

[Steph] Ashwin asked last week about how we influence by clearing things from our family concepts. How we clear things back generations. And that was, to me, one of the best questions I have ever heard, and it has enlightened me tremendously. I just keep thinking about that. How things I can do, right now, with clearing myself, will help those who I know on the astral plane - or could. So thank you!

You never know where these questions will lead us, which is why I like a little bit of chaos and spontaneity around all of this.

[Nathalie] [Is anyone else in entity 4/1?](#)

Yesterday, I sent out a pdf that has everybody's charts on it. You can look through and see who your entity and Cadre mates are. Almost everyone is at least in the same Cadre group, which is 12 Cadres. If you have questions on that, there is a piece called 'entities' in the chart reference material folder that I attach to every chart, and it will tell you which position your Cadre is in your Cadre group, and which Cadre group it is. There is a lot of information there.

[?] [Nathalie, my brother is in your entity.](#)

[Nathalie] Nice! I didn't know anyone, and in the other workshop there are two other people that are in my entity. I don't know if we're supposed to feel anything when you meet people from the same entity, but I'll try to get close to them and just see how I feel.

There can be a familiarity. Like there's something similar about you. And you often get along with them, unless there are personality issues that get in the way. But I've found that I've like almost everyone in my entity that I've met. And there's a certain comfort about that connection.

[Bill] [I have an announcement. For those who are interested: I have a break-out group. It was formed during Level 1 first time around and continued in the Level 2 and continues now. I can open it up to new members, and if there's anybody who would like to come into it, it's for the purpose of discussing primarily the Michael teachings and what comes up. Last week, we discussed the relationship of karma, linear time and the eternal now. The idea of the 'eternal now' is what gives you the backward movement in karma, and the backward influence in karma that everybody was asking about. Who knows what we'll discuss this week, it's open. Right now, it meets on Saturdays, but that was because Shepherd's classes were being held on Sunday. So today is the last day that it will be held on Saturday. Next week, it will be held on Sunday. We're still open to time and setting a time for it. If you'd like to follow up on the topics that have come up during a class, whether it's Level 1 or this class here, then we're available to do that. I'll put that information in the chatroom. I'll put up my e-mail address and you can just e-mail me if you're interested. You'll be put on the list, and you'll be notified for the next meeting.](#)

Some of you have e-mailed me with questions, but I'm going to just open it up for you to ask them. And if we have a low, I can go into the list.

Ash came up with some really brilliant questions. [Can essence be all that we need in life? Do we need to interact with guides on the astral plane, higher guides and teachers on the causal and other planes and other specialized beings, or can essence be the interface for all of this and be our source that vet-screens it all and presents it to us?](#)

Isn't that a great question! It opens up so much.

Essence is not perfect. It is less encumbered by the illusions and constrictions of the physical plane. It's a big part of who we are. So on an essence level, we know and understand a lot of things that on a personality level we don't. So staying opened and in communion with essence throughout each and every day is a really wise and wonderful thing to do. But essence is still evolving too. If that were not the case, then we wouldn't be here. Because essence created the soul which created the personality

to have lessons on the physical plane. I'm going to differentiate here between essence and soul, even though in the Michael teachings we often use those terms interchangeably. And that's valid because through the soul, you get to the essence. And through the essence, you get to the Tao. When we are open to essence, we are feeling connected with the whole much more.

You might think of essence as the acorn which holds the potential to be a mighty oak tree. But it's still in a potential stage for the most part when we are on the physical plane. You and I, all of us, all sentient beings, start as a spark of the Tao. When we decide that we want to play the game on a planet, that I call 'planetary sentience', we create an essence which is like the acorn. It has the blueprint; it has all the potential. And it has resonances with all seven planes of creation. But they're not yet realized. So from our point of view, it is currently focused on the physical plane, having experiences there, increasingly realizing it's potential. And when, as personalities on the physical plane, we tune into essence, we can sense our potential, let's say when we are focused on the causal, or when we are focused on the messianic plane. It's there in potential, but it is not yet realized from our point of view. Because we haven't gotten there yet.

When essence is first cast from the Tao and joins together with all the other essences in our entity or soul family, there is a lot of planning that goes on before the first member of that entity starts incarnating on the physical plane. Part of that planning is re-shuffling the deck and coming up with the raw number that gives us what our Global Job and Community Responsibilities will be on the physical plane. In order then to have a series of lifetimes on the physical plane, essence generates a soul - which is the outer layer of the essence - that will contain all the past-life personalities.

The soul is the part of the essence that incarnates. When you are communicating e.g. with past-life selves of your own, you reach them through the soul, that bottom layer of the essence. Connecting with essence's personality allows you to use your whole self in making choices, in feeling things out. The soul is the part of essence that creates the life plan for a particular path so in being in communion with your soul, you can get information that keeps you on track for what you've set up in this lifetime. Before each lifetime, you make a plan. And part of that plan, is that you assemble your team, your support team. These are your guides.

Your primary spirit guide is, you might say, your social secretary. This is your friend on the astral plane who is maybe in your entity (often is) who knows your life plan. And it is their job to keep you on schedule. Part of that entails just keeping you alive. If you die prematurely, you don't get to complete your life plan, and that's inconvenient. So it may be your guides that scream in your ear when you're about to hit another car and have a car accident that's not been planned. Now, why do we need guides? Why cannot essence do that for us? Well, we cannot see ourselves. We need external objectivity and a different point of view.

A good analogy for that is, let's say, you are an athlete, you are on a soccer team. Let's say, you know a lot about it, you have a great deal of talent. But you have a coach on the sidelines who is watching you and can see you, and the whole game, in ways that you cannot. From the sidelines, the coach can shout at you: "No, go left/go right!" And if you trust your coach, then you do that and you get better results. We often also have many other guides. For the average person on Earth who is not very conscious or awake, and who is probably not listening much to their guides, having just one primary spirit guide is maybe enough, because they're underemployed, the person is not really listening to them anyway. But they still have the guide. But if you have a large life task involving e.g. politics, or inventing something significant to change the course of humanity, you might have a bunch of extra guides. This is all by negotiation. You can negotiate to get guides who will help you in your creativity, and you pull them in specifically when you are doing your creative work. You can have guides that help you specifically in public speaking, or whatever their strength is.

