

Shepherd Beyond the MC III

Session 3: March 19, 2022

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Shepherd: Hello everyone. Let's begin with a guided meditation.

Ground yourself, connect with the center of the Earth. Ask that the Earth ground you in whatever way is in your highest good, in the highest good of the Earth and the highest good of the Whole.

Feel the Earth energy coming up through your legs, up through your spine, calming and nurturing every part of your being.

Feel you higher self-energy moving down through your body, into the Earth, blessing the Earth, being in union with it and with the whole.

Let your breathing be natural and free. Allow your personal energy to be in oneness with everyone else in the group, including those who are at this moment not signed into Zoom.

Let us invite our work here today to be of the highest good and blessing for all beings everywhere especially for the people of Ukraine and Russia.

When you're ready open your eyes.

Welcome to Nancy, and it looks like Phil.

Today I'm continuing to give priority to those who are on the Zoom today. I have a lot of questions. But I think starting next week since there are some people who are not attending live at all, I'll start going through the other questions as well.

Oh, Leanne you are here.

Leanne: #1. I'm hoping that you will comment on what is to be seen in the wider horizon spiritually in the Ukraine. It seems like we can't possibly know what this stewards or sets in motion. But in the present we see the insanity of our species, the fragility of life and the call to extricate the violence in ourselves.

Shepherd: Leanne that's beautiful. There's a concept that many spiritual and new age people like to say, which is that everything happens for a reason. I don't entirely agree with that because as Michael is fond of saying, all is choice. There is a life plan that each of us make and there are collective life plans that we make, and that is half the picture. The other half is free will, chaos, spontaneity, impulsiveness and as you put it insanity which there is plenty of among humanity.

So, someone like Vladimir Putin, can because of his own misunderstanding and unresolved emotional issues, his fears, can decide to use his position to invade a country, maybe acting on paranoia. I don't think this is part of a predetermined plan that we worked on collectively as many things are not.

We cannot assume that any particular event is or is not preplanned. So, if someone we know is walking down a dark street at night alone and is mugged, we don't know on the surface of it, if that was a random, chaotic event or if it was a karmic repayment. We mustn't jump to conclusions, maybe go deep with a channeled entity to determine if it was or if it was not. The good news, in either case we can absolutely learn and grow from anything that happens to us individually and collectively. It's that old saying of making lemonade out of the lemons that life throws at us.

There is nothing that happens that doesn't challenge us to deal with our own issues, to become more skillful at dealing with difficult circumstances. So, the soul doesn't really object to anything that happens due to the fact that all of it can be used. It reminds me of what acting teachers tell actors namely whatever they've been through in their lives to use it to create their characters and to deepen their performances. Use it all.

So, this is what we are doing. The Buddha said life is suffering and certainly the people of Ukraine are suffering greatly under this attack. Obviously this is nothing new here on planet Earth. And obviously we would like to do everything that we can to help them and to stop this insanity. But life is a package deal. By that I mean that when we choose to come here, we are signing up for the good, the bad and the ugly and this is certainly the ugly that is going on in the Ukraine. Ultimately, and I know this sounds like a cliché, but it is ultimately true, everything is about learning unconditional love. And

love is the greatest offering that we can bring to the people of the Ukraine because it raises the vibration.

It's easy to hate someone like Vladimir Putin because he is acting out so egregiously, so harmfully. And no doubt he will have his karma to deal with as will some of his henchman. But the greatest gift that any human being can offer to the planet is to raise their own vibration by being in unconditional love. So, when I observe Vladimir Putin, yes I'm appalled, I'm saddened, and I work to recognize that he is acting out of great fear. And we know this, we know what his paranoia is. We know to some extent the origins of his fear. So, we can also have compassion.

I work very hard to not demonize anyone no matter how badly they act because there are very few human beings who are totally evil. By totally evil, I mean that they have hardened on a soul level to such an extent that they cannot be reached by light. And I don't know if any particular individual has hardened to that extent. So, all I can do, and this helps me as well as the other person, hold a place of unconditional love for Putin and at the same time I would certainly do anything that I was in a position to do to stop him.

These two things are not mutually exclusive. Usually when people go to war against someone they demonize the person and that is how they motivate themselves to fight against them. And certainly, you can see some demonic qualities in aggressors. But I think a higher path for those who wish to grow spiritually in a conscious way is to hold unconditional love and that is not in contradiction to the idea that at the very same time we're creative and thoughtful about everything we can do to stop the person's harmful actions. They can be both coexisting. But what is different when we hold someone unconditional love is that we are not triggered and wound up about it. We're not acting out of hate and fear and anger. We're simply being practical. We're saying, this is what I can do, this is what I can do to make the situation better. And this is really a good approach to every situation.

If you are interested in hearing more about the situation in Ukraine, there is another Michael channel named Mike North who writes an almost daily column on his Facebook feed. He's a very good writer and sometimes he shares things that he has channeled about politics on his page. You could follow him or friend him on Facebook if you're interested in what he has to say.

I believe Troy also has some writings and channelings about the Ukrainian situation.

I don't do much direct Michael channeling about political things, so, I don't have too much to say about it. But I'm sharing my own spiritual path on this.

Does anyone have any questions about this before we go on to the next question?
16:50

[Susan J: # 2 One of the things I'm wondering about in your experience, do you ever find that sending Love or surrounding another in Love is viewed as aggressive?](#)

Shepherd: Some of you know that I work with a spiritual teacher named John Friedlander. John is the author, co-author of 4 books on psycho development. The

latest is called Psychic Psychology. He teaches workshops. He was a member of the Jane Roberts Seth group in the 1970's and he attended the Berkley Psychic institute. He is the most perceptive person I've ever met. He picks up on the most subtle energies that I would have totally missed. He very generously works with me once a month and I just love his work. And he is the person I know who is most likely to surprise me with his unique and deep perceptions about things.

One of the things he commented on, is that especially online, and Facebook and email, people are always saying, "Please send healing energy to so and so and surround them with love". And he agrees with what you just said,

He said that those people may feel overwhelmed by all of that influx of energy and that they may not want it. So, there are 2 things you can do. You can tune in and ask permission first and see if they want it. But John believes the best way to do that is to tune into your own energy field. He teaches a lot about something he calls matching pictures.

I believe I talked about that last week. The idea is that when someone else does something, it brings up pictures in ourselves. These pictures are frozen images from the past, just like a photograph. A photograph freezes an image in time, and we all are carrying old things that are frozen, that aren't flowing, aren't healing aren't free. So, he suggests that when you tune into the other person, you see what comes up in you that is unresolved unhealed that is similar to that person, and you heal your own matching picture while you are aware of that person. And then if that person wishes to respond to that work that you have just done in yourself, you have just presented it to them, and they could heal. This way you are not imposing something into their energy field.

My own opinion is most of the time people will welcome you sending energy to them. But I think this is a good caution to not impose on them.

Susan J: Thank you that makes a lot of sense. That's how it feels to me. Sometimes people don't want the energy that you are sending even if it's the energy of love. Sometimes people feel any energy as overwhelming. That's a good insight about healing it in our selves first.

Shepherd: Sometimes we have a conflict with another person, and they won't listen to us. But you can in meditation ask to communicate with their soul and ask the soul if we can work this out on a soul level. Sometimes that's effective and there's healing that happens at the soul level and it may actually shift the personality.

