

# BTMC November 2, 2024

Transcribed by ZOOM, edited by Susan A. Flow

Shepherd Hoodwin:

Welcome everyone to Beyond the Michael Chart 2024-25.

I'd like us to begin with a guided meditation.

Imagine that on your [life control panel](#), there is a reset button.

And when you push it, it clears away everything that is irrelevant and leaves you only with the highest vibration, the best energies that you have ever known.

It makes you fully present in this eternal now.

When you're ready, push the reset button.

Now scan your [Body](#) and notice that there is also a dedicated reset button for it. It releases anything your body that it has been carrying that is no longer relevant to this moment.

When you're ready press that reset button.

Notice all unnecessary tensions releasing.

Let's go to the reset button for our [minds](#). When we push it, we release all noise and concerns not relevant to this moment.

When you're ready, press reset [Mind](#).

Similarly, there is one for our [Emotions](#). Sometimes we have trouble letting go of old emotions that we truly are complete with. So, this reset button is useful.

When you're ready, you can press reset emotions, leaving you feeling only love in this moment.

Now we come to the reset button for your [Energy field](#). And when pushing it, releases all energies that are not your own in this present moment; that are not that are not of your own being.

When you're ready press reset energy field.

Would anyone like to share something from that Meditation?

Ronnie, did you raise your hand?

No.

Shepherd Hoodwin

Ragna, did I pronounce your name correctly?

Ragna: Excuse me, what did you say?

Did I pronounce your name correctly? Ragna?

[Ragna Axen | Konstanz, Germany]  
Yes, that's correct.

Ragna: | Konstanz, Germany: Correct, yes.

You said I can share something. And it's the first time I see you and heard you, My body responded very nicely with a happiness inside. So, it was strong acceptance and yes

And I realized after a while that it is more than one button. And then I located different buttons like my belly for the body and behind here for the head, and here for the energy field and here for the feelings and it was sometimes like relief.

And not very big sensations but in the end like ticklish feeling and the aura

And I enjoyed it. I really enjoyed it. It was a surprise that you start like this for me, but I really enjoyed it. Thank you!

Shepherd: Thank you for sharing that. Lovely.

Ragna: Great, gratefulness in the end.

Shepherd: Beautiful.

Ragna: as a facet of love yeah. Thank you.

Shepherd: Thank you. Beautiful. Just a reminder too that we have a new feature. Where if you activate your closed captioning where it transcribes whoever's speaking, you can also change the language. So, if English is your second language and you would like to have it in German, you can set that.

So, This Beyond the Michael Chart Sessions came out of, I believe, the first Zoom workshop that I did covering the basic Michael Chart in 2020.

When Covid hit and we were moving things online it was Susan Johnson's suggestion.

So, we're always grateful to Susan for suggesting we do this. It also came about because When we were doing live weekend workshops, we only had a limited amount of time. And when people would ask a question that was a little bit off the topic of precisely what was on the Michael charts.

I just love those questions, and I loved going out on the tangents, but the organizers frequently reined me in, Like, "hey, we don't have time for this". So, I love the idea of

doing a whole workshop Just on the tangents. This is my idea of heaven where you get to ask anything you want.

And the format is pretty loose. Some people already sent me a list of questions ahead of time, which is great. A couple of them I did a little channeling about, so I would be better prepared. But you're also welcome to ask questions as we go along.

I'm all for spontaneity and having fun with this. If you think of more questions between now and next month's session, feel free to email them to me.

Or if you think of things that you want to ask live, just maybe make notes so you have them for yourself. As always, the workshops are recorded in both audio and video. You are welcome to download them.

Afterwards, I will upload the recordings. Within a few hours of the end of the session, I put a link in the chat

I'm never sure if the chat...will let you see what is in it if you joined after something was posted there. I'm going to just go ahead and oh that doesn't.

It's not on there. Okay. Let's see here and let's test that out. Zoom is always changing. the way they do things. Would you go ahead and look in the chat and see if you see the link for the recordings?

Gene: I do not.

Okay, you don't. Okay. All right. So apparently that's still how they do things

Let's go back into the chat. I will just copy and paste.

Kathryn: I see it now.

Shepherd: This is where you can download Audio, video, chats, and if there's any PDFs that are relevant, that I put in that folder, you can download those there.

I started with a guided meditation because in all the work that I do, there's an energetic component. You might say a healing component. So, I would love for us to be together, not intellectually only, but also in a spiritual way so that We are each lifted up higher into a sense of knowingness where maybe we hear the words, but we also get a more felt sense of what the realities are that are being addressed.

I received some questions from [Stan](#). And his first question is: [Are the number of incarnations on earth becoming so many that beings from other dimensions are required?](#)

Shepherd: We have over 8 billion people now on Earth, which is unprecedented by a long shot I think. Was it the year 1800 where the human population surpassed 1 billion? Here we are at eight times that amount.

The way that souls cope with that is by having more than one incarnation in the same timeframe due to the extra availability of bodies. Throughout most of human history on Earth. There weren't that many bodies. There were a lot more souls, so they had to take a number like at the bakery.

Shepherd: Wait in line to get a body to be able to come in. And so things were much more leisurely and spread out over longer periods of time. And now suddenly there's so many opportunities to incarnate that the soul can send more than one incarnation into the same timeframe. Which leads us to a discussion of the nature of time itself.

Spiritual people are fond of saying that time is an illusion. I would prefer to say that that's it's not quite an illusion, that it's real, but it's flexible. And so... Although we experience time in a progressive way, in a linear way on the physical plane so that we experience 2024 as following 2023 and so forth.

On the astral plane, it's a little bit more fluid, and we are on the astral plane. When we are between lives, planning our next lifetime, and in fact our soul is seated on the lower astral plane even when we're incarnated on the physical plane, because the physical plane is too dense on earth to handle the soul's energy. So, we're parked part of us are parked.

On the astral. And when we're asleep at night and we're dreaming, our consciousness may revert to something more astral, which could account for the surreal dreams that we have, the things that don't seem so linear and so forth. So when we're on the astral and we're planning our next lifetime, almost always we will choose our next lifetime progressively.

Therefore, if we finished one that ended in 1922, we'll probably come in where we are intersecting with time on the astral at the moment. It would actually be possible for the soul to bend time a little bit and have the follow-up lifetime start a little earlier than 1922 so they could overlap in that way.

Theoretically, it would be possible to go much earlier, but souls generally don't do that because it could be a little confusing. Let's say if my most recent lifetime was in the year 2180, and now I'm here in 2024, part of me in the back of my mind is wondering, you know, "Why can't I fly in my little bubble to the supermarket, like in the Jetsons?" Now that could lead to being rather visionary, sort of helping you create that future that you see, but it could also create a feeling of disconnect or discontent because things don't quite make sense.

So, we go as linear as we can, but there are two ways that the soul can engineer multiple incarnations within the same timeframe. And that is we finished the lifetime and then we bend time for our next lifetime and we take advantage of an incarnational opportunity that is technically in the past.

The other way the soul can do that is to send out a few different lifetimes in the same time. Let's say it's 2024. The soul is looking to reincarnate, and it could choose a particular opportunity over here in Venezuela and be born in November of 2024. It could see another opportunity, and in terms of our time, it might incarnate a week or a month or basically very soon after and it can just keep sending out incarnations.

The soul is already multidimensional. So... on the astral plane, it's already experiencing itself as having these many diverse parts. And in fact, even within our own personality, we are already multidimensional. You've all heard of your inner child, your inner critic, all these different sub personalities. We are already multidimensional, and we're already used to juggling a lot of different aspects of self.

On the soul level, it just becomes much more complicated and vast in that regard. Therefore, it doesn't really require beings from other dimensions in order to fill all these bodies. We can do it ourselves.

Numbers are notoriously difficult to channel so when I tell you an approximate number for something, please take it with a grain of salt. It may not be exactly correct. But what I got is that we have approximately 1.8 billion individual essences or souls that are assigned to planet earth. And if my memory serves, those are souls who are still incarnating or could still incarnate.

If you are cycled off, meaning complete with the physical plane, it is still possible to have an encore performance and come back. So, I assume it would include those, but they're about 1.8 billion souls and 8 billion bodies. That would suggest that maybe the average soul currently is having five incarnations at once.

