

Topics: Ancestral healing, what counts as 'spiritual journey', karma, external monads

My vision for this workshop is that we focus on questions and answers. But if we don't have any questions at the moment, I'm prepared to teach various subjects not on the chart, starting with the internal monads.

There may be questions coming in via e-mail from people who couldn't attend live. There's a couple of people who aren't going to be live at all but just watching the video and I invited them to e-mail me questions or comments.

[Ashwin] For those of us who break out of family patterns, there is this thought in the New-Age community that it somehow heals the generations that have come before us; people who have passed on and are not on the physical plane. How is that possible? What's going on? If somebody breaks a family pattern in their life, how does that resonate through people who have already passed on in previous generations?

I have a spiritual teacher named John Friedlander who wrote or co-wrote four books on psychic development. The latest is called "Psychic Psychology". He's an old Scholar, very brilliant, graduated from Harvard Law School, and then decided to become a psychic. He teaches a lot of material from the Berkeley Psychic Institute. And he's also a member of Jane Roberts original Seth group in Elmira, New York, back in the '70s. So he's been at this a long time.

One of the things he teaches - which I believe does come from the Berkeley Psychic Institute and a man named Lewis Bostwick, which has some [writs?] in Theosophy, incidentally - is the idea of "thought forms". And that we attract certain thought forms based on the energies and belief systems that we already have. People who can clear a certain thought form can help send healing energy to anyone who has attached to that particular thought form. If your family tended to plug into a thought form that said that children should be seen and not heard, that the voices of all the children were suppressed. And let's say, you attend the family constellations workshop, which is a technique designed specifically for what you have mentioned here: clearing pieces of the family's negative inheritance. And so, you work with that: that children were to be suppressed, their needs were not to be heard, or seen, or appreciated. That they were lesser members of the family. And let's say that that goes back countless generations. Then it's to be assumed that this thoughtform has remained undisturbed for a long time. That maybe it was rebelled against, but that's not the same as clearing it, healing it, releasing it, dismantling it.

But now in this constellation you approach it with love, clarity. And you have people representing that thought form who carry the healing for it. In fact, the whole group in the constellations, all the representatives, are taking that on to clear it. If you clear the thought form, it then reverberates back into everyone connected into that web. You might think of the family history as consisting of a web. You might think of tinker toys where this one plugs into this one, which plugs into this one, and this one. And everything is energy. When you change the energy powerfully at one point of it, it broadcasts back and offers clearing and healing to every part of that system that is willing to receive it, that is ready for a change.

And I think that at the very least, it shows each part of that chain that something different is possible. Because the problem with these thought forms is that people don't question them. They think of it as reality. And this speaks to the larger problem of humanity being asleep and not really questioning any core beliefs, but just thinking: "This is how it is, how it has always been, it cannot be any other way." And in fact, humanity tends to murder anyone who comes along and says it could be a different way. Because 'the way it is' seems to be what holds everything together for people. And many who want to stay asleep are very threatened by change.

But if you come into a new system that says: "children can be seen and heard", that can be a really wonderful thing and it can make everyone happier. And "children are not a threat." And that they are to be loved unconditionally. And that you don't need to treat children the way you were treated. You could treat them with respect.

I'll never forget: I was attending a spiritual workshop in Canada, I was 18 years old. One of the leaders of the group, it was called— still is called "Emissaries of Divine Light", her name was Nancy [?]. I saw her with her little boy, Pablo. And I saw her talking to him with such respect, as an equal. I had never seen a parent interact with a child like that before. It was stunning to me. It sort of shattered a belief in me that children are not treated with respect, as an equal. Obviously, I remembered it all these years. So, if you can show people another way to be, and they're ready to hear it, it will go back as far as it can be allowed.

[Ash] I've got a follow-up question. I'm trying to understand how it impacts previous generations, people who have passed on. Is that on an energetic level? Are they still hanging on, somehow, to old belief systems that they lived with when they were still alive? How does it impact past generations? I can see how people who may be alive right now in the family, through observation and energetically, receive the new pictures and see what options are now available. What about past generations? I'm trying to understand what people mean when they say that it heals past generations that have come before us.

Reality is a lot more complex than our minds can understand. Even in the Michael teachings where we teach about the soul, we tend to teach it in a rather linear and simplified way. Because that is what we can understand. But as we go on, we can add complexity to that. John Friedlander and what he learned from Seth with Jane Roberts is a much more complex view of reality.

Let's say, your great-grandfather lived in the belief that children should be seen and not heard, and that he himself was damaged by this as a child. And he went on to damage his children in that way. It just kept being cast along. There's a quote in the bible: "The sins of the father are visited upon the children for generations." And that's a key understanding for doing something like family constellations healing work.

So now, the soul of your great-grandfather has passed on a while ago and is now on the astral plane. Parts of his consciousness have continued to evolve. And so, you could connect, let's say through mediumship, with the spirit of your great-grandfather. But which version of him you've got would depend on your intention. If you get the most updated version of your great-grandfather, he might look very different. But if you tune into the version of him as he was then, you might find that this belief "children should be seen and not heard" continues on, because he never got around to clearing it or

dealing with it. It was not challenged; it didn't even come up for him. So, in some part of him as a soul, that belief remains. It is possible that he did clear it in another lifetime. But I think it's doubtful that that happened. I think you'll still find it.

The part of his soul that carries that is still connected into that network of the family that maintained and perpetuated that belief. And so, as you're sending healing now through the network, it's going to go to everyone who is still connected to that network, including your great grandfather. And then it's an opportunity to heal him on the astral plane. Now, he can reject that healing. But assuming he's been advancing all this time, it's likely that he would be delighted to go along with this new paradigm about children. And in doing so, he could heal parts of his own inner child, his sub-personalities, that had not been healed up until now.

So yes, it can go back as far as needed to clear, depending on how powerful the healing is. It would also have something to do with how far back it goes and how deeply it goes into the mass consciousness. But it would certainly be offered to members of that family structure who were actively either wounded by that belief, perpetuated that belief, or both.

The main answer is that everything is energy, and everything is connected. And that there are webs of connections that are not necessarily what you can see on the surface. In other words, let's say you're a healer and you do a healing on someone: you may end up healing a lot of other people without even knowing it - if they're open to it and if it can get to them through the networks. And a similar concept is here in this workshop and all these workshops: if we come together in the spirit of truth, and we broadcast energetically a higher vibration of truth, that's going out like a radio signal to everyone that you are deeply connected to. And some of them may choose to receive it.

