

Shepherd Beyond the MC III

Session 4: March 26, 2022

Transcribed by Susan A. Flow

Session Mates: I'm putting the latest communication about donations to the Ukrainian cause upfront. The transcript gives the discussion with Alice about our choices. I received this information this morning 3/20/2022. I used Microsoft Word to translate it from the Dutch which was the language Alice received this reply. Susan

March 30, 2022

Dear Mrs. Bouwland

First of all, thank you very much on behalf of MÉDECINS SANS FRONTIÈRES. How nice that you want to support us! Our medical teams don't get anywhere without the help of our donors. MSF is highly dependent on structural support from donors.

Fixed donations give us the freedom to take immediate action in the event of disasters and other emergencies. This is why we like to keep our donors informed about our work. However, it remains possible at all times to make a one-time donation, without sharing your address details with us. This can be done on IBAN account number

NL13INGB0000004054 (BIC INGBNL2A) in the name of Médecins Sans Frontières.

Hereby the bank account number

NL13INGB0000004054 (BIC INGBNL2A)

Médecins Sans Frontières

Plantation Middenlaan 141018 DD AMSTERDAM.

The Netherlands

If you have any questions or comments, please contact our donor line via number **0800 - 0102** (Mon to Fri 8.00 - 21.00 and Sat 09.00 - 17.00).

Kind regards,

Vivian

Venneman Public Communications Officer Médecins Sans

Frontières Plantage Middenlaan 141018 DD AMSTERDAM

- # 1. Meditation on Unconditional Love
- # 2. Doctors Without Borders organizational description.
- # 3. Comments on the Paradox of Truth
- # 4. Do you know where your channeling comes from or are you like Varda who channels Die Quelle?
- # 5. Is it typical for Old 7th level souls to get stuck? The challenges of high sensitivity
- # 6. Is there a correlation between soul age and personality disorders?
- # 7. Is it typical for older souls to feel like a rabbit in the light of a hunter, i.e., frozen?
- # 8. Do we experience the same trauma in many lifetimes to heal them?

9. As our energy fields become more refined, do vibrational medicines become more effective?

#10. Is it because younger souls tend to have less refined energy fields that they tend to reject vibrational interventions such as Reiki etc?

Shepherd: Welcome to everyone. Let's begin with a meditation.

#1. Part of Unconditional Love is total acceptance for what is. We may not like certain things and that is fine. For example, to say that I prefer peace over war is perfectly valid. But that is a separate issue from one's internal state, choosing to be at peace with what is at this moment.

There is a paradox that most do not understand which is you can be completely accepting of the current moment and at the same time actively do all that you can to make things better in an upcoming moment.

How might that look for example, the war in Ukraine? While looking at that certainly a decent human being would be deeply saddened by the unnecessary suffering being caused.

Be at peace with that sadness. One might obviously wish that political leaders were wiser, kinder, generous of heart.

But unconditional love implies the perspective, that they are where they are, doing what they are doing, and in this moment if I am to love unconditionally, it is more helpful to this situation and to all things for me to be in inner peace and radiate unconditional love.

It is helpful to have the perspective and understanding that we are all evolving and most of us are acting from fear to some extent.

All evil could be framed as an extreme predominance of fear shutting out love that causes destruction and harm.

If we have a child who is fearful, we would attempt to nurture and comfort them. We obviously cannot do that in a direct way do that for someone like Vladimir Putin. But we could acknowledge his extreme fear and rather than holding an energy towards him of hate which adds fuel to the fire that makes him more likely to dig in his heels. We could send an energy of unconditional love that if he at any level would be willing to accept this, he may not be, but we offer it anyway because it is the most we can do, it might soften his stance a little.

We might say, in our meditations, "I understand that you are afraid. And that your fear may go back not only to your childhood and cultural imprinting but many lifetimes." This is something we all struggle with. "I wish only your highest good and healing."

And at the same time, what can we do, what can I do to help stop further suffering. So, you see, unconditional love is not acquiescence. It is not passivity. It is not goody two shoes. It is simply an acknowledgement of everything else in the universe being on an evolutionary path just like us and some who are mired in negativity.

Having good will towards them, even if it requires the necessity of military action that could result in deaths in order to prevent even larger suffering, this too can come from an attitude of unconditional love.

The way we know that we are in unconditional love, although we are saddened, we are peaceful. We are not overly stirred up or charged in our emotions. We want the best for all, and we may feel called to take action to stop further expansion, in this case, a war.

Obviously this is more in the realm of what our leaders can do but when we help create an energy of peace it can make our well intentions work more effectively.

People often say, what can one person do, and then they give up. But is anyone individual more than one person? We are all one person, and one person can only do what one person can do. Whatever you are called to do, then you do.

Anything done in the highest available vibration of love will be helpful. It may not be enough to stop this war but as long as each does what one can it is the best possible outcome.

If you want to do more, one thing you can do is raise the vibration of the intensity of your unconditional love. That does not preclude taking other actions. Maybe making donations or sharing accurate information.

Maybe more than ever there are many good people who choose to believe lies. Maybe they have been brainwashed. Maybe these lies appeals to some unresolved emotions in them. Generally speaking, rational intellectual information will not sway them, but you can hold a space of unconditional love just in case there is some openness in some people.

It is good practice in each of us to be psychically sensitive so that we might choose the precise right words that might get through to them and refrain from those that might trigger them.

Sometimes this involves something surprising that they haven't heard before, an approach that hasn't been used before. But let us all remember that others have the right to make their own choices including the choice of what to believe even if it is false.

In any case, it doesn't work to be overbearing and pompous in our arguments with them.

The bottom line of right spiritual action is to choose to do what will do the greatest spiritual good and to avoid what will hamper it. So, if you are arguing with a friend and you are 100% correct in everything you say, but the result is the other person builds stronger defenses against the truth, what have you accomplished. Sometimes it is better to say nothing.

So, for this meditation, let us ask that the whole of our being, our bodies, our emotions, our intellect, our energy field, are filled with the highest possible vibrations of Essence and will be used as a potent radio transmitter of unconditional love and that it penetrates wherever it is welcome. Wherever there is an opening.

Let us also ask for the peace that passes understanding, as Jesus put it. It is good to understand but better to be in peace.

If this unnecessary and tragic war expands into something worse, remember that although unfortunate, every choice can lead to growth. Having radical acceptance for what is makes us supremely practical. We just handle it with the greatest skill that we can.

On the other hand, let us be open to being surprised by a wonderful outcome that is still possible as well. Maybe more hearts will open. Maybe there will be a course correction.

The glass is half empty, yes. But it is also at the same time half full. We can visualize the highest possible outcome and at the same time accept the choices of others who we have no control over. And simply handle it from the highest possible vibration that we are capable of.