But we tend to think of the soul as evolved, even perfect whereas the personality is not. That is not the case. The soul can be really screwed up too. So, the disfunction by be just on the surface, the personality level. Or the dysfunction may go deeper. Sometimes I've tried working with the soul, and by the soul I mean the lower part of the Essence that incarnates, that is activating the personality. I'm not thinking about the whole of the Essence because if you get high enough in the Essence you get to something pure. But the soul is the part of the Essence that is operating the body and sometimes the soul is just as obstinate or screwed up or negative or angry ad the

personality and there's not a damned thing you can do. So you have to accept if that person wants to stay stuck in a negative pattern, then your work is just on yourself.

Shepherd: Carol wrote me a couple of questions.

3. I have long thought, probably channeled by my friend Gabriella long ago, that Servers have round pink cheeks and use their second inputs to become any Role if needs be.

Shepherd: That is something that I've never observed. Do any of the Servers here want to comment? I don't think that is correct. And I don't see any hands raised so, I'll go to the second part of the question.

4. Also, I had the idea that Priest could use their second input to give blessings and bring a spiritual connection for others to experience. Somehow it seems to me that a Priest can somehow directly connect a person to the Source for a short while.

Shepherd: Carol, that I do think is correct. Would any of the Priest like to comment on that?

Susan J: In my own work I think that is very accurate. I feel like when I do intuitive work for people, it helps them to connect with their own Essence at a deeper level and it helps them to connect with spirit. So, I do think it's that second channel (input)

Shepherd: Thank you!

Well, all the other questions are from people who don't seem to be on the Zoom right now so, I'm going to the other questions.

Alice asked, # 5, What are the criteria for cycling off? Can you tell a bit more about that process? Is it a personal choice? Is the soul judged by a kind of Council of Elders as clients of Michael Newton who talk about in between life trances? Or does it just happen like an old apple falling off a tree? 25:34

Shepherd: Michael is always talking about how all is choice and that includes cycling off. If you try to cycle off before you truly completed your course work, by that I refer to having completed all 7 internal monads in the positive poles at 7th level Old. You can do it. You can say, "I'm not going back there!" but eventually, even if it takes 1000's of our Earth years, you're going to start to feel, "My God, I wish I would have finished my degree. I'm going to go back to school and finish up the last of my course work because I feel incomplete."

Michael Newton talks about a Council of Elders. There are expert guides on the Astral Plane who are available to give council and ask the right questions. Basically saying, "what did you learn?" There are the life reviews where you get to see the things that you did and see if you did anything wrong... Some souls are not very evolved, they're obstinate, and they refuse to admit that they made mistakes, and no one is going to force them. No one can force them to do that and not everyone finishes the Physical Plane enlightened. In fact, most do not. Most still have some blind spots and weak areas when they finish the Physical Plane.

It's sort of like, you can graduate College with a C average, you don't have to have an A average. There are very few who graduate Summa Cum Laude, but they still graduate, and they are allowed to graduate. So, no one is going to put a gun to your head and says, "You have to learn these lessons." But we do have guides who will respectfully suggest, "Well, maybe you're not totally complete here."

I may have told some of you the story of myself. I had been very traumatized, and I did not want to come back into another lifetime. So, I said, "I want to see if I can work out these lessons on the Astral Plane, some of which you can. You can act things out, you can get some of the other players involved and you can talk to them. So, there are certain things we can do on the Astral Plane, but it simply isn't as vivid and as real as when we are here on the Physical Plane.

You can compare it to taking a vacation, you look at the brochures, you go online, you see the videos. Then you think, "oh that island looks so idyllic and I'm going to have such a great time there!" Then you take the vacation and discover that the island is crawling with no see `em that bite you endlessly and you are miserable. It can turn out to be something totally different from what you had envisioned.

Finally, I had to take my medicine and come back and endure a very painful childhood, where my mother died when I was 8 after a long illness, and my parents had a very ugly divorce before that, and I had a wicked witch stepmother... I had to go through that to get complete. So, it did not work out for me to skip out on 7th level Old and it generally does not.

But the choice is yours. I think that the Michael Newton books suggested that it's not your choice, that you have to pass a test. But the way Michael teaches it is that everything is ultimately our own choice. You may want to listen to the Council of Elders because they are smart, and they are probably right. But, even on the soul level, people can be pretty obstinate. But we can do what we want.

I had an experience with an individual fragment of the Michael entity who is the main soul that I'm working with who dictates the chart information. We are close friends. I had known him when he was still on the Physical Plane, and he had been a teacher of mine. This is someone who I love and who is a great soul. But he was being very obstinate, I'm saying "he" but there are no "he" or "she's" when it comes to souls, but I think of him that way.

He was very obstinate when I requested to start channeling the secondary Obstacles. When I first started channeling, I got both the Chief Obstacle (CO) and the secondary Obstacle, this sometimes called the Chief Feature (CF) or the secondary Chief Feature. Then for some reason it dropped off my charts. This particular Server cast King has the opinion that it is by far more important for people to focus on their CO and he did not want to distract people from that work by giving them the secondary Obstacle. Yet several other channels were getting the secondary obstacle and they wanted it on my chart. My opinion was that was very useful information that secondary obstacle in the way that it can block relationships etc. There was a growing body of knowledge about it.

He was being obstinate, and I had never known Michael to withhold information about anything. I'd never known him not to answer a particular question. But this was like pulling teeth. Now when I channel Michael for Q and A sessions or for lectures it's a different group, actually a large group of Michael fragments who do that channeling. I asked them about this situation and they agreed with me.

Finally, they had to do an intervention to convince him to start dictating this information for me. This may shock some of you, it shocked me. But it also educated me in a valuable way. I realized that even on the Causal Plane we are evolving, and we are not perfect.

I asked the group, when I do Q&A's I'm working with the group and different members of the Michael entity will answer depending on who has the expertise. They will confer with each other. And because it is a group, it may paper over the individual weaknesses of those participating. So, for example, if I'm weak in this area but someone else is strong in it and they answer, it's going to look like Michael is infallible, or Michael is like Wow, amazing. And you don't see the individual shortcomings, but they have them. In any case, I intervened, and I asked was this stubbornness, like a vestige of Stubbornness, because they don't have overleaves in the Causal Plane. But could this be a vestige of this, some unfinished business that he never finished dealing with before he cycled off. And they said, "No it was not Stubbornness, it was Arrogance." It was a vestige, and he just hadn't dealt with it.

Let's face it, the Physical Plane of Earth is a very dark, ignorant place. There are not a lot of good teachers around. Our modern therapeutic techniques that are so extraordinary are very recent. The chance to grow and understand our motivations and all the techniques for healing such as the emotional freedom technique and the emotion ?? and a million other healing techniques that can make us so much happier. They did not exist when Michael cycled off. So, they did the best they could and there is still some unfinished business. This particular Server cast King that I love dearly, and he does a fantastic job of dictating chart material for me just had a little blind spot. He was open, and he finally was convinced to start dictating it.

#6. But the big lesson for me here has been there is **no perfection** on any of the 7 planes of the universe because we are all evolving. (refer to the preceding paragraphs) This was a painful lesson for me because I had always hoped to become perfect somehow because I thought then I wouldn't be in pain anymore. I call myself a recovering perfectionist, learning how to make peace with imperfection. I still don't like it very much; I would like everything to be perfect. But I'm learning we don't get perfect. It's not the game we are playing. We don't get perfect, and even with channeling we don't get perfect.

