I have to somehow observe that, yes in that past life being criticized did lead to my death, but I need to unlatch it from my memory and recognize that now I'm living in 2021 and this is a relatively free society. Therefore, if someone criticizes me it's not going to lead to my death.

That's how you grow. You have lessons around it and show the subconscious that although it happened then, it's not going to happen now. But until that is unlatched, and you go to the Astral Plane between lives, on a soul level, you are still carrying that fear.

The difference is that when you are on the Astral Plane between lives you don't have a body and when you don't have a body, you don't have to worry about physical survival, obviously. You don't have to worry about getting enough food or walking accidentally off a cliff and dying. You don't have to worry about somebody else killing you because you are already dead.

So, when you cross over, almost universally, people are blissed out, this is heaven, this is great. It's sort of like you're in school which can be boring and difficult and then you're let out for recess.

The only people who are not happy campers after they die are those people who created a lot of karma. They suddenly have this added burden, or maybe they are racked with guilt, or were brainwashed by their religion, thinking they were going to go to hell. So, those people may not be that happy when they cross over. There are certain neighborhoods or strata of the AP where they can go work out their stuff. They can create something that looks like their idea of Hell until they are finally done with it and they can walk out of it and realize, that they created the situation themselves. "I didn't have to have all that suffering."

So, the Lower Astral has some of those strata where people go that are Hell like but it's not the majority of the Lower Astral Plane. You might say it's just a neighborhood.

So, I've crossed over, I don't have to worry about survival, my loved ones are there. It's a lot lighter, it's easier, it's more fun. I'm not going to learn as much. But whatever your soul is carrying from the past, it's still carrying it but it's not being activated because there is nothing to activate your survival instinct. You don't need one, you've already survived. You're on the Astral Plane.

You are eternal. There still may be fear, but it's not very much activated when you are in between lives. That's going to be true until you've completed all your lives on the Physical Plane and then you move on to the Upper Astral Plane where you start gathering together with your other Entity mates who have also completed the Physical Plane and you are all moving toward reuniting and working more as a team. 44:54 That does not mean that every single bit of fear-based thinking has been erased from your soul but enough of it has been because it's just not going to be the focus going forward. It just might be difficult to access those unhealed lessons because you're just not going to be paying much attention to them. However, even as you move into the Causal Plane, once and a while some of the old stuff that you didn't get around to dealing with could be triggered.

I think I told you the story of this Server cast King who was dictating my charts and how we discovered a little piece of unexamined unhealed fear that came up because I questioned what was going on. I won't repeat that story but it's just more of a change of focus.

To understand this change of focus, we need to look at polarity. One of the main ways that we learn on the Physical Plane is by polarity. It's comparing and contrasting, this verses that, masculine verses feminine, good verses evil, light verses darkness. You compare and contrast. It's a very rudimentary way of learning but it's useful.

It's also deceptive. You know how in the Ying / Yang symbol, you see that on the masculine side in the center there's the feminine. And on the feminine side in the center there is the circle of the masculine. So, things are not black and white. The masculine and feminine are not totally separate, they rely on each other. Light and dark relies on each other. Even good and evil in the way that human beings tend to play that out, have elements of the other mixed in with them.

So, when we graduate the Physical Plane school, we're not learning so much through polarity. We start to move beyond duality which is another way of saying polarity because it's just not a useful learning tool particularly when you are on the Astral Plane and the illusion is mostly gone. You're seeing reality, the souls you've been together with many lifetimes.

Maybe they've played an evil role in one lifetime and a good role in another, and you realize, "that's the same soul" and they've just been helping you work out lessons. Once there is less illusion, you don't believe so much in duality and fear is based a lot on duality. You think, "I'm going to die", and when you're in a human body, you think that is the end of it unless you think you're going to go to heaven. But it still looks like much more of an ending than it actually is.

[Are the only things that can harm us, on the Physical and Lower Astral Planes designs of our own making? So there isn't anything else that can harm us on our journey back to the Tao?](#)

That is mostly correct. The Astral Plane is the realm of the psyche, so let's say you're having very vivid nightmares or something. You're working out something emotional in the psyche and the soul can be damaged in the psyche. Damage to the soul through extreme drama, things we just can't handle, through things that overwhelms us, can deep enough into the soul so we then set up future lifetimes to try and work it out.

So, there is the potential for damage. But it's unlikely that there would be much that furthers our damage. We'd be more likely on the Astral Plane to be trying to work it out. But, occasionally on the lower or mid Astral, your unresolved issues could run up against someone else's unresolved issues just as they do every day on the Physical Plane. But there would be much less of that as you higher and higher on the Astral Plane. Simply because the lessons are different, and we are learning in different ways. But the reason the Physical Plane is such a powerful school for us is because it looks very real, it looks very solid, and we do really believe deeply that our survival is threatened. We can be frightened, and we can be psychically damaged.

