

Shepherd Beyond the MC II

Session 5: November 6, 2021

Various Personal Questions Sent by Students

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Hello everyone,

There has been some discussion about the Michael Teachings being difficult to work with if people's chart hasn't been channeled. In other words, it's not that useful if you are looking at your co-workers and you don't feel that you can accurately guess or read their Role and Overleaves etc. For some people it seems like a barrier. I wanted to talk about this for a little bit more.

It is in fact more useful if you become skilled in recognizing traits and some people have an innate ability to do this. This is true, but it isn't just that they read and studied a great deal and have acquired a great deal of knowledge. There is something about how their brain works that helps them be astute with this material. They are able to pick out things like a person's Role and they are highly accurate. Maybe not 100%, nothing in this universe is 100% accurate.

I probably have more experience working, reading and guessing the Roles than anybody else and I am still wrong at times. If I'm channeling a bunch of charts, I'll take some time while Michael is looking at someone's picture and try to make a guess, and as good as I am, I still guess wrong. I would say that in almost every case, let's say I thought this is a Scholar with a Sage ET and King casting, those 3 energies are there somewhere. I might have mixed up the role with the casting or the ET bleed through, but those energies are there. So, even if you're guessing and are picking up on the general energies, that can aid you in better understanding the human being.

3:56

So, I urge you to study the roles photo database at www.Michaelteachings.com/role-photos.html, (see first Chat entry). If you go to the first page of the website, scroll down and see the link to it on the right. Dave and I worked very hard on this...finding pictures in the public domain to use what they looked like. (Refer to video for further explanation of the process used to build this database.)

What I recommend that you do if you want to learn to recognize what the different role energies look like, is you study this database. That you start picking out how the eyes look in the various roles and what the facial expressions look like. I've written about this fairly extensively. I have a sub chapter in Journey of Your Soul about it, I have an article on my website about it.

You'll start to recognize the Sage smile. When Sages smile or laugh, that is a really opportunity to identify a Sage because there's something mischievous about it, maybe even wicked about it. Whereas when an artisan smiles it's kind of angelic, sweet and childlike. When a priest smiles, there's that warmth and compassion that comes through. There's a lot of warmth that comes through both of the inspiration axis roles. There's a doe-like softness and warm in the eyes of the Server. In the Priest there is penetrating, hot energies, but not in everyone, not in every Priest for example is this heat and focus coming out of the eyes. But there often is.

So, you are not going to use anyone tool to recognize the roles but if you can look for a lot of different things it's going to help you to identify different roles.

The Kings and Warriors feel cooler. With the Warrior you also have a focus in the eyes but it's cooler, more metallic look about them. There can be a blunt toughness that comes through that says, don't mess with me.

The King has knife-like sharp eyes; the Scholar has a more neutral quality. If I'm really having trouble guessing a role after all my experience, I usually figure well that is a Scholar because Scholars being neutral can pick up the secondaries stronger and can be harder to read.

Artisans can also be harder to read because of their shape shifting qualities, but I can usually spot an Artisan because as a Sage I'm drawn to them and I get this feeling, Oh, you are so adorable, when I'm around Artisans?

And you can also use your own role to help identify other roles in the way that you might be attracted to them. For example, Scholars and Warriors are a real common combination. We talked about this in Level I where Scholars are the number 4 and Warriors are the number 3. They make up number 7 and they are often paired. One of the reasons they like each other is that the Scholar is neutral, and it eats up the intensity of the Warrior. But they also eat up the intensity of the Priest, even though together they don't add up to 7 since Priests are the number 6 and Scholar again is 4. But being neutral, you are attracted to intensity and being intense, you are attracted to neutrality because of balance issues.

Priest and Servers are also attracted to each other by reason of sharing the Axis.

One Warrior I know says she can identify a King because in the presence of a King she wants to kneel. Interesting feeling but Kings do have a commanding presence and you can learn to pick up on those energies.

So, learn to recognize these energies and if you don't get it exactly right, at least you can be fairly certain after a while, this is what I am dealing with.

Recognizing the Goals is a lot more challenging; you have to know people pretty well to know what is motivating them. But recognizing their Mode,

like someone in the Aggression Mode is not going to be too hard to spot. A lot of people in Aggression, even if they are nice people, when they smile, they can show a lot of teeth.

The Goal of Discrimination can sometimes be spotted through squinting at you, like they are trying to discern. So, squinty eyes might mean Discrimination.

With the Obstacles, sometimes they are obvious not so much to the person but to you. But you also have to ask yourself what motivates that person and go a little deeper.

Body Types you can learn to spot, especially the ones that you are attracted to who are opposite to you. Even if they are not stereotypical, you might be able to pick that up.

All of that said, the very best way to confirm someone's chart is to have it accurately channeled.

I know that the Kings and Warriors like to be self-sufficient, they don't like to rely on a channel and money is an issue too. Some people have ordered 30 charts of everyone they know. It's a great way to learn the teachings but maybe you can't afford it. So, do the best that you can with learning the material really well. If you do have charts of other people you know, you can study those people. See if you can pick up traits for the Roles from people whose charts have been validated.

Another option, one of my handouts in the Chart Reference Material has Celebrity Overleaves that I've curated that I believe have a reasonable chance of being highly accurate. There are a lot of celebrity overleaves out there. Emily Baumbach has a book called Celebrities with 1200 people. What I put into my book were the ones I had a strong trust in their accuracy. I draws on various channels including myself, Dave Gregg stuff if I generally trust he is the first channel. When overleaves or anything where there is only one right answer get channeled more than once the chances of subsequent channeling being inaccurate grows. I'm not saying that they will always be inaccurate but the first channeling through a channel, who is good at that kind of information is more likely to be correct. On my channeling, I'm starting to add the dates of the channeling if I know them. If you run into different versions and you have contact with the channel you can ask for their date. Then at least you can compare, not that you don't self-validate. No matter who the channel is or how good the channel is, you want to always self-validate and say does this person really look like this? And even if you are wrong, you jump to the wrong conclusions, say, oh that person can't be a scholar because he's not a big book reader. You can't generalize like that and even if they are a Scholar and you dismiss that possibility, the act of making an effort is going to help you learn the teachings better.

There are questionnaires on some sites, pretty short ones like answer 7 questions and it tells you your role. When people come to me who have taken these surveys and I channel their charts often what I get differs a great deal. I cannot rightly claim that because I channeled it is accurate, But in general I do think I am good at overleaves. But there always things that can go wrong; nothing is 100% correct. But I do have my experience of validation and I often find that if I am the first channel, the charts tend to be accurate. And this result often differs from what people are getting on these questionnaires.

