

Shepherd Beyond the MC III

Session 2: March 12, 2022

Transcribed by Susan A. Flow

1. More information on reincarnating in the same family, a book recommendation
2. How do Hauntings and Ghosts fit in?
3. In possession does the possessive soul need to agree to intervention?
4. Can you use psychotherapy to move a ghost onward?
5. What is the nature of an exchange of Psychic Content in therapy?
6. How do you regain control over yourself from uninvited spirit guests?
7. Can these earth bound spirits harm us?
8. Can Astral matter be brought into the Physical Plane?
9. Discussion about the Perfumed Saint of India
10. Using spirit team to help clear your energies.
11. What do you mean Dolphins and Whales come from the same Spirit group? And could I have shared a lifetime with them?
12. Do they have soul groups, etc. in the Devic realm? And can we make agreements with them?
13. What are the fundamental differences between the Essence, spark of the Tao and 7 Role types?
14. What is all this stress on individualism verses the greater good?
15. What is being explored with the Ukrainian war?
16. Has the change in soul ages corresponded with the appearance of the IS?
17. How are we surrounded by the presence of loved ones?
18. When discarnate on the Astral can I drop into different things to experience the Earth?
19. Picture of the angel over Kyiv
20. Sharing of the Devas in the Grand Canyon.
21. The Michael Teachings about the development of the cosmos and solar system.
22. Is there a MT description for the development of planets like human soul ages?

Because of the US going into Day Light Savings Time, this session will always begin at 11:00 Pacific Time. We will begin with a guided meditation. As always a good way to begin any meditation is to check in with your grounding. By that I mean, you feel present in your body, and you feel your body's connection with the earth.

Grounding makes our body and lower self in general feel safe so we can receive faster, or higher vibrating energies. And it's just a good thing in general.

Now if you wish, state an intention internally that you are receiving the highest beneficial energies from spirit as you form a stronger union with the earth.

Allow relaxation to pour through you on all levels to aide and be in the present moment.

Feel your union with others in the group which has come together for a shared purpose.

When you are ready open your eyes.

Are there any unfinished business from the previous session? Any questions that have arisen on material that we've already covered, any comments?

1. We have some information from Mirah L. who attends over video. She wants to add to the earlier discussion about reincarnating into the same family. She recommends a book called [Return from Heaven by Carol Bowman](#). She says it's highly researched and covers things like indigenous tribes who have made soul agreements to stay in the same family for generations. There are also a lot of case studies on the topic. This sharing is in response to a question that was raised earlier. I'm going to add a link this book in the chat window.

https://smile.amazon.com/Return-Heaven-Beloved-Relatives-Reincarnated/dp/0061030449/ref=sr_1_1?crd=R5B3I2QHQES&keywords=carol+bowman+return+from+heaven&qid=1646761841&srefix=carol+bowman%2Caps%2C199&sr=8-1

For UK people: <https://www.amazon.co.uk/Return-Heaven-Beloved-Relatives-Reincarnated/dp/0061030449>

From Phil: It sounds like Ian Stephenson's work.

Shepherd: Right, I had forgotten about that. Yes, he goes about proving reincarnation by interviewing very young children and sometimes they are coming back into the same families. Also, some of his case studies involve.. let's say a 2 y/o starts talking about a town a 100 miles away and their family maybe have never been there. He goes there and proves all the things the child is talking about.

Stan: Shepherd I've been enjoying reading The Journey of Your Soul, backwards. (Holds the book up.) Going first to the Uniqueness of Who We Are, the epilogue and then moving forward chapter by chapter. We tend to read the beginning of a book and not the end. And of course, I've copy edit your wonderful book. And I just wanted to say that I'm impressed anew with the wisdom and clarity and legitimate authentic-ness of what is in this work. I'm just so happy to be with you and others in this moment.

Shepherd: Thank you so much Stan, that is lovely. Stan developed the ability to read backwards from his lifetime as a Jew reading Hebrew. He's been able to bring that forward into this lifetime. I'm really impressed that you can do that, it's wonderful. (laughter) Thank you Stan.

I'm generally going to answer questions that were sent by people who are attending, unless they are never going to be able to attend. In other words, if you are sometimes here and I see that you are not here, I will skip to the next person, so we can engage when you are here. But if we are getting close to the end of the last session, I will go into them. Patricia isn't here, Deb R isn't here... But Amanda you're here. Great.

Amanda: # 2 How do hauntings and ghosts fit in? Are they the Amanda R personality part of the soul, leaving to revisit the space? Or is it the Amanda R part of the soul not rejoining the whole of the soul?

Shepherd: The way I understand it is before the lifetime, the soul, which is the carrier of all the past lives selves, gives birth to a new personality. This happens often after a great deal of planning, such as consulting with guides, especially if you're an older soul since there are certain things you want to accomplish. You make agreements with others, you choose the Overleaves. So, you can be quite different from one lifetime to the next. I actually channeled a past life self of mine from the 1650's. I was a man, and I was very macho. I wouldn't even have recognized him as being me. So, we can be quite different on the personality level.

When someone dies in a healthy way, then the personality detaches fully from the physical body and goes through a process of reuniting with the soul on the Astral Plane. That is where you've heard the stories about your loved ones waiting for you and you do a life review and on a personality level you get to catch up with your loved ones. But sometimes the death process does not go entirely well.

There are two reasons why that can happen. One is that it happens very suddenly and unexpectedly such that the person doesn't realize they are dead. And they are unwilling to move beyond. Invariably their guides or their primary spirit guide who is like their secretary will come to meet the person and try to explain that the body is dead and that they need to come with them, come along. But the person can refuse to believe it or to accept it. I believe that this experience is more rampant in the western world where there is such a fear of death. Whereas in cultures that are more comfortable with death, it might be less of a problem. I once read that over half the people of the world believe in some form of reincarnation. But this is not certainly true in the US, it's not a prevalent belief system. If you know that reincarnation is the way that it is, you will have less fear of death.

So, the personality, normally on death, detaches from the body that is focused on the 4th level of the Physical Plane and starts ascending through the 5th, 6th, 7th and starts moving over to the Astral Plane. You might think that is the tunnel of light so many people experience when they have a near death experience.

What happens with ghosts, because they are hanging on to the Physical at the 4th level of the Physical Plane, they're stuck at the 5th level which is the Etheric level. The Etheric level is also the level of your aura. So, if you go to an acupuncturist who puts needles into you, they are working with your Etheric body. They can get energies

moving that are adjacent to the physicality of your body and bring healing. The same thing with ghosts, if they refuse to let go, and if you have what we used to call it in the 60's ESP, extrasensory perception, if you have abilities to perceive energies that are a little above or below the normal range of human perception, you might be able to see them.

So, I would call ghosts the same as Earth bound souls, they are not letting go. The other reason they may not let go is because they are overly attached to something on the Physical Plane, like they are addicted. They're not only physically addicted because at this point the body is dead but they are also psychologically addicted, and they feel they need this thing to survive this physical thing. Let's say they were smoking 3 or 4 packs of cigarettes a day. They may not be willing to let go of the Physical Plane for that reason. What they might do then, is come into someone else's body who smokes. Or come into someone else's body and get them to start smoking so they can get their hit.

This is called possession and it does not have to be a full possession, like what you would need an exorcism. It could just be partial. We see this happening a great deal in hospitals. Because when you have a major procedure and your physical body is cut open, your Etheric body is also being cut open and this allows Etheric energies like from ghosts to easily come in. Sometimes when people have surgery and they feel like they are not themselves, it's either because the Etheric body did not heal up properly even though the physical body did, or someone else may have gotten in. 16:24

There is something really funny about the situation with people who have gotten transplanted organs from other people. They got energies from the previous person and suddenly they want cornflakes every morning and they previously hated cornflakes. That's not exactly the same thing because the energies are coming in in a more legitimate way.