That is all anyone can do. That is divine practicality. There is no reason to despair. That is not going to make things better. No matter what happens here on the Physical Plane in a way it is just a matrix like simulation. We are each eternal souls and ultimately all is well.

Think of it this way we are each on a playing field maybe we lost this game badly. But we all end up in the locker room afterwards, maybe licking our wounds but planning our next victory.

It's another one of those divine paradoxes. It really matters and it doesn't matter. In other words, it would be better if people learned to make kinder, wiser choices earlier rather than later because there would be less suffering. But in the biggest picture, it's all OK because eventually most will learn. And as more souls grow the greater the capacity develops for joy.

So, let's take a couple of minutes of silence, not to think about all this, but to feel that all is well no matter what happens. And that we each are choosing to emanate the highest available vibration of love, of peace which begets peace on earth and radical acceptance for all that we cannot control and for ourselves. 21:24

Shepherd: Would anyone like to share anything? You can raise your hand with the icon in the reaction button on the bottom of the screen to the right. Or you can wave your hand.

We'll move on here. We've had some beautiful questions

Alice has been asked, because she is in the Netherland, how to... who's the best charity to donate to for Ukraine. She emailed me earlier that she has done some research and that she has a suggestion to make. Alice maybe you would like to unmute yourself to say something about this.

Alice: First of all, thanks to all who raised the question, to help me do the work for some research to look for some good organizations. It was not that easy, and I thought it was going to be an easy job. There were so many different organizations. I've already sent Shepherd, Susan Flow and Susan Campbell some emails about the

result of my research. But also in the end, in light of what Shepherd suggested to us about having a good attitude about trying to stay in neutrality with the parties using unconditional love. That is not to choose sides or parties.

2. I have an organization, it's called Artsen zonder Grenzen/ Médecins Sans Frontières, I think it is the best organization for you if you want to donate something. It is a very professional organization of Doctors and medical personnel who in their free time, some are paid, mostly they are in their free time, go to situations where they can offer help. Also, they offer practical help. They are called Doctors without Borders. That is the translation of their name, Doctors Without Borders.

What they do now in the Ukraine, is first try to research where help is needed then they try to upgrade from their own background the amount of care takers to help. They provide hospitals with medical means.

Think of big packets of medical care products, tons of medical care products, they bring, which is very difficult over the border into the Ukraine. There are no drivers anymore so it's very difficult logistically to bring it there. They mostly bring first help kits to hospitals in Mariupol, and this is extremely difficult because they are completely bombed.

They make packets of medical supplies for 1000 people. And you must think of making packets to include insulin, aspirin etc. and taking them to locations of need.

They also train Doctors at a distance with video and zoom lessons like we are doing now for special trauma care. Susan Flow will especially be attracted to that because it was her work too.

How to help people, how to select people who need help the most which is often very difficult if you are not specialized in it.

They do this also in Kiva and Lviv in the local hospital because there are only 200 of the normally 2000 people who are still working there. There are no trauma surgeons with experience, so they don't know how to treat injured people from bullets and grenades and things like that. So, they train them by Zoom and they work all hours of the day, 365 days a year and not only here but also around the world. And not only as they say, when the cameras are on, but also in normal situations where their care is needed.

So, I hope this gives you an impression of this organization. It's an organization for medical health care with specialized professional people and they are very well organized. They will bring me next week the practical information about the bank account number we will need if you want to do something to help.

Of course, feel free but this is my advice to answer your question.

Shepherd: Thank you! Doctors Without Borders is very familiar to people in the US. It will be very easy to find their website and how to donate. It sounds like a splendid idea for donating to help the people of Ukraine.

Alice: I also found other organizations, but it is more difficult I know from one person who I know personally who became a fugitive herself and she works with orphans. But you have no idea, she works in Lviv, but 150 orphans came in Wednesday I think, and they don't know what to do but how do we get the money there. That is the problem, the banks, are they still working etc., etc. And I think this organization is very experienced and trustworthy and practical and professional in what they are doing.

So, that is what I have to offer you and that is the best answer.

Shepherd: I would ask us to tune into the energy of the group and notice that it has gone into a higher and more refined vibration. Just even thinking a little about unconditional love, about peace, it helps. Doesn't it? When we do it as a group it becomes more powerful.

Let's see if we can bring that intensity up to another notch. So, feel where it is, the energy of love that is permeating the group, and just say to yourself, "I am open to allowing this to increase as much as would be graceful and appropriate for this moment. And I would especially like to include all the people and the Ukraine in this. Just feel that, feel that happening. It feels good.

You know so much, for example Christian theology is about self-sacrifice. Which in the new paradigm is I lose, and you win. But the new paradigm that I believe in, is you win, I win, win-win, and when we focus on love and radiate peace, we feel a lot better also. So, it's a win for everyone and that is what we want to go for here.

I do think it perfectly fine to have opinions. My opinion and I think of most people in the world is that Putin has behaved in a very wrong way. That he is an aggressor, and he has done something evil. And unfortunately, a lot of the Russian people who have been cut off from truth and fact still side with him. That doesn't mean they're all in on the evil, but they have been convinced that it is necessary.

I've been in touch with a lovely couple in Moscow who attended my workshops in Vienna who wanted to invite me to do workshops. They still are believing Putin. I sent them a couple of articles; it didn't matter.

But in any case, I can hold the opinion that what Putin and his minions are doing is wrong even evil, but I can still at the same time be neutral in the sense that I want the highest good for every being in the universe including them. So, I'm not going to single them out.

Yeh, they might be part of my lower self, emotional anger that says, I wish bad for them. That's also a normal human reaction because, you know, you get angry and that is normal too. So, we can have unconditional love for the part of us that is angry, acknowledging that is also fear at work. It's OK to feel angry, you don't need to squash down feelings of anger, or hate or resentment or whatever. The skillful way to deal with those feelings is to be like a parent comforting a child and say, I understand that is a normal reaction, I love you. Let's just let the feeling be there and let it expand until it works itself out and dissolves back into pure energy. Because everything is really OK.

The anger may temporarily be useful to galvanize people in action, but it isn't ultimately going to lead to solutions. It's just going to keep us at the level of other people who are opposing us who are also angry.

Marie, you have your hand up.

Marie: It was just to tell something maybe after what Alice shared with us. Thank you Alice! I've still been able to wire to Ukraine, so somethings are still working. So, I just wanted to mention it.

Shepherd: Alice sometime back emailed me some beautiful questions. It brings us back to the Michael teachings and that is what this workshop is about.

Alice: Oh, it was nothing important.