So, my validation is I don't think the questionnaires are very accurate. They may point you in the right direction. If you take a questionnaire and it says you are a Priest because you had so many of those traits, my guess is at least you are going to come out with a strong Priest secondary. But getting clarity about which trait is a Role, which is strong ET bleed through, and which is the primary or secondary initial casting that could be tough even for me to sort out. Channeling is your best bet.

So, we have this list of Celebrities which I have curated which are probably accurate. You might look at celebrities and try to guess their role and overleaves, particularly if it's someone you know and like and follow quite a bit. And if they happen to be on my list then you can see how good your guessing is. That is a great way to go about it.

Someone mentioned that the overleaves on this list are pretty incomplete. I just used what I had. If Yarboro said a historical figure was a particular role and it was early channeling that I trusted, then I just added it. In the Yarboro group they were not doing complete charts. Someone would ask about one well known person or historical figure and Michael would say, oh, that is a Sage in dominance and that was all that was given. So, that is all the information on that particular individual that I have. I could go back and fill in all those charts, but I haven't had the time. Occasionally I do it.

Another problem with the celebrity overleaves, is that since the first channeling, through a channel that is good at it is the most accurate, it's important to know who is first. But a lot of channels are not sharing their works; they are not publicizing it. I imagine Yarboro who channels Michael in addition to writing books and people that do channeling with her have maybe 100s if not 1000s of overleaves of celebrities that they haven't shared publicly. Decades ago, Yarboro said she was going to share the information, but she still hasn't. She is kind of a privacy freak, so she doles out information rather parsimoniously. So, we do the best we can with the celebrities because we don't know if the access was the first. And we take it with a grain of salt. A lot of times you can just see and feel if it is correct.

There are also some less famous celebrities. For example, I've channeled some theater luminaries that probably have not been asked about by others. Like Steven Sondheim.... So, I have high confidence in them.

Is there any questions or comments about using the MT even if you weren't able to get a chart on someone?

Where do you find the questionnaires?

I believe Jose Stephens has one on his site, the Michael educational foundation www.mef.to, I believe. But what I was saying about them is I don't find them to be very accurate. Refer to video for full discussion. 20:07 You can't generalize to stereotypes. It is only true about 60% of the time. It's not that cut and dried and the stereotypes with their general guidelines can lead you astray. So, what you want to do for someone who doesn't have a chart is to look at a lot of things together. Look at subtle things, the energies, the feelings of these different things.

For example, the goal of Dominance is the urge to lead or organize the group. There are people who have this but who do not do the negative pole very much. So, dictatorship is not their style. But one way that you can validate it for some people, let's say they are at work, but they are quiet and do their own work, but people are always asking them to lead something. And they do it but it's not the same feeling as someone who is a King or Warrior who has that Action Axis concentrated, earthly energy. You have to know the Michael Teaching materials very well before it becomes useful as a tool for identifying people for those whose charts you don't have.

It takes time, it's not easy and I think it's why the MT aren't more famous and popular than they are. People read the books and say, that's fascinating but if I don't have charts on people, it's not useful to me. Well, it can be useful if you study, and you have the knack for picking up traits. Some people just don't have that ability. They know the teachings theoretically very well, but the application is hard for them. That is why these workshops are so valuable. You are getting more hands-on experience. You are interacting with other people who have had their charts validated. You have the charts for everyone in this group. I will be updating them soon. But you can interact with these people, look up their charts and understand, oh that is what a priest looks like etc....

Should I be learning the role and looking at the CO to see how it might be toning down the role I think they are?

Yes, your CO blocks you in all ways. You think of these Warriors as being very powerful people, but the Warrior position Obstacle is Martyrdom where they feel like they don't have power. So, anyone who is in Martyrdom is sort of opposite of Warrior power because it's blocking it. You feel like a victim of the environment, the environment is acting on you rather you acting on the environment. You always feel that you have to prove your worth. Whereas when you are in the Warrior positive pole of Persuasion, you know your

worth, you don't have to prove it. So, it's an opposite thing going on with the Obstacles.

And you need to interpret the chart as a whole which my number one aim in doing workshops. Because I see in the Michael community, some of whom have been studying the books since the 1980's and feel that they know the material very well, but they do not interpret charts as a whole, so they will say things like, you can't possibly have this particular role or overleaf because you don't have this trait. They don't understand that there are other things on the charts pulling in a different direction. They may have a lot of knowledge but they are applying it in false and superficial ways and yet they think they are an expert.

If you have a full chart on someone, I do these chart explanations where I interrelate everything. I don't very many people in the Michael community are doing this. They are not talking about how these traits interact with each other and that is the only way they are going to be very useful for you especially when someone has a lot of traits that pull in the opposite direction from their role. So, you can have a Sage, but they are shy because they are in Arrogance and the Reserve Mode. You might have a hard time seeing that person as a Sage yet if you look deeper, you might see that person does have the urge to express themselves, but they are doing it in implied or less obvious ways.

[When I'm trying to pick up energies around someone, I wonder if I'm picking up imprinting for Baby Souls instead of their Essence? Can we pick up on imprinting instead of the actual role? 30:36](#)

Absolutely, yes, especially for people who have not completed their 4th internal monad, where you through off the imprinting that is no longer useful to you and you emerge as your true overleaves, the person who you really are. Not necessarily in the positive poles, but at least you are being your own overleaves and not someone else's. Only about 20% of people complete their 4th IM and that doesn't even happen in the average person until their mid to late 30's or later. So, when you are dealing with young people, the imprinting is really important, but it also depends on the family. Some parents imprint their kids very strongly and some are much better at letting their kids be who they are. But you are going to be highly influenced by your parents if they were strong influencers.

Now, you may have chosen parents to imprint you the way you wanted to be imprinted or are similar to you. Even though my mother died when I was 8, she was the more powerful imprinter, and we were both Sages in the same Entity. So, the imprinting that I got from her was something natural to me which was a love of music and art and beauty. My father didn't imprint me much because I didn't like him very much. He was unhappy, he was a King,

and he yelled a lot and I tried to stay away from him. Now, my older brother is a King, his name is Andrew. Andrew's agreement was with my father, so my father imprinted Andrew very strongly, two Kings. And Andrew is a baby King and the younger souls do tend to absorb imprinting more.