When there are mistakes in channeling, most of the Michael community is apt to blame the channel, the channel was filtering, the channel was editing, the channel bias was coming through. I would say that 90% of the time that is the case. But Michael can also make mistakes. And when they have corrected mistakes on charts that I channeled, they will tell me. I'll say, "Was that my mistake?" Sometimes it was because I go through rows of data, and sometimes when the impulse comes through to

say choose that one, I was a little ahead of myself and they meant the one ahead or behind. And therefore, I was a little out of synch and it was my fault. But sometimes they will say, "It was our fault, we misread that because the person had so much of their mother's energy in their field and it through us off." Or something like that.

So, you don't have to be perfect to cycle off. But, if you are smart you are going to want to feel complete. You are going to want to feel settled, like "Ok I got the education I needed from the Physical Plane and I'm ready to move on." Were with me, I was traumatized, and I didn't want to go back to it. And you do hear a lot of new aged spiritual people who are highly sensitive, as I am and probably all of you are, and when you are highly sensitive and you feel pain so acutely, a lot of people are saying, "I don't want to be here, I want to get the hell out of here. This is too painful for me." What I say to them is, "This is a really hard planet, it always has been, but this is an especially difficult time to be here." It's a pressure cooker. There is so much change happening so fast and there is such a backlash to the change. "Fasten your seat belt and hold on. It will get better on the Physical Plane." Things will calm down. I think we are going to start to see over the next 100 years we are going to take action on climate change, we are going to make a lot of advances, the population will start to go down, which is putting a lot a pressure on humanity. I think things will eventually become more pleasant.

So, in the meantime, it's a golden opportunity for us to grow. Because the more stress, the more challenging it is the more we can grow. Sometimes it can be a bit much for it all to come at us at once. But take it one thing at a time and handle it by saying, "How can I frame this in a loving compassionate way, so I don't take it personally, so I don't react it. How can I handle it more skillfully. How can I release old emotions that are coming up in reaction to these things so I can be happy no matter what happens.

We are growing like mad right now. Or at least we have the opportunity. Those who are resisting the lessons are shutting down, they are miserable. But those of us who are embracing the growth opportunity are growing faster than we ever have in many pasted lives.

Shepherd: [Patricia Englert](#) quoted something that I wrote in Journey of Your Soul on page 368. # 7. [The lower part of ourselves comes up from the Devic stage. Can you please elaborate and connect the Devic stage, to the Tao, spirit, Essence, nature spirits, elementals etc. 42:14](#)

Shepherd: What I meant by that Patricia is I have this vision of the 7 Planes of existence. And as I mentioned last week, the truth of it is the Tao can be accessed at any place in the universe. If you go deep enough into every cell of your body, it's the Tao. Everything comes from the Tao; the Tao is the Source. The universe you could say is divided into 2 parts. Or... let me rephrase that, the Whole.

Reality can be divided into 2 parts. There's the Tao, which is the Source, which is static, which is in equilibrium. You could say it's perfect but that doesn't mean there is nothing left for it to experience, it just means that it's in balance. And because it is in equilibrium and it's not growing, it creates universes as playgrounds for creativity and expansion. This is where you and I find ourselves, in a universe that is not in

equilibrium it's growing. You know if you are walking, you are mostly out of balance. You are falling forward, you lift up a step, you're out of balance, you fall forward and that's how you grow, that's how you move.

So, we have these 2 parts of reality and even though we may identify with this body, this planet, this person, there is also a part of us that is the Tao. These two things exist in every bit of creation and the Tao can be accessed from anywhere. You might say it can be accessed in one of 2 ways. You slow things down enough where you reach nothingness, which is Source. Or you speed things up enough to where you reach all things which is Source.

So, my picture of this is that the universe which has 7 planes of creation. We went into that in Levels I and II Journey of Your Soul chart courses. The 7 planes of existence, the lowest is the Physical Plane and the highest is the Buddhaic Plane. Mind you that there are other metaphysical teachings that explain this differently, they use different terms. The Theosophical society uses different names for things, but this is how many in the Michael Teachings explain it. The idea being that if you slow things down on the slowest plane which is the Physical Plane, you go as low as you possibly can, below the first level of the Physical Plane, you are back in the Tao. And if you are in the highest plane, and by highest we don't mean better, we mean the fastest vibrating plane which is the Buddhaic Plane. And you take that to the highest level, the 7th level of the Buddhaic Plane and you speed that up further, suddenly you are in the place of no speed which is again the Tao. So, it's like a big circle. You can say the Tao interpenetrates everything but it's also entering the universe from below and above.

The Devas are nature spirits who are directly from the Tao whose job it is to maintain the Physical Plane and ultimately to keep it in existence. Because this universe is really just consciousness; it is a thought, a very elaborate brilliant thought form on the part of the Tao. The Tao thought it up and that was enough to create it. That's how all creation happens. It's a thought, it's consciousness.

So, the Devas come up from the bottom of the Physical Plane to maintain physical reality. So, we have Devas, Earth angels that tend to plants, tend to animals, tend to clouds, tend to mountains, tend to human bodies, they keep them in existence. And it's the same if you go from above. Now when we as sparks of the Tao decided to begin our grand cycle, we were cast from the Tao, through the highest plane, the Buddhaic Plane and went down each step through the higher planes until we landed, of course this is a vast oversimplification that our minds can understand, we landed on the lower level of the Astral Plane and then started to plan our incarnations.

Patricia's question, when I said the lower part of ourselves comes up from the Deva stage, I'm talking about the lower self. Many people in New Age teaching talk about lower self and higher self. The misconception is that the higher self is better, and the lower self is worse. The higher self is the spirit and the mind, and they are higher simply because they vibrate more quickly. They're not better they are simply a different part of the whole. We need all the parts of the whole to be here.

The lower self is closer to the ground, you might say, our physicality, our emotions. And so, the lower self is what allows us to be human beings. When we are Astral we

are focused on the soul which is a big part of the higher self. We focus more on intellect, consciousness, mind but we come into these bodies, and we get a much enhanced experience of lower self. It includes our physical sexuality. Now there is sexuality on all planes in the sense of union with other souls. In fact, the sexuality on the higher planes is more intense but it obviously does not involve bodily fluids. (laughter).

The lower self experience, of sexuality, of emotions, of deep unconscious is emphasized when we are in physical bodies. And if you go low enough into that through the Deva type energies that are on the lower Physical Plane eventually we are connected to Source. This is partly why people can have an experience of Source through enlightened sexuality. A lot of people think of sexuality as copulation, but sexuality can also be a profoundly spiritual experience. Some of the great psychologists such as Jung and Freud explored the deep unconscious. Part of that is the deep lower self and it should not be disparaged. It's beautiful, it's dark, it's mysterious. There is a lot of garbage there as well because throughout recent, especially Western history, the lower self has been repressed. When you repress things, they tend to go bad. It's sort of like food getting mold in the back of your refrigerator. But if the lower self were freed and healed and engaged with, it gives us much more depth and beauty and full bodied experiences. You know people who are too much in their heads all the time and they don't experience that, they feel dry. They don't feel juicy. We love being with people who are healthy, well engaged lower self. In other words, they are emotionally intelligent. They are comfortable in their bodies and in their sexuality and they are free.