Jesus said: "Where two or more are gathered in my name, there I am in the midst of them." I'm not promoting religion here, but it's a statement of principle. That here we have, according to Zoom, currently 25 people who are live with us. We are gathered with a common interest. We have a stated interest in aligning with truth. And because it's 25 people and not just one or two people, there is a multiplication of the potential to broadcast that energy. We are like a radio station broadcasting out through all of our connections. This is one of the reasons why I invite us at the beginning of each session to come together energetically in a meditative way, because this is going to not only increase what you can receive vibrationally, but it allows you to be more in service to humanity as a broadcaster.

How far any particular healing goes, a lot of it depends on the power coming through. And the amount of power depends a lot on how much the individuals involved have worked on clearing and refining their instrument. Their instrument being their body, mind, emotions, and spirit. Those who have done a lot of work, over time, tend to have a more powerful instrument for broadcasting. Also, some people are just better natural broadcasters while others are better natural receivers, and some people have both.

[Susan] [When we're doing ancestral healing, and say, my great-great-grandfather held the belief that "I worked \[clear? 25:35\]"](#). Am I understanding correctly that if he chooses to receive that clearing, then when he reincarnates, he will no longer bring that belief system with? Is that accurate?

Yes. Or if he does, it will be to a lesser degree. Because a lot of these issues have many layers to them. Let's say, you knock out a negative belief in a family constellations workshop. Then maybe you'll attend another one and you find out you're not done with that general issue because there's another layer to the onion. And so, you may be peeling back and peeling back. And this is how it is in all our healing: that no one gets it all at once.

There are situations where a person-- let's say a person has a disease that is largely caused by one faulty belief system. If the person can clear that faulty belief system, the disease might instantly - or close to instantly - go away. And when that happens, of course, we're all amazed and impressed at how rapid the healing was. And then we might be in a situation where "Hey, I'm open to healing all my belief systems, and I did all this great work, and I still have this disease!" In that case, it may be that instead of one layer to the onion, there may be twelve. And let's say that your disease is entirely a matter of psychospiritual issues. In other words, it's not caused by something genetic or an environmental reason. That it's completely a manifestation of intellectual, emotional, and spiritual issues. But if it has been something that has been like a snowball rolling down the hill, getting bigger and bigger; if it's an issue that has gained layers over many lifetimes where you just kept adding to it from new experiences, then you might feel great when you first clear the top layer of the issue and get some improvement. But then your symptoms start coming back, and that tells you: you need to go to layer 11, 10 and 9, until you get to this central issue.

I think so many of us who are learning about these things have simplistic ideas about it at first. We think: "If I'm open to healing my psyche, I should be able to heal any disease." That works sometimes, but not in every case - because every case is different. Most physical ailments are not purely psycho-spiritual - they often have that element. If I'm working with a person in a session and they are concerned about a health issue, I will ask: is this predominantly a spiritual issue? Predominantly emotional? Predominantly intellectual? Or is it predominantly physical? And sometimes - in fact fairly often - I get: "This is just physical. Handle it in a physical, mechanical, structural way. Go to your chiropractor and get an adjustment. Go to an herbalist and get the right herbs to knock it out. It's not an emotional manifestation."

It was revelatory when I learned about Louise Hay who is teaching that you could look up a symptom and find out what your faulty belief was, clear the belief, and get healed. "You can heal your life", that's the name of the book. The problem is that she believed, apparently, that every ailment could be fixed in this way. But the truth is that it only gets fixed if you fix the right problem. If the problem actually is a faulty belief, it can never hurt to look at that. Particularly if you have a repeating pattern, it's good to ask: "What are my beliefs here that could use an update or a clarification?" But please, don't ever blame yourself when you don't get an instant healing or a healing at all about something. Because it may not be that kind of an issue.

[Susan] [That's really fascinating and really helpful. In my own work as an intuitive and a healer, I can see when one level is cleared, and I've had an expectation that healing would be happening at more levels. It really helps me to peel back the layers and look at the next level, and the next level.](#)

With doing healing, ancestral healing and otherwise: if we are clearing a thought form in our family network (ok, that's ancestral healing), can we also help clear thought forms in other networks that we are a part of? Like our network here as a group in your class: as we grapple with things, can we clear thought forms for the group? And can we clear thought forms for every organization or every kind of micro network that we're part of? Is that a possibility?

Yes, it is - absolutely. And understand that healing can never be imposed. But you present it as an option to people. Very often, it's wonderful when people-- you show them that "hey, there's a different way of being possible here", and if they're ready for it, they will open to it. And if they're not ready for it, they probably won't. But they may remember for a future time, when they are ready, and that's also a beneficial service. John Friedlander talked to me once about how people are always asking people to send energy, like on social media for example: "My friend here is ill, would you please send energy?"

John said something surprising to me about that: sometimes, people feel overwhelmed by all these people sending all that energy. Of course, everyone means well. And I don't think there's any real harm in it. But he suggested that you observe the person, and you see what comes up in YOU, and you clear that. And that's how you send the healing to the other person. You're sending a picture of the healing, and you're offering it. But you're not overwhelming the person with your good wishes, especially if they're in a weakened state and maybe are not prepared to handle that. Now, I really believe that if a thousand people send healing energy with entirely good intentions, I don't think any real harm is ever going to come from that. And I think in many situations, it can be a big help. But if you do it within yourself and just show it to them, it's less likely to be overwhelming to the receiver. In other words: its more skillful. It's not so blunt and heavy handed.

[Susan] I think that's a really interesting way to send healing. I'm part of a women's group, and we meet every other week to send healing to the earth and to those in need. The way that we have done that is: we invite the soul, or the spirit of the being, to come and be in the center of the circle. Then we ask them if they want to receive healing – their higher self – and we send energy, and it's really palpable. What we all notice is that when the person has received what they want and what they can use, the energy just gets pushed back into our hands. At that point we just stop, and we say: "Thank you for so graciously receiving this healing." So we're sending the energy. But it makes a lot of sense to heal it in ourselves. Like, bring the energy and heal it here. And then-- in way of example, so the spirit can see how it's done. Am I understanding that correctly?

Yes, and there's a concept taught by Lewis Bostwick in the Berkeley Psychic Institute that John taught me, called "matching pictures". It's what comes up in me when I see something in you. And through that picture, I'm connected to you. Let's say, you put a woman into the middle of the circle. You asked if she wants to be there, you invited her, she said yes. That's also an excellent technique. Just like I said earlier, if you've invited them and they've accepted, then you're not imposing healing, or trying to impose it. I think that's an equally good way of working with it.