I think it is a brilliant idea when you are trying to read someone to look at their parents and maybe their family icon. I don't deal very much with family icon but it's something that Victoria ??? talks about a lot and the Yarboro people occasionally do. That is the idea that your parents assign you a role, like they observe you when you're young and they say, Susan is the good girl, and we can always count on her to do what we need her to do and therefore we are going to ask her to do a lot of stuff for us. And the brother who is more high spirited and harder to control, he's the bad boy who always gets into trouble. They keep seeing him that way, so he keeps behaving that way in their presence. They've lock him into this role. So, that's also part of your imprinting, your family icon. If you successfully transit your 4th IM you will break that icon and say, no, I'm going to be who I am.

I think there are people who are imprinted to look very different from their true role and overleaves. 34:36 that can be hard to get through. But if you get good at reading the eyes and the facial expressions, you should still be able to get that something else is going on with that person. Ok, maybe that person was imprinted to act like a Scholar because both parents harped on how important an education is, and books. And maybe that person who is not a Scholar has a genuine love for books and learning, it's not just the Scholars who love books and learning, but if you are not a Scholar your reading will tend to specialize in your areas of interest. Your areas of interest can be affected a lot by your role. For example, I love and always loved reading books about people in the theater like their biographies or their autobiographies. And their memoirs in general because I'm so interested in how people tick, it's kind of a Sage thing. But I'm not so interested in reading books about Science for example. Whereas Artisans might be drawn to that because it's how things work and are put together.

I listen to a lot of audiobooks and some of them are science oriented and I do find some of them interesting. For me as a Sage, I have a short attention span and if they are not interesting, I stop listening. In my view everything can be interesting if it is well presented. If it is not clear and interesting, then I fault the author and not the subject matter. But I still would much rather listen to something that is fun and funny.

There are so many subtleties and again, you have to know the teachings well before you can start picking up on these subtleties. You also have to be a good student of human nature where you are good at picking out what am I really looking at here.

Yes, it isn't easy, but it is so rewarding when you do understand it deeply and can use the subtleties of it. It's incredibly rewarding. I mentioned that I have a short attention span, but I've been channeling Michael for 35 years and I don't get bored with the chart material. And you think, oh well, the chart is just basic, it's not going to be as interesting as the other stuff. It never stops being interesting to me because it is so rich. But a lot of people aren't going past the surface of it. They get the definitions and the books and that's good enough for them. They end up not being able to use it in a very subtle way.

[The teachings feel infinite because of the subtleties.](#)

I feel that way too. And I wanted to add that I usually use the term doe eyes for the Servers and for Artisan eyes they appear more childlike, saucer type, which is similar to doe eyes, these are the two most ordinal roles, and you can pick that up in the eyes.

... it can get down to semantics. There certainly are people who could more accurately describe the Artisan eyes as doe-like, but they are also childlike. But for Artisan eyes I would look for playfulness, a childlike quality, a sweetness, radiance because they have 5 inputs, and they don't shut down the way Warriors can. So yes, it can get down to semantics but understand what is beneath the terms.

If there are no other general questions, I have many sent to me. I encourage you to write them down as you think of them. You can email me, put them in the chat and even after next week's session send them to me and I will collect them for our BTMC III if that is what we end up choosing.

[Is someone suffering from dementia living between parallels? And what does Essence use dementia for?](#)

I channeled about this, and I got that generally not but recent and past life personalities might drift in and out. But usually this is a matter of the brain losing coherence and expression being jumbled.

Dementia is not generally Essence's favorite experience. Laughter it can be like treading water, but it can also be restful and a way to receive care from others. This is interesting, many of you may be familiar with a marvelous teacher named Carolyn Myss. One of her early workshops was about why people don't heal. She said, even though they claim otherwise, some people don't want to heal because it's the only time that anyone else has taken care of them, and they are exhausted, and they want to be nurtured, mothered, they want just to receive care. For all of us who are suffering from some kind of ailment, we want to look at our hidden agendas, whether we want this to clearly get attention or whatever. So, this can be the case with

dementia. Where people are choosing it, more on a personality level than an Essence level but they are sticking around, because they can lay in bed so other people can take care of them. They may have been passive personalities to begin with although there are many who have dementia who are active people, take charge people. But in both there could be the feeling, I spent my whole life, doing, doing, doing, taking care of everybody else and now, I want to be taken care of. I don't want to promote the idea that is always the case with dementia because any situation can have many causations.

From Michael again, "During dementia, most of the incarnate soul has left and is off doing other things". You know that feeling that there is nobody home... the concept that our Essence is just huge and it's busy running all our past life selves and it only take a certain portion of Essence to run any give incarnation. Michael Newton writes a lot about this in *The Journey of Souls* where he regresses people to their life between lives, how they set up their lifetime and he teaches that if there is a more advanced, complex soul there is more soul energy available, and it takes a smaller amount of energy to operate any given personality...

But during dementia or coma, there is not much for the soul to be doing, so not much of it is home. They have to leave enough energy to run the body, but the soul can be off doing other things. It's still kind of a drag, it's a weight to have a sick or demented body.... Even if the soul feels complete with that lifetime and would like to pull the plug on it, not every soul has that skill level. Everything is a skill; everything comes with practice. I know someone whose parents died, and the father immediately came and manifested with the light bulbs going on and off. But when the mother died, she asked for a sign but even though she was an advanced soul, she didn't know how to do that. Perhaps she could have found some guides to help her turn the lights on and off for her daughter's comfort but not all souls know how to do it.

So, the skill to pull the plug on the body and make it die is only available to a minority of souls who know how to do it. Those who do it, tend to be very strong-willed people who are used to getting their way. It's not an easy thing. The majority of souls will have to wait for the body to die of natural causes. So, that person might be in that dementia state for many years.

Michael goes on to say that "dementia often results when the person doesn't want to die because it fears death. Essence cannot impose death when the personality isn't ready, and the body can support breath. The brain is broken down sometimes from toxicity in the body." You may know that now they are linking dementia to aluminum poisoning. A lot of people have use aluminum frying pans to cook in for many years. So, the buildup of aluminum can be one factor. There are supplements now being touted as

preventing dementia and that sort of thing. We could look into those holistic types of things to prevent dementia.

Is dementia a way of dying without being present?

The answer I got was, "it can be but usually not". So again, it's the fact that the person doesn't want to die that they go into dementia.

"If the person in dementia really wanted to die, it would probably happen. Often there is extreme stubbornness." Probably referring to the CO of Stubbornness or it could just be isolated stubbornness about death, I don't want to die, I'm not going to die, etc.

