

Shepherd Beyond the MC III

Session 1: March 5, 2022

Transcribed by Susan A. Flow

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Your comments are similar to traditional religion in that angels are not cycling as humans

is that correct?

From Alice Bouwland to Everyone 01:57 PM

They are regarded as a different line of evolution

Large task also not to guide humans but building the earth Protecting mountains, seas etc. etc. at different levels

Shamanic journeying question

Shepherd: Hello everyone, welcome to BTMC III. Let's begin with a guided meditation. (Trouble shooting Zoom issues: sound, lack of names under photos, flashing of names.) I'm muting everyone.

Close your eyes. It's always good to check in with your grounding. Ask to be fully present in your beautiful body. Invite your body to be fully grounded into our beloved Mother Earth.

Imagine that there is a free flow of power from the highest realms into the top of your head, slowly and thoroughly washing every cell of your body; every thought of your mental body, every quark of your aura as it moves down through your body, out your legs, out the base of your spine, coming into union with the center of the earth and radiating Love to the whole planet.

Now ask to come into union with all others in our little workshop, feeling grateful for the opportunity to come together, feeling at ease in the present moment, in the realization that we are already eternal infinite beings, always have and always will be. Always in union with the whole, even if we temporarily forget it. This is who we are

and it's good to remember that. This is where our power originates in our eternal, infinite nature, no boundaries, no limits. We are creators.

When you are ready, open your eyes.

I've received some wonderful questions in writing from you. Feel free also to raise your hand here for questions using the reaction button at the bottom. If you have an older version of the software and cannot use it then make a motion to get our attention.

How are you feeling now Alice? You had a light case of CoVid.

Alice: Better. (echoing, reverberating sound.) [Welcome to the show!](#) (Trouble shooting with double access.) [Do you hear me now?](#)

Shepherd: Yes that is better. Well in her part of the world they like to yodel, and I think that was what was going on. Zoom was yodeling.

Alice: [OK, go on....!](#) I have another one, holds up a laptop.

Shepherd: Ok super. Mindy... Is Mindy here? [Mindy asked about how to become more skillful at recognizing people's roles through their pictures.](#)

1. There are two things that I already mentioned, the Roles Photo Database on <https://www.michaelteachings.com/role-photos.html> that Dave Gregg and I collaborated on. I think it's the single most valuable audiovisual resource in the Michael community for learning this material. I've but the link in the chat. So, for example if you go to the Warrior's page, you will see seven panels of Warriors with their secondaries that show through their photos pretty clearly So, for example a Warrior with a Server secondary, has that warming softening influence of the Server, combined with the Warrior toughness. But the Warrior with the King secondary, and by secondary I mean either Essence Twin (ET) bleed through, from a discarnate ET, and/or of the primary initial casting being of that Role. Dave and I looked for pictures that would best show up those flavors. This is a great way to study the material.

The second link I put in the chat, <https://shepherdhoodwin.com/michael-teaching/workshops> is a workshop I did at the West coast Michael gathering in 2016, where we looked at pictures of people. And I pointed out what I saw about their faces.

If we have time in this workshop, we have a couple of other options. One was suggested by Mindy, and I thought it was a good idea, would be to talk about each of you and what I see in each of your facial expressions that suggests your Role. Although I'm not sure that the screen resolution will be good enough as opposed to a sharp head shot. That is one thing we could do. Or I could do another power point with more pictures where we could just look at what we think is coming through from celebrities roles that we have already validated.

So, that is an option, but you might want to be looking at those other two resources in the meantime. Are there any questions or comments?

Alice: [I'd like that.](#)

Shepherd: Alice I think you still might have two panels up, unless it's not you. It's called Itel A-16 Plus. It's not muted, and a hand is up in that window. So, whoever that is, maybe you would want to take the hand down.

Alice: I see it but it's not me.

(Garbled transmission)

Shepherd: A 16 you may want to restart your computer since that is the quickest way to correct problems with Zoom.

2. Susan, you asked about the nature of Agreements, prenatal verses those that are made during the lifetime.

They are equally valid. Anything that is part of your life plan before incarnating goes a little deeper. It's sort of like... **audible interruption**. Anything that is part of the life plan that has been thoroughly reviewed with your guides, that has been thought through before the lifetime, tend to be... you know that saying "dye in the wool"? It's like a fabric where the dye goes all the way through the fabric. As opposed to made on the fly where it is like being painted on the surface. But they are equally valid and equally beneficial.

Let's say you made several mate agreements before incarnation, which most of us did. But then you meet someone who you didn't expect to meet in this lifetime who you had very good experiences with in other lifetimes. Looking at it from the Astral Plane, your Essence and the other person's Essence say, "Alright let's go ahead and make a mate agreement now. I didn't expect to see you, but we actually would fit quite well together considering our current circumstances. Then you might negotiate a mate agreement on the fly. You might get together and be very happy together.

So, you don't only have to have the prenatal agreements. But I think the prenatal ones are a little bit more compelling because they are woven into that original blueprint.

17:48 Do you have any questions or comments?

Susan: That's great clarification. Thank you.

Shepherd: You're welcome.

Claire: I have a question about that Shepherd. When would that type of arrangement be made for that type of agreement?

Shepherd: Do you mean for the one on the fly?

Claire: Yes, on the fly.

Shepherd: A key understanding is that on an Essence level which is a core part of who we are, Essence is always an active part of ourselves in our lives and because Essence is concerned with the bigger picture of the life, Essence is active on the Astral Plane negotiating with other souls in order to more effectively fulfill our life plan.

Let's say that none of your mate agreements worked out. And it would be quite wonderful and appropriate for you to have a mate in your life, and you would really like one. And of course, Essence knows this. To be clear here, Essence is not separate from you. Essence is part of who you are just as much as your body, your personality.

Essence is the core of who you are. So, Essence will be in negotiation with other souls say, "Hey would this be an appropriate mating? Let's look at your plan, let's look at my plan. Are we going to end up in the same city doing things where we could be together? Is this going to work out? It's negotiated, maybe there are some tweaks made and you make this type of agreement on the fly.

This is not apart from your physical existence; it's simultaneous. And you might in fact be aware of some of these negotiation if you are aware of your dreams because a lot of that can happen in the dream state. Your Essence is a little more free when your body is asleep, and Essence isn't so involved in helping you deal with the day to day of your life. So, if you dream about another soul and you meet that person, you might be remembering this Essence to Essence negotiation. Does that make sense?

Claire: Yes, it does. And it this something that you can consciously do as well?

Shepherd: You can. Many of these things that we discuss, are unconscious because most human beings do operate in an unconscious manner. But it's always a wonderful thing when the personality is awakening as all of us are hoping to do that we make these things more conscious. And so in fact you can especially in meditation, when you're in a relaxed state, you're not distracted you can call upon Essence and your guides and tell them what you need.

