

BTMC January 4, 2025

Transcribed by ZOOM, edited by Susan A. Flow

Shepherd: Welcome to Beyond the Michael Chart! I'm your host, Shepard Hoodwin, with special guest stars, Stan the Man. Catherine, Ragna, SusanJ, SusanF, Thomas and Laurel,. Welcome to our show. We've got a great show lined up for you today. We're going to talk about parallel universes. We're going to talk about concurrent lifetimes, all the things that you callers have asked about. So shall we get started with a guided meditation, which is by special request from one of our listeners who's actually not here at the moment, but she will listen to it later.

Shepherd: With that quiet peace inducing beginning to our show, we now switch gears into meditative state.

Invite spirit in to make whatever adjustments would be to the greatest good for you and the whole.

By spirit we refer to your own Essence, your guides your teachers all your loved ones in spirit, who assist you with healing and growth and all of their good things.

Since it's Winter, you might invite spirit to especially work with improving your immune system. Imagine your body strong, easily able to easily able maintain equilibrium in the face of viruses, bacteria, etc. that might otherwise be destructive.

Bring your consciousness to your entire immune system. And lovingly be with it, giving it permission to do its job. Give your body permission to do whatever other healing and maintenance it needs to in order to feel your best.

Invite all of your... beloved friends in spirit to continue to bring clearing and healing to your body as we move forward with the workshop. Invite yourself to stay in a relaxed alert state fully receiving the work offered.

Notice yourself coming fully into the present moment. And open your eyes when you feel. Ready to do so.

As always, we have some excellent questions that you've sent ahead of time. And I would remind you that we don't need to just rely on those, you are welcome to ask new questions and for elaborations. But I'm glad to have the ones that were sent ahead to get the ball rolling.

Shepherd: Stan wrote... "Do you have any perspective on what appears to be an increase of youth proclaiming non-binary identity?"

Shepherd: For almost any phenomenon that we could talk about, there's usually a lot of different reasons for it rather than one simple cause behind it. Often there's a gestalt or combination of elements contributing to trends. I'd like to start by talking about something that I don't think is often considered, which is that the earth itself

is an intelligent conscious being. And the earth groaning with the weight of an excessive human population, which is not just the number of people, but the pollution, the resources being consumed, et cetera.

Many countries are now experiencing drops in their birth rate. A lot of people, even in places like China, people don't want to have children. Or they only want to have one. And countries like Russia and China think this is a problem and they're busy trying to get people to more babies.

I believe that the earth wants there to be fewer and our bodies are made of earth and connected to the earth. And so there are certain forces operating in our bodies that come from the earth. This is not to deny the fact that our conscious minds also make choices and make decisions and our souls, our Essences have plans. So the way that our lives go is a combination of these various influences.

But I believe that part of what is happening in humanity is the earth wanting there to be less population. And I believe that one of the things that it's doing is it's influencing human bodies energetically to not want to procreate as much. I believe also that is leading to an increase of same sex sexuality, which of course solves that problem.

You also have an increase in infertility, which is partly due to people waiting longer to have children, it's also a factor of pollution and so forth. So these things all have many different influences.

Another reason that there is more evidence of same-sex sexuality is simply that we're hearing about it more because there have always been gay people, there have always been bisexual people. There have always been transgender people. All of these things, non-binary people, none of these things are new.

But I believe that there is an increase because part of sexuality, not all of it, but part of it does spring from the body itself, the way the body is wired, genetics and so forth.

So this also fits with souls and their agendas because their agenda, what's happening in the current era is that a lot of souls who have preferred the male body are coming in as females because females are now allowed to do a lot of the things that only males were allowed to do in the past.

Souls also know that they need variety in order to be balanced. So if you have too many lives of one sex, the guides will say, "You know what, you don't really understand the opposite sex. Maybe it would be a good time for you to take on an opposite sex body."

And yet if someone has mostly been male and is used to having sex with females, there might be a lifetime or two or part of a lifetime of transition of continuing to have sex with females. So that all fits together and it all serves the larger purpose of trying to reduce the birth rate, trying to put the brakes on this unsustainable population explosion.

So the non-binary thing is really interesting. What we have had in our society is increasingly going to extremes. We know that we know that in hunter-gatherer cultures, they tended to be matriarchal. There was often an awe that men had of

women because they could bring forth new life. Women were often in charge. This is not true everywhere across the board, but there was this tendency.

Now, the ideal from a higher consciousness point of view is for the masculine and the feminine to be completely in balance and integrated with the pros and cons of both of them respected and worked with. It's really not ideal to have one part of reality to be dominating another. 13:54

What happened was that as we started moving away from hunter-gatherer into towns and then cities. There was the ascent of patriarchy where the men were in charge. So that went to an extreme. And as those extremes occurred there got to be stricter definitions of what a man should look like and what a woman should look like that are quite suffocating to many people who don't naturally fit comfortably into that.

Part of the male archetype in its extremity is modeled after the Roles of Warrior and King. Because those are more masculine types of soul types in that they are active; they're doers. They make things happen in the outer world. And that fits with the masculine energy that moves out into the outer world, for example, career and that sort of thing. And men, especially those whose souls have high male energy and who also are Warriors and Kings could be very comfortable with that.

Also, the... Warriors and Kings tend to not be as comfortable with emotions because if you are fighting wars or doing the political game, it might not be good strategy to let people know what you're thinking or feeling or what your vulnerabilities are. And that could mean suppression of emotions.

And that has worked its way into the male archetype, which is really not very healthy generally, although it might be a good idea if you're in military or political negotiations. So these things got to be very extreme.

And let's say you're a high female energy Sage or Artisan man and you're just not comfortable at all with that. You just have no interest at all in going out and fighting wars or whatever. And so there's this attempt to conform to stereotypes that really aren't comfortable to you. And yet, if you don't conform to them, you could be shunned, exiled, judged, etc.

So you've had a lot of people in male bodies who are gay or more feminine. You can be completely heterosexual, but still have more of the feminine archetype traits. You can be softer, kinder, nurturing, more gentle, whatever. A lot of these people are pushing down those sides of themselves to fit in.

And also throughout much of history, if you, for example, you were a farmer you needed lots of kids to work the farm. So you would try to fit in, and you'd try to look like the masculine stereotype and you would have a lot of kids and yet sometimes this was at the cost of who you really are.

And of course, the same is true...hold on a second. I think my phone is going nuts. I don't know if my phone's channeling. I just started talking. I don't remember it doing that very often!

The exact same thing is true in the mirror image with maybe people who are more comfortable in the female body coming in as male bodies because it's time for them to

get balanced and women who are maybe more comfortable with some of the masculine archetypes. Let's say souls who are Warriors and Kings coming into female bodies and then feeling like they're not pretty enough or they're not soft and girly enough or whatever.

And so they're pushing down parts of themselves. And often this includes suppressing part of their natural sexuality. Sexuality has always been very diverse and yet with particularly conservative, maybe Baby, Young soul cultures, the idea is that everyone has to conform and look one way.

So if you looked anything other than a standard one man, or one woman with a bunch of children; if you didn't act a certain way, then people were very suspicious. Just like they were suspicious of outsiders, people with different color skins, anything that wasn't homogenous or conforming.

So what we have now is a lot of souls coming in who are rocking the boat. They're coming in as females when they're more used to being males. And as females, they're saying, "What the fuck? You're telling me I can't do this? Yes, I can." And they're fighting for equal rights. The irony is that current women who have mostly been women in past lives may just take those limitations for granted and not be fighting so hard for equal rights. So it's the ones who are used to their male prerogatives who are fighting the hardest for that.

Then you also have... a lot more publicity on sexuality. But on the true nature of sexuality, human beings have been extremely ignorant. If you've been in any sort of religious or spiritual group, they tend to be quite conservative in that regard and quite ignorant about authentic human sexuality.

And so... you're now hearing more from people who are, for example not naturally monogamous. I remember about 30, 40 years ago when people who were in committed polyamorous relationships. Meaning that they were married to more than one person. They were not necessarily promiscuous. They were not swingers. They were people who just had more than one mate of the same or opposite sex.

They would go on to talk shows and they would be booed and treated with such nastiness because they weren't conforming. And it was really brave for them to even go on those shows and to speak their truths to people. Now it's in mainstream newspapers talking about polyamory and what are the problems with it, what's good about it, what's its effect on children.

So a lot of these things are becoming more public and it's less dangerous for people to come out publicly and say they're gay. Until very recently, if you were a movie star... and you acknowledged anything other than heterosexuality, you could lose your career.