One of the things that happens in psychic damage is that we jump to the wrong conclusion about what the lessons are that we've learned. 50:43 For example, if someone was assaulted by a person of a particular race, or appearance, then the ignorant soul might generalize and become afraid every time they see someone race, ethnicity or appearance. So, every time they run into that type of person,

they will get a fear response. Their growth comes when they detach that image and realize, "Oh, that was only a person who looked that particular way. I have to stop generalizing." And they will then stop reacting with such a fear response each time they see that particular type of person.

Yes, there are a lot of things that can go wrong on the Physical Plane, a lot of things you can take forward and when we jump to incorrect conclusions about what the lesson was, we are going to keep repeating those experiences until we get the "Ha Ha!" Also, in earlier stages especially people tend not to understand their role in creating the problem. One of the great growth lessons is, "how could I handle this differently so could avoid this situation". Even if it's as simple as, "I was really foolish to walk alone in this dangerous neighborhood why did I do that, why did I take that risk"? and what was the pay-off for me doing that?

So, we learn to increasingly to take responsibility and when we do this, we can grow more through joy rather than through pain. In other words, we can make choices that are likely to have happy endings because we are more conscious of taking responsibility for our choices. And we learn to explore our hidden unconscious motivations for making bad choices.

[Ok, but once we pass this point and learn these lessons, and pass to the Causal Plane there aren't any more scary or harmful things out there?](#)

Yes, that is true and despite all of the scary things people say about the lower Astral, there are very few of those on the Astral Plane. It's just if people need to work out their nightmares there's a place, they can do it. But for the most part the Astral Plane is non-threatening and it's quite a delightful place. It's an emotional plane so if you have unresolved emotions, it's a good place to do resolve them.

You also have access to good guides who can help you do is in a more effective way. But nobody can make you learn, nobody can make you grow, nobody can make you face your lessons. And you will take as long to do it that you insist that it has to take. You can still be stubborn, you can still resist, even on the Astral Plane. You can still persist in your false beliefs, and you do until you choose to face them. Your guides aren't perfect either, they are working things out. We are all working things out.

But the fact that you can't die on the Astral Plane takes away a lot of the pressure to grow, a lot of the fear and a lot of the unpleasantness.

BREAK

[I'm wondering if Bardo work is a lot about those still in physical bodies going to Bardo to assist souls who have passed in a fearful way.](#)

Just because we are incarnate in a body on the Physical Plane doesn't mean that we as souls can't keep doing guiding work on the Astral Plane. Some of us do that quite a bit and it can stretch us a little thin at times.

[Can you go through each obstacle and discuss how it blocks the Role?](#)

I made a brief comment about this earlier. I'm going to open a chart. This is actually pretty cool. Obviously, an Obstacle is a block, and since this is a fear, an illusion, you could think of every Obstacle as blocking everything else on that Axis.

Under Self-Deprecation, which is the Server position Obstacle, we go up to Server... if you are self-deprecating, and this is going to be true if you're a Server or whether or not this is your CO, because we all can have a little bit of this Obstacle.

If you are self-deprecating, it will block your ability to be of service. And it will remind you of the negative pole of Server, which is Bondage, where you feel like a slave, you feel trapped, and stuck like you have no choice in the matter.

You can also think of it as blocking your ability to Reevaluate (Goal) to think thoroughly and accurately reflect on your life.

It would block your ability to be stoical, (Attitude) in other words to take things in stride.

It would block your ability to contain your energy (Reserve Mode).

It would block the free flow of your Emotion (Center)

And so forth, we could just go down all of them in the same way.

So, Arrogance (CO) would block the Priest's positive pole of Inspiration. We know that Priests have a higher ideal and they are always trying to merge their higher ideal with current reality. And because they see the higher and the current situation at the same time and are always trying to merge them, in the negative pole they can be very judgmental because the current situation is not measuring up to this higher ideal. So, there can be this infliction of guilt which will remind you of Arrogance which is the Priest position Obstacle where the person is particularly judgmental both of others and of self.

Arrogance would block your ability to grow (Goal), to hold an overview of the possibilities of life (Attitude). It would get in the way of your Passion (Mode) and so forth.

It's a really interesting way of looking at the Obstacles. I've written about this in my written chart explanations, so, I'm just going to read you a quote from it.

"Impatience is the King position Obstacle and blocks their ability to be in Mastery, the positive pole of King." This is really true for all of us even if we are not a King. If you are impatient, you are not going to master a skill.

"Arrogance blocks the Priestly Compassion, which is the positive pole of Priest if you are being judgmental."

"Self-Destruction brings to mind the Artisan's need to escape." So, any of the 7 roles can suffer from addictions, from over doing anything but we notice this a little more in Artisans because Artisans are the most sensitive of all the Roles. They have 5 inputs so they can't really shut down their inputs, they can't shut down painful incoming stimuli, so they are more prone to becoming addicted to alcohol, drugs etc. And you can see that the corresponding CO is Self-Destruction which is also more prone to addiction and similar things.

Greed is the Sage position Obstacle. It emphasizes the 5<sup>th</sup> Chakra, which is the Sage Chakra, appetites and the way Sages appetites can be out of control. I've joked about Sages, that we'd like to have something coming in and out of our mouths at all times if possible. So, this 5<sup>th</sup> Chakra thing, wanting sensations, wanting to talk, wanting to use the 5<sup>th</sup> Chakra, sometimes overusing it and that correlates with the Greed and extreme appetites.