Eventually the ghosts realize that they need to move on, that they are dead, and this isn't working for them. You might wonder why it may take a few hundred years but when you are not in the body, time passes in a different way. It could seem to them like it was just a few days or a few weeks. But eventually they will move on, and they need to move on since it's in their soul's best interest that they move on. But personalities can be stubborn the personality might not be listening to the guides or the Essence.

So, that is what is going on with ghosts. Any questions about that? 17:36

Amanda: Yes, that is what my question was about. You said that not all fragments are interested in the same thing, and I was wondering if ghosts might be the other fragments just hanging around. But that doesn't sound like what it is. It's more about a fragment not wanting to move on.

Shepherd: Yes, yes.

Amanda: Is there a time when that fragment never gets reabsorbed? Or is there an intervention that can pluck that personality back in?

Shepherd: I'm asking spirit and a guide said that they knew of one quote "ghost" that is sticking around after a very long time, an exceptionally stubborn one. But all the rest that this guide is aware of eventually got tired of it and moved on.

Amanda: That's good. Thank you.

Shepherd: Yes, Susan J?

Susan J: #3: Shepherd, if you encounter someone who is experiencing possession and you can see and recognize that, but it's not in the person's belief system that this is a possibility. Can intervention happen? Or does the soul inhabiting the body, do they need to agree to having the possession exorcised? Does that make sense?

Shepherd: Yes, it does make sense. The Essence has to agree. The personality doesn't have to although it's more effective if there is agreement on it. Let's say you read someone has having an earth bound soul stuck in their aura. You could go into meditation and ask the person's Essence, "Will you give me permission to help this person's personality to release this earth bound soul?" If you get, "yes", then you would communicate with the Earth bound soul and do a little psychotherapy. You would say, "This is not helping you or the other person, you really need to leave with your guides, etc."

I think I mentioned Edith Fiore's book, *The Unquiet Dead* as being on this subject. This is an extreme example of something that plagues almost every person. Which is unless your aura is completely shut down, other stuff, from other people, or other beings, gets in that doesn't belong. On a physical level, this is what we do with our houses. We clean them occasionally. Dust gets in that we didn't welcome, but it still gets in. With all of us we get other people's energies in our field to one extent or another and we need to clean our aura. That what I call practicing good aural hygiene.

It's worse when a person feels too invested in other people's choices. It's an irony that when you try to control other people then their energy gets into you and then they're trying to control you more. So, if you want to keep your space clear and have it as a good home for you as an Essence then you want to send back other people's energies to them. People also collect other people's energies when they want to help. This is a particular problem for Priests. You see some negative energies and you collect it into your space, wanting to help it. But maybe you don't have the skill, or the knowledge of how to do it and it stays stuck in you. You want to give back everything that belongs to others. In addition, there are various flotsam and jetsam that gets in just from the mass consciousness like hate, fear and resentment and all sorts of thoughts that may not belong to you at all.

But you might then begin to think of them as being you. So, you start to identify with things that did not originate with you. A good question for our daily inner work is, "Whose is this?" and if you get that it legitimately doesn't belong to you, then ask your Essence and your guides to assist you in sending it back to who it belongs to. Or if it is just garbage, you can send it to the recycling bin in the center of the Earth. Or if it is something particularly stubborn, you can send it into the sun and ask for it to be recycled.

If you're holding on to it, whether it's that other person who came in because he's a smoker or whatever, then you want to look for what are called matching pictures. A picture is something frozen in time. If you take a picture of someone that is what they looked like at that precise moment, and it doesn't change. It's the same thing with energy pictures. We're all carrying around energy pictures. The most severe example of that is trauma, where something happened to us that we didn't know how to handle. And we just froze, and we created a picture. Healing trauma is the art of releasing those pictures. And pictures attract other pictures that match. So, if I have a fear of violent men my picture attracts violent men because they match. Or my picture will also attract other people who are also afraid of violent men. This could be two sides of the same coin.

So, anything that we are hanging on to that does not serve our highest good we want to explode those matching pictures as it is put by John Friedlander of the Psychic Institute. They talk about exploding matching pictures. Their technique for that is that you visualize a rose out in front of you. You put the picture of the rose, and then you explode the rose. That is a way of cleaning it up outside of yourself than having shards of the picture inside your energy field.

This is really a big part of the healing process here on the Physical Plane. Namely recognizing the energies in our field, exploring why we attracted them, if you did. You don't attract all of them, sometimes they just get in. Giving them back to who they belong to and exploring our own matching pictures and healing them. Sometimes it takes a lot more than exploding a rose to heal something. And it make take doing it continually over a period of time before it's finally cleared out.

Whenever we're triggered by anything in our environment there is a matching picture. By triggered I mean we get upset by it. For example, let's look at what is going on in Ukraine. We can observe it objectively with great sadness. We can shake our heads about it's tragic and feel deep compassion for the people. That in itself is not a matching picture. But as soon as we find ourselves feeling triggered maybe indignant, maybe hating on people then it's showing us a picture in ourself that we need to heal.

Is that complete for you Susan?

Susan J: I have a billion questions all around this topic.

Shepherd: Ok, how about we just do the first million....

Susan J: # 4. Let me start with the early pieces. So, if you encounter a ghost or an earth bound spirit, do you want to engage with them in a psychotherapeutic way to help them move along? Or is that something..

Shepherd mutes everyone again to stop interference.

Susan J: My neighbor has a ghost in her house. I did a space clearing on the house and the ghost didn't leave. It quieted for a long time but now it's back. In situations like this does the earth bound spirit need a psychotherapeutic intervention? Can that be done or are there other ways to move that earth bound spirit along?

Shepherd: Right, just talk to it. "Hey, you know you've been here a long time. You'll be happier if you move on. What's keeping you here, can I help." That sort of thing. If that fails, then who are you going to call? Ghostbusters... laughter.

Susan J: I'm calling you Shepherd!

Shepherd: Ok, I'll come...

Susan J: Let me circle back because I haven't fully language the other questions because I have so many in many directions.

Shepherd: Ok, write them down between this week and next week.

Susan J: Ok, terrific!

Shepherd: Laurel, Hi!

Laurel: Susan's last question was really my question. So, thank you. And I wanted to say that I haven't yet read your book Energy Literacy but it's next up for me. But a few years ago, I read a couple of books by a writer named Bruce Moen. They were about how people who are incarnated can help souls who are not moving along in the afterlife. I don't remember the books clearly; I need to go back to them. But anyway, your question Susan was kind of mine. So, that's all. Thanks.

Shepherd: Thank you Laurel. Now Phil and Claire

Phil: Hi Shepherd and everyone. #5 My question goes back to Priests and their problems. I guess I'm a problem Priest. Oh, I guess that sounds bad... Part of my training to work one on one with people, I met with them for an hour and like a psychotherapist session it's video taped and then it's critiqued by my supervisor. But sometimes I find there is this what they in the literature call an *exchange of psychic content*. These are mainstream psychic theorists who are writing about this, but they never explain how it happens, but they allude to it. So, is this something that is occurring on the level of an Etheric substance? Because clearly we are not exchanging physical contents or anything. 1:02

Shepherd: I believe so. That's what they are referring to and good for them that they picked it up.

Phil: Yes they seem to be aware of it because they talk about it as the analytic third, there's me and you and sometimes there's this dyad or bubble or something in between us. It's very interesting.

Shepherd: Mainstream therapy hasn't really come up with anything better than the analyst being extremely neutral and not revealing anything about themselves to the patient. And I think that sometimes infuriates the patient because they don't feel like there is a human being there. I think it's better to, you know without divulging unnecessary personal stuff about yourself, but to reveal your humanity. But you can still keep your fields clean if you know how to do that.