And I was talking to someone yesterday about the actor Harry Hamlin who in the 80s was quite an up and coming hunk. He took a role, he's a straight man, he's a Warrior, but he took on a role playing a gay man. And it kind of tanked his career. He never got to be the big star that he would have been today.

It moved from that to straight males movie stars playing gay characters and getting Oscar nominations for it. And now it's actually possible to be a star and be out as a gay or bisexual man.

People seem to be less threatened by gay or bisexual women, mainly because men are still in charge, and they like the idea of two women being together. But that is also becoming more acceptable.

What's happening with people who are identifying as non-binary could be a lot of things. One is maybe I say, "I don't fit the male stereotype; therefore I do not identify as a male even though I am in a male body."

Now, what would happen to that person if he no longer felt like he had to conform to the extreme male stereotypes. What if he grew up thinking males could look more feminine or more masculine or they could go back and forth if they could do anything? Would they still not identify with the male gender? I don't know. I think it would depend on the individual.

And it's the same with women who don't identify with the frilly girly thing, which again is probably going to be the more solid roles of Scholar, Warrior, and King who don't identify with that frilliness because they are more straightforward, less adorned type of souls. They're just simple, straightforward to the point one input people.

So... saying that you're non-binary, of course, a lot of these things too have to do with the current trends. If you're a young person and people you admire in the pop culture are saying that they're non-binary, then you might also jump on that wagon because that seems right to you also. Like, "Well, I know I don't fit into those things anyway."

It's just a way to gain permission to be who you really are, whether it will remain a person's identity for decades and decades or whether it's just a phase, we don't know. And this is one of the valid concerns that people have with young people transitioning to transgender situations using hormones and surgery because what if it changes?

I've actually done a lot of reading and studying about this subject. There are a lot of children from the earliest age are quite vocal about the fact that even though they were born into a male appearing body, they are female, and they never vary from that. And those children should probably be allowed the hormones or the hormone blockers at least so that they can have a body that conforms with who they are.

Now, why are some children so vehement that they are not the gender of their birth body? They call that assigned female at birth or assigned male at birth. There are a lot of different reasons that could happen. It could be one of those situations where let's say in the case of a young boy who is certain he's a girl and wants to dress, wants to live that way. It could be one of those examples I mentioned of people who have been female in many past lives, and this is their first life as a male and they're just not getting comfortable with it.

But there's another reason which could be the case. And I find it very interesting and this is not something we've talked about much in the Michael teachings, but I've got material on this. When you plan your next lifetime on the Astral Plane. And you're making your life plan, you're choosing your parents, you're figuring out what you want

to do, you're choosing your Overleaves and so forth you generally are planning it around either being male or female.

So let's say you have planned that lifetime around being female and then you get a different opportunity. Maybe the body you were planning on is no longer available. It could be a birth defect, could be someone else has priority and gets that body, whatever. So you're just about to be born and there's a change of plans and your guides say, "Look, this is the situation now. You could wait for another female body or here's one that's male." But it otherwise it is everything you're looking for this lifetime. Would you like to take that?

That happens much more often than you may realize. We always tend to think of all of these spiritual plans being ironclad and never changing. But in fact, there's a lot of fluidity in terms of planning an upcoming lifetime. What Michael said through me was that 90% of the time when these situations arise, the soul takes on a body of the opposite sex than what they planned. They adjust to it and they're just fine with it. And there's not a lot of issues.

And this is where you see girls, for example, who are tomboys throughout their youth. They may be Warriors and Kings. They're very athletic. And they like to play with the boys, and they play rough. But they get used to the female body and the hormones and the imprinting and they don't reject it. And maybe then by the time their hormones start turning on puberty they get more comfortable being female and that maybe they're heterosexual, maybe they're bisexual.

Sarah Chambers, the first Michael channel channeled in her later years of channeling that every female body has the hardwiring making bisexuality possible. That doesn't mean that the soul or the personality in that body wants that or will choose that. But the hardwiring of the body, is such because the female body is receptive. So the body can be receptive to any other sexuality. 29:01

You see... a little less bisexuality in male bodies because the hardwiring is not commonly that flexible. Although you do see a lot of very high male energy males and Warriors who were in prison who will still have sex with other men because they're so sexual and they just close their eyes and pretend and make believe and maybe the other person plays the female role or whatever.

So maybe that's not something they would have otherwise chosen, but it's more circumstantial. But in any case, in 90% of the cases, this is outgrown. And so let's say you have a boy who's more feminine. And he may remain being considered more feminine throughout his life, yet he still may end up being heterosexual.

So you have a real problem in our society where people don't really understand the complexity of these things and want to put people in boxes. And if they see a man who demonstrates more feminine traits, they assume he's gay. But the gender identity or presentation is actually a separate issue from who they want to have sex with.

There are men who seem feminine, and they love the feminine and they only want to be sexual with women. They just are totally grossed out by anything male or the male body. So the only way to really find out what a person's sexuality is, is for them to tell you. If they feel safe to do so.

So those transgender children who are making a transition who maybe aren't quite yet comfortable, but maybe they'll get there. I think we want to be more careful with those children to let them express whatever gender they're feeling like that day. You know, boy wants to wear a dress to school. It would be nice if that was okay.

But if you have... let's say a boy who has not always claimed that he was a girl from the earliest time he could talk, where it's maybe a more temporary thing. You would want to be much more careful about putting them on hormones and that sort of thing or hormone blockers as a teen. You don't want to suppress who they are, but you don't want to lock them into it either. You don't want them to get defensive around that and instead say, "Well, let's just go with what you feel now and just see if your feelings change."

But the whole non-binary thing is also kind of a larger spiritual truth because every soul has both male and female energy. Some souls have a lot more male energy than female. Some souls have a lot more female energy than male, but there are almost no souls who are without at least some male or female energy. So when you say you're non-binary, it could be that you're identifying with the soul who is neither male nor female.

And we do know that when we are between lives on the Astral Plane we may present to others the appearance of the body that we last knew them as. But souls in between lives can appear both masculine and feminine and our guides may have a more masculine feeling about them or more feminine feeling about them, but they're really not locked into that because the soul, you know here we get into semantics, but the soul really kind of is bisexual, both masculine and feminine. And so you could say uh non-binary in their gender presentation.

So my personal belief is that this trend of younger people saying that they're non-binary is really healthy because it's society saying we're just not going to go along with these overly oppressive gender roles anymore.

Why can't a heterosexual masculine man stay home and take care of children? Why can't he clean the house? I mean, there's nothing truly inherently feminine about cleaning the house, except I will say that male energy itself tends to direct into the outer world and female energy itself tends to direct inwardly.

And the reason that we've gotten these rigid gender roles is that there's some truth behind them. So high male energy men naturally want to put their energy outside of the house into the world and have a career. But we also find that women with high male energy on a soul level, which is something on the Michael chart, also tend to be more career oriented. They want to get more out of the house too.

They might be a little more comfortable in doing some of the household stuff because a female body inherently also has some female energy, even if the soul doesn't. So that is kind of natural, but anyone can learn how to clean a house. And anyone can learn how to be successful in a career. And the soul seeks a variety of experiences. So the soul doesn't want to be locked into any of these rigid rocks.

So we're shaking things up now. And that is really by agreement because those of you who know the Michael teachings well know that Michael makes a lot of the fact that the

average soul age of a human being is moving from being late level Young soul to early Mature soul. And this is the biggest change that happens on any planet.

Because what happens as the soul ages progress is that we move from Infant, Baby to Young, we're becoming more and more focused on the outer world and adept at handling the outer world. And once we feel like we've gotten that under our belt, "Okay, I'm here, I know how to be in a body, I know how to be a human. I know how to navigate in human society. I know how to make a living. I'm comfortable with that. Now I am at liberty to start working with the inner world."

And that is really the only 180 degree turn that we have on the Physical Plane, where we gradually start saying, "Okay, what are all these inner things that I've been neglecting? Relationships, artistry, emotions." And so we start working with it. The Warriors and Kings and Scholars, but particularly the Warriors and Kings, are very comfortable in the Young soul cycle because it fits with their desire for action.

In fact the Young soul cycle is the number three soul age and three is the Warrior number. So that whole working hard to achieve things is very comfortable for the Warrior. You might say the most quintessential Young soul would be a third level Young Warrior because it's 3-3-3.

And so they may have had many lifetimes where they did not have to deal with their inner world or the emotions very much. Now every human being has relationships. So even if they're not your focus, they're still going to be a real central part of your life. No matter what your soul age is, no matter what your soul Role is, there are relationships. But there's more of a focus for some individuals than for others.