For example, "Essence, guides, team I would really like to attract an appropriate mate, and these are traits that are a special interest to me, someone who is also on a spiritual path. Please help me be alert to people I meet who I might have a soul connection with who might be good candidates." Mind you, you do not need to mate with souls you already know from other lifetimes. They don't need to be in your Cadre or Cadre Group because the soul is adventurous and the soul also likes making new friends, meeting new souls. But it is true that we tend to have most of our important experiences with a circle of souls that we have over and over again in our families and in our communities.

And average might be 300 souls. Let's say the average person has a couple hundred lifetimes. Over those lifetimes, you draw from a pool of people who are maybe in your Cadre but certainly in your Cadre Group, a few stragglers from other Cadre Groups. But these people are your friends. So, you say, "OK I'm planning this lifetime, I'm going to be here in America, in this city. What are your plans? Maybe it would be fun for us to get together. In fact, it looks like you are going to have a family, would you like to be my Dad in this upcoming lifetime?" Those sorts of negotiations are ongoing. And just like here on the physical plane we tend to draw on our old friends for most of these positions.

And the same thing continues when we're here in the Physical Plane because things are always changing and our needs change. And now you need someone to fill in this area because none of my mate agreements have worked out. Help me get some new candidates here and see what we can work out.

Claire: Is it always relationship oriented? So, friendship and intimate relationship? Or can it also be people that you might need to assist you in finding medical practitioners, etc.?

Shepherd: It can be absolutely anything. You may fulfill an agreement that you don't even think twice about. You could happen to sit down next to someone on the bus, get into a casual conversation and you make a suggestion, and you change that person's life. You have no idea. And it maybe that Essence knew this would be helpful and maneuvered you into this situation, so you could do that. In fact, that could be a prenatal agreement and you don't think twice about it. It can be seemingly very small things.

Some of the things we think are large, really aren't. It's a little hard to judge from here in the day to day world what the big important choices are and what the small, insignificant ones are. Because we just don't know consciously about the impact we have on other people's lives. Lets say you're a public figure, a practitioner like I am. Only one of 10 people who were profoundly affected by my work are going let me know that. Sometimes I'm surprised when I hear from people, "OMG this was so meaningful to me!" But for me it was all in the line of duty. It was just part of my work, part of my day.

This is really true for all of us. We are making an impact. Even just smiling to someone who is depressed, that can make all the difference in someone's life. Sometimes that is an agreement and sometimes it's not.

Also, agreements are not binding. Let's say you made a mate agreement with a soul you are very close to, and you dearly love. You meet that soul and it's turned out that personality at the current time is an alcoholic and they are not going to get healed from it very soon. So, it's perfectly fine for you not to pursue that relationship and say to your guides, "Ok, who's next on the list?" "Because I'm not going to choose to be in a mate relationship with an alcoholic. It doesn't work for me."

You always have choice. The agreements and the other parts of the life plan are in place just to give you a blueprint, a starting point. From there you make your choices.

Susan: Shepherd and everybody. I wanted to let you know that A 16 is one of our Michael students from Nigeria. It's Sam, Shepherd. He doesn't have any electricity so you can't see him on his phone.

Shepherd: Ok, can he hear us?

Susan: He can hear us.

Shepherd: Ok great! Hey Samuel, I'm glad you can join us live. He usually just listens to the recordings, so that is great! Thank you.

Marie: I would ask 2 questions. One related to what we just discussed and one maybe one another level. I have a friend who by the way you have channeled the chart who has access to let's say some previous lifetime on Earth. She is still in the same family. That means the Mother is the same Mother as in previous life. Is it something I would call usual compared to what we discussed about staying in the same family of friends. Or do we pick up each time a different family?

Shepherd: It's not uncommon to come back into the same family. But I wouldn't say it's the usual thing. It's certainly not required. You would certainly want to come back

to the same family if there is unfinished business. On the other hand, souls really like variety. Souls are curious. We're curious beings, some of us more so than others.

So, some of us can't wait to try out a different culture, different environment, different careers. And some of us like to do more of the same things in greater depth. When I do connection readings for people, like you and me, what is our past life history. I might find 4 instances in which we were parent-child. So, in one lifetime, you were my Mother, and I was your daughter and in the next lifetime, I was your Mother, and you were my Daughter. That might have been something called the Mother-Daughter monad where focused a whole lifetime on that Mother-Daughter relationship learning everything we could about it. Exploring all the nooks and crannies about it. In that case we would have been in an especially close relationship.

So, you will see to souls who just like, let's say, I really like it when you're my Dad and you will negotiate that 3 or 4 times to have that relationship with someone. But it's all by choice. If you like that relationship, you will do that.

Maybe there is a soul you can count on to be the sort of parent that is not going to prevent you from doing what you want to do as a soul in that lifetime. 31:00 That can be very valuable. On the other hand, if you have karma with that soul, where you're paying back the karma that means the Father will prevent you from doing what you want to do, you might take your medicine and say, "I'm going to learn something by repaying the karma with this soul. Maybe I didn't let him do what he wanted to do, when I was his Father. So, now I'm going to pay that back."

Marie: Yes, I understand.

Shepherd: It's all by negotiation. I've said this before, and I think it's a valuable analogy. For souls, life is like going to college except instead of there being a set curriculum it's self-directed. The student gets to decide what kind of education it wants. There are certain courses that are highly recommended, and you'll probably do them. For example, virtually every soul will explore the teacher-student monad because it is just so valuable. There are also a lot of things that are popular, but you may or may not choose to do them.

Marie: Thank you so much that is very clear. May I have my second question, is it Ok?

Shepherd: Yes, and I just wanted to add too, we all have guides that we can draw on.

4. If we are planning a lifetime and we want some advice and some support in doing so, we can get all the help that we want. Then there are others who are more independent, who just want to do it themselves. There are others who just jump in without much planning to see what might happen. Maybe they're younger souls so, every kind of experience look interesting, and they don't really care. They'll just take the next body available to them. There is a lot of variation but in general, the older and more experienced the soul, the more experiences you've had, and you may not want to duplicate it. You then become more careful in your planning to get precisely the experiences that are still left on your list.

Marie: Do we keep in this case our guides on Earth from all our incarnations?

Shepherd: No. Your main guides are often members of your Entity. Entity is your spiritual family, It's roughly a 1000 souls. They often guide you when you're physical and they aren't, and you often guide them when they are physical, and you are not. Because you learn a lot from being a guide. Their growing from guiding and you're growing from being guided.

It's a really interesting working relationship. I've compared that to playing a game of football. When your incarnated, you're the player on the field and your guide is the coach on the sidelines. Then you switch roles. So, people guiding you may have been guided by you in other lives. But basically, it's another thing that is by negotiation. You can choose to go up to someone and say, "hey, I think you'd be a really good guide for me in this lifetime."