I would imagine that just about everyone here as quite a number of guides. Some of those guides are temps, you pull them in for a short-term need; some of them are part-time, you only use them occasionally. You can also change your guides throughout the life. Your primary spirit guide may change - mine has changed a couple of times during this lifetime. Maybe they got sick of me, or I wore them out, or I don't know. In fact, I recently ended up with a new one. When you are between lives, you are likely guides to your friends. Because it's a really good learning experience to be a guide to someone else. Having been guided on the physical plane and now occupying the other position, you learn a lot about both being guided and being a guide. It's a really interesting thing.

Your guides are not perfect, and they don't know everything. But they do have access to information and knowledge that - on a conscious level on the physical plane - we don't have. You might say that they have an enhanced version of Google where they can look things up that are not on the physical plane Google. My experience is that they are not free of bias. They have their own opinions; they have their own way of looking at things. Most of them are also still incarnating, but they're between lives. I began talking to my guides daily when I was 22. And at first, I thought it was God. So I thought I'd better do every single thing my guides tell me to do, or I'm going to make terrible mistakes and I would feel really guilty about it. And I've known other people who have gone through this too. Because you're getting this information, and so often it's uncanny how good the guidance is. How on Earth did they know that? That that was going to happen? But then in my experience, in 10% of the time they were just way off and the guidance was just plain wrong. And it's not necessarily just that I didn't see the higher reason for it, and that there was a higher reason and I was just blind to it. Sometimes it was just obviously plain wrong. I'd say that 90% accuracy is very good. Who do you know on the physical plane who has that kind of accuracy? But the fact that it can be terribly wrong 10% of the time is actually-- as they would say in the tech-world: it's not a bug, it's a feature.

If you know that it could be wrong, then we are forced to take ownership of our choices and to think them through and check "What feels right to me? What am I drawn to? What is MY intuition here?" Because ultimately, we must take responsibility for our choices. Also, when you work with guidance, after a while you learn what kinds of information they're better at. For example: I take them shopping with me and they love that because the shopping is so good now compared to when they were last on the physical plane. And they have their opinions about what I should buy and how many. And sometimes I buy too many of something and I end up not needing it. But generally, I just go with what I want to do or what I feel is right in that regard. If you make your own decision, you're actually doing what you're supposed to be doing here to learn, and you're not going against God's will. However, I would say that if you're getting clear, unbiased transmission from your guides and your teachers about something, I highly recommend that you take it quite seriously and deeply consider it. Because like I said, 90% of the time, it's damn good. But still, you make the call, and don't feel bad about doing that. If you make the call and then later, you say: "I wish I would have listened to my guides", that's not a tragedy either because you've learned something from doing that. But in general, choice making is a very important part of our growth. I wrote a short book on that called "All is Choice" where I go into this topic in great detail, and you can find it on my website.

Ash, any follow-up on that particular question?

[Ash] [A little bit of a follow-up to get some clarity about the communication from the guides. You read a lot of literature talking about mediumship, and it sounds a lot like clair-audience where the guides actually talk to them, either in their heads or in their ears. But how do guides communicate? What tools do they use? What tools would they generally use for most people? I imagine most people don't have a well-developed clair-audience. How would most of us pay attention and know it's our guides talking to us and giving us the information?](#)

Today, most guides use Facebook, so be sure to friend them. And they will message you on Facebook, generally speaking 😊

I knew that you could get divine guidance. I learned about this as a teenager where I used to go to meetings with a bunch of liberal ladies in tennis shoes who did trances and things like that. They would talk about getting inner guidance, so I was well aware of that concept. And when I was about 22, my grandmother was giving up her apartment. I loved her place and she had so many beautiful things I was very attached to, and it was my job to divide the furnishings and other things between me and my older brother who wasn't there. I needed to do this with integrity and fairness, but I was very attached to everything. And so I remembered what I had learned of these meetings as a teenager. Again, in my mind, it was God speaking. I didn't know how to do that, so I improvised. What I did, was: I visualized a gauge with a needle and one side said 'No' and the other side was 'Yes'. And I reeeeeeally really concentrated. So for every item that I was going through in her apartment, I looked at the gauge. If it was a No, I didn't take it. If it was a Yes, I did and packed it up. And there were only three things in this big apartment that I didn't ask that for because I looked at it and said: "Oh yeah, I absolutely need that!" I didn't even think about it. And those three things arrived in Oregon - where I was in school - broken. And I was kind of pissed off at my guides for doing that, but it did alert me to the fact that I had not thought to ask them about them. So I thought: "Well, this is pretty nifty. I can just ask within and God will tell me everything what to do and I'll never make a mistake again." And being in arrogance as my chief obstacle, at that time I really liked the idea of being perfect. So I started asking within about everything to a ridiculous extend. Almost to the point of "Should I go to the bathroom now or wait five minutes?" I mean, it got to be that extreme. But the plus of that was that I got very fluent, so the Yes/No came really really fast.

It was super hard at first. Because for any kind of psychic or intuitive work you need to go up an energetic infrastructure that allows that to happen. I wrote about this in "Journey of your Soul": that e.g. when I first started channeling body types, I needed a new energetic infrastructure for that that I didn't have, so it was very slow and painstaking at first. But once that infrastructure was built in my energy field, it started coming as fast as anything else on the chart. Within a year, I had a really good infrastructure for that, and they started dropping in whole sentences, where I could actually have conversations with them. So the Yes/No thing is really the easiest place to start. Some people use a pendulum. I would just have them nod my head Yes or No because I was always using my pendulum, so that's why I did it that way. There are a lot of different things that will work: muscle testing can work. Within that year that conversation started dropping in, I was in conversation with them daily.

I think a lot of people who believe that they are channeling God are actually in communication with their guides. And the guides are connected into the larger whole. We're all part of God anyway, so I don't think that it's wrong to say that you're channeling God, but I think it's more accurate to say that you channel your guides, and that they're connected into the larger world of Spirit. Your guides are being guided. It just became more and more fluent to me. And I think what really happened with me at that point - and this was according to my own life plan and life task - is that I sort of started blending in with my guides, and there are quite a number of them. The Native Americans have an expression for people like Shamans who walk between the worlds. They're both physical and astral at the same time. And I feel that became the case with me, that hopefully I'm grounded in this world and this personality, although I certainly could be a lot better with that.