But when you work with what's coming up in yourself - let's say, the woman had been violated in some way - and when you hear about that, something comes up in you that mirrors it in some way. You're healing what's coming up in you, which is a reflection of that. And remember that that's connected to

her, that it broadcasts healing to her also. But it's an offering. Plus, you then get the healing of what came up in you, so it's a win-win. If you are a true healer, as you are healing others, you are healing yourself. And there is nothing selfish or wrong about that. In fact, it intensifies your own healing. So when you're working on someone, and something else comes up in you, and you bring healing to that, you're also bringing healing to them. And when you heal yourself, you're healing all of humanity. Because you are part of humanity and you're plugged into humanity into a myriad of ways. So it's not selfish to work on healing yourself. I mean, there are people who become obsessive about that, and it makes them seem a little self-centered, because all they're ever talking about is their own healing. But if they are truly healing themselves, they are healing humanity, and it's not selfish.

[Susan] Thank you, that really helps. That kind of just deepens my understanding of my own work and the mechanism behind healing. Thank you for clarifying that.

You can help heal humanity even as a hermit. If you are doing the work on yourself and you are raising your vibration, you are still connected to the rest of humanity. It's not possible to divide any part of the whole. I've known elderly people who weren't getting out much, and they weren't doing much, and they felt useless. I tell them: "You have such a beautiful high vibration! Just live in your high vibration and be the broadcaster that you are. And know that you are doing the highest work that is possible for a human being, which is: raising the vibration of humanity, living in unconditional love. And okay, you can't do a lot out in the world anymore, no problem. Just do this. And that is service, and that is useful. You are not useless, even if you're physically less capable than you did. I mean, you don't have to go door to door and get petitions signed, or whatever you think with the serving humanity. Just do that."

[Susan] When my children were small, my husband worked nights. He woke up at 1pm, and I was sitting in the living room meditating, and had been doing so for a couple hours because it's so lovely to be in that state. And the house was a disaster. He came downstairs and said: "What are you doing?" And I apologized, I said: "Oh I'm just meditating, I'm kind of slacking, I should be picking up." And he looked at me and said: "Are you kidding? You're holding the world together!" Isn't that amazing? He's always been so supportive of my wanting to live the life of a hermit and go into the quiet and just be in meditation. Or I get lost in the meditation. He's like: "Oh no, that's how you hold the world together!" And that's just what you were saying, so thank you.

I think, if we each just follow our own calling in any moment, we'll be doing what is right for us to do. Some are called to be more activists in the outer world. And if you're called to that, then that's your right work. Others are called to sit in a cave and meditate and hold the world together, and that's also service. If our prayer is: "let me be of highest service to the whole", that will be your most fulfilling and happiest path. And it will flow for you, and it will be the highest good. I wouldn't use that as an excuse for, you know, not paying your bills or whatever you need to do here on the physical plane. There's always a balance that gets the best results in all things. But your path is not someone else's path, and someone else's path is not your path, and so it's not useful to compare too much. If you see someone else doing something that awakens longing in you, then it would be worth examining whether that would also be part of your path. But I wouldn't compare oneself to others too much, it's not useful.

[Steph] This has been, so far, so illuminating and so hopeful. Our vibrations and our thoughts going out. But one thing that made me feel really happy, was the fact that perhaps, as people clear racism, even partially, it goes back for generations. And there's all these people on the astral plane who have yet to come back. We may help them with that particular problem. And as they're reborn, we will maybe have less of this. This is a wonderful, hopeful thought.

Michael has told me that children come in at the most updated level. Young people now are so much more advanced than a lot of old people on a lot of issues. If you're born today, you get the benefit of how humanity has advanced, especially if your parents and the culture you're born into offer that. If you're born into an environment where people are still backward in their belief system, it might be less of an update. But a lot of progress occurs simply by the people holding some really backward systems dying, and then the new ones coming in with more updated, more advanced beliefs. And so, we've had a lot of changes in recent generations. There were a lot of things that were brushed under the carpet that are now talked about and are not okay.

I think the #MeToo movement is a stunning example of that. For thousands of years, women were viewed as property. They had no rights, it was okay to beat them if it was your wife, and until very recently, a lot of these things were not talked about. They were considered to be a private family matter. I credit Oprah for a lot of media advances, really. Because she started talking about things on her show that no one was talking about publicly - and others followed suit. I think you can draw a straight line from just talking about these things to the #MeToo movement, where finally there is a zero-tolerance policy. And you're not going to be able to be a public figure and also be an abusive person. So young people coming in are coming into an environment where a lot of things are not okay anymore that used to be okay.

And I do think that we are advancing. We look at the news and the politics, and we think that maybe we're not. But it's always two steps forward and one step back. What we've seen is the one step back, but I believe that we are still advancing.

The same with the Black Lives Matter thing: there's a lot of pushback, but it's gaining momentum. People are saying that we cannot have this police brutality anymore. And really, it comes down to the fact that police need a lot more training, they need a lot more psychological evaluation. Varda told me that in Germany, police go through 3 years of training. In the U.S., it's something like 6 weeks. So that's one thing that [we could change].

[Tangent on creating a Healing Workshop]

[Ronnie] I just wanted to add on to the healing piece, and then I have a question. Greg [Graydon? 49:13] and a man named Neville talked about incorporating the energy, the emotion, of already having received healing - or whatever it is that you're asking for. And that addresses it on a subconscious level. So that's what I do when I'm asked to send healing on Facebook or some other place: I give thanks that this person is well and vital and so on. That's a very interesting topic and can be researched if anyone is interested in it.

The other thing - this is a bit out of the box perhaps - is along the lines of ancestral healing. Supposing you have someone who may be stuck, or not engaged, or somehow blocked from doing their own personal healing. Is it possible - aside from family constellations, because it might not be through that modality, but maybe through a medium or channel - to go back to an original wound, however far back in the ancestral lineage, and address that with [? 50:19] [non-incarnate] being? I think that's a possibility in the future sometime. Is that a viable concept?

That sounds like shamanistic healing where the shaman will go for the person needing healing, and going into the source energy on the astral, and doing a ceremony around that. I think that's definitely a possibility. Does that answer your question?

[Ronnie] Yes. I'm familiar with shamanic healing. I was trying to get an image of how that could maybe be reversed approached so that healing from however far back could maybe stimulate the healing forward in the lineage - even to the person that's having the issue now, or their parents or their grandparents or whatever. I think that's-- it may be being done in the shamanic lineage of [? 51:21], it could also be done more widespread with skilled mediums and channels. That's my thought. I don't know what the reality is.