There is a primary guide who is arguably the most important one in your life, but I can't guarantee that the primary guide you had at birth is the same one you have now. Because that guide may have decided to incarnate or is no longer as useful as that guide might have been to you during childhood. So, your guides can change by negotiation. But your primary guide is the one that knows your life plan really well and it's that guide's job to remind you of your upcoming appointments. He's sort of like your secretary who knows your itinerary and says, "You have this upcoming agreement to have lunch with Bob on Tuesday. Don't forget it and if you do this, you're not going to make the appointment..." They're trying to keep you on your schedule and remind you of things. Plus, when we get into a body with these meat brains, we can get forgetful. So, that is the job of the primary guide.

But if you have a bigger life task, you might have a lot of other guides who are for more specific purposes. You might have a guide that specializes in helping you heal relationships. You might have a guide whose specialty is your professional interests. Let's say you're a doctor. Then they could be healing experts, so they work with you for medical work. Guides can be part time where you pull them in for specific purposes. Or they could be full time. They could be temporary or long term.

Put no one comes in without at least one guide and that would be that primary guide. The problem is that most people are highly unconscious and don't pay attention to their guides. On the other hand, a lot of people are actually hearing their guides, but they don't identify what they're hearing as coming from their guides. They just think it's their own conscience or their wiser, or better self. Or whatever and that is just fine.

Most people do not listen to their guidance as much as their guides might wish they did. So, many guides are underemployed meaning they don't have much to do. It can be kind of boring to work with someone who consistently disregards guidance. But no one, not even the most evil person is going to be left here on the Physical Plane without someone they teamed up with who is at least there if the person wants to open up to that guidance.

Now, you had a second question?

Marie: Thank you so much for the answer by the way, for all this insight. My understanding and maybe I'm wrong, and this is my question, that in a certain way, our soul, the one that is our true self is intact. My question is when we have some lifetime

which could be quite hurtful, difficult experience, even though we choose that, is there an impact on our soul? Or is there no impact because it's our choice and our soul always remains intact as a spark of the Tao?

Shepherd: The way I think about it is that there are layers. This is my model, and you can try it on for size. So, the core layer of the self is what I call the spark of the Tao, which is the part of us which is in the Source. In order to play this game that we are all playing, where we are coming to the Physical Plane of Earth and inhabiting the human life form, there are a lot of layers that need to occur.

The spark of the Tao enters the dimensional universe and plans to have human lifetimes on the Physical Plane of Earth as a place to start. In order for the spark of the Tao to do that it creates an Essence. The Essence is characterized by what is on the top half of your Michael chart. It chooses the soul type, lets say a Sage. It chooses who it's going to team up with, it's Essence Twin, Task Companion. It chooses its Male/Female energy pattern, etc. It gets together with all the other souls, many of whom are old friends from previous Grand Cycles (GC) come together as an Entity and the whole Entity, which is about 1000 of these Essences is cast from the Tao.

This Entity comes down from the Tao through all the higher planes until it lands on the lower Astral Plane. The lower Astral Plane is headquarters for the Entity for human souls. 42:00 It can't go directly onto the Physical Plane because it's vibration is too dense. On some planets, the Entity has it's headquarters on the upper Physical Plane. But it doesn't matter. It just needs a place where they are all cast, and they land.

At this point, these Essences have had no experience of this universe. They are completely a blank slate. It's pure, divine Love, Truth and Beauty. Nothing but that. But it has had no experience. So, it doesn't know a thing about being a human being. It's innocent, you can say naïve.

Now behind it, inside of it is the spark of the Tao that maybe had 13 previous GCs so there's some experience that it draws on, some complexity. But it doesn't know a thing about operating a human, bipedal mammal. It may have had previous cycles with similar lifeforms, with similar planets but we don't know this. But this particular one, this particular circumstance is virgin.

Once the Entity has landed and starts planning out the series of lifetimes it's going to have on the Physical Plane, that's where the raw numbers are assigned, the Essence generates a soul. A soul is the outer layer of the Essence. It's the bottom part of it and it's going to stick its finger into a human body for the first lifetime. And it's going to start collecting experiences through a series of lifetimes. So, the outer layer of Essence is the soul. It is the Essence and sometimes we use the terms Essence and soul interchangeably. But technically we could differentiate them by saying the Essence is the whole of that potential that has come through all of these traits and all of these visions of what it wants to experience in this GC. And the soul is like the glove on the hand that is sticking down into human bodies.

So, the soul has a lifetime, finishes the lifetime and now the outer layer of the Essence, the soul, has to process that experience. What did I learn from that? What were my mistakes? Was I foolish to have chosen this kind of challenge for my first lifetime? Or it

my say, "wow that was really fun, it was easy, I loved my parents, I'm really getting used to the planet, I'm happy to be here, etc. Whatever, but it's going to process that experience. And then along with maybe more experienced guides, it's going to choose the next lifetime.

So, the soul is gathering experiences. Now, the soul, in the 4th lifetime gets involved in a karmic situation, maybe a war, something that really traumatizes that person. It can traumatize the soul because the soul is so inexperienced. The definition of trauma is, "I encountered something that jammed up my circuits that I did not know how to deal with it. I was just frozen because I didn't know what to do. I was overwhelmed and harmed by it because it was a really ugly, damaging experience for me. Another soul might have had that same experience and they knew how to handle it. So, they didn't get traumatized. Maybe it wasn't enjoyable, but they handled it with some grace, some ease, some knowledge, whatever.

Yes, the soul can be damaged by experiences it can't handle. Then it comes into the next lifetime, and it says, "Ok, what can we set up for this next lifetime that will heal that trauma?" this might be something the soul discusses with the guides and with other souls. Perhaps the next lifetime will be a very nurturing one just to regain its equilibrium. Or maybe another upcoming lifetime will be another war experience that it can handle better. Or maybe if karma were generated the next lifetime will be one in which you're now the soldier who inflicts karma on someone else and you get to see it from their point of view. Then perhaps you understand that soldier didn't want to hurt you but was ordered to do so by the czar or whoever and "now I get it. I realize it wasn't personal". Then the karma is repaid, and you are even and it's a relief. Maybe you still don't quite know how to deal with the emotions of it, but you are moving forward.

So, souls do become damaged. But if you go higher up, eventually there is a part of the Essence that is not damaged. 48:30 You get closer and closer to the spark of the Tao, that pure potential, and there is some resource in every soul that is connected with Divine Love, Truth and Beauty and that is why the damaged soul can be healed. Because there is that connection within them.

But sometimes the soul is beyond repair. It doesn't happen very often, but it can happen where it's so jammed up from experience that were overwhelming, that it didn't know what to do with that there is something called Astral suicide. This is where the soul is disassembled, broken down into its component parts and reabsorbed back into the Tao before it has completed the GC.

So, damage to the soul is taken very seriously but the good news is that it is a huge part of our growth. That we do become damaged by experiences that we didn't know how to handle but then we learn how to handle them. And we become much more capable as souls. Because the goal of all of this is to learn how to be in unconditional Love, Truth and Beauty no matter what life throws at us.

