

# Shepherd Beyond the MC III

Session 6: April 9 , 2022

Transcribed by Susan A. Flow

- # 1. Are we fundamentally equal in our intelligence?
- # 2. Do we tend to bring forward things we have learned in other lifetimes?
- # 3. Are you the same Role even on the Causal Plane as the well as the Physical Plane?
- # 4. Explain Thought Forms
- # 5. Is Mother Mary available to us when she is incarnate?
- # 6. How is being introverted, extrovert or highly sensitive related to the Overleaves?
- # 7. Is the activation and the rising of Kundalini energy part of our spiritual maturity?
- # 8. Are the number of transgender transitions solely because it is more acceptable now to do so?
- # 9. Does gender still seem too confining?
- #10. Are there more females transitioning to males and the opposite?
- #11. Was the Hippie movement group planned and was it successful?
- #12. Do we have a new wave of planning happening today?  
Discussion on transgender issues and misunderstandings
- #13. Do we have a name that stays with us through the higher planes?
- #14. Noogies on the Astral

Let's start with a guided mediation.

We've been working together as a team, in this particular configuration for six weeks. But many of us have been together longer than that. When teams work together well they do two things. One, they increase everyone's individual effectiveness at the same time highlighting each person's individual gifts. In a team, each one plays different parts.

Take a moment to feel what your individual gift is and how you have been contributing to this team. Each contribution is valuable.

Feel the team as a whole including those at the moment who are not on this Zoom call but who are part of it in consciousness.

Feel how your unique contribution benefits the whole. Scan for others and their special contributions by reason of who they are.

Rejoice that we have been able to come together and experience what only this configuration of soul who have been drawn together can do.

When you're ready open your eyes and make note of the blessings that each person brings.

It's so good to see all of you. I was a little surprised when I looked at the calendar yesterday and saw that this was the 6<sup>th</sup> and last session of this particular series. My intuition at the moment is to resume in the summer but I would still like to hear from you what your preferences might be in that regard.

For over a couple of decades, there has been a gathering of Michael Students in Virginia called the East Coast Michael Gathering. Until CoVid we met in person at a beautiful retreat center in Madison VA, run by Pathwork people and we always had a great time. I always presented one or two things and we hope next year that we will be able to meet again in the flesh. A big part of it is socializing because these are members of the Michael community who otherwise only get to meet over the internet. They love to be able to give hugs and laugh and drink and dance and talk and talk... And take walks in the beautiful grounds and such.

This year the ECG will again be on Zoom only. <https://ecmichaelgathering.org>  
The planning committee is very good about getting feedback from people and finding out what people actually want. It was a consensus this year that they wanted fewer presentations, with more breaks in between. They didn't want two sessions going on at the same time so people wouldn't have to choose one over another.

The registration for this is only \$35. And for people who can't afford this fee, they will offer it to you at a reduced price or for free. If you are interested I'm putting the link for the new website in the chat.

I will also remind you that after each of these sessions are over, I upload the full transcript of the chat as well as an audio and video recording, any relevant PDF's such as charts and handouts. And when Susan F has transcribed the content, usually pretty promptly later in the week I also upload that document.

If you follow the link to the Google Drive folder for these workshops, you will find everything there.

Yesterday I spent several hours reading through all the remaining questions and anything that we don't get to during this session, I will save for the next one and I'm asking spirit to guide me for which ones are most apropos for this particular configuration of people.

I'm going to start with one submitted by Phil and Claire. They may not be in attendance, but they will be able to hear the recording. It concerns intelligence.

# 1. This question is about individual intelligence. As sparks of the Tao, wrapped in our Essence as journeying souls are we fundamentally equal in our intelligence? Clearly in Earthly life some vary in their intelligence or exhibit different kinds of intelligence and aptitudes. Is this something the soul chooses for a particular lifetime? Or a trait that persists for the individual throughout the cycle of lives until reunion with the Tao?

**Shepherd:** Mainstream science has identified 7 different kinds of intelligence, which I find interesting because the number 7 comes up a great deal in the Michael teachings.

Today we hear talk about emotional intelligence. Then there is structural intelligence which might be a specialty of Artisans who are able to see 3 dimensions from a 2 dimensional blueprint. Then there is the sheer fact of memory that is specialty of Scholars. The ability to remember and summon at command all the facts they have read and studied. Which I think is a trait the we most commonly associate with intelligence.

But again, it's not the only kind of intelligence there is. 11:05 I think you can look to the Michael chart in part to see what kind of intelligence is most likely to exhibit. If you

look at my chart, you see a ton of Sage influences. I have a Sage Role, I have a Sage Essence Twin, I have Sage Primary casting, I have Sage Overleaves of Acceptance and Idealist. And I have the Artisan Overleave of the Intellectual Center. Artisans and Sages are paired on the Expression Axis.

Sage is the # 5 Role and Sage correlates with the Higher Intellectual Center. The Higher Intellectual Center has to do with conceptualization. Whereas the Ordinal Intellectual Center has to do more with the nitty gritty facts of life, dealing with form. The Higher Intellectual Center deals with ideas, so it's not coincidence that the Attitude in the same position is "idea"-list. So, it's again about ideas. My intelligence is very focused and reinforced in the realm of ideas. Of understanding bigger picture things because it is Cardinal.

But I have a terrible memory. I have a little Scholar in my secondary casting and part of my memory issues relate to my physical body. And yes, there is a component of your intelligence that relates to your physicality. They type of brain, nervous system and even endocrine system that leads to this intelligence.

There is also of course, the issue of imprinting, the way you were raised. The Jewish and Asian cultures tend to value school and study. For Jews, one of the reasons this development over centuries is that Jews were usually the minority wherever they were. And therefore, they were subject to a lot of prejudice. They were always in danger of being kicked out wherever they were, and they were only able to carry a few things with them.

They learned that the most portable thing was knowledge. If you studied it, you had it in your head and you could take it with you. They were also very limited in the careers that they were allowed to have. So, they developed expertise in those few things in order to survive.

I was raised in a Jewish family. My mother's mother, my grandma, Irene had a fit when I wanted to take a year off in between high school and college. Every time I'd call her on the phone she'd say, "Owee, why are you doing this to me? You're wasting a year of your life! You could be getting a college education!" This is a little of a tangent, but we love tangents, right? This is a true story that I put in my book, Enlightenment for Nit Wits.

She grew up in Warsaw Poland under dire circumstances through WWI. She starved; she saw people dying in the streets. She said, "Me, I didn't get a college education. But I studied with a college professor, and I learned German in 6 months. And he said to me, (all in a Jewish accent) "Irene, you study with me 6 more months and I'll have you in college.' But then the war WWI broke out and I couldn't get a college education."

"Then I came to this country, I met your grandfather, I had your mother and your uncle, and we were busy with the store. But then I met a college professor. And he said to me, 'Irene, you study with me for 6 months and I'll have you in college.' But then the war broke out, WWII and I couldn't go to college.

