

BTMC December 7, 2024

Transcribed by ZOOM, edited by Susan A. Flow

Shepherd: Hello, everyone. Welcome. It's Saturday, December 7th, and this is our second beyond the Michael chart workshop of this series.

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

By the way. Stan, who is with us, Stan Grind staff, is a dear Old friend from way back in the 70s. And he is an expert healer and energy worker, and he has volunteered to create energetic structures and enfoldment for these workshops starting beforehand and going afterwards. So thank you, Stan. I bet we can already feel some of the results of his fine work.

Feel into oneness. Oneness with and each other.

Which includes oneness with all knowledge. All truth. All wisdom.

Be grounded beautifully into our physicality. Be ourselves present in our bodies.

All the way down past our toes.....

Shepherd: Many of you have been sending me marvelous questions for this series. And next time I'm going to organize them and skip around more in terms of which questions I answer.

But for today...

I have one from Gene and then I have a whole bunch of great questions from Thomas.

Is that how you'd like to pronounce your name Thomas or Thomas?

Thomas: It's Thomas. Thomas, whatever you like

Shepherd: Thomas, okay, great. So it's going to be largely the Thomas show today.

Because the questions were interesting, and I did a lot of work on them beforehand. Gene asked.... And this is really interesting because Gene's question fits right with the themes of many of Thomas's questions.

Gene wrote, "Is living mostly through ego without much infusion of Essence more effortful than when the two are balanced? It seems like it's less painful for Younger souls to live more purely from ego. Are they able to sustain this effort because of their youthful energy as souls? Is there external focus more in alignment with ego than Essence so it's not as unpleasant for them?"

Shepherd: The ideal for each of us of all soul age, is for all parts of self to be working together in collaboration. To have the part of us that can best contribute guidance or wisdom.

And so Essence is the part of us that is responsible for the bigger picture, it knows the life plan, it sees a little further ahead. Essence is not a micromanager, although. It can be if we want it to be. We can ask our Essence and our guides very specific questions

Recently, my place was repainted, and I was communicating a lot with my guides and Essence, about paint colors. It's kind of fun for them to do that if asked, but their main responsibility is the big picture of things. And this is true for everyone on Earth, not just for older souls.

There are Young souls who are very nicely aligned with Essence and in touch with it, and are very loving, good, decent people. They're not dealing with the same lessons as older souls, but whatever their lessons are, working with their guides in Essence is going to be smoother, less effort, happier for them.

So... when we strike the right balance where all the parts of self are well represented in our decision-making process, things will go better. Essence has information that the mind doesn't have. And that should be taken into account in our decisions. And yet in the end it, is the conscious self that is responsible for the human day-to-day decisions. And we need to do what feels most right to us.

I don't always do exactly what my guides tell me to do. I'll think it through and very often I do, and they prove to be right, but not always. Sometimes I think, "No, I think I'm going to go with this instead". You know, like maybe in a purchase or something. "No, I think I'm going to get this. This is the one that feels most right to me."

But... Essence you could say, has already done a lot of the legwork to figure things out. People who are shut off from Essence are losing a lot of good information that would make their lives easier, to flow better. Essence knows, for example, other souls with whom we have agreements. Those agreements are already set up ahead of time so they can make situations better for us when we go with them.

So... "to live purely from ego", and by that Gene is referring to false personality, the fear-based personality is always going to be painful. Because it is fear-based and limited and more negative.

Those who are on a spiritual path of opening to more love and less fear, and this can occur at any soul age. It's not only to older souls.

It's true that older souls if they haven't already been on this path will start to feel more stirrings in that direction. So there's a tendency that the older the soul is, the more it will seek. But not all Old souls seek, and the Younger souls may seek.

In fact, think about it the infant souls have just come from the Tao. They feel that bliss and now they're on the physical plane. They may be very motivated to want to feel that again, feel that oneness, to not lose that connection with the universe with Mother, Father, God, you might say. And so they might be very drawn into those spiritual practices where there's dancing all night and psychedelics and transcendent states.

So the spiritual path is really... the path of being whole. It's not something special or different it's not something different. It's a part of the human experience, but we live in a world that has... become very dense in vibration and cut off from a lot of the larger universe.

So even though being spiritually connected in one with our Essence and guides is the healthy state, it doesn't seem like that on planet Earth in 2024 because we've descended into such heaviness and materialism and a lopsided experience of life.

But we're really just here looking to restore balance, and balance is where things run the most smoothly. So I don't think it's that Younger souls find it less painful to live purely from ego. I think it's more that if you are a Young soul and this is not true of every Young soul, but in general, the tendency is for Young souls to be more focused on the outer world and achievement because these are what the lessons are about.

The Young soul hasn't really had a lot of achievement in the world and certainly wants to develop the capacity to be effective in the world. It's not always going to be always, "I want to be the CEO of my corporation or rich and famous rock star." That's obviously a minority experience among human beings. Not many people get to do that.

But they will want to feel like they're competent, that they can handle the world. And so having more of an outer focus and maybe less of an inner one could be more natural at the Young soul cycle. But then there are older souls who are reviewing those lessons or who are attracted to becoming famous, for example, because that will be allow them to allow them to further their art, for example, or have more of an impact or whatever.

So we can't generalize too much about... what kind of things people will be interested in at a particular soul age. There are just tendencies. There are no hard and fast rules. I wrote a piece that's on my website called Age, "What It Is And What It Isn't". This material is also in the chart reference material folder that everyone gets with their charts.

Gene do you have any comments on that before I move on?

Gene: I don't think so. That makes sense. I think what I was picking up on when I thought of that question was that the Young souls tend, of course, with plenty of exceptions to have more polished personalities. So I thought maybe that could be useful for them, if their lessons are externally focused to externally find their way around the external world with more ease. Whereas older souls that's not such a priority for them. So maybe they don't spend as much time crafting a polished personality and social skills and so forth.

So you tend to find, you know, again, with plenty of exceptions that older souls don't maybe put as much effort into small talk and talk and those types of things. So I think that's kind of what I was thinking. I probably didn't ask the question exactly right, but I think that's what I was kind of getting at.

Shepherd: You know... we're all very complex. And so, for example, you're going to find the sages of all soul ages being the most sociable of the roles, tending to be more polished in their communication. They tend to like meeting all sorts of people. Sage is the number five role. And five has a positive pull of expansion, negative pull of adventure. So sages tend to be really expansive people. They like meeting new people, going to new places.

And although I remember when I was 20, I had that kind of typical Young person disdain for small talk. I really don't have that anymore because I see it as a way to connect spiritually with other people. You know, just saying, "Hey, how's your day going?" Or, you know, talking about the weather can be a vehicle for sharing something with people, especially when maybe other topics are out of reach with them.

If... the Young souls or any souls persona is artificial, that's something they've constructed, but it's not really who they are that's going to make them unhappy.

So the goal is to always have true personality which releases the fear out of the personality, the negative poles and the chief obstacles, and it's just love-based and to express yourself authentically as you really are, which can take some time to find. You know, they talk about Young people finding their voice.

So I know, for example, myself as a writer. It took me a while, I was always a writer, but it took me a while to find my voice, my voice in alignment with my whole being. And that's really true for all of us.

When you're a teenager, you might experiment with different personas you know like one month, you know, the young person is doing the Goth thing and another they're doing the biker thing or whatever because they're finding who they are. And they may also try one chief obstacle and then try another one or whatever but eventually as we mature, we do find our way into our true personality. And that is not just limited to older souls.

