

# Shepherd Beyond the MC III

## Session 5: April 2 , 2022

Transcribed by Susan A. Flow

- # 1. Comments on mindfulness of breathing, exhalers and inhalers. The discipline of Terlusollogie
- # 2. Comments on direct knowing of our oneness in spirit. Do we still evolve if we achieve feeling in one with the Tao?
- # 3. What are the living conditions and life tasks of the cycled off souls waiting for the rest of the entity still incarnated?
- # 4. What is the source of your information about between lives and these conditions?
- # 5. Are there any souls working with technical aspects of the planet and constructive levels of planetary needs?
- # 6. What is the difference between a soul and an Essence.? Unhealthy souls do they get healed?
- # 7. Explain rampant cruelty.
- # 8. How do being an introvert, an extravert or highly sensitive relate to the Overleaves?
- # 9. What is the interconnection between Ascension and cycling off if at all?
- #10. Can suicide ever be a positive choice? Specific comments on medically assisted suicide. Comments on suicide for extreme emotional distress.
- #11. Are monads and karma related?

**Shepherd:** Welcome everyone. We talked last week about extending past the six weeks. One suggestion was to wait until after the summer, others suggested do it right away but take a few weeks for Easter and the ECMG. If you have an opinion about this, why don't you send me an email about this. I will also check the chats.

Susan F, you also have an announcement about the Ukraine.

**SusanF:** Between Alice, Shepherd and myself, we had a communication about whether we should send notification to everyone via email about how to contribute to Doctors Without Borders. Instead of sending an email, we are going to attach a document to the chat so everyone can access it on the Google Drive and pull it up. I'm going to attach it now.

**Shepherd:** A member of our group is Mirah Love, but she only watches the video and after my discussion about how to deal with high sensitivity, she offered a link to a series of 3 videos that she found to be quite wonderful on the subject. I just also put those links in the chat. <https://www.youtube.com/watch?v=FQLBnUBKggY&t=723s>

Many of you might also be familiar with the bestselling book, I forget the author but it's High Sensitivity People HSP. Is that the name of it? (The Highly Sensitive Person by Dr. Elaine Aron. She's the same person in the you tube video in the link above.)

<https://hsperson.com/>

There is a lot of literature about how some persons nervous systems are just wired differently. And I dare say that applies to most of us here and most seekers in general might have chosen a body with greater sensitivity because we are looking to attune to

more subtle vibrations. And that like very thing else in life is a double edged sword. Which can mean more pain.

Let's start with a guided meditation.

Breath is incredibly important and often overlooked. There are many great techniques that one can study. I've been hearing about the Wim Hof technique.

<https://www.wimhofmethod.com/>

Of course, the spiritual traditions of India going back to Buddha focuses on the breath.

Let's do something simple here. Be present with your body and invite your body to have free reign to breath in whatever way feels best to it. 5:02

The bestselling book, called Breath that I listen to, suggests that it's best to breath in and out through your nose and not through the mouth. He suggests putting a small light piece of tape over your lips as you sleep, to remind you to breathe through your nose. He says after a couple of weeks, it clears nasal obstructions.

If you have trouble with those, you can email me, and I can tell you something that I do for that. Of course, this is a time of pollen issues for us. There are supplements that I take, that if I remember to do it adequately I don't have the acute rhinitis, the inflammation of the nose that otherwise would happen. Email me if you are also interested in it.

Again, how does your body like to breath? Notice. Maybe this is a clue to how you might like to breathe most of the time. What is it like?

Breath, air contains life force, prana, chi.

Would any one like to share your experience of this? If so, raise your hand using the buttons on the bottom right or wave your hand. 8:26

You can to this an intention that you are breathing in and also as you are breathing out. So, as you continue breathing the way that your body most wants to breath right now, you could state an affirmation in your mind such as, "Love, I'm breathing in Love."

So, this oxygen filled aliveness is now including Love. And then on your exhale you are breathing out Love. Or it could be Truth. Breath in Love breath out Truth. What ever you feel you need to breathe, any quality you would like to have more of in your life.

Breath in Peace, breathing out Clarity. Breathe in Joy, maybe then you feel the cells of your body tingle a little. Breathing out happiness.

Breathing in Aliveness, breathing out Vitality. Obviously there is a lot of room for improvisation. Tune into whatever you need and want.

For the next one, visualize that this quality is going to everyone else in the group.

Breathing in Blessing is going to everyone else in the group.

Breathing in Blessing, breathing out Blessing.

Breathing in Healing on all levels, breathing out Healing on all levels.

Take a moment now to feel yourself as a part of this whole being permeated with this qualities. Giving and receiving Blessing, healing on all levels, Peace.

And now as you breathe in and out Peace, hold a picture of Ukraine and Russia, without agenda but simply, the picture, the intention, the feeling of Peace.

And finally, to close, perhaps you would like to create an intention that your body continue to stay in a place of Peace and all the other things that you have breathed in and out.

Imprint that intention on your body, mind, emotions and energy, so that you may continue to both experience and emanate all of these things that you have intended and broadcasted.

Stan?

Stan: #1. Yes, thank you Shepherd. I like to breathe out first and then let the air come back naturally. Breathing out first, offering that blessing, and then the oxygen comes back naturally instead of trying to take a breath or get a breath. If I feel I need a little more oxygenation, I give a little more initially, relax and it comes back.

This is useful of course, for an actor because breathe is going out of my mouth through word forms, then relaxing what is needed comes flooding back. The diaphragm works naturally. So, thank you for this exercise in mindfulness of breathing.

Shepherd: Thank you Stan, that is a great technique. Why don't you all try that right now? Anyone that works with breathe will suggest that you breath from your diaphragm, meaning your belly. Because a lot of people breath in a shallow way, up here in their chest and they don't get in much air. If you are a singer or an actor you will be taught to feel your belly going in and out as you breathe.

And as Stan pointed out, if you start by pushing out every once of air you can remove, this I going to get rid of old stagnant air and then if you relax the air rushes in because you have opened that cavity. You've created a void into which the air can rush back into.

So why don't you put your hand on your belly and blow out all the air with an intention of blessing or whatever you would like and slowly feel the incoming air that returns without much effort. Just control it by slowly opening the space. 17:51

The inhalation becomes effortless because you've created a space for it. It's a great technique and there are many excellent breathing techniques. You might play around with different ones and see.

Laurel?

Laurel: There is a discipline called Terlusologie that is more well known in Europe. It says there are 2 kinds of natural breathers. One in the way that we just talked about, those who exhales first where the inhale happens naturally since it just pops in. For those breathers there's a natural pause after you inhale then you deliberately exhale.

The other kind of breather is the opposite. Where it is more natural to inhale first then exhale. There is a natural pause at the bottom of the exhale.

This is known as exhalers, and the others are known as inhalers. Although I can do both ways, for me it's natural to inhale first.

Shepherd: Interesting, would you spell the name of that school of thought please?