But I learnt more from living than all the years of college education! And I wouldn't trade what I learnt from living for all the years of college education!! What I learned

from living, is you got to have a college education!" I swear to God, that's what she said.

So, I think that any muscle you develop gets stronger. If you read a lot and study a lot, that part of your intellect that you exercise gets stronger. And if your culture says this is a good thing and an important thing to do you will exercise that muscle. And there are also inherited brains and nervous systems that are conducive to that.

But we can see a lot of other things on the chart. If you are Intellectually Centered you will develop that aspect of intelligence, but you may not develop things like spatial intelligence. We think of Scholars as being the most intelligent of the Roles.

My younger brother was physically and mentally handicapped. He had trouble with school, his eyes were cockeyed, he had trouble reading. He had to put the page right in front of his face. But the Scholar part of him... he was bright in his own way, but no one would accuse him of being an intellectual. But he loved football and obituaries.

He would pour over the newspaper every day and memorize football statistics. And he would come bouncing into the living room and say to my father, "Guess who died?" I guess he was fascinated with death because of my mother dying when he was 6 at the time. So, he still had that Scholar orientation to collect and retain knowledge even though his reasoning ability and so forth was stuck at a child's level in that lifetime. In other lifetimes he exhibited high intelligence. He was a professor.

Again, you this is only one kind of intelligence. Then you have the Artisan's... and Artisan correlates with the Intellectual Center. You have the Artisans like who are in high school who have no interest in academic subjects, but they can look at a car and figure out what is wrong with it in a jiffy and then fix it because they have that kind of intelligence.

So, it's very hard to compare different kinds of intelligence. IQ tests for one thing have a lot of bias towards certain cultures depending how you were brought up. I was found decades ago that you could take a person who let's say scored 80 on an IQ test. And you give that person a ton of intellectual stimulation for a year. Like private tutoring that gets where that person is at and how they learn because people learn in different ways. Some people learn best through reading, some people learn best through visual, some people do best through hearing etc. But they have been able to raise their IQ scores by as much as 25 points. So, there really is no definite measure.

Because I have such a strong orientation in the Intellectual Center and I'm a Sage, I'm known as being highly articulate. But I can be really stupid about some other things. Which I just as soon other people not know about, but it's the truth.

Intelligence is not a single linear type of thing. I have been doing written chart explanations since about 2007. 21:31 When I lived in NYC, I would invite people to my home. Most of my clients came to me in my little studio apartment, on the upper East side of Manhattan. After I did their chart I would sit for awhile and talk to them about what it meant. But when I moved to California, most of my sessions were on the phone. So, I started to dictating these explanations on a cassette and sending it to them. But I found that it was giving me a really bad sore throat to talk nonstop for an hour without the person stopping to make comments and so forth. Therefore, I started to write them. I know have about 140,000 words of boiler plate for written chart

explanations where I excerpt the relative parts where I craft it and make comments for people. This boiler plate hasn't been published except for people who have ordered charts.

I'm going to read to you a couple of things that I wrote in this boiler plate on intelligence.

"Scholars tend to have an encyclopedia memories for facts. There are many different kinds of intelligence. The creative intelligence of Artisans for one. Scholar's intelligence tends to be more stereotypical. They can show off in class with the right answers,... (but actually it's the Sages that are going...'me, me, me, call on me!!! I know the answer.' Laughter). They tend to enjoy all institutions of learning including museums and like to get advanced degrees." Even Old Souls which is not so typical among the other Roles.

"Most Scholars love to travel as a way of learning through the body. This is especially true of those Moving or Physically Centered." My brother Robin was Moving Centered and the way he learned was to methodically plan and take these absurd bus trips. He's take trips that no one else would take. Like he would get a bus trip to Otis, Indiana. Who vacations in Otis, Indiana? Because there was some minor league sports team that he wanted to see. And he would schedule the hotel, and he would plan it all out and he would have his own excellent adventure. Since he was Sage cast, he was very friendly and talkative. He would make friends wherever he went. He was doing his learning through his body.

"Artisan is on the Ordinal side of the Expression Axis and so is the Intellectual Center. Intellect expresses the inner world including the emotions by giving form to it through thoughts, work and structure in general. Therefore, Artisan resonates with the Intellectual Center." The Expression Axis is in the middle of the chart, right? We have Inspiration Axis, which is the inner world on one side, and then we have Action Axis which is the outer world on the other side.. Expression is the bridge that brings the Inner World into the Outer World. And yet the stereotype of the Artisan isn't so Intellectual necessarily. We think of the flaky artist, the person that is all over the place because of those 5 inputs.

"However, there are a lot of scientist, researchers, engineers, philosophers, historians etc. among the ranks of Artisans. Along with those who work with the arts and trades are creative thinkers who come up with new understandings." This is the key Ah Ha for me. When I figured this out it finally explained it for me. "Artisans specialized in right brained intellect as opposed to Scholars, Warriors and Kings who can be more Left brained, i.e., less intuitive, more linear." So that still counts as Intellect, that Right brained creative... still counts.

"With 5 creative inputs there can be a lot of chaos in the Artisan mind and not so much as the  $A + B = C$  logic that you would associate with linear intellect. They find patterns in the chaos. They see how the parts fit together. Artisan musicians, (Dave Gregg is an example of this) are likely hear music in terms of its chord progressions and other organizational attributes, marveling at how great pieces are assembled. Where as Sages, the Cardinal Expression Role might focus on what the music conveys" communication. "Artisans may not be as articulate as Sages who are the quintessential communicators. The three Cardinal Roles which also include, Priests and Kings help put

the work of the Ordinal Roles out into the world." Because Cardinal is big picture and Ordinal is more nitty gritty, details, the tangible. "However, Artisans may create what Sages express, such as the Artisan songwriters that Sages sing."

Any questions about Intellect? I believe it was in the first Michael book, Messages from Michael, Michael was very clear that intellect had nothing to do with Soul Age. So, you could have a Baby Soul Scholar like Richard Nixon who is by all accounts very intelligent. If you think of intelligence as just the acuity of the brain computer, the ability to manipulate thoughts and remember things, you can see why that has nothing to do with Soul Age. And a very Old soul can be undeveloped intellectually.

A very Old Soul might in fact have brain damage, maybe started from trauma, may have certain diseases, malfunctions or genetic issues that preclude a highly skilled use of the intellect. That might even be chosen so the soul will focus on other things. If you're a Scholar and 90% of your lives were in academia at some point, your guides are going to say, "Hey, you're getting a little out of balance here. Why don't you tie your strong arm behind your back and focus on your emotions and your body for a lifetime?" So, that can be by choice.

Susan J: # 2. Do we tend to bring forward things that we have learned in other lifetimes? So, do we come in with... I wouldn't say necessarily, intellectual capacity but skills and do you know what I mean?

Shepherd: We do, yes. Now if you were an accomplished musician in passed lives, learning music in this life would likely come very easily to you. However, you have a new body and a new brain, and you still have to redownload the factual, external aspect of that knowledge. So, it can't be assumed that just because you know how to read music in your past lives, you instantly know how. It will come to you more easily.