I also do past life therapy. The psyche is amazingly brilliant in bringing up the lifetime that is most needed for that person's healing or advancement, whatever they are looking for, in that session. And so, it's exactly what you just said: It's asking to go back to a lifetime that was instrumental in creating the current problem. And that by working with that lifetime in a healing, therapeutic way, we can unlock something that can bring healing to the current one. There may be ten lifetimes that created the infrastructure of that negative pattern, but there may be one that you want to unlock first. Because it's going to then unlock all the others. It's mainly about seeing what the core belief system was that formed and changing that. A more advanced way of healing is simply to go into the core energy of the dysfunction and release it. And that's not always where you are able to start. But eventually that's where you want to go. It's: unwind the energy behind that issue. When I say healing, too, I'm not just talking about physical healing. It could be an emotional or spiritual healing also.

What you said first, about visualizing that you are already in that healed state, is the law of attraction. That's channeled under Abraham Hicks, and that's a core technique. If for example you're looking for a mate, they encourage you to vividly visualize and feel what it would feel like to already be with your ideal mate, how happy you are. And just the feeling of exchanging love with this wonderful soul, and you're hand in hand, and you're having great sex. If you can visualize that, then you're going to better attract that in your life. It's kind of similar: if you can visualize yourself as being healed, you can heal more quickly.

[Ronnie] To follow up on the piece of the original wound healing: I understand about doing that with an individual and their past lives, and I've done some of that work. But more... is it possible to go around that individual, back to an individual that's not-- you'd have to ask their permission, but say 2000 years ago? Somebody in ancient Rome had some violence or something. Is it possible to go directly past the whole lineage into an original wound, or one of the original wounds?

Yes, yes. And I think that would be very powerful. It might open up the energies so that they could circulate better. Free them up, so that then you could do more specific healing with the individual in current time. My guess is that it would be a more generalized healing. Because you've gone back so far, it would almost feel like a homeopathic healing. But it might pull the rug out from under the dysfunction and make it easier. Then go back to the person in the present day and get the healing. I think that could be a great technique for someone who is really stuck. Like, you're doing some really good work with them, and it's just not clearing. So then, if you wanted to ask Spirit to guide you to the source of this pattern, and get that, then you might come back and be able to move things in the current time.

[Janet] I'm very much on a spiritual journey, and one of the things that struck me in the first workshop was: it doesn't seem like some souls – even old souls - are really focused there. On enlightenment, their spiritual journey. That blew me away. I just thought everybody was on a spiritual journey. They might not be aware of it... but I was surprised. And I'm wondering: if it's not a spiritual journey in this earth life, does it become a spiritual journey on the causal plane? When you're talking with Michael, they're definitely spiritual. So, everybody's purpose is not to be spiritual? Is that true?

That is true. I think, the way that Michael would put it, is that everything is a spiritual journey. Because every experience allows for spiritual growth. Even if the person is not framing it that way, even if it's not chanting or meditating in a monastery, or being shamanic, or whatever. That everyone is on a spiritual path - but we would define the spiritual path more broadly. It would not necessarily be religious, it may not necessarily be metaphysical, it may not necessarily be reading spiritual or self-help books. Everything is spiritual because it gives us an opportunity to grow. We don't always take advantage of the opportunity to grow that our circumstances give us. Eventually, much of the experience that we've had will be processed and used for our growth, but it may be later when we're reviewing the life on the astral plane. Where we see: "Oh ok, I got it, I got it".

A good example is war: war is probably the least spiritual thing you can imagine in terms of the way that we classically view spirituality. We could view spirituality as being non-violence, kindness, love, upliftment. However, there is quite a bit of war here on the physical plane - has been for quite a while. And even though it seems counter-intuitive to view it as being part of the spiritual path, it really is. Because war being an extreme opposite of peace and love; by exploring the opposite, eventually the soul may have a more vivid experience of love. Because it's, you might say, harder won. Does that make sense?

[Janet] Yes. And I do tell my clients when they complain about their spouse, that they're not very spiritual, I say: "not like you". But the way you're talking about them, I can see they're a lot more insightful and spiritual in ways that you don't quite understand, so I get that.

I think it would be fair to say that everything is part of the spiritual path. But it would also be fair to say that those of us who are interested in metaphysics and classical spirituality- although it's really useful, it offers a lot of tools that can increase our happiness and our usefulness on the physical plane – it could also just be viewed as another interest. I'm interested in spirituality, and you're interested in baseball. From Michael's point of view, you can grow as much through exploring baseball, there are just as many

lessons there as there are in going to church, or meditating, or chanting - if you take full advantage of the lessons that are there. That's a big "if".

[Janet?] Yeah, there are stories about two brothers: One went out on pilgrimage for years, and he came back, and his brother was a householder, and they were both spiritually in the same place. Because the brother who was the householder learned the lessons at home.

The ultimate spiritual path is for each of us to use every moment of our existence and everything we happen to be doing as an opportunity to learn something and to radiate love into the world. Let's say you're just doing household chores. Maybe they're things that you'd rather not be doing, you can think or ten other things that you'd rather be doing. But they need to be done, so you're doing it. If you can find a way to enjoy that, and to radiate love while you do it, and make something positive and powerful out of it, you've just made that into your spiritual path. And by being in resistance to doing the household chores that maybe aren't your favorite thing to do, and overcoming that resistance and finding joy in it: that's a huge blessing. You've just grown a whole bunch by being able to embrace what you need to do. Because it's embracing what is. And there's nothing more fundamental to the spiritual path than embracing what is. And what is, it that if you don't sweep the floor, it's going to start growing weeds. If you embrace that part of what is, and then you maybe put on some music, and you dance while you're sweeping the floor, and you're talking to your friend on the phone while you're doing it, and you're having a great time doing it: instead of being in resistance, you're embracing it. That's what the spiritual path is all about.

Let's say you're a soldier, and maybe you didn't want to be, but you were forced to be, and your job is to kill people. That's a hard one. But it gives you some interesting choices to make. And a lot of our growth comes from learning how to make difficult choices. And so, you may as a soldier - and we've all had these lives - choose to desert. Which could mean that you will get killed if you get caught. It could mean that your family gets killed because you deserted. Or you could choose to stay and do this job and try to do it in the highest consciousness available to you. And maybe you have these amazing experiences of saving the lives of your comrades in arms. So there's very little in this world that's black and white. And only as that soldier can you decide what your highest path would be, what your best choices would be. You have to weight everything. And just the fact that you're weighing things and considering your choices is very growthful spiritually.