Laurel: T e r l u s o l l o g i e (spelling corrected) It originated in Germany <https://terlusologie.de/> (Google will automatically translate this page into English)

**Shepherd:** Thank you. I think if we keep asking our body how it would best like to breathe, we will find out which is the way our body likes to breathe. For myself, I keep forgetting to breathe. My breathe is shallow most of the time, until I deliberately do this. And when I remember to check in, I feel better. I like it when I feel that I'm getting more air and my head is clearer.

The great thing about this technique is that it is free. It's easy, you know it's portable even if you don't have your phone with you. You can do this waiting in line, or something. Take a moment and say, "Hey body, how would you like to breath right now?" It's quite relaxing.

I have had lifelong sinus and allergy problems. Often my sinuses and nose felt constricted, as if there wasn't enough room. One of the things I did about 20 years ago, is I found a Chinese acupuncturist. He was one of the rare ones who trained in this painful technique where he sticks a long Q-tip with this special herbal salve way up your nose and your sinuses. And he pulls out scare tissue. It was really worth the discomfort because you can't imagine what came out. I think it is a great alternative to the surgery that Western medicine sometimes does.

Unfortunately, he stopped doing it because so much bacteria and gunk was coming out that he became worried about contaminating his office. A few years later I felt that it needed to be done again. And he said no. I asked if he would come outside or do it in my car, but he wouldn't. Maybe you can find someone who does this technique.

Another thing that for me was a revelation... you all know about neti pots, where you use salt water, and it goes into one nares and comes out the other. Now there are these Neilmed Squeeze bottles. Then someone came up with these improved versions of the squeeze bottles that are angled which I liked very much.

And then I was standing in line, waiting for my pet's nails to be trimmed at the pet store and the lady standing behind me, out of the blue told me about an instrument that is like a water pik.

Alice do you have a water pik in Europe? Do you know what I mean it sprays water for your teeth? Yes, so you know what that is.

Some people who used to work for Water Pik, learned from their customers that some of them where using it for their nose instead of the Neti Pot. So, these engineers invented something called the SinuPulse for the sinuses. This lady at the pet store told me about it. I thought she was really channeling, because it changed my life.

They are about \$80 or \$90 on Amazon in the US and you fill the water tank with saline, salt water. You can add a little of baking soda. It pulses as it goes up your nose, in one nostril and out the other. The reason it's better than the Neti Pot, is that the pulsing that is built into this machine, breaks down something called Biofilm.

Bacteria has something around it called Biofilm. When you take something called antibiotics, for example, I had a lot of intestinal problems and I learned all about Biofilm. If you take antibiotics it may not penetrate the biofilm to destroy the bacteria at the core of the matrix. It will only kill the bacteria on the outside. There are other herbs or supplements that you can take that puncture the Biofilm so you can get rid of the bacteria.

Well, for the nose and sinuses which can be crawling with old bacteria, that are giving you chronic colds and sore throats, which I had, the pulsing also destroys the Biofilm. What happened when I started using it, I started getting horrible sore throats because

it was releasing all this really old stuff. It stopped when I got rid of it. It's been a revelation now because I feel like I have so much air in my head than I did before.  
25:14

I feel like on one hand I'm wasting our time talking about this off topic material but I'm feeling guided to share it like someone listening really needs to hear it. So, if it's not for you, please bear with me.

If I sound a little stuffy right now, it's because I used my SinuPulse, and it takes a while for it to all drain out. But I do feel that I'm getting more air to my brain than I've ever had before in my life.

The other thing is something called... the name will come to me. When I was living in Portland right out of college in 1973, someone told me about this chiropractor .. Oh it was called Nasal Specific and you can look it up online. This chiropractor who would blow balloons up you nose and do like a chiropractic adjustment for the inside of your sinuses and nose.

I had him do it once. He lived pretty far from me, and it was pretty hard to get to for me, but I never forgot it. He started an institute where he trained other chiropractors it. I found one near me to do it. So, I drive 40 miles south to see this man. I now do it a couple times a month, but I used to do it several times a week at first. It was life changing for me, it was such a relief to correct the collapse of the sinuses.

The author who wrote the book on breath talks about the fact that we don't chew as much or as vigorously that's why our jaws are shrinking, and we don't breathe as well.  
27:01 It's the same thing that we aren't natural anymore basically, our sinuses are collapsing and we're not getting enough air.

Whoever that was for, I hope it was beneficial and who ever I bored, my apologies. Now we will go onto your submitted questions. I'm going in the order the questions were submitted.

**From Phil and Claire:** Here on the physical plane, we see accomplished and spiritually realized people some of whom are teachers. One of the aspects of their realization and teaching is their direct knowing of our oneness with spirit.

Let's take a moment to let that absorb, "direct knowing of our oneness with spirit." From the readings we just did and our intentions, just take a moment and feel our oneness with spirit. This is something that is available to all of us in every moment, but we forget to tune into it. So, tune into it now.

Can everyone feel it? Any problems with it? Now the idea here in the question here is that some people are living there 24/7. That is something we can do too if we just practiced enough. Basically, every skill is a matter of practicing enough and properly.

They go on to write: "Of course, many of us have glimpses of this from time to time. In traditional Eastern teachings it's said that this realization ends the cycle of lives. Is this how Michael sees it?"

**# 2. If the person realizes their oneness with the Tao while embodied on Earth, so they still evolve through the remaining planes? If so, what happens during these journeys and what are the purposes served?**

**Shepherd:** We start off in total oneness. That's the Tao, the Tao is total oneness. If the Tao's reasoning were, "Well, we're totally one, why do anything else?" then we wouldn't have universes. We wouldn't have people. We wouldn't have Starbucks. We

wouldn't have anything because they're already in oneness. If the only purpose of reincarnation was to attain oneness, well, why even bother? Because we are already in oneness. Right? So there is more to it than that.

However, the knowledge of oneness while we are here in these neat packages called human bodies is very useful. It's going to improve our chances of growing through joy rather than growing through pain.

We will make better choices when we feel our oneness with others. We'll make more considerate choices of others. So, knowing our oneness is going to improve every aspect of our experience. But that doesn't mean that is the only thing we are here to experience. So, if we were to quote, "reach enlightenment", because we live in that sense of oneness all the time, before we ever tasted Starbucks Coffee or explored relationships, or read books or any of the things that are part of being human, we would have missed out.

It's sort of like, you've never been to Paris, you've heard about Paris, the city of lights, how marvelous it is. You're interested in it, you want to explore Notre Dame, the Eiffel Tower and everything about it but then you get to Paris and forget all of that. You say instead, "Well, I'm in Paris, I'm done here, I'm going back home." You haven't seen anything, and you haven't done anything.