In fact, I was thinking about this because I have a good friend who lives locally who I had forgotten. I had done her chart a while back. She's fourth level Young, an artist and very gifted artist and very spiritual. She's also a marvelous healer. I go to her for craniosacral work and she's very intuitive. It's become clear to me that although there are probably fewer Younger souls proportionately who are into this stuff. They are not excluded from doing this if they have the interest. In fact, you might say that a fourth level Young soul who's doing energy healing work and doing it very well is precocious. Like they're just more advanced, so they're getting to it earlier. You could make that argument. But in the end, it's just a matter of what they're interested in and what

they've chosen to pursue. And you can see hints of this in the soul age. They're hardworking and pretty successful in the outer world, having a beautiful home.

So some of these things peek through, but we shouldn't look at any of the classifications from the matrix or the Michael Teachings as being rigid. They're just tendencies.

Gene: Thanks, Shepherd.

Shepherd: Thank you. And now we move to Thomas's excellent questions.

He referred to the fact that in a previous session, I said that people who are feeling really burnt out by the stresses of our modern world, he wants to know, "if it's true on a soul level, that soul can between lifetimes take as long a break as they want to recoup."

Shepherd: A thousand years if you want to, although, you know in most cases, it really doesn't take that long on the Astral plane to regroup to regenerate your resources. But it's understandable that many of us sensitive types are feeling kind of burned out because the physical plane is very stressful right now. There is so much happening in a contracted period of time and a lot of negative things to deal with in the news. Which in today's world we know immediately because we have the media whereas in history you only pretty much knew the local news.

He also asks, "Well, who would take the leave? The person? Thomas in my case, I assume?" Doesn't Thomas cease to exist at the end of this life?"

Shepherd: So that's the first thing I'd like to address here Thomas. Thomas does not cease to exist at the end of this life. And I know this because I've communicated with many people after they have died and it's still that person may be a more free or clarified version of that person.

There is the belief in some spiritual teachers who do promote this, but I don't think they're speaking from their personal experience because if they had the experience of connecting with souls after they would have departed, they would know that the person doesn't die.

Now, you could say, well, and some do, "That as soon as the person dies, everything reverts to just the soul. And that is not the case.

My teacher, John Friedlander, was a member of the Jane Robert Seth Group in the 70s and a lot of what he teaches derives from Seth's teaching. And one of the things we learned from Seth is that what is created never dies. It may no longer be the focus after a while. It may become integrated into something larger and go dormant, but it doesn't die.

And in fact... what Seth and John teach is the personality, in your case, Thomas, will continue on for a good deal of time having other experiences on the Astral plane. And Thomas is part of your Essence. So the two things are not mutually exclusive. Your Essence is having those expanded experiences of Thomas on the Astral plane and thereby growing through it.

So, what you do find on the Astral is that Thomas is much less separate from Essence than perhaps it is on the physical plane because there isn't so much illusion or what Hinduism calls Maya.

So... you can easily switch focus from personality to Essence. But "Thomas" will go on to have whatever experiences he wants to have on the Astral plane. And Thomas will also be watching over new incarnations from the same Essence that are especially dealing with or trying to resolve issues from your life that didn't get quite resolved. You'll be participating in those. But you can also go off and travel and do whatever you want.

When we talked about, "if the soul wants a long break", then you wrote, "Well, but isn't this always so on the Astral plane? Unburdened by the difficulties of incarnated life, why would it need to take a leave at all?"

Shepherd: No, souls can get worn out. Souls can get depleted. Souls can need healing too, especially the lower portion of the soul that is... inhabiting the physical plane i.e., is inhabiting the body. I mean, we all have a body and that portion of the soul who's animating that body is at the bottom tip of that soul or Essence. And that is the part of the soul that is having new experiences. So the upper parts of the soul have already integrated past experiences and is pretty settled. But the part at the bottom that is also plugging into the human body is having new experiences and can be damaged in the life, but from really traumatic experiences and need time on the Astral plane to regenerate.

So yes, the soul can decide to take a break, and it will take whatever time it needs. But as I think I mentioned in the last session. Once you're on the Astral plane and you're kind of over the brunt of the drama, the worst of it, then the physical plane starts to look like a really interesting reality show again. And you might want to come back because, "Oh, that looks interesting. That looks fun. I want to go back into that!"

Thomas writes, Thomas, be sure to raise your hand or if you want to break in here at all. "When you channeled me as mature six and not somewhere in Old, I was quite happy as this meant that there were many more lives ahead to look forward to. I would like to experience the year 3000 as a human on Earth. Advanced medicine, travel to other stars. Way cool. Now, with the concurrence, I was a bit shocked. It now rather it looks like all of this is coming to an end in just a few hundred years to be lived."

Shepherd: He's referring to is the reference in the last session, where I talked about the fact that there are so many more human bodies that we can speed up our soul age development by having a lot of our lives in the same time frame.

I believe that we're close to a maximum on human population because it's not sustainable and you already have a lot of people not wanting to have children. This is unprecedented in human experience. You have a lot more gay people or people who are just not going to reproduce. So this will slow down. But the main thing I would say is that if you want to be incarnate in the year 3000, you can do that. You could reach seventh level Old and then just keep coming back as seventh level Old if you choose to. This is Michael's motto, "All is choice". You can do anything you want. And no one's going to keep you back.

There's a... a handout, a PDF in the chart reference material folder and of course also on my site called Entities, Traits and Celebrity Members. And so you probably all have this. It was also in the last email I sent.

He wrote, "You channeled my Taskmate Monique, (a taskmate is someone who is your task companion in a previous cycle on another planet) to be in Cadre 10 Entity 7 and the description was very brief of that Entity's interest which was lives in places with unusual natural features."

He wrote, "I don't see that this actually applies to her life. She lives in the city, a suburb north of Munich. There's no unusual nature whatsoever."

Shepherd: So understand that an Entity is 1,000, maybe 1500 or more souls and each of them are having hundred or hundreds of lifetimes, most likely. So that's a lot of lifetimes for the Entity to have. Again, in the Michael teachings and the matrix, we're only talking about tendencies. We're not saying in every lifetime every member of this Entity lives in places with unusual natural features. It's just a tendency. It could just be an attraction to that. And in fact, Monique may not live in such a place but may be attracted to them and go to them on her vacations or whatever.

Michael is an Entity of Warriors and Kings and they tend to be concise, brief, and to the point. It's really hard to get a lot of words out of them in my written channeling or accesses. So they're getting to the point and that's a very brief summary. They could say thousands of words about a particular Entity, but that's what they chose to give me. And usually people tell me that these descriptions do fit for them, but we should avoid being too literal about these descriptions.

In that same PDF, Thomas mentions some confusion. He says, "The fourth and seventh positions of Cadre Group 2 are cycled off. But it also says Cadre 4 which is Cadre group 2 in the second position. What is meant by the fourth position of Cadre Group 2? And I thought it actually refers to Cadre 4?"

Shepherd: A lot of people are having this confusion. I think I should open this PDF and share it now. So give me a moment to do that.

All right. So do you all see this handout now? It says Cadre 4 is in Cadre Group 2. There's also a handout called Cadre Numbering.

There is no standard way of numbering Cadres in the Michael Teachings. And in fact

Many channels do not give a Cadre number at all. They might just say, well, your Entity is in the second position of its Cadre, but it doesn't necessarily say what it is. Like the Yarbrough people, they give the Entity number as part of their casting, but they rarely give any Cadre numbers. They might get it to an individual.

Some of the channels, such as Troy Tolly, will give a Cadre number based on its position in its group of 12, which I call Cadre Groups, and they call Energy Rings.

So they'll say, okay, it's the fourth position of Cadre Group 2 or 3 or whatever.