I desperately wanted to learn piano. I started lessons 4 times, but I couldn't practice. I'd practice for 5 minutes, and my eyes would cross, I'd be bored to death, I didn't know how to do it and I never learned much to my chagrin. When I was 16 I asked my father to allow me to take an expensive set of privately administered aptitude test because I had no idea what I should do when I went to college. My college did not offer a degree in channeling...

So, I took these tests and they said I was in the top 5 percentile in every musical aptitude. And Sages tend to be very musical. But unfortunately, I was in the bottom 5 percentile in aptitudes that good secretaries have that would allow you to read the treble in the base cleft of a musical score at the same time. When I tried to do it, when I tried to see them both at the same time, my brain would just freeze. I couldn't do it. The reason for that was probably my horrible eyesight and my strange wiring which is really good for channeling but not so good for other things. I just couldn't do it.

I was a music major in school through singing, but it was kind of useless because I couldn't play piano and I barely learned to read music. I can write song though, and good ones too. If you're interested go to my website [www.ShepherdHoodwin.com](http://www.ShepherdHoodwin.com), click on the about tab and there is a link to songs by Shepherd Hoodwin. They are all of a theatrical flavor which is my passion.

So, again, Yes, you will build on your past lives but especially on a soul level this lifetime has been designed to be about those past lives and resolving those issues.

Let's say you were Mozart in a past life, but your new life is not about music. Maybe the new life is, I'm really interested in helping poor people through engineering and building bridges and infrastructure. Then you may have someone who is Mozart in a past life but really doesn't think much about music in this lifetime. Because that lifetime is dormant; it's not the theme of that lifetime. Then you might suddenly... let's say later in life takes up the hobby of music and people say, "You're really good at this. Where did that come from? I had no idea it was there" and you would say, "I had no idea it was there either; it just came to me somehow."

Carol.

Carol C: My older sister played piano for 7 years and I learned a little in high school, about 2<sup>nd</sup> year level but now when I play, I've noticed over the years that it takes about 10 minutes then I get better. I've always felt like I have a spirit guide that is related to my ability to play piano and when it comes in, it's just easier for me. And then it feels good.

Shepherd: There are known instances of channels who channel music. There was a little boy in South America, when given access to a piano was able to do amazing things. It was said that he was channeling famous dead composers. Some of his playing's were shown to Leonard Bernstein. He said, "this one is in the style of Chopin, and this one is in the style of Beethoven". And Bernstein thought they were legitimate channelings. They weren't known pieces by these composers, but they were in the style of them and how could a 7 or a 9 year old do that? So, channeling is also a possibility.

Whenever we are doing something beneficial like playing music which can be healing and uplifting, we do attract guides who might want to help with it. 35:17 So, that is another possibility, but I suspect that little boy in South America who is channeling music also has his own past lives where he developed some musical skill because it helps the channeling to have the infrastructure in the soul.

Nancy. You have to unmute yourself. Susan can you help Nancy unmute? Now we hear you.

Nancy: I'm so sorry, I'm so stupid about this. What I want to say is I have never known when I couldn't read. I say that I learned to read by the time I was 3 but it was even earlier than that.

Would that have been the result of past lives. Probably?

Shepherd: Absolutely and you're a Scholar. Scholars do tend to read early and love reading. Absolutely.

Nancy: Thank you.

Shepherd: Alice asked about the Role,

# 3. "Once a Warrior, always a Warrior?" Even in the Causal space, so not only on the Physical Plane?

Shepherd: Yes that is correct Alice. You are a Warrior throughout this entire GC. We know you are Alice throughout this whole lifetime. And when you are done with this lifetime, Alice continues but your soul will create a new incarnational personality with a

new name. But Alice continues as part of your soul on the Astral Plane. From a larger perspective of this whole GC, you as a spark of the Tao created a Warrior soul to be the vehicle throughout the entire GC. And yet as you ascend through the higher and higher planes the fact that you are an individual soul is less your focus. It doesn't stop being the case, but your consciousness become more interested in larger and larger and larger groupings.

So, when your whole soul family, your Entity is done with the Physical Plane, you start increasingly working on teamwork, on what is our group project. Yes you are a Warrior but your development as an individual was more your focus on the Physical Plane and now your development is, how can I take my Warrior gifts, and skills, and insights, everything that I've learned in all my lifetimes. Not just as Alice, but how can I contribute that to the larger and large lessons in this case the lessons of the Entity.

That begins in earnest when the Entity, when every member of the Entity, or when most of the members of the Entity have cycled off the Physical Plane. So, you are all done, you are all available to be full time on the Upper Astral Plane. You start working together more as a team. There might be a few stragglers that you help along. A few members who are still incarnating.

And you gradually ascend then over into the lower Causal Plane and the teamwork increases. You do not lose your individuality, but you just care about it less, you are focused on it less because you already handled it. You know who you are as a soul, contributing your uniqueness. And then by the time your Entity has ascended into the Upper Causal Plane, then you are starting to gradually, slowly reunite with other Entities of your Cadre. A Cadre is simply 7 Entities. And your Cadre, also about 1000 souls could be more, also has more generalized goals and interests that it wants to work on. So, these larger projects then become the focus.

Once the Causal Plane is complete, you cross over into the Lower Mental Plane which is the Cardinal Intellectual Plane as opposed to the Causal which is the Ordinal Intellectual Plane. It's more big picture and thoughts. Once you cross over to the 3 high planes, your experience becomes what in our view would be more abstract. It's less about nitty gritty, it's less about manifestation. The Physical Plane is still of interest, but you are doing more abstract things that would be a little hard for us to understand.

So, we keep ascending through these higher planes and we keep reuniting with larger and larger groups. The Cadre reunites with the Cadre Group which is 12 Cadres. There is also something called the Greater Cadre, which is 7 Cadre Groups, that the Yarboro people talk about. And there are just larger and larger groups that we keep learning how to work together with as a practice run. Until we reach the highest level, the highest plane, the Buddhaic Plane. It's pure energy. That is where we experience oneness with the whole universe and at that point, our whole Entity crosses back into the Tao.

And we are back where we started. We are back with the Source. We are no longer playing the game that we are playing in this universe just to expand the Tao. We are back in that sense of equilibrium and perfection that is the Tao. At that point, you the Warrior soul becomes reintegrated into you as a spark of the Tao, and all the other Essences that you as a spark of the Tao have had in previous GC, so you start reuniting with them. The time that you were a Server on a planet and looked like Big Bird on

Sesame street, and reunion with a King soul on the Physical Plane of a planet looking like a big blob of silicone or whatever.

All of that gets reintegrated back into you as a spark of the Tao. And then if you as a spark of the Tao, which is the core part of all of us say, "Gee, that was fun, let's do another one", sort of like those potato chips where no one can eat just one. You just have to do it again because it was a game that you liked. You don't have to but if you do, then you as a spark of the Tao will start browsing through the travel brochures, until you see another planet that looks like a lot of fun. It may have very different types of lessons and life forms. And for that one you will probably choose a different Role because you just got done doing Warrior. Why would you do it again.