Shepherd: # 3. You know I think everything is important. You know when I was a surly teenager, I believed that small talk was a bad thing. I had little patience for it. And now I think everything in a sense is equal because if I'm meeting someone new and they want to talk about the weather, it's a way to connect with them. It is a vehicle for unconditional love.

It reminds me how some people, particularly when they get to college and they start thinking about the bigger picture of things, they often get really depressed. They say, "What am I, I'm just a grain of sand out of countless grains of sand on the beach. Which is one of countless beaches throughout the planet, on an insignificant little planet one of many throughout the universe." But if you realize that there is in fact one universe, one thing, that everything is just one big thing and that we are indivisible parts of that, suddenly the frame of it goes from "I am just one separate grain of sand" to "how marvelous that I am a grain of sand connected, and part of every other grain of sand, that is connected to this whole planet indivisibly and is connected to the whole universe. And I may be a grain of sand in a local way, but I am also the whole universe. Because you can't separate the grain of sand from the universe."

So, I don't think anything is unimportant. I don't think any question is a bad question. If you look at people who are more superficial and may be all they care about is buying an expensive pair of shoes for example and that is all they want to talk about. Yet for a more conscious person, the choice of those shoes can be just as spiritual as any other choice they make. So, for example if I'm choosing a pair of shoes, it gives me an opportunity to consider, "Do I need these shoes? Is it going to add \$200 of joy and utility to my life?" "Are they the ideal color for me? Are they comfortable?" "Do I have enough use for them? Etc." So, we get practice at making choices.

The polarity of this is important and this is not important, is part of the polarity of the physical plane that we are working to overcome because we are working to overcome polarity. That said, the opposite is also true and that is a characteristic of truth. The higher the truth the more true it is that the opposite is also true.

So, the opposite here is that we are also called upon to prioritize and prioritization is saying, in this moment, this is going to be more useful than that, a greater good will come out of that. But at some point if you need a new pair of shoes, considering the new pair of shoes may actually be the highest path at that moment.

Therefore, everything is unimportant because we are all going to end up back in the locker room and laugh about it all. And everything is important because it gives us an opportunity to practice our skills in choosing and everything can be a vehicle of unconditional love. So, let's say you are going out to buy a new pair of shoes and you are carrying a high vibration. The person selling you the shoes may be uplifted. Maybe you're smiling warmly at that person shifted something in them. As the saying goes, this is one of my favorite sayings, "It's all good."

In any case, Alice, you sent so many wonderful questions. I had been concerned at the beginning of the series, because we ran out of questions just at the moment that we were concluding BTMC II. Now I'm convinced we'll have enough questions to finish this workshop.

Alice: I'll make some new ones!

Shepherd: Yes... I wanted to actually ask you a clarification about the one that is # 4 on your list relative to Varda. We've handled numbers 1-3. And this surprised me. I know Varda pretty well, but I didn't know that she feels this way. And I'm wondering if you could explain it.

You wrote: #4. "Talking about Varda Hasselmann.. (Shepherd explains: Varda channels Die Quelle which is like a first cousin to Michael. They obviously don't have blood relations but that is how Die Quelle describes itself.) Till now she fundamentally says she has no idea where the channeled information, which she has dedicated her entire life comes from. If you want to share, is that your experience too Shepherd?
43:22

Shepherd: No, Alice, I've never had a single question about where the information comes from. But I'm wondering if you could say more about how Varda explains that to her clients. Because Varda works in the German language and only 2 of her books are translated. One I haven't read. It's about the obstacles and I do plan to read it. And the other is the basics about the Roles and such and it is poorly translated book and I haven't forced myself to finish it.

But explain what Varda means by that.

Alice: If I knew it, but I can't say it exactly. But I was amazed. This book, I don't know if you know it, *Medialität und Trance*. It's her last one. And it's about her history of trying to work out this thing. It's a history of channeling.

Shepherd: Mediumship

Alice: Ja, Mediumship. She mentions so many people through history, from the middle ages through now and she tells something about it. In between she talks about her own experiences and her own development as a channel of Die Quelle.

I was looking at it to reference the quote, but I can't find it. I've looked and looked but I still can't find it. But it is also possible that it is somewhere on a video. But I'm quite sure that she says in the end, "although I'm channeling Die Quelle for 35 years..." or something, just like you, "I don't really have any idea where it comes from." And this deep, deep feeling of what is the source of all of this.

I can imagine in myself since I also have lots of experiences that I could never really... find the source, let's say that. But she also says that, so I was wondering despite you having enormous experience as a channel for Michael if you recognize this uncertainty of it. She doesn't make really a problem of it but it's kind of an existential doubt of her own experiences and her own contact with Die Quelle. Sorry, I can't make it clearer.

Shepherd: Thank you. You remind me to stay humble because I feel comfortable and confident that I can explain intellectually who Michael is and where they come from. It is also a good reminder to stay open to having a much more expansive and better understanding of it. But I've not been plagued by existential angst about where Michael is because early on in the first channelings, before I became a channel, Michael explained the 7 plane of creation and they're on the 4th level of the 3rd plane. So, if anyone asks or if I think about it 47:23 I rely on that intellectual construct. But it is just a construct. The reality is bound to be more subtle and complicated, but my mind is at ease that I can give an answer to that question.

Varda is a true intellectual and she writes very beautifully and floridly. She also writes novels and nonfiction; she is just an accomplished thinker. But back to the question, no I don't worry about that. I just say, Oh yeh, they are a Causal entity, and they are here too but at a faster vibration. I regard them as friends who are just a little ahead in the circle incarnation. Like a big brother... so it's not a worry for me personally.

But I understand why it might be for Varda because she is a deep thinker.

Alice: Yes, she is about the construct and then what is behind the construct. I can imagine that it is very frightening sometimes. If there is the end of the construct, what then, you know.

Shepherd: Well, I say this right at the beginning of the Journey of Your Soul, which is my statement on all these subjects. These are just models of reality and reality is so much vaster than we can grasp with our human brains. People who have out of body or near death experiences, often it blows their mind even if they started out with some understanding, when you encounter the reality it's a little hard to take it all in. So, we do want to be in a state of openness and awe. All I want to say is the model I've come up with for me is comfortable at this time. If it stops being comfortable, I will take that as a clue that there are more pieces to pull into it to integrate with it.

Alice: Thank you!

Shepherd: And I also think the Michael teachings have a lot of pieces due to the fact that there are so many Michael channels that Varda hasn't had the opportunity to come into full connect with that might help her become more at peace with it if it bothers her. Maybe it doesn't even bother her

Alice: I don't have that impression. It was just a very remarkable sentence; I think if I could find it again. But I will have a look later again.

