

BTMC March 1, 2025

Transcribed by ZOOM, edited by Susan A. Flow

Shepherd: Someone in the Zoom chat workshop Journey Of Your Soul requested a message from Michael about the times that we live in. And I'm going to read it during our meditation. So... feel free to sit in a meditative posture minimal kinks in your spine and your body, minimum tension connecting with the earth.

Be aware of the whole. Especially... of humanity. And all of the... issues that are causing disturbance.

From your heart especially emanate Peace and love.

Know that on a deeper level, all is well. There is a balance to be found when living through dire times.

It is not helpful to be in denial of what the facts are. Or of what you were feeling. But you will be better positioned to be a force for good if your predominant centering is in the cosmic or universal.

It is often the case that humans choose the path of growing through pain, in other words, doing things the hard way. Although we encourage our students to learn how to step off the karmic wheel and grow through joyful choices. Many people are not making that choice.

In a real sense. This is unfortunate. But there is never anything preventing individuals from doing that. Focus on making choices that create joy. And try not to pay too much attention to those who are taking a darker path.

But the simple reason that there isn't much you can do about that we can do no better than to agree with Gandhi in suggesting that you be the change you wish to see in the world. A larger view of history reveals that detours into greater negativity are usually temporary.

There are many reasons for hope that this one will be short. Because even those currently in its thrall have had some experiences of more positive approaches that could be remembered.

Shepherd: There will be one more of these Beyond the Michael Chart sessions next month so this is our second to last.

I do have questions that were sent ahead of time. And as always. Feel free to feel free to ask and comment. Spontaneously as well.

I've mentioned before that Stan and I were a member of a spiritual group. He was born into it and I was a part of it from the age of 16 to 30. And the leader's name was Martin Exeter.

Stan: Martin Exeter stated informally that we didn't need to save species. Are species continually being created by discarded ones as ongoing recreations. Are they on the astral plane or higher?

Shepherd: I channeled Michael directly for this. I channel charts directly from Michael roughly every three weeks. And although I can contact them more informally at other times, since I had their energy and then I had more... time available, I just went ahead and channeled them verbatim for this answer.

So like the previous piece I read you, I will just read to you what they dictated about... extinctions.

Michael/Shepherd: There is a form of karmic formation to misuse a planet's resources in such a way as to cause extinctions. Creatures of reason such as humans are tasked with being stewards, not destroyers.

The karmic debt falls more squarely on the shoulders of those who directly contributed to the extinctions. But those who might have prevented them and didn't act, especially leaders, also share some of that burden. In general, that burden is pretty light for average people, not directly involved.

For example, if you consumed a modest amount of products made by a company whose pollutants contributed to an extinction, that would be a very light karmic ribbon. One among many incurred simply by being a human. It would be comparable to the burden of being a citizen of a nation that went to war unnecessarily that you did little to stop but otherwise were not involved in.

It would not be reasonable to expect ordinary individuals to right every wrong. But the very mild karmic burden might cause one to question what more one might have done or said.

Martin seems to imply that if a species go extinct. No problem, since there are beings who can replace them. That is an oversimplification. Over vast periods of time there are beings who work behind the scenes. A form of devas who adapt or bring in new species as needed. These devas or nature spirits are like angels of the physical plane who work alongside astral artisans, not the role and angels to maintain physical life.

Theoretically, it's possible to recreate a lost species, but in practice that rarely happens. It's not as easy as you might think. It would be better to not create conditions that lead to extinctions in the first place. Of course, some species go extinct naturally as conditions change through no fault of the resident's sentient species.

But when creatures of reason cause extinctions, that is a karmic burden that may lead to unpleasant results for them. We have defined major karmas as an eye for an eye. In other words, person A kills person B and therefore owes person B a life.

In a future lifetime to balance the books, person A saves person B's life or person B kills person A. It can occur in more convoluted or complicated ways, but that's the gist of it.

The karmic formation of extinctions is more in the realm of intermediate karmas so parenthetically there are generally... major karmas, intermediate or medium-sized karmas and minor ones that don't have to be repaid to a particular soul but to add up in day-to-day life like just being unnecessarily mean to someone and ruining their day, that would be a minor karma.

The current formation of extinctions is more in the realm of intermediate karmas, not that they are less dire but because they normally are shared by many people suffering from the same blind spots. There generally isn't one person or one choice responsible. So culpability is spread out.

The ideal repayment would be for most of those concerned to grow in consciousness. So that such extinctions would no longer be caused and that they work to prevent future possible extinctions.

