

BTMC February 1, 2025

Transcribed by ZOOM, edited by Susan A. Flow

Shepherd: Welcome, everyone. We'll begin as usual with the guided meditation. Feel the energy in movement. As it always is. It's nice sometimes to pay particular attention to it. And open to it moving more fully and freely.

In addition to the information will be exploring perhaps you have another intention for these two hours. Perhaps you would like to invite the co-created energy field to aid you in transformation or healing. Maybe you would invite it to help you be more fully present in your life. Maybe you would like to invite it to increase the positive impact of your presence on earth. On the rest of... humanity.

And you don't have to limit yourself to just one intention. You can intend all of the above if you wish. When you're ready, you can open your eyes.

Shepherd: Thank you to those who sent some questions since the last session. A couple of them have gone on my list to... ask Michael about the next time I channel charts. So I won't address those today until I get more information.

But there are some, as always, great questions from the group. And as always, you are... completely welcome to ask questions in the moment as well. I do like having some in reserve.

In case you don't have any in the moment, I'm going to start with something **SusanF** wrote:

SusanF: What do you mean by constellating the Michael chart?

Shepherd: It's something I mentioned in the last session. A German, I think he's a psychotherapist named Bert Hellinger in Germany. He created an amazing technique, which is usually done in a weekend workshop format, but can be done one-on-one. It can be done in a lot of different ways. We've done it over ZOOM.

And it was originally called Family Constellations and it's now more often referred to as Systemic Constellations because he found that you could constellate anything. Here's how it usually works.

Let's say I've signed up for a weekend workshop with a professional constellations facilitator. And there are 15 people meeting for the weekend and it's my turn to be the center of a constellation. And so... I may briefly tell the facilitator what I want to work on. Or it could just be, you know, let's just see what happens.

Then the facilitator will have me choose other attendees from the workshop as I feel drawn to represent different elements. If it's a family constellations then I might go up to one person and say, "Would you represent my father? Would you represent my mother? Would you represent my uncle?"

But they can also represent more abstract things. They can represent your health; they can represent your work. Really any element can be put in. And the really shocking thing that he found is that even people who would tell you that they're not particularly intuitive or psychic start to feel things.

So let's say you're representing the subject's mother. You start to feel that you want to move away from the person representing the father, moving toward them, or you want to face away or you're feeling dread or you're feeling like there's a secret or whatever.

This is something that a new age scientist named Rupert Sheldrick called the [morphogenic field](#). So it's basically that because of your intention to represent that energy and because your intention is to offer healing, you start getting information. And you don't have to be an experienced psychic or intuitive. And then the facilitator works with the representatives as a spiritual psychotherapist.

So the person representing the mother feeling some dread might be placed in front of the person representing the father and the facilitator will suggest that the representative of the mother say something to the father that could be healing or resolve some things. And what's really amazing is that it by changing the energy, you change the real life.

So let's say the Monday after the workshop. The mother who hasn't spoken to the child who's doing the constellation in years because they've been on the outs, calls. I mean, that sort of thing can happen. And a lot of it is about healing the inheritance from the family line.

So, for example, let's say an uncle had committed suicide and there was huge shame about it. Nobody talked about it. Maybe... you didn't even know about it because it was being kept a secret, but it comes out in the constellation and when you ask a family member, they say, "Yeah, that did happen". So... What was increasingly found is that you could use that same brilliant technique for other situations.

By the way, I attended my first family constellations almost 25 years ago. A friend just insisted I had to go because it was so amazing and it really was. So I've been to several of these. Although I never thought about it relative to the Michael charts.

So they found that you could, for example, if you were a Constellator who was working with corporations, you could have a representative for the HR department or the CEO or the bottom line of the company. It could be anything. You could pull in those types of energies because as we know, everything is energies.

So about 15 years ago in Germany. Frank Schmulki became interested in it and he worked with constellating what we in the US call the Overleaves of the Michael Charts .

But in Germany, they call it the Matrix. Varda Hasselman, who is his ex-wife had been the person who channeled Die Quelle. And I had been doing workshops for decades on Role, Soul Age, Goal, Mode, etc. So... he started doing constellations where you would put the person's Role as a representative of the their Overleaves in the group.

And what they found was just a revelatory experience of "Oh my God, I can see exactly how I am in relationship to my Role and Goal." So it's not theoretical anymore. It's like maybe with one person they're in denial of their Essence Role. And another person is in rejection of their Goal or their Attitude or whatever because of some imprinting issues and you can do this amazing profound healing with this technique.

One or two of you may have been present in 2018 when Sneh Schnabel from Freiburg, Germany, attended the East Coast Michael Gathering, and the two of us together did a few hours constellating one person's Michael chart. People were so excited about this. It was like the best thing that ever happened at one of these gatherings. And people are still talking about it.

So that's what I mean by constellating a Michael chart.

Sneh Schnabel is a world-renowned family Constellator. She's done workshops all over the world. She's really gifted and amazing and fun and interesting. And so she had been doing this for a while where she would do weekends with people.

And in addition to maybe putting in representatives for the mother and father, they'd put in representatives for the Role, Server or King or whatever and representatives for the Goal such as Dominance or whatever. And she was getting the information as to what a person's Matrix or Overleaves were from Varda Hasselman. But Varda was getting older and busier and it was getting harder and harder for Sneh to get the information.

Now, Varda learned about the Michael teachings on a trip to the United States in the 1980s. She and her husband at the time were disciples of Osho or Rajneesh. And he had that infamous commune in Oregon. So they were here and a fellow sannyasin or student of theirs had the book Messages From Michael and Varda got very excited and she went home to Munich and started channeling. And she thought she was channeling Michael. It turned out she was channeling a cousin to Michael called Die Quelle.

Varda did not hide the fact that her work was the same as the Michael Teachings, but she didn't volunteer it either. So people didn't know and people just assumed that this was something that came through for the first time through Varda. And when Sneh found out that, "Oh, it's the same as the Michael Teachings, which preceded the Die Quell work she started looking into Michael channels and she invited me to come to Freiburg in 2017 to do workshops.

So I started teaching the chart material and a lot of people since then have gotten charts from me because the Michael charts that I do have about three times as much information on them as what the Die Quelle people generally get.

Then Sneh and I started doing workshops once people had their charts and they understood this stuff, we started working together doing workshops where we constellated their charts. And we actually, when COVID hit, we did a couple of these over ZOOM.

And... at the beginning of the pandemic, a lot of people who were used to working in person were still trying to figure out how could you do this over ZOOM. Because we're so used to being in the same room with each other and moving bodies around and such. But Sneh being brilliant and creative, cracked the code. And so we did some on ZOOM. But we've also done some in person.

And it really is, it's just the most fun, but it's revelatory. So I'll give you an example of one thing we found out.

This was in Freiburg. We were doing a constellation for a woman and she was a Sage the representative of her Role, the Sage Role was way off over in the corner. And what that told us is that that person was pushing away or in denial of or separated from her Sage nature. She was suppressing it somehow, maybe because of the way she was raised. So we saw that there was a healing to be experienced by bringing in more of her Sage nature.