"It can be a way to escape reality without dying." So, there's a push-pull. If you were finding Physical Plane life very painful and your body is really old and sick, dying would be a simple way to escape it. That is why people commit suicide, they want to escape the pain of the Physical Plane. But with a person in dementia, there may be a push-pull, I'm afraid of death, in church they told me I'm going to hell, I don't want to go to hell, I'd rather stay here as long as I can to avoid what awaits me there... So, there is that conflict.

Is dementia an abdication of the 6th IM?

The 6th IM applies that one is dying because it concerns the final illness that leads to death whereas dementia implies a reasonably healthy body with a diseased mind.

You've written many books, are you interested in talking about some of the topics explored in your books so those of us who learn best through exchange can better understand them.

I'd love to do that. I ask that you form specific questions about what specifically want me to address.

BREAK through 54:53

It is easy for me to feel different energies for example when people don't want to speak the truth... describes other feelings and sensations. Is this a particular Priestly quality or does it also have to do with the task a soul has set up for itself in this life? What other components are involved? 55:30

This is a Priest specialty since the positive pole of the Priest is Compassion and the highest form of Compassion is empathy where you can "feel with" other people. And people who have empathy to a psychic degree are often referred to as Empaths. Now, there are many other reasons besides being a Priest that a person could be an empath. It's a capacity that all human beings could develop but most do not. So, many of us in the New Age

movement refer to ourselves as being empaths and what we mean by that is we are able to “feel with” other people. We can pick up energies, we can pick up what other people are feeling, we can know things. When you are an empath, it is valuable to learn how to control it, so it doesn’t become a problem in your life.

You feel your connection with other people, that is healthy and natural. You can feel when someone else is in distress, at this point, this is just good information. The problem occurs when you take these feelings on. One of the reasons you might take on the distress that the other person is in, is because you want to help them. It’s great that you want to help them but taking on their energies is not a great way to help them. Then you have 2 people in distress instead of 1 person in distress. That is more of a journeyman’s way of using empathy because it is not as skilled.

A more skillful way is to say, I recognize that you are in distress, and I’m going to send you a picture of how you can let that go or what inner peace looks like. Then it becomes your choice whether or not you try that on for size or use it. But I’m not going to take on your distress.

Sometimes when you feel that you are in distress, the moment you recognize that this doesn’t belong to me, this is someone else’s distress it leaves you because you get it. Oh, I thought that was me, but it’s not me. So, it’s a very useful skill to have.

Older souls tend to have more empathic abilities. Again, it’s something that has to be developed. If you practice it, you will have more. But, yes, Priest are specialist in it. I have quite a bit of it and I’m not a Priest, but I’ve practiced it. So, anybody can develop this ability.

Is there any questions or comments about empathy and what this may have brought up for you?

I have a comment on a tool that I use, I’m an empath and a Priest. When I notice... that I’ve picked up something from somebody else and I can feel it, what I do in terms of visualization, I put it in a really beautiful box. I wrap it up and I surround the box with light, this is the tool I use, then I give it back.

Since I don’t know who it belongs to, I visualize in my head something from old fashion cartoons. Remember where a hand or a cane would come from off stage, disembodied? You’d just see this hand emerge. I wrap it up, surround it with light and give it back to someone who I don’t know, and I see a hand or a cane come and grab it.

I found this to be a useful tool for navigating the world of empathy.

You were probably a vaudevillian in a previous life!

This is the cornerstone of what my teacher John Friedlander teaches which is giving back what isn't yours. And it is also something that I write about in my book, Energy Literacy. Here is the basic concept. Yes, we are all connected but in the current human state we tend to get tangled up with each other in a way that is not helpful.

You could look at human beings in these networks. You have some of my stuff and I have some of your stuff. This is not healthy. What you want to do is call back your stuff and give back to other people, their stuff. And this is a key insight that John Friedlander teaches, because their thought forms, their issues are like a lockbox for which you do not have the combination. You can help them release negative energy, you can send them love, there is a lot of things you can do for people. But you cannot unlock the box of issues that they created. So, don't even try.

You can't solve their problems. There is a lot you can do when someone invites it; you can send them energy, you can send them love, you can surround them with pictures even in your mind that say, well you know when I feel this way, I found this to be helpful. But you cannot take on their locked-up energies or unlock it because you are just going to become more and more burdened.

And we see this especially with Priests who feel it's their job to heal and fix everybody. We see them carrying heavy stuff from people going back many, many lifetimes. Priests are inherently strong people; they know it and they feel like they are strong. But they are not that strong. They are not that strong that they can afford to carry lifetimes and lifetimes of other people's heavy burdens. And it is going to eventually show up in breaking down your own health and such.

The healthiest thing to do on a daily basis is... Let's try this. Close your eyes and ask to take a picture of your energy field and your aura which goes out a few feet around your body. Ask your inner self to light up or show you in whatever way that would be meaningful to you, energies that are in your field that do not belong to you. Maybe you took them on trying to help, maybe you got curious about them, and you took them on like a sample you had to study like Scholars do a lot. But just light it up.

That lightening up might be visual, you might see shapes, you might see colors. It might be something that you feel like a heaviness on my left, etc. and use any of your other senses.

And while they stay lite up, ask your inner self, including your Essence to light up any part of you that has an investment in holding on to them. The reason that you collected it. Just light that up. "Oh, I wanted to help, or it reminds me of a problem I used to have, or I wanted to study it." And see if you can recognize that you are not helping things by pulling in other

people's energies. And see if you are willing to let go of what ever it is that caused you to pull in other people's energy.

And if you do let go of it maybe it would feel like an electric magnet that you just turned off and there is now not anything magnetizing other people's stuff in your field. You're letting it go. You're willing to give it back to the person it belongs to.

Sometimes people feel guilty giving it back like, oh, they are already so burdened and now I'm giving them this other burden. No, this little piece of energy that you took on isn't going to make that much of a difference for them. And only they can fix it, so you really are doing them a favor by saying this really belongs to you. It's like saying, you left your hat at my house and I'm giving you back your hat.

Now from your heart and Essence, ask all parts of self and all the power of Love in the universe, to come through your heart and create a force that gently but firmly moves everything in your field, that does not belong to you to return to where it belongs.

So maybe you have something from your father and your father is deceased. You can still give it back to him on the Astral Plane, "this is yours". You might want to wrap it in Love. You might want to fill that with the intention that says, "I know you are capable of fixing this, healing this, growing from this. I trust you; I believe in you. I can't do this part for you, but I know you can." So, you might want to add that.