But I'm also always connected with Spirit, and it's a lot to manage. I think that's a big part as to why I've had insomnia issues all my life. Because there's all this higher energy coming in, which is a blessing, but it can also be a challenge to manage. It was nine years after that that I first started channeling Michael. And because I was so proficient at communicating with the spirit world, when Michael come through, it was not a big surprise to me. It was on a new level. In fact, I've never seen anyone channel from the causal plane who didn't first get acclimatized to channeling from the astral plane. Because your body needs to adjust. And it has to do so in steps.

Then the question comes up: can anyone do this? And I would say: theoretically yes, but you probably won't invest the time and energy to do this if it's not part of your life plan. And of course, different people have different innate capacities for this. So maybe it came easier to me because I had already done some other things in past lives. And if a soul is new to this, then it may come more slowly. But I believe that if it's something that you really want to do, it's because essence has that as part of your life plan. Any other follow-ups on that, Ash?

[Nathalie] I have a follow-up. If I remember well, at the beginning, the question was "How do the guides talk to us?", right? I don't hear or see-- I'm completely closed off, but I had a lot of questions and I used to go to a friend and ask her questions because she's in communication with her guides. I would ask her about my problems, but that's tedious because I have a lot of questions and a lot of issues. I spend my life on Youtube and at some point, I saw that there are these Tarot-readers that do 'pick-a-card' readings. One day, I clicked on it, and I think that was the moment that-- I feel like with my guides, we found a channel. It's like: "Oh ok, now we're going to give everything through that", because now I've been spending months watching these Tarot readings because I'm not good at interpreting them myself. But I feel like I'm good now at picking the right card and usually what I hear is very good. So even though I'm not good at getting anything, or hearing anything, at least I know I can go through other people, through Youtube, which is pretty neat. So I feel that that's also a way how they can communicate with us.

Are you also good at doing Tarot readings yourself? Like, you pull the deck out and you pull cards?

[Nathalie] I have tried it, but I'm not very good at interpreting anything. I usually have my other friend interpreting the cards for me. But I have tried, and some useful stuff came out of it. But most Tarot readers online don't only read the cards, they also channel, so there's a lot more material coming in. But I think that since they're general readings, it's more like some parts apply to me and others don't. I guess you still have to use your intuition to see what clicks and what does not. But I feel like it's a good way "in" for some people to kind of get used to listening to your inner gut. Maybe someday something will open up, but for now...

Well, everything comes with practice. If you want it enough, you just get better at it. And so, you can get a sense for what you might be innately suited for by looking at your Michael chart. Nathalie and I are both Sages, so from your very first lifetime, you are wired for self-expression. But you haven't had any experience with it on the physical plane, so you might have been drawn to singing, acting, dancing. But the first few times you tried it, you probably weren't very good at it because you were a new soul and you had to practice it. But because you had a natural affinity for it in your earliest lifetimes, you were motivated to practice it a lot and did. And so, by the time you're an older soul, you would be born into a life where you were seen by others as having talent for e.g. singing, acting, dancing, writing or whatever. Because you'd already been drawn to it and had done it a lot. Now, if this is something that you haven't practiced much, then it's just going to be slower to do it. But obviously you have the interest, so it will come if you practice.

Anybody can learn to do anything, and the best way to learn something is to start slowly and carefully. There's a saying in the music world: "perfect practice makes perfect." In other words, they say: practice makes perfect, but if you're practicing in a sloppy way, you won't get perfection. So they have you slow down the scales, and play those scales as perfectly as you can at a slow rate, and then you gradually speed it up. With developing psychic or intuitive abilities, it's the same thing. When I first started channeling Michael, I was going fast, I was skimming over the surface, and I did not like the results. By the time I found "Messages from Michael" and I saw how incredibly good and dense that channeling was, I could see that mine was not at that level at all. And so I slowed it way, way down and I told Michael: "I want you to choose every word, and I want every word to be precisely right." I don't want to just get a thought and put it in my own words, which some channels do and it's just fine. But it's not what I wanted. I wanted it to be--

[Nathalie] Wait, wait... does that mean that they tell you every single word? It's not that you get images and you have to interpret them yourself and then you choose the word?

A lot of channels get the thought impression and then they translate it into their own words, which is a lot faster and easier, but it's not as precise. And yes, with me, it's one word at a time, I insist on it. And if I start going too fast and it gets sloppy, then I slow it back down if I can. It's just a personal preference. There's nothing wrong with people who channel in different ways. And the truth is: especially the first several years of my channeling, it was so painstakingly slow, that probably a lot of the people listening were very bored with it. And the channels who go faster are a lot more entertaining and interesting. But it was just my sense of how I needed it to be. So I would just say: if you're learning a skill, just go real slow at first and concentrate, and just stay very open and have the patience to wait until it's good.

You could do the opposite too: you could do automatic writing and just go as fast as you can without thinking about anything. And that flow might allow things to come through that don't come through otherwise. But the main idea here is: you're practicing; you're gaining facility. It's like the artisan doing a sketch before doing the actual painting. I doesn't have to be perfect; it may not be perfect the first time. On the other hand, you might have beginner's luck where you get extraordinary things right out of the gate. So it can happen both ways.

But if you want to be working with your guides consciously on a daily basis, just practice. I would say that the vast majority of people who are working with their guides don't know that they're working with their guides. It just sounds like their own thoughts, like they're communing with themselves. And that's fine! If they're listening and they're open, that's all that Spirit cares about. And it can actually be difficult to discern just who is coming through - whether it's your own mind, or it's a guide, or it's a causal entity. And so, if I'm interested to know who is coming through, I'll just stop and ask who it is. And I go down a list: Is this my mind? No. My guide? Yes. Which guide is it? Is it my primary guide? No. Is it another guide? No. Is it the guide that I know by name now? No. Okay, what is your name? And then I concentrate and try to get it. But most of the time, I don't care, I just want to feel into what's coming through and see if it's useful.