Are you all with me so far? Okay. All right. Okay, so here it says (referring to the slide) what I'm calling Cadre 4 is actually in the second position of its Cadre Group. So I'm not... numbering Cadres the same way Troy is and I think now Dave Gregg is starting to do.

When I first started channeling, no one was numbering Cadres at all that I knew of. There may have been a little bit done within the private Yarbrough group.

I asked Michael to give a unique number every Cadre instead of being from 1 to 12, being one to infinity. Because if there was a unique number and if you've gotten your chart through me and you've got other people's chart through me, you would be able to know instantly if you were in the same Entity. Whereas people like Troy, who's giving the number based on its position within an Energy Ring you have to ask which energy ring is it. Therefore you have to give a whole lot more numbers to be sure that you're talking about the same Entity. So I like the way that I do it. Troy has been critical of it. But in any case, with a unique number for each Cadre there is no number for Cadres that have been cycled off.

If we say that if we say in a particular Energy Ring, a couple of Cadres have cycled off and they're in the fourth position of that Cadre or the seventh position of that Cadre that they're cycled off, they will not be called Cadre 4, Cadre 7. We will just say, well, those Cadres in that position in their group of 12 are no longer incarnating. So we're not going to even get bothered to give them a number.

So here we are with what I'm calling Cadre four, which is an arbitrary number which has no casting meaning I'm just telling you, and you can look it up here that it's in what through me is called Cadre Group 2, because it's still incarnating on the physical plane and it's in the second position of that Cadre.

So Thomas and for all those of you who were confused by this, is that now clear?

Thomas: Yes, thanks.

Shepherd: Okay, terrific. Another of Thomas's questions is, "Is the type of life task related to Soul Age. In other words, Old souls have spiritual tests, Younger souls rather having more physical tasks such as getting rich or becoming a gang leader."

Shepherd: So I actually channeled Michael about this on the 31st of October. "Life tests are almost always what you'd think of as a sort of spiritual, intellectual, emotional lesson, which may or may not be best accomplished through certain kinds of physical accomplishments such as becoming rich. The more helpful that physical accomplishment would be to the lessons desired, the more likely it is to happen, at least in some parallels."

Life task involves growth of the soul in some manner, but usually in an area of particular interest to that soul, something the soul would like to explore. Again, all this choice. It makes the soul more capable in that area. So in a sense, all life tasks are spiritual. But of course, since the lessons of the Younger souls are more about the outer world, there may be tasks in that regard, but rarely.

Is it super specific? It's the lesson that is the task and how that may be then achieved is pretty flexible. So being famous is probably not the task itself, but it could be useful for particular sort of lessons.

Thomas wrote quite a bit about people who these days might be referred to as excessively "Woke". For example, some people who have protested by gluing themselves to a road and disrupting traffic.

And he asks, "Looking at all the things on the Michael chart that make up our behavior, should we refrain from trying to talk sense into a person and just accept that they are what they are because this is the setting for this life for them?"

Shepherd: No, I don't think so. I think your decision about whether to try to communicate with a person about what they're doing would more depend on if that person has some openness to actually hear what you're saying. There's no point in wasting our breath on people who are so stuck in their current thinking about things that they're not going to hear what you say, and they're just going to argue and be defended.

So save your breath for that thing. I would not assume that the person is going to an extreme with, quote, "Wokeness". I actually I think being awake is a good thing but the behaviors that may be not very sensible or helpful, that may be extreme are probably not coming from Essence or from the life plan, although they may be a distortion of them.

So sure, if they're open-minded and you can say something that would be helpful, go ahead and do so.

I look back to when I was in my teens and 20s and the extremes that I went to, I think that's just a very natural part of the maturation process. I think you don't have as much experience to compare things. You don't have as complex a view of the world. It's true that as people get older they sometimes just sell out and settle. But also, I think you might gain a little bit more common sense as you get older. College campuses have always been places of extremes.

And... you know, their heart is in the right place, but they could be very absolutist about some things. So yeah, if you can reach people and say maybe there's more to this picture. Let's take a look at this go for it.

In another question, he's saying that [he knows two people with the same raw number, but they're very, very different people. And he would like to have a better sense of how all the many, many pieces of the Michael chart plus your astrology, plus your imprinting your numerology, just about everything. "How does it all fit together? How do you interpret when these different combinations can bring so many different things?"](#)

Shepherd: So, as Thomas points out, this is really a big part of what we explore during my workshop Journey of Your Soul, which is coming up in January. It will be, I think, my fourth Zoom workshop exploring in depth the Michael Charts.

And we do really want to look at how different things interact with each other and how two people could have the same Overleaves but be very different depending on whether they're more in their positive poles or their negative poles, depending on their imprinting and so forth.

We don't want to go at this backwards. We don't want to look at a Michael chart and say that this determines their behavior. No, they choose their behavior, and this is the color palette that they will be choosing from. These are the energies that they're working with in their life, but it could look a lot of different ways.

Does that address that adequately for now, Thomas?

Thomas: Yeah, I think so, to explain it. For instance, you have a color like a dark blue, with a greenish tint, and the question is coming from the role, or does it come from the raw number? I couldn't tell, you know, and would be great to be able to help other people by studying the Michael teachings to well, better their lives. Yes, so to give them some advice, and it would be great to learn more about that.

Shepherd: Yes. It's invaluable to have an accurate complete Michael chart for people. And then you see that, "Oh, that dark blue is coming from the Role, and this is coming from there" because those who know the Michael teachings really well can pick up on, "Oh, there's some king energy there, but I don't know if the person is a King or if that's a secondary influence or if it's in the King position over leaves or whatever". And if you study in more depth you may start to have a more subtle and accurate perception of it.

I think I mentioned this before, in the original Michael group, people were getting really good at guessing or discerning certain traits of people they were asking about, then Michael would make a few corrections. But they're often really getting it pretty well. And then I was impressed with, most of you know who Verna Hasselman is, as she channels a cousin of Michael called Die Quelle in Germany. She's been very successful there in promoting the matrix teachings. And... when she was retiring she trained a group of 24 apostles. She didn't train them to channel. She trained them

to have a really deep perception of what each of the traits look like.

And Varda's books go into great depth. They don't cover as many things as the Michael Chart does, but the things they do cover the role and the basic Overleaves go very, very deeply into it. And so there are people now in the German-speaking countries who are giving you your matrix, your basically short version of your Michael chart quite accurately through spending a lot of time with the person and studying them.

Now, when they do that, they're probably tuning into Die Quelle and probably getting some nudges and some light channeling going on at the same time. And a couple of them really have moved on from that to actual channeling. Just channeling the matrix or the chart is going to be way faster than meeting a stranger and having to get to know them well enough by asking them a lot of questions and reading their CV, etc.

But it is possible to learn this material so well that you begin to figure out at least some of the stuff. Some of it would be really hard, like how many previous cycles has that person had? I think you're just going to need to channel that directly because who would know the difference between 12 or 13?

We can all get better with that. And this has been my crusade in the Michael Teachings community to learn to spot at least what the seven Roles really look like, what the energies look like, what they feel like in real life because you know there are people going around saying that they're a King's soul and there's just no way on earth that they're a King. And they're taking some circumstantial, superficial behaviors as proof that they're a King. And if you really know what King energy feels like, it's unmistakable and you won't make that mistake.

So yes, so we're going to go into that a lot, but the ideal is just to get a full chart channeled that you trust through a channel that you trust to be accurate and then you could say, "Okay, I see this energy here. I see that energy there. Oh, that makes sense. I was thinking it was the Role, but it's actually the casting," whatever.