Bring your attention back to your heart and feel the power of love and truth that are putting all things back into their right place.

As was pointed out, some of it you may not know who it belongs to. Just ask your guides to make sure it gets to wherever it needs to go.

At the end of this, ask your inner self to light up your inner world again and again light up anything that isn't yours. If there are still more things, then repeat, send it back, feel the power. Send it back to whoever is it's rightful owner. You may need to keep doing this and it's a good thing to do daily because we do pick up other people's things. I do this when I'm on my walks.

Now ask your inner self to light up any debris that remains in you that just your old stuff that you are done with. Since you are done with it, it's ready to go into the recycling bin in the center of the earth. So, imagine it dissolving, exploding, becoming pure light, pure energy, breaking down, all the things you're done with. See it going down into the center of the earth to be recycled. Then notice more light coming up the other side of the earth as pure energy, it's been purified. And it makes a big loop and comes back into the top of your head, through your crown and now it's pure energy that

you can use to live and to love. And it is no longer old stuff the you carry as a heavy weight. 1:09:09

Just feel that circle as it washed through you carrying away anything that you are done with.

Anything that you are holding on to that you are done with, see if you can let that go. Recognize that if it's something that you really need, you can get it back.

After you do this enough and you tune into your field, it just is going to look clean. It's like cleaning your house. It's just a good clean place that you are going to fill with your own Essence energy.

Do that now, even though there is some more work needed later. Fill your home with only Essence energy and claim it. This is my space.

One of the reasons that we get so tangled up in other people's energies is that we want to control them. And it is true that other people's choices affect us. Especially people we live with, and we do want to control them. Let's say you're a neat person and your spouse is a slob; I can totally understand you're wanting to control them to get them to be neater. But you've probably noticed that it doesn't really work. You can't change a slob into a neat person. Your effort to control is just frustrating you and your partner.

So, pull back from trying to ever control anyone else. Notice that you are letting go of the need to control others and the recognition that it has not been doing any good. Respect their right to choose. And at the same time improve your communication skills from your 5th Chakra, your throat. You might then communicate to your partner, I really, really appreciate it when you pick things up because it makes less work for me. And I know it's not really your style but if you can do that, I would really appreciate it. Now that is not trying to control. It's expressing your needs.

Notice what it feels like when you are trying to control someone, how tense that feels. And then notice how relaxing it feels to just make your own choices and communicate your needs appropriately. There is a totally different feeling to it.

If every person could learn to stop inappropriately controlling others, and just create their own space, they would have a lot more personal power. It's actually a lot more powerful and effective to communicate than it is to try to control. But what we have today in the world is a tangled mess. If you could look at humanity energetically, you would see a big mess because everybody has their stuff in other people's business. This leaves you less energy to create your own reality and to enjoy being in your own space. It's paradoxical, you get more power by not trying to control other people but just creating in your own consciousness.

This can even apply to trying to heal other people, if a loved one is ill. Damn it I want them to be healthy! I'm going to try and control them. I'm going to get into their energy field; I'm going to fix that. If you do that without their permission, you could overwhelm them. It's not appropriate. So, always ask permission before you go into another person's field. You may not always do that out loud. You maybe ask their Essence but make sure you have permission before you try to help.

Does anyone want to share your experience of this exercise? Do you feel better after untangling from others? Let's continue with another question.

How can I learn to perceive and discern the different denser energy vibrations? For example, between someone in Impatience or someone who just has a high frequency?

Because in Impatience you can look kind of wound up and wound up is different from someone who has a naturally high frequency. The way to distinguish this is that the energies that come off the CO never feel good. They won't feel good to other people, and they won't feel good to the holder of that obstacle. So, that is one way to tell.

How can you tell the difference between Growth and Passion?

Passion Mode is a person who runs their energy that says, let it all hang out. I'm not trying to control my energy. They pour 100% into everything or not at all.

The goal of Growth person you would perceive that as a person who likes being busy all the time.

This is a great questions that suggests there are a lot of differences between the traits, and you need to learn the clues on how to pick them up.

Here is a question about farm animals.

Do they know where they are going and if so do they prepare in anyway to be in a lifelong concentration camp?

Factory farm animals have horrible lives. I know I avoid factory farm meat as much as possible. Pastured or free range... you can't necessarily trust the labeling of the foods since they can be misleading. Eggs that say cage free doesn't mean they have access to pasture. But the worst of factory farming is living hell.

But the question wants to know if hive souls like bovines coming into cow bodies, do they know what they are getting into and are they prepared.

What I channeled was: "for them this time is brief. It is like Marines, know that they are going into a very tough situation, and it will make them stronger." So, they see it as a growth opportunity and they might then alternate it with a longer lifetime as a sacred cow in India, which is probably the cushiest job you can get as a bovine soul. They are treated very well, and they are not eaten for the most part.

So, hive souls are also on a path of growth.

There was a question about the Akashic Plane verses the Akashic Records.

As I was reviewing how our experiences get uploaded to the Akashic Plane, I remembered something about this process that came from Michael through another channel. Is it correct that these major transfers from the Akashic Records on the Physical Plane tend to occur in 7 year increments, ages 7, 14, 21 etc. and or are they random or continuous?

From Michael: "For astrological and other reasons there are check ins during the 7-year milestones."

I've heard about this 7-year cycle being important in other teachings as well. For example, in the MTs we say that for the overleaves at age 7, you have a completely formed personality. But up to the age of 7, the overleaves can change. So, 7,14,21 are milestones that are recognized by many people including those in astrology.

"So, there is a check-in there where things could be uploaded from the Physical Plane Akashic Records to the Akashic Plane which is the 4th plane of creation. However, the integration into the Akashic Plane can also be gradual".

"More often the experiences are first integrated into the 4th level of the Astral Plane where they can continue to be worked on. Sometimes the 4th level of the Causal Plane is also used for intellectual processing. Although emotional Astral processing is needed more often after Physical Plane experiences" and of course the Astral is closer by the Physical Plane.

"When processes are complete for the stage of development, experiences are then entered into the Akashic Plane."

Something that many psychics and channels will tell you is that we also get images that maybe help us find the words. And I got the most marvelous image when channeling about this question. It was almost like a mist rising out of the Physical Plane and then going through the Astral and then going through the Causal Plane, being processed and processed and more finely processed until it is done and then it can be stored as a processed experience in the Akashic Plane. It doesn't mean that the processing is complete. Last week I used the example of when you are planning a lifetime, and you've settled on the overleaves etc., it's like sending a manuscript off to the publisher, saying Print. However, as I know well with

my books, there are second printings, where you send off revisions where you say, we had a misspelling here etc. and it's never a final work. It can always continue to be refined but it's in a final enough state where you are willing to press the button to print it.