Shepherd: Alice's next question, Alice is a 7th level Old Warrior, I'm a 7th level Old Sage, and I have some experience with this getting ready to cycle off thing. And by the way, some people put 7th level souls on a pedestal, but you really shouldn't. because

we're all in the same boat, we're all evolving, we all have lessons to learn. It's really better to think of Soul Age as stages of development.

We do know people that are physically old who are approaching their death and we don't put them on a pedestal because we know they're still human, they're still evolving, they still have their shortcomings, they still have their blind spots. But their stage of development is they are wrapping things up. And that is really all Soul Age based. There are some 7th level souls who have been working very hard throughout their Grand Cycle. They've done a lot of spiritual work; they have faced their stuff. If that is the case they will carry a particularly refined vibration. Just like some old people who are like fine wine, they've just gotten better with age because they've done the work. There are other people who are 7th Old, and they've basically done enough homework to move on to their subsequent stages, but you don't get the sense that they've attained wisdom. It's sort of like the person who graduates college with a C average compared to the person who's really worked hard and graduated with an A average.

So, don't put older soul ages on a pedestal. This discussion is germane to Alice's question. She says, "I often don't like to be on the planet but cycling off doesn't seem to be attractive too. My soul age is told to me to be 7th Old.

[#5. I often get stuck, I'm unable to move, can't move. I feel so often like a rabbit looking into the light of the hunter, unable to flight. Is this typical of Oldies?](#)

Shepherd: I was thinking about this question a lot yesterday while I was taking a glorious walk on the beach. What came to me about this is that we really need to discuss the challenges of high sensitivity because that really is the germane point, and it can apply to any human being. 53:35

The idea of the soul is as it evolves it is going to develop greater sensitivity. Now, why is higher sensitivity useful? Let's say you have high sensitivity to the glories of great classical music, and you know a lot about it, and you are sitting in a concert hall hearing a great performance it can bring you rapture. Because you have the sensitivity, the capability of discerning the subtleties of what that composer and conductor are doing. And it can bring you to a higher level of joy.

The reason we enrolled in this school called Earth and have been willing to go through all these indignities and suffering and homework is because the soul wants to expand. It wants to obtain greater capacity, ultimately a greater capacity for joy which is a big part of what love is. A higher vibration of love can experience higher layers of the ecstasy of love. So, we enroll in this school to become more sensitive.

Varda told me a story about asking Die Quelle about this because she is also enduring a lot of health issues and challenges. She says to Die Quelle something to the effect, I'm not sure I'm quoting her correctly, but something to the effect of, "Why, oh why am I experiencing such high sensitivity and all this suffering? I don't want this!" And Die Quelle said like, "Hey, you've been working for all your lifetime for sensitivity. Stop complaining about it!"

But everything has polarity on the Physical Plane. So, there are pros and cons. There are good things and negative things; it's a double edge sword. As we become more sensitive we need to learn how to manage that sensitivity and direct it, so it does in fact result in greater joy and less pain. And one of the ways we do this is by gaining conscious mastery over where we direct our sensitivity.

I actually first heard this concept at my Bar Mitzvah when I was, of course, 13 years old. We had the most wonderful Rabbi, Rabbi Carl Richter, who died a few years ago. He was a very wise man. He escaped after Krystal Nacht in Germany, when Harry Truman was then a Senator from Missouri, who intervened to help him emigrate to the United States. A lot of you may not know this but there was a lot of antisemitism also in the United States. So, not a lot of Jews were allowed to come even when it was known that their lives were in danger. It was quite remarkable that he was allowed to come in 1938. He ended up being the Rabbi for a small town's congregation in Michigan City, Indiana. He was a very fine and learned man. And when he retired he ended up traveling the world and giving lectures. He was quite in demand. Just a little anecdote, that is not exactly on topic here but when he came to Michigan in 1954, the year I was born, he performed the wedding of my father's brother Louis and his wife Pat. Exactly 50 years later, he performed the wedding of my first cousin, their daughter Marsea Hoodwin in Sarasota, Florida near where he was living at the time.

Anyway, I remember, my parents went through a nasty divorce and then my mother died, and I was stuck with a stereotypical fairytale wicked witch stepmother, and I was just miserable. I was crying all the time, and everyone was telling me, "You're too sensitive". And I bet the majority of you who are in this workshop were also told, "You're too sensitive".

I went crying to him one time begging him to help me go live with my grandmother or go away to school. I was so desperate to get out of there. He did talk to my father but wasn't able to get anything done. But at my Bar Mitzvah, it's traditional for the Rabbi to address the boy or girl who is having this rite of passage. I have a terrible memory. I don't remember things as a rule, I think I started with early onset Alzheimer's when I was 4 years old. I blocked out most of my childhood after my mother died, I don't remember things. But I do remember this. He said to me, "It's a very good thing to be sensitive but you must choose what you are sensitive to."

Like so many truths that we hear, it didn't soak in at the time, but I remembered, some how because it was a really important message. And one thing that I've learned is, if we are sensitive to the world, we are going to be miserable. This world, although nature is so full of beauty, but human beings are filled with negativity. The world is full of bullies and people of low consciousness. If you are sensitive to other people, you are going to be miserable. So, we must learn to direct, like directing a light or a laser to the things of God, to the divine to beauty. Now nature is a great way to do that. Beautiful music is a great way to do that.

But at the same time, we are in this world, and we have to find a way to be in it without driving us crazy. I'm working on a book on personal growth that I'm calling, "Living from the Inside, Out". And what that means is, most of us are reacting to other people. Let's say someone behaves badly to us, they insult us, they are unjust to us.

And usually without thinking become angry, upset, we cry, we are defensive, we attack back. And when we do this... and this is how most people live their entire lives, we have inadvertently given away all our power. We have turned our internal state over to others. That will invariably make us miserable, it will keep us in polarity. It will keep us on the karmic wheel because we are reacting to other people.

So, living from the inside, out means instead of reacting to other people, we pause and instead we ask from within, we ask all parts of ourselves, "What can I say, or do here that would be the most helpful?" So, I'm not defending myself, I'm not correcting them, I'm not letting them upset me, but I'm instead choosing a response that comes from Love.

Granted, this is much easier said than done. It is a skill that can take a whole lifetime to refine and develop. But that is the goal, living from the inside out.

Alice, also thinking about your question yesterday, I realized I want to write a short book on managing high sensitivity because I believe that has been a major theme of my whole life. If I didn't start learning how to do that, I would not have survived. I'm sure of it because I was in such pain all the time. I remember, a year or two after my mother died, finding a bottle of aspirin in the medicine chest. I don't actually think I would have killed myself, but it was very tempting.