Thomas had a lot to write about. ["A sort of a fashion among spiritual teachers is the emphasize on getting rid of the ego or getting rid of the soul and just being in total oneness with all things"](#). And I do not agree with that. Michael teachings does not agree with that. We're not supposed to get rid of the ego. Ego simply means self.

There's true ego and false ego, true personality and false personality. It'd be a really great thing to get rid of most of the false personality because it then means you're releasing unwarranted fear that distorts perception. So that's terrific to get rid of the false personality. But the true personality is quite valuable to Essence. It's what makes Shepherd different from Susan from Manuela. Our unique personalities are like a little

multifaceted gem through which the light of the Essence can shine. And I think when people try to get rid of the personality and they take it to an extreme, they can become very bland, and you don't know what they're really thinking or feeling that they just display a frozen smile all the time.

I used to do that when I was first involved in the spiritual path. I thought I had to smile all the time and always be nice and not say what I really thought. I mean, there are ways to express your true opinions in a way that's not hurtful, that's not judgmental, that's not overly opinionated.

And so here's the thing, the ideal is balance and finding true balance is really hard. And so in our growth, we tend to swing from one extreme to another until we find the center part. And this is what the Buddha taught, the central way, the middle way. That's what we're looking for. And the middle way is not blandness. It's not... Nothing. It's just the place where things are in balance.

So that's what we're looking for. I don't think... that when the soul is done with the Physical Plane that it just like a drop of water melting into the ocean, I think it continues to have its individuality, but a lot of the rough edges are gone. And that's a good thing.

"You spend years," or according to [Thomas](#), I'm reading here, "where people spend years or even decades in a monastery until they hear "Drop the spiritual journey" from their teacher. And if things go well, the ego is drunk. So what does this mean to "Drop the spiritual journey?"

Shepherd: It is more useful to see yourself as already a spiritual being having a human experience rather than seeing yourself as a poor, miserable little human, ego personality trying to crawl your way into transcendence. That is not the truth and that is not a very useful way of looking at it.

When they say, "Drop the spiritual journey", what they're really saying is "Don't try, don't try so hard at least. Just relax into it." That would be good advice but you're not really dropping the spiritual journey. Every soul is on a spiritual journey whether we know it or not.

And smashing the ego is not a good idea. I don't really think that works very well. I think it can actually lead to mental illness when you try to do that. The point is, is to release the fear out of the ego and be your true self.

And [Thomas](#) wrote about having "a few egoless moments" in the past and found them quite calming and desirable. That is simply stillness. And stillness is hopefully what we reach in meditation. Stillness is a necessary and wonderful place to be. We really just don't benefit from having our minds racing and commenting all the time. So we want to be in these places of quiet, just observing.

And when we find ourselves in difficult circumstances and we don't know what to do, simply observing from quietude is a really good approach until we get clear what we're going to do or not do. We certainly don't want to be in an overly reactive state which is where fear is taking over a false personality.

Thomas wrote, "What is appropriate or best fit for Six Mature, (that's his soul age), in terms of spirituality and where or how do I have to place people going to Satsang's to actually get rid of the ego?"

Shepherd: Again, as I said at the beginning it's not really so much a matter of Soul Age. What I will say about Six level Mature is that sixth level, six has a positive pull of harmony. And at Six, you're almost done with the soul age. So there is an urge to especially resolve things with other people.

And Sixth level Mature level famously in the Michael teachings is often the most difficult of the soul ages. It really can be rough because the whole Mature cycle is about going deep into the self. And here at the Sixth level, you're looking at your watch and you're saying, oh, well, I'm almost done here being a Mature soul. So what loose ends do I need to complete to become more harmonious with other souls?

And... if you created a lot of karma at Six level Mature, the soul is going to prioritize getting those finished up and repaying karmic debts can be a real downer. So it can be very difficult age level. So you can really feel at Sixth level Mature like you've been through the ringer maybe you have.

Now Sixth level Mature people are not the only ones going through the ringer on the Physical Plane, but it is an emphasis at sixth level. And where are you in that? Well... my advice to anyone who wants to be on a conscious spiritual path is follow your heart.

So Thomas, if you feel drawn to go to a Satsang, feel drawn to meditate, then do that. If you feel drawn to be in nature, then do that. If you feel drawn to make art, then do that. If you feel drawn to teach do that. If you feel drawn to eat a whole chocolate ganache cake, then do that. Just see what you're called to do. Try to stay in touch with your whole self and where your whole self is taking you. There's no right or wrong.

Again, referring to my piece on Soul Age, what it is and isn't, let go of the idea that quote, you're only Six level Mature and therefore you can't reach enlightenment and therefore you shouldn't go to a Satsang or whatever. That's just not true. Just do what you feel drawn to do and it's going to work for you.

Okay. Thomas also mentioned that he has had some transcendent experiences when going to workshops with a group, but they don't last. When he comes home, he has a hard time reaching those places again.

Shepherd: This is very typical. You have the post workshop high that lasts for a couple of days. And then the question is, how do you integrate that into your daily life. It's not easy.

And I have experienced that certainly because as Jesus said, "Where two or more are gathered in my name there am I in the midst." In other words, like in this workshop, there's a multiplication of energy and it makes it easier. We really ought to be coming together to meditate, to do workshops a lot more than we are because it really helps

accelerate our path. But when you're home after the workshop and on your own, it's just practice.

It's just saying, 'Oh, remember what I learned in that session. Okay I'm starting to go into my own patterns again and I don't want to do that. I'm going to just slow it down and choose something different here.'" And then slowly you integrate it, and you may not stay in the same high that you had at the workshop, but probably you can get to where you're higher than you were before you went to the workshop.

He also talks about [how things that bother him that didn't bother him when he was in a more stillness.](#)

And that's true for all of us. He mentioned [the noise of barking dogs really bothering him because he's a sensitive person.](#)

Thomas, I'm very sensitive to noises too. My neighbor is a very inconsiderate person who often wakes me up early in the morning with his car that has a very loud muffler, which he won't replace. He's kind of a macho guy and he likes that. Not only does he rev it up, but he lets it idle for five minutes to make sure that he's woken up everyone in the area.

So I believe...that every experience, including every negative experience, every experience of other people not being thoughtful, is a chance for me to grow more and to practice my skills.

And one skill here, as you point out, is not being bothered by external things, having more of our experience come from within, which is what I call it in my new book, *Living From The Inside Out*. But that may be one of the hardest skills to master, and I certainly haven't done it. But I do find that as I've practiced over the decades not reacting to external things, that I have become less reactive, more calm, less bothered by things. And for me, what helps is just to be able to frame it.

So... one thing I found really interesting and helpful about noise, is that you can actually make the noise your meditation. You could meditate on the noise. Instead of being in resistance to it, instead of being in, "God damn it, he woke me up again". And just surrendering to it and listening to the noise, like listening to the vibration of the muffler or the dog sparking and letting it flow through you and not get a reaction from you that way.

That's a great technique. It's really just resistance that makes everything worse. It's not saying that you're particularly thrilled about the fact that there are these barking dogs or these neighbors with loud mufflers, but if you can't do anything about it. There's always the option to surrender to it, to let go of resistance and it makes it a better experience for you. It's still irritating but it's because you're letting go of the resistance piece of it, it's more easily tolerated.

And then there's always the option of earplugs too. I don't sleep with earplugs because I'm often listening to audiobooks. But even, you know, giving myself some advice, "Now I could listen to my audio books with noise canceling earphones". So that would be another way filtering that out by not reacting, being at peace, framing it like, "Okay, these people are in a lot of fear and a lot of false personality. They're not being considerate and that's okay. That's where they are right now". I don't have to react to it. I don't have to let it dominate my experience.