It's probably more skewed, where the ones who like doing multiple incarnations are having more than that and those who don't are choosing to have less. There are younger souls who want to have more experiences and who are in a hurry. They might choose to have more of these simultaneous incarnations we call them.

Concurrence is the term which I believe is from Seth channeled by Jane Roberts. The term concurrence meaning the same soul, same timeframe, different people. It is not likely that we will meet our concurrences. According to J.P. Van Hull, if we did meet them they would probably just feel like an entity mate. If any of you know people who are in your entity and they feel like a brother or sister, some of them feel closer than others, but it would probably feel something like that, like, wow, "you seem really familiar to me".

But remember that on your Michael Chart, Essence is the top half and Overleaves is the bottom half. Even with a completely different body and personality, the top half would be in common, but the bottom half would not be. So, this is a different person with different opinions. Granted there would be many similarities among these concurrence.

But if you have explored any of your past lives, you can see that sometimes these people are very different from how you identify in this lifetime due to different cultures, different parents, different life tasks, different overleaves. So, the concurrences will have different or could have different overleaves. But the top half of the chart will always remain the same in past lives and in concurrent lifetimes.

Now, this is different from parallel selves, parallel universes, parallel incarnations. [All of the concurrents are in this same parallel universe.](#) They are all people that theoretically you could meet in your lifetime, although you probably won't, but they're here having the same world. They're getting the same news on television as you're getting. [But](#)

parallels engineered from a higher level where you as Stan Grinstaff, for example, get to experience Stan Grindstaff's not only Essence, but also Overleaves of the personality with some different variables that have been changed.

Let's say, Stan, you have 2000 parallel universes that you exist in. Some of them are very close by to this one, this Stan Grindstaff. And as such you will look quite similar in many ways. Maybe both of your parents were the same souls, although the bodies might have been a little different, the genetics might have been a little different.

Then some of the parallels might be farther away, becoming more and more different. The basic life task will be the same, but you're finding different ways of accomplishing those life tasks.

So, let's say, in this parallel, you chose the path of studying acting and teaching, and in another one you chose the path of the business world, or you chose the path of medicine or whatever. You're exploring the same types of general topics, but in a lot of different ways. And in this parallel, you married one soul and in another, maybe you chose another. Maybe there was a point of choice in this lifetime where you weren't sure whether you wanted to marry person A or person B. If both of those options looked interesting enough, in this one, you chose person A, in another one, you chose person B. So again, it's multidimensional.

We're usually not consciously aware of all of our parallel selves because our human brain would probably explode to have that much information in it, but the soul has no trouble keeping track of all those different parallels.

I've heard some channels say that there are an infinite number of parallels. According to my channeling, they can be a large number, but they're finite. Collectively, we also create parallels. So, there are a lot of parallels for the whole planet, but you as an individual soul, do not need to elect to be in every one of those parallels or opportunities. You just choose the opportunities that are interesting for you.

Any questions or comments?

Shepherd: Kathryn, yes.

Kathryn Schwenger: You answered this question which I also had, because I was going to ask about past lives with overlaps.

JP channeled something when I wasn't present. But someone asked a question and additional information came up. It identified me as being a certain person in the past life and that person was still alive when I was born. And passed away when I was about 24. So, I was just wondering, how on earth could that be?

They said it was a past life, not a concurrent life, but a past life. So I was wondering, did I go back in time, and did they overlap? But I like the idea of how you can flex time to take advantage of opportunities so that sort of explained it.

Shepherd: Yeah, so it was a past life before you were born and then when you were born as Kathryn, it became a concurrent for you.

Kathryn Schwenger: Yeah, she was born 1900 and died in 1979. Cecilia Payne. I mean, that would get asked about famous past lives and apparently that's one of mine, which is fascinating. I wanted to be an astronomer when I was a child. So, that would have been an overlap.

Shepherd: Yeah, that's really cool. And so, our lifetimes, some of us had a huge number of past lives in this parallel. That's a matter of choice. Some people have fewer, some have more. If you have fewer past lives, it doesn't mean that you're especially smart or speedy. It's just a matter of your own interests, what you choose.

And the lifetimes tend to be grouped by themes and they're not necessarily linear. So, it's not necessarily the case that lifetime 121, 22, 23, and 24 are all on the same theme. Let's say the theme is abuse of power or the theme is religion or the theme is horticulture, whatever. These themes could be explored sporadically, like lifetime 82, 101, 158, and 264, whatever.

And so, if you have let's say nine concurrence in the year 2024, it's very likely that they are exploring different themes. And if they are exploring similar themes, because the soul seeks variety and because it can, the soul may choose for those concurrence to be in different geographical locations.

Let's say you're on the theme of love and hate. You might be doing that in North America and a concurrent might be doing that in Africa because it would be more interesting that way to compare and contrast cultures.

But often,... I know about a couple of my concurrents and from my point of view, they're past lives of mine because they came in the progression just a little before. But I'm doing, both of them as females. I think one's like in China. What they're doing is completely different from what I'm doing as shepherd Hoodwin. So, if I met them, I probably wouldn't even relate that much unless I got to know them quite well. And again, you probably won't meet these people.

One of the fun things we learn in the Michael teachings and particularly in this workshop is how delightfully complicated it all is. The universe is so complex, which makes it fun and fascinating to explore in the Michael teachings.

Shepherd: Thomas.

Thomas: Yes, greetings from Germany. My question is, if we indeed have concurrences, I'm not sure how many I would have. I question how many there would be.

Shepherd: All right.

Thomas: Or what is a good number for that? But does it also mean that all of us living in this life in this time on this planet, with eight billion bodies available, that the physical plane will be over for us way sooner than it was, for instance, for ?

Shepherd: Yes, Yes. Yes. If you're talking about chronological time. If you can have eight bodies in the year 2024, you're going to move through your developmental Soul Age process more quickly because you have more opportunities to have experiences. On the other hand, instead of moving through the soul edges more quickly, you might decide to go through them with more depth.

So, there's, you know, so many spiritual people just want to get to seventh level old and get the hell out of here as they understand it. But if the soul really felt that way, it wouldn't even bother to come in the first place because if you're just trying to get out of there as fast as you can, you don't have to come to begin with. But the soul is actually quite interested in these experiences.

Let's say you're at fourth level old, and you're having a lot of interesting experiences and there are more bodies available, you might choose to have more fourth level old lifetimes so that you can do a deeper dive into life on the physical plane from that fourth old perspective. And you know that four is the scholar number and the old soul cycle is the fifth is the sage number.

So, in fourth level old, you're doing a lot of teaching about wisdom and perspective, and someone might just say, "Hey, Let's try this in several other continents and cultures and different types of experiences to have a broader and deeper experience of that.

But yes, you do move through the cycles faster, which is why these multiple simultaneous incarnations are of particular interest to younger souls who are looking to move through the cycles more quickly because, you know... Think of it this way. Maybe 10,000 years ago, you had to wait a long time to get a body, and now that there are all these opportunities and you don't have to do that, you might be like a kid in a candy shop, like, oh, this is good.

[Thomas: Thanks.](#)

Shepherd: Maybe the number one comment I hear and have heard from clients over 40 years, and I've said it myself is, " Life is so hard, I just want to get out of here. I just want to go home. I'm exhausted."

This is maybe the most stressful time ever in history to be a human being. It's not necessarily the most difficult time because life has often been difficult, particularly in the last few thousand years, so many wars, so much suffering, so much disease, but life is more stressful now than ever because of the huge amount of stimulation we have, you know, just going on the internet, there's infinite stimulation available and all the change that happens so fast. Just the fact that we have so much choice. You know, never before in history could people choose to live anywhere on the planet. And assuming you can immigrate and so forth. So, things are very stressful. We're overwhelmed with choice. A lot of times we're feeling exhausted, a lot of us sensitive types, especially are saying, I want to get the hell out of here. I'm tired.

It probably will not stay this stressful and difficult as it is right now. We're kind of at this turning point now where it's very pressurized. And when you finish with this lifetime,

You can always choose to take a long vacation on the astral. There's just no one including your guides who will put a gun to your head and say, you have to come back into this maelstrom. If you want to take a thousand years off and work on your tan on Venus, you can do that. You can do whatever you want pretty much. And you're here because you chose to be.

Now, you might not have anticipated all the problems that you were going to run into in this lifetime. But dealing with problems, solving problems is a big part of how we grow.