Phil: oh, absolutely. And that was the thrust of much of the work, how do we move away from the supposedly neutral blank slate that Freud supposedly talked about. But really in theory it works but there is no such thing since stuff always bleeds through. In the work I'm in, we have more contact with the other person. We don't speak about

ourselves much, but we are there, we're present. But sometimes I do notice that I'm walking away with the other person's stuff, and they are feeling better, and they are getting a lot of value out of the session. But that's really not a sustainable approach if I'm going to be seeing more people on a regular basis.

Shepherd: Right, so you would take a moment to clear your energy field after every session. And once you have some practice at it, it need not take a long time. What I would do, is I'd close my eyes, I'd relax, and I'd ask my inner self to light up, to show me any energies that do not belong to me.

Sometimes you can explore an energy and see that, "oh it belongs to this client or that client", my mother from 35 years ago or to kids on the playground who are mean to me or whatever. And sometimes you really do need to find out who something belongs to. But in general, if you are really willing to destroy your own matching pictures, or whatever is making it stuck in your field, if it is, you can just feel the energies that aren't yours, and ask your inner self to send them back to whomever they belong to or send them down into the earth. This can be pretty quick and easy.

Another thing you'll want to do is envision your fields as being sound and whole. You might scan your aura. I see it as a sphere around me. And just scan it for soundness. If there are any holes I can bring in healing and then I ask to heal it from within with Essence energy. Susannah Redelfs on her site, CounselofOne.org has an exercise called Essence Breathe where you breath in Essence into your fields and you send out everything that is not Essence. Because that is really the ideal for us to be living in our own energies and not other peoples.

And yes, I think a lot of people do burn out working with other people because they haven't mastered it. And it's not easy. This is not easy. You could be exploding matching pictures, every day for the rest of your life and you wouldn't get rid of all of them. Because we're not only dealing with this current lifetime. We're dealing with all the past lives that we didn't have the tools in the past to deal with.

But it gets cleaner, it gets better as we keep doing the work.

Phil: Thank you that is extremely helpful. And yet even conventionally working through transference, I can feel a lightening occurring. I will check out Susannah's meditation. I have an appointment with her next month for an initial session. I'm looking forward to that.

Shepherd: Oh beautiful. Yeh she's great. Her website is full of techniques you can use for your energy field. My book Energy Literacy is mean to be a short book, an introduction to the subject. It's not a comprehensive book, everything you need to know about cleaning your aura but in it I direct people to Susannah's site where there are so many good exercises. And also, to John Friedlander's work. He has a lot of different techniques for healing the energy field.

Phil: Thank you I'll get a copy. I think Claire wanted to speak but Stella has her hand up.

Shepherd: Well Claire, since we have you, go ahead. 36:30.

Claire: OK, is it also helpful to clear the space, to use Palo Santo or Sage or something like that?

Shepherd: Yes, but I don't use Sage because I'm allergic to smoke. But you can do it just with intention. Visualize the space being cleared. You can use a singing bowl or a chime or something. Just using intention that the sound is penetrating all the gunk and clearing out everything that doesn't belong there. That is a great thing to do. You do want to keep your home and your energy spaces clear.

Claire: I also have a question, as you might recall that I was a Chaplin in a hospital and there is all sorts of weird stuff going on in hospitals I think. I had an experience of walking by a gentleman's room one day and he was in an extremely agitated state. There were about 8 people in there trying to subdue him. I had been speaking with his wife earlier and she would not let him go; she was extremely attached to him.

As I was leaving the hospital that day, he caught my... he kind of glanced at me and I felt a shudder in my body. That night around 2 AM, I felt him in my room. I was literally paralyzed in my bed for about 4 hours, absolutely paralyzed. I was talking to him ... but I had no idea what I should do to get him out of my space. I was literally pressed against the bed, and I couldn't move.

#6. I'm wondering what was going on and how do you regain your own body and soul in an event like that.

Shepherd: Part of the problem may have been in reacting with so much fear, and the fear is certainly understandable, that you gave him the power to continue his hold on you. So, I think the first thing we should do.... You know we are going to be fearful when we are taken by surprise, but as soon as we can, we need to do some deep breaths, become calm, become present and say hello to the guy.

My guess is that he was so frantic to die, to get his wife to let go of him. My interpretation is sort of like putting his hands around your neck and saying, "Get me out of here!" He was getting pretty desperate. Your fear wasn't helpful because it was feeding into his fear, which was already very great.

What you want to do is get calm, ground yourself, do some deep breathing and then talk him down. What I would say to someone in that situation is, "You have the power to leave when you are ready. Your wife can not keep you here." Clearly they were codependent. It wasn't just her hanging onto him, he was hanging on to her. So, they had matching pictures. Her belief that she couldn't live without him was feeding into him to be a hero to her or whatever.

Again, then you would be the therapist and you would talk him down from it and make firm boundaries, "Look you can not do this. You need to step out of my body right now. Just take charge because you are in charge of your aura and most people don't realize that. All you really needed to do was to assert what was already true, which is, this is your aura, and no one has the right to it. But rather than forcing him out with brute force, you could probably talk him down.

Claire: It was interesting when I spoke with my Pastoral Education community, they said that something like this happens to almost every Chaplin. At least once. But what

is interesting is they never bring it up. So, I learned about it afterwards not before so I might have had some tools to deal with that kind of experience.

Shepherd: Maybe it's outside of their dogma. You know like, this isn't supposed to happen, but it does so we just won't talk about it.

Claire: I don't think it's outside their dogma, I could be wrong. But maybe they don't want to talk about it for another reason. But it wasn't met with skepticism or doubt. It more like, "Oh yeh, that kind of thing happens". It would have been nice to have been prepared for it.

I appreciate what we are talking about because as Priests, and as Priests who are getting more and more open, I'm feeling more of these kind of things happening. And it's helpful to have tools. So, thank you.

Shepherd: Absolutely. And it's kind of modus operandi in the western world, "Let's not talk about these things." That or anything associated with it. And if you talk about energy fields, by many considered unscientific and you're a quack. There is just so much that happens on the Physical Plane that can't yet be explained by science and so many people dismiss it. Thank you!

Stella...

Stella: Hi, I might be going over already covered ground, but I was under the naïve impression that while there are earth bound souls, they can't really do anything to us, or hurt us. I feel like I've had a few experiences but I've never had fear. I don't know, I think I've really naïve, "This is your issue. You deal with that." And in the meantime, I'm here if you want to talk.

Shepherd: That's a good approach.

Stella: #7 My question is, are they able to hurt us? Because if they are, I feel like I've been lying to my daughter if they are.

Shepherd: If you let them provoke fear in you, then they have you. And that's just true in every department of life. When people manipulate your fear, they are controlling you. That's why we need to observe our fear responses and find out what they derive from and release them. Then as much as possible be neutral and observe and reclaim the ability that we always have to simply make our own choices. We certainly have the choice about what is in our own energy field. But we don't necessarily take advantage of the power that we have to do it.

The movies, the horror movies are heightened for dramatic effect and that isn't really how it is. The caveat here is that there are Etheric and Astral beings who have some ability to manipulate physical reality. It's a skill that you can develop. I spoke last week about, your father dies, and the lights go on and off in your house as his way of saying hello to you, letting you know that he is still there. Not everyone who dies has this immediate ability to make the lights go on and off. But maybe this particular person had that ability and that was a way of saying hello.

So, there are some modest things they can do. And our guides and angels will sometimes do some modest manipulation of the Physical Plane. But I don't think that they have ever been able to kill someone from the limited things they are able to do.

But you might end up being so scared that you lose control and fall or something like that.

The guides are now saying that they don't know any incidence for example an Etheric or Astral earth bound soul, grabbed an axe and hit you over the head with it. The axe would be too heavy, and it takes a lot of energy to manipulate. To make the light bulbs flicker, that's not such a hard thing to do because it's already electrical. It's already energetic. But the sorts of things that are in the horror movies generally just don't happen in that extreme ways.