So let's say you're a Warrior King and you're making the transition from Young to Mature, that can be very frightening, disoriented. The Warrior and King archetype is characterized by fearlessness in confronting challenges in the outer world. But it can be terrifying to confront their inner world, their emotions. They may try to hide it, but that can be very hard.

I think I've maybe mentioned my father, who's now deceased, but he was a second level Mature King with a Warrior Essence Twin and high male energy. And it's often occurred to me how lost he's going to be in his next lifetime if he comes in as a female. But he was someone who really fit the stereotype. He went off to work every day. He didn't like the work. He was running the family factory, but he did it. He bit the bullet. He did what he had to do to provide for his family and the wife ran the house. And when my stepmother died, my father hardly knew how to boil a pot of water.

And he had rushed into marrying my stepmother when my mother divorced him because he was so terrified of not knowing how to do really basic things. When my stepmother died, and I came back for the funeral and I'm very domestic. I love doing things around the house. My father... was so impressed with me because I knew how to put saran wrap or aluminum foil over the hot dishes that people had brought for the reception after the funeral you know it's like a little thing. But, he just had no clue how to do anything like that.

So, I think what we have today is a time of coming back into balance. And so we're turning this big corner and society as a whole is saying we cannot go on the way we

were before. We cannot have these rigid beliefs about how men and women are supposed to be that leave people no breathing room. They're really suffocating. They're really hard for people to live with. And so now we have young boys wearing dresses and young girls, you know, shaving their heads.

And it's very frightening and disorienting for older people who are still living in these little boxes. But it's challenging everything that we believe. So we'll see what happens. How much of this will be sticking in 50 years? We don't know. We'll see.

Any questions or comments? About non-binary and other things. SusanJ.

SusanJ: "So I'm really curious if souls are more likely to be non-binary or be part of LGBTQIA, if they are Mature and Old versus infant Baby or Young.

Shepherd: I don't think they're more likely to be that I think they might... be less likely, the younger ones might be less likely to feel at ease coming out, especially if their parents are also Baby or Young souls who are more conservative and more rigid. It might not feel as safe.

I think a big mistake that's... endemic in the Michael teachings community is to have too limiting a view of younger souls and thinking that, you know, younger souls always fit a certain stereotype. I'll give you an example. When I... was like in the 1970s when I was young, it was pretty much only the progressives, the hippies who were into granola and alfalfa sprouts and healthy foods and herbs and that sort of thing.

And there's was the feeling that anyone who was probably a progressive did that because that was really the case. And now we have very conservative people who have become "crunchy", who have adopted this, and maybe their reasons are a little different. Maybe they believe that the corporations are out to control them and trying to make them unhealthy. So there could be some conspiracy theories attached to that. Of course, you can also have that in the progressive world also.

But we tend to make assumptions about younger souls that they might not be sympathetic to alternative gender identity and sexuality. And in fact, they might be. But in general, yes, the younger souls are just as likely to be... to have kinks, to be gay or bisexual or polyamorous or whatever but how comfortable they are in telling their families or actually acting on those might be a little bit less depending on their circumstances.

I think you can find every part of human behavior in... in all the soul ages, but maybe their sophistication around it might be less if they're younger.

Stan: Shepherd, I'm interested in the increasing use of the pronoun "They"... instead of he/she referred to as they or them which is a combination, male, female, or neither? Any comments on... the pronoun "they"?

Shepherd: I have a lot to say about that, Stan. Because as a writer trying to be fair to both men and women I started out with the grammar rules being that if you use the general "he", it referred to both men and women. And then you started hearing from people, feminists particularly saying that's not fair. So then I started using "he, she, or they". I got the idea from Aaron Christian that in my later books I would alternate like sometimes I'd say, "she". And I cannot tell you how thrilled I am that now I can just

use "they" for everything. It is such a relief. And it's such a bizarre thing in many languages that objects are often given a gender, you know, like in French, you know, it's la or le, that's really bizarre.

And the absence that we've had in English for so long of a word that could be used for the singular he or she. It's really been crazy. So using "they" is it's not ideal because it also has that other meaning of group or plural. But I can't be more thrilled with that and it's like, I'm so relieved when I write something now where I can just say "they". I think it's really a better solution.

And there are a lot of situations in which the gender that you're referring to is not at all relevant to the conversation. On the other hand, where it can be a problem is this sort of where you are left guessing whether the person has a penis, vagina, or neither or both. I say neither or both because there are rare intersex people who have unusual genetics or hormones that maybe have chromosomes or equipment of both genders.

So that happens also. But if you're like me or a curious person, sometimes you do wonder, you know what is the person packing down there? But if they choose to keep that vague, then I respect it. It's none of my business really so nobody has the right to demand to know.

Also, we are in such rapid transition now and we're trying to find words for things and not all of them are going to stick. Some already have fallen to the wayside and 10, 20, 50 years from now, we'll see what people continue to find useful but at the moment, people are coining new terms for various kinds of sexuality, like roughly one a week. And people can certainly be forgiven for not knowing the right words or the current words for things.

And I don't think they should be attacked or judged from that because I think especially conservative people who are not up on that. It's just going to make them dig their heels and more if you judge them for not using the right pronoun nouns. Although, of course, we should all respect the pronouns that people asked to be referred to with.

Anyway, in general, I think "they" is peachy. SusanF and then Laurel.

SusanF: I didn't have anything. I think that was an AI intrusion. So I lowered my hand.

Shepherd: Oh, okay. All right, Laura. Lori.

Laurel: It's actually Laurel. I have not changed my name on Zoom, although I have tried a couple of times, but I'll get there. Two comments from two lesbians I know, both in their 60s.

One of them has said, "If I were growing up now, if I were a teenager or a young adult, I would choose to be identified as non-binary. But I've been female for so long why change now?" So that was her comment.

The other one also in her 60s said, "When I was growing up there was butch and femme. Isn't there room anymore for butch women?"

Shepherd: Yeah. So I think the enlightened view today is there's room for everyone. And you get to choose, and this is the great breakthrough in the Michael teachings is the emphasis on the validity of individual choice. Because in so many spiritual

teachings, you have the guru telling you how you're supposed to be and what you should do.

And individual choice is the fastest path to growth. So if you... identify as a butch lesbian and that's what you choose to present as why not? That's perfectly fine. There's nothing wrong with any of it.

I think when people freak out about a man who's not masculine or a woman who's not feminine, I think in their minds one is better than the other. Like... being masculine is better than being feminine. And if you're not a masculine man then it's like they're taking it as a personal insult. And a woman who's being masculine, it's like, you're a woman. "Who do you think you are to try to take my place?"

If we really get it in our heads that masculine and feminine are just two sides of the same coin and that they're equally valid and important and beautiful and useful and that everything has positive sides and negative sides, then we'll just let people be who they are. Our only job is to make our own choices. It's not to make those choices for other people.

I think probably if I were young, I would also maybe adopt the term non-binary because I don't on an emotional or gut level feel like a man or a woman, I always have. The term I used in the past was androgynous, although there's the unmistakable fact of my chromosomes and equipment being a certain way. I also have a lunar body type and lunar is the most feminine of the body types. And I think that sort of maybe affects my not feeling so macho or masculine.

But it's also been part of my path to heal past life trauma around the masculine. It's a long story and I won't burden you with that now. But I did have a past life where I had an existential crisis around whether being a man was a good or a bad thing. And my male and female energies on a spiritual or a soul level like ripped. And so I came into this world thinking that here I was in a male body but thinking that being a man was bad. And... that's a really interesting way to work out some karma i.e., being born into a male body and thinking that that men were violent and destructive. And growing up with this conception.

My father was a good man, actually. But he was very unhappy. He had a terrible temper, which Kings and Warriors often do. He was very critical all the time. He was not... a kind or nurturing father. And I looked around, this is you know is the 60s and 70s. I didn't see any of my friends who had fathers who were kind and nurturing. I can't think of any at all and we had one male elementary school teacher who taught in the sixth grade and he was just that same kind of archetype of the toxic male who's like the gym teachers. The gym teachers were so abusive. And so insulting and horrible. I just didn't see any kind men.

So, of course, I wasn't that way and I didn't want to be that way and I couldn't identify with that. What if I had grown up with kind, nurturing loving warm-hearted men? I probably would have had a lot less trouble identifying with masculinity. So I kind of like the idea that we really don't actually need to name anything.

We can just be who we are and I mean, that's quite a concept, isn't it? What if we just would be who we are and what is natural for us in the moment and didn't feel the need

to label it either in ourselves or others. I think that would probably be a pretty comfortable solution for a lot of people.