[Stella] When you were talking about us being a guide to somebody else in between lifetimes: is essence the guide, or is it the soul that's the guide? I think I read that essence can have a few counterparts going on at the same time on Earth, or incarnated. So I didn't know how that worked.

When you're talking about the astral plane, I think you can assume that you're dealing with the soul-level of essence, which is sort of the bottom layer of it that incarnates. So it would be you as a soul who is a guide to a friend of yours who is a soul. And you as a soul includes all of your past-life personalities. But you might show up to the one you're guiding as a person where you were good friends, and that's sort of a comfortable appearance to that person.

[Bill] Just a quick comment. A long time ago, I discovered that guides are the people that are in charge of who you sit next to in an airplane, in a theater, in anywhere you are, and you're in a bunch of strangers, the person next to you is not a stranger. Guides are in charge of that. It has caused some really interesting experiences for me because I just know that that person next to me is there for a reason. And it opens up a possibility for me.

I would partially agree with that. I would say that they engineer things like that if it's important. And it can also be randomness. It can happen either way.

[Susan] When you're talking about guides on the astral plane, and Michael is on the causal plane, are there questions or topics that are better asked of the astral plane teachers, or the causal plane teachers?

I think, in general, your primary spirit guide has the job of finding out whoever has the best help for you. I think that social secretary will route the question to the right place. On the astral, it's very easy for them to communicate with their teachers on the causal. We can also study with Michael between lives on the astral. Obviously, anything about the Michael teachings would be best asked directly of Michael. I've seen people trying to use their pendulum to get Michael charts, and it's usually way off because their guides don't really understand the teachings or know how to look that up.

[Susan] *Is that why some of my own experience with my intuition have been that I have always thought that I'm working with the astral plane. But sometimes when I'm in meditation, and then listen to you, or the east coast Michael gathering, much of what Michael is saying overlaps with what the astral plane teachers have talked to me about. Is that why? Is it that they are going to the causal plane to find the information?*

No plane has a monopoly on good information. I mean, there are people here on the physical plane that can access truth even without the help of their guides. We can all access truth from any plane of existence. If there are consistent themes, then that is what you as an eternal being with this personality need to be doing. But sure, they might be accessing, they might be getting some extra help from Michael on things. Michael has the role of teacher, and as a teacher, they are helping you to become more self-sufficient, including also helping your guides to access knowledge, but, they'll teach when that's necessary.

[Ash] *Following up on what Susan said, it would be fair to say that information that comes from different planes about the same questions is the same as when you get answers from multiple sources, different perspectives.*

Yes, that's true. What Michael says might not, on the surface, agree with what your guides say. Or it may agree, but you may need to understand more to see why it agrees, because it appears to disagree. This is a really key insight that has been hard for me to come by, so I will share it: because we're all evolving, equally valid sources in Spirit don't always agree on everything. Sometimes, when I ask my guides-- I'm uncertain about this, do you think I should do this thing? Some guides will say yes, and some will say no. Then I'll say to my primary guide: "Take a vote! What's the majority here?" Recently, there were 12 guides voting and 8 of them said yes, and I took that into account and felt into it and decided to go with that. But don't expect them to see everything in the same way.

We have a problem here in the Michael community that the different Michael channels are working with different fragments of the Michael entity, which are 1050 Kings and Warriors. And they might be channeling accurately, although there may also be biases distorting it. But let's say, two channels are accessing without undue bias: what they get might not a 100% agree. And there's the assumption that all the fragments of the Michael entity are constantly conferring with each other and agree on everything. They still have some of their own individuality. They're reunited, but they're not blended like drops of water in a bucket of water. They still have their own points of view. And there's also the challenge of translating their perceptions into the English language (in our case). And so that translation process is fraught with pitfalls. So you could end up with two channelings that seem to contradict. If you then go back to Michael and say: "You said this and this other channel got that, can you referee?", you learn a third thing that makes them both right, or maybe it corrects the semantics just slightly, so now you get it. So it's not a perfect process.

There is nothing, anywhere on the seven planes of creation, that is perfect, that is fully evolved. So, we need to engage with the divine paradox. The divine paradox is that we should take what comes from Spirit very seriously, and the opposite is also true, that we need to be light about it. We need to not take it too seriously. Just the right amount of serious where we value it, but we are also not too attached so that we don't view it as the word of God, the Ten Commandments being cast down to us from mount Sinaï. But realize that it's an imperfect process, that the Michael fragments are still

evolving, they're still learning, and it may not have come through perfectly. So we play with it: we take it lightly, we're playful with it, we're curious, we're interested, but we don't make a dogma out of it. I think this is one of the most important things I could say to any spiritual student.

[Grant] I have a question about the internal monads. I've been realizing quite often now that I know intuitively that I'm in the 3rd internal monad, but sometimes I feel like I'm on the 4th, like I'm doing quite a lot of things that are in the 4th internal monad. Is it possible that you can be in two monads almost simultaneously? Or is it just 3-4-5-6-7 ?

The Michael teachings are presented in a simplified linear way, and so according to the way it's usually taught, the answer would be No. But what we find in practice is that things are more complicated than the more linear, distilled version of things would suggest. I think that's true in any valid teachings: that you learn it in a simplified way, and then you see how it plays out in the real world. That said, it is unlikely that you are truly doing your 4th internal monad at age 19. However, if you are on a conscious spiritual path, you probably understand that you need to sort through your imprinting and dispose of that which does not serve you, that does not allow you to manifest your true essence. And the more you do that before you reach the 4th internal monad, the easier the 4th internal monad is going to be. I know, I was tossing out imprinting at your age. Because I needed to. And I was already very seriously on a spiritual path. And so, my 4th internal monad was pretty uneventful. I had already done a lot of that prior to it. But at age 19, the processing that you're doing would probably relate more to the 3rd internal monad.

Now let's say, you've reached your 5th internal monad, you've retired, you're looking back on your life, but there were parts of the 3rd and 4th that you did not complete properly. Maybe you passed them with a C-average, but you want to get it up to an A-average. At that point, you certainly could be processing unfinished pieces of the earlier monads to allow you to have a better experience of the 5th. And that's one way that the various internal monads could be mixed together. I expect that we'll start with the whole program on the internal monads next Saturday. So we'll go into this in more depth. But that's a really interesting question, so thank you.