In the meantime their choices are likely to lead to a degradation of their own health, well-being, and enjoyment of life, whether or not they are conscious of it.

Are there any questions or comments on this?

Stan's next question: Does the planet Earth have some form of sentience? A maturing growth cycle? Will it become a star? Is it aging?

Shepherd: Everything in the universe has consciousness and experiences. Everything evolves and ages. Obviously, not everything in the universe has self-aware or sentient consciousness capable of reasoning.

But yes, planets. Have their own version of sentience. Because planets are vast beings and encompass so many different life forms, their consciousnesses are far larger than that those of, say, humans.

On the other hand, partly due to their vastness, most of their operations are set up to be mostly automatic just as many of your body's functions are automatic governed by your instinctive center.

You can breathe consciously. But most of the time you don't. Breathing happens automatically.

Many of your sentient choices as humans relates to your mobility and interactions with fellow humans. Your fragmentation... I'll parenthetically add here that in the earliest Michael channels, they referred to us as fragments and themselves as fragments. By that they meant that are maybe more authentic identity is of the whole entity or soul family that we're part of. And in order to gain more experience, we fragment into our individual soul or essence members of the entity, which is also a valid entity level of identity. But... as fragments, what they're saying is when we are acting from the most individual personality identity.

There are, at the moment, 8 billion others here that we can interact with, and that means there are a lot of choices and a lot of things to do, whereas the planet itself is more a container for all of that and it's not so much interacting individually with other beings.

Continuing, there are fewer of these kinds of choices necessary for planets. So sentience is a lot about making choices.

On the other hand, they have choices to consider that would be foreign to you that partly involved their stewardship of their passengers, meaning us and the animals and plants and everything else. The evolution of a planet's consciousness is partly to do with the refinement of the life forms it can host.

So we've seen that. What we do know about... the billions of years of Earth's evolution starting in a much less formless type of environment, more gaseous and over the billions of years of evolution, things have come more into focus and the life forms here become more specific more capable in what they can do. So that's more how their consciousness evolves.

And they got to the point where they were able to host sentient species. There were sentient species here before humans and before the cetaceans, which are the dolphins and whales that were maybe more etheric in form.

When humans cause unnecessary extinctions the earth's evolution may become concerned with refining conditions on its surface that limit their ability to do that. As well as finding ingenious ways to preserve threatened species.

Like individual souls and entities, planets have their own personalities and aims. One aim of earth is to explore balancing opposites and harmonizing abundant diversities.

Stan: I think the physical plane where there are planetary sentience involved does it always has to do with duality?

Shepherd: In our universe, I think that's a major way that we learn, compare and contrast. There are true dualities such as masculine / feminine; there are false dualities such as good and evil when humans are defining those falsely like you're evil if you... disagree with the president or dance on Sundays. This could be false dualities.

There's basically true and false versions of everything. But we specialize that on Earth. We have a lot of pairs of opposites, true and false here, and a lot of our growth is about exploring those extremes and then learning to find what the Buddha called the central way or the middle way where we unite those opposites and come into the middle where we are in harmony and we have the good parts of both sides.

So, for example, if you're in a male body in this lifetime. If you're following the middle way, you are in touch with the positive poles of both the feminine and the masculine, maybe emphasizing the masculine in a male body but still able to be in harmony with the full spectrum and not going to those extremes.

Planets generally do not become stars. But they are often recycled for very long periods. What they mean by that is that let's say that Humans become extinct and that particular game is no longer needed or viable. The surface of the earth will eventually be recycled, maybe made available for other sentient forms.

Let's say if the climate has changed dramatically, it will be remodeled for new species to make use of how things are. I do believe that the scientific Darwinian understanding of evolution is largely correct.

But I think we could also understand that a lot of that is simply adapting to changing circumstances, which we all have to do. So the newer versions of things may not be better or more capable, but they're able to operate under current conditions. And sometimes they do become more sophisticated, more interesting, more aligned with love or whatever. So it can be both.

Stan: Several times you've spoken of our universe. Are there multiple universes? If so, can we have a grand cycle in another universe.

Shepherd: My understanding of this, which admittedly is not crystal clear. But from what I've heard from Michael and Susanna and others is that there are many universes that the Tao creates.

One kind of universe is the big picture of what we're experiencing here our universe in that sense is based on the number seven. And so when you look at a Michael chart, you see the seven columns. And of course, there are groups of nine and 12 also, but there's a certain mathematical configuration of things in our universe that is universal within our universe and it allows for a certain type of expansion of experience by the Tao.