So, I would just say for anyone who's feeling overly stressed right now, which is probably every one of us. I would emphasize Michael's teachings about [true rest](#). Which is there are some things that are especially good for you personally in helping you regenerate, recharge your batteries. Be sure to make plenty of time for that. Also, [true play](#) makes you more glad to be alive and helps you ground. So, think of the things that are fun for you and that are restful for you and try to live a life more in balance and you will cope better with things.

Lianne?

[Lianne: Yeah, as you were talking about concurrences and parallels, it makes me wonder how the work that we do on ourselves and with others in the concurrence that we're inhabiting here in this group right now impacts other concurrences or parallels.](#)

Shepherd: I love that question. Any breakthrough that we have, any true growth that we have is broadcast out into the universe. And it is broadcast not only to our concurrence, but our past live selves. So, let's say in this lifetime, you're working on getting over being overly sensitive to the criticisms of others.

And you have a big breakthrough on that. Well, you're probably working on that in this lifetime because it was also a problem in several of your past lives. And those past life personalities don't die. The body, of course, dies. But the personalities remain as part of your Essence eternally. And they're probably hanging around you a lot saying, "Gee, I wonder what Lianne's going to do with this because boy, I really struggled with that".

And when you're not in the body, you don't have as much of an opportunity to work on those lessons because it's not as real to you. You don't have your feet on the ground where these things feel so intense. You're the one who's handling healing that lesson for all of them, so they're gathered around. And when you have the breakthrough in a felt, experienced way, you broadcast it to these other parts of yourself. And then from there, you're broadcasting it to your whole entity, which is your spiritual family, because other members of your entity have particular access to our lessons, and we have access to their lessons.

Let's say you're between lives and you're doing some research for your next life. You have direct access to all the memories and experiences of your entity mates. It's not as vivid for you because they weren't quite your experiences, but you can still take advantage of them. And then from there, it goes out into all of humanity. So, anything that you've learned, any way that you've grown, you are offering that up to others and making their way easier. Therefore, any other human being who sincerely wants to

conquer that oversensitivity to criticism or whatever it is, they now have your breakthrough added to their library of options and resources for healing that. So yes, these things do radiate outward.

Shepherd: Ronnie.

Ronnie: Yes, hi. You mentioned a while ago, that the country, the United States, is moving from a young to a mature soul level. Correct? Would that account for...., is that correct?

Shepherd: Well, I get that the United States is currently at sixth level young in its average, but some channels will say differently. But yes, the general trend for the whole planet is moving from an average perspective of the young soul to the average perspective of the mature soul.

Ronnie: And that would account for some of the uber stress that's going on, this transition?

Shepherd: Yes. Yes. All transitions have a certain amount of stress built in. They can be very positive. You know, the changes can be very positive, but all change means that you have to exert some energy to cope with it.

Ronnie: Okay, so I have two parts of this question. So, it might be too out of the box to think that a country has concurrent lifetimes or souls? Can a country replicate itself in the same timeline or an aspect of itself? There's that and then....

Shepherd: Well, let me, before we go on... I think the version of what you're saying is that in all the parallels, the United States and every other country is having a little different experience and is making different choices simply because all the individuals within that country they are making different choices, but I wouldn't attribute the traits of an individual person to a country. They're just taking on the consciousness of their culture, their resonance, etc.

Ronnie: And how much influence would the leader of the country, president or whatever have over the collective in terms of making choices, that are replicated in other concurrences in this lifetime? So whatever person becomes the leader, they are certainly not aware of concurrent lives, but could that be going on, on an equally powerful stage or not necessarily with other leaders around the world?

Shepherd: I wouldn't connect it so much to the concurrence, but everything is connected, and everything influences everything else. So here you are, Ronnie, in the United States. And if you have a concurrent in China, whatever you experience here is, it does have some influence on your concurrent in China because you're sharing the same soul. But I wouldn't make too much of that particular influence, like whoever is the president, next president of the United States.

It works both ways. If you get a president, especially one who exhibits especially fine qualities of leadership and wisdom and whatever, then there certainly is an uplift that is offered to everyone. But the other side of that is also true, which is we are selecting leaders who reflect things in the mass consciousness so that if we elect say Donald

Trump, then he encapsulates a certain consciousness of the people who elected them and those people get to see that played out, whatever that consciousness is, good or bad, on a large scale

And so, yes. Him being president would influence the whole, but he himself is reflecting parts of that whole, you might say the shadows that are being worked out on this large scale.

Ronnie: Rightly so. I was reading a transcript from a couple of years ago where

Shepherd: Thank you.

Ronnie: I was reading a transcript from a couple of years ago where someone asked a question about healing ancestral wounds. And that can be done through various means. And that it was mostly focused on in the family. But wondering how would we go about doing that for someone like the president as a collective or small groups of people. Is that possible? Or do we have to have their permission?

Shepherd: Michael's motto is all his choice. So, you can offer healing to anyone, but you can't impose it. So just the offering of it might make it appealing to them and say, "Oh, you know what? I'm ready for this. That feels really good. I'd like to take advantage of that". Or if they're not ready for it or they don't want it, then they simply will not accept it.

Ronnie: Okay. And they don't have to be, I mean, obviously they're not going to be conscious of that. So, it would just pass over them.

Shepherd: Right. All these things happen on a lot of different levels and the conscious level of things is really kind of just a thin sliver at the top that we're aware of, but there's all sorts of things always going on in a subterranean way in human consciousness and really throughout the universe. Again, things are very complex.

Ronnie: Thank you. Very good.

Shepherd: Thank you, Ronnie. And let's see.

Shepherd: Kathryn S

Kathryn S: Hi. I'd like to understand a little bit more of the difference between concurrence and parallels. I think you said the concurrence and the parallels, we all have the same top of the chart, the essence part of the chart. Is that right?

Shepherd: Yes. With parallels.

Kathryn S: Okay.

Shepherd: You might have a little different body type because you might not have the same parents. They might have different kinds of bodies, particularly in more distant 8 parallels, but otherwise they should be very similar also in farther away parallels, the Soul Age may vary by a level or two, but not very much.

Kathryn S: So, I can say, as a concurrence I've felt I'm part of quintuplets all of a sudden and that feels kind of nice. And they're located here on the planet. But where are they I have a harder time grasping and other things like how that I've been at Susanna's suggestion you know saying that I want to merge energy from absorb energy from merging parallels for the last few months and it always centers me very well, but I don't really understand it.

Shepherd: A parallel universe is a slightly different version of this one. And it exists, you might say superimposed on this one, but it's vibrating at a slightly different rate. These parallels are parallel in a horizontal way. So, they're like sideways from you and one is not more valid than another. They are all very real to themselves.

My final chapter in my book, Journey of Your Soul, is about unparalleled universes. And I joke that I put it last because it was then too late for the readers to bail on the book if their brains started exploding. But I wrote about how I validated the existence of parallels because of some fascinating dreams that I had. And some of which then were validated when I related the contents of them to another person.

Particularly in parallels that are vibrating pretty closely to the one that we're having this Zoom conversation in. There are going to be a lot of things that are the same. In nearby parallels, say there's going to be a parallel New York City, but there might be some key things that are a little different about it. For example, I lived in New York City for almost 10 years, and I lived near the East Side Highway and in a parallel that I saw in a dream The East Side Highway was like a double highway. It had a higher level going in one direction to handle more traffic. And the surface of these highways were silver rather than concrete. They had some like shiny kind of surface on it, maybe for generating energy. And if people needed to cross the highway..., because apparently the traffic wasn't as much. If people needed to cross, they would simply do so, and people knew to slow down so there weren't lights and stuff for that to happen. I don't think there are lights on the one in this universe either. But you see that there's different versions of things so that souls get to experience a variety of variations.

What Susanna was talking about is that parallels, these different versions of things can become so similar to an adjacent one that there's no longer any really need for two different versions of it to exist because the universe practices an economy. It doesn't want to be wasteful so if two parallels that used to be different enough to be interesting no longer are than they merge.

And this is all handled from the highest plane of existence, which is the Buddhaic plane, which is the plane that focuses on pure energy. And there are beings there that supervise this. And usually, these mergings are seamless where nobody knows about it, but once in a while, there's a little glitch and the merging doesn't quite happen smoothly enough. We're here on the physical plank saying, "Wait a minute, didn't that tree used to be over here?" that kind of thing will go on.