Thomas: Thanks.

Shepherd: I'm going to take, we're halfway through. I'm going to take a two-minute break.

All right, we'll continue. **Thomas asks about suicide** because in my book, *Growing Through Joy*, I made a strong case against it, that the soul usually regrets it. He asks, "What about for old people?"

That really is a different situation. If you're at the end of life and all you have ahead of you is pain and misery, the soul would certainly not regret pulling the plug on that life. That is a valid choice. I would say in any cases of extreme pain that you really can't do anything about, although we do have better and better drugs for that, although it's getting harder and harder to get them in the United States.

If I were at the end of life and my mind was going or I was in a lot of pain, I would be perfectly fine with ending my life. Although I have seen many cases of old people with a really strong will, maybe spiritually powerful who just made up their mind to die and then they did.

So you wouldn't necessarily have to resort to suicide. And the nice thing about that is that it doesn't leave behind a feeling of guilt or regret in the part of your loved ones if you can just go yourself.

I have a close friend, Susannah Redelfs who is an extraordinary healer. And she said she knows some energetic techniques for just for doing that, although she doesn't disseminate them. But she told me that if I were ever in that situation, she would help me with them

So this situation is really different from taking your life because you're in temporary emotional despair, something that could be corrected while still on the physical plane. The reason the soul usually regrets that is because it invested a lot of time and energy into setting up the lifetime. Now you have a body, you probably have a place to live and a car. You've been through potty training, so you don't have to do that again. And you know a lot of stuff. You've kind of tempered to that lifetime and then to just to throw it away when there are a lot of juicy good new lessons available it would be a waste, and it is a waste.

But all this is choice. If someone is in a situation where they feel... deeply that suicide is the best choice in that regard, if you as a soul and a person still don't regret it later,

then it was a good choice for you. And I would say that's true of all choices. The measure of a good choice is later on, do you still think it was a good choice? If it is yes, then, then great then it's fine. And it's fine between you and yourself.

It's nobody else's business. I think it's hilarious that there have been laws in some places against suicide and in at least one case, I heard about the penalty for attempting suicide was death. They got what they wanted.

Thomas wrote more about Wokeness and the extremes of it. And yeah, I agree. I'm a I am a very progressive person. I'm like a textbook progressive, extremely progressive. But I don't agree with a lot of the Woke stuff, like the idea of totally defunding the police. It just seems totally impractical to me. I would like to be able to call the police in an emergency situation. I would like to have that option, but I think that we definitely need to change the culture of police brutality that has really been part of all police and military organizations throughout history. So I think that can be changed.

And just a little sidebar here is that someone told me that in Germany, police get three years of training. In the US, they only get three months of training. So more training, weeding out people who are psychologically unfit or putting them into desk jobs where they can't do harm to other people. One of the best ideas I've heard about for reducing police brutality against people of is they could shift all traffic policing to technology. They don't even need people out in their squad cars pulling people over. I think that's probably where we could go with that.

This what I channeled about that question. "What you refer to as exaggerated Wokeness is a desire to be appropriate but without more than a superficial understanding and therefore lacking a sense of proportion. This tends to afflict younger people and academics more than others due to a lack of real-world experience, where things stay more in the realm of theory, which is the negative pull of scholar."

Those are the first set of questions that I had from you. Thomas, do you have anything you want to say about any of that or does anyone else want to comment?

Thomas: Thanks for answering all of them. It's so great. I feel really happy now.

Shepherd: Good. Thomas, you asked, "If the person doesn't die, so me Thomas will go on the Astral Plane but what Thomas will that be? Will it be the three year old Thomas, or the eighty year old or an ageless version of me? Or will it be not so much related to any particular body?"

Shepherd: It will be the Thomas at the end of that lifetime, but whenever I've tuned in to people... who have crossed over, they have always shown me an image of themselves that was them at their best. Young and healthy rather than maybe old and emaciated or whatever. And I think that that's how most of us on the Astral like to present ourselves because we feel that it's the most accurate representation of who we are.

So what does die? Of course, the body dies. And the body has... a Body Type or a combination of Body Types. And that influences the personality. And some of that goes on. For the most part it doesn't. So influences from the body are gone.

If the body was sick, maybe a lot of what you see in certain people a lot of their behavior comes because they don't feel well. And they're cranky and so when they die and they no longer have that unwell body, you might see them very differently because the body stresses aren't there anymore.

But the basic nature of the personality does continue on. I'll give you a couple of examples. I have communicated with people who were pretty healthy and happy and in their true personality who looked pretty much the same to me after they died like my good friend Tara, who just passed. When I tune into her now she seems like just a more vivid freer version of the person I always knew her to be.

On the other hand, my younger brother had extensive physical and brain damage And he kind of acted like a big kid. But when I tuned into him after his death (he was a Baby soul Scholar) and he seemed very different in his personality. He seemed more professor-like and much less like the big kid that we knew him. A lot of that persona was coming from limitations of his body.

And... if someone was very strongly in false personality, fear-based and maybe had some... strange annoying habits those will gradually fall away after they die. It may take some time, but you'll see more of their true self coming through.

My mother... had a wasting illness that lasted 20 years. She died at 37. And when she first died, she was very low on energy as a soul. It's a very hard thing to go through. So the soul, not just the body, but the soul was really drained. And it took her about 25 of our years, which go a lot faster, granted, on the Astral plane, to come back into her radiance. There were some emotional things that needed to be healed, but it was just more of her own energy that was depleted, and she needed to get that back. There are other people who maybe they had an illness, but they only need a short time after they die to get their full energy back, their full radiance back. So it's different from person to person.

But the true personality does for the most part go on and move on and become different. If you tuned into the man who was Jesus 2000 years ago, you would not see the same personality, as you saw 2,000 years ago, because there's been a lot of growth in 2000 years. And you can actually skip around and say, okay, I'd like to communicate with the personality of Jesus from 2000 years ago and that would be, it would kind of be like on your Apple time machine where you've backed up your computer and you can go backwards and say, show me the backup from a year ago and it can do that. So you can reach out to that. But if you reach out to that personality and who it is now. it's not going to be the same and it shouldn't be the same because nothing should stay the same. Everything just keeps growing.

Thomas: Thanks, Shepherd.

Shepherd: You're welcome. Any other questions?

Thomas: Not from me.

Shepherd: A question from [Simone Jasmine](#). If she isn't still here, she can listen to the recording.

Simone: "Are there any tools to help clarify which of my desires, like wanting something in this life are actually my own versus those that might be bleeding through from past lives, lives, or other sources? Is there a way I can stop that bleed through?"

Shepherd: And then she gives background information.

Simone: "Sometimes I daydream about a Villa with marble pillars. I thought I wanted this for my current life and it guided imagery meditation. I saw this Villa again and two cats ran toward me. I broke down in tears thinking, I'm so glad I can see you again. Even knowing this, the marble pillared Villa still lingers in my thoughts like a wish. I want to see it come true."

Shepherd: There are two parts of this question. I'm going to address the villa. But the general question is also a very good one which is, [You want something; You have a desire for something. Where does it coming from? Is it truly coming from my Essence in this moment, guiding me to my best path for this lifetime or is it coming from another part of me](#) or and she didn't mention this, but we really should mention this, [is it coming from false personality?](#)

So if someone's just being materialistic and they want a hot new sports car because they're having a midlife crisis that's probably not coming from Essence. That's probably a more superficial thing. But our truer wants come from a deeper place that are guiding us to our life plan.