Shepherd: Simone Jasmine.

Simone Jasmine: Yeah. Does it make a difference of female and male energy on the Astral Plane? So that maybe male energy comes quicker to earth again or do you know something about it?

Shepherd: Yeah, so what Simone Jasmine is referring to is on your Michael chart, there's something called male-female energy ratio. And... a soul can be higher in male energy or higher in female energy. And it does predict, especially if it's extreme, whether you've been in the male body more often or the female body more often. But it does not describe the whole totality of what we think of as masculinity or femininity.

So if you're a high male energy Scholar, you are not going to present as macho as a high male energy Warrior because we also think, as I mentioned earlier, of the Warriors and Kings as representing masculinity. But they really don't, but they kind of do.

So, if you've been male more often, even when you're on the Astral Plane, you might feel more masculine. You might present that way more, but you also will almost certainly have had female lifetimes as well. So all is choice. You could probably find a few souls out there who have never been male or never been female because that's what they've chosen. But it's probably not a very skillful choice because male and female are two sides of one coin, part of the whole. And if you don't get to experience something you might get pretty imbalanced.

So... Does that answer your question?

Simone Jasmine: I do think so. Thank you.

Shepherd: Yeah. Thank you. Any other questions?

Do you pronounce your name Ragna? How do you...

Ragna: Yes.

Shepherd: Okay. "Ragna". Okay, good. I'm going to actually make a note of that because I like to pronounce people's names correctly.

Ragna: I don't know if it's correctly, because there's three ways. But in my family in Germany we pronounce it like there other Ragnas that say Ragna, or something like that.

Shepherd: Okay. Okay, terrific. So Ragna asked about Human Design, which is also a channeled system. And this was someone who had previously gone by the name of Robert Allen Krakauer who took on the name Ra Uru Hu. And channeled in 1987 The Voice and brought forth the Human Design system.

Shepherd: And I do get that that is a Causal Entity also. A good clue is if a channeled refers to themselves as "us". Then they might be Causal because on the Causal Plane you start to identify more with your Entity or group.

I don't know if this particular Entity referred to themselves that way. But another clue that you're getting a Causal Entity rather than Astral Entity is that the Astral Plane is more emotional and inspirational and more fluid and the Causal Plane is more intellectual.

So a Causal Entity would be more likely to bring through a system that's more intellectual. That's not to say that an Astral Entity couldn't also teach intellectual data and maybe they're a Scholar, for example, bring forth a system. But there is a clue that there was this quite detailed specific system that came through The Voice and I do get that it was another Causal Entity. We know that Seth channeled by Jane Roberts was also a Causal Entity.

We should dispel the notion that a Causal Entity's teachings are better than that of an Astral Entity because there is no better or worse. There are Physical Plane beings who are excellent and accurate, truthful teachers. And there are Causal entities who maybe are not coming through with as much correctness as they might otherwise because they're still growing and they're still learning. And also there can be problems in the transmission. So maybe the information starts out being good, but it doesn't come through the channel with so much accuracy.

People tend to not realize that the channel is a collaborator in the process. So if you think that it's just a matter of pure dictation then it shouldn't matter who the channel is. But even though the channel should be subordinate to the Entity, the instrument that the channel offers and how unbiased the channel is and how knowledgeable the channel is will make a difference in what is able to be transmitted.

So it is a collaborative thing. This came up when we're talking about the original Michael group which was a group of friends in 1973 in Oakland, California, that would meet and explore various spiritual things. And they decided to take out the Ouija board and we know Sarah was the first Michael channel. But in fact, there were others who worked the Ouija board. If Sarah had a question, she didn't work the Ouija board, she let someone else do it.

There was a woman named Carolyn Sturkey who was pretty good, but I think people came to feel that they were getting the best material through Sarah. She would also work the board with her husband or with Carolyn or with someone else. So the fact that it was one letter at a time, you would think it would not matter a wit, who the channel was, but they were still using the instrument of the channel and in that case Sarah, who is a brilliant old Scholar, who read two to three books a week for 50 years was an excellent instrument for this kind of material.

Does that answer your question about human design?

Ragna: It gives me good hints. It is a very scientific system, so I think it's not so emotional that it's Causal. I had some more ideas that there are two or three other people who got this information, and they were hospitalized in psych wards. And that there's someone else who has a very similar system. I don't know if he gets the same information, or if he's just copying. I don't know what his soul age or archetype is. So, there are more questions now about this and for me. I love this system which has a holistic approach, and what I say that it's not taking away from the mystery of life.

So it's not just putting things in the box and it's a nice system that feels really vivid. They're like fractal, with a matrix that it's if you get it bigger or smaller you have the same pattern somehow, and yes, fractal systems.

Shepherd: I love that.

In this system I'm still learning, and as I'm learning both parallel it's like on the surface totally different but when you get into the energy and how it describes how I'm working how my structure is then it's like "Wow it's the same!"

It's the same, and this is where I get really ecstatic about it. In the Human Design they produce a system where you can calculate how you are your fingerprints. With the channeling as long as I'm not a channel, and I say to myself, it's not difficult to explore deeper to get the charts of all the people to see if there are some parallels that that are scientific and not just feelings. 1:02:42

Yeah, so they would like to have the abilities to search deeper. But thank you, thank you very much. And the Ra Uru Hu, as already died.

I have not had the opportunity to ask. I just know that he called it the Voice, and that what coming in was sounds and pictures, and it was not just words he to translate somehow, and he was also a musician so he understood a lot of things I don't know not by his mind, but it brought out this really, really brilliant system.

It's amazing. Yeah, thank you.

Shepherd: Thank you! I attended the first Soul Academy gathering in Germany in September. And there was a program correlating the matrix which is the German version of the Michael teachings and Human design. I was not able to attend that but... for me being the only person there who didn't understand German, it would have been kind of disruptive and a hassle for people to be trying to translate in my ear.

But there's a lot of interest in this. And basically, any valid system should accurately describe a person. It should complement other systems. So your astrological chart should complement your Michael chart or matrix. It should complement, of course, Human Design which is also derived from astrology. There's the Meyer Briggs. There's so many personality systems and they are all useful and some people are attracted to one, some people are attracted to another.

But they shouldn't contradict each other. They should be like the Indian analogy of the blind men and the elephant, where it's describing one side or describing another side. About 15 years ago. An astrologer who was also interested in the Michael teachings asked me to start collecting astrological data on the people whose charts I got, which I hadn't been doing.

Because he wanted, when he retired to crunch the data and see if he could find correlations between my charts. So I've done that and I have no regret doing that because it also means that I now have about 14,000 charts. And if 50 years from now, someone wants to know if a chart was done on John Smith. My database having the birth information will also tell you which John Smith we're talking about. Very useful.

He has... drifted away from the Michael stuff, so he hasn't taken that on that. But I continued to collect the data and there's no time limit on this. So someday someone who's brilliant at computers and astrology can take my data and crunch it and see if they see any patterns.

The most direct correlation that we have seen between the Michael charts and astrology have been in the body types, which are named after the celestial bodies. So, for example, if you have a mercurial body type, it's very likely that Mercury plays a strong role in your astrological chart, but we have not found that it will directly correlate with the Sun and Mercury or the moon or whatever, it's not that specific a correlation.

And I think the reason for that is that all is choice. So the soul is going to choose its day and time of birth for its own karmic reasons and it doesn't have to directly or entirely reflect the Michael Chart.

Ragna: May I ask you? You mentioned the meeting in Germany. Was it September 2024 or is coming up in 2025?

Shepherd: Yes. Well, they're having another one this summer, but I wasn't invited to the new one.

Ragna: But this was one of the topics where the comparison of the two systems, you know, if there's any audios or possibility to hear it?

Shepherd: I don't know, but you could contact, well... Simone, do you know Simone Jasmine?

Simone Jasmine: It was just a quick review on human design in general. Unfortunately, didn't compared it. I was waiting for a comparison but it was more the basics. I don't know if he's studying more about it. I will look for the name and contact information.

Ragna: Great, and Simon this means that you're also from Germany? I see also Thomas. I don't know if there are more, but there are so many students in the States, and I would love to connect us between the ZOOMs. If others have an interest, maybe we can email, or WhatsApp or someone to discuss these things further.

Shepherd: Absolutely! And there are increasing number of German speaking people who are getting interested in the Michael teachings. It's actually possible that more than one will be traveling to our East Coast Michael students gathering in Virginia, which is in May, which I'm very excited about. I would love to see several of the Germans make that trip so we can make that in-person connection.