If you get farther away from this parallel then they may have evolved to be quite different, but they're still the same person. I had a dream about a me that was in a more distant parallel. And this was revelatory to me. This dream years and years later is still so vivid to me. Because in this parallel, I struggle with insomnia and low energy.

And here was a version of me. It was basically the same Michael chart same soul age and such who is very healthy.

But hadn't had any of the spiritual breakthroughs. So, his sorrow was that he couldn't do what I do. And my sorrow is that I couldn't feel healthy and strapping and strung like he does. And so, in the dream, we came together. It's like, okay, I'll help you and you help me. It's the different parts of me. And in this distant parallel there was...

He was living in what in my parallel would be called Baja, California, which is just south of me, which is currently part of Mexico. But it had a slightly different climate. So here in Southern California, we're famous for it being sunny. He was living right on the Pacific Ocean in Baja. And it was overcast a lot, and he worked in shipping.

And one thing that was different in his parallel to mine is that culturally there wasn't nearly the span between the rich and the poor. Most people were kind of lower middle class and there were very few very rich or very poor people. And another thing about this parallel is that the rule was that people did physical labor half the day and then at lunch they would have lunch, maybe they take a shower, and then they would do maybe office work. And in that way, everybody had a chance to be physically active and a chance to be mentally active. And I thought that is such a great idea.

And the employee, like in this case, I was working on the dock, and I do physical labor in the morning. I'd take a shower, change clothes, and then there was office stuff. And everybody was basically doing that. Now, I would never have thought of that if it weren't for the dream, which was one thing that validated for me that this was real because it was just so far away from anything that my own imagination might have come up with.

**Kathryn S:** Great, thank you.

Shepherd: We talk about higher vibrations and lower vibrations. The parallels are not higher or lower. They're just more different. They're kind of at the same level, but they're vibrating differently in a parallel adjacent. They're horizontally different rather than vertically different. If I say vertically different, I mean like raise your consciousness, become more loving, refine your vibration. That would be at a higher vibration. But the parallels are like neighbors, not better or worse, not more involved, less evolved, but exploring different things.

We are at the 1130 mark. We're halfway through, so we're going to take a two-minute break if you need to use the bathroom or get a drink of water or whatever, and then we will reconvene.

**Kathryn Sch:** I just wanted to quickly mention Shepard that Ragna has several questions that she's written into the chat. You might want to look there.

Shepherd: Oh, I didn't know. Okay. Yeah, I'm not following the chat. Thank you. I'll take a look at that. Okay, thanks.

Looks like the break was useful. We'll take a look at the chat.

Ragna asked in the chat: Is it possible to meditate to a parallel version to communicate with the other version?

Shepherd: Absolutely. Very possible. In fact, a recommended exercise just try it. And you could also ask for dreams. In fact, in meditation, you can ask to communicate with anything and any other aspect of yourself. You can communicate with past life selves, with your essence, with your guides. It's possible to communicate with any being in the universe in meditation or outside of that.

Shepherd: Kathryn Sch wrote...grand karmic sequences seem to allow for non-sequential lifetimes that span centuries. It is the journey that is important, not the destination.

Kathryn would you maybe say a word defining Grand Karmic sequences?

Kathryn Sch: From my understanding, this is something that Emily Baumbach brought out from Michael, that there are nine grand karmic sequences. Each is a theme that we focus on over a number of different lifetimes. And I guess mine was a result of asking questions about a theme that kept reappearing over and over and over in my life, which was dealing with abuse of power.

Which I thought was interesting when you mentioned earlier. It turned out that I'm at the completion of what's called a guardian grand karmic sequence where the first part of the sequence deals with being the perpetrator and the second part deals with being the resolver.

So, the early part of the lives, I guess, started, they said, through the First Punic War. And they were fairly wild lives where I abused power. And through the different lifetimes over the years, I've been experiencing different aspects of Abuse of power, either being the abuser or being the abused until it came to the point where I went through a stage of sitting back and just letting it happen. I finally came out on the other side where you no longer stand by. You speak out and then you start to bring light into situations where power is abused so that others can see it happening.

And then they can deal with it and respond. But that's taken place over quite a number of different lifetimes, a few lives that I remember where I was both abusing power and on the receiving side of it and also being petty about imagined abuse, which it wasn't really abuse. I sort of brought it on myself very self-karmic.

So, it's been fascinating to know is one way that we will not have sequential lives but over a series of centuries, we will come back and deal with that issue with different lifetimes. Now, I didn't know whether I was doing that time traveling again and doing them all in sequence but sequentially, when you look at them, they are over a number of different centuries.

Shepherd: And sometimes you have an experience, and you process it the best you can in your life review when the life is over. But maybe you need to go and have a bunch of different experiences that are not about that. Take a break from it to get the full perspective on it and to be ready to take the next step in dealing with it. So that's another reason why we wouldn't necessarily want to do all these lessons in order, just

like let's say you're working on writing a book and maybe you need to put it down for a while because you're really not ready to finish it or to move on to the next piece and you may be read some other things that seem to be on a different subject, but actually stimulate your creativity so you can come back to it.

So, there's a linear side of things. The linear side is what we call the male energy side of things, where one thing leads to the next. And then there's the more complex concurrent feminine side of things where there's more chaos and interconnection. You know, that the brain of female humans tends to make more connections among the right and left brain and tends to be less linear. We need both for our growth.

Ragna also wrote in the chat: This phenomenon of time running faster every year, is it also a result of these multiple incarnations?

Shepherd: I would say so, because we're packing more into the time that we have. There's just more experiences in a calendar year. And so that's going to make it seem to speed along. I think it does anyway.

Shepherd: She also asks: And is it also immediately broadcast to the twin soul and task mate?

Shepherd: I think everything that we experience is broadcast and it's broadcast especially to those who are closest to us. So that would certainly include the Essence Twin and the task companion.

Ragna: Thank you.

Shepherd: Wonderful. Okay, so I think I handled everything in the chat unless I missed something and I don't see any hands raised here, so I'm going to go on to the next question on the list.

Oh, Thomas, you do have your hand raised. Go ahead.

Thomas: As a quite simple question. We all have names, and of course, in the next incarnation, that name will be totally different. Does the soul have the name the actual so? Do you still have a name?

Shepherd: Not really, no, because names are conveniences for the physical plane. If I want to refer to someone it's convenient for me to refer to them by name. But when we're not physical, we tend to have more direct experience. So, if we just think of that soul we immediately have like a three-dimensional picture of that soul that we can project, and others will know who we mean.

A lot of people ask in a Q&A session, what's my soul's name and Sometimes I can come up with an approximation based on their vibration, but it's very rough. And it's not really entirely valid. And if you ask for the name of a guide, then the guide is in the position of, well, in this lifetime you knew me under this name and in that lifetime you knew me under that name.

Why don't we just go for Fred? I'll answer to that one. That'll be fun. Also, when people start to channel a new entity, people invariably ask, what's your name? And that often stumps them because they sort of forgot to think of one. And with the Michael entity, it was a bit of a joke because the Michael entity refers to a group of 1,050 souls who each had maybe on average, a couple hundred lifetimes. And so, think of all those names. So, they just went with the last name that any of them used on the physical plane, which wasn't exactly Michael in English, but it was similar to Michael or Miguel or something like that in their language. It was just okay. You know it's arbitrary. The name is arbitrary.

Thomas: Okay.

Shepherd: Thank you.

Stan asks, do we ever incarnate into sentient beings such as octopus, dolphin, whale, or horse, etc?

Shepherd: In the original channelings of Michael, they said that there were two sentient species on earth. Now we have to define things. This is one of my themes in what I teach is that among different spiritual teachers, even a common word such as soul can be defined differently.

So, it's a really good idea when you're trying to talk to people about things like that, that you start with how do you define this term? Because otherwise you can get into arguments when in fact you're defining things differently.