So, I think this is one of those teachings that are incomplete. I think what happened was someone reached enlightenment or touched enlightenment and they had this amazing experience of being blissed out. They knew they were one with everything. Some people reach this on drug experiences. And then they say, "This is so much better than I've ever felt before, why do anything else!" And then they just want to get back there. And whether they do it with drugs, or through skillful long, deep meditation or whatever, they say that is enough.

But the soul says, "I also want to learn and grow and take advantage of the education and expansion that is possible by reason of being on this difficult planet which can be an excellent university for the soul. So, yes, if you reach bliss, fabulous. You get a lot of points for that. But some people reach it, but they haven't learned how to stay there. They come back to ordinary life, and they are very depressed because they see the difference between the two.

The same thing happened to people who had near death experiences where they were so overwhelmed by the unconditional love and peace that they feel that they come back and are deeply depressed for years. Because they compare the two experiences, but they don't know how to bring back the lessons. Well, wouldn't it be a valuable thing for the soul to learn how to take that experience, that direct experience of oneness, of bliss, of flow into daily life?

So, that is really what that is about. "Ok, it's relatively easy for me now to get into bliss if I meditate for an hour every day or do my chants or take Psilocybe and mushrooms or have blissful tantric sex or whatever. If you've gotten that far where you can get into a bliss state pretty easily through certain circumstances, that is a huge advantage. That is a wonderful thing, and you get a lot of gold stars for it.

But then you are going to get a lot more gold stars, self-given by your soul if you can then use that experience to be more loving when your boss is being an asshole or when your car broke down and you don't have enough money to pay for the repair. Or your mother is diagnosed with Alzheimer's. That's when it gets harder.

If you can carry some of that peace and understanding and also develop good communication skills, critical thinking, problem-solving, figuring out what would be the best care for my mother, how am I going to come up with a car to get to work. That exercises your consciousness in a way that is sitting in bliss is not going to. Although, I'm totally in favor with bliss. I'd like to have a lot more of it in my life too.

But again, that's not the only reason we've come here. If you can maintain a bliss state, while you're dealing with hateful people for example, now that's a skill worth developing. Don't you think?

It's the unification of the spiritual and the material is why we are here. You can learn to attain bliss states if you learn to do the work like you could become a fine pianist if you practice. But whether or not you are motivated to do the spiritual practice that would get you into that bliss state, all of us are handling a life, a body, handling other people, plumbing that gets stuffed up, insects that devour our garden or whatever.

And in stepping back, pausing to make the best possible decisions, we're growing. Ultimately the grow is going to expand our capacity for bliss and for joy. So, however great the bliss that you may have experienced is, if you have developed more wisdom and compassion by dealing with the challenges of everyday life, when you return to that bliss you are going to have more of it and a higher quality of it.

It's pretty easy to have bliss on the Astral Plane when we are between lives. I'm not saying that everyone on the Astral Plane is in bliss. In fact, some of them are in hell. But you don't have a body on the Astral Plane between lives, so you are just pure spirit. You're not worried about paying the bills, you're not dealing with health issues. You're not dealing with a lot of the stresses that we deal with here, but you are still dealing with yourself.

So, any limitations of consciousness, any prejudices that are deeply ingrained in you, any bad habits, any false beliefs, you're still stuck with those. It's best to deal with them and it's best to deal with them on the Physical Plane where they are going to be triggered.

Thank you Phil and Claire for that question, any comments or follow up on it?

Phil: Thank you that really helps my understanding and you've reminded me that the spiritual school that we are in, there's a distinction between realization, which I think you were speaking about, knowing the unity, truth, consciousness, bliss and actualization which is learning to embody it. Sometimes called a journey of descent, and our teach said that is actually harder than the realization. Putting it all together makes sense.

Shepherd: Thank you. Alice sent in this question:

#3. Have you any idea what the living conditions and life tasks of the waiting off cycled souls are? Those waiting for the last companions of their entity still incarnated.

Shepherd: Thank you.

those of you who aren't familiar, there's a concept in the Michael Teachings that we are part of a spiritual or soul family of roughly a 1000 souls but there can be more and each of us are having a series of lifetimes on the Physical Plane. We are going at our own speed, according to our own choices. Some started earlier some started later, some pack in a bunch of lifetimes, some are just doing a survey experience of fewer lifetimes.

Some move through the soul age levels quickly, some linger to get a deeper, broader education.

So, not everyone in the entity or soul family finishes on the Physical Plane at the same time, or the same year. Here in the year of our Lord 2022 there are members of my soul family who have completed the Physical Plane. In the Michael Teachings we say they are cycled off.

There are also members of my soul family who are Young Souls. They may have many centuries before they are ready to cycle off.

The soul is not in a hurry and the entity is not in a hurry. There is a false belief promulgated in Eastern religions that we are in a big hurry to get off this God damned planet and get back in unity with God, or the Whole, or the Tao or reach enlightenment. It's like this big race and whoever gets there first wins a gold medal. It's not like that.

In fact, time as we understand it is a construct built around the movement of planets. We have our 24 hour day here on Earth. It could look very different on a different planet. It's a useful tool but it's not the end all and be all. And on the Astral Plane, Physical Plane time is not the same. It's an influence but it is much more valuable.

If you graduate from the Physical Plane, in other words you've gone through the 35 soul age levels, you're satisfied with what you've learned, you've finished 7<sup>th</sup> level old, you've check off everything on your list and you and your guides agree that you can cycle off. Well, now you are full time on the Astral Plane and it's not a whole lot different from when you are part time on the Astral Plane in-between lives. 44:14

Let's say you die, and you are between lives. There are so many things you can do there. You are not going to be bored. You are not going to be spending the rest of that time sitting on a cloud playing a harp because that would be really, really boring. Unless, you really love playing the harp in that case, you are allowed to that because you are allowed to do anything that you want.

But when you are between lifetimes and when you have completed your lifetimes and are cycled off, you will probably mostly be hanging out on the middle Astral Plane. You may know that each plane has 7 levels. When you are on the lower Astral, that is levels 1,2 and 3, that is very accessible to the Physical Plane. That is where your soul hangs out during your incarnation. So, part of you at this moment is Astral and part of you is Physical. That is just the way that it's worked out on planet Earth for souls because the vibration of Earth is too low to sustain souls. On some other planets the souls would be on the upper level of the Physical Plane, but it's not a big deal.

In any case there is a lot to do on the lower Astral. Usually if spiritual people talk about the lower Astral they usually do it in a horror story kind of context like, "Oh, there are all those demons and nasty things on the lower Astral and they are out to get you". Well, there is some of that especially on the first level of the Astral Plane. There are some people who are hanging out there who very troubled or trying to work some things out but that is just one neighborhood of the Astral. 46:20

If you're full of life and love they probably aren't going to bother with you because they won't resonate with you, so you don't need to worry about them. But there are guides who work with souls who are working out trauma or karma or whatever on the Lower Astral.