Another woman was rather angry that I had channeled that she had a Goal of Discrimination and that she was a Skeptic because she said, "But I'm so Pollyannish!" But the way, she was being so skeptical and discriminating about whether she was a Skeptic in Discrimination made everyone else in the group think that the channeling was actually correct.

So, I said to her, "Well if this is correct, as a child, you probably would have been one of those kids who were constantly questioning authority, asking questions. And she said, "Oh, yeah, yeah." And I said, "I'll bet your parents hated it. "Oh, yeah. Oh, they sure hated it." So I said, "Well, maybe that's how you got to be a Pollyanna is you suppressed this urge because you were getting such negative feedback from it."

And it helped her to see that she could embrace those parts of herself and do it in a positive way rather than it having to be suppressed and then going into the Negative Poles. So you could do some constellating where the person representing her Goal and her Attitude would maybe talk to her parents.

So it is an extraordinary technique and it's really quite popular in Europe and Germany. Even in Russia it was very popular before the war in Ukraine, maybe it still is.

So... That is what I meant by constellating the Michael chart.

SusanF: That's a great answer, Shepard. I thought you had to be psychic but It sounds more like the subconscious awakening since there's just all this information that comes to you. Thank you. I'm going to turn my camera off because I've got to leave. But I will keep this running so I could save the transcript and I'll send you I'll send you a transcript later this week.

Shepherd: Okay, thank you, Susan.

SusanJ: Shepard, do you plan on having a session constellation session with the charts? Ever?

Ash: Yeah?

Shepherd: We did that over ZOOM with Sneh. What I'm finding, Ash, is that there seems to be less and less interest in my ZOOM workshops. And I'm wondering if people are just sick of ZOOM. And want to be outside, you know, the pandemic thing, it was really big because people had nothing else to do.

So the last time we did that, we only had a minimal number of people. And we both like working with small groups, so it wasn't a problem. But if it's too small, you really don't have enough people to do it.

And when I... approached Sneh after that saying, "Do you want to do it again?" She wanted instead to do the one that we did on developing your ability to be in touch with your guides and Essence and such. So we did one about connecting with spirit instead.

So I'm sure she would be up for it, but the question is getting enough people to attend it. I'm really seeing that here, you know, here we have six people, which is fine. I love doing it. But I think it's more fun with a larger group and if the numbers keep dropping, then there's just no point in continuing to do it.

My Charts Workshop, Journey of Your Soul has an adequate registration this time, but it's basically... the first one we had over 50 people with the beginning of the pandemic. And then we had half as many for the second one and then half as many for the third one. And just about half as many again for the most recent ones.

I don't know. I don't know what the future of these are. I know I love teaching these more than just about anything I do. So we'll just have to see.

SusanF also asked, "Is Earth considered a challenging place to complete a Grand Cycle? If so, why is that true?"

Shepherd: Yeah, it is considered to be one of the harder planets. There's two reasons. One is that different creatures of reason are hardwired for different levels of aggressiveness. Aggressiveness is not necessarily a bad thing. It can make you dynamic and really out there doing a lot of interesting things rather than being a slug. But it can also obviously be quite destructive.

And if you get a life form for sentience that is too high up in the aggressive scale the chances increase that that species will self-destruct and maybe destroy life on the surface of that planet as humans seem to be doing, at least being on the verge of that with environmental destruction and possibility of nuclear war and such.

This is a harder planet because the human animal is pretty aggressive on the scale of 0 to 10. Humans might be like at a seven or something like that.

And the other reason it's challenging is because every planet has a theme or something that the Tao wants to explore. It's an experiment in certain types of lessons. And one of the things that we're experimenting with on earth is diversity and extremes.

So I believe that all... physical planes for creatures of reason deal with polarity in some way like this versus its opposite and learning to balance those. But I think it's particularly pronounced here because we have so many opposite extremes here that

we're trying to learn how to balance. And, you know, just looking at the physical nature of the planet. We have just such a variety. We have so many different life forms of various kinds. And a lot of these are competing with each other. And so it really is kind of an intense place with a lot of roiling energy.

So it is more challenging. The souls who choose to come here know that they're signing up for more challenges and that can be exciting. If you think of it from the Sparks point of view, the soul's point of view before they've actually incarnated here, they're more distant from it. They're not in the middle of all this intensity. And to them, it might just look like a really fun and interesting video game.

And if you feel like you're a pretty good video game player, you might want to sign up for a higher level that's more difficult. And then when you get here, you think, "Oh my God, what did I do?" This is pretty hard. Also... Right now, it's probably... at its hardest.

I've mentioned before that in the Hindu teachings, they say that there are these long ages of development and we're in a Kali Yuga, which is an age of darkness. So we're really kind of at the bottom of the barrel in terms of exploring the dark side of things and we're coming out of that into more light, but it's very intense. It's also very intense right now because we've never had so many people and that creates a lot of friction, more people meaning more competition for resources and space and all of that.

So yes, this is a difficult planet and it's especially difficult right now. And so those of you who are screaming, "Get me out of here!" I can... give you the comforting words that... things are gradually getting better. Consciousness is gradually going up and if you stick around for another hundred years is probably going to be more sane. See, that would make me... 170. I can do that. Okay.

SusanF also asked about something I said about last time related to [if a soul keeps coming in, say, as female, maybe they just like that more. Maybe they have a lot higher female energy.](#)

Shepherd: Eventually their guides at least will at least encourage them to come in as a male in order to balance out, in order to understand the opposite energies. At the very least, if you have enough experience both in male and female bodies it's going to help you better understand your partners, assuming that you partner with someone who's more male or more female.

So, it would be very rare for a soul to have had only male or only female lifetimes. They may not remember their male or female lifetimes much because they've had so many of one in a row, but it just wouldn't be sensible to only do one over the other.

And when you have an imbalance here you have what you often hear in heterosexual relationships, especially, men saying, "I just don't understand women." It's like, you know, men are from Mars, women are from Venus. They make no sense to me whatsoever. They're so irrational or whatever. And women saying the same thing about men. It's like, how can they be so insensitive to that?

So as soon as you have walked a mile in someone else's Manola blankets, you know,

You'll understand better what it is to have a different configuration. The truth is, is that male bodies and female bodies are not so different from each other as people like to make them out to be. There are certain differences in emphases, obviously, different hormonal balances, different influences that come to the fore and others that go to the back.

But we all know people who of either of those two sexes, and of course, there are people who are combinations of those also for various reasons who are perfectly able to function in all fields of endeavor. So, you know, if you go into the extreme archetype of the feminine which is more emotional, you'll have the stereotype being that they don't have as much reasoning ability as men do.

But we actually really know that that's not the case, that there are plenty of women who are scientists and are perfectly reasonable and detached. A lot of it has to depend on the Role also. So, like Nan who is a Scholar woman, might be more linear and intellectual than an Artisan male. Because it's just a different configuration of energies.