So, our lifetime experiences are like this, we are always processing, we're always learning about them. The Astral Plane again is an Emotional Plane, and the Causal Plane is an Intellectual Plane. The 4th level of the Astral is the home of the Hall of Records and the Astral is very much involved in the Physical Plane because it is adjacent and the part of our Essence, the soul, that activates the physical body is parked on the lower level of the Astral Plane.

The Astral experiences that we have are very much about processing our Physical Plane experiences. Sometimes where we go in the Dream state, we go to this emotional medium of the Astral Plane, and we have these strange surreal kind of dreams where we are working things out which can then help us on the Physical Plane. So, the 4th level of the Astral where we also hang out between lives is intimately involved in our Physical Plane experiences. So, some of the things we experience on the Physical Plane go to the 4th level of the Astral to be processed.

[Do the concurrents ...](#) , the concurrents are like past or future life selves, they are other reincarnational personalities that happen to be living in the same timeframe. The reason that most of us have a lot of concurrents is that there are a lot more bodies available.

We have almost 8 billion people on Earth which is unprecedented. There were many times in human history where there was only like a million people and we have like 1 or 2 billion Essences or souls that were assigned to the planet, so with 8 billion bodies, we can have a whole bunch of reincarnational selves running around during this timeframe.

Again, there are two ways this can happen. One, for example I can finish my life as SH die in the year 2040. I can say, there is still a lot of bodies that need souls in this time of high population so let me bend time a little bit and start my next life in 1962. Then that body dies in 2028 and Essence can decide to bend time again and return to a body in 1941. From the soul's point of view the lifetime that started in 1941 which is obviously earlier than my original birth of 1954 is still a future life because consecutively it came later.

The other way it can happen which is probably more common, is that Essence looks and sees a lot of available bodies, and says I have such a long to do list, I'm going to simultaneously incarnate into 5 or 8 or 15 different bodies. I'm going to get a lot more experiences that way and each one is going to be around a different theme. The SH lifetime will deal with past

lives on this theme. So maybe 6 past lives will hover around that SH lifetime, and they will all get to put their stuff into that lifetime and will resolve the issue of having been tortured and murdered. Then we are going to do another lifetime using the same soul who will be a woman in China who is a scientist and it's going to explore issue of the right use of tools.

So, we are going to do all of these at once and they are just going to come out from Essence at roughly the same time. The ones that roughly come out at once will be roughly the same soul age and level and the ones that come out consecutively can be a little older in soul age, a little more advanced in that progression of development.

Let's go back to the question. We have concurrents and I just reexplained what they are.

Do concurrents influence each other's wellbeing?

No more than your past life selves do. You can certainly draw from them if you want to, and this would be done at the level of Essence. Let's say you are in the dream state and you as a personality say to Essence, I need some help in this area, do I have any past life selves or concurrents who have expertise in this area who could lend me a hand? But generally, the concurrents are on different themes and as I mentioned before, you usually do not plan to meet on the Physical Plane. Sure, they can help you, but they are probably dealing with different issues so what they are dealing with may not be very relevant. 1:27:35.

For instance, if one is having a good time and is very happy and another is having a very challenging or difficult timeline...if you are having a difficult time can you pull from a happy concurrent?

Yes, that is something that you can do deliberately. In mediation you could say, "I'm having a hard time with this, I'd like to draw on resources of concurrents or parallels or past life selves, any other aspects of me who already know how to do this really well". That is a skill too. So, some of us are better at pulling in that help than others. But it certainly something that we could practice.

I've had health challenges, so I've asked to pull in parallels and past life selves who were really energetic and robust. I don't know if it's helped or not but it sure can't hurt to ask. Even if you had a past life self who knew how to play the piano and you are taking piano lessons and you are struggling with some part of it. You could go into a light trance and ask that part of you to show you and bring in that skill, so it isn't as laborious to learn how to do it.

Can we create karma with our Essence Twin?

Yes, you can create karma with anyone, and you have so much intensity with your ET when you are together on the Physical Plane. It's not always pleasant because if you are the sort of person who projects your own issues onto others, there is no better mirror for you than your ET.

Let's say you married your ET; you can have some very terrible fights and you can do something karmic to your ET that you will have to repay. That is going to be a real profound lesson for you because it is such a deeply intertwined relationship.

On the other hand, if you are a really loving person who puts out positive energy and who takes responsibility for your experiences and who does not put the blame on other people for what you are going through, and your ET is similar, you can have a really blissful relationship with the ET.

And a reminder, the ET is not necessarily going to be your mate. If you know them, they could be a friend, an acquaintance, they could be a mother of a child, best friend. It could be anybody. But whatever the form of that relationship, you will reflect each other back to each other.

And sometimes you know the person, but you don't know them very well. That is the case with me. I know my ET but there isn't a great deal of personal communication. And in that case, it's just, "hey this is the soul I'm closest to, but not necessarily the person I'm closest to." It's nice to see you out of the corner of my eye, to know you are there and to see you there.

[When ETs meet on the Astral Plane, do they usually stick together and support each other? Or do they choose to go in completely independent ways like on Earth?](#)

Well, it is a lot like Earth. You will hang out with your ET fair amount probably because they are like your best friend. And you are learning similar things. Often what you are learning complements each other. So, comparing notes with your ET is probably something that you are going to want to do.

But you are not going to want to spend all your time together because you're going to get pulled into each other. You might prefer to go out and have different experiences and then bring them back to each other and compare notes. What you are doing may have a lot of parallels. It could be very interesting to compare notes.

The soul seeks experience, so you are not going to want to hang out with the same souls. You are going to want to go out and have new experiences.

Is there a way to find your chart through self-assessment without getting it channeled?

In fact, a lot of people try to do this. They study the books; they go to websites and try to figure out their chart before they have it channeled. This is a useful exercise. And some of them find that what they have figured out what the channel gave them and sometimes they get surprises but it's a useful exercise to do it.

Some charts are easier to figure out than others because some are straight forward. You know some of the people you meet you say that person couldn't possibly be anything else than this particular role. Or they could not possibly have this goal. And that will occur on a chart that doesn't have a lot of things pulling in opposite directions.