There have been at least 12 others of these kinds of universes based on different principles and yes those of us who've had more than average for an earthling previous grand cycles may have had one or two or three of those previous cycles in a different universe.

I understand that they do spin out more or less consecutively, but they can also overlap. But we might be able to be regressed and remember some pieces of our experiences and other universes that had different rules that would probably seem very abstract to us but yes that would be possible.

There's also parallel universes, which is a totally different thing, which is basically... our experience here, your experience as Stan, for example here on planet Earth in a human form, with your Michael chart being pretty much the way it is and those parallels which could be which quite a high number. You could be incarnate as a version of Stan Grinestaff in hundreds or thousands of parallel universes that are essentially the same where you and society as a whole made some different choices.

So the idea here is that we live in a multidimensional universe. And you as a soul had a certain life in this parallel where you married a certain person, had a child, you're now with someone else, you're here, you went on this career path and because essence doesn't like to waste anything. There's an economy that spirit likes to practice. It spins off.

Parallels that are similar but where you were able to make a different choice. So maybe you didn't marry this person, you married someone else, or you didn't marry at all. And those are just as real. As... your experience of Stan.

In fact. You may be aware of them, like you may have dreams about different version of you doing different things.

I have had some really interesting dreams of some parallel universes. Not very often.

But you can be in touch with parallel versions of yourself, maybe help each other out because you all have the basic life plan, same life plan. So you might be able to give each other pointers.

I'm pretty sure I've mentioned a parallel me in a very distant parallel so it looks more different from this one than some of the nearby parallels. And this parallel me was not having the issues with health and energy and Stan is very healthy and strong, but he was struggling with connecting spiritually you know and he's the same Soul Age and had the urge to connect spiritually and struggling with that. So he agreed to try to help each other. So those are parallels.

On the astral plane where you don't have the density of matter which is very heavy and limiting all of the parallel selves existing in the multidimensionality of reality is more evident. But when we're in a human body with its very limited brain capacity in a way that has to be hidden from the individual parallel because otherwise you couldn't handle it. Your brain would explode. You could literally go insane because we're too limited to be aware of that.

But as soon as you're full time on the astral, your essence is very capable of managing all the different versions of Stan and working with them because essence is so vast. So that's another kind of universe. We're using the same word universe but it doesn't mean the same thing as when we're talking about universes in the big sense.

There's also something that Susanna refers to as alternate universes which is somewhere in between. So our universe capital U is a Love universe meaning that it's themed a certain way and there are versions of the same universe that have different themes.

Like there could be a theme of power, for example. And we might be having experiences there. So those experiences, I think, are probably still based on the number seven and a lot of things are the same. But with different themes. So it's somewhere in between totally different universe and just the parallels which are variations on a theme.

Any questions or comments?

Well, I really appreciate Stan's question about the planet evolving because when I was in meditation, talking to my guides one day they said that our astrology needs to evolve.

And I'm not an astrologer. I don't really understand astrology. But it was just like a passing comment that I didn't ask anything about. But I thought that was really interesting because it's exactly what you're saying.

Like our planet is evolving and becoming more refined to be a better host . but other planets are evolving too.

Shepherd: Absolutely. Everything's evolving.

Kelly: You know, I think all of us started out being attached to the idea of God or whatever we think of that as being perfect, flawless, having all the answers. And I think that comes from when you're a tiny child and your gigantic parents are there responsible for maintaining your life.

We do believe that these parents are gods. I think that's where the idea of gods comes from. We need them to be perfect because if they fail, we could die. And a lot of people continue to have that need for the idea that there's a Source who has all the answers and we can even if God's ways are mysterious and we don't understand them, at least we can just know that somehow they've got it all handled.

But a more correct metaphysical view is that everything in the universe is evolving. And that is actually a good thing because if there wasn't room for improvement, if there wasn't the ability to change then the TAO would be unable to grow.

Shepherd: The Tao is the Source. We're not talking about the Tao in any of this. The Tao is what created the universe and the Tao is more static. And it grows by making universes that are playgrounds for having new experiences.

And if... these universes were populated by beings that already knew everything and had all the answers. There would be no point. Now, the Tao, you could think of in that more childlike version of God, the Tao, the Source is more static.

And... as far as it's gotten with experiences through let's say 12 universes so far, it's got its act together, but it keeps making new universes. Because there's still even more for it to learn but it just isn't practical to have those new chaotic experiences in Source.