So, if you're getting out of balance, there are guides whose job it is to help you plan your upcoming lifetimes and they are likely to say to you, "You might consider switching at this point, you're getting kind of out of balance here. You maybe need more understanding." And when you first come into the body that you prefer less you might be really uncomfortable the first time. But then if you do it one or two more times, or even as you go through that lifetime, you might get more comfortable with it.

I also mentioned that let's say you've planned your next lifetime, and one of the things that you planned was that it would be a male body or female body and you built a lot of your choices around that, along with choosing your Role, excuse me, choosing your Goal and your other Overleaves and so forth, your life task. So you've kind of set that up as a package before you incarnated.

And then... the body that you were planning on is no longer available. Maybe there was a miscarriage or an abortion or the situation changed, like the parents were getting divorced and you didn't want that. So you're back to square one. You've already begun creating this new personality, but the body wasn't available.

So let's say then your guides come and say well, "Here's a body that looks really pretty ideal for you. Except it's not the sex that you were planning on." And so... you may say, "Okay", because you've been both, you can change gears. It partly depends on intrinsic gender of the body that was chosen for the Life Plan. How much did that really matter? But 90% of the time people will adapt to it. So, "Okay, I was going to come in as male. But I'll take this female body" and maybe because of the way that the personality was originally configured that little girl will be a tomboy.

She'll be more into boy things for a while. But gradually she gets comfortable in the female body, maybe remembers other lives as a female and gets okay with that. Maybe she will never be the most stereotypical extreme feminine archetype, but she'll be comfortable with it. She'll be comfortable in the body. She won't have to think twice

about it. And maybe 10% of the time it never gets comfortable. And that could be then where the person is transgendered.

That's not the only reason someone might be transgendered. There can also be physical reasons for it, the wiring, the body chemistry, the brain construction and so forth. You know, in terms of medical science that's looked upon as a maladaptation, the person's not comfortable. But from the soul's point of view all experiences can be really interesting. So the soul might say, "Well, what can I learn from... feeling at odds with the body that I've chosen to be in?"

There are some interesting lessons about that. One of the things is maybe you learn to not identify so much with whether you're male or female. Maybe it doesn't even matter that much. Maybe you can just be you, be yourself and whatever the equipment is, it's fine. And, you know, whether your sexual orientation is Gay, straight, bisexual, omni, whatever, that's really kind of beside the point. The point is you feeling... comfortable in the body you're in.

But it's also equally interesting to the soul to say it's just not working for me. I'm not getting comfortable. And then maybe you get on hormones or have a surgery or something like that. Any questions or comments on that?

Nan: I can say it has bothered me that people's feelings are so intense that they would meddle with their hormones and it feels like they're not supporting the physical health of the body. Even though it's clear, it's a fact that they're not comfortable with the body.

It just feels like... that's really disrespecting the body, which is really disrespecting the body which you came into. But I guess I understand your point about "Well, it'd be interesting to the soul to explore working with it". There are people who have a lot to learn about what men and women actually are. And they're making it worse for people who could just get on with the life they got.

I've always had to look at it from a distance because the fact that I'm female has never to me been the most important thing about me. It's just sort of been, "Well, it is". And "that's what I'm living with". And it isn't what I've personally responded to as the core of me. Which apparently some people do.

Shepherd: I'd say the majority of souls, at least after a while are able to adapt to either being male or female. I've mentioned that the solid Roles of the especially Warrior and King, but also Scholar tend to prefer the male body, but that's more cultural because the things they like to do are the things that Western culture, at least really for thousands of years now, have allowed them to do.

So Warriors like being in the military and law enforcement and Scholars like you know studying and going to university and for a lot of history. It was only the men that were allowed to do that. So they're going to really want to choose male bodies the majority of the time for that reason, if you lived in a society where women had equal rights, probably a lot of that preference would fade away. On the other hand, the Artisans and

Servers like doing a lot of the things that have been considered female roles, you know, like the Artisan to have the leisure to weave baskets and cook and do a lot of crafty sort of things.

It can be more pleasant for the Artisan although the male Artisans also had interesting things for them to do in terms of like you know, building... huts or any sort of structure, designing bridges, roads, that sort of thing. So the Artisans have had some things to do throughout history in the male body.

And because women were looked on as nurturers, and that's something that Servers genuinely love to do, they feel fulfilled being in a nurturing position, being female has often not been a problem for them but they still are going to want to have what is a balance for them.

So balance is not 50% male, 50% female lifetimes. Balance for you is for you if you've been overwhelmingly male, at least having enough female lifetime so that you don't go to extremes and vice versa.

In terms of using hormonal or surgical methods to alter the body to match your gender identity. What I find is that the body and a body consciousness level is... I don't want to say this in a way that seems... derogatory, that the body is almost like a loyal dog. The body just wants to support the soul in whatever way it can and doesn't really complain that much. You know, unless you're creating pain or whatever.

So if the person living in the body chooses to alter it in some way, the body's usually pretty fine with that but it is tricky. You know, you start messing with the hormones. You could... create some health challenges or whatever for the body.

The vast majority of transgendered people never get bottom surgery because it's pretty traumatic. And there can be a lot of complications. The vast majority keep their genitals, but then they may alter the shape of their body with hormones.

People born as female may remove their breasts. People born as male may get breast implants, that sort of thing, which is much less problematic for the health. But, you know, there have always been transgender people throughout all of history and in many cultures, they were honored as people who could bring something special into the community.

So... The fact now that we have science that can alter the body to match that self-image can be very interesting for some souls.

Stan: Shepherd, thank you for this consideration. You know, I've been connected with the 418 project in Santa Cruz which has been going for some 30 years. I've been on the board for 12 years and I'm President Emeritus now.

I been a performance coach for a dozen years for our show's annual fundraising event. Which is called "What Is Erotic?" this year, particularly... because the 418 provides a safe place for the full spectrum of identity, the LGBTQ Plus. So this show named, What Is Erotic and Valentine's Day is being mainly directed and coordinated by gay and trans

individuals. And the different performances over a five-month period are developed by the lesbian, trans, gay, whatever, everything from pole dance and aerial and burlesque and dramatic sketches.

Some people who've had a fear of being seen, unclad, shall we say? Bring that forward. And I find with these individuals a very strong expression of heart and behind the layers of fear, concern for public evaluation.

Is a remarkable presence. And so in this incubator, there's an alchemy happening, particularly for this show. And for the first time this year, I'm acting in the show. I'm heterosexual, straight, going into a dungeon where the dominatrix finds out that here I'm with the black hood and everything that she knows me.

And then what develops, it's called what is unexpected, but a variety of things occur that you know, my character is seeing a ball gagged character with the chain around the neck being dragged by a trans person across the stage.

What happens I even wear this genuine vest and nerdy clothes. And it turns out that there's another reason why I've come for my initial experience in this dungeon. And so it continues to unfold and is very heartfelt and surprising it's going to be.

A real crowd pleaser. Heart old scene. It involves a cockatoo that flies away you know and different reasons why I came for the experience. But I mention it because I hear all these individuals creatively being themselves and being accepted to express their artistry in quite remarkable ways.