There are also nice neighborhoods on the Lower Astral and there is a lot that you can do there that is fun. I mentioned the Hall of Records, the Library that many people report from the Astral Plane, this really cool place. It's sort of right out of Harry Potter. You can look at your own past, the past of the planet, you can learn things in 3 D video, AI sort of thing where you can explore the record, you can what you or your entity mate may have experienced in the past. It's a very fascinating place.

You can be of service to other souls. And most of us do some of that between physical lives and in fact some of us are doing it now, when we are in the body because part of us is on the Lower Astral, especially when you are dreaming. But even right now as I'm talking to you, there could be a part of me that's off helping people. Let's say someone just died and they need to take some one's arm to cross over to be reassured. We are multidimensional and there is a lot going on. This is something that we all do especially in the all hands on deck situations. Like the tsunami that killed 150,000 people. Those people were all in shock, they needed help. We might have been helping with that.

But basically, it's just like the Physical Plane where you can do anything you want, and you can follow your interests. You might be one of those souls who are interested in working with planetary energy grids. So, you might do that. You might actually leave the Astral Plane of Earth and travel to the Astral Plane of other planets. That's very interesting. Some souls, particularly those who have a travel lust here on the Physical Plane probably still have that travel lust on the Astral Plane. And they are visiting other planets, they have friends from previous GC on other planets. It's a lot easier to get around on the Astral Plane than the Physical Plane because it's not solid, it's very, loose, malleable, emotional etc.

You are not going to be bored unless you are stuck. If you had a traumatic lifetime, you might spend some time working on healing, going into a healing chamber where you have your guides and specialist working on healing your damaged energy body so you can be ready for another incarnation. It doesn't mean that you will learn every lesson, but it will put you back into shape if your energy field is pretty battered.

My mother was a 6<sup>th</sup> level Old Sage who had a very difficult life because she had an undiagnosed kidney infection, that left her very ill for 20 years. That is a real energy drain and it not necessarily is just damaging to the body, but it could be damaging to the soul. It's very draining. She was bed ridden a lot with migraines, etc. So, for about 20 to 25 of our years on the Physical Plane, which indirectly applies to the Astral Plane she was in a deep rest state where various skilled healers were working on her to try to restore her soul. She was another one of these extremely sensitive people. Again, it's a double edged sword, it allowed her to create great beauty, her paintings, her singing. But also, being so sensitive and maybe not having the tools to deal with it left her soul needing a lot of work. And after that she was back to herself. At this point she looks fantastic, happy and centered, full of energy and full of life.

But sometimes people have lives that just drain the soul, it's not necessarily just the body. On other hand if you lived a pretty healthy life, you were full of vim and vigor until your final illness, maybe the illness was horrible, maybe the accident was horrible but if it was brief and you handled it pretty well you may cross over to the Astral Plane still in really good shape. You may only need a brief time working with some healers to repair the damage and then you are off and running to the next thing. So, it depends on the individual.

But there is plenty to keep you occupied if you want to and you can do nothing if you want to. You are probably going to hang out with your soul friends from past lives or

your soul family. There is the equivalent of socializing, there is the equivalent of sex. Basically, there is the equivalent of everything we have on the Physical Plane except it's more vivid. The sex is better, the colors are more wide ranging and vivid and basically everything is easier. But we don't learn as much because it is easier.

So, we hang out on the middle of the Astral and then when the last person or almost the last person of our entity has cycled off, then we can begin to reunite. That means that you start working more as a team. It doesn't mean that you've lost your individuality, but your focus starts to shift to larger groups. Maybe the cadence or the greater cadence. And the Entity as a whole starts to work together on your projects, that you as a soul family wanted to accomplish.

You start to focus more on those larger group lessons. You exchange what you've learned with each other, sort of download into each other. "OK I learned this part of this lesson, you learned that part of this lesson." And you go, Oh that's very interesting. And because you start to reunite with your Entity, anyone of your entity that is still on the Physical Plane, like you and me, can benefit from the Entity's reuniting process that maybe began before you fully cycled off.

In fact, from the beginning we are always drawing on our Entity mates, for help, for knowledge and for sharing information. And in fact, if you had a past life regression you might be remembering the lifetime of one of your entity mates rather than your own because you have been downloading this information into each other really from the beginning. But more so towards the end of that reuniting process.

Thank you for the cool question Alice. 54:38.

Alice: May I say a little bit?

Shepherd: Absolutely.

Alice: # 4. This is interesting because it is exactly the same information as the clients of Michael Newton gave to him in their session of lives between lives. I was wondering what is the origin of your information. Is it specifically information from Michael? Or is it a mix of information that you organized yourself from all sources?

Shepherd: It's a combination. I did the Michael Newton books maybe 30 years ago when they came out. I have a terrible memory but I'm sure that I absorbed some of it. And also, from 35 years channeling Michael and doing mediumship where I've talked to people's deceased loved ones. I have a lot of this information from what these deceased loved ones have told me and what Michael has told me. It all fits together, it holds together as a coherent whole of information.

Alice: # 5. One more thing then, I was thinking and expecting that answer. But I also see that it is concentrating on psychological activities, therapeutic activities, you know all these kinds of work which is very important that people bring that back. I was wondering if you have also heard of souls who are working on more constructive, technical things? Such as to organize systems on the planet, to help systems on the planet to evolve. So, more the hard stuff. Have you heard stories about these things?

Shepherd: A great deal, actually and thank you for bringing that aspect up. Yes, if you define yourself as a light worker, a light worker is anybody who cares more about others than themselves. In other words, you care about your own growth and evolution, but you also add to that a deep concern for altruism, for being of service to others, to humanity, to the planet, etc. I would call that a light worker. I can't imagine

someone signing up for one of my workshops who is not identified as being a light worker whether or not that term is used.

I've channeled a great deal about people who are part of planetary service teams who are doing all sorts of teams energetically. And without these teams of skilled accomplished souls who are even between lives or, as I've mentioned earlier, if you're an advanced enough soul, you may be participating in that work while you are also operating a body on the Physical Plane. So, without those souls and the angels. The angels are like us, but they are not incarnated. They are not playing the game that we are playing attending planet Earth university. They are full time on the Astral Plane, but they are intelligent advanced souls. They work solely behind the scenes. We collaborate with the angels... the angels are sort of like the equivalent of the Devas we have on the Physical Plane.

So, the angels, you and I, maybe between lives, maybe during lives, advanced teachers, we do work together in a lot of groups that are of planetary service in various ways. We either work with the planetary grids, the energies

**Alice:** Yes, that is what I mean. Not only the therapeutic or the medical things or whatever. The nature laws or the big transformations of the planet that now and then occur. That need enormous transformation, not really human but of the planet, the construction of all the layers and the fields, whatever. The more technical work.

**Shepherd:** Absolutely. I would say they are a minority of souls who are involved in this work. I would say they are very advanced and that they have specialized skills. You can be sure that people here on the Physical Plane who are drawn to things like Reiki and all the other energy configurations things are doing the same things in between lives on a larger scale.