Stella: #8. I've got more questions, but they are slightly off topic. But since you mentioned Etheric and Astral beings and their ability to manipulate, one of my other questions is, is it possible to bring Astral matter into the Physical? 48:26

Shepherd: No, but in a sense, it's already here. You know that all the planes are superimposed on one and other. And it is true that we create our own reality. The Astral is not disconnected from the Physical. It just that it has a faster vibration. I may not totally understand your question.

Stella: Whenever I look at magic or what are interpretation of what magic is, that to me, it feels like an echo of how we are or our being on the Astral Plane. When we talk about manifestation here, we literally manifest things, well as literal as we can be on the Astral. I was thinking, if we're going to conjure up something with your hands from nothing, I could imagine you could do that in an Astral setting but not on the Physical setting. But is there a way for those two to overlap?

Shepherd: Yes, so the guru Sai Baba is famous for manifesting healing ash in his hands, and it's called Bibhuti, or little stone or things like that. These are advanced skills. It's not anything that I know how to do. But in general, we are creators, and we are manifesters. We manifest based on what are thoughts and feelings are. And what are core beliefs are.

If you want to learn how to do that, it might take a lot of study but that is something you could learn how to do I imagine. But I don't know if you are bringing Astral energy into the Physical Plane. You might be using Astral energy. But we are also creators on the Physical Plane, so I think that is possible.

Stella: Thank you.

Shepherd pauses for a couple of minutes. 51:00

Susan J: Stella your question is very interesting and in one of the earlier Michael sessions I asked a similar question. The response was, when we are on the Physical Plane we generally manifest using Physical energies not Astral Plane energies. So, that doesn't mean we can't do the magic. Do you know what I mean? We are using Physical Plane energies to manifest on the Physical Plane.

Stella: Yes.

Susan J: I asked can you use Astral energy to manifest things on the Physical Plane.

Stella: Yeh, that's kind of what I mean. I don't know how many of you guys have seen Harry Potter, like your Patronus. That to me is absolutely able manifestation and energy. Yes that is what I was getting at. I find it fascinating.

Susan J: I've been very curious about that too not because I need to do that kind of magic but more from the perspective that I want to know what we can do. It's like watching the Olympics. I have no interest in running a 3 minute mile or whatever it is. But I love watching and understand that is the potential for human beings...

Stella: Yeh, I'm kinda like what does that mean for us in healing or in future generations and understanding. I doubt I'm going to be someone who can manifest ash. But the idea that could be our evolution. Yeh, you know, I have hope.

Susan J: Have you read the Autobiography of a Yogi by Yogananda?

Stella: No, I've got so much on my reading list now.

Susan J: #9: Me too just from today's class. But in The Autobiography of a Yogi, Yogananda when he was 12 years old went on a journey to find a spiritual guru and he encountered many, many saints in India. One of the saints that I was completely enamored by was a saint called the perfumed saint. The perfumed saint would manifest perfume from the palms of his hands.

People would bring him things like flowers that had no scents. He would put it in his hands and hand it back and now the flower was scented. Perfume just came from his hands. I'm so curious and interested in it. There is no good reason for it at all except for the beauty of it. Do you know what I mean?

Stella: Yeh

Susan J: I'm thrilled that you asked that question and that you are inquisitive about it as well.

Stella: I'm glad that I'm not the only one.

Amanda: #10 I have a quick question for the group. I tend to ask my spirit team to come in when clearing my energies from myself or getting rid of other people's energy. But in the conversation no one mentioned about using your spirit team. It sounded like you just do it on your own. I wondered, if I'm being lazy? Do you use your spirit team as well for that?

Several people: Yes.

Amanda: Ok, I was wondering if I was suddenly just bugging them or something.

Several people joking...

Susan J: I think that they like it. Our spirit team likes being employed.

Susan C: I do too. They want to be called on and they are happy to be acknowledged. So, use them. They are there for us.

Amanda: Ok good.

Stella: I call on my daughter's spirit teams as well. I think they both have a more natural relationship with that, more than I do, from what I'm seeing. But my youngest is having a really hard time and is fearful of sleep at the moment. I think it's a natural thing that all kids kinda go through is what I'm being told.

Amanda: She could have a growth spurt coming or something.

Susan C: How old is she?

Stella: She's 4. But she did say to me the other day, "Mummy, I just don't want to see the shadow man again."

Susan C: She may be an intuitive and psychic. A woman I have gone to back here who is wonderful, an excellent psychic said she was terrified of the speaker who came to her. She had to go crawl into her parents bed. She finally accepted it and realized that she wasn't being hurt by this and she called him the Sand man. And when she was about 20, she was at a relative's home that she hadn't been in for years and she looked at a picture and said, "That's him that's the sand man." That was her great grandfather. He came to her and guided her.

She's very intuitive. She's pulled incredible stuff from my background that no body knows about. She's amazing and has great guidance. So, you may have a gifted child.

Amanda: But I think it's Ok to be angry, just like a kid sat in her seat at school. Like, "Hey get out of my seat." I think that is OK to give them, "You're not allowed there, that's mine." Give them that power.

Stella: Yeh, I said to her like, "what does he want?" and she said, "I don't know I'm too scared to talk to him." So, I said, "Maybe next time just ask what he wants"

Susan C: Exactly, find out what he's doing. 57:55

Carol C: Also, I think the parent has the ability and the responsibility to put protective energy around their children up to whatever age you negotiate with them. I did that a lot with my kids. A protective sphere might be helpful.

Stella: Thank you.

Shepherd: Some people, guides might have soul agreements and they don't realize they are staring at a child. So, just explain that to them. "I know you have agreements, a connection etc., maybe you can broker some kind of communication between them, so your child won't be scared.

Shepherd: Stan had a question: #11 You said that Dolphins and Whales come from the same spirit group. What that means is there are groups of souls who have devoted themselves to a Grand Cycle, as a human or in this case as a Cetacean. As I was mentioning in the last session, we don't generally go back and forth among them because it can muddy the waters a great deal. So, all the souls that are incarnating as Dolphins and Whales on Earth are part of the same group of sparks of the Tao who have ensouled in order to do that.

I have been sensing that I've experienced both Dolphin and Whales existences. Is that on another planet as part of a GC or here on Earth as an incarnate choice? Or is it

always humans as this part of the GC? Or did I just drop in from the Astral Plane, like a vacation drop in?

Shepherd: One of the things I've learned from working with the Michael Teachings for over 35 years is never say never. It would be highly unusual and problematic between Dolphin and Whale lifetimes and human lifetimes. But it has happened. Basically, you can do whatever you want if you can get everyone else involved who needs to make it happen to the group. It's sort of like that old 60's song, You can get anything you want in Alice's Restaurant. Basically, this is Alice's Restaurant and let's say you are a human soul, but you feel very connected to the Cetaceans, the Dolphin and Whales, so you would like to have a lifetime there and you have a bunch of buddies, souls who are incarnating as Dolphins and Whales and you say, "Please, pretty, pretty please can I come in as your kid?" If everyone agrees, you can do it. But if you're not going to make it a long term thing, you would be very cautious about not getting entangled in a way they would force you back. So, you wouldn't want to create karma and you generally don't when you're brand new to a planet. You don't know your way around enough to make mischief.

But most of the time what you describe, Stan feeling so connected to them, suggests that you are hanging out with them between lives, not in a Whale body or a Dolphin body. But more like a Deva. A Deva is a nature spirit, like an angel of the Earth. We do experience being Devas generally before our first incarnation on a planet. We hang out and we merge with the natural forces of that planet just to make sure that we like it and that we want to commit to a GC. But we can also do some of these things in between lives where we play. So, we play in the energetic sphere of the Dolphins and Whales, and the psychic Dolphins and Whales would maybe recognize us. So, where merging our energies with them. That would happen because you are already friends with some of these souls.