In the Michael teachings, they define sentience differently from the way most people define it. Sentient generally means a feeling creature, like a cat or dog or whatever. They're sentient in the sense they feel, they know, they experience. Michael has used the word to define [self-awareness](#) meaning [the ability to function in the intellectual part of the intellectual center](#). That's how they define sentience. And on Earth, that has mostly applied to human beings and to the cetaceans, dolphins and whales

Sentience is a level of complexity, a level of soul advancement that comes to the point where you are now capable of doing something like making a plan. Making a plan is a good example because it's a purely intellectual exercise. Dogs and cats, for example, can be very intelligent and feel very deeply, but they aren't really capable. They don't have the intellectual equipment to say sit down and plan and say, "Okay, I have so many bones and I'm going to dole them out over the next five years and therefore to do this, let's see, five years divided by how many bones do I...", they're just not going to do that.

Now, many human beings and cetaceans also don't do that very much. Some are more intellectual than others, some plan more, but the capacity to function in a purely intellectual way is Michael's definition of sentience.

The question, do human souls sometimes come in as dolphins and whales? It's possible. Michael says all is choice, so if you can convince a dolphin or whale mother to let you be their child you could do it if you could pull it off. But because the Dolphin and whale.

day-to-day life is so radically different from that of humans most of the other dolphins and whales will probably think that you are mentally damaged or like a first level infant soul, even if you're a seventh level old soul, because you will not know how to navigate that. It's really unlikely that you will do that, but it's possible that you will come in.

And what we've been hearing from Michael in recent decades is that there are a number of other species where there is enough intellectual complexity available that a few of their members are trying out sentient souls. So, in other words, with the octopuses. Up until now, they have all been members of the octopus hive soul and a few of them are just trying out, let's bring in first level infant soul who is a more complex soul try out this body.

And you're finding that with some elephants, et cetera, there are a lot of bodies that might have capability of that, especially if it's a particularly intelligent version of that body. But none of them are making a commitment to transitioning from being an animal hive soul to being a sentient soul until we see what the state of the planet is.

So right now, there is still the possibility that humans will pollute us so much that they wouldn't be able to continue a grand cycle on earth so it's a kind of experimental let's wait and see what happens. And then maybe if things come out all right, which I think they probably will 100 years from now if the pollution is reduced, if the physical plane remains pretty healthy and habitable than some other species might decide to come in as sentience.

Now, Stan's question here is...one that comes up, "[Do we ever incarnate into other sentient beings?](#)" Because sometimes people remember what they think of as having been a horse or a dolphin or an octopus or whatever. And there's another option here 4 where you don't actually incarnate as that being, the hive soul stays in, but you accompany them. You go in with them and have some of their experiences.

So even in meditation, you could ask to piggyback onto the ride of a dog that you love or any sort of animal and see what that's like. But you don't displace the soul that's in there, you are more, again, going along for the ride. And so that's always possible.

Some people who remember being a dolphin, it's possible that they did have a lifetime as a dolphin, but it's also possible that a dolphin friend consented to let them hang out with them. And that may look in terms of if you regress, if you remember, may look very similar. But that's not actually technically what happened.

Shepherd: Kathryn Sch?

[Kathryn Sch: I also wanted to add that from my understanding, sentience in relationship to the Michael teachings, it involves the ability to make choices that result in karma being created so that you can learn through the results of cause and effect. And that animals, although they are sentient in the terms of feeling and awareness are still a hive soul as opposed to individual choices. They are hardwired to their instinctual responses. Whereas we have more of an ability to break out of the body's habitual hardwiring.](#)

Shepherd: Yes. Yeah, that's really a great point. That's absolutely essential to understanding this. Let's define Hive soul also. All felines are part of a feline hive soul. And then there's like a sub soul under that like for house cats or, you know, like the small cats as opposed to the big cats. Anyway, there's a group soul and some people have misunderstood that to mean it's like a pool of water and everything's the same. Everything blends together. It's not that. It's just a more simple form of organization than among sentient souls.

You know if you've studied the Michael teachings that for humans, we're a member of a cadence, which is in my case, is Seven Sages and in Kathryn's case is seven scholars. Then that cadence is a member of a greater cadence, which is 49. And that would be a member of a string of greater cadences who all have the same role and that's combined with souls of other roles into entities and then the entities combine into cadres and the cadres combine into cadre groups. So, it's a more complex and sophisticated form of soul organization. With hive souls, which is what the animal kingdom uses, it just doesn't need to be that complex. There's no utility in having so many subdivisions. And yet if you have been around animals, your cats or dogs or whatever, you know that they have their own personalities.

And if you happen to have had the experience of the soul who was your cat earlier in life coming back to you in another body, you see some of the same behavior. You know that there is individuality that is maintained from lifetime to lifetime. They don't all melt together. But it is a simpler form of soul organization in the hive souls.

When you are a hive soul you are not making choices. Your lessons are not about making conscious, deliberate choices. And I love what you said, Kathryn, it's not about deliberately stepping out of your hardwiring. Although animals may do that at times, you know, maybe if they're hardwired to maybe be more aggressive or whatever, you may see them choosing, you know, like, for example, cats and dogs not getting along, but now we're seeing all the videos of cats and dogs being best friends. So, they can also transcend their hardwiring, but their lessons are not focused on that.

And our focus is choice. It's learning to become more conscious. [So, the definition of sentience in the Michael teachings is more about conscious intellectual function.](#) We're developing our intellects more. And animals are having different experiences that are just as valid and wonderful and we love them for those experiences, but it's just different.

[Ragna: May I ask something an other thing? Because I'm a bit originally not working in that profession anymore, but therefore I'm very interested in animals, and I have also my own animals and the friends and there sometimes animals that are different and I have the feeling they observing I mean all animals are serving the family because this is how they know how to get things. But sometimes they observing in a way that I have the feeling they are like preparing for the next level, and I know that he also talked about a cow that came every day to his teachings.](#)

[So, it really appeared at the same time to his teachings. And yeah, and until it dies, and there, for that, everything is evolution, I think if some animals are somehow on the edge to become more individualized or to if it's just projection of humans like people](#)

who see more in it or if there's maybe like this octopus you talked or some crows. And another thing what I see on social media. I'm not very happy about social media.

But what I see there. I'm really afraid what animals have to do with their people, and if maybe because so many animals are living with humans, they become a little bit more human, or that they have to develop to the pressure that they're not living their life, outside but there are churches that run on skateboards and really funny things where I think is it still healthy, but I have the feeling. There's something new in it, and I want to know if there's something what you can talk about it.

Shepherd: Animals, Hive soul beings do find sentient souls to be rather fascinating and they do like being around that more complex experience. And again, more complex isn't better. And less complex isn't worse. It's just sort of different places on the spectrum of experience. This is why for example, I've given some thought to my cat, Happy, wondering if I was doing her a disservice because she's an indoor cat where I live. If she went outdoors, it'd be very likely that she would be eaten by a larger animal. And yet it's not her real nature cats love to hunt and roam free and be outdoors. And I've wondered if maybe not letting her be outside even shorten her life was doing a disservice. But I think that she is getting some value in observing me, that she is getting a sense of previews of coming attractions as an eternal soul.

Maybe she would eventually like to be a sentient soul rather than a hive soul. And that will probably eventually come for her. Hopefully she's getting something out of that. But I do feel a responsibility because I am limiting her ability to roam outside to make her experience with me worthwhile and interesting and not be limited in that regard.

Sometimes people will talk about..."I have a cat who acts like a dog" who maybe is more affectionate, more social, whatever. And I think it can happen that members of a dog hive soul might come into a cat body. As long as everyone's agreeable to that happening, and that could have some interesting results.

The universe is exuberant, loves variety, loves to try new things. And as long as those who are affected by it agree to it, basically you can do whatever you want in the universe. So, if you are a dog hive soul and you want to be a cat in one lifetime. You can do that. So, you do see some mixing up of things. And within, let's say, all the hive souls of, let's say, an octopus, there might be some that are just more experienced and more developed than others, and those might be particular candidates for transitioning into trying sentience. Maybe there's one or two members of that hive soul that are just on the cusp of maybe having their first grand cycle as a sentient soul. And so, they might also push over, and it could be that or it could be just being displaced by someone who's already a sentient soul.

Shepherd: Simone Jasmine.

Simone Jasmine: Do we have some more information about how many souls are included in a hive soul? Or other discussions about this topic? Do you have any other information? I would be very interested.

Shepherd: Yes let's say the hive soul that encompasses all of the small cats that we might have in our homes or might have feral in our neighborhoods that particular a breed of cat. I don't know how many individuals there are.