In fact, life that we have here on the Physical Plane would cease to exist if not for these energetic infrastructures. There is so much going on behind the scenes that allows life to continue as it is that we take for granted or don't know about it. If it were not being done, all of this would just poof, disappear. It could not continue to exist. Just like life could not continue to exist without the work of the Devas.

So, each part of the whole is intrinsic. In between lives, most of us here are probably doing a lot of cool stuff, of planetary service, of healing on a mass level rather than an individual level. There are huge teams working with the war in the Ukraine and Russia.

The problem is that we have free will and these expert teams working to defuse energies still have to contend with the fact, that the human beings involves still have free will and they may be cut off from spirit. Even if Putin's guides are begging him to pull back, if he's stuck in false personality, which he clearly is, maybe even mentally ill, they may not be able to get through to him. But what they do is... they are getting through wherever they can get through to him and they are doing the best to minimize the damage.

So, yes, they don't have the power to stop the war. People are always praying to God saying, "God stop this from happening!" Well, how is God supposed to do this if the human beings are doing whatever they damn well pleased. But there are some people who are open. And so, they are going to work wherever there is an opening both among the Russian people and the Ukraine people. They are going to do everything they can do to bring healing energy, to bring greater balance, to bring as much peace and the human beings involve will allow.

You can say, "What good are they if they can't stop the war?" But you can be sure if they weren't doing the work that they are able to do it would be worse. That's all we know. People still have free will.

Alice: I can talk a long time about this, but there are still other questions of course. Thank you.

Shepherd: Thank you! OK... Mindy, are you here? I'll go to your question even if you are not present. Because you'll probably listen to the video or audio recordings.

Mindy: # 6. I have a question about soul and Essence and if they are different. At one time you said that sometimes the soul has problems and might not be that healthy. What happens to this type of soul? Do they get healed in some manner?

Shepherd: In general, in the Michael Teachings, like in the books, most of the authors use the word soul and the word Essence interchangeably. However, at one point in Journey of Your Soul, where I talk about levels of self, I think it's towards the end of the book, I do differentiate between soul and Essence.

It's more of a technical issue. The soul is the outer layer, Essence is much larger. Essence is the first thing that the spark of the Tao creates in order to get from the Tao into the universe and prepare for incarnations. And Essence has presence on all 7 planes of creation.

But the higher levels... right now Essence is focused on the Physical and the Astral Planes. So, all the higher levels of Essence, let's say that part of Essence that resonates with the Mental Plane, or the Buddhic Plane, these are more potential. They are not yet realized, they are not yet lit up, but they are those energies as potentials on the higher planes.

You can communicate with the potential Causal or Messianic aspects of your Essence. They are sort of like the acorn that has the blueprint of the whole oak tree but has not yet grown into that oak tree, it has the potential of that oak tree. That is Essence.

And then Essence when it decides to incarnating as a human in this case on the Physical Plane, it's outer layer that is going to touch into the Physical Plane from the Lower Astral, that lowest layer is the soul. And then the soul is going to create a person, like Mindy or Shepherd. And it's going to create a personality for that person. Those are the Overleaves, and it's going to choose parents and negotiate with other souls to be parented by them. It's going to come into the Physical Plane and create an individual person, in this case, we're going to say Shepherd.

When Shepherd dies, that person that the soul created for Essence's sake continues to live on. Of course, the body isn't there anymore. But the personality of Shepherd is now part of that soul. Then the soul says, "Oh, that was fun. Let's do another one." So, it creates another personality that shares that Essence, the same soul type, Role: Sage, 5<sup>th</sup> level, primary casting etc. The top half of your Michael chart, all of that stays the same for the entire Grand Cycle, but the bottom half can change for each incarnation.

Then, the soul creates another personality. And that new personality, may or may not be dealing with unfinished issues from the Shepherd personality. Maybe those issues will wait for 5 more lifetimes until they get dealt with again. So, the soul collects and contains all of those personalities and processes them for Essence.

That in my opinion is the difference between soul and Essence. But to most Michael students if you say the word soul or say the word Essence they will just interpret that as talking about the higher self and that is good enough.

Thank you Mindy. 1:07:41

Deb Riley, are you hear Deb? Again, since we are getting near the end of the workshop, I'll just answer the questions even if the person isn't here.

Deb R. : # 7. Please explain the rampant cruelty of humans to humans and humans to animals. Is it the same as pure neglect?

**Shepherd:** Throughout the universe there are countless different creatures of reason that sparks of the Tao have chosen to ensoul in order to have a grand cycle, in order to grow. That may be animal form or what we would recognize as animal but maybe something that we don't recognize as an animal. It could be a big blob of silicone or a rock or whatever. But somehow they have the capacity for purely intellectual functioning. These would come under the heading of creatures of reason.

They range on a scale of aggressiveness. You can say a scale of 1 to 10... zero to 10. Humans according to channel J.P Van Hulle are a 7 on that scale. By aggressiveness I mean it is an animal even before the soul gets in that tends to be more predatory. That tends to be more prone to kill, that tends to be more active. We see this in other animals on Earth. There are some who are solely prey and not aggressive at all. There are some who are highly predatory, who are really scary in the way they can kill and eat their prey.

So, the human animal, before an incarnation is more aggressive. In fact, a 7 is just about as high a level that the Tao is going to choose for incarnation because when it gets higher than 7, the likelihood of it, by it's increased intelligence of soul incarnation is that it will destroy itself and destroy the planet. And human beings are already very close to it. Although we have gone, many, many, many millennia without having done it. So, we've gotten a lot of good growth experience out of this before we would reach this point where we are technically capable of destroying human life on the face of this planet.

Why would the Tao choose an animal form like humans if it is so aggressive and really dangerous as well as capable of such rampant cruelty as you put it? Well, the flip side of it, of aggression is a lot of cool accomplishment. The aggressiveness of the businessman who wanted to design and build skyscrapers, and cars that would go faster and faster. That's all exciting. People love roller coaster rides, they love the positive expression of that aggressiveness. So, aggression is not all bad since it can be used to make some really cool stuff and do some really cool stuff.

What about the people whose aggression makes them want to climb Mt. Everest. So, you can see where the soul can get a lot of growth out of it. But the dark side is the cruelty. The problem here, and you've heard this no doubt many times in the past, that human beings have technically outstripped their spiritual growth. In other words, we can do a lot more harm than we have the spiritual and mental, emotional maturity to mitigate it. And that is a problem; it's a big problem. Hopefully we will wake up and realize that we need to grow spiritually, mentally and emotionally if we are going to survive.

And it is possible that human life will not survive on Earth. As I mentioned in an earlier workshop, my intuition is that we will. We will conquer this problem. But this cruelty,

this negative side of aggression... the negative side of anything is fear based. And the fear here is I won't survive. Bodies are programmed to fight to survive. So, the fear that I won't survive can make me vicious and cruel to other people because the body's own priority is its own survival.