The goal of all true spirituality on Earth as a human is to unify the higher and lower selves rather than the higher self to repress or impose on the lower self. This is an unfortunate legacy of most religions is the repression of lower self and particularly sexuality. One can understand how that happened. If you go back to the hunter gatherer stage, particularly early on, some of those tribes might not have even understood that copulation lead to babies. Because they were so natural, once they reached puberty, everyone was having sex with everyone else and occasionally a baby would pop out. They would think it was a miracle, came from the God.

These were matriarchal societies, so the women, OMG you're amazing, you are able to create life! So, the women were in charge as a result. Then as populations grew, it became impractical to live on hunting and gathering. It became more efficient to raise food through farms so, people settled down. They would farm their own plots and they developed the concept of personal property. Then there would be maybe just one man and just one woman farming a piece of land. At that point it became more important to know who the father was because that person had to be responsible for feeding those children and caring for them and protecting them. Whereas before the whole tribe took care of all the kids.

And incidentally there is a lot of scientific historical thought now that believes that the hunter gathers were actually much healthier than we are today because they traveled all the time, and they had such variety in their diets. They moved a lot, so they exercised. Of course, the early farmers also worked their asses off, so they exercised.

But they tended to eat very few foods. Then there started to be more crowding in the towns and cities and diseases could spread more easily in these situations.

Then the religions were formed to try and keep order. And they said, Ok, we need to know who the fathers are and therefore you need to be monogamous, that is the only way we can do this. I don't think the human animal is suited for monogamy although some people are better suited for it than others. But this was the idea, we need to enforce this otherwise these children will not be cared for. If you say to a bunch of guys, "it's going to be one woman for the rest of your life, and this is why, we are going to explain it to you intellectually", they'll say, "oh that makes a lot of sense." But the lower self urges are so powerful, and they scare people. But if you think of it, it's so beautiful, these powerful forces moving in our lower self. They can provide intensity and are magnificent Earth shaking experiences.

But people were taught to be afraid of it. Because if I'm your priest or your shaman or whatever and I explain to you intellectually that you need to limit yourself to one partner, your lower self is not going to like that. So, the Church came up with shame, saying, "You're bad!" if you want to be non-monogamous. That was the only way they could control people and it didn't even work. It's never worked. And there are statistics that 60 to 80% of married couples have had sexual relationships outside of their marriages. It just doesn't work. But that was the idea behind it. And now that we have birth control and medicines for STDs, the whole *raison d'être* for all of this sexual repression is out of date. It's no longer necessary but people are brainwashed into thinking this is how things should be that they continue it. So, some people are moving beyond it.

But in any case this is why the lower self has gotten a bad rap. But we need the lower self, or we are going to be miserable. We need our emotions and the way to handle negative emotions, by negative emotions I don't mean they are bad, they just aren't going to make us happy. The way to handle them is to honor them, to see what messages they have.

John Friedlander has this technique where you tune into your emotions, and you give them all the space that they need, and you just observe them as a witness. You don't identify with them; you don't resonate with them, but you give them all the space they need, and you observe them unwinding. For example, if you are holding some old anger, which may have been justified in the moment that it was formed because you were being violated, but it's no longer useful to you because the situation has past, you can say, "Ok, this is making me sick, or unhappy to hang on to this old anger", which is just an energy after all. "I'm going to let the energy disperse", and you just observe it and let it do it. Then that energy is free to use for something in the present moment that will make you happy.

So, that is the lower self. Now if you go low enough into the lower self you get to the Tao. We are on the 4th level of the Physical Plane. The Devas are on the 3rd level of the Physical Plane. Sometimes people see them, these nature spirits. They are in legend as the dwarfs or the elves or the gnomes, just meaning that there are a lot of different kinds of nature spirits. There have been stories that maybe have limited the

way we think about them and that may not be exactly how they are. But if you look at children's books you can get a rough idea what they have looked like to some people who have been able to see them because they have expanded perceptions.

Patricia then asked me to relate the forgoing to other terms. Susannah Redelfs who is much more expert in these things than I am, she is an incredible energy healer, said there is a difference between Devas and nature spirits, but I forgot what she told me. Elemental could be a synonym for them. In Germanic legends there are the Undines which are the water spirits. I suspect the Elementals, the Sylphs (1:00:54) the air spirits, the fire spirits etc. are just certain kinds of Devas that are dealing with larger forces as opposed to Devas that work with specific pieces of the plan.

Ok, I think that's pretty complete for Patricia's question. Are there any comments before I move on?

Shepherd: Amanda.

Amanda: [sound issues, will type it into the chat.](#)

Susan J: I have two questions. The one is personal and the next one is more global. The first one is. Several years ago, I had set a day for a day long retreat for myself and went into meditation. And when I was meditating I went into the space of the Void. There was absolute nothingness. It was a very profound experience because what I experienced in the Void was just this overwhelming sense of love and peace.

[# 8. I wonder if that was touching the Tao by going down to the lower places.](#)

Shepherd: You know, my guess would have been yes. But spirit is saying it actually was part of the Astral Plane that is dedicated to releasing.

Susan J: It didn't exactly feel like the Tao, but then I don't know what the Tao feels like exactly either.

Shepherd: Sure, I don't know either, but I would expect for your human consciousness, a direct experience with the Tao would blow all your circuits out.

Susan J: Oh, that makes sense. My next question is this.

[#9. I'm wondering then, can we humans actually reverse climate change by working with the Devas?](#)

Shepherd: Yes, I was part of a spiritual group from age 16 to 30 called Emissaries of Divine Light but I've also heard this concept from Michael and other teachings. If human consciousness becomes more in harmony with the whole we would be shocked how quickly the Physical Plane will be healed, how quickly pollution could be healed up. And then of course there's all this marvelous technological advancements for cleaner energy sources.

If we could stop adding new pollution, things could heal. We would only need to raise our consciousness just a little bit to get energy flowing in such a way to heal the planet faster than current scientists would ever believe possible. I do believe this because I believe in the power of love. And I think if we could get love flowing more freely there

could be an amazing transformation. If we could get human beings to allow that, well that is the \$64,000 question.

Susan J: Do you think that is likely? That we can get there, that we can expand our consciousness in a small amount, so we can heal the Earth and become more loving towards each other?

Shepherd: With the caveat that no one can actually predict the future, my intuition is that it's going to be a very bumpy next 100 years, it's going to be really tough, but I think we are going to get there. Thank you.

Now we have Amanda's question in the chat: [# 10. We're on the 4th Level, Devas are on the 3rd what are on the 1st and 2nd?](#)

I think 1st and 2nd are more for the infrastructure for the foundational energies that allow this whole thing to exist. Let's go to the next question.

[#11. Do you have any thoughts on Iceland with such a large amount of Old souls that have an apparent intimate relationship with the Devas?](#)

Shepherd: And you didn't ask this directly but... sometimes Old souls want to go to places that Young Souls aren't going to want so they can have it to themselves. So, you have this place with a horrible climate and everyone else is going to leave them alone. And it totally makes sense that they would have this relationship with the Devas because they are old souls.

What happens with soul ages is a lot like what happens with an individual lifetime. When you have a newborn baby, they still remember the Astral Plane and they radiate so much light because they haven't fully gotten here. Their soul radiance is shining through. They don't even really know that they are not an eternal soul. They don't know that they are in a separate situation. They don't have much individuation. They are still really connected with the whole.