Martyrdom is the Warrior position Obstacle. Martyrdom blocks the Warrior ability to be powerful in the world. Martyrs need to suffer to prove worth is parallel to the Warrior's need to challenge themselves to endure. You will see a lot of Warriors who put themselves into extreme situations because they like challenges, they like the adrenaline rush. In Martyrdom, you can see the parallel where they need to suffer to prove their worth. Sometimes Warriors do that in their negative pole where they literally work themselves to their death. They have to prove themselves.

Stubbornness is the Scholar Obstacle, and you can see that with Scholars getting stuck. And also, with the Goal of Flow where the negative pole is Inertia. Any thing negative on this Neutral Axis, because it is neutral suggests that it's stuck

Any questions or comments?

I feel that my Obstacle, Self-Dep put me on the path I needed to be on more than I would have otherwise. I see it as a positive. Can't the Obstacle just be part of the complexity that we wanted to experience?

Every experience can be used by the soul for growth. If there is the intention, on the part of the personality that what ever happens, "I'm going to learn from it, I'm going to try and be a better person" then you absolutely can use the CO to grow. In fact, in the Michael Teachings we suggest it. We suggest that you photograph your CO to see when it's controlling you, see why you're doing that and seek to overcome it. Because then eventually you can erase the Obstacle.

However, the positive pole of the Obstacles although they sound good are still fear based versions of them. So, with Self-Deprecation, the positive pole is Humility, and you think that humility is great. But true humility, Love based humility, modesty that comes from respecting other people is a great thing. But when it comes from a fear that you are inadequate, it's false. So, I would caution against making adorable fuzzy pets out of your CO. The goal is to release them, but you can use them to grow. Absolutely. Just don't get too attached to them.

What if you could find true humility out of it, wouldn't that be great. Even in this fear-based humility, humility can be appealing because the Self-Deprecating person doesn't usually push themselves. They are generally not overbearing. So, we can find that to be a positive thing. But if you can find true humility, Love-based, where you maintain the good part of that where you're no longer believing that you are worse than other people, I'd say that is a big success.

Pulls up a chart of all the poles of the COs. Even though it's the positive pole, it's still negative because it is fear based because all the Obstacles are fear-based. It's just less negative than the negative pole i.e., Abasement is like groveling in the dirt.

Looking at Arrogance, Pride, or being Proud is a good thing when it's not fear based, when it's not afraid of being judged. When you can simply be proud of your actual valid accomplishments. 1:13:25

## POSITIVE AND NEGATIVE POLES

*Of Michael Teachings Traits*

	INSPIRATION		EXPRESSION		ACTION		ASSIMILATION
	<i>Ordinal</i>	<i>Cardinal</i>	<i>Ordinal</i>	<i>Cardinal</i>	<i>Ordinal</i>	<i>Cardinal</i>	<i>Neutral</i>
<b>ROLE</b>	SERVER + Service – Bondage	PRIEST + Compassion – Zeal	ARTISAN + Creation – Artifice	SAGE + Expression – Oration	WARRIOR + Persuasion – Coercion	KING + Mastery – Tyranny	SCHOLAR + Knowledge – Theory
<b>GOAL</b>	REEVALUATION + Atavism – Withdrawal	GROWTH + Comprehension – Confusion	DISCRIMINATION + Sophistication – Prejudice	ACCEPTANCE + Agape – Ingratiation	SUBMISSION + Devotion – Subservience	DOMINANCE + Leadership – Dictatorship	FLOW + Suspension – Inertia
<b>ATTITUDE</b>	STOIC + Tranquility – Resignation	SPIRITUALIST + Verification – Faith	SKEPTIC + Investigation – Suspicion	IDEALIST + Coalescence – Abstraction	CYNIC + Contradiction – Denigration	REALIST + Perception – Supposition	PRAGMATIST + Practicality – Dogmatism
<b>MODE</b>	RESERVE + Restraint – Inhibition	PASSION + Self-Actualization – Identification	CAUTION + Deliberation – Phobia	POWER + Authority – Oppression	PERSEVERANCE + Persistence – Immutability	AGGRESSION + Dynamism – Belligerence	OBSERVATION + Clarity – Surveillance
<b>CENTER</b>	EMOTIONAL + Sensibility – Sentimentality	HIGHER EMOTIONAL + Empathy – Intuition	INTELLECTUAL + Thought – Reason	HIGHER INTELLECTUAL + Integration – Telepathy	PHYSICAL (Sexual) + Alive – Stimulated	MOVING + Enduring – Energetic	INSTINCTIVE + Atomic – Anatomic
<b>OBSTACLE</b>	SELF-DEPRECIATION + Humility – Abasement	ARROGANCE + Pride – Vanity	SELF-DESTRUCTION + Sacrifice – Immolation	GREED + Egotism – Voracity	MARTYRDOM + Selflessness – Mortification	IMPATIENCE + Audacity – Intolerance	STUBBORNNESS + Determination – Obstinacy
<b>BODY TYPE</b>	LUNAR + Luminous – Pallid	SATURNIAN + Rugged – Gaunt	JOVIAL + Grand – Extravagant	MERCURIAL + Agile – Frenetic	VENUSIAN + Voluptuous – Obese	MARTIAL + Wiry – Musclebound	SOLAR + Radiant – Ethereal
<b>FOCUS (Soul Age)</b>	SURVIVAL (Infant) + Innocence – Aversion	TRANSCENDENTAL	STRUCTURE (Baby) + Acculturation – Rigidity	CONTEXT (Old) + Inclusiveness – Undirectedness	ACHIEVEMENT (Young) + Accomplishment – Self-Centeredness	INFINITE	RELATIONSHIP (Mature) + Resonance – Subjectivity
<b>NUMBERS</b>	1 + Purpose – Simplicity	6 + Harmony – Connection	2 + Stability – Balance	5 + Expansion – Adventure	3 + Enterprise – Versatility	7 + Inculcation – Eclecticism	4 + Consolidation – Achievement