So that's why it creates these external to them, universes to be places to experiment, to play, to expand. So basically the Tao is learning more about love, truth, and beauty through creating these external universes.

So sometimes when I talk about the planes of existence, I refer to them as the planes of creation. Because created by the Tao as playground to be creative and everything it creates starting from a first level Infant soul is... a creator in training.

So the creations of Younger souls are more rudimentary, but we're moving from creation, you might say that a brand new soul is a creation of the Tao. Creation of you is a spark of the Tao. And it gains experiences and it gets better and better at creating. And then eventually it's being reabsorbed back into the Tao so... now gets merged and adds to the Sources ability to create even more.

So it's just an onward expansion and there is contraction too. The contraction is like you're going to move and you throw away the things that you no longer need. But the expansion is expansion of consciousness.

Kelly: Yeah. Thank you, Shepherd. This has really been an enlightening conversation. I'm glad my mind has the capacity it does because I'm not in an insane asylum

Shepherd: You are, but it's in politics and other things that Kelly, you're an orderly in the insane asylum.

Kelly: Yeah, that's right.

Shepherd: That's right.

Kelly: Calm people down. That's what a lightworker is. I'm going to write that down. Lightworkers are orderlies in the insane asylum. "It's okay, Mrs. Friedrich. It's okay. It's... Just a bad dream."

Susan J: So Shepard, wouldn't... The way you just described how universes and consciousness expand wouldn't then that mean there's a paradox with source itself where it is both static and ever-changing. So it's ever expanding. Yet steady. Does that make sense?

Shepherd: Yes. Yeah. It's in balance. And you need imbalance to grow. When you walk your unbalanced because you're always falling forward. And when you're standing, you're in balance. So the Tao stands and those of us who are playing the games in the universe are walking, so we're out of balance. We're falling forward all the time in order to have some movement.

The Tao and the universes in our case with seven planes of creation are indivisible. They're part of the same thing, part of one whole. It's just a convenient way of modeling it in our minds to understand it. But it's an aspect of things that can create universes because it has that stable core.

So we need both stability and instability and instability the part of the whole, the half that is involved with stability, we call the Source or the Tao. But it's not separate. It's obviously very hard to talk about these things in human language. And I'm always aware that I'm teaching models that are only rough approximations of reality that is so much bigger than our brains can hold.

I hope, I trust that I'm conveying good, accurate models that are useful in the way that you can validate that they are good models is that they uplift you they help you live in a higher way, in a way that feels you might say relief or you might say relief expansive or comfortable.

And the way you can tell if a model is not a good one for you is that it shuts you down more, it limits you more, whatever. So... you know it would be foolish to claim that anything that you could say in language is an ultimate truth. That's the big mistake of dogma religions philosophies.

We just want to keep it open enough for new growth, new understanding. And even if you had the same words available to you for a long time if you're growing your understandings of them will grow and there will be more ah has from the same word structures.

Ash: I just wanted to say I recall Michael channeling, I don't know if it was in one of the Michael books, I was on one of the websites, they had talked about how to approach life and they had said to approach it with curiosity, to always be curious about life.

And it reminded me of some things that had come to my mind a few years ago. For one. This concept about the Tao being formed and evolving at the same time. The

analogy that had come to me is that it's just kind of like in the moment, in any given moment, the Tao is complete. It's like concrete that it has formed and simultaneously it is reforming itself into something else. It's doing both things at the same time. In any moment you can say the Tao is complete, knows itself, and everything is formed and it is true. And at the same time say that it is forming continuously.

And the other thing that had come to me is inherently in all the consciousness, anything created on the physical plane curiosity is just built in. Everything is trying to figure out what else it can be, a new version of what it can be. And so the Tao is always constantly evolving.

Shepherd: Beautiful. And I believe that channeling on curiosity is on my website probably under the perspectives tab. That was one of my favorite channelings. And, you know, you see forces of darkness now trying to squash curiosity and intellectual development.

And... I don't like to use the word evil too much because it can bring up a false duality, but in a pure sense, that would be a definition of evil. Something that stands as an obstacle to growth and evolution and curiosity and free will, choice, etc. So, we do have a lot of evil in the world. And we know this because there are a lot of people imposing their will on others and it's all about choice.

The ideal for a sentient species is that every individual has the maximum amount of choice, the room to grow and those who suppress that choice are by definition evil, but we're not understanding it if we're better educated spiritually in the Saturday morning cartoon view of it with the evil Dylan. 39:24

Those who do evil are actually full of fear and ignorance . And ignorance you know, they're really the same as all of us. They want to be loved. They want to feel safe and all of that, but they've gotten off on a different path.