And then you ask: "How can I serve the highest good here?" And I will just say: this is [paramphetical?]. That killing someone as a soldier in war, killing a soldier on the opposing side, is not at the same level as karma as killing in cold blood as a civilian. Because it's part of the social construct of your time that you chose to incarnate to. Your whole communally accepted reality is that occasionally, there will be wars, and you will be forced to fight in them. And that's just part of what you signed up for. So it's up to you to decide what you're going to do with that. But if there is karma incurred, it might be incurred by your commanding officers who forced you into that, and not by you personally, who are just being a tool of the one who made that decision. I'm not saying that it totally lets you off the hook. But it's just one thing to keep in mind. Every karmic situation is unique, and you cannot make a rule and say: "It's never karmic to kill as a soldier in battle." But if it is karmic, it's going to be a different kind. It might be repaid by you then being killed in battle in another lifetime. Or later in that lifetime.

There's that saying: "it's all good". That certainly applies in terms of experiences on the physical plane: that every experience can be used for your growth, and nothing need be wasted if you approach it that way. And the person who is not interested in spiritual things, but is concerned by living in integrity, that person is doing just fine spiritually. They may not be interested in reading the books, but they are certainly on their path.

[Janet] Can I interject about the last question and experience? I'm a shaman. I found out I was a shaman 30 years ago and I was very surprised, but that's just who I awakened to be. So that's the orientation I come from with this. My great-grandmother, who I never met in this body, came through to me at the beginning of the year. She said that she and I were in many lifetimes together, but we skipped a generation here. She said: "Thank you so much for healing the family lineage." And I've had that said from my level onward – not my siblings because that's not what they're interested in – but by my children and other people in my life. And I realized that it did reach back to her, so that was pretty cool. And her daughter, my grandmother, was unconditional love. I know she needed to heal these patterns, so hopefully she was healed too. Just a thought.

[Jillian] I was just going to add in. Bert Hellinger, who originated the constellations as we do them, used to have people clamoring: "Do my constellation, do my constellation!" And each person would have to introduce themselves. It was kind of like "pick me, pick me!", and people were trying to be very persuasive. And there was a woman, she was African American, she had a family and worked as a cleaning woman. She basically wanted to have her constellation done. And he asked her a lot of questions, and she didn't seem to be particularly spiritually inclined. Another person came up and was talking about how he had given up a lot of wealth and had spent the last 30 years of his life devoted to meditation and spiritual pursuits. And other people went on. He ended up choosing the woman who had the kids. He explained that he uses a term called "weight" and how much weight one has. And different things in his constellation create weight. One is: Have you experienced hardship in your life? Do you have people who are depending upon you? Have you been out in the world? Have you had a lot of experience? It was very interesting, because the course in which we were talking about this was mostly people who would consider themselves very spiritual. It was a really interesting conversation that lasted about six hours. About what it means to have weight. We did walking timelines, we did all kinds of things around it. But you can't help but be in a spiritual path. We're all human beings on a spiritual path. Or 'spiritual being on a human path' is more accurate. So reading self-help - I'm looking at my shelf, you know, shelves and shelves of all of that – isn't going to make me spiritual. The way I feel it, is: experiencing myself most completely in this incarnation is going to give me the opportunity for the kind of growth that I want to have.

Yeah, no one can tell for sure what another person's right path is. The best advice you can give is to follow your heart. And just know for yourself what is right for you to be doing. That can change too of course.

[Heike] I have a question concerning karma and solving the karma. Must the souls incarnate in order to solve the karma, or can they meet, let's say, on the lower astral plane when they're discarnate and say: "Hey it's good, we don't have to incarnate to solve our karma"?

Yes, yes. Once in a while, you can do that. The thing about being on the physical plane to do your karma is just that everything seems to damn real on the physical plane and when you're in that human body. And sometimes, most times, to repay a karmic debt, it needs to have that level of vividness and reality to you. There are some instances, especially with more minor karmas, where you can work it out with the other soul on the astral plane. Because really, karma is just an imbalance of energy. So if both of you agree and you can manage to rebalance the energy, or you both truly, deeply feel like it's all good, no more debt, sometimes you can do that. But karma is one of the ways that we learn lessons. It's what Michael calls "growing through pain". It's not the only way we can grow, but we often do grow that way. And if you get the lesson only intellectually, but not on a gut level - if the lesson isn't vivid and real for you, then you're probably going to need to experience it on the physical plane.

[tangent on zoom lights 😊]

[Stella] [How do you recognize karma in each lifetime? So that you can in fact engage and do something about it?](#)

Karma is defined as violating another's right to choose in a significant way that alters the path or their life. There are a lot of things that others have the right to choose that aren't really nice, but it's their right to choose them. Let's give the most overt example of karma, which is murdering someone. I know no one here would do this, but let's say, you're trying to steal their purse and you kill them. You've robbed them of the biggest thing they have, which is their whole life. So you owe them a life. And it's not because God or someone else up in the sky is keeping score. It's inherent in the energy. Because the energy that belongs to you wants to stay with you. So if someone takes away that energy, it's like it's attached to you on a rubber band, and it wants to snap back to you. No one decides what's karmic or what kind of karma it is. It is built into the nature of the energy. So when that energy wants to return to its owner, it's very compelling.

And often, we find out that – let's say, someone is in an abusive relationship that she knows intellectually that she should leave, but she just can't seem to bring herself to do that. Sometimes it's karmic. Now, we don't want to make any hard and fast rules about anything. I don't want any of my students to just assume anything about anything. Like, to assume that someone in an abusive relationship is repaying a karmic debt. The only way to really know that for sure would be to ask Michael or someone else who is really good at looking at things like that. But often there is a karmic thing, because if you have a karmic debt to someone else, you feel very compelled to be in relationship with that person, because that energy wants to go home. So if you're in a relationship you cannot leave, it's at least worth asking: "Is this a karmic debt that either I am repaying, or is being repaid to me?" A good indicator that that was the case is that once that debt is repaid, suddenly it's very easy to leave, and you wonder: "What the hell was I doing in that relationship?" It goes flat, the energy has been balanced. There is no charge around it anymore. But when you meet someone with whom you have a karmic debt, it can feel very much like you've met your soulmate. It's something that is SO compelling. But it's not compelling in a blissful way. It's compelling more in heavy drama sort of way. And then there are a lot of little karmas too.