So I'm writing them right in the middle of this that you're bringing forward. Thank you.

Shepherd: Beautiful. I need to make a very quick break. And if you need one too to go ahead. I'll just be a minute.

I'm back. I will continue assuming that people can hear even if their video is off.

Shepherd: One of the big things about being a creature of reason on any planet in the universe is that with each different species, there are different lessons involved because they have different hardwiring.

So the human species has this strong survival instinct built in. And the sexual instinct on its basest level is really about ensuring the survival of the species by making that body want to reproduce.

And that's not going to be how it is on every planet with every different kind of creature of reason, but it's certainly very prominent in the human species. And particularly, in male humans hardwired to spread their seed around as much as possible. And this is kind of a dumb unthinking instinct that the male body has because it helps the human species survive and thrive.

So the idea in terms of this sort of blind programming on a body level is to have as much variety as possible. And so that correlates with the love of the variety of sexual experiences. And how people get so easily bored if things keep staying the same.

And so there's this wildness in the human body around sex that then people try to eradicate and for some good reasons too. So for example, if this urge is too undisciplined, you might have unwanted babies or babies with the wrong partners in a different family or you could have the spread of disease and that sort of thing.

So what we're trying to do always when we incarnate into a sentient species on any planet is to bring consciousness to learn to manage or handle the... impulses of that particular creature and in a more elevated way.

In the beginning, the instincts of that creature itself might be in charge of things. But as consciousness grows and the personality, the soul becomes more developed, then it learns to make choices about the impulses that are coming up from that physical body.

So the goal isn't to suppress those impulses, but it's to make better choices around them. So the question for an incarnate soul might be how can I get these needs fulfilled in such a way that doesn't cause any harm?

Those are all really interesting lessons, interesting opportunities for growth. But what we've come to so far as a society is much more of a limited repressive either/or kind of consciousness, which is to be good, that means that you will always be monogamous. And if you're not monogamous, then you're bad, you're violating the rules, that sort of thing. But more and more people are negotiating and they're saying, "Okay, what really works for me is A, B, or C."

Polyamory, you know, "let's open up our relationship and here are the rules and you know we'll always use condoms or we'll always talk about it before we include someone else in our relationship" or whatever. So there... there can be ways to ride the waves of these more animal level impulses in a skillful way that brings enjoyment without bringing harm.

So these are all lessons. These are all things to learn. The urge is particularly more for the male, but it's also, all of these things are really true for male and female or all kinds of bodies.

The urge for variety also spills over into things like fetishes. Fetishes are extremely common. But there's so much shame around them that people often... won't admit to them. Maybe to their partners, maybe they repress them the whole life, depending on how extreme the fetish itself is.

And some of them are downright dangerous you know like nowadays there's a fetish where people really like being choked during sex and that can be dangerous to their health it could even lead to someone's death if it's not done gently. But I see that as being of a piece of urge for variety that these hardwired animal level survival instincts are not sophisticated. They're not refined. They're not subtle. It's a really blunt tool. It's an automatic pilot sort of thing that doesn't have any real common sense or discretion to it.

So the basic programming in the body is "No. Just find something new. New person. New sexual practice, new look," whatever, because at that sort of dumb DNA level, that automatic pilot level, this will lead to more genetic diversity.

People who want to be monogamous and they're in a long-term relationship, sometimes they have to find ways to trick that hardwired automatic impulse where they do role-playing. They pretend to be different people or they dress up and you know the role-playing thing can trick those impulses.

Any comments before we move on?

SusanJ: Shepherd, I have one... going back to choosing male or female bodies. I'm kind of curious with the charts that you've done if you are noticing more Warriors and Kings, for instance, showing up in female bodies as we are trying to, as a culture move away from the patriarchy and create a more balanced system?

So I kind of wondered if those that have been male before and are accustomed to having all of the... things that all the privileges that go along with being male are showing up in female bodies in order to say, "Hey, wait a minute, I've had these privileges before and I want them again."

Shepherd: We live in such an interesting time because women are getting more rights and souls are feeling in this time period, a special need to get more balanced. And so, yes, we're having a lot of people who have been mostly male and that will be a little more so among the Warriors and Kings coming into female bodies. And then they're saying indignantly, "What do you mean I don't get equal rights?" And then they're fighting for those rights.

As opposed to the Servers and Artisans in female bodies who have most often or more often been female taking it more for granted. So maybe having less of an impulse to fight for it.

There's also the question of on the Michael Chart if they're higher in male or female energy. There's a tendency, especially if it's extreme, if you're higher in male energy, and that could be any Role to favor the male body. And vice versa.

So yeah, it's a time of rebalancing and so we're having a lot of opportunities now that we hadn't really had in the past. So for like a Warrior to come in a Warrior as a woman and still, you know, going into the army, for example and fighting. Women are now allowed into combat positions in the army which is just very recent.

So yeah, these are all interesting opportunities for growth for souls. I think one of the things we see here, is we're learning to transcend the extreme judgmentalness that people have had throughout history about what a woman should be and do and what a man should be and do.

The hammer comes down hard on people who violate those old norms, but we're really needing to get beyond those. So people are very, very threatened by transgender people right now, especially people who were born with a penis but never felt

like a male. And so if they start living as a female it's very, very threatening. It's threatening to straight males who... already feel under a lot of pressure to conform to old ideas about manliness of strength, of not showing any vulnerability, not showing weakness, protecting the country or the family or whatever.

It's sort of like... maybe even a little jealousy that some of the people born male were let off the hook. They don't have to carry that burden of being the only breadwinner and being strong and holding in all their emotions. It's very, very threatening to a lot of people today. But it's a necessary transition for society to loosen up around those things.

And if you think about it logically if you truly... believe that men and women are equal in value and in capacity for all the things that... that matter. Then a woman being more masculine or a man being more feminine would not be a big deal.

And there's always been a spectrum. There have always been women who showed more of the stereotypical masculine traits than men who showed more of the stereotypical feminine traits, and that's not a failure it's just an indication that we are all very diverse and we have all of it within us. We all have masculine and feminine within us. Some have more of one, some have more of the other. Some are fairly equal in that regard.

Okay, so we're moving on.

Shepherd: Let's see. I was just about to get to [Thomas's](#) questions and he didn't like the continuation of talk about sex. Oh, he's left already. Okay I'll send him an email.

Thomas left the group, but I'll go through his questions and he can listen to them later as they're good questions.

Thomas asked: [When people describe a near-death experience, they often speak of a life review. Is there such a thing? And if so, what is it?](#)

Shepherd: Yes, it's a very common concept that comes through various psychics and channels that after death we review our life to see what we learned, what we maybe will want to work on in other lives. There's an opportunity to view the results of your choices on other people and so forth.

It doesn't usually happen immediately after death. You're usually given an opportunity to just processed transition to get used to the circumstances of your death but eventually probably within about a year of our time, the guides will say, "Okay, you're ready to do the life review."

And this is one way that we grow is when we can observe what did successfully, what we didn't do successfully, what we might want to work on next time.