But we are not going to know that in our first lifetime. We are not going to know how to cope. Here you are in your first lifetime, and hopefully your first lifetime is a very loving, comfortable one so you can just get your feet wet, just get used to being a human being on Earth. But let's say you are in an early lifetime, and someone is really

cruel to you, and you don't have a way of understanding it. It can blow your circuits out and then you have to repair it.

If you are willing to accept help to heal it, you can get passed it very quickly. But if you are so traumatized that you become hardened and you build a lot of walls, it can be harder. You might even descend into evil. Evil in this case isn't what people tend to think of it as being. It's more about you being so damaged that you are not accepting Love at the moment. You're so in fear that you are going to lash with other people in ways that you think will protect you. And we can learn from that too. In a sense it's all good but one would prefer that we grow through joy, that we open to love, get through lessons quickly instead of slowly and that would be our preference.

Marie: Thank you so much Shepherd.

Claire: This might be related if we can circle back for a moment to guides, but it might not be related at all since I've never really understood what's been happening.

6. But for a number of years now in a meditative state and also when I lay down at night, there is a phenomenon that occurs. My entire field of awareness with my eyes closed turns into something that looks a bit like the solar system. There's a sense of these like vortexes start in front of the vision and spin out farther into what looks like the universe. To me sometimes it feels like a portal that is opening. But I don't exactly know what it is. Sometimes within that field of vision there will become a very clear vision. It can be of the California coast, of an Italian village, sometimes I can see little people and faint interactions of people or entities. I'm wondering if these teachings might shed any light on what these experiences are.

Shepherd: In our daily waking life we are focusing our attention on the middle or the 4th level of the Physical Plane.

7. This is what seems solid to us because it's where we focus. The Devas, the nature spirits are at the 3rd level of the Physical Plane, so they are just a little slower and maybe we catch them out of the corner of our eye. Phenomenon such as ghosts are at the 5th level so we might catch them since they are vibrating just a little faster. We live in this multidimensional universe and there are so many layers of things going on.

If we perceived them all at once, we'd lose our minds. It would be too much information, so we choose to focus. What I'm getting about what you have described, is when you are in bed, you are shifting your awareness from the 4th level to the 5th level. The 5th level is part of the Etheric. For example, if you go for an acupuncture treatment, obviously the needles are going into the physical body, but they are affecting the next layer of your aura which is the Etheric. Then the Etheric.. the upper physical is connecting into the lower Astral, so with you as a Priest which is a high frequency role want to travel other places or see into other dimensions, that is how you would do it.

And you can do that without entirely leaving your physical body. 55:44 You might still be aware of your physical body, but you are opening your vision to higher realms. By higher I mean they vibrate more quickly. I don't mean that they are better, I don't mean that they are more spiritual because everything is spiritual. But they vibrate

more quickly and when your attention isn't focused on the middle Physical which is the solid realms, you are then free to observe other things going on.

Claire: I can see angels in this place. I can see hummingbird fairy-like creatures...

Shepherd: When you said Portals, spirit said, "yes that is exactly what they are." Meaning that if you want to enter another dimension that's in front of you, you're just going to walk through it. Artisans being high frequency have a special affinity for these realms.

Claire: And would my frequency of 87 have anything to do with this?

Shepherd: Absolutely, it gives you that affinity even more so. You are a high frequency individual with a high frequency role. So, you have this access that some of us would not find coming as easily. On the other hand, you might find it harder to be grounded and to be comfortable in a physical setting.

Claire: No kidding...

Laughter

Shepherd: My mantra is, "there are pros and cons to everything". And you've shared the pros of yours.

Claire: And I can share the cons too, it's very challenging being incarnated.

Shepherd: Yes, for sure.

Claire: Thank you Shepherd.

Shepherd: You're welcome! I'm going to take a brief break. I'll be right back.

Susan J: Claire, I just want to thank you for what you just shared because I've had similar experiences before I go to sleep at night. I will often see lights or spirals or faces or all sort of different things. So, thank you for asking about that. It's so interesting to hear that somebody else has those experiences. I thought everybody did until I asked my husband and kids. They thought I was crazy.

Claire: I've never met anyone who has those experiences either. So, thank you for speaking up. I haven't really known what to make of it. Some times there's a sense that these Entities are doing kind of ungodly things that I'm also witnessing. It's quite different. And I had this, maybe it was guidance, I don't know, to ask this question now. These portals, actually, I never thought of them as portal, but there is a stronger sense of being pulled into another dimension.

Susan J: Sometimes when I experience that, this is my own interpretation, when I'm falling asleep and I'm seeing a lot of faces, I think I do a lot of work in the Bardo at night helping souls that have passed traumatically, or unexpectedly or tragically. So, they're stuck. My own thoughts about it have been when I see all the faces, I think those are the faces I'll be working with during my sleep. Then when I see the spirals, I wondered about them too because I see them as well. And I wondered, "oh is that a portal?" It's so interesting and I'm also a Priest which makes it interesting too.

Amanda: I know another priest who when they had similar experiences, they wore a hat at night. It helped them ground themselves. Just FYI if you want to try it.

Susan J: You know what's really funny about that? My husband, he and my daughter have wonderful senses of humor. They often will make tin foil hats because I'm fairly telepathic. So, they'll put the hats on and say, "I'm making this so you can't read my mind." Maybe I need to try that before I go to bed!

Stan asked about the different levels that were discussed earlier. He was given a short summary and told he could read about them more specifically in the transcript.

Claire: We live on the 4th level and the 5th level is the Etheric. The Deva level is the 3rd level

Shepherd continues with # 7: Or below.. there's this as above, so below thing if you think of the 7 planes of creation and you think of us as souls having descended through the high planes and landing on the lower Astral. But there is also what comes through the Tao from below directly through the lowest planes. These are the Devas who are direct representatives of the Tao on the Physical Plane who are the nature spirits who help bring life to the plants, the animals, the rocks, the mountains and such.

They are equivalent to angels on the Physical Plane. And the angels on the Astral Plane are also directly from the Tao and they help the incarnating souls which is us full time on the Astral Plane.

I'm giving you this image of the Tao entering from the highest and also from the lowest, but in fact the Tao is the Source, and the Tao is accessible from any plane. But it's also useful to think of it as that kind of meeting. Just as we did the grounding exercise at the beginning, it's useful to imagine the energy coming up through the Earth and also coming down through spirit, even though that energy is also available from every cell of your body already. It doesn't have to come just from above or below. Still, it's pleasant to feel that flow from the higher and the lower.

Stan: Thank you.

Shepherd: Also, Susan F has been our transcriber and we are very grateful for her work. So, anything that you missed, eventually there will be a transcript. 1:04:20

Claire your hand is still raised. Do you mean it to be?

Claire: No, I'll take it down.

Shepherd: Are there any other questions before I go back to the list? This is from Susan F.