I would also mention that I will be doing a Zoom workshop, which is called "The Journey of Your Soul". It's a deep dive into the Michael Charts. I've done three of these workshops previously and they were great fun and very interesting.

And now we have on Zoom, not only the option to do closed captioning where it will type out what people says as they say it. But there's also the opportunity to change the language of that closed captioning.

So if someone doesn't have good English, they could change the closed captioning to their language of choice. And I'm inviting any German speaking people who want to

participate in the Zoom Charts workshop, which starts a week from tomorrow, Sunday to give it a try.

And I'm making the offer that if their English is really poor and the closed captioning is just not bridging the gap for them, I would be happy to refund them all their money if they want to just even try that. Please spread the word among the German community, German-speaking community, that if they want to learn more about the Michael teachings, this is an ideal way to do it.

I would love to have you. I purposely have timed these so that European friends can join us. It's the evening for you and the morning for me. So... If you go to my website, shepherdwind.com, and you click the tab events, it has the PDF. For the two workshops that are going now, including this one and all the information that you need is there.

So also just be aware that I recently re-did the brochures to have more information about the logistics and such. So be sure to get the new ones.

Kathryn: Kathryn stated she attended this course and found it very helpful and interesting. She encouraged anyone with an interest to sign up. (Kathryn's comments were delivered in the Zoom transcript in an unknown language I couldn't translate back into English)

Ragna: And you also work with the charts of the attendants? And you are able to get very personal information?

Shepherd: Everyone's chart gets thoroughly explainable. Yes, yes.

Ragna: Sounds nice.

Shepherd: And one of the challenges we had for decades are people who've read the Michael books and they love the Michael books, but all they have is the book learning. Maybe they didn't even know they could get their chart. But even people long time in the Michael community who've had their overleaves channeled tend to have a more theoretical knowledge about it.

And this leads to some problems because if it's more theoretical and not real world, we have people going around who believe that there are certain Roles that more experienced people, those who know what the different Roles or energies look and feel like, know that these people cannot possibly be.

For instance, I can think of three people who claim to be Kings and there's just no way on earth that they're Kings, but because it's more theoretical, because they don't know what these things look and feel like in the real world you cannot convince them otherwise. Especially if they have a chief obstacle of Stubbornness, which means they're not going to change their mind about that anytime soon.

We're always looking for ways to make this information alive so that it plays in the real world. And one of the ways that we do that in these workshops is for people to talk about their experiences of different Overleaves and Roles, et cetera, and what that has looked like anecdotally. So that's very valuable.

Another way that we have brilliantly brought this theory into the real world is through the constellations. So we're not doing that in my workshop. But we have done that over Zoom with Sneh Schnabel, the two of us constellating people's charts via Zoom. And if Sneh wants to, we can do more of those workshops in the future. Those were just thrilling to discover how the Michael charts constellate.

So, you know, you have a representative playing your Role and another one playing your Soul age or whatever, it's just mind-blowing because one of the things you find out is that people are not doing their charts in the same way.

For example, the first time I did this was in Freiburg with Sneh. And we constellated someone's chart and she was a Sage that the person representing her role of Sage had drifted way off to the side. And what this told us was that this person was not in touch with their Sage nature. They were suppressing it.

And we could see that from the constellation. Or... we could see someone who was adamantly denying that they had a Goal of Discrimination and a Cynic Attitude, and they were being so cynical and dismissive of those Overleaves that it was a really great example of those two Overleaves in action. So then I said to the person who was not validating that, I said, "When you were a child, if these were your actual Overleaves, you probably were questioning authority all the time." "Oh, yeah, yeah, yeah, I was." "And I'll bet the adults hated that." "Oh, yeah, they hated it." So we got to the bottom of it, is that these were her Overleaves, but she couldn't validate it because to survive, she had to try to be something she was not.

So this is another way that we bring this material to life. And this is why I've never gotten bored with the basic Michael teachings, the chart material. Sages have a reputation for having a short attention span, but it has stayed fascinating to me for 40 years because it's never manifesting in the same way and it's always useful.

So... anyway, please spread the word about the upcoming workshop. We've been getting fewer and fewer people in the Zoom workshops that I've been doing. Sneh tells me that it's not been her experience with the constellations thing, but it has been mine here. So I don't know when I'll be doing another one again. So if anybody wants to be doing these with us, I hope that they will join us starting a week from Sunday.

Also, people can jump in late, you know, if they find out about it late, they can jump in and then they can watch the videos of the sessions that they missed. And people whose schedules are such that they're going to miss some sessions, which we've had throughout all the Zoom workshops, that's fine. You just watch the video or listen to the audio of what you missed and email me with questions and jump in wherever you can.

So now we're going to talk about a [question from Thomas](#) who brought up a question about [science fiction movies, especially the older ones](#). He asks [whether other intelligent life forms always look like human beings except for pointy ears or different makeup or noses or whatever](#). And he wanted to know [what the intelligent sentient life forms on other Planets actually look like](#).

Shepherd: We have the answer to that question. In the very earliest Michael channeling where Michael said that the humanoid form is not the, what was the term

they used... the bella ideal or something. It's not the most common life form for intelligent sentient species throughout our universe. The most common one is, am I saying this right? a Cephalopod, the octopuses and squids and that sort of thing.

And we do know that these creatures on earth are very intelligent. So that is the most common form of sentient intelligent life forms. When I say sentient intelligent life forms, I mean these are beings who can reason and make choices. That is the common denominator for every sentient life form throughout the universe. They can look like just about anything you could imagine and a bunch of things you could not even imagine.

And the things that come up in science fiction novels, I probably mentioned before I believe, are often the writers remembering previous cycles of their own. Or maybe things that they encountered through life forms that had space travel, so they ran into them.

So they may... look like various forms of animals or insects. They may look like a rock. They may look like a blob of silicone. They may look like a plant life form but if that life form is sophisticated and complex enough to be capable of being a seed of reasoning and choice making than it could be a sentient species.

Shepherd: [Stan had asked quite a while ago, who built the pyramids?](#) And I wasn't confident enough of what I had channeled to share it before. So I'm going to go ahead and tell you what I got.

From Michael with the caveat that others may disagree. I know Dave Gregg hates this and totally disagrees with this, but this is what I channeled and your mileage may vary, as they say. So you, of course, you get to decide what you think.

I channeled this about 2005. Relative to who built the pyramids, "Aliens from various places have been involved in human civilization on and off from the beginning. They helped build the pyramids so as to remind human beings that there is much beyond their limited understanding." I love that, actually, even if it's not true, I love that.

It is rather like a schoolteacher having a bust of Shakespeare on her desk to remind her students that as they labor on their fifth grade compositions there is so much greater to aspire to. "Alien technologies were able to dematerialize and rematerialize stones according to a design. There were also human workers involved, but they would not have been able to do it alone."

And it really does kind of make sense when you consider how precise to, you know, very, very, tiny margins of error that the original pyramids were. They've been ransacked and messed with, but they're still quite amazing and they do amazing energetic things.

I've told you before that Stan and I were members of a spiritual group called The Emissaries. And the emissaries taught about the Atlanteans before the quote, fall of man as having a lot of advanced abilities, the abilities to work with energies and manifest things. And that could also be true that the Atlanteans at the time when human consciousness in their areas were a lot higher, that they were working with the aliens or able to do quite a lot of remarkable things on their own. So Michael here is not

saying it was just the aliens who did this, but maybe more advanced human beings at the time were also able to do this. I've heard through, maybe it was Edgar Cayce, that in ancient times, Egypt was a colony of Atlantis So they were in touch with the Atlanteans.

My big caveat here is that none of this is really core to spiritual teachings. In other words, you don't have to believe in aliens or that they created pyramids in order to work on unconditional love or anything that's truly important. It's just kind of fun and entertaining to think about. Ragna?

Ragna: Are aliens sentient peoples that include other planets? So they have a cycle outside of the earth, and they come here and visit us here without incarnating here? So they have possibilities to connect by consciousness or physically?

Shepherd: Yes. Yes, and it would not at all surprise me if there were some walking among us. I would not admit to believing that at a Republican convention but it is. I don't have personal knowledge of it, but I have friends who are really into UFOs and ETs who know people who've had experiences of it and I don't have direct personal experience, but all I'll commit to saying is, it would not at all surprise me if they're here. But considering the way that the US military is, I can understand maybe they want to keep a low profile.

Ragna: And I was reading books about that also in the Genesis the Garden of Eden would be a place where some alien came here, getting raw materials and recruiting humans, like living forms, and they did some gene manipulating and helped to create the human species. Yeah, our living form, and there was some gene exchange. So part of the aliens are in our sentience.