Now, the truth is, if you are a member of a clan, that is protecting you, you're urge to survive might extend to other members of your clan. But if it's to strangers that you don't value, like people in that other country, they're all savages, my survival urge might not extend to them. I might see it as a threat.

This is body based consciousness, that is animal based body based. It is survival instinct based. This is not soul based consciousness. If the soul starts waking up in the body, and the soul says, "My survival is your survival. Let's work together". That is the soul's point of view.

If the soul has awakened in the body, you can not act in cruelty to other people. The best thing we can all do, is heal ourselves. Awaken spiritually and thereby inspire others to stop being cruel.

Thank you Deb. I'm going to take a brief break.

[Discussion between Susan F and Carol C about suggestions for transcribing a Shepherd audio recording.](#)

**Shepherd:** I always give anyone doing transcribing for me the liberty to do sensible editing. 1:20:48

**Mirah asks:** #8. How does the choice of being extroverted or introvert or highly sensitive relate to the Overleaves and how they are chosen? Since these traits in scientific research seem to be mostly body based, could it be it comes up in genetics without the active choice of Essence?

**Shepherd:** In so many discussions like this, it's important to know how you are defining those terms. I always thought introversion meant a person who was shy. They weren't sociable. They just wanted to be alone or with one friend. But I heard a different definition of introversion. An introverted person is someone who gets energy from being alone. And an extroverted person is someone who gets energy from being in a group, like a part.

That is very different to me. Most people would say that I'm extrovert because I'm very sociable, I have a ton of friends, I love to talk to people, I'm outgoing and I'm a Sage. So, it would be very easy to think that all cardinal roles, Sages, Priests and Kings are extroverted because as a soul they are wired to work with large groups of people, big ideas, big projects etc. However, I am and introvert in the sense that I get energy from being alone. I get energy from doing these groups too but it's a different sort of thing, it's like a semi-channeling thing and it's wonderful. I love it.

But if I need to recharge, then I'm alone, I'm on the computer, I'm reading, I'm eating. Some times people talk about someone being an introverted extrovert or a extroverted introvert. I'm more this and in the Myers-Briggs I come out as an Introvert, an INFJ. 1:23:21

I do think the Role does relate. I think there is a natural introversion to the two most Ordinal Roles which are Server and Artisan. There are some Artisans who are more friendly and bubbly and such that you might think of being more extroverted. But there is a lot of gray area. But I would bet that the most Ordinal Role, Server, that most

Servers would identify as being Introverted. And I would bet that the majority of Artisans do as well. And probably a lot of Warriors too. Warrior is Ordinal but it's the least Ordinal of the three roles. It's getting close to that number 4 which is neutral, Scholar. I would also bet that a number of Scholars identify as being introverts simply because, they like to read so much. It's like leave me alone so I can read.

But there is also the matter of what else is on your Michael chart, your secondary influence and your overleaves. Are your Overleaves more Cardinal? Do you have a Goal of Dominance for example. That's the King position Goal, it's going to put you out in front of more people. So, you might be seen as being more extroverted in that way.

In terms of being highly sensitive, I'm going to harken back to what we talked about last week. That is most souls find it useful to develop higher sensitivity as they move through the cycle because it's giving you more tools. The more sensitive you are, the more you can perceive. I'll give you an example.

A great composer is great in part because he can see what is wrong with his first draft. He can listen, he plays it, he's created it, but something isn't quite right, it needs to be improved. If he didn't have in this case, musical sensitivity, which I think is a type of intellectual but also an emotional sensitivity, he has to feel right emotionally also. If he didn't have that, his music wouldn't be as great as it could be. Now if you are writing a cruder kind of music, like a simple  $\frac{3}{4}$  Pop song your level of sensitivity might be adequate for that task. But if you feel called to write something sublime like a symphony, you are going to need more sensitivity to get that job done.

Now, you maybe highly sensitive mentally and emotionally to musical things but be a jerk in your relationships and be totally insensitive to your life partner or your family. So, sensitivity is not a universal trait. Maybe in another life you develop relationship sensitivity. Maybe you fall deeply in love with someone who breaks your heart. And you feel miserable but maybe that horrible painful experience will wake up your sensitivity for relationships.

If you've already developed high sensitivity toward your musical creations then you have a foundation, and it makes it easier to develop sensitivity to other people. But first you have to care about other people, and care about their feelings. If you are a narcissist and you only care about your own feelings, then you may not wake up your own sensitivity in compassion for other people. That may take a few lifetimes for you to develop.

Any soul can develop high sensitivity, but one factor is how many inputs you have. Artisans with 5 inputs tend to be the most sensitive of the Roles the earliest. Meaning even an Infant soul Artisan will probably be pretty sensitive because of those 5 inputs. You can not shut down all of your five inputs.

If you are a Warrior with one input and you want to shut it down so you can barrel through, let's say, win the war, you don't need as much sensitivity. So, the Warriors and Kings will tend to develop their sensitivities later. But they don't need them earlier.

And Sages are also highly sensitive with 3 inputs. They start that sensitivity early.

Priest and Servers have 2 inputs, and they will also develop more sensitivity. But maybe more in a certain range, more in the inspirational range. Priest will develop a high sensitivity to the higher ideals earlier on because it will serve them. But then they can be really insensitive about other things. Let's say a young Priest goes on a crusade to get people to stop smoking. They might be insensitive to how they are coming off

and how difficult it is for smokers to do that. They may lack compassion in that regard. They may have to develop it.

But in general, the trajectory through the soul ages is to become more sensitive but it's a matter of choice. There are certainly people in the late soul ages who are quite insensitive in certain ways but maybe quite sensitive in other ways. You've all seen bullies who are highly sensitive to other people criticizing them but who aren't sensitive to their impact on other people.

It's a mixed bag and something to which the more advanced soul will want to develop a more balance approach. If you want to grow spiritually, you will really want to develop your full pallet of sensitivity and learn how to manage it in a way that it is not hurtful. Instead allows you to be more appropriate to other people and more philosophical when other people are acting in a way that is harmful to you.

Thank you Mirah. 1:30:59

Joan S asks: # 9. [What is the interconnection between cycling off, \(meaning completing the Physical Plane\) and Ascension?](#)

**Shepherd:** Ascension is this idea in spiritual circles of raising your vibration and sometimes it refers to a human being whose body doesn't die. But they have such mastery that they raise the vibration of the body, and they take it with them to the Astral Plane. There are some who feel that Jesus ascended at the end of his life. That he did not leave his human body behind. There is this idea that many spiritual masters in India also ascended. But Ascension also in general refers to the raising of vibration, a refinement of an individual even if you are still in the body.

The question goes on: [Many people and teachers speak of moving toward a readiness for Ascension.](#)

Some teachers believe that we are going to reach a point in time, very soon, at the dawn of the new age, where all the good people, all the nice people, all the people who have been doing spiritual work on themselves, will just disappear from the Physical Plane. They will be in bliss, and they will leave behind all the Philistines or the people who weren't so nice or didn't do their laundry and left a big mess on the floor... that sort of thing. So, that is another point of view that you might hear about Ascension.