#8. Michael has indicated that before we have cycled off from a chosen planetary experience, we select and teach someone else everything we have learned. Why is this necessary or why is this done? Does this teaching of another person happen in the last lifetime or does it require several lifetimes of close association? If we are in this process do we recognize it and what would be some of the indications that we are making this transition?

Shepherd: It is a saying that teachers learn as much from their students by teaching as students learn from their teacher. In fact, I've just been listening to an audiobook about the mind, and they have done these experiments where they have young children in a classroom teaching the other children. They've also done some tests of their brains and they've found out that by them explaining things, they're learning. By explaining to the other children it crystalizes it.

There's another saying, that when you teach, you learn it twice. So, teaching is a really valuable way of learning things and ingraining it into ourselves. When you have to explain something you know to someone else, so they understand it, with empathy for what they don't understand, that reinforces your learning by many times.

This is in fact why Michael benefits from being our teacher from the Causal Plane. They learn so much from working with us, it's not a one way street, it's not just oh, they're doing it out of the goodness of their heart. They benefit so much from it. This teaching learning interchange is something that is going on at all times, at all levels, just like with children in a classroom.

The old paradigm of the teacher standing in front of the class and telling everyone to shut up, is not a really effective method of teaching. It's very slow. If you have a more chaotic classroom where the children are helping each other, it often accelerates the learning. So, who best to teach something than those who have just learned it themselves?

I mentioned earlier the teacher-student monad; it is the most common of the monads. It's where you team up with a friend who is an expert in some area and that person focuses on teaching you. And then you switch roles; you may teach something different when you're the teacher, but you get the experience of teaching. So, there is so much value in it.

Certainly, at these milestones, when you reach the 7th level, not just the 7th level old, 7th level, Infant, Baby, Young, Mature as well. Before you are going to move on to a whole new focus, perspective, soul age, which is what soul age is, it's just a change of perspective or lesson. Before you move on from that, there's a lot of value in summing up what is learned at least to one other soul. The way it's taught in the Michael books by Chelsea Quinn Yarboro, the original channeling on this, is that you pick at least one other soul to teach everything that you learned. Lets say 7th level Mature before you move on to 1st Old, you teach everything you've learned.

If you are Ordinal, in other words, if you are a Server, Artisan or Warrior, you generally not that interested in working with larger groups. So, if you are a Server you might find it more pleasant to just pick one other soul to focus, showing what you've learned about the Mature cycle. This would likely be another Mature soul who is a little younger in the cycle. And the idea is you can save that person some trouble by downloading, "this is what I learned from this. Don't make this mistake that I made. It will save you some heartache if you learn to recognize con men." Or whatever.

Do you literally teach everything that you learned throughout your Mature soul cycle to this other soul, or if you're a Cardinal soul to a group of souls? No, of course not, you are not going to teach everything. That would be too much. Some of it would be

irrelevant, they have their own lessons to learn. But the things that you want to take with you forward you are going to try to teach those things to at least one other soul or it could be to many other souls. Does that answer your questions?

Susan F: That's a great start. Thank you Shepherd.

Shepherd: Ok, does anything else come to mind?

Susan F: How do you recognize if you are in that cycle? There are quite a few people here who are in their 7th level Old. Would you kind of internally know that you are doing this? Do you do it in one lifetime or do you do it in a cycle of lifetimes? Do you know?

Shepherd: 7th levels tend to require fewer lifetimes than 6th levels for example. Would you know it? No, not necessarily because most human beings are not conscious of the spiritual path that they are on. So, a lot of these things are instinctive. There will be the urge to teach. And teaching is fun, it's interesting.

So, having the urge to pass on what you have learned would not be considered abnormal at all. You would be conscious of it if you had a teaching that gave you words in which to frame it. Otherwise, probably not. Probably not conscious of a lot of things. Michael said in the Yarboro books that you can go through the entire cycle through 7th level Old and never consciously be on a spiritual path. You may complete all the cycles and just never be that interested in understanding exactly from a spiritual point of view. But you're still doing it.

Some of the most spiritual people I know, and what I mean by spiritual is that they are loving, they are kind, they're full of integrity, they're thoughtful, they're considerate. To me that is being spiritual. But they don't speak this language and they are not interested in speaking this language. On the other hand, there are those who speak this language very fluently that are not very nice people. They don't know too much about unconditional love.

So, being on a conscious spiritual path is completely optional. And the vast majority of souls who have cycled off planet Earth have not been on a conscious spiritual path. They have not had a way of framing it, but they have completed their course work. They've gone through the levels.

An analogy for this is college. You can graduate college but maybe your grade point average wasn't that high. Or you can graduate from a college that isn't very rigorous. You still got your degree, you still passed, and you can move on to graduate school which in this analogy would be full time on the Astral Plane. So, no one puts a gun to your head and forces you to do anything as souls.

It's all by your choice but then you also experience the ramifications of your choices. If you don't like those results, then you will choose something else. And if you want to make better choices or higher choices, there are plenty of guides available to help you pull that off. And if you are not that interested, that is perfectly fine. You are just going to do your thing.

Susan F: Ok Shepherd, thank you.

Shepherd: If you are conscious, that you are teaching in order to tie up the loose ends for the soul age you would validate that in a number of ways. 6th levels are famously the most difficult of any of the soul ages but especially 6th level Mature. It's just famous for being difficult because the Mature cycle is difficult. In the Mature cycle you are diving into the self. You're not focusing on the outer world anymore. You have to deal with all of those pesky feelings, and these difficult relationships. Of course, you've had relationships from your first lifetime but now they're really central and you want to look at them in the mirror. Particularly if you weren't someone who wasn't really interested in the inner world, the Mature cycle can be really tough. And then you get to the 6th level.

What happens at the 6th level? 6th level has a positive pole of Harmony and a negative pole of Connection. It doesn't mean that Connection is bad, but Harmony is a bigger experience of the 6th level. You get to the 6th level, and you look at your figurative watch and you say, "OMG I'm almost done being a Mature soul" or whatever the soul age is, and you want to tie up loose ends. You want to harmonize them. So, any karmas that you have been avoiding paying off, you think, "I better do it now, this is a really good time to it." Or any agreements that you keep putting off, that you want to complete, you'll do it then. So, it can be really tough at the 6th level, especially the 6th level Mature.

And you can feel like you've been through the ringer. The way you can validate this is that your completions are with other people. When you get to 7th level, your completions are more internal. And that is easier. It's not easy but it's easier. So, for example let's say you reach 7th level Mature, and you never got down the lesson of self-esteem. So, you say, "Now is the time to focus on this. I'm going to get into therapy. I'm going to practice affirmations. I'm going to learn to give the same love and respect to myself as I give to my loved ones. I'm going to face all the negative beliefs I have about myself."