Now. It's better if we are the sorts of people who review our life as we go along on the physical plane. If we can look back and we can say, "Okay, what am I doing here? What could I do better?" That sort of thing. So if we do more of that work while we're

in the body, then it's going to be easier afterwards from the astral plane. But most people don't.

In the Michael teachings, we talk about the seven Internal Monads and the fifth Internal Monad is the senior citizen monad, which is where we're maybe stopped working and then we start reviewing our life. That's where a lot of people get sentimental. They start thinking about the past a lot more because in order to prepare for the end of life, it's good to do the equivalent of a life review while still in the body.

And so again, if you do that more successfully while you're in the body you can go deeper and it's easier when you're discarnate.

Thomas asked: After we die, some movies make fun of people burning on the astral plane after being cremated. Or experiencing nasty things after being buried. Is there any difference between being cremated and a burial?

Shepherd: My understanding is that at death when the silver cord is loosed the body is of no consequence. So whatever you do with it makes no difference at all. The silver cord is a concept of an energy chord that anchors the soul into the physical body.

And death is classified as the breaking or dissolving of that cord. So then the soul is completely free of the body. Now, if you, let's say you're asleep at night and you're leaving your body and you're going out and having all sorts of adventures the silver cord is sort of like an infinitely retractable elastic that you can still leave your body and be connected to the body.

But at the moment of death generally, the body isn't even capable of sustaining itself anymore can't it? It died because it can't live anymore. And at that point, then the soul dissolves or breaks that silver cord connection with the body and can move on to the other side. So at that point, the body is from the Source point of view sort of like your clothing that you took off at the end of the day. You don't need it anymore.

So people who are worried about "Should I be buried? Should I be cremated?" Doesn't matter. Just do whatever feels right to you.

Thomas asked: A Michael website describes typical faces and eyes for each different Role. Which is a perfect fit for my preschool friend Stefan. Do souls with Role X really pick body with eyes faces of a certain type?

Shepherd: No, that's not how it works. The fact that someone is a Priest will be reflected in the way that that genetic material shows up. It's not inherent in the physicality, it's the expression that comes through the particular body you have.

There's something called a walk-in, which is where the soul who is in a body feels complete with that lifetime and doesn't feel the need to continue living even though the body still has years left in it. And so there may be then a negotiation with another soul to... take over that body. And it's often pretty seamless.

My friend Susannah Redelph's, some of you know, until about age 18, was a Priest soul and that Priest was done with the body and Susannah came in as an Artisan.

At that time. Her brother actually could tell that she wasn't the same person anymore and asked her about that at the time because there was a shift in the energy. Priests and Artisans are both high frequency but they do show up in different ways. When the Priest is living in the body just that intensity that the Priest has around the sixth chakra will tend to make a lot of heat coming through the eyes.

And then when the Artisan comes in, there's going to be more of a generalized radiance, bubbiness, bubbly quality. So those just things eventually end up imprinting on the body itself and the body gradually adapts to the nature of the soul that is in that body.

So you don't now it is also true that different souls like certain kinds of bodies. So if you're a Warrior, you might like a body that is really sturdy. For example, that may be part of your priority in choosing a body and in the way that you work with the genetic material while the body is still in the womb if you know you're coming into that body before birth.

Thomas asked: You explained that the person goes on for quite a while on the Astral Plane and creates surroundings if desired. So the personality lives after death, even though the body doesn't. Can one actually do time travel i.e. visit the construction of the Great Pyramids? During this time, are you limited to the body, gender, height, etc. you had on Earth?

Shepherd: I wouldn't say it's exactly time travel but there's something called the Akashic Records which is the nature of reality that you can look through any point in the space-time spectrum and they're windows into what came before in that that point.

For example, if you just you pick up a rock and the rock has been... in a certain place for a hundred years. But if you look through the Akashic records of that rock, conceivably you could see where that rock was 10,000 years ago. This is a skill that can be developed and some people obviously have more of that kind of skill than others. But when you're on the astral plane, it's really pretty easy to do that.

If you want to look into various histories when you're between lives or out of your body on the Astral Plane, you can do that.

SusanJ: Can I just comment on that, Shepard? So recently,

Shepherd: Sure.

SusanJ: I had a conversation with my own guides about that. It's is so similar to what you're talking about.

I was asking the guides about the nature of time. And the way they described it was so fascinating. And honestly, I don't completely grasp it.

But they said time is kind of like the Dewey Decimal System. So it's just...it allows us to find information. And I thought that was really interesting, that time in the Akashic is really like that. It's just a marker. And I just wonder what you think about that.

Shepherd: I like that. Yeah, just, you know, you put in what you want information on and you can ZOOM into it. I think a lot of us thought that the Akashic records were like as if there were... trillions of tape recorders going all the time.

Recording things or hard drives or whatever, recording everything. And then you, you know, rewind it and you go back to it. But what I channeled about that and this actually makes a lot of sense to me, it's just windows, the windows into what has been.

Because it's all there. There's a saying that time is an illusion, and it really is not an illusion on the physical plane. We really are on the physical plane moving in a linear way. But ultimately, in a higher level all that has happened is present and these windows and all windows are a substance that allows us to see into other things that have happened there.

I wrote in my book, Journey of Your Soul that I was on a beach in St. Martin. For some reason, I was tuning into these cliffs that were next to the beach. And I was getting a lot of anger. And I asked around and it turned out that there had been a murder on that beach.

So maybe that's not exactly the same thing as seeing into the past but the emotions were being held from the past in that place, even though that thing wasn't happening right then.

So when we're between lives on the Astral plane there are infinite things that we can do. There's really no need to be bored. But if you need to rest, you can rest. If you want to visit other planets on the Astral plane, it's very easy to do that. Some that are quite far away.

There are the equivalent of classes. You can study, you can socialize. You can create, you can create make symphonies. You can just do anything. You can do actually a lot more than you can do on the physical plane because things are so fluid there so It's not boring.

Thomas asked: Are you limited to the body, gender, height, et cetera, you had on earth?

Shepherd: No, not at all because... you're just a being of light, of energy. If you see an old friend, you may choose to project the appearance as Thomas to other people. But... maybe that soul will just recognize you from your energy imprint and you won't need to do that. You could also revert to what you looked like in other lifetimes as well.

Shepherd: His last question here is "What is the difference between true and manifested Soul Age?"

A little caveat here. Celebrity Overleaves are very controversial. And people get different things. I always felt that Elon Musk was a quite obvious Artisan. His energy just looks like that to me. But there are other people who think he's a King, maybe because he's so entitled or whatever. I also channeled that he was Seventh Level Old but manifesting Seventh Level Young.

So Thomas also asked about L. Ron Hubbard from Scientology. I got him a Seventh Mature manifesting Fourth Level Baby. So he wanted to know why there's a huge difference between Soul Age and manifested Soul Age.

Shepherd: The Soul Age, your true Soul Age is the perspective that you as a soul have right now based on the developmental stages that you've already moved through. But in any given life, you retrace your steps back up to that.