Stan and I were part of a spiritual group years ago where the word "want" was kind of like a dirty word. You weren't supposed to ever want anything or say that you wanted anything. You're supposed to just be total acceptance of what is and total gratitude for what is and no wants and just let the flow of life take you. But there are deeper... things that could be called wants or you could call it something else if you prefer that have value that are guiding us. There's just feeling like we're being drawn to something because we have agreements to do it, because it's going to get us where we need to be to do our life work.

How do you know the difference? The main thing to monitor is how deep does this go and how persistent is it? Also, you want to make sure that you are not misinterpreting that being some external thing, but ask yourself, "What am I really being called toward?" It may not be that specific superficial thing, but it might be that thing represents something. So "What does that thing represent to me?" You could ask that.

Also, she brings up the interesting idea that past life selves or parallel life selves, or another source might be bleeding through, and they may want something. Well, okay, That's a different issue. If you have...parallel or past life selves that are trying to come through and like, let's say...an unresolved past life self was a chain smoker and really wants you to start smoking, that means that you need to fix your boundaries. You need to have your energy field personality as Simone Jasmine be just for Simone Jasmine.

In this case you would go through, and you do the exercise I talked about last time where you scan your aura. You fix any holes in it, and you send back anything that is not your Essence. Simone Jasmine is in this moment for this lifetime.

So yes, it's great to be in communication with parallel selves and past life selves and learn what they have to teach and maybe help heal them, but it is not a good thing to let them take over Simone Jasmine or your current incarnational body, that needs to be just for you. So clear those things out and you can do that. Just tune in and send them away and then and then know what you want.

Now, the Villa that's fun. You often hear descriptions of heaven when people die, and go to the Astral plane, being very much like these classical Greek roman temples, villas, marble pillars and all of that. For some reason in the mass psyche the classic Greek and Roman architecture of the of beauty and majesty and simplicity have become our idea of what we want to experience after we die.

Simone Jasmine, you were going to the Astral plane. And being in those beautiful idyllic surroundings and the cat that came running to you was a cat that you have loved that has since passed but still is present with you on the Astral plane. So that's very cool.

The Astral plane is not the Physical Plane and doesn't need or have physical buildings, but especially when we're newer to it, we like to create out of Astral substance these beautiful environments that are comforting to us. And so we can do that. And it could be anything. It doesn't have to be... ancient Greek architecture. It could be whatever you find beautiful and wonderful.

I'm going to assume that if you have questions or comments, you will raise your hand. Susan's question is very much along the lines of what we've already covered, but I will read it.

Susan: "I was wondering if Michael might expound on how our individual consciousness continues onward even after we unite and are absorbed into Essence. He says, we as individual personalities exist and continue to expand. Well, how can we do that? How do we continue to explore? I wouldn't expect that we can reincarnate separately as an individual, but can he say more about this manner of expansion? When does it or how does it all come back into the Tao?"

Shepherd: The Susan personality will continue on the Astral and have all the experiences that she wants to have on the Astral plane until the Susan personality and your Essence as a whole feel like that's complete. And then you remain, but in a quieter part of the Essence.

And then as the Essence reunites with its Entity which starts happening on the upper Astral plane and you might say completes during the Causal and the upper Causal Plane the same sort of thing to a lesser degree happens with the Entity as a whole. So the Entity becomes more integrated into the Cadre, into the larger self, and there's less focus on that, but it's still there.

So that's my understanding of reunification and moving through the higher planes. My understanding is that nothing actually disappears, but it just all becomes integrated and refined and elevated and adds to the overall complexity and richness of the whole.

Does that answer your question, Susan?

Susan That's great clarification. Thank you.

Shepherd: Okay, Manuela asks, "How do you know which soul guide or level to contact for questions? Are there any specializations?"

Shepherd: When I first started communicating with my guides and this was, I think, 21 or 22. I just, it was just sort of general to me. I just thought I was talking to God. So I just got yes or no answer. Should I do that? And then I realized I was talking to my guides. And before long, I learned that one of them was my primary spirit guide at the time that has since changed, was also one of my task companions who hilariously to me is called Fred because Fred was also my father's name, and I had a lot of issues with my father. So I thought that was sort of a divine sense of humor there to call him my spirit guide Fred.

But in any case early on I was very specific about tuning into Fred or tuning into another guide whose name that I had. And then after a while I just tuned into spirit and whoever was on duty or whoever had the best answer to the question would just come and I just let them handle it.

You know, we all have a primary spirit guide. If we have a question that would be better answered by another source, it'll just go to them. Now, with the Michael Entity, we know that Michael is a group of 1,050 Warriors and Kings. And when I channel Q&As from the Michael Entity, there's normally several of them on hand. And I think I get better answers than I would if I was just dealing with one because whoever has the best answer will speak up and it's not always going to be the same member of the Michael Entity. They call themselves fragments of the Entity.

So I just let them do that. I don't worry too much about who's who or what. But once in a while, I'm curious and I'll say, "Oh, okay, is this (my current primary guide is named Pursette) this Pursette? Or whatever. I've learned that when you're dealing with a group of guides, they don't always agree on something.

Recently my apartment was re-piped and repainted, and I was picking out colors, which was a very creative thing, but I couldn't decide in one situation. So I asked my guides, "Well, what do you think?"

What I do now is... choices that have more discretion meaning choices that are not absolute right or wrong, but it may be more a matter of taste, I'll say for the question, "Okay, you agree that I should paint this color true copper on these two walls and only those two walls. What is the percentage of you that are voting for this answer?" And I'll get another type of information. If they say 60% that helps me. If it's 60%, it's not real certain. And then it makes me think, "Well, I think I'd rather go this way." But in this case about the wall. They told me it was 100%. They all overwhelmingly agreed that I should paint the other wall True Copper. It's hard to see when you're painting a home, what it's really going to look like. So I said, "Okay, if you're that confident that I'm going to like this, then I will take your advice." And I ended up loving it. And it was absolutely... the right way to go with that.

So... yes, it's another advanced technique asking for the percentage of agreement on taking that particular path. And this has evolved for me from a place where when I thought I was just talking to God, I thought it was absolute and whatever they told me was always going to be right. That it was always going to be a choice I was happy with. And this attitude made it very confusing for the 10% of the time where it seemed to be the wrong advice.

I learned that I need to make my own decisions. I need to take responsibility for the choice. And ultimately, after I've taken into account all the available sources of information, including their guidance I have to go with what feels most right to me.

Now, that works better if we've managed to let go of bias or wanting or excessive attachment. If we've done that and something just feels more right, then just go with that because you're the one who's going to have to live with that choice.

Also from [Manuela](#). "There are channels that connect with ascended masters, Jesus or Mary Magdalene. Where exactly do they connect? Are they soul guides who appear to them under that name or are they entities that had this personality?"

[Shepherd](#): Whereby it was once written somewhere that not much can be said about Jesus as he was in different manifestations at the same time. You have a lot of particularly fundamentalist Christian preachers these days who have been saying that Jesus came to him and told him to do something like that. And I think they're sincere. I think they really believe that they had maybe an emotional experience and yet they also have very deep biases, and I'd call it brainwashing about their theology and so forth.

So I asked my teacher John Friedlander, "What are people tuning into? You have 2 billion Christians in the world which is one quarter of the world's population. And if all of them were talking to the current soul, who is incarnated as the original man

Jesus, I know that this is a very vast and advanced soul with a pretty sophisticated circuit board, but could that one soul really handle all the prayers and thoughts and things directed to him?"