The charts that are harder to figure out, and I'm talking about your own chart and other people's charts are those that have cross currents. They have opposite things, thing pulling in different directions. For example, let's say you are a Priest and in general you are very positive and inspired and you are just full of compassion, and you are in the positive pole a lot. But you have the Attitude of Cynic. That is designed so that you will notice the things that will not work so, you are always kicking tires, always testing things. You're always looking for the catch, the lie, whatever. That can be a very useful Attitude for a Priest to try out for one lifetime because Priests can be pretty Pollyannaish. But it isn't going to be an easy overleaf because it is in the opposite direction where you want to go. As a Priest you want to feel the higher love coming through, and the blessings and we're all high on life. But then there is this Warrior attitude that wants to kick and test everything. And that is called an abrading overleaf.

Let's say you are a King, but you have an Artisan discarnate ET and Artisan casting. Those traits are contradictory. The King is very linear, always about mastery. And the Artisan is all about chaos and creativity. You would be harder pressed to figure it out that person. You might see the King eyes but you're seeing all this other stuff and you're not sure. Maybe you pick up an Artisan secondary. Maybe they are an Artisan but King secondary. So, some charts are just easier to guess than others.

I'm pretty easy. If you look at my chart, I'm just Sage, Sage, Sage, Sage and there isn't a lot pulling in the other direction. My most important secondary is my Scholar casting and that doesn't pull in an opposite direction.

The one thing where people might have trouble guessing me is my Lunar body type which slows everything down. And I also have sleep issues so I'm tired a lot so I might not always look ebullient as a typical Sage. There are always some traits that can dampen your expression.

So, if you have an easy chart, you might be able to figure it out through self-analysis. But if you have a complicated chart, maybe not so much.

1:37:37

[Can you take tests to figure out your traits?](#)

I've taken various test more than once and gotten different results. These tests are not fool proof. But I did give this some thought and wondered if we could come up with a 200-question questionnaire where you could figure out your role and overleaves. I don't think so.

If you were a professional psychologist who knew the Michael teachings really well, you might come up with a decent questionnaire to get you into the neighborhood. That would be a very interesting thing to do but there are a lot of subtleties that I don't think a questionnaire could uncover.

[In your opinion what are some of the positive poles of the Michael Teachings in general. And what are some of the negatives. This question is about the blind spots or pitfalls in your view of the MT and the community.](#)

I think in general if understood correctly the MT are completely positive and is really good information. But I do see it being misused a great deal and I've talked about this already during this session i.e. People who have very superficial knowledge about things, jump to conclusions.

I'll tell you a story about a chart that I did for a person. I was the first channel and I'm reasonably certain that it is correct. But in her circle of Michael students who she was sharing things with, I got her as being 6th level Mature, and they had the false belief that if you were very spiritual and dedicated to the MT or other spiritual paths you had to be an old soul. So, they told her she could not be a Mature Soul. She started saying that she was an Old soul, like 4th old or something.

Now at 6th level Mature, there tends to be a lot of challenges. It's the most difficult of the soul ages. And she was having a lot of challenges in her life so being 6th level Mature explained it for her. But now that she was saying she was 4th level Old, it was sort of like when you pull a peg out of something and the rest of it falls apart. She no longer had the explanation of why her life was so difficult because she was no longer seeing herself as Mature 6th.

I got her as having the goal of Flow, but she was told by her friends, No it can't be because your life is too difficult. You must have the goal of Growth. Well, a goal of Growth doesn't mean your life is difficult. It just means that your life is busy. You like challenges but having a heavily karmic life does not relate to that.

I see this thing going on all the time. And most of the time I have to keep my mouth shut. If the person doesn't ask me my opinion I really can't butt

in and say, no it was right the first time, because that just sounds like my ego talking. Or I'm being offended because someone doesn't trust my channeling which is not the case with me.

This sort of thing is what I call jumping to conclusions on circumstantial evidence. It's not only a problem in the MT but I think you will find it in every area of study. The superficial student who doesn't know a lot about it will take the short cuts.

Some of you are astrologers and I think there are a lot of parallels with astrology. You can read in the newspaper your horoscope for the day. If you're a Libra, avoid salads or something like that... this stuff is so superficial and a true astrologer will tell you that just knowing your sun sign is not enough to advise you.....

If you just seize on one thing you are not getting good results because you are not looking at other things that are interacting with them. So, I think that is a big problem in the Michael Teachings. It is complex but it is what also makes it rich.

I see a lot of bad information out there about the MT. And again, it's often a situation where I can't really say anything if someone didn't ask me. But I hear a lot of things that are getting distorted by the channel's own misunderstanding or biases.

In a way it's also a good thing because the fact that the student cannot be certain forces them to self-validate, forces them to learn more. If you could be 100% sure that every word out of a channel's mouth was correct, then you would never have to validate it.

But channeling is a fussy, delicate process and there is a lot that can go wrong. My favorite channeling is the channeling that is featured in the Yarboro books or original transcripts. But even in there, there was a lot of stuff that was cryptic, what did they mean by that? Or incomplete, missing some pieces that could fully explain it that making it sound like it's always the case when actually they are giving just an example for a specific circumstance.

So, you have to think for yourself. You have to question things. That's what I love about this group, your questions are so fabulous. Good questions are the beginning of real knowledge.

So, what else do I think are the positive or negative poles of the MTs?

Michael has said and I agree that the key point of the MTs is if we can understand ourselves and our relationships better, it will be easier for us to devote ourselves to unconditional love. So, it's really about unconditional love. And all true teachings are about unconditional love.

And when people are fighting over dogma or being dismissive of other channels ... this is not unconditional love. There is a lot of arrogance. Some channels have very strong Cos of Arrogance, and you can see this in their dis-ing other channels and insecurity about their work. Yeh, I would say these issues are more of the negative poles of the MTs in terms of the community, but not the teachings themselves.

I'm interested in a discussion in how to avoid using universal truths for harm. For instance, spiritual communities are rift with victim blame. Saying to a woman raped by a priest, "well you chose that, or you created this" i.e. twisting the universal truth to shame or denigrate someone... please refer to video for full statement.

I agree with everything being said. I have addressed some of this earlier. In my book All Is Choice, I talk about the attitude that unfortunately some New Agers take, "well if someone was born into poverty, that is what they wanted, and we shouldn't interfere with it." And I said, "No, it could be our lesson to help those in poverty."

So, I think a misunderstanding of choice can be used to justify callousness of I can't be botherer, I don't want to help other people... there is always a question of can I help, what can I do. I think it's a really important question for all of us but especially for the Priests and Servers who are hardwired to want to help in every situation.