Self-Destruction, the positive pole is Sacrifice. There is a love-based sacrifice where you say, you know what, I'm going to let my grandson eat the last piece of this cake, and you can feel good about this decision. But you don't want to do that out of a sense that your life isn't worth living. Do you see how that goes?

So, we are just going to keep going with this. A healthy Ego (Greed) is a good thing but Ego that comes out of a fear of loss and lack is not healthy.

Selflessness (Martyrdom) is a beautiful thing if it's not coming out of a fear that you are worthless and you have to prove yourself.

Sometimes Audacity (Impatience) which is the King position Obstacle can be a positive thing but not if you fear you don't have enough time and you are going to miss out on things and you're not in the present moment.

And people often mistake fear-based Determination of Stubbornness as something positive, and people in Stubbornness will always tell you, "I'm not stubborn, I'm just holding on to my values". But if you are in fear about it, a fear of change, then you're holding on to something and it's not based on the fact of you holding on to your principles.

So, the CO will often mascaaed as something being positive and it's a trick. You don't want to fall for it.

[This question is about Astral suicide.](#) There are people who have on their charts where it says previous cycles it says 11.5 or 8.5, meaning that they cut short one of their previous cycles. If they have done that, then they are probably going to want to really try and stick this cycle out. I know in at least 2 instances where the

soul will say, "I'm not going to finish this Grand Cycle." We call that Astral Suicide because it is usually ended on the Astral Plane.

Some souls get off to a really bad start. Often our first lifetimes are in idyllic circumstances, where it's like the garden of Eden where you are just getting used to the Planet and you are being taken care of. It's lovely. But if you got yourself involved in some really heavy, nasty, dark stuff that you have no way to handle and you got really damaged, and this keeps happening you can get really hardened into being a damaged soul where you just can't find your way out of it.

The people who could rightfully be described as evil, where they've totally shut down their hearts and there is no way to reach them, they probably got off to a really bad start. If there is no way for them to grow and break through it, their guides may decide to just call it quits. "This one isn't going to work out." That soul then becomes disassembled and returns directly to the Tao without going through the higher planes.

This can also be a soul who is extremely troubled and doesn't seem to get the resources, not getting the lessons. The guides keep setting up the lifetimes, "well, maybe this will do it for you." But they are so troubled that they decide to call it quits. That's called Astral Suicide.

It's generally Baby or Young souls where this happens to. It's hard to imagine someone making it all the way to the Old soul cycle being that damaged and being disassembled. So, it's much more common with the Baby and Young soul cycle.

There's a 3<sup>rd</sup> instance that is rare. This is where the soul might say, not because they are damaged, not because they are evil, but "Oh, this is good. I got out of it what I wanted as a spark of the Tao, I'm just going to cut this short and go home." All is choice. So that is the 3<sup>rd</sup> instance where that might happen.

### Could you further explain, Truth, Love, Energy and Beauty?

The way our Universe is set up is we have the Tao and the Tao decided to create this universe as a playground. And this particular Universe is set up as a triad of Love, Truth and Beauty. Love correlates with Emotions, Truth correlates with Intellect and Beauty or Energy, pure energy correlates with Manifestation, vitality, aliveness, form and so forth.

And those qualities correlate on the Michael Chart with the Inspiration Axis, which is Emotional or Love, the Expression Axis which is Intellectual, which is Truth and the Action Axis, which is Beauty, pure Energy, vitality, life etc.

You will hear these 3 things talked about in many spiritual teachings. For example, being a part of the Emissaries for Divine Light, we were always talking about Love, Truth and Life, we called the 3<sup>rd</sup> one Life. But I've seen it pop up in so many teachings.

And in the Michael chart we have a 4<sup>th</sup> Axis which is neutral, it's the library that is available for all the others.

So, to create this Universe, these 3 qualities were expressed into the dimensional universe and Love, Truth and Beauty are the building blocks for everything that follows on the Chart plus the neutral zone.