And John said, "No, that it's actually a lot of thought forms out there that have been collectively created around Jesus and people can tune into thought forms and thought forms are more mechanical than tuning into a real soul, but they do kind of take on a life of their own."

You know what? It's very, very much like artificial intelligence.

So they tune into these thought forms that humans have created, and they think they're talking to Jesus and they're actually getting the AI version of them. But it is possible to channel the real soul that was Jesus.

Now, what confuses matters here is that Jesus was one of four people in recorded history who at the end of his life stepped aside as a soul and allowed in a reunited Entity. And this is called the Infinite Soul, and no Infinite Soul does this for more than 30 days because it tends to burn out the body.

But he brought in just huge blast of energy in order to disrupt human consciousness spiritually. Because people were kind of...stuck. He came of course into a Jewish culture that was very rule bound you know you've got to follow the law, don't eat this, eat that. And people thought if they followed the rules, they were being spiritual so the TAO will send in the Infinite Soul to shake things up.

And so...if you're tuning into Jesus you could be tuning into all of those souls that reunited Entity that was reuniting with its Cadre and so that is also available to people. But largely most of these people are in rigid dogma and are not really open to hearing what the real Jesus would have to say to them.

But there are people, I think, who are gifted and in an accurate way directly channel Jesus. And I think you can tell by what the message is. If the message is consistent with what we know about Jesus teaching of love and reincarnation was part of his teaching and so forth. Then we can validate that.

To more fully answer Manuel's question, "[Are they channeling the real Marie Magdalene or Ascended Masters or Jesus?](#)" They may be or they may not be. Mary Magdalene or the Virgin Mary have taken on archetypal symbolism for humanity. And there are a lot of thought forms that go along with it.

I've really only recently learned about thought forms. I learned about them from John and from Susannah Redelfs. And it's a very useful thing to understand that as humans, we're all creators. Humans are creating all the time. Even an individual human can create a thought form, but it'd be of his own little local thought form. But if a lot of humans are convinced to think along the same lines, they create a collective thought

form, and it starts collecting similar and resonant thought forms until it can become this sort of giant thing.

So, for example, our vice president-elect back in 2015 and 16, seem to be a pretty... reasonable guy. And he compared Trump to Hitler. He was not a fan what happened to him between then and now. Maybe there was one or two things that he kind of liked about the MAGA sort of thinking and he started tuning into that thought form.

And then he started downloading more and more pieces of that thought form until it took over his whole thinking. And you can see that gradual progression where he's no longer expressing his true self, his true thoughts, but instead he's just expressing that thought form. So he's no longer his authentic self. This happens all the time.

I've often wondered if I took on the gay male thought form that loves musical theater, at least in my generation, and plants. And I mean, there's so many things about me that are stereotypical of gay men that I find rather embarrassing because I don't wannabe stereotypical. I want to be my own unique self.

I read on one gay chat site where they're talking about traits of gay men that I have that I had no idea was a gay man trait, which is, we walk fast. I've always been told I walk fast, but how did that happen? Well, maybe as I tuned into that thought form, I started downloading these different things about gay men.

I am not giving up my musical theater collection. I'm sorry, that's not negotiable. That has become a part of who I am. Thought form or no thought form.

And I still like to walk fast. And I still have really exquisite taste and I'm not giving that up either. And there are gay men who tune into different thought forms, who don't identify with sort of the more feminine side of that thought form. They identify with maybe more of a straight male type of thing. There are a lot of gay men who don't fit the stereotypes. But also the sort of that gay talk I've sort of downloaded that too and I'm not pleased about that, but apparently that's what I've done.

So I think thought forms are neither positive nor negative. I think they're just sort of a way that humans create a collective collectivity, but some of the thought forms are quite negative because people are quite negative.

All right. ["Manuela also asks, What exactly does Soul family or Entity mean? Is this just a randomly assigned unit or does the Essence choose which family would best fit at the beginning of a cycle?"](#)

Shepherd: All this choice. There's nothing out there where the Michael teachings differs from the autocratic version of God that God is telling everyone else what to do. Well, we're all God. We're all a part of that. We all choose. So we are in our Entity or soul family because we chose to be in that Entity at the beginning of our Grand Cycle because we were attracted to the numerical position of that Entity within its Cadre. We were attracted to other souls who we knew were also going to be in it. Maybe we knew

them from previous Grand Cycles. We're friends, we just liked them, so we came for that reason.

And then she asks, "Is the Body Type the manifestation of the Overleaves or is that additional? And does each Role already have an Obstacle, including, for example, the Artist's self-deprecation?"

Shepherd: Okay. Body Type is a little different from the other Overleaves. But you could consider it to be one of the Overleaves. So it's not like the Goal and the Mode and the Attitude and the Center, which are more in the psyche. Body Type is literally the trait of the body. And the body is on top of the psyche.

And it's different from the other Overleaves too in that the Body Type you can have... two or three or four Body Type influences, whereas you tend to just have one of the other Overleaves and you may slide to others occasionally. So it's a little different, but yes, it's an Overleaf.

It's also chosen by the soul the way it's choosing the other Overleaves before the life begins based on what it wants to do in that life, what kind of body would be the most convenient. Although there are some genetic limitations. So if both of your parents all have passive Body Types, which are jovial, Venusian, etc. it would be really hard for the soul to fashion a Saturnian or other active Body Type influences out of that. It's a little bit limited in that regard, unless there were maybe grandparents had some recessive genes they can pull out and deal with that. So every once in a while you have a kid that has a very different Body Type from both of the parents, but that's hard to do.

It's another choice and it's based on what is useful. It's funny that I walk so fast because otherwise my body is very slow and passive. I have a lunar Body Type, which is the most feminine of the Body Types. It accounts for about 54% of my Body Type influences. I do have a secondary of Martial that spices things up. That gives me my red hair, red coloring, and 11% Venusian, which is also a passive type. And it was in my family. I have basically the same Body Types as my mother, and I take after her in many ways.

But it was useful to me to have this Body Type because lunar Body Type is very still and passive and it's a good Body Type for a writer because you have to be able to sit still for a long time at a desk, which does not bother me at all. And people with active Body Types can't sit still. They may be considered better looking in today's society. We really like those tall, bony models, both female and male but it was useful for me. So we choose it for a reason, or we just don't care.

She also asks, "Does every Role already have an Obstacle?"

This is interesting because it brings up the idea of the natural Overleaves. So I'm going to do some screen sharing here again to a blank chart and I'm going to show you the natural Overleaves.

Okay, do you all see it? Every Role and Overleaf that is in the same column resonates with each other and could be considered natural overlaps. So the ordinal side of the Inspiration axis, which is the first column, is Server. Then you go down under this column, Reevaluation, Stoic, Reserve and Emotional Center, Self-deprecation and Lunar Body Type are all natural overlaps for the Server.

And therefore every Server could be said to be kind of a Reevaluation type of person wanting a quieter life, more internal. It may not be the chosen goal for the lifetime, which will be sort of more upfront, but there's just a trait of the Server that they tend to like that quiet life without a lot of drama and stimulation. They also tend to be kind of stoical. They tend to say, "Oh, whatever is fine. No problem". Mode of Reserve. They tend to not want to draw a lot of attention to themselves. They tend to pull in a little more. They tend to have that emotional warmth about them. They tend to be self-deprecating.

By the way, Manuela, it's Self-destruction that is the Artisan's natural Overleaf. So, let's go through the list for Artisans, goal of Discrimination? Well, they need that discernment in creating their artistic things. Sceptic, more of a kind of an intellectual bent about things in Caution Mode, Intellectual Center, Self-destruction.