Generally, there are three kinds of karma. There are the really big ones, which are major karmas, and those have to be repaid to the person or soul with whom you generated that debt. And those are karmas where you change the life. Let's say, in a past life, a poor person was making a living by playing the violin on the street and people donating money. And you stole the violin. You took away that person's ability to earn a living and then the person died from it. Then you may repay that debt in one of two ways: one is that in another lifetime, that person steals your means of making a living and then you die. But let's say, you've become more advanced since that time, and you want to do it in a win-win way, in a positive way. The way you repay that karmic debt is you meet that same person who doesn't have a means of making a living, and you give him a great job and you mentor him. That way you've repaid the debt. It's very complex - can be. But we get a lot of lessons that way. So if you murdered someone and they murdered you, then you get to say: "Oh, that's what it feels like to be murdered! I don't think I want to play that game anymore because it does not feel good." To you right now, who you are now, you might say: "Well duh, of course it feels bad to be murdered!" But when you're a younger soul, you may not yet have developed that understanding. You may only be thinking of yourself. So it's a lesson.

There are also intermediate karmas that are important, but not as important as the major ones. And those also need to be repaid to the same soul. And then there's a whole stew of minor karmas that maybe they're within your right to have done, but they're not very nice and they hurt other people - and this is the sort of situation for which the saying was coined "what goes around, comes around". If you're acting as a jerk to a lot of people and you're doing harm - but not enough to qualify as karma - you're still vibrating at that level, and you're going to attract that kind of treatment to you, but not necessarily from those same individuals.

[Stella] Follow-up question: You use the example of a soldier who doesn't incur karma necessarily in the same way if they didn't want to be in the situation they were in. But what about a soldier that actually does take pleasure from killing? Does that energy get quantified in the same way as in cold blood?

It does, yes. The ones who-- well the sadists-- and the military and law enforcement and prison guard work: it attracts a lot of sadists, a lot of people who are-- you might say that their hearts have been sort of cauterized. They don't have much ability to feel. They may be narcissistic, they may have other-- what we would today classify as mental illnesses. And when you do something, and take the light from that, that is imprinted with the energy of it. So you will attract others who want to **[take the light and be in harm view? 1:23:47]**. So yes, the nature of the karma, the nature of the energy of the karma, it's imprinted by the intentions at the time of its formation. And it's very different from someone who does it reluctantly.

Or maybe they're doing it because they were traumatized. War is very traumatizing. We look at the Vietnam War with a lot of shame in the United States. All these soldiers who came back were very traumatized by what they were forced to do. Maybe they went into it idealistically, like: "I'm going to serve my country." And then they got on the ground, and they quickly discovered that it was a nightmare, it was hell, and there was no way out for them. A lot of them came back. A lot of our homeless people were traumatized Vietnam War veterans. Plus, they came back to more trauma, because the American people were hating them, rather than celebrating them as returning heroes.

So yeah, all of that determines, it all imprints the kind of karma that it is. And what it's going to take to heal that and to repay the karmic debt.

[Susan] You said that with karma, you can repay karma, it can be a very painful experience, or it can be repaid in a way that is win-win. My question then is: do we decide on the astral plane if that will be repaid in a win-win situation?

Yes. Ehen you're planning your lifetime, if it's in your plan to repay the karma, you might get together with the other soul. And the other soul might say: "Yeah, I don't want to go through this ugliness again. Yeah, you can do it this way, we're going to set it up this way." It can also happen that you inadvertently run into the person with whom you have a karmic debt. Let's say, you murdered someone in a pretty ugly way. And then you happen to run into that person on the street, and you feel this strange, compelling energy with this person. And you get involved with this person, because – like I said earlier, it can be mistaken for sexual attraction because it's just so intense. The part of the brain that governs sexual libido is right next to the one that governs aggression. That's why some people get very aggressive in the sexual act also. So you meet someone that you didn't plan to meet, and the other person looks at you and on an unconscious level says: "You! It's you again! You're the one who did that terrible thing to me. I just want to kill you!" And the karmic debt may be repaid in a spontaneous, unplanned way. But I think in the majority of the cases, it is planned. And then there's the opportunity to do it in a more positive way.

[Susan] So then, does karma have to be repaid on the physical plane, or can it get balanced out on the astral plane?

Yes, in a minority of cases it can be worked out on the astral planes between two souls. But if it's not vivid enough to really balance the energy, you may have to do it on the physical plane.

[Heike] You said that the karma is imprinted by the intention. But would it be the case that two souls [pitch? 1:28:36] together, and one person is murdering the other person, but the person wanted to get murdered. The person wanted to get the experience of being murdered. And the person who is murdering the other person does it by intention. Because they have the agreement that they want to do the experience. One wants to do the experience to get murdered, and one wants to do the experience to murder. For me, it sounds like an intention because I murder you because we agreed that we will do this experience together. So is it karma then? Is it just to have [inaudible] to make an experience [inaudible]?

That does happen occasionally: that two souls will agree before incarnating that you'll do something terrible to me, and I want you to do that, and then it may be reversed in an upcoming life, or it may not be. So if it's by agreement, it's not karmic. However, let's say the agreement only went so far and the other person went further, then that further amount would be karmic.

Let's say, you had planned that this lifetime you were going to be mentally ill. And that was an experience that you needed to have to grow. And it would help that other person to have the experience of murder coming out of mental illness. And you said: "You know what? I only want to live to be twenty in that lifetime, that's all I need. So you can murder me and that's just fine." And so that's the

agreement, there's no karma. But: then let's say you also murder my mother – which is not part of the agreement – then that part of it is karmic.

[Bill] I have a comment here. I was in Vietnam, and I saw murder, which is pure karma. The murder I saw was by the people I worked with. And then I also saw death in battle. I myself got shot. Now interestingly, the man who shot me, a North Vietnamese soldier, and we were going into [? 1:31:47] battalion. So these were professional soldiers, they were not peasants. And they were not [PC/ be seen? 1:31:59]. And 8:05 in the morning, I was actually the first person out, and I just went into the middle of a rice paddy, because it was my first firefight. And somebody from-- man, he had to be 200 - 300 yards away, with an AK-47, and he was just a damn good shot. I didn't have a problem with him. So I took about six rounds from an AK-47. And that was the end of my time in Vietnam. So what's the point of that? The point is this: I had no problem with that man. I was in his country, he was a professional soldier, I was a professional soldier, I was in the middle of HIS rice paddy, and he shot me. No big thing. So from my end of it, there's no karma, because I forgave him. I mean, I looked at it, said: "No big thing, you don't owe me anything."