Or let's say that you had been a Server cast Server in your very first GC and you haven't been a Server in a while. And you say, "I think I'd like to do that again. But this time I'll be a King cast Server with an Artisan Essence Twin." Wouldn't that be a nice color scheme or combination?

So, you that that Warriorness throughout the whole GC. And as you know, Michael is an Entity that is made up of mostly Warriors, he's Warriors and Kings. And that is why their teachings are so practical.

Alice: Thank you.

Shepherd: Thank you! You have so many wonderful questions here, maybe we will come back to them. 45:08

Shepherd: Patricia wrote: # 4. [Please explain Thought Forms.](#)

Shepherd: Thought forms are a metaphysical idea, that I find fascinating and useful. They are not particularly derived from the Michael Teachings even though I have discussed them with Michael. They will talk about anything you want to talk about. But this is something that I learned about both through Susannah Redelfs who you know is an extraordinary energy healer and my spiritual teacher John Friedlander who is the author of 4 psychic development books. He was in Jane Robert's Seth group, and he also studied at the Berkley Psychic Institute. And I believe thought forms are teachings of Louis Bosworth and the Psychic Institute.

As I understand it the basic ideas about thought forms is, as the poet said, no one is an island, we are all very connected to each other, far more than most people realize. We pick up things from others that we have no idea about. We pick up emotions from other people maybe because our aura is porous. Maybe because we are very connected to them or maybe because they are just strongly floating around in the ethers.

Because of this, it can be hard to know our own true authentic thoughts especially when we are unconscious, and we take for granted that whatever we are thinking, or feeling are genuine, valid and our own. For most people, if they think it, they believe it is true and they don't stop to observe their thoughts and say, "Hey wait a minute, this doesn't make any sense." That is why one of the first spiritual teachings of meditation is to observe your thoughts and feelings and don't identify with them because they may not be true, and they may not be yours.

The idea is that collectively we create thought forms, and they tend to coagulate. One thought form gloms onto another thought form and they can become like a huge tinker toy thought form. If you are of a particular emotional state of mind... Let's say for example, you have a deep belief that you are a victim of the universe. That you are powerless, everyone is out to get you, anything like that. You have those kinds of emotions; you attract thought forms that compliment your beliefs. You pull the end of this huge thought form into you, and you end up pulling in the whole thing.

Our minds are rationalizers. Our minds are constantly making up reasons for things to maintain some semblance of sanity. The mind always wants to explain things, "This is way I acted this way; this is a perfectly good reason for everything that I do" even if it is bullshit. This is how the mind maintains it's equilibrium. So, people can act very insane but in their own minds, their beliefs and actions make total sense to them. This is one of the most important insights that I ever had. Which is, almost everyone no matter how crazy or egregious their actions are think they are right. They may doubt it underneath but on the surface they believe they are in the right. Except for the most cynical manipulators who know they are lying to people and playing with them just to get what they want. 50:02 But most people think they are right.

I'll give you an example. In my politics I'm very progressive, if you vote conservatively, if you like Donald Trump, I'm going to give you my apologies in advance since I'm going to use this as an example. People who tend to have a chip on their shoulders, people who have been carrying a lot of resentment for a long time tend to be attracted to politicians who tell them that they are right. To feel resentment, to stir up that resentment and that hate which I believe is what Donald Trump has been doing. These might be really nice, good, loving, caring people. I know so many new age, spiritual people that I like a lot and love who support Donald Trump. You can't imagine how shocked I was when I started seeing this happening.

But now I understand that in their subconscious somewhere they have those emotions that were attracting those thought forms. So, they've pulled it in, and it increasingly took over. The rest of that thought form then started taking over.

I have one old dear friend who increasingly started buying into these far right winged militaristic types of beliefs. At first ... because he is a really smart guy, really astute, a Scholar, and generally thoughtful. At first I saw him picking and choosing, like taking some of the more interesting, fringy ideas, reading some of the people who maybe did have something valid to say. But increasingly I saw the Thought Form take over where he was posting things on Facebook that just parroted the party line of being against quote, "critical race theory." Really stupid things that a smart person who wasn't taken over by a thought form would examine and say, "Wait a minute, this is bullshit, this is ridiculous". So, it kind of takes over.

That's a mass thought form. But we all need to be very careful in observing our thoughts and feelings and send away, destroy thought forms that are influencing our thinking in ways that we don't even realize it.

There are also individual thought forms that John Friedlander told me about in my own life. My mother died when I was 8. She had had 2 or 3 miscarriages before my older brother was born. In family constellations they teach that it is very common that when a woman has a miscarriage that it is such a primal loss that often she will want to die to

go and be with them. So, my mother had this death wish and she also had this undiagnosed kidney infection for 20 years before she died. So, this thought form was, "I want to die, I want to be with my unborn babies." I adored my mother. When my mother died, I took on her thought form. This is more of a personal thought form although there could be collective thought forms of "I want to die; I don't want to be here anymore" which the personal thought form could glom on to. So, I took on that thought form of I want to die.

There is such a thing as a self-affirming prophecy, even though it is totally unconscious, I want to die, then you will start to suppress your own body's health. I needed to learn how to affirm life and say, "wait a minute, I do want to be here, I choose to be here, I chose to be here. I'm embracing life. And to clear out these thought forms. So much of what goes on in surface human behavior is not as rational as people want to think it is. They want to say, "I'm acting perfectly logical, here are my reasons".

But so much of it springs from the subconscious and not just the individual subconscious but the mass consciousness that Karl Jung talked about. I think I may have told you this story when I was in college. One day I was feeling retched for no reason at all. In a way I felt depressed, but I had never felt like that, just retched. Later in the day I called my grandmother, the same one I mentioned before. It turns out that she had been taken to the hospital. I tracked her down and she said, "Oh thank god you called me, I've been calling out your name all day, Sheppie, Sheppie where are you? So, she had been throwing her emotions at me and I thought they were my own emotions but partly I knew they weren't. I thought, "where are these coming from?" but I still felt them. But the moment I knew they were hers; I was no longer feeling them.

I had a similar experience with 911. Of course, 911 was shocking, it was a psychic shock to the whole world because of it's audacity. No one had ever done anything like that. On a conscious level my attitude was, "It's very sad and awful" but 3,000 people are dying every single day in Africa from starvation. In my own framing of it, I wasn't as personally affected as much as the people around me. And yet for weeks, I felt retched. I felt like, "I've got to do something. I've got to do something to help". And if I was feeling bad with my conscious attitude about it, it made me realize that this was a mass consciousness thing. 57:08

The way that I dealt with this was I wrote. I wrote and read and wrote. I found the very best spiritual points of view of what was happening, and I emailed them off to my email list because I couldn't just be at peace. This speaks to the idea that we are a collective. We are not as individual and separate as we think we are.