Within that, I imagine it's the same as with human souls where they could double up and have more than one life simultaneously. But certainly, there's a high number. And they do seem to consult with each other. They do seem to have will. They have things like, okay, we want to go in this direction. We don't want to go in that direction. This is what we want to experience. This is what we don't want to experience.

Shepherd: Kathryn do you have anything to add to that? You seem to know something about this.

Kathryn Sch: I was just going to say, I look after a colony of feral cats. So I do know that one of them hasn't been around for a while. I can just ask any of the cats and say, okay, please have Sandy show up because I'm worried about him. And Sandy will show up. So, I do know that they do connect and talk with each other.

Or else I'll talk to Cat Central, and I say, okay, I haven't seen so-and-so for a while. Is everything okay? And, you know, so and so will wander in and you know it is just a different way of experiencing life on the physical plane. It's not a better bet than or a worse than, it's just different and it does evolve.

And I believe the individual parts of the hive soul collectively evolve as well and they evolve in tandem with certain people over lifetimes. I've heard of people who have had horses that horse is being a battle horse with him in the past lifetime or and there's a riding horse in this lifetime that they have worked out an agreement somehow to experience life in the company of each other.

Shepherd: There does seem to be a lot of group mind within the hive soul. There was a comment also in the chat about indoor cats maybe enjoying that. I think a real plus for cats and dogs is that they don't have to go to a lot of effort to eat. The fact that humans are feeding them that's got to be a really nice break.

Although I think it's also kind of exciting for animals in the wild to hunt and find their food but I could imagine if I were a member of a cat hive soul, the idea of food being put out for me three times a day might be very nice for rest life. You know, it's like, "oh, yeah, I could just do this and lie my back and, oh, there's my food, especially if the food is good", if it's lousy food like kibble, maybe I wouldn't be so enthused about it, but maybe now I'm projecting, but the ability to not have to worry about your survival could be a very nice thing once in a while.

Shepherd: [Gene](#).

[Gene](#) Hi, everyone. I was in Petco yesterday and I saw a cage of ferrets and there were probably seven or eight ferrets that were in there and they were just huddled together, and they were sleeping as a very small cage. And I was wondering If it's easier for animals like that to kind of check out If they are confined to a space like that until such time they're adopted, and they have more room or they escape or whatever the case may be.

Shepherd: Yeah, I would think so. You know, it's just if it's just not very interesting, then you probably leave your body a lot. And it's the same for humans. I mean, think about people toward the end of life maybe with some dementia or they're bedridden or whatever. If life isn't very interesting to you, you certainly would check out more. And I would think the same would be true for a bunch of ferrets in a cage with really nothing much to do.

So even though the focus of Hive Souls is not intellectual, they don't want to be bored. You know, they don't, you know, they do want to have a to move and do interesting things and see what's out there and that sort of thing. So, this is why if you do have a cat or a dog taking them for walks, playing with them with their favorite toys, that sort of thing, so that life isn't too boring for them, I think is part of the responsibility having those animals in our lives.

[Kathryn Sch](#): Ragna asked another question in the chat about the mice.

Shepherd: Oh, okay. Thank you.

Shepherd: I don't know if all of you are taking advantage of the chat, but [Kathryn Sch](#) gave a very good answer to Ragna about Ragna doesn't want to kill the mice in her old house and could they just ask them to leave? And [Kathryn Sch](#) said, yes, you can use an animal communicator.

I have a friend who is a professional animal communicator. She's very good and I asked her, well, what about insects? You know, like what about mosquitoes? And she said, well, mosquitoes don't give a fuck about what you think or want. So, it's not going to work with them. But for the other animals like mice, if you communicate with them, find out what they want, what they need, maybe you can make a deal with them so that they would leave the house because they look this doesn't work for us. You know, you're eating our electrical wiring and it's costing us money. But can we lure you outside? Would you agree to this? And sometimes you can figure out something. And sometimes it works, sometimes it doesn't.

Shepherd: My earlier cat was a male named Agape and he was behaving pretty badly toward the end of his life. And I had several animal communicators, and he agreed to all sorts of things and didn't keep his agreements. And so, you know, it just depends on the individual, but then humans don't always keep their agreements either. But you can certainly try.

Shepherd: [Kathryn](#)

[Kathryn Sch](#): I have a cute story I have to tell. I have to share when you mentioned insects. I used to do living history, which meant going out to historic sites and setting up a camp and dressing up in the clothing and pretending to live in that timeframe. I remember going to one site and I hate insects. I really don't like them. And this place had a lot of earwigs, which are little bugs with pincer tails. So anyway, I put my tent up and the earwigs were there, and I said, okay, look, guys. I don't want to see you all weekend. Keep out of my sight. Keep away. Don't go in my tent. Don't go anywhere. And they listened. And I thought, oh, wow, that was great. Until I took my tent down

and there they were all lined up along the top ridge of the tent. They had kept their word. They kept out of sight. They just were there.

Shepherd:  
They took you quite literally.

Kathryn Sch: Quite literally, yeah.

Shepherd: I love that. That's great. Well, as the saying goes, it doesn't hurt to ask.

Kathryn Sch: Ooh, good suggestion, Ragna. I'm going to try that.

Shepherd: Ragna said that she talks with ticks, and they don't bother her. Maybe it also helps the fact that you are a vet. They sense your benevolence. Ragna has a lot of good karma with non-human beings: "she respects us. She's kind to us. We're going to reciprocate". Whereas if you were someone who hated animals, they might be less likely to take your wishes into account. Very cool.

Ragna: Actually, with the ticks. I'm very tough. I say, if you roll on me I'll kill you. There a lot of other animals. So, stay away, go with them, and if you are two couriers, and you want to catch me, then I will call queue, and I think they don't want to be killed. They can wait.

Shepherd: Okay. How'd that work?

Ragna: Seven years. They can wait. Yes, without dying.

Shepherd: That works too. You could go Rambo with them and maybe that'll work so

Ragna: Also, with, and I catch animals inside like flies. They're a little bit stupid. I always say go outside, outside is life inside either you would just die, or I will kill you. I will now catch you and put you out, and if you're too stupid you will die, and after a while they I can catch them because they want to live.

Shepherd: Ah, beautiful. Well, that demonstrates the principle of being really clear in your intentions. You know, you weren't wishy-washy at all about it. You were very clear. All right.

Ragna: It's all choice.

Shepherd: Yes, yes. You've probably developed some skills maybe over many lifetimes that makes you more effective too in asserting these intentions, we don't all have the same skills, even at the same soul age. We have different skills that we've developed. So, with your affinity for animals, you've probably also developed a good strong will that makes them listen to you. And that's something we could all practice, but we might not be all equally good at.

Shepherd: Stan asked, do war massacres ever overload the ascension process with so many at once to be recalibrated? In other words, you have a lot of people dying at the same time? Does that tax resources?

Shepherd: And yes, it does. Because first of all, when people have died suddenly, they need more help transitioning because it's such a shocking thing to experience and they weren't prepared for it. It was unexpected And so they do need loving, patient souls to help them cross over. Sometimes those of us who are in physical bodies we assist with that. We may be zone out a little bit on the physical plane or we're asleep on the physical plane and as souls, we leave our own bodies, and we help these people transition help them get situated so that the shock can wear off and they can get with their guides and whatever. So yes, that can happen.

Shepherd: [Stan also asked, is it possible that there are some souls without an indwelling light being or soul?](#)

Shepherd: The only case I've seen of a person without a soul is let's say a baby is born. Usually, the incarnation which is the merging of the soul permanently with the human body at the tying of the silver cord. Most typically that happens with the first breath. It happens immediately at birth. It has been known to happen as early as three weeks 53 before the birth, but it may not happen immediately with the first breath after birth.

If it's not certain who the parents will be, let's say the child is going to be put up for adoption. And they haven't figured that out yet. Which soul wants that body may depend on who the parents are going to be. Because there are souls that have agreements with one set of parents and not with another set of parents. And so, what you'll see is the baby is alive, but just kind of vacant.

And then when that's decided, let's say, you know, the baby is placed into the arms of the new parent, suddenly the baby lights up and is laughing and smiling, or there's just a lot of presence in the eyes. I know babies usually don't laugh and smile that early, but they can. And that's when the soul will tie the silver cord into that human body. And once that knot is tied, then the person is incarnate and there's a commitment to that body and there's not an easy way to get out of that.