Shepherd: Yeah, it would not at all surprise me. There are a lot of channeled accounts about that. The big fly in the ointment when you talk about anything with history is that the farther you go back the more there have been different parallel universes with different histories that have maybe merged into ours. So you could get five or 10 different versions of what happened 10 or 50 or 100,000 years ago, and they might all be correct, but in different parallels.

I love something that Shirley McLean once said. She said, "I believe in everything."

And I think that's kind of useful. So I just think it's really quite possible. And, you know, we do this all the time. We're always hybridizing plants and such to get better results. And if human sentient souls were trying out different types of bodies like the Neanderthals and other alternatives. And maybe we were saying, "Okay, well, this is good here, but not so good there."

I can certainly understand a more scientifically advanced society coming in and saying, "Okay, well, we can tweak this gene and we can give you this gene here and we can tweak this or that" or whatever.

It would not surprise me. I'm just not making any claims to know for sure but why not? Why not? And I think people are very threatened by this kind of information, but maybe the core understanding here is that the universe is a lot bigger and more interesting

than we probably realize. And the possibilities are much vaster than we probably realize. 1:26:00

I was channeling charts a week or two ago and I had a little extra time And I brought in Michael directly to channel some answers to some questions that you wrote to me that I didn't feel I could answer on my own. Now I go into intuitive reading mode And Michael is supervising that anyway. So I get a lot of that information very well without directly bringing Michael into my fields. But to bring them in more specifically can be helpful for more complicated things. So I want to go to a [question that Thomas](#) asked, which is maybe a little... brain busting to talk about.

This is where we were talking at the last Beyond the Michael Chart session about concurrent lifetimes. To summarize and review. What I said is that because we have 8 billion people and we have maybe 1.8 billion souls, there is the opportunity for souls to have more than one lifetime in the same timeframe. That has probably been pretty rare throughout history because there is usually a long line of souls waiting to be able to get a body to come in when the population was much lower than it is.

[And so Thomas wondered what's the logistics of that if let's say... a soul has seven soul human bodies living in this time frame.](#)

And I did explain that from the soul's point of view these were past or future versions of each other. So one might be in the first lifetime of Mature six, one might be in the second lifetime of Mature six, one might be in the third lifetime of Mature six. And so there may be a little different lessons around that. Maybe even one might be in the first lifetime of Mature seven or the last one of Mature five.

So... [What Thomas asked is, well how does that work? Don't you have to build on the experiences of the previous one?](#) And he mentioned that Varda channeling Die Quelle said that the lifetimes go in a certain order like compared it to building a house. The first thing you have to do is you have to acquire the land before you can build the house. Then you have to build the foundation. Then you have to build the walls. And you can't put the roof on until you have the foundation.

And so how could you put the roof on in the same time frame as the one where you are building the foundation? That is quite a reasonable question. And part of the answer is the answer the nature of time itself. Time on the Physical Plane is pretty rigid. You do have some new agers saying, "Oh, time doesn't exist. It's not real." Well, it's perfectly real on the Physical Plane.

From the soul's point of view, it's more fluid and flexible. The higher you go the more fluid and flexible time is. But on the Physical Plane, time is a progression that is based in a solid way on the fact that our planet orbits a particular star and it takes so long to do it and we rotate and there's days and nights and that's how we think of time.

Even on the Physical Plane of Earth, if you were trying to compare our time to that of a distant planet, it would be hard to do it. Because if you say, "Well how many years?" On a distant planet that's going to be almost irrelevant. It's going to be really hard to compare that because on a distant planet their time is going to be measured through different rotations and different life forms that have different life expectancies and days are different. And so anyway but for humans on the Physical Plane of earth time is real

and it's progressive and you go from 2024 to 2025, et cetera. Okay, then you get to the Astral Plane.

And the Astral Plane we already know is a pretty fluid place. It's a more an emotional plane. It's more flexible. You can kind of create whatever you want on the Astral Plane. And you as a soul, even if you're incarnate on the Physical Plane are mainly focused on the lower Astral Plane looking down on the Physical Plane. So... you can bend things a little bit from the Astral Plane. It's not totally fluid, but you could as a soul on the Astral Plane finish a lifetime in 2025 and then start planning your next lifetime.

And you could bend time a little bit and slip a body into slightly earlier time frame. And it would still be the next lifetime from the soul's point of view, but it would be a little earlier in the time frame.

If you go to the Causal Plane, which it vibrates faster than the Astral Plane, time is even more fluid, but there still is time. There still is that progression and it still tracks the progression because you're still so involved with humans on the Physical Plane that the way humans are tracking is still very relevant to you. So you're still somewhat observing that, but there's more flexibility.

Then you go to the three higher planes, which are abstract, and time is much looser. And from the Tao, yes, you could say from the Source time does not exist. But in the Universe, it does exist. It's just more fluid and flexible.

So... you have, let's say, seven people who are all sourced in the same Essence, the same soul living in the same time frame and one of them is like a two-year-old infant and one of them is maybe a 94 year old retired dowager or whatever. And these are all in the same time frame how do they build on each other? Well, let's go back to Varda's analogy of your building a house.

There are some things in the building of a house that are progressive. It's really true that you cannot put the roof on until you have the foundation. So, there are some things that the soul would have to wait on in order for there to be the ability for them to do that. But also in a building site, there can be a lot of different things going on at the same time.

Let's say you're a contractor and you can't, you really don't want to work on the roof because... it's raining or whatever. But there are other things you can do. So it's the same with the soul. Let's say you're in your third, Mature six lifetime and you're waiting on some other things to be done, you might do some other types of growth experiences.

Now, let's say The second lifetime of six Mature finally gets around to doing something that's foundational that the third lifetime Mature six self needs. So that gets integrated into the soul and then the soul can bend things a little bit and feed it back into the third lifetime person. There you see how the fluid nature of time can be useful for the soul. Things just are a little bit more flexible in that regard, but there are some accommodations that need to be made.

I'm looking back at the channeling and see if I missed of anything. I think I've covered that. Thomas, any questions or comments?

Thomas: Shepherd, I have to say I'm not a Causal Entity or anything. I probably can't grasp it totally, but the take away is that it is possible, and that satisfies me as an answer. Thanks.

Shepherd: Thank you, Thomas.

Okay. SusanF had asked, and I actually gave an answer to this last time about how the personality as a creation of Essence continues to have experiences after the death of the body. And... I'm going to read you what I got about this from Michael, which I think just expands on the answer that I gave last month.

"The most obvious form of expansion occurs through future Physical Plane lifetimes that continue to work to resolve similar unresolved issues. But after death, the personality that was once, in your case, SusanF has other options of development through study and exploration on the Astral."

"Once the soul has cycled off it spends more time focused on the middle Astral and less on the lower Astral or Physical Plane. When the whole Entity cycles off, it gradually progresses higher through the Astral and then the Causal Plane, which offers new developmental experiences both for the whole and the individual parts."

"At a certain point, the Essence that was SusanF, which includes the personality SusanF has taken in and resolved what she wishes to from the SusanF lifetime and feels pretty complete. At that point, she takes a more resting position within the Essence."

"When all the personalities within the Essence also feel mostly complete, its attention shifts more to the collective consciousness of the Entity as a whole. Later, when the Entity as a whole feels fairly resolved, its focus shifts to that of the cadre, although never entirely."

Any comments or questions about that? So both of these questions point to the fact that there's a linear aspect of things and then there's also a multidimensional aspect of things. The linear aspect of things is the masculine and the multidimensional or complex or more chaotic version of things is the feminine aspect of things.

And we know that the universe is exactly half female and half male. And so if we think only about the linear aspects, we're only thinking about the masculine aspect. If we think about only the chaotic aspects we're only thinking about the feminine aspects.

I would say that the channeling of Jane Roberts of the Seth Entity is very good at illuminating the more feminine multi-dimensional, complicated, chaotic aspect of our soul development. And I think Michael... is better at maybe the more linear masculine aspects of things and being Warriors and Kings, that makes sense.

SusanJ?

SusanJ: Okay, a couple things first. With concurrence, I'm wondering if for instance, if I have a concurrent who is doing deep spiritual work will their progress, the other version of me, contribute to my own progress?

Do you know, is there any bleed through? So all of a sudden if I am doing deep spiritual work in a few different bodies, will that support each other. Does that make sense? I can't find words today.

Shepherd: It can. Oh, no, that absolutely makes sense. So my understanding is that your growth is integrated by your soul or Essence as a whole, and then the soul can then feed it back into these other concurrence if that seems to be useful, if that's going to contribute to their growth.