And it's the same thing with Infant Souls. They are atavistic, they are natural. There is something so very beautiful about those early stages because they are so connected to the Tao, in an innocent way. They don't have a developed consciousness of it, but they are, they are connected. These tribal cultures are also very connected with the Devic energies and the forces.

Then we get more and more individuated. The Baby souls get focused on building communities and rules and how can we all work together. Then the Young soul is the apotheosis of individuation where they are building cities and they are saying, "I'm going to climb to the top of the heap" and "I'm going to find myself as a separate individual" and then we start to go back.

Now that we have more consciousness, let's start reconnecting with larger and larger groups and become more conscious of larger and larger groups. So, the Mature cycle is very focused on "Not just Me" but "Me and You". Then we get to the Old cycle and it's "Me and You" and our context. And we start to remember the Devas and feel connected to nature and to the stars and to the spirit and all of that.

So, yes, that makes total sense. Thank you.

I'm going to take a brief break. Feel free to talk among yourselves and I'll be back in a couple of minutes.

Carol: #12: I was going to share something earlier about prayer and the intrusiveness of what you might be sending to somebody. I had two things that I thought were very cool models.

One is sending Love to the Angels of the person. And the other is how I used that myself when I was recovering from Cancer in 2017, breast Cancer and all the treatment and then recovery from the treatment as well.

I just asked my angels and guides to take all the prayers and energy that was coming to me and transmute it to something that I could use.

Susan J: Thank you Carol, that was really helpful. I was walking with a friend this morning and we were talking about this topic a little bit. She just took a Reiki II class and her teacher said she had been on an airplane with a crying baby.

What her teacher did instead of sending Reiki energy to the baby because she didn't know what the baby needed. She sent the Reiki energy to the situation. It's kind of what you are saying. You can send it to the situation, you can send it to the angels, and it gets dispersed as needed. And if it's not needed there it can be taken and used someplace else.

I love that you do the same thing. And I love that the universe has an exclamation point.

Carol: I follow some Shamanic practices that's what I've mostly have been doing for the last few decades. There's a couple different groups and what they often do after creating sacred energetic space is to connect to the spirits that are overseeing whatever situation there is. And then just send energy trusting that the spirits are using it for whatever the highest purpose is there. So, you're not so much an agent pushing, "I want the war to stop" you're pushing for a harmonious conclusion.

I don't know if anyone is interested but you could just google for that because there are a lot of people doing this. And I'm always grateful to know that more and more people are doing energetic work to help improve the Earth's situation.

Susan J: # 13. It feels like that is the solution doesn't it? Old saying, I don't know who said it but, "You can't solve problems from the place where they were created." It seems like so many solutions are in shifting consciousness and in using energy. And my own hope is that there will be more and more groups springing up like our class around the world. Where people are finding the solution and are bringing love and kindness and doing energy work and prayer, however you can develop prayer. Because that is what I think is going to shift the consciousness so we can find the head of Wisdom and get ourselves out of this place. 1:13:54

Carol: This is probably more hubris than anything, but I did have this question that I sent Shepherd. He didn't necessarily bring it up, but he talked about it when he talked

about sex. But my question was: Can you send prayer to the world while you are having an orgasm? I don't think you can. I think it's too hard to focus. But I'm so glad he talked about sex being more intense in other levels beyond the physical, like when you are in the Astral Plane. Because sometimes I thought I don't want to give up being human because I felt like sacred sexuality can reach, the few times I felt like that, can reach much higher levels than just this physical plane. It's so mind blowing, I was feeling like I was going to have to give it up when I gave up being in a physical body.

Shepherd: #14. The recombining of the Entity after everyone cycles off the Physical Plane is really a sexual experience. That recombining is just not with one other soul. It's with the 1000 or 1500 members of your Entity. You can imagine how explosive that is even though that takes place gradually. It's not all at once. In fact, that recombining starts on the Upper Astral Plane and it continues through all the higher planes. But then larger and larger groupings are combined. So, on the upper Causal Plane the Cadre starts to recombine and that also doesn't happen all at once. It's a gradual process as you move through the higher planes.

So really in a sense is sexual. We just tend to think of the body fluids and the reproductive aspects of it. But spiritually it's really useful because you might say that Physical Plane reproductive sexuality is a training ground for what happens on all the higher plains as we increasingly reunify. And eventually we reunify with the Tao.

So, what we are trying to do with sex is not just copulate physically, but we are trying to unify with another person emotionally, spiritually, mentally on all levels. And the more levels of unification that occur, the more satisfying and the more powerful and enriching the experience is.

A core teaching of Michael is Essence contact. And that is where your Essence and another person's Essence recognize each other and join together. That is a kind of sexually experience. It could happen during physical sex, but it could also happen just by making eye contact with someone on a bus where there is this electricity that flows. If it is intense, it's reminiscent of the sexual orgasm, it's electric, it's powerful.

One of my great sadness's of my entire life, is that even in childhood, I somehow knew that life and human relations could be really beautiful. That there could be this Essence contact happening all the time. That people could love each other. That it could be warm and connected and unified. And yet I looked around and saw so little of that happening. The obvious reason of that so little happening is what Michael calls False Personality which is the fear based personality. It's the COs, and it's the negative poles of the overleaves and all the false beliefs that people carry that build walls between us.

One thing that I've had a lot of trouble with all my life is watching how so many people bicker with each other all the time. As a Sage I keep thinking, "You have terrible communication skills. What's wrong with you? (laughing) You should be able to talk with each other and say what you're thinking and feeling. Negotiate and move forward without picking at each other all the time.

But I've come to understand that we live on a primitive planet, primitive spiritually, mentally and emotionally certainly. It's just not advanced. I look around right now and I see so many people, in the Michael community and other spiritual new age people, people I like a lot, people who I think are basically loving, kind, good people who for some reason, who for some emotional reason are willing to believe obvious lies. And it saddens me a great deal but it's what is, and it reminds me that we have a lot of emotional healing to do. Because you are not going to believe lies very readily if you are emotionally healthy.

So, there is something that is attracting people to these beliefs. For example, the belief that I'm a victim, the belief that I should feel aggrieved, the belief that others are out to get me. You know, those kind of deep emotional unhealed wounds made you vulnerable to believe lies. I'm 67 now and in all my years, I don't recall ever when so many obvious lies were believed by so many people. And I think it's partly because we used to get public information through 3 or 4 television networks and newspapers that usually had some standards. There were always the tabloid who didn't care so much about what was really true. But there were the more reputable ones that made the effort at least. Now I'm not saying that everything they printed was true, but they tried. We don't have that anymore. There's also some good things about the proliferation of social media and all that where everyone has a voice. It's not all bad, it's never all bad.

But my spiritual journey, the only way I'm able to survive this planet is for me to deeply accept that this is basically an insane asylum and I'm here to be of service to others and I shouldn't expect too much from other people and hold the hope that it's going to get better before we make human life impossible on the face of this planet.
1:22:48

[Shepherd: Patricia also asked #15 Please explain the differences between Alternate Realities, Alternate Universes, Parallel Universes and Concurrents.](#)

[Shepherd:](#) We've had a couple of sessions already about Parallel Universes, but I'll recap. This is the idea that here in our universe there is this soul, in my instance, I'm a Sage with Sage casting in a particular soul family. In one reality, one instance I have parents named Ruth and Fred and I'm not married, in other words all the facts of my life as I know it. But the truth is, that we live in a multidimensional reality and that there are a lot of other dimensions that the Shepherd Hoodwin that I know myself to be in this one is not consciously aware of. The reason that I'm not consciously aware of them usually is because I have this little pea brain that only has so much capacity to handle so much information at once and if I was aware of all those multidimensional realities I would probably have to be locked up and put in a straight jacket.