So when you are born... you cannot help but to manifest as first-level Infant soul because your body is an infant. There just isn't the capacity to manifest a higher perspective. Your focus has to be on surviving. There's just a lot of capacities you do not yet have yet.

In that body let's say you're actually fourth level Mature, as the body grows, you can manifest higher and higher Soul Ages until you hit your maximum, which in that case would be fourth level Mature. And maybe you can manifest your true Soul Age as a teenager. Because when adolescence hits, you functionally become an adult.

So let's say about the age of 14 or so. You're a very, very young adult at that point. But at that point are capable of a lot of the things that adults can do. Now, we know that the brain isn't fully developed until maybe the ages of 25 to 30. So there are certain limitations that are still in place.

But in terms of the body it has functional capabilities. In the Jewish tradition, at 13, you have a Bar Mitzvah. If you're a boy, you say, "Today I'm a man". Or a woman, a girl would say, "Today I am a woman with a Bat Mitzvah. So there is that recognition that there's a certain entrance there at that point.

So you hit 14 or 15 and you're a Mature soul. The Mature Soul Cycle correlates in a way with adolescence because adolescence is a lot about relationships and emotions in the inner world and the hormones that are pumping. So it's conceivable that maybe by the time you're 17 or 18, you are manifesting at Fourth level in the tour.

It is less likely that you would be manifesting Old because Old is more about larger perspective. So it takes longer. The older the soul you are, the longer it takes to manifest and that's why old souls are thought to be late bloomers because you don't fully come into yourself until you've had the time to retrace more of those steps getting back up to where you really are.

The main reason someone may not be manifesting their true Soul Age, and about two-thirds of all humans at any time are not manifesting their true Soul Age is that you simply are too young. You haven't gotten there yet, but you're moving in that direction.

Another reason you might not be manifesting it is that you are reviewing. So let's say you're Fifth Level Old and in your last couple of lifetimes, you've had a really hard time in terms of making a living in the world.

So that maybe your guides and you discuss this and it is agreed that you will review the Young Soul Cycle earlier in the life and just brush up on your ability to cope with the

outer world and career and that sort of thing. And so that might be a good choice for you until you again feel competent to make a living and survive in the world.

The third reason you might not be manifesting your true Soul Age is that you... are stuck. You are refusing some lessons. That's not such a serious thing, especially if you're manifesting just a couple levels under where you actually are. But when there's a big gap it could indicate it could indicate a big problem.

I knew someone who was Old manifesting Baby and he was clearly mentally ill. So his trauma, his issues that he hadn't resolved and that he was not working on healing we're clearly making him manifest much younger.

Now no Soul Age is better than another. So if you really are a Baby Soul or have a structure focus is what I prefer to call it now, if you are doing that in the Positive Pole, that's beautiful. You know, there are some advantages at every Soul Age.

For example, if you or an Infant Soul, there's an advantage of a certain simplicity and naturalness. Maybe oneness with nature and the elements that you may have less of as you become an older soul. And the Baby Soul might have a stronger sense of community that gets lost later on and so forth. So there's no Soul Age is bad or good.

But if you are stuck. And you're manifesting Baby when you really are an Old Soul, you're probably doing more than just the negative aspect of the Baby's Soul. And you are more dysfunctional.

So we do show that in people like Elon Musk and L. Ron Hubbard that they're in some very negative mindsets. So I'll have to... acknowledge here that most Michael students would call bullshit on Elon Musk being a Seventh Old Soul but if you look at some of the older pictures of him and the energy of those pictures, there's something really quiet, ethereal and refined in those pictures. And he's really been going down the tubes in the last decade. He's becoming more and more enmeshed in negativity and selfishness and narcissism and that sort of thing.

But... you know, I'm not that invested in being right about this, but that's what I got. That's all any channel can say. "This is what I got." And I get him as manifesting at Seventh Young, even though he's Seventh Old. And I think it's really because of some dysfunction.

And L. Ron Hubbard an even bigger gap in what he was manifesting. And this is the man who founded Scientology and just made up all of these lies for people and built this huge cult around himself. So he was functioning in a very negative way and that ended up with him manifesting much younger than his true Soul Age so not the healthiest thing to be doing.

Any questions or comments on that?

SusanJ: Shepherd, I'm wondering then if one of the reasons that a soul would manifest as younger is because they abdicated an Internal Monad or they say completed it in the Negative Pole.

Shepherd: Yeah.

SusanJ: Is that one of the reasons for manifesting younger?

Shepherd: Absolutely, yeah. Absolutely. So I don't know if everyone knows what Susan is talking about here. I mentioned earlier that each lifetime has seven Internal Monads, which are life passages. The first one's birth and the last one's death. And you can either complete these in the Positive Pole, in the Negative Pole, or you can abdicate them meaning you just don't do them at all.

If you abdicate the First Internal Monad, you just die at birth. If you complete it in the Negative Pole, you survive, but there's a failure to thrive.

So there we're talking more about physical sorts of things, but it's also the person, the personality has some choices involved. Like, "Do I want to live? Do I want to embrace this life?" Maybe there was some trauma in past lives and they're not coping with the birth very well.

So then the Second Internal Monad happens around the ages of two to four, which is where the child is establishing itself independent of the mother particularly and the parents. It gets to know that "I'm a different person." And this is where you get the terrible twos where the two, three year old is saying no and is establishing it as something separate from the mother.

One explanation I've heard for Donald Trump, who really does seem to be a two-year-old in the body of an almost 80-year-old is that he didn't successfully complete a Second Internal Monad. Now, why would that have been? Both of his parents have been described as being extremely cold people, incapable of giving love.

And when you're a two-year-old, if your parents are demonstrably not loving you it's very scary because you might not survive. You need them at that point. You cannot provide for yourself. So he did not complete his Second Internal Monad successfully.

So he never properly and successfully separated from the parents. So he never lost that need for their approval. So all of the braggadocio, all the, you know, "I'm the greatest", it's this two-year-old who is still trying to get approval. And if you peel back the surface where he does a parody of being self-confident. Underneath you can see a very insecure two-year-old.

What's most disheartening to me is not his behavior, but that so many people fall for it and that they... don't have any psychological understanding to see insecurity when it's so obviously being demonstrated. So yeah, that's the Second Internal Monad. And this will really keep you stunted in the life.

If you fail to do your Third Internal Monad, which happens around the time of your late teens when you're leaving the nest. Those are the people that chronically have a chip on their shoulder. They're mad at their parents. They never grow up and assume the full mantle of adulthood. Maybe they can't support themselves. It's never their fault.

There's always resentment. So yeah, all of those things could prevent you from manifesting your true Soul Age. Also, depending on what the actual Soul Age is.

Two-thirds of people have not completed their Fourth Internal Monad in the Positive Pole. And that's the Midlife Monad typically in our society around the age of 35 to 37, that's where the adult throws off any imprinting from their childhood that no longer is fitting for them, if it ever was. And they start to be able to work on their life task in a serious manner.