It's good to evaluate, "where can I be helpful". And it's also good to explore, "Am I harming the person by trying to help". For example, maybe you observe someone who is not making an effort to help themselves and they are becoming dependent on you because they are not finding their own power. So, there are times where there can be some tough love where you say, "I'm not doing this with you anymore because I see you are not helping yourself". That could be valid, and it could be the path of unconditional love. It's very tricky if you are dealing with someone who is addicted... are you enabling or are you actually helping?

This is an area where we can all gain some skill. We can all think about how can I really help? What will actually help and what is not so helpful.

The urge to help is always admirable. I was talking earlier about how taking on other people's negative energies is not helpful even though your heart is in the right place. So, what helps the most.

Yes, there is a lot of victim blaming, it's nonsense to say women were raped because of what they were wearing. No, they were raped because someone raped them, and the responsibility is on the person who violated them. It's never right to blame the victim in cases like that.

It is true that we can observe ourselves and others creating repetitive patterns. I can see them in myself. When we are in repetitive patterns, you keep getting involved with abusive people for example, or you keep losing money in the same ways. It is really good to examine the underlying beliefs that are causing these repetitive patterns. It's easy to see that your beliefs need to change before the repetitive patterns change. And then your help to others might be exploring those repetitive patterns and how they might change.

If you have a friend who keeps getting into abusive relationships and is open, you might explain or say, hey let's work on your self-esteem, let's work on you deserving to be loved. 1:52:32 Let's work on the link to your abusive father where you think that is what love is and create a new vision of a loving relationship.

If your friend wants you to continue to support them as they continue to make poor choices, you might continue to love them, but you may not do the things that they want you to do that will keep them locked into that pattern.

So, it's tricky, it takes a lot of thought and skill. If making good choices were easy, we'd all be making good choices all the time. It's actually very challenging. And this is a great example. How do you help someone, what is helpful and what isn't helpful?

If there are harmful dynamics such as in cults which are designed around ways to take away personal power or if you see it in governments which restrict voting rights that perpetuate racism, and poverty, etc. those are the things that can rightly be changed through activism, to speaking about what is right and what is fair rather than saying you created it, now you're stuck with it.

We've all created this collectively. And this is one of the things I love about the MTs, the emphasis is on choice. My book All Is Choice was my exploration into this topic. It's about finding your personal power. Michael is not interested in students being reliant on them. They want to make students who become increasingly skillful at making good choices. Sure, they can bring in some other points of view or other information that could be helpful in making good choices. But they always want you to feel responsible for your choices.

That is the very definition of a cult. They are not seeking to empower your choices. They want to make you a cog in a machine that obeys the leader and venerates the leader. This also happens in most religions; you venerate Jesus if you are a Christian. But really Jesus wanted to teach people how to grow up spiritually and make good choices and learn to be plugged into the same thing that he was plugged into. That is why he said, "the works that I do, you shall also do; and greater works shall you do." In other words, I

want you to become more skillful than I am in making choices and creating reality. He didn't want people to go into a building every Sunday and see a horrible image of him dying on the cross. And saying, thank you for doing that for us, you saved us from growing up and deal with our own shortcomings. That is not what he taught. It's very convenient for people who don't want to take responsibility to believe that. I'm not dis-ing everything about Christianity because there are some very beautiful parts to it.

But if true teachers teach you to make your own choices and one of the choices is how can I be the most helpful to people who are also still learning that lesson, it's not that cold hearted dismissal of you chose it, it's your bed, you have to lie in it.

Unconditional love teaches you to be the most helpful that you can be but not to get stuck in dysfunctional co-dependent patterns which in the end won't really help.

[There was also a mention about people being judgmental about people of a lower vibration.](#)

Well, being judgmental is not unconditional love. People who think they are so elevated that they are dismissive of people who maybe haven't been doing as much work on themselves. I would just avoid these people. That is just arrogance. It's not love and it's not unconditional love.

Again, we have the example of Jesus who hung out with prostitutes, and romans. He was judged for that. He just saw fellow human beings. We all have our stuff and we're all more elevated in some areas than others. And we are all imperfect.

Yes, there can be a lot of snootiness, a holier than thou attitude in a lot of very good spiritual teachings.

[I would like techniques or advise to connect with guides. Being stuck in Astral energies and wondering if it is real.](#)

Everyone who is learning to access spirit or channeling, asks themselves the question, am I just making this up? And my response to that is, Hey, it is pretty good stuff, keep making it up! I don't care if you are making it up. I don't care where it is coming from.

What happens is you are building a new muscle, you are learning how to access spirit, and, in most cases, your early accesses will be more vague. Because you are installing a new infrastructure in your energy field, which is going to let you, with practice get more and more precise or specific material. But at first it is vague and that is the nature of the beast. Some

people have beginners' luck, they are just terrific psychics and channels the first time they try. But most start out getting pretty vague material and then they practice, and practice and they get better and better. That is normal and there is nothing wrong with that. If that is how it's happening with you, don't worry about it.

If you are learning to channel, at first what comes through you will probably be some general principles. People in their first channeling, might get messages about love. Very nice, but very general, vague messages... they can't get specific advice about anybody because they are still building the infrastructure. They tend to get airy fairy messages but as they practice, they tend to get better and better.

That's just it, practice. Is it real, well, what ever comes through your consciousness, whether it's coming from spirit or coming from your own subconscious, it's all coming through the same pathway which is your conscious mind. And if you are making it up and it is good material then just keep making it up because it is practice. And keep holding the intention that you want the best possible messages to come through you. Then trust what comes through you. ... eventually you will gain more confidence in it.

I think of the imagination as the ability to make images of things. What we imagine is not always imaginary or in other words false or a story. The fact that we can make an image of it could be how we learn to channel. You have to use your consciousness in order to channel, to do a psychic reading, to be creative. You have to have some capacity to imagine in order for any of these to operate.

So, when you are starting to channel, you are using your capacity of imagination and it's the same capacity you might use to make something up. But in this case, it doesn't mean that you are making something up. Because if your intention is, if you started out by saying, I would like my primary guide to come to me and give me some advice. If that is your intention, then there is no reason why that isn't exactly what will happen. It may happen imperfectly because you are just learning. But assume that is what is happening because that is what you've asked for. If the material seems off to you, then just disregard it and assume it was practice.

Any questions on this material? Ok please continue to send in questions if you wish for next week's session.

Have a good evening!