[Joan asks: From Michael's point of view how do these intersect if at all?](#)

**Shepherd:** I think this is not going to be new to any of you in this workshop because I've said it before. You do not need to attain any sort of perfection as people define it to cycle off. In other words, there are people at 7<sup>th</sup> level Old and their last lifetime, who feel complete with the Physical Plane. Who they themselves set out to do as a soul and have gone through all 35 stages. But they have not dealt with every single wound. They have not corrected every fault. They have not raised their vibration to the ultimate that is possible even for them. You could compare it to graduating college with a C average. You still get to graduate from college even if you have a C average. And you still get to graduate if that college is Podunk U or Harvard. It's still a college diploma and you still get it.

So, that is cycling off. You finish off when you feel you're complete and you feel ready. When you say, "OK that was a good education, I'm happy with it. I'm ready to move on."

Now this idea of Ascension would add to it in addition to having done all the homework for all your classes, that you've been a straight A student, that you have done a great deal of spiritual practice, you have raised your vibration. And maybe like some of those Indian gurus and maybe like Jesus you have reached such a level of mastery that you don't die at the end, but you take your body with you.

I actually believe that is possible. I don't have any direct experience of it, and I can't prove it. But I figure why not. But what Michael has said through me about this is, it's like every other skill, spiritual or otherwise it takes a lot of work. If you want to gain mastery over your physical body, so that you can take it with you, to the Astral Plane, it's going to be years and years of spiritual practice, of meditation, of breath work. You have to decide if it is worth it to you.

Just like you decide that you want to become one of the greatest concert pianists in the world which is a good equivalent. You're going to have to practice 12 hours a day, with the best teachers. And if you are going to devote your self to this goal, you are not going to devote yourself to a lot of other worthwhile things. You may not have a personal life. You may not have a social life. You may not have a sexual life. You may eat fast food because you don't have time to make other food because you are focusing on that. If you want to focus that, it's fine because that is your choice.

But you can't claim that it is better than any other path. In other words, if you choose to focus on meditating 12 hours a day and deep breathing. Let's say you devote yourself to becoming a breath therapist ?? that is a perfectly valid choice, but it does not mean that you are spiritually better than other people who have devoted their lives to being the best possible UPS delivery man. Because he is going to learn somethings about life that you are not going to learn. And vice versa. Just like the people who devoted themselves to being concert pianists.

Those are very cool; those are very cool attainments. Ascension, being a concert pianist, that is so cool and so wonderful that blesses the rest of us. But every life is valuable and whatever you've done with your life if you make the most of those then you have blessed the whole as well.

It's your choice. It comes back to choice Joan. All is choice.

And I will just mention here that if I'm answering a question for a person who is not in attendance, feel free to ask a follow-up question at the next session.

Thank you Joan!

**Shepherd:** We are going on to Laurel. Laurel asks about suicide.

**#10.** Will you please comment on medically assisted dying, which is legal in Canada, I don't know about the US. (It is legal in Oregon, and I think in one other state) I've been in favor of people being given that choice.

Do you see any downside, like people trying to circumvent Karma or the medical establishment trying to subtly coerce people one way or the other?

I'd like my death to be the one that serves the best highest good of myself and others but that is easy to say in my healthy, pain free body.

Would I need to use my intuition, ask for guidance from my Essence or my guides?

If I wanted to adhere to that, but was considering a medically assisted death, is suicide ever a positive choice?

**Shepherd:** Yes suicide can be a positive choice. You know we do this all the time with our companion animals. We make that decision for them. The doctor says, "this dog or cat or whatever is going to die soon. It's in a lot of pain. There is nothing we can do. Let's put them out of their misery. Give them a shot and put them to sleep." We do that all the time and we think nothing of it because it is compassionate. It's saying, you're going to die anyway, you don't need to go through a week, a month, or several months of agony. We help them out.

Some souls including souls of some animals have a skill where when they recognize that it is rapidly going downhill, they can kill the body. They can yank the cord out of it, like pulling out the plug. And boom, it's gone.

That is a skill that we do not all have. Just because we are advanced doesn't mean we have every skill. I'll never forget when I lived in Loveland, CO, there was this delightful, feisty woman named Bobbi Garrett. And Bobbi was hospitalized for something. I went to visit her, and they had served her dinner of green jello and orange jello. All the awful food you get in hospitals. She said, "Look at this, look at this stuff they want me to eat! Here you eat this! I'm not going to eat this!" Then she said, "I've have had just about enough of this!" And she wasn't really that sick. But 3 days later she was dead.

I thought, she just made a choice and boom, she was out of there. Not all of us are that powerful.

Susannah Redelfs is an incredibly skilled healer. She knows some techniques, but she won't give them out to other people. But if someone really, really needed them, she has some energetic techniques for ending the life.

Doctor assisted suicide comes with the stipulation, that the persons is dying anyway, that they are in a great deal of pain and there is no point of prolonging the life. Under those circumstances, there is absolutely no karmic or soul point of reason to put the person through agony. It is a blessing. If that is what the person wants and that is their wishes there are no complications to doing it.

The reasons given against it in my opinion are just silly. Even the Libertarians who don't want the government to interfere, want the government to interfere with things like abortion and doctor assisted suicide. It's contradictory. If you believe that people should have maximum rights then surely the right to end your life is your own.

I don't know if this is still on the books, but some country had a law that suicide was punishable by death. I thought that was hilarious. Very, very strange

Ok, now other kinds of suicide. The ultimate arbiter of whether you made a good choice is you. If you still feel good about that choice later on, let's say after you've died and you're reviewing that life, if you are still going to look back on it and say, "I feel good about it", that was a good choice.

People who commit suicide impulsively out of emotional despair almost always regret the choice. Why? First of all, because it was as they say a permanent solution for a temporary problem. In other words, maybe just some energy work would have mad them feel a lot better. Maybe some good counselling would have made them feel a lot better.

The other thing that happens is that you inflict a lot of pain on other people. So much so, that it could end up being karmic if it is severe enough. Your parents are going, "What did I do wrong? Why didn't I see the signs? I let him down." They are wracked with guilt. So, this is not a good choice. And people who are too quick to seek exits

instead of facing their problems, eventually after they do that a few times, on a soul level they say, "I can't keep running away from my lessons." Because you are in the same emotional state on the Astral after you've killed yourself. That does not change, that did not solve your problem. So, then the soul tries to set up future lifetimes where it tries to stick it out.

I get it. You're in a lot of emotional pain and you just want it to be over. Fortunately, today we have a lot of pharmaceuticals that help. I'm not a big fan of pharmaceuticals but sometimes you need some temporary help. If you can get some relief from your emotional despair until you can get a handle on it, get some therapy or change your life circumstances, then why not. Why not take advantage of the help that is available to you.