But of course, the main point is to support the soul's development. Also, especially if you're a more advanced, spiritually advanced person as you are, you could directly ask to connect with concurrent selves who have been doing better with a particular issue and maybe download some of that.

So I've heard of people who connect with concurrence or parallel selves that have certain skills that they don't have and ask to download those skills. And are able to do so.

SusanJ: Thank you. My other question when you talked about death of the body. You said something but my brain is really slow today, honestly, about the personality becoming complete. So that makes me wonder then, do we choose the same or similar personality from lifetime to lifetime. So can it be both?

Shepherd: Well, what we're defining here as personality is the Overleaves, the imprinting from the parenting that you had, the life task, the life plan, all of those things go to make a personality, which is more specific than the general Essence, which contains all the past and potential future life selves and the current one. So it's an aspect of Essence that is more differentiated or more specific. And something once created is never uncreated. So everything is eternal. Everything created is eternal although it may go quiet or go dormant when it's no longer needing to be doing stuff.

This is one thing I love about the Michael teachings is that so many new age spiritual teachers you're hearing a lot about like Tibetan Buddhism there is no Self. You should go into nothingness. You shouldn't have a personality. You shouldn't have any wants or desires. You should just surrender everything to the soul or the Essence.

And Michael says, "No", the Essence, the personality is terrific. It's fun. It's interesting. It's what makes you, you. It's what gives you a contribution to the whole. Just be more in the positive poles of that and less than the negative poles. In other words, don't let it distort through the fear-based things. But like your sense of humor, your way of looking at things, this is all really valuable to the entirety of Essence and the entirety of your Entity. So you don't want to lose that.

And when the body dies, there are some things that fall by the wayside. In particular fears that you had or emotions that you had that were sourced in the body, like if you had a long-term illness and it was making you depressed or whatever. Right after death, some of those things may disappear. If your depression was based in the body's not functioning well, well, then you don't have to feel depressed anymore.

But you still have certain ways of looking at things that you developed as a personality. And those are valuable and those can go on to develop on the Astral Plane as you might say a subpersonality of your soul.

And so let's say your life or my life was set up to deal with a particular issue, like I mentioned in my case. One of my issues in this lifetime was to heal the rift between the

masculine and the feminine within myself. And if I die and I had totally accomplished that, well, that's good. That's checked off the list. If I had not totally accomplished that, then maybe future lifetime is going to deal with remaining issues regarding it. I could also then go on to have experiences on the Astral Plane where I work with exploring that issue in more depth.

Now let's say the equivalent of a thousand Physical Plane years on the Astral Plane later, there have been new personalities, they've worked through the issue. I feel really okay with that. I feel like I've healed that. And I don't really have... any more specific issues that I want to explore as the personality of Shepherd. Then I might just be a more quieter part of Essence and start to identify more with Essence as a whole.

And have more of my identity there, but I haven't lost the personality of Shepard. It's just now more fully integrated into that whole Essence. And then the Essence as a whole, if it feels like, "Okay, I've cycled off, I've kind of, I've had the experiences I want to have," then it might start to feel comfortable identifying more with the entire Entity of which it is a part of.

Does that answer your question?

SusanJ: So then would you say that that's say that similar, like similar and different from the experience that used to be called Multiple Personality Disorder? I worked as a psychologist for many years. I worked with people who had what I think it's called now, Dissociative Identity Disorder. They keep changing the name.

Shepherd: Yes. Yes.

SusanJ: But you know how when you're working with somebody who has sub-personalities you help them to integrate all of the subpersonalities into a cohesive whole so that they can be more functional. So is it sort of like that?

Shepherd: Yeah. Yeah, it is. What's happening with Dissociative Identity Disorder where like suddenly it'll be a totally different personality taking over the body. Those people have almost invariably had a lot of trauma and the trauma has made for a damaged energy field and bad boundaries. And so the incarnate soul and the chosen personality for that lifetime may lose control of the particular mechanism of that body and personality.

So I would define that in other words, someone took on that body with a particular life plan and a certain Essence and so forth. And what happens is that because the energy field is so damaged that maybe another subpersonality takes it over and it's not well integrated.

Often these are past life selves who take over, who are also unresolved and you know they want their moment in the sun. So it's absolutely right that a healthy human being integrates the various aspects of self and integration means that you accept all the parts of the whole and they all have their say and they all get to have a win-win experience of being part of that whole.

And when they're not integrated, then they're in conflict with each other. So the goal of every human being in every soul is to integrate the various parts of self. We all deal with that so for example there's a part of me who wants to lose 30 pounds and a part

of me that wants to have a big piece of chocolate cake. So how to integrate those two conflicting urges within the self. They're both valid. And so maybe having just a little piece of cake and see if that could satisfy that part of me and then, you know, to go back on the diet or whatever.

So yeah, integration of the whole is an ongoing integration. Process and people who we consider to be mentally and emotionally healthy are better integrated and those who are more erratic or more difficult are less integrated. There's also obviously the chief obstacle that can mess with people's heads and make for a certain insanity.

SusanJ: Thank you.

Shepherd: Thank you! Thomas?

Thomas: Yes, on a topic of what we leave behind, and what we take over onto the Astral Plane after we pass away. I am to a degree autistic. So, looking at all of you is stressful for me being looked at by you is stressful for me, and I have a really a bunch of social, say, problems, or let's say, where life is not as easy for me, as for most of the people will that continue onto the Astral Plane or is that something which comes from the body and will stay here?

Shepherd: Each situation is individual and unique, and it really depends on how deep into the soul the issues go. So if this is like some really deep past life trauma that has got to be healed. If the old stuff that's causing this is not healed, then it will be taken forward and particularly it'll show up in the next lifetime because those things you just have to deal with them and you have to heal with them.

So for example, people who died very traumatic deaths in the Holocaust and haven't come to grips with that will continue to be kind of shaky and insecure in upcoming lifetimes. On the other hand if you just happen to choose a body that had some bad wiring, like, for example, a lot of autism comes from some problems in the womb where the brain wasn't getting enough oxygen. So you have a physical brain that just doesn't work optimally, then that will quickly disappear with death.

So I think I may have given this example last time. A lot of people I communicate with who've died seem very much the same to me after death as they did before death because they were in their true personality. And then I mentioned my younger brother who had a lot of developmental disabilities.

And when I tune into him after he passed, he seemed very different to me because he was more his true self. He was... as I mentioned last time, I think he was kind of like a big kid as a human being but communicating with him from the other side being a Scholar soul, he seemed more professor-like, more serious. So yeah, it just depends on the individual. But a lot of what we consider to be mental illness or a lot of problems we have do come from the body. And when the body is no longer alive, those problems just disappear.

And just by reason of being in a body, there are a lot of fears that we have that are based in the survival instinct. So all bodies, all animal bodies are hardwired to survive and will develop certain fears, some of them irrational, in its effort to survive.

So things that your body identifies as being a threat to your survival when maybe they really aren't, may influence the personality and then as soon as you die, those things coming from the body that you never really got on board with as a soul will be gone.

And so this is why this is why the majority of people when they die, if they haven't created any heavy karma, find it kind of an elation, you know, like, "Oh, Thank God I'm free of that!" It's like Michael put's it like "Kicking off your too tight work boots at the end of a hard day's work."

You know, it's like... "What a relief." And suddenly you get to be more your full self and you're not dealing with those body issues. If you've been sick for a while, you might have been rather grumpy but as soon as the body dies, it's like you're sort of quickly back to your real self.

But again, if you're carrying some really deep trauma, old stuff from past lives and that stuff wasn't just from the current body but is some really deep misconceptions that work their way into the soul, then those will have to be dealt with. Still, you're probably going to be a lot happier on the Astral Plane free of the body than you were in the body. Bodies are hard work. Lots go wrong with bodies and when we don't have a body anymore it's a lot easier to be happy.

Still, a number of souls do manage to hold on to their misery on the Astral Plane. We call that Hell and maybe because they're wracked with guilt about something or they just have some very deeply ingrained negative beliefs they feel unworthy or unhealthy or whatever.

So it's individual. All this choice. But I would say it's easier to be happy on the Astral than it is on the Physical Plane. And therefore, if you can manage to be happy on the Physical Plane, that's a huge accomplishment. Yah for you.

Thomas: Okay, thanks, Shepard. Is there a chocolate cake on the Astral Plane?

Shepherd: There damn well better be!