Interestingly enough, HE has not accepted that. So although there is no problem on my end, on his end, he wishes to experience the karma. And from what I understand, the reason he wishes to experience that karma is because he wants to get at the issue of killing people. And why that seems to be such a good idea in earthly life. If I had to put it into words - I'm not here to put words in the mouth of his particular soul. But the last time I checked this out, which was about 5min ago, that was the reason why he wanted to get a handle on killing. One of the beliefs we have here, is that whenever we have a problem, the way to solve it is to kill something. If we have a disease, then we want to kill the germ. If we have a crop, then we want to kill the insects. If we have a social problem. Then we will launch a war on poverty. None of this stuff works, of course, because killing is not the solution to building. What we want to do is building - if we actually thought about it. The reason why I'm saying this comment is because we spent the last 40 minutes on this subject, this one specifically, and also with respect to warfare.

There is another aspect which is addressed in sacred literature – not in the bible – but it's addressed in the **Bhagavad-Gita**, which is part of the **Mahabharata**. Krishna is the incarnation of the Infinite Soul, of course, and he leads Arjuna out in the battlefield. Krishna is his charioteer and Arjuna is the most famous and best warrior of his age. Ain't nobody better than Arjuna. And Arjuna asks Krishna: "What do I do about killing people?" And Krishna, in essence, replies that those who have chosen to kill and are in the battle voluntarily don't worry about it - because this is what they want to be doing. It is what it is. And so, he lets fly an arrow. Actually, Arjuna is the best. One reason why he is the best is because he has the best questions. And of course, Krishna has the best answers.

So this is just a comment on the nature of karma. It is not always the case that simply having forgiveness in your heart by saying "there's no reason to take this forward" is always sufficient, because there is a lesson that somebody else wishes to learn. And you're going to be - some way or another - at the other end of that lesson, whether you signed up for that or not.

Bill, have you been in external communication with this North Vietnamese? - Just now!

Like e-mail or phone? - No no, I have no idea who this guy is, I never saw him.

It's just spiritual insight you have?

[Bill] Well yeah, I was just, you know, just asking about that. I mean - No! I mean, when I got it, it pushed me better part of a foot over to the left. I wasn't asking questions about anything. I [wouldn't... him 1:37:37] either. So no.

But somewhere down the line, I looked at the situation and said: "He's a professional soldier, what do you expect him to do? Of course it's not a problem!" It's like going into the wrestling ring and getting hit by this other wrestler. Does he owe you karma? There's no way! You both signed up for this, there's a match, and you got hurt. As they say in Korean-- well, never mind what they say in Korean... you know, it's "sorry about that". But you don't resent this guy. That's [?]. I have no resentment for this guy and I have great admiration for him. He was one hell of a shot! You try that sometimes, at 200 - 300 yards. You'll see how good he was. So it's just a comment.

[Steph] I have a question. It's kind of in the same vein, but not exactly the same subject. It's about monads. Is there a certain set of number we have to complete? Are there certain ones we need to do before we cycle of and then others we can just choose if we want to?

Steph is talking about what we call in the Michael Teachings: external monads. There are also internal monads, which are the seven stages we go through in each lifetime. **Monad simply means that the core experience, an essential negative something-- [1:39:26]** There's a long list of potential external monads. You can find them in one of the handouts that comes with every chart (Michael chart reference material) or on the website. The relevant one here is called "roles, obstacles, overleaves and monads" and it lists 27 monads that Aaron Christiaan, a former Michael channel, put together. This includes: adept/apprentice, defender/defended, deserter/abandoned, honorably serving a corrupt master, hopelessly loving/hopelessly loved, etc. So you can look at that list.

I'm not a total expert on the monads, but it don't think that there is a set list that you must complete to graduate the physical plane. I think that there are some that virtually everyone does, such as teacher/student, parent/child; the most key ones to life on the physical plane. And there are others that are more discretionary. There are probably over 50 potential monads, but some aren't done very often.

A monad is something that you agree with another soul coming into the lifetime. Let's say, I agree with my mother to do the mother/son monad. What will then end up happening is that once I'm born to her, that relationship will be exceptionally close, and she will be in my life intensely as long as she lives, more so than the average mother/son relation. The purpose of that is not just to be close as two souls. The purpose is that I'm learning as much as I can on the son relationship to a mother, and she is learning as much as possible about being a mother to a son. It's very focused, compelling, and intensive. Just because you're very close to your mother doesn't mean you're doing the mother/son monad, it just means that, as souls, you really love each other a lot, and you're important to each other. But if it's something to do you have decided to do as a monad, it's probably going to occupy your attention beyond the time that you grow up as a child. The teacher/student relationship is the same way. If you are doing it as a monad, then you are learning a lot about what it means to be a teacher, and what that feels like with a good student. And if you're playing the student part of the monad, then you're learning what is it to be a good student, to learn from a good teacher. This could be in academia, it could be

someone teaching you woodworking, it could be any sort of teaching. You get to learn about teaching, and you get to learn about being a good student.

I'd say that most of us are probably going to do the lion share of the ones on Aaron's list. But Michael is fond of saying that all is choice, so if you decided you want to go through the physical plane and not do certain of the monads, that's fine. If you graduate from the physical plane and you feel complete with everything and you've got what you wanted out of that educational experience, that's fine! There's no one putting a gun to your head on the astral plane saying: "No! You need to do this monad!"

But it's sort of like... let's say you go to Paris, and you're not going to see the Eiffel Tower. You would say: "No, wait a minute. I'm in Paris, I need to go see the Eiffel Tower!" With the monads, you might say: "I'm on the physical plane and it's offering all these advantageous growth experiences. Do I really want to miss out on that?" That's why a lot of the monads are really common: because it's just too good an opportunity to pass up. Does that answer your question?

[Steph] Yes it does. I've read most of them and thought: "I wonder if I've already done them, because they don't sound very pleasant." Or I look at them and just go: "I don't think I want to do that one!"

One of the yuckier monads is called "honorably serving a corrupt master". In the Yarbrow books, it's said that many people around Hitler were doing that one. Which is interesting because we usually think of the monads as being 1-on-1. But in this case, it could be 1-on-100. We also think of it as being a mature soul monad, so one might think that Hitler had to be a mature soul to do that. But that's not the case, he was 3rd level young. He was doing the "corrupt master". There were people around him who thought that serving him was a good thing - probably until the end of the war, when all these photos of the holocaust came out, and people could see what that really is. And so, the idea of this monad is a sort of an inoculation against that sort of things in the future. Let's say you go into serving someone that you're impressed with. You think that this is a good thing to be doing. Then you learn that you were serving a monster who did horrible things. You go: "Oh my god, how could I have possibly believed that this is something that I should do, that I wanted to do?" It's going to make you think twice the next time you're about to get sucked into that kind of relationship. So again, it's for lessons. You learn something from doing it, but it's a little horrifying.