A lot of people's emotional state is based in the body. So, people who are having emotional problems should go to their family doctor and get all the labs. Find out what is going on with their endocrine system. Is something off kilter? They should really pay attention to their health. Exercise can also be very helpful. Acupuncture can be very helpful.

Balance: maybe you are over working. Are you getting out in nature? Are you getting a natural life? Are you doing social things, do you have a hobby? So, there are just a lot to approach here.

I think committing suicide because of great unhappiness is not a good idea because you probably have not exhausted exploring every possible problem.

If you are in horrendous pain, even if it's not going to be fatal soon and there is not solution to the pain... now today medically there usually is. But if you have a medical condition where you will be in constant pain and you decide to end your life at that point, that might be something as a soul that you look back on and say, "You know what? That was the best thing. Me being in so much physical pain wasn't serving anything." But only after you've really exhausted all the possibilities.

The catch 22 here is when you are miserable you're thinking tends to be clouded and you don't tend to think of all the options. This is why we need other people to help us think these things through.

People who commit suicide are often isolated. They don't tell others about their pain and problems and therefore often don't find other solutions.

Thank you Laurel. Any questions or comments? 1:48:35

Phil and Claire is there a question?

Claire: Actually, my question is pretty much where you ended up. It was around physical pain. The thing for me that I find confusing is how do you know that you've exhausted all the options? I've known people with physical pain who can list 30 things or tests that they've done or had. And they've been on antidepressants, and nothing seems to do the job. Do you just take your best shot at it?

Shepherd: I think the key is what does your soul want. If you are so miserable and you can't trust your intuition and you can't hear then go to 3 other readers that you trust. And say, "I feel like I've exhausted all the possibilities, I'm feeling like I'm ready to end this life, I'd like to know what my guides and my Essence has to say."

And if 2 out of 3 agree that it's time to end your life, then you can probably trust it. I had a cat named Agape who was having a lot of health and behavioral issues. Before I

put him to sleep, I checked with two different animal communicators to make sure that is what he wanted. Because I didn't trust myself. I didn't want to feel that I was doing it for my own convenience.

That is what I would suggest. And if the consensus is you're not done, then the question would be, what options have I not yet tried. Or maybe they'll tell you something like, "I know this is really hard, but we see the light at the end of the tunnel, and it's going to get better soon. Just hang in there."

In the last session I quoted Carolyn Myss saying, "just what a valuable lesson pure endurance is." On the other hand, no one needs to endure extreme pain long-term. Because that can actually be damaging to the soul. And that can make you kind of crazy. It's an case by case decision.

Claire: It's interesting since Switzerland is one of the few countries who will actually work with somebody who don't have a terminal diagnosis to end ones life. In the US you need a terminal diagnosis, which would leave out chronic pain unless it was associated with a terminal diagnosis.

Thank you that was helpful.

Shepherd: the bottom line is do you as a soul feel good about it and will you continue to feel good about it. If I were in that situation of unbearable pain, where nothing seems to help and it goes on and on, I would feel perfectly fine about ending my life. And it would be my right to do so. I'd probably have a big party and invite all my friends and let everyone feel complete about talking with me on the Physical Plane. Maybe I'd find a channel who could channel Shepherd after I go, like keep talking to me because Sages don't usually run out of conversational material very easily.

You know AIDS was a fatal disease until the meds came out in the late 90's. There was this movie called, It's My Party. This guy had AIDS and he knew he was going to die a horrible long death and he decided to end his life early before he had to go through it. He threw a big party. I thought it was a great idea. The title is based on an old song, It's My Party, and I'll Cry If I Want To. The idea here was it's my party and I'll die if I want to. So, at the end of the party after most of the friends had left, he took the concoction that would lead to his death. It was all above board, and it was honest, and people got completion and they understood that was sparing himself from a long slow horrible death.

I think that is a reasonable approach. And on the other hand, there were people who were told that they had incurable diseases, who cured them through meditation, fasting, cleansing, energy work. That's possible too. So, I wouldn't rule anything out.

During the height of the AIDS epidemic when they didn't have the meds, there was a woman who got infected with AIDS from a bisexual boyfriend who died and got infected from a man. She believed she was going to die, and she was fat. She said, "I'm not going to die fat. I've struggled with this my whole life and I'm going to handle it."

She was also a spiritual student. She had a friend who had a house out in the Hamptons in NY that wasn't used much in the winter. They let her go there to live. So, she lived there for several months, and she fasted and cleansed and chanted and mediated and went within. The next time she went to her doctor, she tested negative for HIV. There was no sign of disease. It was the fasting and mediating...plus she was thin! She got everything that she wanted. She got her life and she remained HIV negative, without symptoms for decades.

All of these are complicated choices. I know for me, unless I've exhausted every possible avenue, I don't feel that it's right to give up. And if some people don't have it within them, they don't have the energy or the will and they decide to end it, we shouldn't judge them. They'll get another go around as we all do.

Thank you.

Shepherd: This is from Lianne. #11. Are monads and karma interlinked? For example, in this lifetime I was adopted, and I wonder if this would be considered a deserter/abandoned monad or reaping karma. I was 3 months old when I went home with my adopted parents. I'm not sure where I was in between.

Shepherd: Karma implies that someone has removed your right to choose. This doesn't imply karma because you as a soul knew what you were getting into. So, you knew that the birth mother was giving up the body you were going to be born into for adoption. Since it happened 3 months after birth, you may not have known who the birth parents would be. There are the soul does not tie the knot with the body until they see who the parents are going to be. It's possible for the first three months there was no soul officially incarnated in that body. Sometimes you will see the baby with a blank look on them. Sort of the motor is running but the driver isn't in the driver's seat at that point.

You either came into that body willing to gamble on who the adoptive parents would be, or you waited. In any case, you chose. This was not karmic.

It was also not an abandonment. So, you are not doing the deserter/abandoned monad as long as that baby was being cared for by someone. If you had incarnated and someone had abandoned the baby, like to die, that could have been that monad. But your case doesn't apply.

Now, if you ended up with adoptive parents who were quite problematic for you, who did not nurture you, for example, then you may have been repaying a karmic debt to them. It's possible. On the other hand, there aren't a lot of enlightened parents in the world who don't make a lot of mistakes. So, if you as a soul say, "I'm not coming in until I find fabulous, loving, enlightened parents who will give me everything I need and won't damage me," you might be on the waiting list for a very long time. Since we are here to grow, we will take what we can get. Some of us luck out. But having an idyllic childhood may not be the soul's number one priority because the soul wants to grow.

It's fabulous when that happens. If you had that Yeh! Good for you! I did hear that there was someone who had a perfect childhood in California. I haven't tracked her down yet, but I heard that she exists. I'm still looking for that one.

In any case, we have come to the end of our session for today. I love the opportunity to do this. I thank you all so much.