We call that self-karma because a karma is an imbalance of energy. At the 6th level you were balancing your energies with other people and now you are balancing your energies with yourself. And that is also when you might take on a student, someone to teach what you've learned at 7th level Mature for example. Maybe you decide to become a therapist and you want to learn self-esteem and that becomes your specialty as a therapist. You work with other people on their self-esteem and that's how you learn self-esteem internally. You could if you were a student of these teachings say, "oh, I see what I'm doing here. I'm passing on to my therapy clients everything I've learned as a Mature soul about relationships and the inner world. And I'm finally developing that self-esteem that I've been lacking throughout." Maybe the whole GC but maybe just through the Mature cycle.

Make sense?

Susan F: Yes it makes sense, so much better. Thank you.

Shepherd: Any other questions on this subject or another one that comes to mind?
1:19:12 Let's go back to the list. I don't think Deb Riley is here today so I think I will hold the questions that people ask for when they are present.

[#9. Stan asked about Black Holes.](#) So, yesterday I asked Essence and Michael about that. What I was told is that Black Holes are gateways to other universes. By that I don't mean parallel universes because parallel universes are parallel within our universe. So, they would be different versions of Stan on Earth.

But when I say a gateway to another universe, I mean like a whole different system where there is no Earth and there is no Shepherd. Me as a spark of the Tao might be playing around in that other universe. But all the rules could be different. For example, in our universe, we use the number 7 a lot. We have 7 planes; we have 7 roles. Maybe in that other universe that the Tao has made, which by the way, would be very difficult for any of us including Michael to comprehend, maybe it's based on 8. Or on 11 or on something we can't even imagine; maybe there aren't even any numbers in that universe!

What I got was those Black Holes are portals into a different universe. My sense of this is they are like those doors you see in public buildings that say, "Employees Only", that they are for the benefit of the Tao, and they are not something that you or I are going to want to go through because they will obliterate us.

Now I would be very curious if other channels, Michael or otherwise agree with this information. I'd love to hear what other channels have to say about Black Holes and I have not come across anything. Or if you do, feel free to share it. It might be a part of the picture, there might be a whole lot more to the picture from what I got. But that is what I got.

In all things that we can't prove, which let's face it, a lot of the Michael teachings, I suggest that we play with it lightly. That we play around with it as a model, that maybe makes sense to us. But I wouldn't enshrine it as eternal dogma because a dogma means we stop thinking, we have all the answers and nothing more needs to be said on the subject. Just take it lightly like, "One channel said that Black Holes are portals into other universes. That may or may not be correct, I can't prove it."

I've often joked because Michael has often said that they are an Entity of a 1050 Kings and Warriors. That's obviously not something I can prove is correct. One Michael channel had the audacity to suggest that there might be some Scholars in there. Now they are in the 4th position of their Cadre, which is the Scholar number. They are also at the 4th level of the Causal Plane, Mid Causal. So, there is a lot of 4 or Scholar-ness to them but no one can prove the original channeling that said they were all Warriors and Kings was correct. Maybe that was a simplification because they were right at the beginning of channeling and they didn't want to confuse the Michael group with, "Oh yeh there's a few Scholars in here, whatever."

So, now that is sort of enshrined that Michael is only Warriors and Kings. I'm happy with that. I don't have to argue with that. But my joke about it is that I validated it by making them line up in a row and I counted them. The ones with shields were Warriors and the one's with crowns were Kings. Yes there were 1050 Kings and Warriors, I validated that! (laughter) No, it's ridiculous because you can't validate that.

Now what can you validate? You can validate the Roles in many cases. You can validate your own Role, when you really deeply understand what they are. The charts

can pretty much be validated if you have enough knowledge. So, that is what is most useful.

But the big picture stuff is a lot of fun, and we can't prove it. I have my model that I like that I've been teaching you about how we're sparks of the Tao that come down through the planes and land on the lower Astral. And we get our Raw Numbers, and we start incarnating... This resonates with me. It gives me a sort of peace of mind because as a Sage cast Sage with just about Sage everything I really feel like I want to feel that I understand, I want to believe I understand. It makes me feel comfortable. So, I'm comfortable with these models. But other people have models that they are comfortable with and hey if it works for you, just enjoy it.

The point is always Love. That's the bottom line. Anything that helps you be more effective as a human being, helps you love more freely, more fully, helps you have more peace of mind, then it's good. I don't knock anybody's religion. I may not agree with the dogma part of the religion. But if where they are at the moment, if they're religion gives them inner peace, I'm not going to take that away from them. I'm not going to argue with them and say, "Oh you're wrong, that's not how the universe works."

I might argue with someone who is awakening, who is beginning to find that model, their old model is not working for them anymore. I don't know if Samuel is still listening, but Samuel was raised Catholic. He's an Old Priest and he's found a lot of nourishment from the Catholic traditions, ceremonies and beliefs. And yet as he was becoming interested in the Michael Teachings and other metaphysics he was outgrowing it. Some of it was beginning to become a shackle for him. So, I had no compunctions about arguing with his old Catholic beliefs that I feel were keeping him in suffering and were keeping him away from Joy. And he was open to that. If he hadn't been open to it, I would not have felt the urge to challenge them.

Stan: Thank you because what you have increased in me in this moment is infinite possibility. And there is a joy in knowing that not only is the Cosmos more infinite than I could imagine, going back to the Tao, but there are many other levels and permutations. Not just what is seen by counting star systems and galaxies and things of that sort or the numerous Black Holes. But beyond that lays another infinite possibility. Thank you for the lighthearted way that you helped me experience that in my own sense of self, in my own joy radiating forth and the privilege of being with you and others in this moment.

Shepherd: Thank you Stan. Stan is a dear old friend from a spiritual group that we were involved with. I was involved starting in 1971 and Stan was born into it. We got a beautiful, grounding in spirituality 101 and we've included it and moved beyond it also.

There is a resurgence of interest among Doctors and therapists in using psychedelics to expand consciousness and heal from trauma. A lot of people who use psychedelics report the same kind of expansion of consciousness of infinite possibility that Stan was alluding to. So, we get to do it here without drugs. Not that I would knock the drugs, but we may not need it. 1:29:25

Stan also asked,

#10. "Are there other planets that are more challenging than Earth?"

Shepherd: There are a few. One of the factors that determines how challenging it is for a spark of the Tao to be embodied on a particular physical planet is how aggressive the lifeform is. So, let's say you went to a planet where a lifeform is like tigers on Earth, that are very aggressive, more aggressive than the human animal. You can imagine if that lifeform became scientifically sophisticated enough to have nuclear weapons, it would have its work cut out for it to master those aggressive tendencies well enough not to destroy life on the surface of the planet.

This actually does happen from time to time, where the sentient lifeform becomes physically advanced enough to destroy the possibility of it continuing on that planet because it didn't become equally spiritually sophisticated. It did not master those aggressive impulses.