Because we are in a Love universe, Love is the most important one in our universe. In an alternate universe where Truth is the most important one, things would be set up a little differently. You can also imagine universes that are not based on this triad of Love, Truth and Beauty. You could imagine some totally different set ups

that are brains have no way of comprehending. I just take it on faith that the Tao could do a universe anyway that it wanted to. In our way, we got set up on the principle of 7 because the first 3 Axes got divided into Cardinal and Ordinal and it makes 7 columns. In this universe, 3 and 7 are really big numbers.

### Why did Beauty become Energy?

It's just different words for the same thing. In the Michael Teachings there are some terms where people like a lot of different words for it, for example, the Goal of Flow has also been called Relaxation, Stagnation, Equilibrium, Rest. And for the 3<sup>rd</sup> Axis the original Michael channels called that Pure Energy. I prefer the term Beauty but it's the same thing. Some people think of it as vitality. It's hard to find words for some of these intangible qualities.

### Why do the Cardinal and Ordinal Roles switch when we talk about the numbers?

Shepherd goes back to a chart:

	INSPIRATION		EXPRESSION		ACTION		ASSIMILATION
	Ordinal 1	Cardinal 6	Ordinal 2	Cardinal 5	Ordinal 3	Cardinal 7	Neutral 4
<b>ROLE</b>	○ SERVER	○ PRIEST	○ ARTISAN	○ SAGE	○ WARRIOR	○ KING	⊙ SCHOLAR
	+ Knowledge, - Theory						
<b>ESSENCE TWIN</b>	○ Server	⊙ Priest	○ Artisan	○ Sage	○ Warrior	○ King	○ Scholar
	+ Compassion, - Zeal		Discarnate				
<b>CASTING: CADENCE POSITION</b>	5 + Expansion, - Adventure		<b>CADENCE</b> 2	<b>GREATER CADENCE</b> 2	<b>RAW # 22</b>		1/4/1*
Position Resonates w:	○ Server (1-C)	○ Priest (6-O)	○ Artisan (2-C)	⊙ Sage (5-O)	○ Warrior (3-C)	○ King (7-O)	○ Scholar (4-Neutral)
	C=Cardinal O=Ordinal						
<b>CADRE/ENTITY*</b>	3 / 1 Truth Orientation						*Entity number also part of casting.

You know that Server is the most Ordinal role, it's number 1, so, 1 is the most Ordinality in terms of the Role. Priest is the number 6 Role. It's Cardinal or it's the 6<sup>th</sup> most Ordinal. Also, the number 1 is most populous meaning there is more Servers than any other role. And Priest is the 6<sup>th</sup> most populous meaning the 2<sup>nd</sup> least populous role.

The same holds true here, Artisan is number 2, 2<sup>nd</sup> most common, 2<sup>nd</sup> most Ordinal. Sage is 5<sup>th</sup> most Ordinal or the 3<sup>rd</sup> most Cardinal, etc.

Now when we talk about your initial casting, here on this chart this person is in the 5<sup>th</sup> person in her cadence, which in this case is 7 Scholars. So, they are in the number 5 or Sage position. We know that Sage is Cardinal because it is the 5<sup>th</sup> most Ordinal, it's Cardinal. But when you have Sage casting, it's Ordinal.

This question is asking why this is switched for initial casting. It's because with the numbers 1-7, what comes first is numerically first, so it's Cardinal, it leads, it comes first.

The Michael number stuff is so elegant, the more you study it the more you can go, OMG, this is so beautiful. This arrangement allows Sage qualities to be done in both Cardinal and Ordinal ways.

Here the Sage role does the Sage things with big groups, with big ideas. And here the one with Sage casting, gets to do Sage things in a more tangible way. I have both, I'm a Sage with Sage casting so I can do the full gamut of Sage stuff.

So, they all flip. The number one casting on the chart under the role column indicates Ordinal. But under casting, the number 1 role is denoted by 1-C or Cardinal. In terms of a number, it's first so it's Cardinal. ?? It's the leadership. So, it's the Server quality but it's first so it jumps in first to do whatever needs to be done. It's kind of leadership.

It's the opposite of King leadership. Then we also have the King who for the role is most Cardinal, so, it's all about leadership. But when you have 7 for casting lower on the chart, it's the most Ordinal position, so you are bringing up the rear. You have those King qualities, but you are very down to earth. You are organizing, you're leading, you're being fastidious in the King way. But you are doing it in the one-on-one way.

Andy questions or comments?

Michael told me that I had half a cycle, but he told me that I jumped into the middle of a cycle. Why on earth would you do that. Somebody told me that I'm a mad scientist. Maybe I do whacky things.

I love it! I've not heard that one before, but I keep saying all is choice. If you want to do it and you can get other people involved who agree to it, why not? I could imagine say someone committed Astral suicide, you might come in and take over their position.

If you say, I'm not interested in in the Physical Plane, but I'm interested in in the higher planes of this planet, and you can get all the rest of the Entity to agree, "sure come in..." more power to you. There are a lot of interesting, fringy things you can do in the universe. The Tao is saying, Oh that is great, what would happen if?