Thomas: Okay, and I'm looking forward to it

Shepherd: It's very easy to create things on the Astral Plane, although they're more ephemeral. And so a lot of us have been joking for years about meeting at the Astral Cafe and having huge piece of chocolate cake that has no calories because we don't have bodies and what I've been told is that everything that's good and pleasurable on the Physical Plane has an analog on the Astral Plane that's even more vivid and more pleasurable than that you now know.

People often ask, "Is there sex on higher Planes?" And granted, sex can be pretty good on the Physical Plane, but... channeled Entities have joked, "Is there sex on the Physical Plane because it's so much more vivid and powerful and wonderful and pleasurable on the higher Planes!"

And so the experience of eating chocolate cake in a body is really nice, but there's like a whole more vivid, powerful, wonderful version of that on the Astral Plane. So I do actually believe that I'll meet up with my friends on the Astral Cafe And we'll have all the desserts that I didn't get to have on the Physical Plane.

SusanF: Michael said that he died before chocolate became a reality. So, I'm just wondering if he' gone into that Café and enjoyed himself?

Shepherd: I'm getting a yes. They have dipped their toe into the chocolate arena. Yeah, because it's an energy, isn't it? Everything's really an energy. Ultimately, the flavor of chocolate icing is a frequency. So they can pull on any frequency that they want to.

Simone Jasmine had a couple of questions, and I think we have time for at least one. She asked if animals have soul ages. She said, "Being a dog in the Western world or in China makes a big difference, as does being a cow in the Western world versus in India. Are Western dogs and Indian cows Mature old souls in a hive soul way?"

Shepherd: So this is what Michael said. "Animals do not have soul ages. Since the soul age levels are about developing more intellectual sophistication as to conscious choice making."

"But animals do develop other kinds of increased sophistication over their lifetimes. Being a cow in India is certainly more pleasant than being a cow in a US feedlot but being born into India isn't a reward for a member of a bovine hive soul. It's more a matter of who needs a rest and/or a long life since feedlot lives tend to be brief."

"Being a dog in a loving, prosperous home has both pros and cons for the dog. It might find a wilder life to be a break from the regimentation and perhaps loneliness." I think they're speaking about dogs who are left home alone all day. "And they have to be trained and they don't get to run wild very often, etc. even though it might be a good life."

Generally, at the higher levels of the hive soul, consideration is given to giving its members variety. So the animal hive soul is developing, but not in such a linear soul age kind of way. And variety gives them more experiences.

Simone Jasmine's other question was, Does it make a difference on the soul level how an incarnation is remembered? For example, does it impact the life on the Astral Plane or future choices? So for example, after David Bowie's death versus after Adolf Hitler's death.

Michael said, when there's a heavy karmic debt earlier on, many souls are in denial about that. And turn their attention to other things. When they are finally ready to face their lessons, other souls, including those who were their Physical Plane victims, might be drawn to work with them to help extract the lessons and plan ahead for karmic repayment.

So if a lifetime is remembered too selectively with too much denial, Essence and guides may look for other things that can be productively worked on or the soul may simply tread water. So there we have, you know like for example, someone like Hitler, who created a lot of karma, if they're not ready to deal with it, maybe their guides say, "Okay, well, why don't we work on this for a while? Why don't you go off and do some artwork for a while and explore the art world and maybe get more in touch with some emotional things that you were not willing to deal with. And then when you're ready, maybe we can come back and plan some lifetimes that would be healing to you and so forth." So, you know, it's all choice.

If the soul who was Adolf Hitler is not willing to face anything, if they're in denial that is their choice. If they are starting to feel guilt, they might enter a healthy state for a while and just experience being wracked with guilt for a while. This is one of the oddest things for any of us to grasp, to understand that most of the time, most people sincerely believe that they're right.

And they rationalize their choices. They may know deep down that they were wrong. They may have a gnawing voice in the back of their head that what they did was wrong, that it was violating. That something doesn't feel right. But on a conscious level. Most people rationalize their choices no matter how evil they are and they believe they are right.

Now, you would think, "Well, the soul knows you know, the soul of Adolf Hitler knows that you know murdered all these people and how awful that was and et cetera." Well it depends on how advanced the soul is and how sophisticated it is. And not every soul is as developed and has as much insight and understanding and has the willingness to face things.

Souls can also get stuck in their development where they aren't growing. And so if the soul itself is kind of stuck and it's on the Astral Plane their guides are not going to put a gun to their head saying, "You have to face this, you have to heal, you have to look at this, you have to do this." The guidance is available if they're willing to take advantage of it and otherwise the soul who was Hitler, if it's still justifying its choices will probably hang out with other souls that are justifying being racist or taking part in genocide who also don't want to deal with their stuff.

And this is like a bad neighborhood of the Astral Plane where you and I would probably just avoid when we're on the Astral Plane because we wouldn't be attracted to it. Birds of a feather flock together like attracts like. So the Astral Plane isn't all heaven states, but the unhealthy states, the negative aspects of it are the minority. There are those vibrations there where everyone who is choosing negativity can keep choosing negativity. But the vast majority of the whole universe is more loving, positive including the majority of the Astral Plane.

So... The thing is, souls who are very stunted and distorted and negative, like the soul who was Hitler, they are providing lessons for people. They're providing mirrors where people can see parts of themselves that maybe are not so extreme, but it's a chance to heal and see things.

I'm not saying that what they did was okay or good or whatever. All I'm saying is that the Physical Plane for souls is school. And it does give us lessons. And it would be nice if we would choose more positive ways to have our lessons, less extreme ways. And that is certainly what I would like to create more of in my life but there's a lot of negativity in humanity, more than most sentient species.

Souls do have a right to work that out and explore that and hopefully grow from it.

[Stan: Can you hear me? Yes, great. Just really quickly, SusanF last month had asked you after our session about the energy enfoldment that I provide for these sessions.](#)

[Shepherd: Yes I can hear you and Yes that is correct.](#)

Stan: And I'd just like to quickly comment on that. Susan, just like the harmonic you share with your horse when you think of your horse, what emanates out from you, the inner smile that inner smile comes from you to your horse is a vibrational increase of radiance.

And it's like what I provide for this session for everybody who has an open heart. But for me, I'm not trying to hold space. Instead, I fill space with radiance, just like the sun shines in all directions not just to the Planet Earth.

I, like your name, I love to be in the flow. And that's one of my characteristics on my chart is being in the flow. Flow is important for me. So my intention is just my intention but it has a harmonic heart in accord with my good friend Shepherd. And I tune in with him beforehand. It's an ongoing 24 /7 type of affair being privileged to share a consciousness, share a heart landscape with him.

My presence, my incarnational presence, chooses in this moment of expression, coming through my capacities to bless every cell in my body and concurrently others by an increase of light and upliftment for everyone in our session.

Today whoever is open to that current and Shepherd's channeling of the guided meditation, you can feel everybody's... life incarnational current coming through the portal of our consciousness in the moment. Because this is where we live. So I appreciate your experience of this.

And I love having you as part of my heart landscape and everybody in this session, but that's my reality and my joy. And I do know happiness and I do know fulfillment in large measure because of the journey that's unfolded with you, Shepherd. And I love you and thank you for our amazing friendship.

Shepherd: Yes, thank you, Stan.

SusanF: Stan that is... fascinating. And I thought he forgot about it. So I was going to send you an email or something. But hearing this explanation is amazing. Thank you for doing that.

And for everyone, what I said to Shepherd is when Stan did that enfoldment last week, I'm not a very, I don't think I'm a very psychic person, okay? But I can pick up an energy sometimes. I started feeling dizzy after he did that meditation, I went, "What is this? Is this real?" And it was real. So I wanted to know more about it.

Thanks, Stan. I'm glad I'm here and I'm glad you're here.

Stan: Yeah. Yeah. Thank you. Thank you.

Shepherd: I think for the first time in this series, I've gone through all the written questions that were emailed to me. So if you think of more before next month please send them.

I really find it hard to believe that we're going to run out of things to talk about ever in this series, but I don't have any more questions from you at this point. I did have... a student in this group who wrote me saying that she would like to hear

My spiritual biography. She wants to know, how did I get to be doing this, what has my path been like? And I would be very happy to talk about that if people are interested in that. And I don't want to bore you if you're not.

And that would also be other people could maybe talk about how they got on their path too. Is that something that would interest people?

So if I don't get any written questions in the meantime, we can definitely start there next time.

And... I just want to thank all of you for giving us the opportunity to do this. I think this is quite a unique sort of workshop happening and I think it's special.

So thank you all very much. I'll go ahead and stop my recording here. Of course, as always if you want to stay around and chat, it's Ok. If not then I will see you next month.