Dolphin and Whale souls on average are a little more advanced than humans. They have a higher number of previous GCs. The average soul age for the Cetaceans is about the same as it is for humans but they are more complex.

Certainly, when you are between lives, you can hang out with anyone you want. On the Astral Plane you can connect with buddies on the other planets. You can certainly have tea with your friends who are in between lives as Dolphins and Whales. This is really going to be the more likely reason for your feelings of connection.

Maybe in your Devic stage before starting out as a human, you spent a lot of time in the water. You were a water Deva so that you may feel that affinity for the water also. There are a lot of possible explanations for this, and we don't want to over generalize and say this or that is always the explanation.

Does that completely cover it for you Stan?

Stan: Yes, thank you.

Shepherd: Carol had a related question about Devas. # 12. In the Devic realm do they have soul groups and entities like we do in the human realm? And if they do, can we make agreements with them? Do we have contact with them?

Yes there are soul groups in the Devic realm, but they are simpler. Sentient souls that include humans and Cetaceans, we have these many layers of organization. So, we have, let's say Sages... we have 7 Sages in a Cadence, and 49 Sages make a Greater Cadence, and then there is a string of these greater cadences. Then there is another Role, then they make an Entity, and 7 Entities make a Cadre and then they make 12 Cadres which makes a Cadre Group. This is really a complicated organizational structure.

The Devic groupings are simpler, but they are also built on 7's. So, yes they do have an organizational structure. And I think you will find throughout the universe that everything has some kind of organizational structure, and it will be as simple or as complex as they need to get the job done.

Do we make agreements with Devics? Yes sometimes we do if it is part of our life task, we most definitely will do that. Think about.... Think about Michela Williams who wrote the book about her work with the Devas and her magical garden and the tinhorn people who work with gardens, they most certainly have agreements with Devas.

You can communicate with the Devas. Devas are everywhere, they are not only in nature. They are much more densely packed in a wilderness area. We tend to scare them away from our homes and such. For example, I'm a huge plant lover and I have many, many potted plants indoors and out. And that will attract more of the Devas. And now a days there are Devas that help attend to electronics, cars and things like that. So, it isn't just in the natural world.

Shepherd: Alice, I'm glad you are here, I was waiting to answer your questions.

Alice sent a wonderful long list of questions. #13 Please elaborate a bit more about the difference between the fundamental Essence, the spark from the Tao and the 7 Role types.

Shepherd: The way that I teach this is one model of reality and there are many other models that may be equally valid. I'm just going to share with you the way I think of it that resonates with me, that makes sense for me and is most useful for me. I think the bottom line of any belief system is how useful is this to me. How much does this serve me.

The model that I use is the core of ourselves is a spark of the Tao. I think of reality of being divided into two parts. There is the Tao which is the Source that is not dimensional. In other words, you can not think of it as being divided into 7 planes and having all of these manifestations because it is not the realm of manifestation. It is the realm of Source.

In the Tao, things are in equilibrium, you might say they have arrived, quote perfect. But perfect doesn't mean there is no room for improvement. But they are in a state of stasis and balance. And everything in the manifested universe is connected to the Tao. So, every person is a spark of the Tao. Spark of the Tao is a term Michael likes because if you think of a spark it's individuated and yet you couldn't possibly separate it from fire. So, we are just thinking of an individuated something that is in total unity. So, every sentient being is a spark of the Tao at it's core. But there is nothing that you can find in the universe that does not originate in the Tao.

This is a little bit of a tangent, but I love tangents. One of the great theological discussions is some people like to think that even people who do evil things are in part good. And I would agree with that if you used this cosmology of at their core, they are a spark of the Tao. We all do, we all make mistakes, we all hurt other people. Sometimes on purpose, sometimes not on purpose. When it's on purpose, you can call that evil and yet if you dig deep enough into any person, you will find that there is the spark of the Tao. Calling that good is not incorrect, but I think at that level, it's beyond good and evil. It's just pure Love. So, I can buy that.

But then people get really confused because how can there be all this evil in the world, when at the core they are good? Well, it's because the spark of the Tao would get bored just being in the static state forever. You can't even say forever, because time doesn't exist. But it would be bored if it didn't have a chance to express itself and so it creates all these multi-dimensional universes and we are in one little, teeny, teentsey sliver of that, here in my case as a human being named Shepherd Hoodwin in this particular parallel universe. Just the smallest imaginable sliver of that whole.

So, it creates these universes as a way to express itself. Let's say, I'm a spark of the Tao and I'm going to be a human on that planet called Earth because I've heard that it's a really fun ride. I think I mentioned this before, in my humor book Enlightenment for Nitwits, I have a chapter called the Tao travel agency. It's tongue in cheek but I actually believe it to be a pretty good representation of what happens when we as a spark of the Tao decide to go to a planet. We browse at the travel agency, "oh this lifeform looks interesting, they have 11 arms that sounds like it's fun." And you check it out saying, "Ok, maybe I'll take my next vacation there." And those of us who are here, saw the brochure for Earth and thought, "Oh that looks very interesting, let's check it out." And we decided to do it.

So, when we decide to do it, we gather together with some of our friends, who are also going to do it, into groups of roughly 1000 souls called an Entity or soul family and we start making plans for it. And one of the things we decide is what Role we want to be as an Essence that is going to allow us entry into that particular universe from the Tao. So, Essence is what we as a spark of the Tao create in order to anchor into a particular game of a particular universe.

I was looking through the brochure and it said in this universe you have 7 options, 7 different ways of being in that universe and I chose Sage for this one. And I got together with my soul group and the time came to be cast from the Tao. We all sort of tumbled through the chute from the Tao into the dimensional universe, through the higher planes and we landed on the lower level of the Astral Plane. From there we could peer through the window onto the Physical Plane and more specifically start planning.

So, at this point, we already had a basic entity structure, we had our primary and secondary casting, what I call our initial casting, we had a Role, we had our ratio of male to female energy, all of that was determined because that was part of the Essence we created. Then we start planning our first lifetimes and then we choose our raw number, in other words what our community responsibilities and global jobs are going to be. The person who has the raw number 1 usually is the one who incarnates first. Maybe we look out at where on the Physical Plane we want to go, and we met with

human who have souls who are incarnating. And we say, "Look we are brand new to the Physical Plane do you have the patience to deal with a first level infant soul, so all of that gets worked out and we start incarnating.

So, here we are, a spark of the Tao, we took on an Essence. In this GC my Essence is that of a Sage. In previous GCs my essence has been any of the 7 Roles. I've done all of the 7 Roles in my previous GCs. And usually after a while you do like to experience all 7 of the Roles. The Role you might say is the model and make of your Essence. Your Essence is more than your Role, but your Role is the most salient trait of the Essence. So, it's going to determine how I experience this GC along with my male/female energy ratio and everything else on the top half of your chart. So, you can say that my essence role is Sage, or your Essence Role is Warrior, Alice. But there is obviously a lot more than just that.

It's sort of like if you were talking about cars. You can talk about which are minivans, which are SUVs, sedans vrs pickup trucks. It's the basic make and model.

Does that full answer that first question Alice?

Alice: Well for me the problem is that you stress so extremely the individual choice and planning. It all concentrates from the perspective of an individual spark. And I think there is so much more also collective movements and that there is a kind of development you described that of course too. But in long, long periods of time you have to just go with the flows and are far more under the influence of certain laws of periods of cycles on a far larger scale than an individual spark.

Shepherd: I agree.