[Steph] I could see how that could have value. Knowing that you never want to do that again.

There are a lot of smooth-talking people that sound good. Just look at what's going on all around the world, but especially in the U.S. with these extremist groups that are spouting a lot of lies, and a lot of people are buying into it. It may not be until the astral plane where people will realize that they've been sold [? 1:47:19] goods. So it's all good. It's all good for growth. It's going to make us more discerning about who we're serving, who we're believing, who we're following.

[Ronnie] Is the monad that we've chosen - if we've chosen one - on our Michael chart?

No it isn't. It might be something that we might ask about in a Michael session. But it's not on the chart.

[Stella] I'm grateful you brought up Hitler because that was going to be my question. Is it possible for some souls to just be intrinsically not good? Providing that, let's say, Hitler and Mother Theresa were the

same role. Are those extremes able to be played out by the same life cycle and the same soul or same essence, or is it like: “No, Hitler is just a dick?”

There are very few souls that are totally evil. And when I say evil, I mean that they are so shut down that no light can get in and none never will. Very few. There are a lot of soul who do despicable things in some lifetimes - because they're not healed, they haven't grown, they' haven't understood yet, - who could eventually grow. And then there are some odd souls who swing to extremes, where in some lifetimes they are the **paradrome** of what society deems to be good. Maybe they're a Christian, and they give away all their money to charity, and they would be looked upon by others as being a very good person. But, if you got to know the person well, you would discover that he was motivated by guild and not by love, and that he was really pretty screwed up. That his actions looked very good in some lives, and then in another life, because he's still very consumed by guilt and fear, he might do some things that others would see as being horrendous. So yes, it can go from one extreme to another.

I wrote a book about this, it's on my website. It's not very long, it's called “Compassion for Evil”. It goes into this topic in great detail.

[Heike] I didn't understand the thing with the external monads. I have this PDF, but I have no idea what it's about. Could you explain just the main thing about external monads?

Sure. A monad is defined as an essential or core experience. And what that means is that it's a really valuable and key important part of the curriculum of being a human on planet earth. It means that if you decide in a particular lifetime to do the-- Okay here's one: the “slovenly meticulous” moment. If some of you have seen the movie or the play “The Odd Couple” where one of the roommates is really slovenly and one of them is really meticulously neat, and they got on each other's nerves to no end - you could actually do a monad about that: you choose between lives, before you incarnate, that you're going to do this monad with, say, the person you're going to marry. The idea of that monad is that each of you learn to be more flexible, more balanced, and less neurotic. So the slovenly partner learns: “Hey, maybe you could be a little more considerate and pick up your socks and not leave that job for your wife!” And the meticulous one-- I would definitely be on the meticulous side of that, I am a neat freak, I have to have everything in its place. So if I were doing that monad - which I hope to God I will never have to do again - then I would learn to tolerate a bit of a mess, and not be so neurotic about always needing to have everything in its place. So you can see, that would be a valuable lesson. You could choose that before incarnating, it's a kind of agreement. So you meet the person that you have that agreement with and you do that monad. If it doesn't work out for you to do that monad in that lifetime, it's not a big deal. It's with all agreements: they're flexible. So you say: “Okay we didn't get to do it in this lifetime, we could do it in another lifetime.” It's not as compelling as a karmic debt. A karmic debt is always weighing on you until you repay it. It's just so heavy, it bothers you, you really want to repay it. But with an agreement of any kind, you can say: “Oh well, didn't get around doing it, it didn't work out. We'll do it another time.”

Do I choose more than one for a lifetime?

Generally not, because they keep you pretty busy. But you could. All is choice. You could choose to do two and it might work out, or you might just end up not being able to complete two, and then you put it

off to another life. And that would be a lesson too: it would be a lesson about taking on too much for a lifetime.

And this is a choice to grow in my lifetime?

Yeah, it's specific kind of growth. You can look at Aaron's list and you can pretty much get the idea from it. One of them involves unrequited love. Hopelessly loving and hopelessly loved - that's a lesson too. Let's say, you have this crush on someone who is just never going to return it. A lot of lessons in that! Especially if you just don't let it go. There are lessons about self-esteem, there's lessons about letting go. But then, being the object of affections and not being able to return, there's lessons in that also: how do I let that person down compassionately? How do I make a good boundary without being mean about it? Maybe I just move 3000 miles away and not leave a forwarding address... There's a lot of growth in deciding how to handle that. The stalker thing could also come out of that monad, although it's not always going to be a monad - but it could be.

So it's an agreement with a specific soul? - Yes.

[Stella] Are the same monad experienced more than once?

Yes, some are experienced more than ones. I've read into people where Michael said "You've done the teacher/student monad like 5 or 6 times." Because it's just a really good one. I think it's more common for people to just hit them once. But all is choice. If you want to do it again, and you can get another soul to agree to do it with you, that's fine. That's what you do.

[Ash] Are there any generalities? Would you generally do play the flip side of the monad with the same person?

Yes, that's the idea. Like in a scientific experiment: you want to have controls, meaning that you only have one thing different. That's how you can really test it to make sure that it's a sound experiment. The monad is like that too. If you're doing it with the same soul, but the flipside, then you're really focused on that particular lesson. Because there aren't a lot of variables.

[Susan] I'm wondering if I'm remembering correctly that Michael said: "When you have done all the monads with another and completed all of the different relationships, the only thing left is to experience the love monad, where you are just completely unconditionally loving towards each other." Am I remembering this correctly?

Yes. This is something called a "love monad", and it simply is what happens when you've done enough of the other monads with another soul that you know that soul really really well. It's always possible to be in unconditional love with any other soul, but it's a real depth of knowing another that you gain from that. When you say "all the other monads": You don't have to have done 50 or even 27 monads with another soul. Maybe 5 or 6. But you've done enough different kinds of deep experiences with another soul so that you feel like there's just nothing else left to do other than to love that person. Also, because there are monads that you're probably not going to do until the old soul cycle, you're probably not going to have a love monad with anyone until you're in the old cycle.

I have a love monad with my essence twin. It's a soul that you're hardwired to know very very well because they reflect back to you. And to have done several of the important monads with that same soul, it's just powerful. It's just a nice thing to do. You may not choose to do that this time around on Earth, but you could.