But when we contact a Causal entity like Michael they teach us, "Well, actually the Essence that is on Shepherd Hoodwin, with everything that you know to be true thought it would be more interesting to spawn a lot of different versions of Shepherd Hoodwin in parallel universes. Some of which are pretty similar with one or two differences. Maybe one parent is different, maybe there is a different career path, maybe the body looks a little different. But basically, they have the same Michael chart

except maybe body type to gain more lessons. Saying, what would happen if we did it this way? What would happen if we did it that way?

And some of these farther away parallels get more and more different. And these are all real. They are as real to themselves as this reality is to me. This is the way that Essence gets to experience a wider range of choices using the same role and overleaves.

You can contact parallel versions of yourself through meditations. I've usually experienced them through dreams. It's amazing, it's mind blowing. My chapter on parallel universes in Journey of Your Soul is the last one because I figured if I put it last, people couldn't abandon the book at that point. Because they would have already read it the rest of it so they would may be say, "I might as well read this too." It's really difficult for people to understand and absorb.

But I do, particularly because of my own experience especially through dreams, I do believe these are realities. So, that's parallels.

Concurrents are all within the same parallel. So, the Shepherd Hoodwin parallel where my parents were Ruth and Fred and I look a certain way, etcetera. In this parallel, my soul said, "Well, look there's only 1.8 billion souls but there are 8 billion bodies currently and they need to be filled. So, along with other souls, let's have a lot of other lifetimes, in this time frame that overlap the year 2022." But they will be just like past lives or future lives from the soul's point of view.

So, basically a concurrent is a past life or a future life that happens to be in the same timeframe. There are 2 ways the soul can pull that off. One is that the soul waits until let's say the Shepherd Hoodwin lifetime is over, it dies in let's say the year 2050. It then chooses a new lifetime and sees there are some available bodies, and it goes back to 1950, or 1970, or whatever and it bends time just a little bit and it incarnates that next lifetime in say 1062. And it's totally different from Shepherd Hoodwin but it's the same soul, the same top half of my Michael chart, which are just Essence traits but probably different overleaves, different parents. That's a concurrent.

It is conceivably possible, that I as Shepherd Hoodwin could meet a concurrent but generally the soul avoids it because it is a little weird. Let's say, I was sitting waiting for a plane and some one sat down near me, named Sally Jones and she was a concurrent of mine and we struck up a conversation. My thought would probably be, "You seem so familiar to me!" (laughter) Female concurrents of mine, one of whom is Chinese and one of whom is in Argentina I think, I don't know much about them. But they have very different life tasks. One of them is a scientist, but they are doing something very, very different than what Shepherd Hoodwin and they are pretty irrelevant. Some of our past lives are very relevant to the current and some of them are not.

Because there are so many bodies available, a lot of us are running concurrents and usually they are not going to be of much interest to the current personality.

Then she asks about what is the difference between those and alternate realities. Suzannah is the expert on this but what she has told me is in this overall universe with

the planets that we know such as Earth, Mars, Mercury etc. there are a lot of alternates where the universe as a whole has a different set of lessons. For instance, our universe is focused on the lesson of Love. What if this whole universe were recasts having lessons about Power? That would be an alternate universe. And there is probably going to be some version of this soul, where this personality known as Shepherd that is in that Power universe. And at some level, some higher level of Essence, I'm keeping track of those alternates. But these become less and less relevant because they are alternates.

Any questions or comments about the difference between parallels, concurrents or alternates? (1:33:38) Carol and then Stan. Carol you're silent, you need to unmute.

Carol: I wanted to know, #16: if soul growth by one concurrent would affect me. That part grows and then suddenly I feel, "Oh yeh!" or vice versa.

Shepherd: Yes, but not directly but indirectly yes, it is helpful. If any part of the whole grows, it is helpful. In fact, if your Entity mates grow it is helpful. Maybe not in the most direct obvious sense but from the Essence's point of view, it's all good, all helpful.

Stan: #17: With the parallel universes, and parallels, are there multiple planet Earths?

Shepherd: In terms of parallels, there are a lot of parallel versions of Earth. It's still Earth but it's different versions of Earth.

Stan: Are they in different parts of the cosmos?

Shepherd: I would say that the cosmos in parallels could be configured a little differently, but I would say that it's close to the cosmos as we know it. In other words, if I go to a distant parallel version of Shepherd, were the planet... the continents look a little different, the climates are a little different, but the human life form is basically the same. I would think if you looked up at the night sky, the basic planets would be pretty much the same, in pretty much the same place. There would be some differences, but it would be hugely different.

For example, I think I told you the story, if you attended one of the sessions on parallels of a dream I had of a distant parallel. Where I was me, but my body was different. My body was very healthy and strong and strapping and lively. But I didn't have the same spiritual development and there was a real grief about being unable to connect with the higher realms. So, Essence put me in contact with him because my strength is I'm really good at contacting the higher realms, but I don't have that physical vitality. So, Essence was saying, "Ok you two parallels, help each other."

In his parallel, he was living in the equivalent of Baja California, but in his parallel, the climate was more cloudy and overcast. It was basically in the same place, but it was a little different configuration and a different government. It wasn't Mexico as we know it but it was a whole different political system which was fascinating. There were different cultural things. But it was basically me and it was Baja California.

Does that answer your question?

Stan: thumbs up

Shepherd: Any other questions or comments? Go ahead Susan J.

Susan J: # 18: Shepherd, I'm wondering... you had mentioned in one of the classes that soul age is actually an Overleaf, so, it is part of the lower part of the chart.

Shepherd: What I said is that it could be framed that way. I put it on the bottom half of the chart because it changes from lifetime to lifetime. But I also said there is a good argument of thinking of it as an Essence trait as well because the soul is Essence. So, I chose to configure my chart in such a way so, that I could say that nothing on the top half of the chart would change in any human lifetime. And the bottom half of the chart changes. That's why I call it an Overleaf and there are other good arguments for calling it an Overleaf.

Susan J: #19: So, based on the thought that I could be an Overleaf, and based on parallel lives and concurrents, can we have parallels and concurrents that are different soul ages than we are. If our parallels and concurrents can be different soul ages, and they are having their own experiences, I would imagine it can change your soul age. If it is changed in a concurrent or other parallel, does it affect your soul age in this parallel?

Shepherd: Generally, your soul age in your concurrents and parallels is pretty close to the person you know as Susan. It might be one or two levels above or below. But they are going to track pretty close to each other for obvious reasons. Because otherwise it would be very strange. It would not be a good reason to send out a 4th level Baby, just why, why would you do that? It would be so jarring because if I was 4th level Baby and I had an opportunity to have a concurrent in the 21st century, still why would I do that. Again, it would be so jarring, so foreign. I wouldn't fit in, and I wouldn't know how to do that.