But most people don't do that. So let's say your parents really wanted you to become a doctor and you didn't want to become a doctor, but you did it to please them. If you're successfully completing your Fourth Internal Monad and you've been living a life that's not true to who you are, it could be very bumpy because now you have to disappoint your parents. Maybe you have to go back to school, learn a new profession. And people are saying, "Wait, you just went to medical school for eight years or whatever it was to become a doctor. You're going to throw all that away now."

But let's say the person real path in life is to be a writer or something like that. So they have to go through the change. But for many of us it's not such a radical change at the Fourth Internal Monad but whatever we were raised to be that isn't who we really are.

We need to emerge as who we really are. And that's the emergence of our true Michael chart. It doesn't mean the emergence is always in the Positive Pole of it. But let's say... we've been imprinted to be submissive people, but we actually have a Goal of Dominance.

We need to start living more in that Goal of Dominance and letting that be seen, even if it's in the Negative Pole. It's better than living according to an imprinting rather than who we really are. So it's always possible to resume your... growth so that you eventually manifest your true Soul Age.

So let's say your Seventh Mature and you're manifesting Second Mature which again is not necessarily a bad thing. It could be a useful review. Nothing wrong with Second Mature and Seventh Mature isn't better. But if you are really complete with manifesting Second Mature and you're not blocking, you could in a matter of months start manifesting at Third Mature. And then your lessons, your life focus would change.

And then a few months more, you could be manifesting at Fourth Mature. So it doesn't take that long to catch up to where you really are, but you will go through these steps sequentially.

Stan asked, [A couple of times I have experienced seeing discarnate beings appearing in a transitory form like a ghost. What's going on here?](#)

Shepherd: Stan, you and I already talked about this a little bit. Would you like to say what you now think is going on there?

Stan: [I think...in the one instance, it was a spirit guide putting in an appearance. I had out-of-body experience on the freeway. I totally blacked out, and it came out of](#)

nowhere. And I came to experiencing myself coming back into my body as a fireball up through my feet like a quick elevator up to my head.

Everything was black. And the moment of it was caused from a collision. I heard and felt a collision. Everything was black. And then boom. When the light bulb came up to my head, my eyes popped open and I saw that my car was careening up in the air going diagonally across the freeway.

And I even said, "I'm going to have an accident." The Honda Prelude landed on the wet highway, skidded to the side. Down the highway a bit over the lane and then flipped to be parallel but perfectly facing the other direction. And after a while I looked in the rearview mirror and there was a Police car with the lights and the lights

A police officer, patrolman. Fully uniform walking towards me. And I took out my driver's license to say I just blacked out. That I wasn't drinking or anything. And when I turned when to present to the officer, instead it looked like a mountain man with a black beard. He had a coat and black clothes. Smiled and said, are you all right?

I explain the situation. He asked, "Can you drive home?" I said, "Yes, I'm 10 minutes away from Afton. He then said, "well, you better go before a policeman comes and gives you a ticket."

I said, can you help me know when to... drive out of this and this figure walked forward and turned around and said, "Okay." And so cars were backed it up and off I went. I didn't see, of course, another patrol car or anything. There wasn't anything as I drove away and got home.

In the next three weeks, it was revealed to me that I had an out-of-body experience and I was reviewing things, the life patterns on earth connections, possible connections. And I had an opportunity to leave as the result of the accident. The accident wouldn't have hurt anybody else, there weren't any other cars on the freeway about 1130, whatever. And... I chose to stay. And... I think what you said, Shepard that this was spirit guides putting in an appearance., That's how it in my shocked state I saw it.

Another time I was getting ready to leave Northern California and I thought I was going to be with a woman that I thought was... pretty close like a twin flame or something and kind of an apparition appeared in front of me And... it communicated very clearly communicated that this individual was not going to complete my soul on this planet.

This presence shared a harmonic with me and something quickly shifted in myself. And then this presence lifted. So I think that might have been I don't know, task companion or what is it called?

Shepherd Hoodwin: Yes.

Stan: Or Essence Twin or something of that sort. It was so strong and I felt such a shift in myself that just kind of... cleared my human consciousness speculation and fantasy.

Allowing me to relax into the reality of myself and not look for completion with anyone else, actually.

Yeah. So those are the two experiences that I've that I've had. My brother, when he was getting close to transitioning, said that he saw different apparitions coming to his bed and identified one of them as a discarnate farmer sister that we had lost.

After 11 hours she was found alive but she died on Sunrise Ranch. Ruby and he cried and felt this presence. So I think so I think I think discarnate ones in different ways can put in an appearance or be beheld depending upon the state of the individual and the usefulness of that perception.

Shepherd Hoodwin: I wrote a piece called A Higher Power, which is on my website under the perspectives tab and I mentioned some polling that's been done that showed that a majority of people have said that they have experienced a loved one coming to them after death very often immediately after.

And yet it's one of those things most people don't talk about to other people because there's so much poo-pooing of it in our society. Probably people like in India would be much more accepting of that kind of talk. But here people say, "Oh, you're just grieving, you're delusional," that sort of thing. But really, a majority of people have experienced it as something they're sure of. And it's just perfectly normal to have that kind of experience, except we live in a belief system that doesn't make room for it.

There's a lot of discussion that early Christianity included a belief in reincarnation and various other things that we accept as Michael students but are no longer accepted among mainstream Christians. Apparently, when they were standardizing the theology in the third century they cut out a lot of stuff.

The suspicion being that they didn't want people to believe that there was reincarnation because it would lessen the control of the church over people like if they thought they only had this one life and they better behave or they'll go to Hell, they better do what the church says then they have more control over people.

But there are a lot of people who accept reincarnation. They may understand it differently than you and I do. The ability to communicate with those in spirit it's been very common certainly in common shamanic cultures.

It's very common to be communicating with the dead. There's a lot of religions where they worship the ancestors. They build altars to them. They're honoring them. They're in communication with them. So this is just one of those things that is really normal and healthy, except our society does not make room for it.

Thomas left. And he wrote in the chat He wasn't feeling well to begin with, he mentioned earlier, but he said, "This is the second session with one hour of sex talk. Sorry I will drop off."

Shepherd Hoodwin: So I'm just wondering since I was just answering a question that Susan had written me if I was riffing on it a little bit and some other thoughts as well that had come to me about it. Any feelings about was that too much for any of the rest of you? Did you feel that was inappropriate or did you find...

Stan: It was wonderful. No, that was wonderful. Again, this is a whole area that in our society there's so many taboos about it or outright aversion with recoiling judgment and disdain. There are different triggers in people about it, rather than a celebration of uniqueness, however that comes forth in spirit. So I love the spirited discussion the fact that here we have a safe space in consciousness where such things can be openly considered, and I appreciate your courage and giving voice to this material so I give a big thumbs up from me.

Shepherd Hoodwin: Thank you, Stan.

SusanJ: I would agree. It's a great opportunity to learn. And yeah, I enjoyed it and I appreciate your perspective. I'll let you add me as a Yeah.

Nan: Yeah. I'm rather more neutral about it but rather interesting things were said to ponder on as well as some more questions I might not have asked myself.