I have gone through all the questions on my list, so I'm wondering if anyone had other things they want to go into. Otherwise, I'm going to access spirit and see what I get.

On Astral suicide, you're talking about disassembling and I'm wondering how that works? It would seem that it wouldn't be the soul making that decision but the higher self, Essence itself. So, how does disassembly work, why did we use that word?

Well, everyone involved has to agree that this is the best course and it's inevitable since there are no options left. You've tried everything else. So, all parts of the self, have agreed including the guides and entity mates are sympathetic and supportive. It's the spark of the Tao that created that core, that Essence. In disassembling, it's like recycling. You know how when we are done with the GC, we are in the Buddhaic Plane, and we've completed the cycle we are reabsorbed back into the Tao. We revert to being this spark that carries our experience.

So, you're taking a short cut and reverting back as a spark and the components that were unsuccessful, in this particular universe get broken down into pure energetic components to be recycled. And they are sort of sucked back into the Tao for raw material maybe another creative endeavor.

Is it possible that the suicide only occurs in one parallel or in one alternate universe?

Yes. There are other alternate universes which we haven't talked much about, and I don't know a lot about. But regarding the parallels, I'm going to go into channeling mode to get more information about it.

I'm getting that it's likely if you were that unsuccessful in this parallel that several nearby parallels were similarly unsuccessful but not in all of them. Then there could be presence of your Essence that continues through the GC in parallels where things were successful.

Thank you for the question because I would never have thought about asking spirit for this information.

[I've been enjoying this time with everyone, but I've been wondering if you have any information about exiting this life, transitioning and the turnaround time for the next incarnation.](#)

That is a splendid question. Don't quote me on this, but there are roughly 1.8 billion individual souls assigned to the human species. But there are about 8 billion human beings. This means that the average soul who is choosing to incarnate at this time is going to have to, again on average, take on 5 bodies in this timeframe. Because there aren't enough souls to go around (fill all the available bodies). The caveat, here is channeled entities are notoriously horrible with numbers. So, take that information as a model but it may not be exactly true.

But the basic principle is that throughout most of history there were under a billion human beings, sometimes many fewer. So, you had to wait and get in line, like at a bakery... to get a body. And maybe it wasn't your 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> choice but you felt lucky to get a body, so your lives were spaced apart. If there were only a million people on the planet, you might have had to wait 1000s of years between lifetimes to get a body. Now we have huge numbers of bodies so you might not wait a long time between lives at all because you have more opportunities, and maybe you can be more pickier about what bodies you go into. I had a joke about this situation. I said before this lifetime I wanted parents who were kind, had their heads together, had money, they were enlightened, they lived in a nice place, and they were going to help me in the arts. So, I told my guides what I wanted in parents, and they went to the hall of records to look it up. They came back and said, "we found the perfect parents for you, it's a 17,000-year waiting list". So, I said, "OK, I'll just take these..."

Those are the sort of calculations that we have to make. There's also the issue of time itself. Time is linear and progressive on the Physical Plane. On one level, time is real. But when we get to the Astral Plane, time becomes increasingly malleable and fluid. The higher you go on the Astral Plane; the less linear and progressive and solid time seems to be. When you go into the Casual Plane it becomes even less and less rigid. Then you go to the high planes, and it becomes totally irrelevant, there is no such thing as time.

When you as a soul on the middle Astral Plane and you are planning a lifetime, you can bend time a little bit. You can say, "Ok, I think I'll go backward on the Physical Plane and place myself a little earlier on this timeline." You wouldn't go way, way back because, knowing what you know now as a soul, if you put yourself back in the Medieval ages, you would always be unconsciously saying, "wait a minute, where is my iPad... the internet service here is terrible.... So, you probably wouldn't be going way back but you could go back into the same timeframe. 1:36:23

So, to directly answer your question, throughout history, it would not be common to have 70 years between lives but now you can speed that up a great deal. However, if you need a break, let's say you just lived a life here in the 20<sup>th</sup> and 21<sup>st</sup>

century that was really traumatic and you needed some time to recover from it, the malleability of time means that you could take 20 or 25 years as we would consider it in order to recover and recoup from that lifetime and still bend time and come back into this timeframe.

A lot of people now are having difficult times and are saying I do not want to come right back. And the answer there is, you don't have to. If you want to take a 1000 years or what feels like a 1000 years to heal and recover or just go off and take a long vacation, you can do that. And you can still come back and pick up where you left off, if you want to.

[When a parallel splits off how far up the dimension plane does it go? Is it a local thing or does it go all the way up to the Casual plane? Does it split up there too?](#)

When you are on the Astral or Casual Planes, you have a multidimensional awareness, and you are quite comfortable being aware of a lot of parallel things going on at the same time. They are all real to you and it does not blow your mind. However, on the Physical Plane we don't do that because our human brains would blow out.