Then spirit brought me some angels who showed me the way. The first was an honorary mother who adopted me and loved me unconditionally. I don't think I would have gotten through adolescence without her. And then at 16 I discovered a spiritual group called Emissaries of Divine Light. Patricia E and Stan G who are members of the group are dear old friends who I met through the Emissaries. And that really saved my life.

Slowly I've been learning how to live from the inside out and manage my sensitivity. A big part of this skill has come later in life working with various healers, where I learned that so much of our emotional experience really doesn't originate in ourselves, but they are things we picked up from other people. So, a core skill for someone who wishes to be happy and eventually be enlightened, is to become conscious of our energy field, scan it on a daily basis for energies that belong to other people or come from the environment and send them back to where they belong.

And that requires a willingness to not feel that we need to control the choices of other people. Because as soon as we want to control someone else, they are controlling us. And we get their energy in our fields, and we are going to feel what they feel. So, we need to learn to keep our energy fields clean. I wrote a short book about that called Energy Literacy. So, that is a core skill.

Alice, I've been doing sessions for 35 years and I can't tell you, how many people have said to me, "I don't want to be here!" or "I have very mixed feelings about being here" and I have said it myself. I think it's because this is a very hard world and the people choosing to work with me are sensitive people and they don't yet have the skills to cope with the ugliness. Some people cope just by separating themselves. You know, my life has been a semi hermit life. I've never been in a really long term relationship, blah, blah, blah. Now that hasn't been a conscious choice, but I think it's how I've kept

myself in a way that's allowed me to grow spiritually and develop a certain amount of inner peace and so forth.

So, in terms of dealing with other people, skillfully in a way that neutralizes tense situations, good communication skills are really important. A lot of more modern psychologists instruct you to make more I statements instead of you statements. In other words, someone blames us for something we didn't do, you would have every right to explode in anger at that person. You would have every right to do it, but it wouldn't be the most skillful way of handling it. Because the other person will become more defensive and now you are in a big fight. You had the right to do that, but it wasn't skillful. What would have been a skillful way of handling it?

You make I statements. You say, "OK, I think what you are saying here is this, am I correct?" The person feels heard and then you say, "Actually what I meant by that is this." And then maybe the other person starts to calm down. Or maybe you need to let it rest for a little while. It's perfectly OK to walk away from people who are in the throes of their own triggering. Just to give them some love, some space and then to come back to them. So, these kind of skills are really invaluable to managing high sensitivity.

In other words, you don't have to jump into the mud with people who are in the mud. You can hold a space separate. So, all of these things are great areas of growth for us.

There are people who I find very easy to talk to. I can just say whatever comes to mind, it's going to flow, it's not going to be a problem. It's going to be fun; we're going to laugh. And I don't have to be on guard or choose my words carefully. I have other friends who are minefields. Meaning that I could inadvertently trigger something and then they would explode at me. And it hurts and it takes me by surprise. 1:09:35

One of my rules for myself is get over surprises as quickly as possible. And say instead, "Oh, new information here. That person is very sensitive about this. There is a minefield here. Be careful in the future." People who stay triggered about that terrible thing you did to me 10 years ago; they're not healing their own triggering. If I get triggered by you, then there is something unhealed in me. And there is something unhealed in you, but I can't heal you. You can only choose to heal yourself.

So, if I can go back and say, "Why did that upset me so much?" and heal it, using for example the emotional freeing technique, the tapping thing. If you don't know EFT is a very useful technique. Emotion code is another one. I have a million techniques. I do techniques every day. I take walks, I'm doing the tapping, I'm doing the emotion code, I'm doing Susannah Redelfs healing techniques on her website. I'm using techniques I learned from my teacher John Friedlander. I'm making up techniques.

There are just all different ways to heal our old charged anger, hate, resentments etc. And healing is not something any of us are ever going to finish doing in this lifetime. Because we're not only healing the traumas of this lifetime but we're healing all the past lives where we didn't have the resources to do it. So, I'm working on healing myself virtually every day. I go on my walks and I'm doing double duty healing things.

But if my friends are easily triggered, I think of one in particular who blew up at me because I didn't call her. It thought she was going to call me. But in any case, I know that just speaks to her own pain. At that moment where she swore at me and called me names, it was really extreme, I could have said, "I'm done with you, you are too difficult. I don't need you in my life." That would have been a perfectly valid choice for me to make. However, I like her basically, we have a lot in common and I don't see her that much. And I knew she was under a great deal of stress, so I said, "I'm just going to let it go." In fact, I wrote a rebuttal to all the things she said but I didn't send it. I thought, she can't hear this now. If it comes up again, it will remind me of some points that might be helpful for her. But I just cleared my own reactions and sent her unconditional love. And I knew she would probably do what most people do. Which is, when she cooled down, she would act like nothing happened. She probably wouldn't apologize, and she did not. And I thought, "OK, I'll give her that this time. We'll just pretend like that never happened." Because the truth is, if that was traumatic for me, it was because of something that has not yet become strong in me. So, she is teaching me.

So, my attitude toward others is that they are either they are my friends who are easy, fun and I can say anything to, and I don't have to be on guard. They are the ones I prefer. But there are also the people who are minefields who are teaching me how to choose my words more carefully. They are teaching me how to be really sensitive to the other person and I'm going to grow more from those people.

Now there may be one or more people who I would rightly decide this is not someone who needs to be in my life anymore and just withdraw from it. That's fine too. It's all choice. That's what Michael teaches; all is choice.

But I think having skills like this makes it easier to be in this crazy world. I joke but I also mean it too. This planet is an insane asylum. There is so much insanity, people act so irrationally. What Putin did was so crazy and so counter productive to what he really wants. And he believes so many lies. But that is not so uncommon in this world. And we knew it was an insane asylum when we came here. We signed up for it because we knew we would grow more.

So, we step aside from that, and we learn how to be peaceful. It was said to me early on, and this also stuck with me. You can be of more service in more dire circumstances. This planet is in dire circumstances. So, if we come from unconditional love, how much more of service can we be by holding a space of Love that is desperately needed. And that is the definition of light workers. You wouldn't be here if you weren't a light worker.

We are needed but we have to accept that there is probably going to be less personal pleasure and more service. There can be an abundance of personal pleasure too. But the human world is not nirvana at the moment It could be, but it is not. Accepting that and choosing to be of service is a strategy that works for me.

Claire and Phil, you've had your hand up for a while. Thank you for your patience.

Claire: # 6. I have a question, Shepherd, about I guess what psychologists might call personality disorders, in particular like a Borderline personality. I'm wondering if there

is any correlation between soul age and those types of issues that might be confronted at a psychological level.