Part of the spiritual path is learning how to clear your own fields by that, you send back energies that you've taken on from other people and from the mass consciousness as much as you can on a daily basis. And you invite your Essence to fill your space with just you. That's what it means to be authentic. As long as your energies are tangled up with other people, you're trying to control them. They're trying to control you. You're feeling their feelings, you're thinking their thoughts, their feeling your thoughts and feelings.

As long as that is happening, we're a big mess. The only way to get clean spiritually and get clarity spiritually is to send back everything that belongs to others and to fill our

space with our own Essence. That's the only way to be happy and sane and all those other good things.

It doesn't mean that you're never going to pick up on other people's stuff. You just have to keep cleaning it out. Now if you have sex with someone, you want to temporarily share their aura and energies. And that is why you might want to be careful who you have sex with. You want to make sure you want to their energies in your field even temporarily. Good sex is immersing and that is a wonderful feeling. But when you are done, even if it's your soul mate, you want to take a little time and give them their energy back and pull back your energy and say, "That was great, that was wonderful. Now I'm filling my space with who I am".

Patricia that was a very long answer about thought forms but I'm glad you asked it because it's something that I've been thinking a lot about.

Marie C. wrote: [# 5. Mother Mary is a guide on the Astral Plane between lives. Does that mean when she incarnates that she is no longer available as Mother Mary?](#)

**Shepherd:** This is another great question that has a lot of complexity to it. Basically, every soul is multidimensional, even the simplest of souls. Let's say you meet someone... you probably won't, but let's say you meet someone who is in their 10<sup>th</sup> lifetime, and they have no previous GCs. Their Essence isn't very complex. But again, even the simplest of souls are multidimensional. And those of us who have had a lot of GCs, had a lot of lifetimes on earth, we are like switchboards.

Do you remember the old fashioned switchboards, like Lilly Tomlin used when she was the operator that plugged into here and plugged into there? We are as souls multidimensional, we have so many facets to us that on a soul level we can do a lot of things at the same time. In fact, some of us, most of those who are attending this workshop, are so accomplished and complex and also are light workers. By light workers I mean that you are souls who are interested in helping other people and not just in your own evolution. Which paradoxically when we help others it helps our own evolution even more, the path of dharma.

But a lot of us, even though we are busy here on the physical plane are at the same time helping souls on the Astral Plane and especially when we are asleep at night because then the physical incarnation isn't demanding as much of our soul's attention. But even while you are in the body.... Let's say you are doing something minor; you're washing the dishes another part of you may be off helping a friend and you don't even know it.

So, when you tune into Mother Mary, or Jesus if you happen to be a Christian, you like the iconography of Mary or Jesus they have meaning to you. What are you actually tuning into? I discussed this with John Friedlander because there are 2 billion Christians on Earth. 1:02:27 and most of them are praying to Jesus. I thought, "My God he must be busy! How does he keep up with his emails??" First of all, there was the man Jesus, who was a 7<sup>th</sup> level Old King. And then there was the Infinite Soul Jesus, where the King step over to the side and allowed a recombining Entity to come in and flood through his body for a month with all of this higher plane energy, Messianic Plane energy. Allowed it to be channeled into the Earth for a month. So, you could be tuning into the soul who was Jesus, or you could be tuning into that higher plane,

Messianic, Upper Causal Plane energy that is thousands of souls. But what John said is that depending on the state of consciousness of the Christian who is praying or talking to Jesus, they could just be tuning into a thought form. Otherwise, it's like they are tuning into a bot on the internet, or they are calling a toll free number where they are getting a prerecorded message.

Let's say someone is feeling guilty and they pray saying, "Jesus remove my sins" They may be getting a bot that says, "Say 7 Hail Marys and don't do it again." So, there are quite a number of things people might be tuning into.

But to directly answer your question Marie, yes the soul is perfectly capable of dealing with all the incoming messages. And if the soul that incarnated as Mother Mary wants to have another lifetime, she is perfectly able to do it. But realize that the personality of Mother Mary is just one incarnational self of a larger soul. Even as Mother Mary, she had past lives as Fred Smith down in Egypt who was a slave building a pyramid. And another past life as .... And they all coexist within that same soul. For that same soul to put out another lifetime for another soul if it wants to, if it's not complete with the Physical Plane, it's just not a problem.

I don't think Marie is with us to ask a follow-up question.

I'm going to take a brief break 1:05:38

**Shepherd:** Mirah asks about introverts and extroverts. I'll read you what she wrote.

[# 6. How does the choice of being introverted or extroverted or highly sensitive relate to the Overleaves and how it is chosen. Since these traits in scientific research seem to be mostly body based, could it be that they come up in the genetics without the active choice of Essence?](#)

**Shepherd:** I did a lot of thinking about this and intuitive access last night. And I've come to the conclusion that the terms introverted and extroverted (and there is a term for the midpoint called ambivert) tries to reduce a lot of variables to a linear spectrum. It becomes useful when you are looking at extremes. Like the obviously very shy person who hardly ever talks, avoids crowds are clearly an introvert. And then there's the life of the party, people who loves crowds, who get excited and full of energy when they are around people. That is the stereotypical extravert. Those terms are useful for those extremes, but I think it's less useful for the majority of people who are somewhere in the middle.

I'm a good example because I'm a Sage and you would assume that I'm an extrovert because I do like people, and I'm friendly and I do get along with most people. I also like to talk. Yet I also have a lot of traits of the introvert in that I get recharged from being alone. I spend a lot of time alone and I'm very comfortable with it.

One of the predominate definitions of introverts and extraverts is that introverts gain energy from being alone and extraverts gain energy from being in a crowd. 1:11:03 If you use that definition.. (video lost end of this sentence) Here's what I came up with.

It was like trying to reduce something that is 3 dimensional to a 2 dimensional line, and it doesn't work very well, even if you reduce it to a spectrum where people can be at one point in some aspect of life and other points of the spectrum in others.

Mirah is asking about how much of this is biological. When you are talking about anything in those terms, is this caused by your genetics or the biology or does your soul and personality create the biology to reflect the mind and the soul. I believe it works both ways. I think maybe the soul chooses to come into a body that is wired a certain way and says, "Why not give it a go?" and will then be influenced from the genetics in the body. On the other hand, the soul has a certain nature, and it comes into a body, and it influences the body and actually changes the epigenetics, the expression of the genes. It changes the endocrine system and the nervous system wiring based on that. So, it can work both ways.

I think body type is a real important part of this. If you were in Level I or Level II series about the Michael chart, you know that 4 of the body types have a positive charge and therefore they tend to look on the bright side at the personality on a body level. And they tend to be sunnier in disposition. The negatively charged body types such as Lunar which is my body type tend to be more introspective, tending to living within which is much more aligned with introversion. So, there is a body type factor at play.