The human brain is not designed to hold that level of complexity. When we are in the body, we have to go up to the level of Essence or soul to tune into our parallels. Then we can get some information about them. But let's say in the body, you said, "I want to have multidimensional consciousness. I want my physical brain to be aware of that." You would probably become clinically insane because your brain can't hold it. An exception might be a very, very advanced guru, someone who could objectively be said to have reached some form of enlightenment. They might be able to pull that off without going insane. In fact, they can pull off a lot of things that would make the rest of us insane.

But if you try to do that before you have that capability, it would literally blow your mind. I think that insane asylums, psychiatric facilities are full of people who opened to spiritual abilities that were not ready for. And I believe that psychic development should be taught in those institutions to help people get control of their capabilities and also do some kind of healing and past life work. You know people with dissociative identity disorder, which they used to call, multi-personality disorder, a lot of them have lost a good solid sense of self. They don't have a sense of self; they don't have good boundaries, so their various past life personalities are popping in and out taking control and they don't have control of it. So, they could be healed through these kinds of techniques. But the mainstream psychiatric establishment is not going to go for it yet, I think it would be very helpful.

So, the parallels already exit on the Astral and the Casual Plane. You on the mid Astral can already see what your parallels are doing. It's just on the Physical Plane that it would be too much.

You know, I think spirit did a great job in suggesting we do this for 6 weeks because there was the right amount of time to go through the questions. And hopefully we are going to come up with a lot of new ones for the course in January. So, keep those cards and letters coming, as they used to say on old time TV. Some of us are old enough to remember it. Keep thinking about new things you'd might like to explore. The Michael teachings are so rich

I'm going to go into a semi-channeling mode. This is surprising me; I'm getting an image of Star consciousness. Since you are a group who loves the far out and unusual things and those are my favorite things to go into.

Star consciousness... we have been mostly talking about sentient souls, the 5% of the Tao that decides to play this game where you come to the Physical Plane of a planet that has a life form that accommodates self-awareness and choice and playing that game and sending it up to the Tao.

But another 20% of the Tao likes to come into the universe and do different things. And one of the things it likes to do is to be a member of the consciousness of a Sun, a star. This is not something that I've channeled about before, so this is going to be fun, and new and interesting.

Tune into our planet's Sun, this is a medium sized star. It's not the biggest, it's not the smallest. We love the Sun, don't we? We love going out into the sun... you're going to get depressed if you don't get enough sunlight. Of course, the Sun is what makes life as we know it here possible. It grows our plants; it really feeds us.

What would happen if we tune into the consciousness of the Sun, and all of those beings who live there? All of those sparks of the Tao who are joyfully, interestingly, intelligently, very intelligently joining together to make it possible for this sun to exist. I have been told that they are actually much more advanced than we human souls are, but they are not playing the same game that we are.

So, let me just ask to be matched up with one spark of the Tao, one being, who lives in the Sun and who's job it is to be there for, maybe billions of years to do what it does. We are going to do this as a meditation, we are going to tune into one of these souls. When you have an experience, we are going to come back and share this experience. Ask this being, it may not be quite correct to call it a soul, but ask this being, this star being, who is in our local star, what its life is like, what its existence is like, what it feels like to be that. And when you share with us what you got, you are going to enrich all of our knowledge.

Don't feel pressured. If you don't get anything that is perfectly fine. But if you do get something, please share it with the group.

I'm going to share first. Of course, the Sun is a fire element and there are gases, and they are exploding. My friend in the Sun showed me how similar their explosions are to what happens when we explode with laughter. There is a real joy in being who they are, that these explosions are equivalent to laughing out loud for us. Isn't that wonderful? Just feel into it as if you were the sun and these explosions were like great explosions of laughter. I love that.

I usually take a daily walk with the dogs, and we have 35 acres of fields. It's usually right at the time the sun is coming up especially in the summer because it is cooler that early. I've always have had the practice of welcoming the rising sun because I'm walking most of the time into the East. When you led us in that mediation, what I got was... I address it as one, I didn't see it as all these different parts. I saw one whole celestial body. What I got was "thank you for acknowledgment".

Beautiful, in yoga, there are posters of sun salutations. The Sun wants to be acknowledged. We all want to be seen right? They're intelligent, a very intelligent consciousness. It's perfectly fine to look at it not as a collection of individuals but as a collective consciousness, because everything works that way. Your body is a whole thing, but it also has consciousness of your heart, etc. so, it's perfectly fine to salute the sun as a whole. And I know for one that I'm very grateful for the sun. I think it is beautiful.

It was interesting. The first thing he, she, it said was this fragment hadn't been contacted in that way before, but it was happy to see it. It was interested in pursuing the connection. Something to offer to the group, it made the analogy in terms of lifetime, you know our lifetime very short, billions of years for stars. But it made the analogy between a butterfly or an insect that lives only a day or a few years and has a totally complete life during that time. But this is the flip side, we'd be on the insect of it and the star being would be on the other side. The time scales would be so different subjectively.

Good point. We have that too with rocks. We look at rocks and think they are dead, but they are just going more slowly than we are.

I also just got an insight. I'm a red head and I sunburn in about 5 minutes, but I so love the Sun. I love being in it. And I got a sense that I could enjoy the Sun from inside and not get a sunburn. So, I'm going to do that.