In fact, and I believe I've said this before in the workshops, that we're told that the Cetaceans, who are equally sentient as humans, in fact in some ways they are more advanced, came from a planet where they or their fellow sentient souls on that planet did destroy the possibility of continuing as lifeforms on the face of that planet. So, those who were not done with their GC were brought over to inhabit the Dolphin, Whale lifeforms. And their karma, you might say is they cannot manipulate their environment. They are at the mercy of another lifeform, the human lifeform that is destroying the oceans, polluting it. So, this is a sort of mass karma for them. It is still possible that humans will make it impossible for human life to continue on the face of Earth. In which case, we'll have to finish somewhere else.

I don't think that will happen. It think we will have degraded the ecology very badly, but I don't think it will come to that for human beings. It could though.

So, humans according to JP Van Hulle, the human animal is aggressive on a scale of 1 to 10, on the level about of 7. We're a pretty aggressive species. But aggression can be a positive thing too. So, humans are really dynamic. We've built these magnificent cities, and all these skyscrapers, the bullet trains, chocolate... All these great things our aggression has created. But clearly we have not yet healed and evolved enough to let that aggression be motivated solely by unconditional love. And that is what we must learn.

And we really better learn it in a big hurry because we are making the environment pretty difficult. Not only for ourselves but certainly for our children and our grand children and for all that will come after. On the other hand, I don't want to leave you with this depressing note. It is also true that if we stop polluting, which is in our power to do, you know the technology for solar and wind and all of that is just advancing so fast, we just need the will to do it. If we stop polluting the earth can heal a lot faster than people can imagine. We just need to give it a chance.

Also raising the vibration of human consciousness is a key here. If we raise the vibration, that means that things vibrate more quickly, the healing can happen more quickly.

I don't know if we will get back all the species that have gone extinct because of our maleficence. But there is more hope than there appears. Coming together in groups like this where we raise the vibration, I'm sure you've noticed that when we come together, we are in a higher vibration, this is a great benefit to humanity.

Laurel, you haven't said anything, what would you like to ask?

Laurel: #11. Given that we've degraded the environment of the Cetaceans so much, are they still able to grow through joy? And what can we learn from them?

Shepherd: You know how the majority of human beings don't recognize that the Cetaceans are our equals, that they are fully sentient, intelligent creatures? The majority of Cetaceans don't recognize that humans are their equals and also intelligent. A lot of them think humans are very clever, nasty animals who are beneath them. So, to them humans are a great nuisance in the way we might view mosquitos as a great nuisance.

Yes, they are still able to experience some joy but yes, they are suffering from the degradation of the oceans. Yes it is hurting them. But they are still able to experience Joy.

Did I answer your question fully or do you want to say more?

Laurel: Is there anything in particular that we can be learning from them?

Shepherd: Oh, you're absolutely right by bringing up the word Joy. They can certainly teach us Joy, particularly the Dolphins who are just so playful. And I think anyone who encounters Dolphins have their hearts so opened because the Dolphins are so playful and open hearted. So, yes, we can learn that from them.

According to Michael the souls that inhabit Dolphins and Whales are the same group of souls, it's one collective. But the younger souls among them tend to come in as the Dolphins and that is that youthful playfulness. And the older souls among them tend to come in as Whales. Although there are no rules about it, but it just tends to be. Then someone asked Michael, "What do old souls, Scholar Whales do?" because obviously they don't have books. And Michael said, and I found this so touching, "They remember." You know they have huge brains, huge, huge, huge, brains. They are extremely intelligent. And the average Dolphin is also more intelligent than the average human.

But since they don't do things the way we do, they don't write things down, they don't manipulate the environment, most human beings have no respect for them or their environment. Some of us are... if we eat tuna for example, we try to make sure we eat tuna that didn't catch Dolphin in the nets because we do have some understanding that they are very special, and we don't want to get in the way of their life lessons either.

Does that answer your question? Thank you.

Laurel: Yes, thank you.

Shepherd: Alright, Carol!

Carol: Thank you, I had once a very strong vision of Whales creating a protective energetic net around the Earth. And trees especially, ancient trees linking together doing the same thing. I felt in my vision, something that was supportive and stabilizing and helpful. I thought I'd share that and see if you had any comments about it.

Shepherd: Beautiful and yes, I totally agree. Many of you know my dear friend Susannah Redelf, who is a healer, an amazing healer. 1:40:39 Her website is <https://councilofone.org/>. She has a lot of exercises on it. She schedules a free monthly, or more often group meditation for healing the planet. And she often in these mediations, calls in the Cetacean healers to assist with making grids, etc. I think you are tuning into the same thing. Some of these old soul Whales are very accomplished healers. Of course, it is in their self interest to pull back on human destruction of the environment because it's their environment too. So, anything they can do to put the brakes on this...

I don't know why I'm thinking about him right now, but Al Gore who has been sounding the alarm about climate change for decades and people thought he was just being a nut, like "who cares". He was a little bit like Cassandra, sounding the alarm and everyone thinking he was wrong. And now people are finally waking up to this. Thank God for the Cassandras, for the people who have sounded the alarm and said, "Look we need some changes on some very deep levels."

I think that anything that any of us do, for example in meditation, to put grids around the planet, to invite healing energy is going to be helpful. You might say, "What can one person do, what can a small group of people do?" But I believe that it does help and it should be encouraged.

Stan also asked: [#12. In between earthly incarnations it is possible to incarnate elsewhere?](#)

Shepherd: Yes. Let's say you're a Server who has had 123 past lives on Earth, the most common way you would visit other planets, would be in-between lives when you are on the Astral Plane. The Astral Plane is very fluid; you can basically go anywhere not just Earth from Earth's Astral Plane. And there are souls who love visiting other planets. But they stay on the Astral Plane, and they hang out with their buddies who are on these other planets. "Hey, how's it going on your planet... Not so good on Earth at the moment... or whatever. So, people do that.

Now, your question is could you as Stan, let's say between lives, decide to go to a planet where the lifeform looked like an elephant but that they were fully conscious as humans are. You could, you could do that. And there are souls who are eccentric enough to do it. But here's the problem.

You've had a 123 lifetimes as a human on Earth and then you get the itch to go incarnate on another planet. So, you go to the elephant planet where you've already have some buddies there who are incarnating as elephants, and you've been comparing notes on the Astral Plane. And you say, "Oh, I really would like to try out this planet where the sentient lifeform is elephants. And the guy says, "Ok, I'm about to be born; you can be my daughter. You can be my little baby elephant."

And you come in and are so confused because all the rules on that planet are different from Earth! The culture is different, all the expectations are different. So, you come in and the other elephants are saying, "Oh, poor Gertrude, her new daughter is mentally disabled. It's going to have to be cared for it's whole life. It must have been a birth defect.. it just can't cope. Maybe we should put it out of it's misery. It's just a really dumb elephant..." (laughter)

Because you're taking for granted in your 124th lifetime that you know how things work. You know what the rules are. Then you go to this other planet, and everything is different, and you don't know what the heck has happened. Plus, let's say on this elephant planet, you commit karma, even accidentally; you kill another elephant. And now you are stuck. You have to come back to this planet, that you do not understand, to repay your karmic debt.