Very often when you say someone is an introvert, you are talking about shyness. Shyness can come from 2 places. It can come from the CO of Arrogance where the person is afraid of being judged and therefore tries to remain invisible so no one can see them, and they cannot be judged. Shyness can also relate to the Ordinality of your chart. The most Ordinal role is Server. Ordinal means that you prefer to deal with one on one things and are not so naturally inclined to deal with the big picture of things. Then you have someone like Queen Elizabeth of England who is in a Server role, the most Ordinal role but she has some Cardinal casting that allows her to do these big things. But she is not a showy person, obviously. She may even be shy due to being a Server.

So, Servers and Artisans do tend to prefer smaller groups of people, more one on one, fewer friends but closer friends. Cardinal roles tend to like to have more friends, deal with larger groups. Such as Sage being Cardinal likely to deal with audiences. And here you have the phenomenon of the Sage actor who comes alive on stage. When they are performing, they are on, they have energy pouring through them. They walk off stage and they become a totally different person. They become shy and quiet; of course, this can happen with people who aren't Sages too. But if you are a Sage actor and that is the case, you might be like me who is a more introverted Sage, who can be on but then needs that quiet time to recoup. Maybe the Sage in Arrogance, afraid of being judged would be another reason for the collapsing of that big light being on, sort of thing. Also be aware that although Sage is a Cardinal Role, it's the least Cardinal of the 3 Roles. Priest are more Cardinal and Kings are the most Cardinal.

Also, if you look at the chart, you will say how verbal is this person? All 7 of the roles can be verbal or nonverbal. We think of the Warriors and Kings as the strong silent types. Think of John Wayne, in the movies, the cowboy; Clint Eastwood even though he's an Artisan he has some of that strong silent stuff going on. Think of that strong, silent type, especially in males. But you do also have that in females too who are just not very talkative. But then you have Warriors like JP Van Hulle, who has a Sage ET and she is one of the most talkative people I've ever met.

So, being talkative or not being talkative is not per se a trait of the Role. But it's a combination of the Role and your Centering. For example, I'm a Sage, which is the most communicative oriented of the Roles and I also have Intellectual Centering. The Intellectual Center is where we make words. And if you have a combination of Sage and Scholar you will find them as the most verbal. Now, what if you're a Scholar with a Sage ET and someone asks you a question and you expound on it for an hour? Let's say you are a college professor, yet you could still be an introvert. You performed your role because someone asked you a question, and you answered their question in great detail because you knew a lot about it. But now your done answering the question, but you are this neutral Scholar and you're actually kind of shy. You go home, feed your cat and spend the next 10 hours curled up on the couch reading a book.

That's why I say this whole idea of introversion and extroversion is a little bit reductive. People maybe shy if they just tend to be anxious and fearful in general. If they are neurotic they may appear shy. So, you could have a Sage, Priest or King who has a mental illness, maybe they have an anxiety disorder. They may come off as being introverted.

Then last week we talked about being highly sensitive. As the soul evolves it wants to develop more sensitive because it will give it greater capabilities. But if you haven't learned to manage your sensitivities, so that you're not hurt all the time, you might become an introvert because you don't want to handle being hurt that much.

Are there any comments or questions about introversion or extroversion?

**Shepherd:** Joan S asks: [#7. Regarding connecting to the Tao through the lower self...](#) I mentioned that the Tao is available from anywhere in the universe. But you could particularly think of it as coming down from above through the higher planes, as we did as souls when we first landed here. And we could also think of it as coming up through the Earth such as through the Devas, etc. So, she sent this question.

[#7. Regarding connecting to the Tao through the lower self, is the activation and the rising of Kundalini energy part of our spiritual maturity? Does that allow us to more closely feel connection with the Tao?](#)

**Shepherd:** Yes, Kundalini activation is in part an opening to Earth's spiritual forces that originate in the Tao as opposed to opening to Spirit from the Astral. Very often when I do energy work with people and I talk about grounding, we ask to establish an energetic cord of connection into the Earth. Then we visualize energy from the Tao coming up through the Earth into the body, grounding it, making it feel comfortable. Then we might visualize energy flowing down through the higher planes, through spirit through the Astral into the top of the head. We want to get a loop, so we have one circle going from above and another going from below. It's a very cool thing to experiment with in your meditations. Another thing I do almost daily is I affirm that the Tao is flooding every cell of my body directly. So, we have an up and down and a direct access.

The Kundalini release is also about releasing blocks in the nervous system placed there like fuses to prevent burn out. 1:21:31 Stan you might remember, the Emissaries, Martin or Rhonda would teach about people's necks going out because it was like a fuse box. There was so much energy going through the body and you didn't want to burn

out the nervous system. You'd go to the chiropractor to get your Atlas and Axis in balance, and you'd feel better because there is so much energy coming in. Then it goes out again because your body is freaking out that there is too much spiritual energy flowing. Your nervous system has to learn how to handle a higher energy flow as part of our spiritual growth.

The Kundalini rising is often accompanied by years of spiritual practice so when that happens, you're not going to blow a fuse. The rising is about releasing some of these blocks, so your body isn't damaged from too much energy coming through.

I have seen people who were greedy for spiritual advancement who would not let it take its natural course. They would force the issue and then they would have mental breakdowns and end up in a mental institution. I mentioned before that I am a strong believer in teaching psychic development and healing techniques to people with mental illness. I think it would take care of about half of the problems they have. A lot of them are empaths who aren't yet in control. Those who have multiple personality disorders are probably connecting to past lives. They need to heal their aura so all these different things that are already part of them aren't coming in willy nilly.

**Shepherd:** Laurel R. wrote: # 8. I have a grandchild who is 13 who is transitioning from female to male. Of course, I want to support them, in following their most authentic joyful path. In my vantage point in central Canada, there seems to be many more people transitioning now than in the past. Is that solely because it is now more acceptable to do so?

**Shepherd:** Yes. There are many, many people who transition late in life or not at all because it is so stigmatized. Maybe they don't tell another soul this but on the inside they feel that they are in a female body, but they have the mind of a male. Or they are in a male body, but they feel they have the mind and consciousness of a male.

I mentioned in one of the workshops that Sarah Chambers who we revere as the first Michael channel, very gifted, good friend of mine before she passed, identified as transgender. When she was 10 years old she saved up her money so she could buy a pair of boy jeans. She was very short, and she kept her hair very short. The kids she played with thought she was a boy. She got away with it. Sexually she was actually very kinky. She liked tying up male to female transgenders. She loved gay people and she was very active in AIDS activism. This was back in the 80's and 90's. A lot of her friends were gay.

She had signed over the rights to her channeling to Quinn Yarboro for Messages From Michael. Yarboro fictionalized her and she complained bitterly that Yarboro portrayed her as Betty Crocker homemaker when in fact she was this kinky, extreme political, transgendered gay activist.

It's a subject I find very interesting. One thing JP Van Hulle channeled about this... You know we suddenly find ourselves in a new situation. Number one, we have far more bodies available than what we had in the past, so, there is a lot more room for experimentation. And another thing is that we are in this time of tremendous change. What's happening is....You know how the Bible calls it the end times. It's like we are

looking at our watch and saying, "This might be the last opportunity I have to do A, B, or C because there won't be so many bodies available in the future.