But yeah, I don't know if you triggered something in Thomas, if other topics had come up, I would have been just as interested.

SusanJ: I live in Portland. And I have um two children in their 20s our daughter is 27 and lives with us. Most of her friends have been part of the LGBTQ plus community. And, you know, as a Portlander, many of my husband and I have many friends whose children have transitioned.

So I've been curious about that. You know, I feel like we are kind of right in the hub of all of that. And so I find it so helpful to have another perspective. I don't feel like I have judgment about it at all but a curiosity. Like, "Why does the soul choose this and what's happening for so many of the young people" who come in and out of our home to visit. And so that really helped me to have a deeper understanding. So I appreciate it. Thank you.

I'd agree that that information we think about this, with the basic understanding, that person may not be comfortable in their energy or their body, but having all this, you added to it as examples of why that may be. That was great. Yeah, I appreciate it.

Stan: And some young people are identifying as non-binary and they're only in high school and it's happening with girls, et cetera. The non-binary is becoming increasingly popular. And of course, we're androgynous before we incarnate. So maybe there's a pressing forth of spirit and it's coming across as "I'm a little more androgynous or I'm a little more, I honor male and female qualities."

SusanJ: Yeah. I enjoy that you add depth rather than just touching the surface and moving on. I've noticed these two things, Shepard. So then, of course this depth is going to take time because it takes some time. But I enjoy that so much, so yeah.

Shepherd Hoodwin: Thank you, Ash. I also think about how the soul craves variety And so sexual variety. (Ash made a comment about needing sexual variety.)

One fascinating thing that's occurring now is there are people who identify, for example, as a straight man cisgender straight man who's attracted to transgendered

women who have penises. They like femininity. They would not at all be attracted to someone presenting as a typical hairy muscular man. But they're attracted to people who mostly present as female, except that they still have penises from before.

It strikes me as the sort of variety that the body is hardwired to look for in sexual expression. And also something is available because of the time we live in that has certain medical advances that is able to do things that were not possible before. So souls are curious about things and we went for, you know, thousands and thousands of years where it was pretty limited in a lot of different ways.

So suddenly we have these new options and the soul becomes curious about it. It's like, so, well. "What would it be like to be with someone who is a woman but still has vestiges of a male body?" That could be an object of curiosity for some people or maybe a fascination with the penis but not with masculinity. So there's just really every sort of combination of traits that you can imagine and things you probably can't imagine. Things that are fetishized that would just never occur to you that would be fetishized.

By fetishize, I mean something that people associate with sexuality that turn them on that on the surface doesn't have anything to do with sexuality and more and more people who are exploring those things. And I believe that for many people, these explorations can be healing for something in them.

There's a great wound throughout humanity around masculinity and femininity. And even though for the last few thousands of years we've had a patriarchy, meaning the men have been in charge of things in often a very oppressive way and men have certainly had privileges and opportunities that women have not.

But there's also been a lot of stress and pressure on men. I mentioned to be the breadwinner, for example, which is not always an easy thing to do. And to protect and to not show emotion. I think many feminists blame men. But they neglect the fact that many women have wanted men to show up this way.

They've wanted men who didn't show emotion. They wanted men who were hardened so they would go off and fight wars, maybe so they didn't have to so they could feel safe or whatever. But this has been a collective choice for a long time to live in these unbalanced ways. And where you have heavily militarized societies like we have Israel now. We have people... cauterizing their emotions.

Now that the women there are soldiers too, their whole society now is becoming characterized by cauterized emotions, repressing emotions, the ability to feel, because you cannot be a soldier and go and kill people if you have your full empathy. At least I would think it would be very, very difficult to do that.

And PTSD is so common among people who have had to do that because they're not given any tools for dealing with it. So there are a lot of wounds. And I think that people are trying to work out these wounds through sexual expression, through the fetishes, that sort of thing. And as long as people can do it in a relatively healthy way, why not?

I would just say that for all of us. The goal is to be conscious while we are doing something. So let's say there's a fetish that you really like and it really gets you off. Well, great. If you can find another consenting adult who wants to share that with you and let you act that out and you can have a really great sexual experience, that's fine. I would just say don't go unconscious.

Try to be aware of the emotions and the images and such that are coming up for you while you're doing that because you then may be able to harvest that experience for some deep healing.

We're almost at the end of our time. Is there anything that people would like to share or comment?

Nan: This has been good. I have been very low key because I am been recovering from not being very well. I had intended to think through some questions to submit and I just have been in another place and not able to submit any.

Shepherd Hoodwin: Well, maybe for next month you'll think of some. Okay, Ash, did you have your hand up?

Ash: I did, you know, as you spoke today, one of the things that went through my mind is, I'm on YouTube. I see the shorts, I see information. And I'm listening to you going on. And I'm thinking, man, if you... would take the time with somebody who knew how to do it and take snippets of all this stuff that you're recording. And populated YouTube, with the things you talk about here is a lot for people to learn.

I think there'll be a lot of appreciation and a lot of good work done if you were up to it. And then I thought, well, you are charging for this session, by the way, I have to send you a payment for this. Will it take away from your earnings by taking parts of these courses posting them and people don't pay?

Shepherd Hoodwin: I don't think so. It might make people interested in signing up for future ones because they want to be in a live session. I would be absolutely fine with anyone who wanted to edit these videos as long as it was just me. Or you got the permission of... the person first. I don't know if it's something you'd have the time and the skill and the interest in doing but you know all of the videos are available for download and if you wanted to edit them.

Ash: Good.

Shepherd Hoodwin: Little pithy short things for YouTube. I would be delighted for you to do that. That would be just fine.

Ash: I have an interest. But there's a little bit of a learning curve.

For example, how do I edit this? So the panel with people's pictures is, how can I take that out so bit of a learning curve, but my short answer is yes.

And, you know. An understanding or background in Michael's teachings or the charts is not needed because the topics you're covering are not limited to them, although you've

spoken about the Roles, et cetera. But you've talked about so much other stuff and given context to it that I think there's plenty here that people who have never been exposed to Michael teachings will be able to watch your videos and gain information.

As we move more towards people becoming more cautious. Being in the space around how New Age fairs and metaphysical fairs there's a lot of surface level discovery for people and engagement and when they want to get into practice it's lacking a lot of depth.

This is where I think the value used to be gained by watching the videos and going back to the earlier point. Maybe some of these topics when you talk about them, take 45 minutes to an hour, but there's depth. Which again I think is where people gain value. So yeah, I'm happy to hear that you're open to putting this out there.

Shepherd Hoodwin: Yeah, you know, actually. I think this is the fifth series of Beyond the Michael Chart and all the videos are up there and I know there's a ton of great material there. So yeah, I would be fine with it.

I recently made all the previous Beyond the Michael Charts available to anyone who wanted to view them, thinking that if they joined this one, maybe they'd like to know what we already covered in the past. So... Well, that would be great.

Let's do a closing meditation then.

Again, feel the flow of energy. Notice how good it feels to be with that consciously.

This is how we will conclude today. Thank you so much, everyone.