[Nathalie] I just want to add something to that: when you did the channeling for some of my questions, I also asked you about the internal monad. You said that I had passed the 3rd one but that I was already visiting some of the themes of the 4th ones. Just looking at it without really going through it yet. So maybe that could also be what Grant is experiencing. You're still in that one but you're maybe already looking at some of the topics of the next one while not being in it yet.

In a typical life that is lived less spiritually consciously, the time before the 4th internal monad may be one of paying back karmas and there can be a lot of drama. It's also preparing to get involved in a career and that sort of thing. So when you get to the 4th internal monad - which is halfway through the life, so typically age 35-37 - it can be very difficult, because you may have already set up a lot of patterns that don't serve who you are. And then you have to work through them. But if you are a more spiritually conscious person from a young age, you're going to tend to make choices that set up your life according to your life plan. And so there is just less baggage to handle when the mid-life monad comes around.

[Judy] I've had this question for a while, and it might relate to Ash's original question. In the New-Age community, people talk about the higher self. The Michael teachings talk about the essence. Is that the same thing, or something different?

Yes. I would say that that's the whole of essence including the soul. Yeah, I think that's a fair synonym.

[Stella] Follow-up question about karma that we were talking about last time. I haven't actually been able to stop my mind from going since the last session with you guys, so thank you for that 😊. With 9/11 in mind: when somebody, or a few individuals, are responsible for the death of SO many individuals, in that kind of context, how do they ever repay, how do they ever balance that out?

You killed a million people; you can't have a million lifetimes. One way you could do this would be to come back and be a scientist who finds a cure for cancer. So you'd save a lot of lives. But yes, there's no way you could pay back that karma the old-fashioned way, which is that you go to each individual and let them kill you. A lot of them wouldn't be willing to do that anyways. So the life-saving thing would be part of it. But who specifically owes that karma there might be more complicated than it appears to be on the surface. The nine terrorists who died were under orders from other people who might actually hold more of that karma.

And it may not all ever get repaid. They could maybe cycle off with that unfinished business. You just have to do the best that you can.

[Stella] [Oh ok, so you can cycle off with unfinished karma.](#)

Well, generally not. But if you have done everything you can, and let's say that half the people who you owe karma to have already cycled off, then you're going to have to deal with them on the astral plane. Because you're not going to be able to do it on the physical plane. So things can get messy. But karma weighs on you. And so it does behoove you to balance the books out in some way that is agreeable to both parties and that works and that gives you the lessons that you need from that experience.

[Ash] [Can karma be moved forward to other grand cycles, or does it have to be completed in one?](#)

I'm not aware of that happening - karma specifically. However, you can recognize people from previous grand cycles. And although I think that by the time you've completed the cycle, there would be no remaining ill-will, you might have a sense of the sort of games that you played with that spark of the Tao in a previous cycle. And that could influence your relationship now.

This isn't karma, but there's an idea in the Michael teachings of souls that you know in this cycle who are your essence twin or task companion in the previous grand cycle. These are called 'essence mates' and 'task mates'. I do know four such people for me, and there's sort of an instant closeness that you have because of what you did with them in a previous cycle. So I think, if you have a particularly karmic relationship with a soul on the physical plane in a previous grand cycle, that would probably make you closer, actually. Because you've shared so much intensity with them. And you learned the lessons WITH them. If it was not entirely cleaned up, I think it would be-- right now I'm just sort of semi-channeling because this is an answer that I don't have on a conscious level, so I'm asking Spirit to guide me on this. And I will do this when necessary throughout the workshop.

We were just talking about someone who incurred mass karma. And so, if you incurred mass karma, you probably don't know those people or those souls very well, because it was a mass event. If you incurred karma with a soul in a more intimate way, where you know them pretty well, chances are you are both going to make sure that you clean up that karma before cycling off. Unresolved karma at the end of the grand cycle is more likely to be of a mass karma. And the mass karma would be more easily seen by each soul involved as this was part of my lessons, part of my growth. What did I learn from this? And so there would be ways of working it out on the astral plane that are adequate to both sides. One says "I learned this", the other one says: "I learned that. Okay, we'll move on from that."

[Steph] [With all of this tension, especially in the U.S., between the people who do not want to be vaccinated and the people who would love to see them vaccinated. Is some of this attributable to moving into the mature age consciousness? With the people who are really belligerent about being vaccinated being more of a baby/young soul and they're fearful, so we're trying to drag them forward? It's not like a war, but it's more like a split in our consciousness.](#)

In general, yes. There are certainly many mature and old souls among those who refuse to be vaccinated, or choose not to be vaccinated. Some of them have good reasons for that, based on their

research and what they believe about the medical implications of that. But we can make a general statement that there are always those who are afraid of change. The chief obstacle of Stubbornness is the most common on planet Earth, and it is defined as a fear of change in these situations. So it is very common. Those who are attached to their present way of being and how they view reality will tend to resist change. We are in a period of unprecedented change. And so, if people are seeing vaccination e.g. as someone trying to impose a new order of things, a new reality, and they're really afraid of that, then because it's symbolic to them, they will be in strong resistance to that.

The thing about stubbornness is: it often has a point of view that says: "Nobody is going to tell me what to do." It's a digging in of the heels; it's about autonomy. Often, this obstacle is chosen from a childhood, or sometimes periods from past lives childhoods, where the person's autonomy or right to choose was not respected. José Stevens, in his excellent book on the chief obstacles "Transforming Your Dragons", gives an example of how stubbornness can begin. Let's say, you're a little kid and your family has to move because the father got a job in a new town. And they know you really love it here, that you love your friends. They don't want to deal with your complaints and resistance about it, so they did not prepare you for this move. Suddenly one day, you woke up, the moving company was there, and they just say: "Oh, we're moving to a new town." And it is so terrifying because you were not prepared, and you had no voice in it. Then you might later settle into the obstacle of stubbornness, which is a knee-jerk reaction that digs your heels in whenever anyone else tries to impose a change. And you have it in your mind that change is always a bad thing. This is dysfunctional, but we can understand where it comes from. And so, one of the ways that this shows up is in this "No one is going to tell me what to do!" You see a lot of that attitude among the MAGA people. 'No one is going to tell me what to do'. If it looks like the vaccination is not just something being done for the common good so that more people don't get sick and die, but gets seen as authority figures imposing their will, if it's interpreted that way, then people will dig in their heels.