Shepherd: There is. It's not a direct cause and effect because anyone at any soul age can be mentally ill. Although Michael has said for Old Souls depression has been the most common mental illness. We think of the Mature Souls being more intense because they are diving into the inner world. And there can be a lot of imbalances that can come up during the Mature cycle. I believe one channel said that depression is the only mental illness of Old souls, but I beg to differ. I think at any soul age you can have any mental illness but there are tendencies. 1:18:03 So, there are certain problems more likely to come up at different stages than others.

Extreme versions of the Chief Obstacles can look like mental illness. Like extreme greed, like these dictators, more and more and more wealth. That could warrant a mental illness diagnosis. Any sort of extreme behaviors coming out of the Obstacles or the negative poles of the Overleaves could look a lot like mental illness.

For sake of definitions, I would say that a true mental illness that would respond well to pharmaceuticals implies an imbalance of the nervous system or the endocrine system. In other words, a true mental illness is probably going to have some physical component. There is going to be some miswiring in the brain. It could have a genetic component that predisposes the person to go off kilter neurologically or hormonally. They say that mental illnesses runs in families. That could be a genetic thing, but it could also be an energetic thing.

Let's say grandpa had an extreme Obstacle of self-deprecation and was depressed all the time because he was so convinced that he was an addict. So, he created an energy in that family. And that energy in the family constellation gets passed down. That could create a suppression of the endocrine system because he was so depressed. Therefore, his children could also have that. But is it genetic or is it because his CO was so strong that it created it in the body, or created bad neurological wiring?

Everything is interdependent meaning problems in the body can cause mental states but problems in the mental or emotional state can then create that in the body. We say that alcoholism is an illness. Did it start in the body? There are some bodies that are hardier, and they can handle more alcohol without it becoming a big problem than others. That's true. But if the person had not been using alcohol to escape their emotions, you might never know that person had a proclivity to alcoholism. So, their CO might have caused them to drink so much that it broke down the bodies ability to handle alcohol. And now they have an allergy to alcohol that they may not have had when they started their lifetime. It's really complicated, and it all goes hand in hand.

The reason that depression is the last strong possible mental illness of the Old soul is because they've probably handled a lot of the others up until now. But depression implies a sense of helplessness. I've dealt with mild depression much of my life. I haven't had a bad bout of it for maybe about 10 years. But, you know when I don't feel well or whatever I get discouraged and I have some mild depression. With some people with depression, exercise gets their energy moving again. It clears out their energy field and they feel better again. If you have clinical depression where you are

running as fast as you can to stay in place that alone might not be enough, but it might help.

I have to say that I've observed people who are innately happy that don't seem to have to work at it that hard are usually people who do a lot of physical exercise. Like if you hang out at a gym, and these people are really fit, some of these people seem really easy going. And naturally happy and sunny. They may also have body types that predispose them to an easier sunniness, like the positively charged body types. The positively charged body types include the Venusian, the Jovial, the Saturnian, and the Solar. Those are the positive charged ones. So, that can be really helpful. By the same token people who do a lot of yoga, which is just another type of exercise, tend to be happier. It's more rare to find someone with a regular meditation practice. But that's the same thing. They tend to be happier because they have that meditation practice. My theory is that happiness is the free flow of energy physically, mentally, emotionally and spiritually. And if you're meditating, you're letting your spiritually energy flow more freely. That is going to be helpful.

People who have bipolar disorder are often given Lithium. What is Lithium, it's a mineral. The nervous system is like the electrical system in your house. It runs on minerals, it's copper wires or whatever. You need minerals for your nervous system to activate. And I can't tell you how many times Michael has recommended a good mineral supplement for people asking questions of him. And I can't tell you how many times people have said to me, "This changed my life."

So, what gets diagnosed as bipolar disorder, if people were getting enough minerals, it would calm down their nervous system. The food we eat, even organic foods often don't have enough minerals in them because the soil has been so depleted. 1:25:32 Also a good healthy diet will tend to make for more happiness. So, there is a lot of factors, and it is complicated.

If you are repaying a highly charged and negative karmic debt, you will get through it better if you handle it with grace, if you don't blame others for it even if it looks like others are to blame. But if you just handle it with grace, with love, you will get through it better. But it's likely that while you are repaying a karmic debt, you are not going to be a happy camper. It's just plain hard. In fact, my mother's death was a karmic repayment for me. So, my extreme misery in my childhood... it's a long story and I'd be happy to share it with someone if they are interested. But when you repay a karmic debt it hurts like hell.

So being mentally healthy and growing spiritually requires one thing more than anything else and that is a lack of defensiveness. Most people are defensive, and most people have a knee jerk reaction to any sort of questioning or criticism by others with defensiveness which is the biggest block to spiritual growth and healing. Even if the person is totally wrong, if you want to grow the most, then you say to them, "Oh, that is very interesting, tell me more about why you think that about me." Or "Hmm, Ok, I'm going to think about that, maybe there is something I can use in this to grow." And then you really do look at yourself and say, "maybe I overreacted here, or maybe I misunderstood or whatever. But most people are highly reactive and is because to

survive over many lifetimes we've had a lot of pain and we've put all of these ego defenses around the pain because we didn't want it to be triggered.

But if we then wish to awaken spiritually, at some point we have to dismantle these defenses and become not defensive. And start to look at these things and be willing to feel the pain and then let it dissipate. The funny thing about fear is that we often let it build up these huge ego defenses around things that once we face them we think, "Why was I so afraid that it wasn't such a big deal?" Or we feel the pain and it's over quickly. It's sort of like pulling off a Band-Aid fast instead of slow. So, if we can recognize our knee jerk defenses and vow to be willing to dismantle them and to allow criticisms or attacks by other people with grace and really consider what they are saying. And ask the question even if they are in the wrong, even if it's entirely their own projection, we can always ask, "How might I have handled that better?" Now, that is not blaming myself for their bad behavior, but it is taking advantage of the opportunity to grow.

I believe that psychic development classes should be taught in mental institutions and to those who are mentally ill. Because there are a lot of incidences of mental illness that come from a breakdown of the person's energy field. Maybe they were heavily abused, and their energy field isn't sound and foreign entities get in. If you could just teach them to rebuild their energy field and to recognize what isn't them and what doesn't belong to them, they might get better.

There's also a big problem...you know that Multiple Personality Disorder is now called Dissociative Identity Disorder and it's where the person, let's say most of the time they are John Smith then Sally Jones takes over and they become this different person. I believe often what happens with that is there's been a breakdown in their energy field on a pretty deep soul level, probably through a lot of trauma. Then what happens is a past life self takes over.

I channeled one of my past life selves and he was so different than me, I was shocked. He was like a French John Wayne. He was so macho; I couldn't believe that I had ever in a past life been so macho. So, if I didn't have a good boundary as Shepherd Hoodwin, if there were tears in it and the French John Wayne took over then I would have Dissociative Identity Disorder. To heal this, I have to heal my energy field. It is not that hard to do if you simply know that is possible.