Alice: For instance, now at the moment we are living in Europe and as I look at you the situation is completely different. We are completely determined by what is going on in the Ukraine and the threat of war. 5,000 people around me are taking Ukrainians into their homes at the moment to try to protect them. Everything has been turned around.

So that is a collective movement and somewhere you can say I have influence of myself by choice but how far are you developed, how far are you undergoing it in a more not merely passive state.

14 That's my problem with the stress on the individual. I hope I'm clear.

Shepherd: You are clear, and I agree with you, and I wrote about that in Journey of Your Soul although I don't know if I could immediately get my hands on the exact passage. The jest of it is this: Michael is teaching choice in a way the human beings can understand it. And the idea of emphasizing choice is because so many people feel that they are victims. It's to encourage the idea that we are constantly creating. But I explain that.. for example, when your entity is planning it's incarnational cycle and is choosing it Raw Numbers on the lower Astral Plane before the very first lifetime, you as an individual essence might have a preference for say, # 64. But because everywhere else except for the Physical Plane you experience such a high degree of unity with other souls, we're very easy going about making this choice. So, if I had originally been considering a Raw Number of 64 but there is a consensus among all 1000 of us or 1500 of us or how ever many there are, that it's a better fit for someone else to take that position and no one has taken 71 and we want all the positions filled. Because there is

this, you could say, altruism, this sense that I am this individual and at the same time, I'm the whole. They don't contradict each other. Then..

Alice: At a certain level, I think.

Shepherd: Yes, I can sense that the highest good is for me to take # 71 because no one's taken it, and someone needs to do it. I feel into that and it's perfectly fine. It's not a conflict, it's a perfect balance between the whole and the individual.

Alice: But isn't that only a certain level, Shepherd. In these extreme circumstances, let's take Ukrainian again, huh? People are sacrificing themselves. And more and more people you might say have the chance to sacrifice themselves, to do what you told us, what is good for the whole is also a choice for the individual. That's its blending. But these are extreme circumstances and maybe the souls in a whole state are mature or whatever. In this whole development, you have the cyclic development of the human being. You have stages and I think you learn to do more and more what you're saying.

And my problem is that it is stated too much that the learning process is not really, and the collectivity of the learning process is not really stressed. I understand why, but I think now it is too much.

Shepherd: Yes, so we start out in total unity and then we individuate. And we have the greatest individuation on the Physical Plane. And the height of that individuation is around 4th level young. So, in our very first lifetime, 1st level Infant we are like a newborn infant where we are very connected to the Tao, and we have that radiance of oneness still. But we're gradually just like a little kid, becoming more and more individuated. Then maybe around 4th level Infant the soul begins to explore karmic formation as a means of individuating further.

When we get to 4th level young that is the height of the individuation where the soul is the most focused on me as an individual, so that sense of self can be developed. And then as the soul starts to work with larger and larger groups then that sense of connection and oneness begins to increase again. These are all stages of the learning, stages of the development. So, that once we hit the mature cycle, we are really studying in depth, you and me. How I relate to you, how you relate to me. What is my inner world in relationship to you. I'm feeling what your feeling, Your feeling what I'm feeling. So, we are retracing our steps back to that oneness where we started but we are gaining new sophistication about it by reason of the fact of having chosen a particular role, a particular soul family etc.

And when we are in the old cycle, we're looking at not just you and me and how we relate to each other, but you and me in this context. So, there is you and me in society and then the universe and then connected to nature. It gets larger and larger and larger. We're still not in oneness with everything when we finish with the Physical Plane. We get more and more into oneness until on the 7th Plane the Buddhaic Plane we have the closest experience to the that experience in the Tao which is we are connected with our greater cadre groups, etc. And yet the individual consciousness is still there. It's just not pushed to the front so much, it's available when we need it.

1:25:01

This is true for the Michael entity, 1050 Kings and Warriors, on the Causal Plane, they still have their individual uniqueness. So, if I'm communication with this Server cast King who is the one who dictates my charts, that soul doesn't have the same opinions about everything that maybe an Artisan cast Warrior who I talk to about other things. But most of their quote "time" they are paying attention to the task of the whole. And that is why we are saying they are a reunited Entity. And it just increases as we go from there.

You also find that because the United States is a young souled country that there is more talk about individual rights.

Alice: I guess so, I guess so, yeh...

Shepherd: Now, that is not the same as the discussion about choice. The extremists are really all over the world now, who are screaming that putting on masks is a violation of their right to choose. This is not something that Mel would agree with. This is not what Michael is teaching. Michael is teaching to make all of our choices with responsibility and wisdom. Michael's teaching about choices is not the same thing as stubbornness, which says, "No one is going to tell me what to do!" This is really not the sort of choice that we are talking about. They are really different things although superficially they may resemble each other.

Europe is more of a Mature Soul place. It's more consensus based, and people are more willing to think about what is good for the whole. I think from what I observe, particularly in your neck of the woods, Alice, they are doing it in a very sensible and positive way. A way that I wish the United States would do a lot more of.

Alice: Where do they do that in?

Shepherd: Where you live.

Alice: Oh, in Holland you mean.

Shepherd: In Holland, in Scandinavia. I think the Western European countries are doing a lot more things right politically than we are doing in the United States. I would love to see a lot more thinking about the good of the whole than we have here. In fact, you know, I love, particularly California where I live, and I love the US but it's been taken over to some degree by a lot of extremists. And I regret it but that is really a different discussion.

Amanda: Can I add something real quick? I think you guys are intentionally talking about two different things. Alice what you're referring to I think is more of the group karma kind of event that we talked about last session. We talked about those being guided a little more by higher levels. Verses Shepherd, I think you're talking about the GC piece of it. But the group karma can be at any soul level, right?

Shepherd: Absolutely.

Amanda: That's what you're talking about right Alice?

Alice: It's a bit difficult for me to really grasp it in English. That's a thing for me but I try, and I do my best. I'm coming a little bit more to start talking and that is good. But, for me as a European more also. I call myself more European at the moment. This all

the time stressing of the individual consciousness is a bit too far for me. Although I understand it.

Shepherd: You could look at it this way..

Alice: I can also understand the mission of Michael, why to do it, to make people more empowered and taking responsibility for their own choices. But I do think that when you are negotiating on certain levels about your life plans or whatever. I think there are souls who are very competent in it and others who are just undergoing the process also on that level. So, I tend to stress the process of the individual but also the context and the collective patterns that you are in.

Shepherd: I believe that in most cases, a choice that you make that is in your individual highest good will also be in the highest good of the whole. It believe that in 99% of the time they do not conflict. There are times, I'll make an extreme example. Let's say that I decide to sacrifice my life to save the life of a child who is drowning. Maybe in a way that wasn't in my individual highest good because I had a lot more things that I wanted to do with that life. But it's a choice I'm willing to make.

But in almost every case, if I'm doing what is truly in my highest good it will benefit everyone else. Because I'll be on my mission and I'm going to be doing the things that contribute the most to the whole. Whereas in the Western idea of rugged individualism and military-ianism, don't tell me what to do and stubbornness and all that, it's really a distortion. That is selfishness being glorified. This is certainly not what Michael teaches. Michael teaches unconditional Love which will always take into account choices made that are harmonious with the whole. But they will also tell you that you are free to do whatever you choose to do, and you will experience the ramification of those choices which is karma or things not working out as well as you might like them to.

The way that I see the corporate culture and all the mistakes that they make are they are extremely short sighted. They make choices based on what is going to profit them this quarter. And then they could be leading to their own demise because they are not thinking long term enough. So, it would actually be in their highest good, to let's say spend a little more money so they would lose less even if it meant they loose a few dollars this quarter.

So, what we are combating here is the extreme ignorance and darkness of human consciousness.

Alice: Yes, thank you. Let's leave it here today. I have a lot to think about.

Shepherd: Thank you! Carol...