And certainly, this is a time of massive transformation that has been foreseen for a long time. It's been called 'the birth of a new age'; it's the 'beginning of the age of Aquarius'. In Michael teaching terms, it's the transition from the young soul average on Earth to the mature soul average. It's been called a lot of different things, and they're all valid. But certainly, astrologically, this is a time where the old ways of being that are destroying our planet cannot go on. We have to open up to something new. But there's still a lot of people that are terrified and a lot of people who are holding onto their old ways. Did this answer your question?

[Steph] Yeah, I think so. I've kind of been feeling that there is a great deal of tension between the baby and young soul ideology. And us trying to drag into the mature soul age consciousness. I was just wondering if a lot of that wasn't creating some of these, what we see politically, and what we see with the vaccines. There's such distortion between the two that makes me think that a lot of this has to do with fear.

Oh, absolutely. I mean, fear is one way of summarizing the biggest problem that the planet faces. It's that people are stuck in fear, and fear is the opposite of love. So yes, fear generates most of the problems that we encounter in humanity.

[Barbara] When you're talking about fear of the vaccine and everything, does that also factor in the people who are hostile to people who are getting vaccinated as in: attacking vaccination clinics, or spitting on people who are wearing masks? Or acting - I think - inappropriately to people who want to be healthy, or doing all they can with the vaccine, I mean with the COVID crisis.

At the very beginning of Level 1, I give an overview of the Michael teachings, and I'm going to recap a little bit of this here. We are eternal beings who have chosen to begin a Grand Cycle by coming into specific animal bodies with certain pluses and minuses, and gradually learning how to use the animal's hard wiring in a way that is beneficial to our growth and that transforms it into something higher.

Earlier in the cycle, when people are also stuck in fear more, the animal hardwiring tends to dominate. And as essence gains more and more control over that animal body, the good parts of that animal body hardwiring can be taken advantage of, and the more negative aspects of it can be ameliorated or controlled.

You might think of it this way: You (as a soul) are like the rider, and the animal body is the horse. At the beginning, it's a wild horse. You get on it, and you can't really control it very well. By the end of the physical plane experience, however, the rider is skilled enough to be able to ride that horse in a way that's beautiful and graceful, that makes the horse happy, and that is not controlled by the horse's fear-based instincts. If you're really an accomplished rider with a well-trained horse, and you get to something on the path that would normally cause the horse to buck up and rear, you have the mastery to where that horse stays calm and is able to navigate it.

Our animal body hardwiring is designed to live in a clan/tribe of about 100-150 people. According to the programming in our body, this is the circle of people that is safe and that we can trust. When we are within our clan - however we define it, but in earlier times it would literally have been our tribe that we lived with - the hardwiring enforces conformity to that tribe, which is our way of feeling safe within the tribe. E.g., the tendency that unconscious people have to gossip. Gossip is a hardwired tool that the unconscious self uses to enforce conformity within the tribe. Let's say, you live in a clan of a 100 people, and three of those people are not behaving in a way that seems to enhance the safety and wellbeing of the tribe. Maybe those three people are not doing the work. So you gossip about them, you talk about them in negative ways that maybe will make them fear being shunned, being kicked out of the tribe. To make them conform so that they do their share of the work. That way, you all remain safe. So this is an extremely deeply wired trait in the human animal. This idea of "I'm part of a clan, and everyone needs to conform for us to be safe".

Let's say that you are with your clan of a 100, and a stranger comes in who is not part of your tribe. You immediately start thinking "Danger! Danger! Danger! We don't know this person. He could be here to kill all of us. He could maybe tell his tribe where we are, and they could all come and attack us. Danger!" And so there is an immediate urge to exclude this non-member. Or, if more reasonable heads prevail, there might be some taking of time to get to know this stranger. Maybe there is eventually even a welcoming of the stranger into the tribe, once the person has proven himself. But the first reaction is fear. Because this is 'dumb' hardwiring, designed to ensure that the clan survives, that is stays safe. By 'dumb' I mean that it's automatic, it's not something that you think through.

So, the most core part of animal hardwiring is: "I need to survive at all costs." So much of the misbehavior of human beings is this survival instinct which is not under the control of essence that has run amok, that has just gone crazy. This plays a huge part in our human experience. And this clannishness, this desire to make boundaries, to keep others out, is what is behind e.g. the immigration fears. Virtually every country is freaking out about immigrants. Fear based politicians - or at least those who manipulate the fear in people to get elected - will stir up fears about "the other": the immigrants, the people with different religions, with a different skin color. They are basically speaking in code that says: "You are not part of our tribe, or these other people are not part of our tribe. I'm going to bring you together to vote for me, to support my coming to power, because you're going to all come together to fight that Jew, or that black person, or that immigrant, or whatever I'm telling you is 'not us'."

This is the opposite of what essence teaches; what all true spiritual beings teach. Which is that we're all one. We're all part of the same thing. And so, this is an opportunity for those who are choosing the conscious spiritual path to say: "My body fear is telling me to be afraid of that other person, but my essence is saying that this is a good human being, and we're all part of the same thing, and I need to include them." These things can battle in us for a long time before essence is finally able to take control and to defuse this fear that people have.