So, you're going to keep tracking pretty close to each other. And if I have concurrents that are also advancing in soul age, if those concurrents have very different life lessons and themes than what Susan and Shepherd has, it's probably not going to affect me too much because I'm working on this set of issues and they're working on that set of issues. It's going to deepen me on an Essence level, and it will be very helpful. But it's not necessarily going to advance me too much on the particular issues I'm working on.

So, the real benefit is at the higher levels of Essence or the soul. Eventually when all of those are integrated it's going to put the higher part of the soul in a better position because it's conquered that material.

To make an analogy, you as soul have one concurrent majoring in Geology and another one majoring in Music. Those are both enriching subjects, but they don't intersect very much.

Does that answer your question?

Susan J: Mostly. Michael once said that I was laying the foundation for my final lifetime and inferred that that my next lifetime would be my final lifetime. But on my Michael chart, I'm at Old 5. That brought up for me this wondering, is this possible

because my concurrents and parallels are doing other work so that my Essence in my next return will be at Old 7.

Shepherd: It's possible. People are advancing faster because of all these concurrents. And the actual soul age of the planet is moving faster because we have so many people. If you have concurrents working on 6th level lessons and you complete 6th level because you have 14 concurrents doing those lessons and when you're all finished with these lifetimes and reunite with Essence, where you reintegrate into Essence, and Essence reintegrates all these lessons, it could then say, "Yes, OK, I think we are good with the 6th level lessons." And it could say, "Let's do one more lifetime at 7th and we'll be done." That is possible.

However, I would offer the caveat that Essence may assume that but then gets into that 7th level lifetime, and it goes, "You know, I'm really not done. I'm going to do a few more lifetimes." There are so many things where you need to take a wait and see attitude. It's so much like you're decorating your house and you go to the store where you see a bedspread. And you think, "Oh that is going to look so good in my bedroom." But you get it home and it doesn't. It doesn't fit. How many times, we've all had that experience. We have to try it out. Maybe it's too big, maybe the shade is a little bit off. We like it but it just doesn't work in the space.

That's why we come to the Physical Plane; we have to have these real world experiences. What we thought was going to happen may not be exactly what does happen.

Susan J: Thank you that is really helpful. 1:45:08 When I heard that I felt like, I don't feel near done. Like, Oh my goodness, there is so much to learn, so much to offer and so much to explore. And when we talk about enlightenment, I know I'm not anywhere near that. I think there is just so many more experiences to have. Interesting. But I did suspect that my concurrents and parallels are working in a way that there is an option that I could be older in my next lifetime.

Shepherd: When you die, when you pass over to be fulltime on the Astral Plane, there is a gradual experience of integration with Essence. It's like the higher levels of you digest that lifetime. That's why you have the life review. And what normally happens through that digestion process, the higher part of you sees what you have learned and what you haven't learned. That then becomes key in planning the next lifetime because you have a better idea of what you're still working on. So, until that higher part of you has figured that out, it's just not going to know.

#20. Most souls cycle off without an enlightenment experience. The soul basically says, "Ok, I'm good enough, I graduated." If you on a soul level still feel like you want an enlightenment experience on the Physical Plane because on the higher planes you're already kind of enlightened. (laughter) You're already connected, you're already one with everything. But if you can do it on the Physical Plane that is a huge accomplishment. Because you overcome so much to get there and it going to make it stronger. And if you decide you want to endure the hardships of the Physical Plane in order to have an enlightenment experience then maybe you will come back and set it up so you can do it.

There are many different definitions of Enlightenment. If you happen to encounter people who talk about enlightenment, or claim to be enlightened, it would be wise to ask them precisely how they define it. Because it doesn't mean the same thing to everyone.

But I can assure you that it never means... Let's say I'm a guru and I say I'm enlightened. It never means I've learned everything there is to learn, I know everything, I will always handle every situation with the greatest possible wisdom and skill. It doesn't mean that because this is not possible. It is not possible to be perfect and to have learned everything there is to learn.

But I think a good definition of Enlightenment is, "I have released my most important blocks on all levels and therefore energy can flow freely through me on every level including the spiritual energetic level. There is a free flow of emotional energy. I can laugh easily. My body is full of life force. That doesn't mean it won't get sick at some point, but my body is vibrant, my emotions are vibrant. My mind is sharp and alive, and my spiritual energy is free flowing and powerful. I feel connected to everything and everyone and I'm a pretty happy guy.

That would be a reasonable definition of Enlightenment. John Friedlander says that a truly enlightened person, you can see it in their energy field, it's sort of like a porch light that just turned on. That's not something that I have a direct experience of. I can't tell you if someone is enlightened. But I think if someone is joyful most of the time and they are not putting on an act, which many spiritual people do. If they give evidence of continual wellbeing, of joy, of accepting what is, of kindness, of not losing their temper, being pretty wise. If I saw someone like that, which I never have in person, I would be willing to call that person enlightened.

I have an entity mate who is an old friend named Dawson Church. He has a website called EFT Universe, <https://www.eftuniverse.com> EFT is capital, that is Emotional Freedom Technique. He is a keynote speaker at many New Age, spiritual, energy work gatherings. I think Stan you know Dawson, right? I met Dawson through Emissaries of Divine Light in 1983 and I met Stan in that same spiritual organization in the 1970's. And like me and Stan, Dawson has been on the spiritual search for decades.

Dawson discovered a spiritual author from a 100 years ago named Paul Brunton. He was a best seller back in the 1920's and 30's writing on spiritual topics. Paul went around the world, similar in the way that Gurdjieff did, interviewing people who said they were enlightened. They collected knowledge about how to get enlightened. He was prolific. There are a lot of books by Paul Brunton that are in print that are available today. He was quite famous in his day, and he is not anymore.

He wrote books on the short path. And what that meant was that throughout history, in order to get enlightened, you needed to spend hours a day sitting in a cave, meditating, doing breath work, very slowly gaining attainment. So, Paul said after interviewing all these gurus that there's a faster way to get enlightened. And this is called the short path to enlightenment.

Well, Dawson started studying all this stuff and he said Brunton's stuff is terrific! Why isn't anyone talking about Paul Brunton's teaching from a 100 year ago? Well, as he dug into Paul Brunton's work, he realized that OMG all these books out there, but it is so disorganized. The material so complicated and disorganized..

Hi Alice!!! (Alice arrives) 1:53:35

So, what Dawson has done, he's assembling a course on the Short Path to make it easy for everyone to get enlightened. You might want to check out Paul Brunton's stuff. But Dawson invited me to be a member of his pilot course. He was thinking that I could make Paul Brunton's work even easier and shorter and accessible to 21st century people. So, I'm just at the beginning of this and I'm not really good at doing my homework. But I'm very committed to it because Dawson believes that the people who take this course could end up enlightened. So, I'm just at the beginning of it. I'm not there yet. I'm far away from what I believe enlightenment would look like.

The core idea what Dawson is teaching and what Paul Brunton taught 100 years ago is that if you identify with personality, you can improve yourself, but you can't get enlightened. Because personality can not be enlightened. The whole definition of enlightenment is that you're identified with Essence. But with identity from personality, you can improve yourself a lot. You can do a lot of psychotherapy; you can understand your issues better. You can meditate, you can cleanse your body. But this is called the slow path, the long path to enlightenment.

The idea here is if you identify with personality, but you identify for 40 years and you meditate in a cave, eventually you could reach enlightenment. What Paul Brunton is saying is if you identify with Essence and assume that you're already enlightened, and just do some work on that personality as the owner of that personality you can get enlightened a lot faster.