So, there are a lot of very good reasons for Stan saying, "You know I think I'll just stay on the Astral Plane and look through the window and see life there but I'm not going to do that.

Now, there are many new agers who will tell you that they are doing this. They're not from here, they're from all these other planets. What I think they are doing is they are remembering previous GCs that they actually completed but they may have some unfinished business or issues that they are remembering the lifetime on that other planet. Maybe they were one of the Greys in other cycle and all of that is bleeding together in a way that for some people their past lives stream into this one.

I think that people who have a Dissociative Identity Disorder, that used to be known as Multiple Personality Disorder, I like there might be some damage in their fields that are allowing past life selves to come in and out in an inconvenient way.

If you had me channel about a particular person who claims they are not from here, then I could tell you what I think the scoop is on that particular person. But there could be a lot of different things going on in that regard with that person. It's very fashionable in new age circles to say, "I'm a starseed; I'm not from this planet. I'm from Orion, or Sirius or whatever. And then I do their chart and I get they've had 123 past lives on Earth as a human!

But they may be quite well connected to this planet. They may have had a wonderful cycle in Sirius or Orion or whatever. They may still have a lot of friends there that they are communicating with on the Astral Plane. So, I'm not going to dismiss anything that people tell me. I'm just going to be interested in saying, "Well, how might we word this in terms of the Michael Teachings. How would we conceptualize that?

Any comments Stan on this?

Stan: That's wonderful, thank you Shepherd. That certainly resonates with my. I had to chuckle on the baby elephant thing. I think I've done that on occasion, and it's not to be repeated too much.

Shepherd: Amanda, you wrote me a question, asking, #13 how angels fit into the Michael material.

The way that I think of it is, our guides are other souls like us, maybe entity mates who are parttime because they are also incarnate. And angels are representatives of the Tao, whose full time job it is to help us on the Astral Plane. And they help hold everything in existence because they have the vision of the Tao. For example, there are people who describe their experiences of the Astral Plane, people who are having out of body experience or near death experience, and they talk about the hall of records where you can go and see living histories, and all this cool stuff. So, the angels are the ones who have various jobs on the Astral Plane and who maintain the Astral Plane as the Tao intends it. So, they are direct representatives of the Astral Plane just as the nature spirits, or the Devas are the direct representative of the Tao on the Physical Plane, holding physical manifestations and tending to it, nurturing. And so, the angels will come in and help us.

Some people could conflate angels and guides and that is fine. With anything in spiritual and metaphysical teachings you just want to find out how people are defining their terms. Because they don't always define them the same way.

So, if your guide come to you and helps you avoid a car accident, they may appear to you as an angel because that's going to be comforting to you because of your religion. But the way that I would technically differentiate them is the guides are part time and the angels are full time.

Any questions or comments about that Amanda?

Amanda: very garbled transmission Now types: Your comments are similar to traditional religion in that angels are not cycling as humans is that correct?

Shepherd: Yes that is correct. That is not the game they are choosing to play. On planet Earth they are choosing to work behind the scenes. My analogy for this is Earth is like a bunch of sparks of the Tao saying, "Hey, let's put on a show." And the human souls are the actors on the stage and the angels are running the lights. They are behind the scenes. So, the actors are center stage.

Alice typed: They are regarded as a different line of evolution, their large task also is not to guide humans but building the earth, by protecting mountains, seas etc. at different levels.

Shepherd: Yes I agree with that, Yes, I think the angels are the Tao maintaining the Astral Plane as a support team. And the Devas are like Earth angels helping with the formation of the Earth. 1:53:56

Shepherd: Carol.

Carol: # 14: I do a lot of Shamanic journeying, so I have what I see as power animals, spirit helpers, sometimes in contact with energies we have named gods in various religions on the planet. I wonder if you might see these as guides who are discarnate humans or...an imagination of some truth I'm getting reflected as a part of my journey?

Shepherd: The Astral Plane is famous for being quite malleable because it's an emotional substance, it's very easy to change it and appear as whatever you want. Let's say I meet you on the Astral Plane and we are between lives. And you knew me as Shepherd, and just poof, I could look like Shepherd did except with probably a

thinner waist and more muscles... or if you knew me from that Roman lifetime where I was your wife, I might appear to you that way. Or if you don't need me to appear to you in a human form, I'll just show myself to you as a light and energy form that I'm most comfortable with. The Astral is very malleable. And when our guides or other helpers in the spiritual world appear to us, they are going to take whatever form is most comfortable to us on a Shamanic journey.

I've been told more than once that my main power animal is the wolf. If I see a wolf and it has symbolic meaning to me in my journeying, is that really part of the wolf device soul configuration or is it one of my guides appearing to me as a wolf? It could be either way. And if I'm really curious, I could just tune in at the time and could say, "hum this really does feel like the oversoul of the wolf" coming to me to help me with their unique gifts. Or it could be one of my guides reminding me of my wolf traits. Like for example, wolves sing, reminding me to sing and communicate and that sort of thing.

This is an overall suggestion that I would make for anyone communicating with spirit is if you are curious, then just ask. "Are you wolf medicine, are you a guide appearing to me as a wolf?" If you are interested you can ask.

Did I fully answer your question?

Carol: Gives a thumbs up.

Shepherd: Claire. This will be our last question because we are out of time.

Claire: Going back, say that I'm having a vision of angels, would that be on the Astral Plane or on the Etheric Plane?

Shepherd: Probably on the Astral because that is their natural habitat. There's nothing from keeping them slowing their energy down a bit and being more Etheric, so as to manifest to you, even manifesting to you to appear as someone physical.

It's a lot of work. Here on the Physical Plane, we think of energy, taking a lot of energy as being pure bodily stamina. But even on the Astral Plane there are limits to how much energy one might want to invest in doing something. Let's say for an example that I'm one of your guides or I'm an angel assisting you from the Astral Plane. And you really, really, really need me to briefly manifest on the Physical Plane. I can slow down my energy if I have that skill and I can do that, but it would take a lot of energy to sustain that for very long. So, it's probably going to be very brief. Maybe it's to save your life. Maybe I need to physicalize myself to actually move something out of your way. It can be done by those who have that skill and practice it. It's not an easy thing to do.

Sometimes when people pass on, they manipulate some physical matter to let their loved ones know that they are there. Like they turn the lights on and off. It's relatively pretty easy to manipulate electricity. But some souls aren't good at it because they haven't practiced it. So, then some people will complain, "Well why didn't my mother come to me and turn the lights off? Doesn't she care?" Well, maybe she's not that good at doing that skill and other people are.

Claire: Thank you.

Shepherd: Thank you. We've had another wonderful session. Thank you to everyone.