The cells wants to make very sure that that's the case. At the end of life, you might also see, you know, like the body is in a coma or whatever. The incarnation may still be active, the person is still connected to a soul, but the soul might just be gone mostly on a full-time basis because there's nothing really interesting happening in that body.

But almost always there will be an incarnate soul. And if there isn't the body wouldn't be able to do very much on its own. The bodies need some kind of soul there to activate it.

[Stan asked about black holes and what I got](#)

From or my channeling is that [black holes are usually connections to other universes.](#)

And that isn't... I don't mean parallel universes. And I don't mean alternate universes, which is a term I've heard Susanna Redelfs use, which are sort of different versions of this universe on a different theme. We're in a love universe. There might be a power universe, et cetera. But literally there are whole different universes.

For example, our universe is on a theme of the number seven. This is one of the main themes. On the Michael chart, we see seven coming up a lot and a lot of spiritual teachings. You see it a lot. A whole different universe may be on a whole different theme. And these black holes in our galaxy are entrances from one universe to another.

Most of our grand cycles have probably been in this universe, but it's possible that maybe some of the earlier ones were in a different universe with a different theme. Which is something you might be able to explore through meditation and ask to see some of those earliest grand cycles and maybe things look very, very different and could even be disorienting because The ground rules are so different.

Now, apparently black holes could also serve different purposes or could be things that scientists lump together as all black holes, but there could actually be something different.

So, Stan, thank you. That comes to the end of the stand questions for today. I'm sure he'll come up with some really great new ones. And now we move into some that Jean sent. But Suzan has a question. Hey, Susan.

Susan J: Hi, shepherd. Good to see you.

Shepherd: Ye, hugs.

Susan J: Yeah, can you just say a little bit more about our universe being a theme of seven? Like, what does that mean?

Shepherd: Well, um. I'm sure it's way more complicated than that. And whenever you ask a human being about these huge universe types of questions, you're going to get a very limited answer, you're going to get a much reduced construct that we can understand with our human brains. Because even if you ask Michael about things like that, they'll say, well, we're only on the causal plane. Our understanding is limited.

The reason I say that is because Michael has told me that our universe has certain mathematical themes and one of them is the seven, which is why seven comes up so often in metaphysical teachings. Especially, since it's the combination of the three and four. So, we have the four axes and three of them are divided into cardinal and ordinal, and one of them is neutral, and that's how we come up with the seven on the Michael chart. And this is one way of arranging things. And of course, there are other numbers, even in our universe that come up a lot, like the 12, the Jesus and the 12 disciples and a lot of other 12s also.

And even in the Michael teachings, we have some 12s, like 12 members of an energy ring or a cadre group, etc. So, I don't want to oversimplify it, which we almost have to do when we're talking about these huge cosmic things that are beyond our grasp. My understanding is that other universes could be based on different mathematical ideas. And that would just make everything in it very different. It could be beyond our comprehension. I know it's an inadequate answer, but is it adequate enough for today or do you want to ask more about that?

Susan J: I have to sit with it. I think it's enough today. It feels like, yeah, yeah, I can feel the truth in it.

Shepherd: Yeah. Okay.

Susan J: But I don't have intellectual understanding.

Shepherd: Yeah, and which I don't either. And I don't know how much understanding is possible, but probably as we go along and learn more things. And Michael will learn more things. And we'll be able to understand a little bit more of it. But we just get little pieces of it and little summaries that are comforting to our minds where they are now. Like, oh yeah, that makes sense. But I'm sure there's way more to it than that.

It's really kind of the same thing too when we're talking about entity structure, where the reality of it is way more complex than what we can explain. But I think if we can explain it in a simple, clear way, that is still a comfort to us where we are.

Susan J: Yeah. Thank you.

Shepherd: Gene wrote. It seems that many people who have had near-death experiences make an effort to bring back the higher perspective of the other side. While out of body, they understand how helpful it would be to have this perspective in the body. Couldn't the opposite also be valid? Is it important for the soul to remember the difficulties of life on the physical plane so that it can make better informed choices about upcoming lifetimes? For example, the vast prairie of the central US looks quite beautiful from the window of an airplane, but down on the surface it's hot, humid, and buggy.

Shepherd: How many times have we said if I had known it was going to be this hard, I might not have done it. But whatever it was, I'm glad I did it because I learned a lot from it. So maybe a little bit of ignorance about how hard things are going to be or how unpleasant they can sometimes be, can serve the purpose of growth.

But yeah, Gene, I'm all for it. When you're planning your upcoming lifetime, try to be realistic about what could go wrong? What might not happen the way that you anticipate it will happen. The agreements that other souls might not keep with you. Because a lot of things can go wrong on the physical plane. And if you're still willing to make that plan or have that incarnation after you take into account that, okay, this is the plan, but it may not go according to plan, then at least you're forewarned.

They say forewarned is forearmed. And it is true, Michael has said this many times that people plan lifetimes often without remembering how difficult things were. And instead, it's sort of more like being at the travel agency and looking at the brochures and seeing how interesting and pretty things look and "oh, this is going to be great". So yes, let's be as realistic as we can be. We do have guides who advise us.

But it's also true that we can't plan for every contingency. So, we might end up having things go poorly on the physical plane, we might get a disease that we didn't anticipate having because it wasn't a major probability at the time, and that would suck. But the

good news is we can grow from every experience, we can benefit from every experience if we make the best out of whatever does happen.

So, when you're planning your lifetime pay attention to those things. But whatever happens it's all good.

Gene: Shepherd, how common is it that we bite off more than we can chew and we have to exit and kind of reshuffle things.

Shepherd: It's pretty common. Yeah. Or we might bite off more than we really want to deal with. So maybe... Well, there's a saying among religious people, God never gives you more than you can handle. And I don't think that's true. I think there are things that we are not equipped to handle that just blow our circuits that are just too traumatic, too difficult. And maybe we lose their sanity as a result of it. So that can happen.

But think about it, it's an inevitable result of having free will. So, you know, our guides may strongly advise us against a certain path, but we could still choose it. Or our guides may advise something that they think is a good idea and they may be ill-informed. You know, they're not perfect either but generally we do have guides to help us to plan lifetimes so that we will have the right level of challenges. And the majority of the time that works, but not always.

Gene: Thank you.

Shepherd: Okay. Generally, the younger the soul the more game it is for any and all experiences because it hasn't had all that many experiences. So, it's sort of like starting out on a scavenger hunt. At the beginning, just about everything will allow you to check something off the list. But as you go along and you've checked off more experiences from your list, there are fewer and fewer things that you have still not yet done. So, you become more and more selective about it.

And even with younger souls, jumping into very karmic situations or very intense experiences like wars, et cetera, still might be more interesting. Whereas if you have had more experiences and you've developed greater sensitivity, you may be at a point where the value of experiencing extreme trauma such as through war might just be less for you. It may just not have as much to teach you or more value for you. So, you might want to avoid more of those kinds of experiences. But if you find yourself in a traumatic experience you're going to have more tools for dealing with it than younger souls as well. So, it can work both ways.

Gene also asked: I do Old Souls also tend to be late bloomers? If so, is one reason for this that they tend to engage less with the world because they're not as motivated to dig into the same growing up experiences that they've had many times before.

Shepherd: Yes, old souls do tend to be late bloomers. This is something that Michael said in the very earliest channels and the reason for that is I think the Darwinian expression is ontogeny capitulates phylogeny, which means that if you look at the development of a fetus, you can see it at a certain point it has gills. It's just repeating all these evolutionary stages until it gets to where it actually is and wants to be. So, the

soul does that too. So, if you are a baby or young soul, when you're born, you're still, this is true for all of us. When we're born, we are manifesting at first level infant because we're an infant and our body is not capable of manifesting any more than first level infant. Even though you might see the older soul experience coming through the eyes, the infant cannot manifest more than that because of the limitations of the body. And then as the body develops, it becomes more and more capable of manifesting higher and higher. And then when the body hits adolescence where you could argue, let's say at age 14 that is an adult body. It's a very young adult body, but it has the hormones and the equipment and everything at that adulthood. And then the body becomes capable of manifesting at older Soul Age levels.

If you get a chart from me from someone who's like 12 or 13, and it looks, you look under manifested soul age, it will probably say Not Applicable because until that body is roughly 14, it can vary from person to person. It's just simply not capable of manifesting a soul age beyond where the body is.