It's just like all these people who are afraid of channeling because you are going to let in all these negative entities. It is not hard to clear out other people's energies and make yourself safe if you have some basic skills. And you do not have to have skills on the level of these brilliant healers I know like Susannah and John. You just need some basic techniques, and you can clear your energy field.

So, if I were a therapist, that would be my approach, teaching them how to clear their energy field, teach them how to ground. That is something everyone of us would benefit from doing every single day, five minute, ten minute grounding exercise. It can be huge for us.

Journaling is a good thing and there is still a place for the pharmaceutical meds if it helps people temporarily cope with something. But simultaneously you could be doing a lot of these other things to deal with mental illness.

Does that answer your question fully?

Claire: Yeh! It was the whole discussion where you took it. It was really though provoking and valuable. Thank you.

Shepherd: Thank you for the question, thank you for drawing that information out of me. And thank you to Susan Flow who will be transcribing this and maybe this material will make in some form into another book.

I need a quick break. 1:36:25

Shepherd: Susan I see your question. I wanted to finish up with Alice's and then I'll go on. You are all totally quiet. Are you hearing me? Ok, you're hearing me.

Alice you talked about [feeling like a rabbit looking at the light of the hunter](#). In the US we talk about a deer frozen in the headlights. Same idea. [#7. And you asked if it were typical for older souls](#).

I know when that happens to me, I'm afraid of making the wrong choice. And I've done this all my life financially. You know, my CO is impatience which is a fear of missing out and you tend to create it because you are afraid of it. So, being afraid of missing out, I tended to missed out because I was so frozen in fear about losing money, about making the wrong investment, so I ended up doing nothing. So, over and over and over and over I missed out on opportunities. Michael in their teachings about choice say that it's often better to just make the best choice you know how to make to move forward than not to be in motion at all. Because if you are moving forward, you can course correct. But if you're not moving forward then you don't have the momentum of that movement.

One good way if you're frozen is to make a list of pros and cons. Then maybe sleep on it and say, "This is the best choice I can make to keep moving." But I would say that the higher the sensitivity of the person, the more integrity, the more concerned there is about making a good choice. This is mostly a really good thing. But if it stops us from making choices at all, rather than doing so cautiously then it's going to get in the way of a happy life.

And it's OK to make a choice that we look back on and say, "I should have done this." Because if you are able to look back and say, "I should have done this" that means you've learned something. So, we just make the best choices we can in the moment.

Susan J, you had a question.

Susan J: [I wanted to circle back to Alice's questions about sensitivity and something you said about trauma. I have a lot a questions, but my brain gets all swirly and I can't always form them.](#)

[# 8. With trauma, and you kind of alluded to this, do you think that throughout our lifetimes we experience the same types of traumas over and over again through many](#)

lifetimes in order to heal them? In your case, Shepherd, you had the experience of your mother dying and having an evil stepmother. Do you think that experience happened so you could heal the traumas from other lifetimes? So, do they keep occurring until we get it and heal it up?

Shepherd: Yes. My definition of trauma is an experience that you don't have the experience or resources and skills to handle. What might be traumatic for one person, might not be traumatic for another. It might be less traumatic for the person with more skills. When we are children, we are physically defenseless and therefore we are more easily traumatized because even on a soul level if we have a lot of skills on a personality level we are still at a state where we are manifesting younger than our true soul age. Because we are young and we have this defenseless bodies and the fact is if we don't have older people around to feed us and keep us from the elements, we are going to die.

We are quite vulnerable at that point but even with children, say siblings who shared the same abusive parent or situations, they handled it very differently. And the ones that got through it better had more experience and skill with dealing with this kind of challenge. They were more self-possessed, they didn't like it no doubt, you are never going to like being mistreated. But they were better able to let it bounce off them. And better able to philosophize about it, "OK this will be over soon, it's their problem not my problem..." to some degree.

So, yes if we heal from a certain trauma and we go through it again, we'll breeze through it. Some traumas are worse than others. I have the theory that being tortured is an experience that very few souls are advanced enough to get through without at least some scathing. But you do hear of these spiritual masters like in India, who have such control over their bodies, like the guru who drinks poison, and nothing happens to them. It seems possible to have a level of attainment where even torture could bounce off you, but I don't know.

But some people who don't have that level of skill do use it to awaken to an experience of Essence. Sometimes extreme stress causes the ego defenses to crumble and that can be an ecstatic experience. Some of the Christian saints have had those kinds of experiences, being tortured and having it open them because their ego defenses couldn't deal with it, so they just crumbled, and the person had an awakening to Essence. It can be used but I'm not recommending that you sign up to be tortured. I think life gives us plenty of stress without having to go out of our way to find them as some people do.

You know there is that saying that originated with Seth who was channeled by Jane Roberts, "you create your own reality" and our beliefs are the form of the reality that we create. So, when we have a trauma there is the question, how did we get into that situation? Well, we were drawn to that situation for some reason. It might have been innocent and not drawn to the trauma per say. But that is something we can look at. How did I get end up here. It's not to blame yourself for violating behavior of other people but you could ask yourself, How did I end up here. For example, when the Nazis started to come to power with their increasing antisemitic rhetoric, if you were there and you had an opportunity to get out... now a lot of people later on tried to get out

but they couldn't, but earlier on, it would have been easy. A lot of people were saying things like, "Oh this will blow over. It's just talk, it's just politics."

So, if I was doing past life regression and I went back to that and I saw myself not having left because basically it was too much trouble, I chose to believe that it would blow over, then I want to look in myself, the tendency to ignore the writing on the wall. Then let's say later I got taken to the concentration camps and died and that was really traumatic. Maybe what I really want to do is look at my tendency to rationalize things, to not want to deal with things face on when I could. So, that could be the real lesson. Because once you can't get out and it comes to its inexorable conclusion, in this case the gas chamber, it's too late to do much about it except internally. Internally you might say, "Looks like I might die here. I want to make peace with myself. Maybe I can be of service to the other people in the camps, or maybe I can survive somehow. Those are also good lessons for the soul.

But I would also look at why I didn't face reality earlier because maybe I haven't been facing reality for a lot of lifetimes. Dying in the gas chamber is going to be traumatic for most people. That would be a commonality. Nobody likes having their life cut short. Or maybe some souls say, "I'm ready to go, I can deal with this." And there were some people who focused entirely on comforting other people and whether they lived or died was immaterial to them. Everyone had their own experience.

Did I answer your question?

Susan J: Yes, thank you. I have another question, also regarding sensitivity.