Artisans are the most sensitive of the roles. They have five psychic inputs. And because they're so sensitive, they tend to be particularly prone to substance abuse, although all the roles can have that. But the Self-destruction, which is where maybe someone decides their life isn't worth living, they can take too many drugs or drink too much alcohol or whatever is especially a problem for Artisans.

Warriors also oddly really like things like getting drunk or getting stoned for a totally different reason, which is that Warriors like intensity because they're such sturdy, solid people, it takes a lot for them to feel things. So they may go for it for a different reason.

So we're not looking ever at just behaviors. We're looking at what causes those behaviors and what are the energies behind those behaviors.

Okay. Additionally, she wrote, "Is what I am learning now, for example, about the soul teachings, also useful for other earlier past life selves, parallel selves, or later incarnations?"

Shepherd: Yes, I think... that those things are useful to other parts of yourself. We're so connected to our whole, the personality of Shepard Hoodwin right now is just a small part of my wholeness, including all the past life and probable future selves and parallel selves. And we're all connected. So anything that you learn in any part of self becomes available to the whole part of self. How much another part of self will take advantage of that would depend on the choice of that part of self.

Manuela: "Is evil part of the playground so that you can have certain experiences in the first place? And if that's the case, why should you prevent evil? **Kneel ??** Donald Walsh

writes about the little soul that wants to experience itself in forgiveness and it needs someone something to forgive. Wouldn't the other person be deprived of this possibility if the dark evil no longer existed?"

Shepherd: Well, that's one way of looking at it. The way that I look at it is that we learn through polarity on the Physical Plane. So we learn what love is by comparing and contrasting it with what love is not or a distortion or a limitation of love. So that is built into the Physical Plane of all planets where there are creatures of reason, such as humans. And dolphins and whales.

Therefore... there's always the possibility of evil. Evil is just depriving others of their right to choose through creating Karma. So we all occasionally do evil things in our lifetimes. We do occasionally try to control other people. We occasionally harm other people. This is all under the umbrella of evil. There are people who gravitate with greater extremity to evil people who you know like were genocidal or whatever, people who have closed down their hearts more than others. And there are many people who do evil things but in a well-meaning but misguided way. So those are really different kinds of evil in terms of what motivates them.

But she's asking a kind of a humorous question here as well, "We shouldn't get rid of evil, should we? Because then we wouldn't have lessons." Well, there's not much danger of that happening because humans are still very primitive. And they're going to do a lot of evil things and doing everything we can possibly do to reduce evil is not going to make a huge dent in it in the year 2024. So go ahead and do your best to reduce evil and reduce its impact. Don't worry about running out of things to forgive because there's going to be plenty of those around for a very long time.

Manuela: "Sinea Roman, who is a channel and an author of some excellent books back in, I think, the 80s describes channeling as helpful for spiritual and personal growth. You describe it as draining for the body. Is it so draining for Varda and you because you are channeling the Causal Plane it would be less draining one level below?"

Shepherd: Yes, channeling from the Astral is not hard on the body in my experience because our soul is already anchored in the Astral. So this is really quite natural for us. Whereas the Causal Plane energy is not natural for the human body. And so it stretches the body and can cause harm to it. We were talking about the Infinite Soul only lasting for a month because otherwise it would kill the body. It's bringing in an energy that vibrates faster than what the human body is designed for. And people who do it are willing to do it but they're paying a price for it. And almost all channeling is from the Astral plane. I'm not saying Causal Plane channeling is better than Astral channel you can get equally beautiful, truthful information from the Astral Plane. In fact, you can get equally beautiful uplifting information from the Physical Plane. But it's different. The Causal plane perspective is interesting. We like having it.

And certainly for me, channeling Michael charts it's good for me to do that for me from the Causal Plane because the Causal Plane is adjacent to the Akashic plane. Not all, but a lot of that information can be best obtained from it. So we do it.

But I'm doing a lot less direct channeling of Michael the last few years than I did for about 35 years because it was leaving me too wiped out. And in fact a lot of channels and psychics develop health issues from doing that work even if they're only working with the Astral plane. There are hazards. But then, you know, if you are a secretary, you could get carpal tunnel syndrome. There's a lot of work-related injuries that are possible in just about anything you do. If you're a nurse, you could develop bunions on your feet from being on your feet all day you know there's just a lot of hazards to a lot of careers. And if it's what you want to do, then you just accept that as being part of it.

Manuela asks, ["Do you have the same raw number in all of your parallels?"](#)

Shepherd: You probably do. Because that is a soul level trait. And, as you know, anything I could say to you about anything, there are exceptions or possible exceptions. But in general the chart is the same in all your parallels except for Body Type. Because although the parent that you have the agreement with will be the same soul in all the parallels, they might have in a more distant parallel, a different Body Type and you just might not have had the genetic material to have the exact same Body Type in all your parallels.

I got in touch with, I think I told you the story of the distant parallel me. And he was much more Saturnian in his Body Type. He actually looked much more the way that I'd prefer to be looking in this parallel. But in any case, you can't have it all.

And Manuela also asked, ["Do you have the same Essence twin or soul twin?"](#) Yes, because it's the same.

She wrote, ["I still do not get the cycle. This feels like a sequence with a start and an end. On the other hand, there is eternity in everything is simultaneous."](#)

Shepherd: Yeah, that's one of the great spiritual paradoxes that everything is simultaneous. And yet things can happen in a sequence. And many spiritual people will tell you that time is an illusion. I wouldn't say that. Time is very real, especially on the Physical Plane. And it does govern us a great deal. But the higher you go in the Planes the less controlling time is. And so you can bend it on the Astral and it's even more fluid on the Causal. And then on the higher plains, it doesn't really exist, but they can still come into our Physical Plane timeline.

So the Grand Cycle is a sequence of experiences and yes, there's a certain level of self where it all looks like it's happening at the same time if you go high enough. But on our level we're experiencing it as a sequence.

Then she asked, ["Can I go back to an earlier cycle?"](#)

Shepherd: I will just say that just like you could have past life regression, you can regress yourself to a previous Grand Cycle. And I have done that. It was very interesting. I have actually had dreams about me in previous cycles. And as I've

mentioned before, I believe a lot of science fiction writing comes from people's memory of their previous Grand Cycles.

Let's answer one more question. I don't think I've ever done a session where there were a few questions coming from the group, which I'm going to interpret as meaning that I'm doing such a great job of explaining everything that you just couldn't possibly have any questions.

She wrote, "Do we only remember past lives or is it something open? Can we plan our next life in ancient Greece, for example?"

Shepherd: Right. I have said that the soul can have its next lifetime in an earlier timeframe. But I don't think you'd go back to ancient Greece. I think that would be... too jarring to do that. I'm not saying it's impossible. And there's probably souls out there who want to do that and can figure out a way to make it work.

Generally, if you're going to bend time a little bit, you're going to stay pretty close to where you are because it's just going to make more sense for you and be more convenient. And then in terms of planning future lives, that's something that happens at the soul level. So as a personality you might make a vote and say, "Hey, in my next lifetime I want to have a 32 inch waist", or something like that. You can do that but when that is decided, it will be decided at an Essence level.

We have come to the end of our time. Are there any closing questions or comments?

Ragna: Did the questions come from a private chat with you, because in the group chat they were nothing, or did they write it in advance per email?

Shepherd: Yeah, so when I announced the workshop, I said that people could email me questions, or they could ask spontaneously. And I've had a lot of people write out questions as they thought of them and then send me an email with a long list of them. So that's what I was using today.

Everyone have a good evening, and we'll see you next month.