Carol: #15 I wanted to ask about, I don't want to leave the topic, I wanted to ask about the Ukrainian war in terms of, could we on the Astral, humanity on the planet, "go ahead and do that. There's lots of learning possibilities, lots of adventures. Or are we reacting to it because it's mostly Putin and his decision and so we are just responding and creating what we can? 1:33:29 Is that clear? I'm trying to get at the collective verses the individual in this?

Shepherd: I understand. There are mass events that are agreed upon by the majority of the souls involved beforehand. This is not one of them. This is more about the free will of Putin based on his weakening mental state, his paranoia, his false beliefs. And it's also the collective karma of the Russian people because they have allowed him to continue in office. So, they get lessons dealing with him, but I wouldn't say that the Russian people chose the Ukrainian invasion. I'd say they chose Putin, they cocreated Putin and then Putin used his free will to create a lot of karma. I'd say that he is in deep doo-doo karmically from what he has done.

Now remember that every evil action is based in fear. So, I think it's important that those of us who are on a spiritual path and who want to learn more from unconditional Love don't misunderstand evil people like the way they are portrayed in cartoons. (make a display of grinning evilness) If you can see the fear, the deep fear, the profound fear under them then you can have compassion for them at the same time doing everything you can to stop them from doing harm to others. That is something that I wrote about in my book, Compassion for Evil.

Carol: I haven't read it, can you just say, is there any particularly good way to send love, prayers, whatever for that situation in Europe. Is one way better than another? That's what I'm looking for.

Shepherd: Do you know Susannah Redelfs? Susannah is a dear friend of mine who is one of the most remarkable healers maybe anywhere. Her website is www.CouncilofOne.org. I mentioned her earlier because of the excellent energy exercises she has. We meet at least once a month over the telephone on a conference call to do healing work with the planet. And recently we have been doing healing work with the Ukraine. If you go to her website, you can sign up to get notifications of how to be in on these monthly calls. They are about 40 minutes.

I don't think there is a better or worse way to send unconditional love. But let's say you're meditating, and you envision this huge bubble of love and protection around Ukraine and also around all of Russia and ask that clarity and wisdom prevail. I think that is a really good thing to do. The amount of help will depend on the intensity of your focus along those lines.

Is that complete for you Carol?

Carol: Yes, thank you. I'll take my hand down now.

Shepherd: Amanda you also sent in another question. #16 Does Earth's average soul age changes from Infant to Baby and then from Baby to Young correspond to an appearance of an Infinite Soul (IS)?

Yes, it does. You often see an IS coming during those transition times in order to shake things loose and facilitate the movement from where a planet's average or a culture's average is from one soul age to the next. 1:38:17 And we are currently in that transition, moving from an average soul age of Young to an average soul age of Mature and we are starting to see IS manifestations.

I think I mentioned in an earlier session that according to Quinn-Yarboro we had a couple of IS manifestations relative to the environment, in 2011, 2012. That was the first I heard of it recently, but I do trust the source. And other channels are saying we

are going to be having a number of IS manifestations over the next few years, throughout this decade. This is very exciting.

But also, IS manifestations can come whenever they are needed. It doesn't just have to be at these transitions. Does that completely answer your question?

Amanda: When we moved from Baby to Young,... was the last IS the Christ? Was it around that time?

Shepherd: Yes and things are moving faster now because we have so many more people on the planet. We have the same number of souls, but we have far more opportunities to incarnate so that is going to move things along more quickly. We might get from an average of Mature to Old in a 1000 years instead of 2000 years. Although the population will drop off a great deal in the next century. This is not sustainable to have 10 billion people on the planet.

Amanda: Thank you.

Shepherd: Thank you.

I have another question from Stan. # 17. It's fairly common for people to experience recently departed loved one visiting in for example, a hummingbird or some other creature. One day I felt my departed brother, Larry's presence in a Peacock, then a Wild Turkey and then a Redwood tree. I asked him what was going on. He conveyed that I could feel his presence everywhere I gave my attention. Just like my presence could be felt by loved ones and anyone thinking of me if they were relaxed and were open. He asked me to comment on this.

This follows nicely from what we were talking about earlier, about the Devic stage and the ability to be present with everything in Nature from the Astral Plane. But also, there is really no reason a soul couldn't do that while incarnate on the Physical Plane. We do see this a lot and we have heard a lot of stories of your loved ones coming to you. For example, your beloved mother just died, and you keep seeing a particular type of bird that maybe your mother loved.

How does that happen? You know that your mother is doing that somehow. You're not sure if your mother's soul is inside the bird or.... What it probably is, is that your mother's on the Astral and your mother knows that you share this love of this bird, and your mother was able to communicate with the Devic kingdom and say, "Hey, can you do me a favor? My daughter really misses me, could you send over this bird to my daughter to let her know that I love her and that I haven't forgotten?"

So that's how that happens. When you're Astral, you can communicate with the animal kingdom, the animal Devas and ask them to send over one of their members to say Hi for you. And you'll be hanging out with them. I don't think you're making them do it. I think you are asking them to do it. And they are happy to do it.

You know, the animals and plants, basically they really love us. They might be dismayed with how insane we've become in recent centuries. But they love us. If we approach them with love, they return it 100 fold. If you're a kind soul and you say, "Hey, go say Hi to my brother Stan for me. I'd really appreciate it." The bird is fully happy to do it if it is possible.

Does fully respond to your story Stan?

Stan: Yes. #18. Shepherd, I was wondering if when I was discarnate, if I could experience the earth by dropping into any creature and seeing the Earth through the eyes and presence of different things. If I would have the ability to drop in myself and come back. I'm open to your perspective on this.

Shepherd: Yes, absolutely and that is a form of channeling. For example, my mother who passed when I was eight, she can see the world energetically in an Astral way all the time. She doesn't need to channel for that. But if she wants to see it in a more physical way, she needs to look through eyes that are capable or have good eyesight for the Physical Plane. A lot of time animals and birds are perfectly willing to let souls share their mechanism and jump in and channel through and see through their eyes or hear through their ears.

So, people do that a lot. I tell the story in Journey of Your Soul the fact that George Gershwin is in my Entity. And he's a Sage in my Entity and I've always felt very connected to him. The Metropolitan Opera was doing a production of Porgy and Bess. He wrote Porgy and Bess in 1935 and it was done in a Broadway theater. He had the opportunity for it to be done in an opera house. But if it had been done in an opera house it would have perhaps gotten fewer performances.

So, they did it in a Broadway house, but it did not do very well when it first came out. The critics as they often were with Gershwin were biased. They were like, "what is this? It's not an opera. It's not a musical." They wanted to categorize it and very few people at that time saw the genius in it, so it was very painful. And I think he always wished it could be done at the Met.

So, now, it think it was done for the first time at the Met and I went to see it. And I really thought it was terrible. Such bad acting with the so overblown operatic thing that was not appropriate for Porgy and Bess. I channeled George and I said, "You can come into my body and look through my eyes and go through my ears." And I felt that, I felt that whoosh of someone coming in. And he loved it! He thought it was just great! He was using different criteria for it. I'm more acting oriented. I'm sure he loved the full orchestra and the glorious voices and the fact that it was being done at the Met. He loved it. And then he left.

Another thing, the first time I visited Tucson, my friend Steph was showing me around the campus of the University of Arizona which was where my mother graduated. I hadn't invited this but of course I didn't mind, my mother just, while we were on the campus, my mother just whooshed in for about 5 minutes. I'd never experienced anything like this. She said, "Oh that wasn't there before, that's changed, what happened to that?" It was really, really fast and then whoosh, she was gone. (Laughing)

So, yeh that can happen, and that sort of thing probably happens a lot more than people are aware that it's happening because they haven't named it. We're all connected. Things aren't as divided as people think it is.

Stan: Thank you Shepherd.