I think, what's happening in the example that you gave is that they talk about 'identity politics'. That's a way of saying that you identify your clan as being A, B or C and it really doesn't matter what it is, as long as you have staked out a boundary for your clan. A really interesting example of this is the "Affordable Care Act" because it has become a rallying cry for a large swath of people who are against it. Their identity is: "I'm against this." Because it's something that was created by "the other", those who are not part of my clan. And what's funny here is that the affordable care act was originally an idea that was put forward by conservative think tanks as a way to have free enterprise and still have close to universal healthcare. It was very much in a similar form signed into law by Mitt Romney, who was then governor of Massachusetts. So, this was a conservative ideology, until the president Barack Obama - who is pretty centrist - said: "Okay, this is something we can get passed. It's something that the conservatives are behind, and so we'll embrace this conservative idea." But now, when a black democrat president embraced it, they were suddenly all against it. Now, you could point this out intellectually and make a very reasoned argument that says: "Look, this isn't consistent, this doesn't make any sense", but it's not logical. It's not at the level of intellect. It's the level of instinct. It's at the level of "I need to survive". And my identity is: "I'm in this clan, and my clan is defined as being against this other clan".

I think it's the same thing with the anti-vaxxers who spit in your face, or the people who are anti-mask who belittle you for that. They're not making a reasoned choice. They are making a fear-based choice which says: "You're not part of my clan and what my clan stands for." This could be defined totally different: In another age, almost everyone was on board with e.g., the Polio vaccine, even though there was a bad batch at some point and a lot of people got harmed by it. But most people saw loved ones who got Polio and became paralyzed for life, with no cure, and they saw the vaccine as the one chance not to have that. And very few people were against it - because it was not being politicized. It was not being made part of "this is my clan, what my clan believes, and it's the opposite of what your clan believes".

There tends to be more fear-based choices the younger the soul age, but you cannot make a blanket statement to that effect. There are also old souls who are very fear-based. And there are young souls who are much more love-based. There are always exceptions and it's dangerous to generalize too much. But, it does tend to reason that younger souls have had less experience on the physical plane, and therefore may not have had as much practice in transcending the hardwired survival urges and how they tend to be interpreted.

[André] [What exactly does manifestation of a lower soul age level mean? How would I recognize this for me, or when observing others? What are the circumstances, events, etc. that are creating a lower soul age level? How big can the gap of the soul age levels be? How can someone catch up? Will the gap close by the end of that particular lifetime? Is it right that a 5-year-old 2nd level old child, by nature, has a lower soul age manifestation? If yes, by when has the development of the person caught up with soul age?](#)

The soul age you're manifesting has to do with what your outer life looks like; the things you're thinking about and dealing with on a day-to-day basis. Your true soul age is how you, as a soul, are looking at things and what you see as your lessons in that lifetime. At any given time, 2/3 or all people are not manifesting their actual soul age. They are manifesting a little lower, or a lot lower. And there are several possible reasons for that.

When you are born, by necessity, you are limited by the soul age that that body is capable of manifesting. Therefore, when you're a week old, you manifest as 1st level infant - because you're an infant. Throughout childhood, until you hit adolescence, let's say age 14, you cannot manifest any older than your body will permit. Even if it's quite clear that you are a very old soul, that it's showing through your eyes. Maybe as a five-year-old, people can see your eyes and your bearing and just the things that you seem to know that are beyond your years, and they can sense that "yes, this is a very old soul".

But when you're five years old, you cannot manifest as an old soul because your body doesn't support it. The soul age is shining through, but the body is not capable of living that life. And so, in every lifetime, there is a need to retrace the steps.

Let's say, you're a 4th level old soul, you manifest as 1st level infant at birth, and then you just keep manifesting a little older. By the time you're in high school, you're maybe manifesting as young: you're thinking a lot about career, and about how to be successful, and maybe you're thinking you want to have a lot of money at that point. And you just keep moving up the stages. If you do the work, you will eventually manifest at 4th old. This typically happens when you're in your mid-30ties, but I've seen people at 20 years old already manifesting old, so it's possible.

Why do 2/3 of people not manifest their true soul age? The first reason is that they're just not old enough, they haven't gotten there yet - but they're on their way, no problem. The second possibility is that on a soul level, they are choosing to review a younger soul age because they need to brush up on those lessons. There is nothing wrong with that. Let's say, this 4th level old soul is going to spend some time reviewing young soul lessons because in recent lifetimes, it hasn't been very good at handling the outer challenges of life. The soul will do that as long as it needs to, and then it may get back up on the escalator until it manifests its true soul age. The third reason, and really the only one that is of concern, is if the personality has gotten stuck. They are stuck in their negative poles and their chief obstacles, they are afraid, and therefore they are not manifesting.

If there are just a few levels difference between your true soul age and your manifesting soul age, it's not generally speaking a big deal. It may then take relatively little to unlock yourself so that you can keep moving forward in your manifestation. I want to underline here that no soul age is better or worse than another. And so, if you are manifesting younger, that does not necessarily mean that that's a negative thing for you. Because again, the younger soul age is not inferior it's just a different focus.

I have seen rare individuals with a huge gap between their actual soul age and their manifesting soul age. I did a chart on a client's coworker where they were 2nd old manifesting 6th level infant. I have never seen such a huge gap. I asked my client about this person, and he could validate that while the person seemed to have a lot going on inside, they seemed to be focused in a more survival-based viewpoint. The infant soul cycle does have a survival focus. So for him, it's probably a problem. It's probably keeping him from being as happy as he could be.

I had a friend in relationship with a man who was 2nd level old manifesting baby, and this person was mentally ill. So mental illness could absolutely be a reason for a younger soul age manifestation. He was manifesting baby and he was very troubled, in a lot of different ways. In fact, when I finally did his chart, I was shocked that I got him to be a 2nd old priest, because I was sure he was a baby soul. But he was just manifesting at baby.

On the other hand, there can be baby souls who are quite spiritually advanced and really lovely people. So I don't want to reinforce the false stereotype that all baby souls are fundamentalists, terrorists, or that sort of thing. That is just not true at all. You can be a baby soul and if you've been doing the work to be in your positive poles and to reduce or eliminate your chief obstacle, if you're working to come from love, you can be quite a fine and advanced human being. So as always, everything is a lot more complicated than the stereotypes, the linear view of things, would have us understand.

[Will you always manifest your true soul age before you die?](#) No. You can go through your whole life and not manifest at your true soul age. However, if you're on a conscious spiritual path, you probably will manifest if you're willing to work.