Let's say you're a soul who's preferred the male body. You're guides might say, "Look you've really gotten out of balance here. You're really good at being a man but you don't understand the feminine at all, you mistreat women, you don't understand them, let's take a few lifetimes as a women to get back in balance."

So, you take your medicine and you come into a female body, and you say, "How the heck does this thing work? What is this thing going on, this menstruation? I don't like it. I don't like it a bit!" Now 90% of the people who take their medicine eventually adjust. Maybe they are tom boys when then are younger but eventually they get used to the body, they get comfortable with it, and you can't tell the difference.

But maybe 10% or 5% of the time they just can't get used to it. In those cases, you might find a transgendered person. Of course, it works the opposite for people who have had mostly female lifetimes coming into male bodies. Etc.

You also have an issue that I've written about before that can happen. Which is, you planned a female lifetime. You set it up on the Astral, you picked your Overleaves, you picked your parents, you pick your life paths and you envisioned what this life was going to be like. You had an agreement with the parents who were pregnant with a female. And then there is a miscarriage. You still want those parents. They get pregnant again but this time it's a boy. And you say, "OK, Ok I'll adjust" and you come into the boy body. 90% of the time you do adjust but 10% of the time you had this plan, this vision built around this lifetime, and you never got used to it.

In the past there were no surgeries or hormones but there were still transgendered people. The native American peoples, some of their tribes were very accepting of transgenders. They felt there was a place for everyone. For example, if there was a married couple and the wife was very pregnant or was on her period or whatever and sex was not considered to be a good idea then maybe the transgendered woman would make herself available to the male. Or maybe the transgendered woman was like the spare aunt to help take care of the kids, babysit and that sort of thing. It wasn't always demonized the way that Christianity has demonized any different sexuality or gender identity.

But it is happening more now because souls are trying to get into balance.

You also asked: [# 9. Does gender still seem too confining?](#)

**Shepherd:** Well, yes we have been very extreme in what a man is supposed to look like and what a woman is supposed to look like in our culture. This has been reinforced through the movies, through the media. If you didn't conform to what the picture is to be a man or a woman, you were bullied, you were made fun of. Some people are just lucky that way. If you are a King or a Warrior and you are in a male body, you have no trouble conforming to those stereotypes because in our culture Kings and Warriors are the epitome of masculinity. Or is you are a Server or an Artisan in a heterosexual female body you have no trouble looking like that.

But for me, I looked around me and my father was a macho high energy King and so was my brother and in fact so was my stepbrother, which was very confusing to me.

Most of the male role models I had were not like me and I never could identify with them. So, I never felt like I was a male.

I think a lot of the question coming up in my mind right now is do people not identify with being a man even though they have a penis because they can't identify with any role models like them. Or do they really feel like they are female in a male body. Because there is that middle ground where people are identifying as being nonbinary. They are saying, I'm not a man, I'm not a woman, I'm androgenous, I can be more one, I can be the other. I think that really fits for a lot of people in my area and maybe if they found role models that worked for them it would be more comfortable to not to conform to the extreme stereotypes.

In the 60's we had this breakthrough of breaking out of this extreme stifling conformity of the 1950's. Not much of it stuck. But now we are going through something similar relative to gender identity and sexual orientation where kids are saying, "This is too confining, I reject that, and I want to experiment." And it may take a while to find yourself, to see where you land. There are some rare instances of people who transition from male to female and then back again. And vice versa. Because they are still trying to figure out what is it that I feel and what I really want or what I need.

The question continues: [#10. I seem more young female transitioning to male than the opposite is that an accurate observation?](#)

**Shepherd:** Laura I did a lot of research on that last night because I was curious about it myself. I'm pasting into the chat links to some interesting articles. You might want to look at them.

<https://slate.com/human-interest/2017/09/trans-youth-clinics-are-seeing-more-trans-boys-than-before-why.html>

I found that there is a lot of grey area. First of all, it's very hard to get accurate statistics. You have a lot of people who are not being honest with poll takers or doing scientific studies about this either because of their own confusion or their fear or their shame around it. My intuitive conclusion after doing a lot of reading last night is that male to female trans and female to male trans are roughly equal.

However,.... First of all, some of the statistics that are gathered are from who is having the bottom surgery. And only 1/4 of the male to female transexuals have body surgery in the first place. It's very expensive, it's very traumatic and... AND a lot of male to female transexuals have more luck finding a partner in men, if they are attracted to men, some of them are attracted to women, a lot of them are. If they are attracted to men, men seem to be more interested to them if they keep their penis because there are straight identifying men who like all things feminine but they also like penises.

So, only a quarter of them are having the bottom surgery and far fewer of those female to male transexuals are having it because it's not very successful. You cannot build a good, convincing working penis yet. If you are gathering your statistics from who's having the bottom surgery, good luck getting anything accurate in that regard.

Also, there is evidence that the male to females transition earlier and there are a couple good reasons for that. One being that the symbol of maleness is the penis and boys have that from the beginning. And if you feel like you are really a female, then you

want to get rid of it as soon as possible. However, a big major symbol of femaleness are breasts, and they start developing at puberty. Therefore, if you are a male who identifies as female, you are going to be ruthlessly bullied and it is urgent that you present the way you feel mentally as soon as possible. So, you see 3, 4, 5 y/o boys wanting to dress as girls, wanting to get on hormones as soon as they can, certainly wanting to take the hormone blockers at adolescence.

On the other hand, if you are a tom boy, you're a girl, it's not stigmatized to wear pants and boy's shirts and maybe play sports and that sort of thing. And until your breasts start to grow, especially if they are big it may not be that important that you start transitioning.

However, the other factor is that it seems like the news media only has room for one sensational issue at a time. For a while it was gay rights and gay marriage and that is all everyone talked about. The transgendered community felt excluded and ignored. Then we had these TV shows about male to female transgenders. We had the characters in Orange is the New Black and we had Pose and we had these TV shows featuring the male to female transgenders. So, it suddenly became very interesting and parents with these children realized, "Oh we aren't the only ones dealing with this issue." But the females to males were being left out.

Now more females to males are getting more attention in the media and people are finding out more about them. So, now the children who identify as male who were born assigned female are getting more attention and now they are transitioning earlier.

Laurel continued to write: [Although I haven't been able to see this grandchild very often I only saw gender typical behavior, dressing and interests in the past so I've been taken by surprise.](#)

I'm going to post another article that I found yesterday. This is about two people who transition from female to male and then went back again later in their 20's because they didn't have enough options on how they could identify. They thought that they were either a transgender male or I was a female, and I didn't feel totally comfortable with the transgender male, but I didn't know what else to call myself, so I made the transition. I knew I wasn't a woman, so I glommed on to being a man,

<https://www.bbc.com/news/stories-51806011>

These are the people that regard themselves as maybe not having a gender or they are both.

Laurel any questions or comments or from anyone else?

Laurel: [No, thank you and thank you for posting these articles in the chat.](#)

Shepherd: You're welcome.