Shepherd: Thank you. Alice, we have time for another of your questions.

Alice: #19 I tried to send a beautiful picture of a Deva above Kyiv. Susan received my message I think via email. Maybe she can post it for us.

Shepherd: Is this in the chat?

Alice: No I sent it email it was in What's Up and it's a bit difficult to post

Susan: Does anybody know how to attach a picture to the chat? I just know how to send it through email.

Exchange about possible ways, drag it in etc... Susan tries to figure out how to attach it to the chat.

Carol: # 20 You see the Grand Canyon behind me and one of the reasons I was asking about Devas was because one time when I was visiting it, I was there at sunrise, and I could swear that I could feel the sound of the rocks singing welcoming the sun. It was a wonderful experience. After hearing more talk about them, I feel validated that I did feel and hear that.

Shepherd: I love that! That is just beautiful, thank you for sharing.

Susan: There you go, I got it in there

Alice: My goodness, I knew she could do it.

Shepherd: It's not in my yet, did you send it to everyone?

Susan: Ok, let me do it again.



Shepherd: Oh, my goodness, that's beautiful. My grandmother Hoodwin was born in Kyiv in 1892. It's hard to believe that I'm related to anyone born in 1892, but anyway.

Her family came to NYC in 1894 so she didn't remember it. She would say that she was born in Russia because at that time it was part of Russia.

Alice: Yeh, that is the claim of Putin. 1:53:30

Shepherd: #21 I think this will be a brief question from you Alice. The MT don't hardly seem to pay any attention to cosmological concepts, such as the 7 rays, the development of the cosmos, or structure for the development of the solar system, etc.

I have 2 things I can offer. One is that Dave Gregg has done a little bit of channeling about the 7 rays, he has had a little bit of interest in the theosophical founders, he's done some overleaves for them. I'd have to ask him for that. But I love what you say about Michael maybe saying more in the future about the development of the cosmos and about the structure and aim of the solar system etc.

You know there are a lot of different Michael channels, and they don't share everything that they channel. So, there might be channelings about these big picture things, but I have not seen much about it. And I like the idea that Michael could be asked about in greater detail.

Alice: Yes, I could imagine that too. The development of the individual spark is one thing. But the development of the bigger picture is another thing. And my other question was about that. But it's Ok, I understand it.

Shepherd: Yes, and if you run into information from another channel, you could share it with the group. The thing that Michael always says is they teach according to the questions that are asked. And you see this in the earliest transcripts. There were things that were not asked, when you look back and they should have been asked. Maybe there were things too that weren't particularly clear that should have been clarified, that were cryptic. But people didn't know enough at that time that they were cryptic.

Alice: I also thought that it's kind of Warrior like attitude to concentrate on efficiency and effectiveness. If you want to help people to grow and do their development in a positive way this is a good attitude of course. This is one side. You could also loose yourself in cosmology and things like that and not develop yourself at all.

Shepherd: Yes, Michael is very nuts and bolts and I absolutely agree with you that's it because they are Warriors and Kings, and the action axis is practical. They have Warrior casting, excuse me, Scholar casting because they are in the 4th position of their Cadre and they are on the 4th level of the Causal Plane. So, they have that double number 4 thing going on that gives them the ability to teach. But they are basically by nature, quite practical. On the other hand, I feel sure that if people ask some interesting, delving questions to the larger picture types of things, we could get the material.

Alice: Yes, that would be interesting. We have work to do Shepherd. Thank you!

Shepherd: Yes! Well, one psychic told me I was going to live to be 106... I almost punched him in the stomach when he told me that. In any case, I guess I'll be around for a while.

Opps, that's another 40 years. I'll join you!

Shepherd: OK! It's going to be an interesting world.

Alice: Definitely. Thank you.

Shepherd: Well, we have time for one more question. This is kind of along those lines, Alice.

#22 is there for instance also a description about the development of a planet, a cyclic plan with different tasks which Varda Hasselman described so well for humans. I actually wanted to ask you what you meant by this. What did Varda Hasselman say? Did she channel about planetary cycles or are you just talking about the same material as the Michael Teachings?

Alice: Yes more or less. She did it more in a scholarly way than it's done in the MTs. She describes so carefully all the stages of the incarnational cycle of the human being. And it thought there might be also material, but probably just say no because of the answer you just gave already. There are also information about the development of the planet so again on the larger scale are they also described? I think no.

Shepherd: So, Varda has not done that. She's just focused on us.

Alice: No, no, she is very scholarly, very German and very precise in that respect.

Shepherd: And Varda writes in German, and I don't speak German. Yes, Varda is an academic and she writes like one.

One of her books is called, Old Souls, Young Souls or the reverse and she's

Alice: Yes that is the one where she describes all these phases and gives every stage a very definite motto, a specific theme to work on. It's very interesting I think.

Shepherd: She gave me a copy of the book in German, and I display it proudly, but I don't know what it says. But I do have 2 English translations of chapters. I'm sorry I'm bouncing up and down. I can see myself doing that...I think it's second young someone translated and then a professional translator did the 7th old chapter which I found very moving. And also, I resonated with it a lot, I validated it.

In this book she does about 3 pages on each of the 35 stages of the soul age levels. So, she does like 1st level Infant, etc.

People in the MT have done shorter encapsulations of each of the levels. But whenever you have these kinds of generalization you also have a lot of exceptions. Meaning that, let's say you're 2nd Old and you read that and say, "Yeh this part applies but this part doesn't..." and then they read 7th Mature and they say, "That actually applies better to me".

So, we're all individuals and we're all very complicated and there is nothing you can put into print where it is going to apply across the board to everyone. So, you can read this stuff and say, "That fits for me, or it doesn't fit for me". I had someone who was very unhappy with me that I had channeled her as a Young soul. She read what Varda wrote about 3rd level Old and she thought it fit her very well. You know, you can not prove anything from any of this stuff. You just have to do your best to be honest and validate. She had a very negative opinion of Young souls, and she couldn't possibly be a Young soul because she was so spiritual. But the fact is if you're a Young soul and

you're a serious spiritual student you could be very proud of that because you are very precocious. So, I think that her insecurities were ignited.

Varda has 9 books out.

Alice: Yes, I have them all.

Shepherd: And they are all equivalent to the MTs in German. They are very similar. We only have translations of two of those in English. We have Archetypes of the Soul which was translated by a friend of hers who was not a professional translator. And it's rather a poor translation unfortunately. It really needs editing. But her friend was grieving the loss of her husband and Varda thought it would give her something to focus on and take her mind off her unhappiness. And now she feels like she can't change the text of the translation to make it better because it would hurt her friend's feelings.

The other one is about the Chief Obstacles or what Varda calls the Fears.

Alice: That's a very good one.

Shepherd: That's the one I have in English, but I haven't read it yet, but I want to.

Alice: That's very interesting especially for therapists and people who are working with people.

Shepherd: I approached my own publisher of The Journey of Your Soul, Atlantic Books, about doing English translations for Varda's books. The problem is that translation is very expensive. And if they don't think they are going to sell a whole lot of copies, they just aren't going to do it. And Varda's books are in that category. So, the Italian man who is a professional translator who did such a good job on the 7th level chapter of Varda's says he charges about 5 cents a word and that really adds up. And Varda can't afford to do it. So, it would be great.

I would dearly love for my books to be translated into German, French and Italian at least. It would be so incredibly useful to have Journey of Your Soul. But we went to Varda's publisher and so far they haven't gotten back to us. I also had my publisher go to them, but we didn't get an answer either.

Alice: That would be a great help. Europeans mostly speak fairly good English. But still, it is always easier to read it in your mother tongue.

Shepherd: Yes, for sure. Thank you everyone. I love tangents and we've gone on tangents that we've already gone off on. That's really my favorite thing to do. So, thank you again.