My mother, Vivian, at Glen Ivy we were standing outside on a beautiful sunny day. She pointed to little flowers and said, "you know I was on the committee that created little flowers". She always loved little flowers. Then she said, "you know honey, when I at some point return to my home in the center of the Sun, I'll be shining down on you, you'll be shining up at me and we'll blast creation in between us."

That gives me goosebumps. Your mother was quite a remarkable, beautiful soul. Thank you. You were raised with some very spiritually conscious people. Thank you for that. That your mom's home in is the Sun. I love it.

Related to the previous comment, years ago I was in a psychic class, and we were asked to go within and ask spirit where we were from. And I got, the Sun. and it so resonates with me because like you I love the Sun. I love the warmth, I love summer. But people in the bay area complain because they like it cooler. But I just get so happy when it's sunny and warm. When we did this mediation, I felt the warmth and it felt so comforting. 1:52:29

I'm in southern California. It's been cool and fall like then we had a few days in the 80's and I was so happy to have them. Yesterday I thought, "I'm going to jump in the pool" and then I realized they had turned off the heat to the pool and it was cold. But I managed to stay in it for about 15 minutes because it was so wonderful.

Over the years, I have often felt that my home was the Sun. Very strongly.

When you talked about your mom, I started to think, well, how would that work? And I got a sense that as a spark of the Tao, which is what everything is in the universe, at its core, it's part of the Tao. So, if you were a spark of the Tao who decided to do a few billion years as a star, I don't see any reason why that same spark couldn't take a little sabbatical. And say, "OK I'm going to take a brief run for let's say 100,000 years as a human and still hold my place in the Sun. You know the Sun is a very fluid, gaseous place and afterward, go back after taking a little break from it.

Maybe you as a spark, maybe doing a lot of time in our Sun and then you do the human thing and return to the Sun. I'm getting that there is a little more to it than that... Give me a second....

Spirit is saying that it could also be simultaneous, leave part of your spark in the sun and use another part of it to create an Essence for a human personality. So, it wouldn't necessarily be a full sabbatical. That's pretty cool.

Thank you! I love this subject.

The idea that the Sun appreciated being acknowledged, I think I'd like to take the last couple of minutes to acknowledge Michael and all the members of the Michael entity who have been supervising and present with us. Very present and very supportive in what we have done in BTMC I & II.

I want to also acknowledge and thank all the guides, which include your guides. When you do something like this with an intention to grow, you're bringing along at least your primary spirit guide. So, let's thank each of our primary spirit guides and they thank all the other guides who have an interest in promulgating the subject material. We thank them.

We thank all the beings on the Astral and Casual planes who have been with us for these 10 weeks. And I certainly want to thank all my guides who have been so terrific in helping with all of these questions. I know I'm pretty good at this stuff, but I didn't do this alone as SH. It's a collaborative effort with all the guides and teachers, so I want to thank all of them.

And in the last few minutes, if anyone would like to say something about the workshop or the experience of it, we would gratefully receive whatever you would like to acknowledge.

Want to take the opportunity to thank all the other participants who have brought their questions and their presences to this space. It's been so enriching and gratitude to everyone involved. Thank you to everyone.

There are only 13 of us in the room but there are 30 total who participate. I would like to take a moment to bring all of us together, and into union with all the guides and teachers. Let's make one huge group with no separation between those who happen to be in physical bodies, those who happen to be present on the Zoom right now and those who are not. Let's just feel into this group of beautiful, wonderful souls that have collaborated in the BTM workshops.

Feel how large this energy is. It's a little different isn't it when we tune into all the souls that are participating in this? It feels larger, it feels richer, it feels more textured. Does anyone want to share your experience of tuning in?

I joke that humanity is learning not to be prejudiced against those with different skin colors and now we need to be prejudiced against those who don't have skin.

We learn to recognize that our guides and teachers are just as real and just as present and you can feel into that connection.

In these moments that we just have been sharing, I've had an increased sense of my Sun expression. The radiance of me through my capacities. I've often felt since Flow is one of my Modes, being in expression, continual flow of blessing. And I just felt and increase in that, that I am a Sun and blessing and nourishing gardens, and people's consciousness throughout the universe.

And I celebrate you. It's such a privilege to share with you because you have such a wonderful open heart and guileless generosity to share. Where you're not asking us to put you on a pedestal but inviting us and me to explore and know for myself that I'm important in this incarnation.

Thank you.

Thank you so much, it's beautiful. I would like to invite you, if so moved to take in, let's say take a photograph of this connection with everyone in the group, including those who are not live on Zoom right now, and all the guides and all the teachers and invite this whole collective energy to be part of your life team going forward. So, you can call on us for assistance, for answers, for guidance, for support, for energy. Let's make something new out of this team. All that have been drawn into this

group, both physically, Astrally and Casually are souls with a deep well of curiosity, an openness, and interest. So, we share that, you wanted to be part of it. So, let's create something ongoing that can serve the whole.

I thank all of you. We are going to close now. Take care everyone.