9. I'm wondering if as our energy field becomes more and more refined and more and more sensitive if that sensitivity allows vibrational medicines to be more effective.

Shepherd: Yes, I think so.

Susan J: # 10. Is that why younger souls tend to reject acupuncture and chiropractic and reiki and those types of energetic modalities? And they don't even seem to work for some of the people who are Young and Baby souls where my Mature and Old soul friend respond really well to energetic medicine. Is that the energetic sensitivity?

Shepherd: Yes, partly and also everyone is wired differently. I've had a number of healers who've worked on me and said, "Wow, I've never seen anything like this before" or "You're the reverse, you're left is where your right should be..." We're all different and I have had, when under the care of a skilled homeopath, homeopathy work for me. But a lot of times, I don't notice anything from it.

I've talked to my healer friend, Susannah Redelfs about this and she said, "I think you bring in so much energy, that you just blast them out of the water." So, it could be the opposite. But I have a friend for whom homeopathic works like magic, even on her own without being prescribed by a skilled homeopath. And I know people who say it does nothing for them.

A lot of people make fun of homeopaths because they don't see how it could work but in fact it does work really well for some people. The thing about homeopaths too that people don't understand, is it is different from allopathic medicine. With Allopathic

medicine, you have a certain symptom, and you take a certain pill. Which also may not work but generally it does. With homeopaths there might be 10 people who exhibit similar symptoms, but the skilled homeopath is going to interview them, and they are going to say, "do you have this other weird thing going on, Do you get hotter when this happens, or do you get colder when this happens." There's this whole homeopathic typing that has to happen before they decide which one to give you, and there aren't many people who are skilled for doing this.

I will say that while some people will get a cure from energy medicine, in general I regard it as a supplement. So, if you are having a heart attack, I would immediately go to the hospital. And if you have access to a skilled energetic healer, maybe it means that you heal faster.

I work weekly with Susannah Redelfs, she is an incredible healer. I've been doing so for many years, and it hasn't cured my chronic insomnia and low energy, but it's made things better. It's a supplement. And I don't think people who do that kind of work want you to rely on them as your only source of healing. They want you to look at the whole person and the whole picture. Which means exercise, diet, supplements, maybe allopathic medicine, maybe pharmaceuticals can help. Everything. That's the very definition of holistic medicine that you use every tool at your disposal. And don't forget the mental, emotional things, the old beliefs, the stuck emotions. That can be very powerful.

The problem is that some people get a result, let's say from deep emotional release. They get in touch with being physically molested at age 4, and they cry and scream, get it out of their system and suddenly all their symptoms go away. Maybe their cancer disappears. Anita Moorjani who wrote a bestselling book which was quite wonderful, had that experience. She cleared one thing, one thing and she got a total healing of her cancer in the most remarkable way. But that doesn't work for everyone.

So, you read her book and think that should work for me. You do the emotional release, maybe it helps and maybe it doesn't, but it doesn't cure you entirely. Well, that's because there is something else going on with you. You have to deal with all the things that are going on with you. Maybe you get improvement but until you figure out the root cause, you're not going to get healed. There are 5 root cause and you've healed 4 of them, so you're doing better, but until you figure out the last one, you haven't gotten healed. 1:54: 20

So, yes, use everything and energetic medicine is potent. But people have a bad tendency to oversimplify things. Sometimes illness is very complicated. It's like that analogy of peeling the onion. You peel off one layer and you feel better. And you think, "Oh I think this is taken care of, I'm done now". And then another layer pops up and you think, "Oh shit, I thought I was done with this" and you peel back that layer. And you think you're done with it. And you want to be done with it because you are sick and tired of it. But no there is another layer.

And don't forget that no person is an island. It's not just us, it's the planet. Abraham Lincoln I think said, while one is bound, no one is free. And if you are particularly empathic and sensitive, you may be picking up other people's illnesses. So, you need

to clear out other people's stuff on a daily basis. But you may have signed up to take on something bigger than you, so that might slow down your healing process.

I take the attitude, again balancing opposites, everything can be healed. I have that optimism. I'm never going to stop working to heal. On the other hand, that can be balanced by the knowledge that this particular thing might be really hard. And it may take a really long time and it may not all get done in this lifetime.

And that comes back to where we started, radical acceptance of what is. We all want to be vibrantly healthy and feel wonderful. Very few of us are going to get that consistently throughout our life, but if you have it, Praise the Lord, thank God, you feel great. If you don't have that, do your very best to heal on all levels and then find radical acceptance and say, "In this moment, this is what is. This is what I'm dealing with. I'm going to do whatever I can to make it better. But in this moment I'm going to be at peace with this. I'm not going to complain too much." As tempting as that is, sometimes you do need to vent. But for the most part, after venting, complaining isn't going to get us more healed. So, focus on heal, doing everything that we can.

And not everything is going to get healed in this lifetime. We may just not have the skill to do it. A friend asked me yesterday to ask spirit what was the root cause of her illness so she could take care of it and feel better. And unfortunately, spirit doesn't always know. Sometimes it knows but it doesn't know much more than humanity knows about things. For example, when I started channeling Michael in the 1980s, if Michael could have given me the cure for AIDS, maybe even from extraterrestrials. Maybe they could have found it somewhere in the universe, someone's figured it out and dictated it. If that were possible through all the people who were channeling in the 80's it would have happened. But they didn't have all the answers.

And as much as I think it would be really nice to get answers like that to everything, all feel better all time, and all get healed. That would be nice. There's also a lot of value in humanity trying to figure out these solutions. There is value in science, where people exercise their brains, and they try to figure it out. We grow that way, that's one of the ways we grow.

So, it's not a terrible thing that we have these challenges. When we're in pain, we're very impatient for the pain to be over. I totally understand that. And it's unfortunate. If we resist the pain, we make it worse. If we have radical acceptance for the pain, we might even be able to get rid of the pain by being at peace with it. Maybe not.

But this is a hard planet, and we grow a lot more because it is hard. Part of that growth is figuring out solutions. I wish that through channeling I could solve everyone's problems and solve mine. Hasn't happened for me but it helps. Everything is a supplement. Energy work is a supplement, channeling is a supplement. But you still have to do the work and there is value in the work and there's value in making peace with things as they are.

I think this is a good place to close. I was so worried that we would run out of things to talk about, but I don't think that is going to happen with the time we have left.

I made this a 6 week class but originally was going to go for 8 weeks because we are running into Easter, and we are running into the east coast Michael gathering. You might be interested in signing up for it, I'll be channeling for that. But if there is enough interest in continuing again after that, I'm game.

There seems to be a steady reduction in the number of people who are interested in these workshops and I don't want to go forward with too small a group, but if all of you want to keep going and renew for another series we can definitely do it.