So then around age 14, I might get that someone is old soul but manifesting at say fourth young. So maybe that 14 year old sounds like the lessons of the young soul where they're thinking about, "oh, I want to be rich and famous" or whatever, things that maybe that same person when they're 19 or 25 will no longer be talking about or thinking about because they're manifesting higher and higher. But the older the soul, the more stages you need to review to get back to manifesting your true soul age.

And two-thirds of people don't ever manifest their true soul age. They're either stuck or they're reviewing for good reasons, like, you know, okay, "I'm an old soul, but I've lost touch with how to be successful in the outer world. So, I'm going to review my young soul cycle, at least where it comes to career". Or they're just not old enough. People may not manifest their true soul age because they just haven't gotten there yet. They're just slowly moving through that. So old souls tend to be later bloomers because they have more stages to review in order to get to manifest where they really are.

Thomas.

Thomas: Yes, connected to that. If I would like to have a Michael Chart of a or someone as a gift. For instance, how old should that person be? I'm thinking of the children of my friends? They are fifteen and seventeen, so should I wait a few more years for Michael Chart, and connections.

Shepherd: No, go ahead. Any time after birth, I will do a Michael chart, and it will simply not give a manifested soul age, and it will not give a chief obstacle or a secondary obstacle. Until they're about 17, 18. Sometimes I get them younger. This is one thing that differs a little bit from Varda Hasselman's channeling of Die Quelle because she will give an obstacle for children.

In fact, children can show obstacles. But the thing that we say in the Michael teachings is that they can change. You can have people before the third internal monad, which is around the age of 18, who are trying on different obstacles. But it's also completely valid to give an obstacle for someone who is younger than 18, as long as you attach the caveat that, oh, they're playing with this one right now, but it could change. And in some children, you see very strong evidence of a particular obstacle and it never

changes throughout their life, like extreme stubbornness or extreme arrogance. That means that it's something that that soul is dealing with from past lives. And it's not going to change with them. With other people, you could see them doing the obstacle of the month, you know, the teenager who's surly arrogant at one month and then being all self-destructive another and self-deprecating in another so ... But yes, go ahead and you can order a chart any time after birth.

I do not answer questions about the soul coming in with a pregnant woman whether, you know, is this an artisan or a king or whatever. Although it's possible to get information about that, there can be last-minute changes. So that's the caveat that you have to give there.

Thomas: Thanks.

Shepherd: Ragnar.

Ragna: Yes, and when you mentioned the obstacles, I must say I got just recently the chart from you, and I was reading a lot the books before, and I had my guesses and a lot of things were fitting, but the obstacles were what I really but no and then I was reading. I could feel resonance with almost all of them, just one or two not but I really thought, No, this is wrong. I guess I have to work through this, and then I have to contact you again, and then we will see that it's another obstacle.

But this that it can change is one reason that I thought maybe I know them because I was playing with them before, and maybe also from past lives, that I know them very well. And now with really diving into it, with your books, and with asking my partner, and he was laughing, I said, Yes, Yes, and it's really interesting.

Shepherd: Are you speaking of your own chart?

Ragna: Yes, my own chart, and I really I'm really now I'm getting more acceptance of it because I really go into the system of it, and that it greed.

Shepherd: Okay. All right. Yes.

Ragna: For example, it doesn't has to be great for everything but for special subjects. And now I understand. Yes, no.

Shepherd: So, the obstacles solidify around the time of the third internal monad about age 18. But even into adulthood, if the person really works on them, they can be reduced or erased. And it is possible even in adulthood for what was your chief obstacle to become your secondary or for it to fade away and something that had been lurking in the background to come forward and maybe the secondary becomes the chief and then you get a new secondary.

Ragna: So it might be that I had different ones, and these are the ones that I have now. Okay.

Shepherd: Yes. What is most important with the Michael teachings is to understand deeply how the terms are defined because the way that Michael uses terms for the

chart have a more narrow meaning than they do in general parlance. So, the obstacle of [greed](#), for example, is defined as a [fear of loss or lack](#).

And people who have this obstacle may not be stereotypically greedy in the way that you think of it, like usually we associate that with money or food, perhaps. But what you will always find in someone who truly has this obstacle is they carry a pervasive feeling that there's a hole inside them that they can't fill, no matter what they do, it's just this emptiness they're always trying to fill it. And they may think that If I have enough acclaim from my colleagues, that will fill it. Or if I have enough love or affection, or maybe if I had more experience, I would no longer feel this void within me.

So that's the way you would validate greed and not necessarily from behaviors. And then the [impatience](#) one. It's defined as a [fear of missing out](#). So, the people who truly have impatience are kind of wound up because they're not in the present moment. They're trying to get to the next thing. So, and I love what you said about your partner looking at it. Sometimes other people can say, yes, you really do have this issue and it's a blind spot for you, so you don't recognize it. So that's another way to validate it. And as you also imply there's nothing in the universe that's always 100% accurate. So, the channeling can be wrong. There can be mistakes. You're always welcome to question that but I would suggest that you question it after you totally understand how Michael is defining it in this context.

[Ragna: I mean that I can really see it in some variations, and I'm happy with it now. But I really thought I have arrogance, because it was at least it was a period of time where it was very strong, and people told me you're so arrogant, and I just thought Yeah, I'm not. But so, in the meantime, after some weeks or month in the meantime, I'm really happy with it because it explains a lot, but still I think there have been other obstacles. At least I know them, but you said that you can also slide and find and play with the other ones](#)

Shepherd: Yes, that's also true. Yes. So, for someone to truly be in the obstacle or to feature of [arrogance](#) you have to have a [fear of vulnerability and a fear of being judged by others and being found wanting](#). And it has to be strong enough that you feel that "If I'm judged, I'm going to die." That's how it goes. And so, there's a tendency to put walls up. Garden variety arrogance does not always have that fear behind it. There are people who you know who are know-it-alls. And they may not be fearful of being judged or criticized. They might sincerely truly believe that they're smarter than everyone else. And so, they manifest the more garden variety arrogance, but not the arrogance that we find on the Michael chart.

[Stan: Shepherd, my chief obstacle is arrogance. But what I loved about the chart was the plus or minus, the polarity, depending upon identity. When my identity is in source or spirit, Arrogance is a wonderful quality of being able to persevere, carry forward, move through things where others would say it's not possible or it shouldn't. But if I'm self-centered the arrogance has a different quality. So, it's not something to be afraid of, but just something to be to be in true identity with](#)

Shepherd : Yeah. Virtually every person has one or more of the obstacles going on.

And they are blind spots. The positive poles of the obstacles are the lesser of the evils because they're all the obstacles by definition are fear-based. They can teach us things. We can learn from them.

But even the positive pole, which in case of arrogance is pride, is a false pride. It's still based in fear because it's an obstacle. But from that, you could learn true pride.

This is something Carolyn Mace teaches that I really love. Carolyn Mace is this terrific spiritual growth teacher. And she encourages people to have a realistic pride in what their strengths are. And so, for you to be able to say, I'm really good at this, if you really are good at this and you know you're good at this and you put that forward.

That's great. And that's not vanity and it's not false pride because it's true. And as long as you at the same time are willing to say, I'm really bad at this and feel Equally neutral about it, that's fine. That's not the obstacles at work. But the obstacles are obstacles because they get in our way. So, we don't want the fear-based ones.

Kathryn Sch: One of the ways of dealing with Self-deb actually is to reach across to the positive pole of the opposite chief feature, which is arrogance which is pride. And when you're down on yourself and say, no, this is, you know, I'm just a fake, I'm a failure. If you can actually think forward into those things you can legitimately claim for yourself and be proud about. You can actually work against holding down any self-deb.

And I've used that one a lot because that used to be my main one with self-depth. Finding things, I could take pride in really helped me get on top of it.

Shepherd: Yeah, and a lot of people do get out of their ordinal chief obstacle by sliding to the cardinal one. Better yet is to get out of the obstacle entirely, which in this case would be finding true pride rather than the fear of being judged, fear of vulnerability, the better is to authentically assess your gifts and be happy about them because everyone has gifts. There's not a human being on earth who doesn't have gifts.

Well, we have gone a little overtime, but it has been an absolute joy.