[How can you read that in someone? How would I recognize this for me or when observing others?](#) That is a hard one. Recognizing the soul age is not as easy as you might think. I've been channeling Michael for 35 years and I would not say that I am able to just look at someone and know with any level of

certainty what their soul age is. It is a lot more subtle than several Michael teaching students would have you believe. They think you can just look at someone and say: "If they're conservative, they have to be a baby soul or a young soul." No. There are conservative mature and old souls.

I remember getting to know someone who had a very refined vibration. I was sure he was old because I associated that-- but it turned out he was a mature artisan. Artisans and Priests are the two high frequency roles, and I was confusing that. I just saw something really wise, developed in him, and he certainly had an active spiritual practice. So I was surprised when I channeled him as being early mature. But when I talked to him about what the lessons of the mature cycle are vs. that of the old cycle, he agreed that he was mature. That his day-to-day lessons were focused more on relationships and less focused on context and the big picture.

So sometimes, you can validate a person's soul age just by knowing how their mind works and what they tend to focus on. But I think the best way to find out what someone's soul age is and what they're manifesting is just to get it channeled. I do encourage everyone to become more self-sufficient regarding these things - try to figure it out the best you can - but this is just not an easy thing to read based on superficial behaviors.

[Nathalie] I have a follow-up on that. Varda wrote a book - "Young Souls, Old Souls" - where she goes through all the soul levels and it's really interesting. When I read it, it seemed to me that there are things that baby souls are just not capable of yet. There are certain things that they have not learned yet, just like some kids are not as mature as adults are. When I was reading that book, I was always checking "Do I feel like I am able to do these things or not?" I don't know what my dad's soul level is, but I have a very strong feeling that he has to be baby because when I was looking at everything that young souls should be able to do, or have an understanding of, I just thought "He just doesn't have it." And it's not that he doesn't want to, but to me it just seems so obvious that he's just not there yet. So I was wondering if that's also a way that we can try to validate. Or can there also be surprises there?

I have that book but haven't read it since it's in German. Let me show it to you all on camera.

[Nathalie] She should get it translated into English because it's a really good book.

I have seen two chapters translated into English and in fact, one is available on my website. I think it's for young 2. And yes, it really is excellent, and I'd love for all of Varda's books to be translated into English, these are very useful. Then there are others who have given shorter summaries of the different soul age levels. E.g. there is a chart in "The Michael Handbook" by José Stevens & Simon Warwick-Smith.

The feedback I get from many people is that some will read it and feel like it fits them to a T, others will say that 3 or 4 will fit very well for them, and some will say: "I was channeled this soul age, but I'm not so sure whether this is entirely true for me." And that's the problem with any sort of generalizations. Because we have many other factors. Your father may indeed be baby, or he could be older manifesting at baby. It could be that he did not successfully complete his 4th internal monad, and therefore he is living fully out of who he was imprinted to be, rather than who he truly is. So there are many possibilities there.

It's true that as we go through more stages, we gain more layers, and it does give us more capabilities. But it isn't guaranteed that just because you have those capabilities, that you are using them, are actualizing them, that you have realized them. Let's say, someone could be 7th old and yet they are heavily in false personality. Maybe they haven't resolved their anger issues. Maybe they didn't successfully complete their 4th internal monad. Maybe you're married to that person and you feel like "Gosh, there is so much potential there!". But I would always suggest to people that they not marry someone for their potential. You should marry them for what they are actually living - because they may never manifest their potential. It's great that you see it; maybe by seeing it you might be able to

draw it out of them. But the soul age thing is much, much more complicated than many - even long-term Michael students - understand it to be. I have two articles on my website about soul age. One is called "Soul age, what it is and isn't, how we evolve" and the other is called "older is not better". If you're interested in this issue of manifestation, you might want to read up on that.

I think the biggest problem in the Michael community about soul age is that people think that it is synonymous with spiritual advancement - it's not. It's one element of spiritual advancement, but there are so many others. The most important element of spiritual advancement is: how willing have we been to look at ourselves in the mirror and be really honest? Because there is little growth unless we're willing to face ourselves. People who are stuck in their chief obstacles, and false personality in general, are not willing to face themselves, and hence they live out of defensiveness. And if you're defensive - which the majority of people are most of the time - you are not going to see what you need to see in order to grow. On the other hand, those who take the attitude of "I'm willing to face anything in myself in order to heal and grow", those are the people who do grow.

And then there's the question of "Have you done the work of spiritual practices like meditation, channeling, chanting, reading, learning, studying, photographing yourself going through life?" Do you look at what you're experiencing and say: "Okay, you know what? I know that this is not an experience of unconditional love on my part - what do I need to face here?" This is THE most important thing. And there are young souls who are without a lot of ego defenses who face themselves, who are willing to say to you: "Yeah, I may have been wrong here, and I'm willing to look at that." And there are old souls who won't. So you advance spiritually because you want to grow more than you want to defend your ego.

Then there is also the question of the quality of information that you've been given. Have you found a good teacher? That's invaluable if you want to grow spiritually. Today, we have more access to it than ever before, but people who have not yet confronted a lot of their blind spots may be attracted to fear-based teachers who give them bad information.

Soul age is one thread of it. Again, the older the soul, the more layers there are, and therefore the more potential. But it does not mean that that potential has been realized. I would rather work with a young soul who is doing their work than an old soul who is defensive.

Any other questions or comments? A week from today, we're going to start with more of a formal program, talking about the seven internal monads.

We did not do a mediation at the beginning, and I feel guided to conclude with one. If you'd like to get into your meditation mode - that might mean sitting in such a way that energy can flow freely up and down your spine. It's often good to feel like your head is elevated, without kinks in the hose so to speak. And then it's often a good idea to pay attention to your breath. Let your breathing be free and natural.

"Love is the answer." You may wish to affirm that and see what arises in you when you make that affirmation. Maybe some grief comes up in you. Be with the grief in a loving way. Maybe, some anger comes up in you. Lovingly be with your anger. Maybe fear comes up, fear that you don't know how to love, or fear that you will never experience enough love. Be with the fear. Again, affirm "love is the answer". What comes up now?

When you're ready, you can open your eyes. This is something you might want to try again - if it worked well for you - to see what comes up in you when you affirm that or something similar. And work with what comes up in a loving way. We will conclude for today.