Shepherd: [Carol C asks # 11. Was the hippy movement in the summer of love in San Francisco and beyond a planned group effort by a lot of souls?](#)

Shepherd: I got YES on that. You then asked [#12. Did these souls consider it to be successful?](#)

**Shepherd:** What I got was, it was not entirely successful. It did leave a memory and we can all look back on that era and see some things that we haven't seen before, and it was a time of greater openness and freedom. Some like the conservatives looked on it as the perils of not enough rules. But unfortunately, the late 60's and early '70's did not break the hold of fear on humanity to an appreciable extent.

Then you said: # 12. "Is there anything like that happening around the world today."

As I said earlier, I believe we are having another one of those waves of openings around gender and sexual orientation.

You'll notice that in the '80's we had Reagan and we had this huge conservative backlash to what had happened in the '70's. We do tend to go to extremes. We have an extreme and then people get really uncomfortable with it and then they tend to cling to the opposite. It seems like it's hard for most people to find a balance and live in the middle ground of anything.

I think a lot of people freaked out about the free love sort of thing going on and also there was a lot of rioting which was not harmonious with the idea of free love. But I certainly can understand it in light of what was going on in Vietnam and such.

So, I think it shows us how recalcitrant humanity is as a whole, how stubborn and deeply entrenched in false personality is. I don't want to leave you with a sense of hopelessness because I do think we are making progress. But progress is slow. A lot of the new age think in a blink of an eye we are going to have this wonderful new world, but I think it is going to take time. And that is ok because if you look at it from the viewpoint of eternity, we have plenty of time. Hopefully we won't destroy the environment in the mean while.

**Shepherd:** Stan asked: #13. Do we have a name when we are on the Astral Plane? That maybe stays with us through other levels, how about in the Tao?

**Shepherd:** (Short pause to replug in the laptop) discussion about tolerance and new emerging attitudes among students.

There is a lot of hysteria being whipped among this far right wing, but generally the medical profession seems to be taking a fairly cautious approach. When these children hit adolescents when they would start to develop secondary sexual features like breasts or beards they are giving them hormone blockers so that doesn't happen. But if they change their minds before they do anything really drastic, they can stop taking the blockers. And for the most part if they want to stay their birth gender, they can.

I think there is a lot of care here and for those children who they are not totally sure about they are probably going to take a more conservative approach. And usually anything like surgery is going to come much later for transgendered children. Although some of them are absolutely certain from day one and they never waiver. So, those would maybe earlier candidates for the surgery. Like a true transgendered woman who was born with a penis, she tells everyone that she hates her penis and can't wait to get rid of it. It's wrong, it shouldn't be there.

But there is so much complexity and variability when it comes to everything regarding sexuality and gender. There are other people who are OK with a penis, they can just be a different kind of woman. And it think with people like JK Rowling who I think has

been rightly chastised for confusion about transgendered issues, I think she doesn't understand that someone who is truly transgender had no choice in the matter and it's not a sexual fetish. From their earliest words, they knew they were in the wrong body. They are not trying to take advantage of biological women. They just feel that is what they are.

Another thing that I think is overlooked a great deal in this discussion is there is a lot of worry that someone born male who transitions to female has an unfair advantage in sports. So, they don't want to let them play sports. But what they are finding is if they have been on hormones for a year they lose the entire advantage of muscle mass etc. They really are on a level playing field at that point.

There is a lot of hysteria that if people would just find out what the facts are, they would be more accepting. The fact is if you are truly transgender and you were born into a body that just doesn't work for you, that is very painful. No one would consciously choose it. You have to know that they are not making this up, that they are not trying to get attention. It's a very difficult thing and the hormones can be difficult, and the surgeries can be quite pain and have many ramifications.

So, if someone really, really wants this, they deserve support and respect. I think what people like JP Rowling don't understand is that there are also fetishes. Like heterosexual men who get turned on sexually from wearing women's clothes and that is a totally different thing. But it gets all lumped together. In fact, the majority of cross dressers are heterosexual, heterosexual men usually. And people don't realize it. They say, "oh you must be gay". Then there are gay men who are more feminine who are transvestites or cross dressers but that is different than drag queens. With drag queens it's more of a performative type of thing. Like saying, "Hello world, here I am" and they are tweaking the gender norms by being funny and outrageous. These again are all different things that get lumped together.

So, we should just listen to people. 1:53:13

**Shepherd:** Stan, your question is about names. What I understand about this that humans need names on the Physical Planes because they are convenient. So, if I want to send you a letter, I can address the envelop with your name on it. If I'm in a group of people, I can call out your name and you turn your head. It's very convenient to have names on the Physical Plane.

But even on the Physical Plane animals connect telepathically and through scent. They recognize each other they interact with each other, they know each other apart, without verbal names. If you're a dog person, clearly your dog knows another dog without having to say, "Hey what's your name?" they have that connection. On the Astral Plane this is also the case where souls who are not in bodies have a direct recognition and they do not need names.

Now sometimes people will go to a psychic or channel and say, "What is my soul's name?" What the Channel or psychic tries to do is make a human sound that roughly approximates your soul's vibration. That's kind of fun, you're still on the Physical Plane and now you have a soul name that roughly approximates your vibration. But if you and I are both between lives, on the Astral Plane then we just have direct telepathic connection. We don't the name, we just go whoosh... we think of each other as a soul,

not just by the name or how you looked in that lifetime, but the total package, we know each other, we're connected, we're close. I think of you, you think of me, and we are together. It's really that easy. So, we don't need names.

But if someone does need a name, which one shall we use? Should we use something that sounds like your soul vibration, or should we use Stan or should we use Herminie, your name in the last lifetime etc. We've had so many names. If we do past life regression we might get your name in that lifetime but there is nothing sacred about it.

Then Stan asks: [#14. Since we don't have Physical Bodies at the Astral level, does that mean I won't be able to give you a knoogie?](#)

**Shepherd:** No Stan you can give me an Astral knoogie any time you want too!  
(laughter)

Stan demonstrates a knoogie.. and Shepherd talks about Mike Meyers on Saturday Night Live knoogie.

Stan you can give me a knoogie anytime on the Astral.

**Stan:** [Since I'm in focus, I want to show you this:](#) holds up new Sinu Pulse machine.

It's hard to believe the 6 weeks are over. I do have questions left over that would give us one or two more sessions when we next resume. I want to thank everybody for all their contributions and questions.

Is there anything anyone wants to share?

**Stan:** [I just want to share my appreciation for these considerations which have spiraled in me up and up and up. And have helped me as I spiraled back down through the chart, sharing with other people their charts, the understanding of their incarnation. It's such a privilege and pleasure, thank you for these magical moments and the generosity of your heart.](#)

**Shepherd:** Thank you Stan, you've been such a great blessing in addition to this group here of very fine high energies. It's just been lovely with all of you.

Blessings to you all, keep in touch. Please email me if you are interested in continuing. Lots of love to you all and may you move forward in peace and well-being.