A lot of Paul Brunton's books are still out and Dawson who is an Entity mate of mine is a prolific author. Dawson's interest has been in how science and spirituality connect. He's been doing a lot of study of brains, he's conducted experiments. If you go to Amazon or the Dawson site, you can see his books and you might find them interesting.

Carol...

[Carol: #21.I just want to say that I've often seen the Dali Lama on television and once I was near to his presence. And I basically consider him an Enlightened person.](#)

[Shepherd:](#) He might be. He certainly very kind and he's really done the work, no question about it. I have found his teaching intellectually very simple. I agree with it but I find it to be very simple. I think what we've learned through Michael is way more advanced. Mind you there is absolutely nothing wrong with beginning, simple teachings. So, this is not a judgement or criticism. And I love the Dali Lama, love him to pieces. I think he is a great soul.

Yes, I could agree that he's a pretty enlightened guy. And it depends on your definition of enlightenment. Could there be more? Yeh. Could there be higher levels of enlightenment? Sure.

But he has certainly done the work. He's kind, loving, clean energied soul. I'd say the same about Thich Nhat Hanh who just passed over. I think there are probably a number of people who have done a lot of great work. That have that energy flowing. Do their teachings speak to me entirely maybe not but I'm so glad they are on the planet.

The most important form of service to the planet is energetic. And these are two men who have raised their vibration to a very high level of Unconditional Love, way above what I've been able to accomplish so far, and I salute them. I love that they are here or have been here and are raising the vibration.

If any person, even if no one has never heard of them has raised their vibration to a high quality of unconditional Love, they are doing more to help the planet than people who are famous but are vibrating at a lower level.

So, yes, I do salute them, and the Dali Lama is unquestionably a really beautiful soul. What he teaches is his tradition and I think it has some limitations because it's a very old tradition. Maybe he hasn't been exposed to other teachings. Maybe if he studied the Michael teaching or other things he could incorporate some of those teachings and the teachings could become more expansive and more interesting to me. However, what he does teach is pure and good and way above where most people are. So, I think most people could benefit from what he has to say.

For me I'm finding more intellectual enrichment in some other places. Any comments on that Carol?

Carol: Yes, what I wanted to say, on a huge wide perspective, the fact that he's popular and seen all over the planet, he's condensed his message into friendliness.

Shepherd: Love and kindness.

Carol: Love and kindness. And he will use either of those phrases. To me I think that is a wonderful gift to the planet because I think it will go further and deeper than if he stuck just to the teachings of Buddhism as he understands them. So I really admire him for condensing it and radiating it out. So, every time I see him on Facebook or something, there he is encouraging everyone to have friendliness, love and compassion for everyone.

Shepherd: I absolutely agree with that. And Michael has always said that the core teaching is Agape, or unconditional love. The most basic, day-to-day version of that is being kind. And we would have a hugely transformed world if far more people simply practiced kindness. It doesn't take a lot of intellectual understanding to accomplish. It doesn't even take a lot of healing to accomplish. If you are simply endeavoring to be as kind as you are capable of being, Essence can take over and a lot of stuff can get healed.

So as a fundamental spiritual teaching, trying to be kind, especially with your enemies is huge. This is what Jesus taught too. And you see all of these hateful people who claim to be Christians, they are not practicing what Jesus taught. Which was love your enemies, kindness, "love one another as I have loved you". Love the Lord thy God,

with all your heart, with all your soul and all thy mind, and then the second commandment, "Love each other". It's so dead simple. Yet how many people are prioritizing that?

They go to their religious services on the weekend, they parrot that and then what do they go out and do in their lives? They lie, they cheat, they hurt other people. They're rude, they're nasty, they're judgmental. They're anti this and anti that.. So, yes, if people could really get it, that this is what it is about and practice it, it would be huge.

So yes, I love the Dali Lama. I respect him. I'm so glad he is here and that he's become a well-known celebrity. It's funny because this has come up in some sessions that I've done recently. How something horrible happening to you, someone's act of cruelty can end up leading to something beautiful and wonderful. If the Dali Lama hadn't been a victim of the Chinese ruthless, uncalled for invasion of Tibet he might not be bringing his teachings to the world.

Maybe he still would have, but we don't know this. But his plight and his becoming a world known person, he's certainly the best known Buddhist on the planet and maybe other than the Pope, the best known spiritual or religious figure.

He used something bad... he made lemonade out of the lemons out of the horrible behavior of the Chinese. And maybe who knows, maybe the Russian invasion of the Ukraine will lead to something good. Maybe it will make humanity finally realize that war is outmoded, that it's not a solution, that's it is only going to make things worse.

Heck, maybe it will even scare the Chinese into not invading Hong Kong. We can always hope that good things will come out of bad things.

But the truth is always, no matter what happens, we can grow from it. Maybe the collective won't grow, but you and I can choose to grow from everything that happens even if we don't like it. We can say, "Ok this happened, what do I need to look at to make sure it doesn't happen again." "How can I grow from this?"

If nothing else, we can grow in endurance. By that I mean the ability to endure suffering with grace. It's a great skill for any soul to have. For example, let's say you have a long time health issue, you have ongoing pain or discomfort. Let's face it that sucks! No body wants that. But if I can learn to endure it with less complaint, with more peace, with more opening to unconditional love, then I have taken that lemon and made lemonade. It doesn't mean that I like pain any more than I did before, no one is going to like it, but it may mean that I'm resisting it less. That could paradoxically reduce the amount of pain because when we resist it, it increases the pain. And if I can learn not to focus on it in my own mind and instead focus on things I can do something about, that's a good skill to have too, isn't it? 2:08:07

This session for me has been different than any other 2 hours that I've ever taught. It's been a lot more personal; it's reflected a lot more of what I've been thinking about lately. I've found it really healing for me and I'm so happy I was able to articulate these things. I don't know why it took the form that it did but, I really appreciated it and enjoyed it. And I thank you all for being here.

Are there any comments or questions before we close?

Stan: I want to thank you for including me into the end of today's considerations. I was part of an international summit attunement, energy summit today and I'm here now. #22: One notion I had, and we've talked about the Tao, coming out as a spark and having our Essence and what have you. Is there anything ever commented on about the experience in the Tao itself? There must be some experience there.

Shepherd: I made a note to myself to channel more about this, because I'm curious too. We haven't gotten a lot of information about it. And Michael being on the Causal Plane doesn't necessarily have a great deal of information about the Tao. But I am going to ask. If I get more information on it, I will share it with you.

Attunement by the way is a healing technique, laying on of hands, maybe not exactly similar to Reiki but in that same general category. It's something taught by Emissaries of Divine Light and some of us who are no longer participating in the organization continue to have an interest in the healing ideas of attunement. So, that is what Stan is referring to.

I also wanted to mention that Susan F has been pretty quick to offer transcripts of these sessions so, there is already a transcript or two available at the Google Drive site it that interests you. You might also keep your eyes on the PDF folder in there that has charts another information in it.

There are also transcripts available from the earlier workshops. So, if you want transcripts and you don't have a complete set of them you can check back in to the other Google Drive folders to see what has been added since you last checked.

Nathalie has added one or 2 and she plans to complete transcripts she has been working on, it will just take some time so you can check back for those.

We will close now. Love and blessings to you all and see you next Saturday.