The most shocking thing that I ever realized is that... almost everyone believes on some level that they're right. Even when they do horrible things. That kind of exploded my brain to realize that and I mean, they have to live with themselves and maybe on a deeper level, they really know that it's not right. But on some level, everyone thinks they're right. They're in the right. They justify; they rationalize.

And that is called in the Michael teachings false personality. Which is something that I... would like to talk about today because it relates to another question that we will get to. One of the most useful ideas in the Michael teachings is true personality and false personality.

True personality is partly when you are acting out of the Role and Overleaves, all the traits on your chart that you as a spark of the Tao chose for this Grand Cycle and that you as a soul chose for this lifetime. The reason I say that is because...

Let's say... you have a Goal of Discrimination. And that you grew up in a family where your parents didn't like it when you intellectually questioned their values or their choices; where you said "No" to them and children were to be seen and not heard.

The Goal of Discrimination is a lot about saying "No" so they pressured you as a child into acting as if you had a Goal of Acceptance. You always had to say "yes"; you always had to be agreeable, but that's not who you really are. It is possible for people to be imprinted by parents by teachers, by society, to try to look like a set of Role and Overleaves that they aren't.

Let's say... you're a Server but your parents were... dancers and you don't really care about dancing, but they were trying to get you to act like an Artisan or a Sage so that they would be proud of you and you tried, but it really wasn't your thing. So there's just a lot of ways that that aspect of False personality can take form in a human being. You're trying to be something you aren't.

The other aspect of False personality is where you are living your Role and Overleaves, your various traits, but you're doing them in the Negative Poles. The Negative Poles are where you're doing those energies out of fear rather than love, so they're distorted.

So let's say you are doing discrimination, you are separating the wheat from the chaff, which is what your goal is to do in that lifetime. But you're very prejudiced. Meaning that you aren't really processing things in an honest, deep eyes open way, you're just rejecting things out of hand. You always say "No". You always throw it up. That's also... False personality. You might say at least it's your own goal. But it's very much in the negative side.

There's a spectrum from the very most positive way a trait can manifest to the very most negative. And some channels have done lists of the seven stages for most positive pole to the most negative pole. At some point, I think I'd like to hunt those down and collect them into one PDF handout. I think that would be really interesting. I think Troy did some of those. I've seen some of the other channels have done some things. Even Dave, I think on his website, seven steps between this.

So it isn't cut or dried. It isn't all negative or all positive. If you're in the fourth level, in the neutral level between the two of them, then that's not too bad. But the goal is to be as... far in the positive pole as possible.

But let's face it. None of us are going to always be in the most positive manifestations of our Roles or Overleaves. But that's the goal to try that to achieve this.

So that's False personality and also the... core of False personality are what we call the Obstacles or originally they were called the Chief Features or in Germany, translated into English, they call them the Fears.

These are... the linchpins of all of our other irrational, neurotic things. When you are doing your negative polls, you are not acting logically, sanely or intelligently. And if they get extreme you would be hard pressed to differentiate them from mental illness.

Now, there's mental illness that comes from physical issues, genetic problems, miswiring of the nervous system, the endocrine system not working right. So there can be... physical causes for mental illness. But when you're talking about genetic things or things that are just not working right in the body it's a little hard to tell on the surface if the body is causing the irrational actions or if the personality is so damaged maybe

from childhood or whatever that it then it then it manifests those imbalances in the body.

So it's like the person who is so damaged emotionally from childhood and then they also eat garbage and they don't nourish themselves and they manifest hormonal imbalances that exasperates the insanity that they were already forming in their mental state

It can go either way you can create mental illness from issues in your psyche and even your soul carried forward from past life traumas. Or you can be relatively okay on a soul level, but you've chosen a body that has some defects and that can start to create problems.

I've channeled almost 14,000 Michael charts over almost 40 years. Most of the people who order charts for themselves are people who are fairly conscious people. They're seeking, they want to learn about themselves. They're fairly... authentic people or they wouldn't be wanting to know about themselves. And usually people validate their charts and they see themselves in it no problem.

Once in a while a person can't validate the chart because... they have a mental illness of some kind. We're dealing with a trauma from childhood or past life. And what's confusing is much of how they present in the world and to themselves is really from that mental illness, like you have bipolar disorder, so you lose your temper a lot. Or you get manic or whatever, those things don't necessarily show up on the Michael chart. It's like an overlay on top of that and that's what you're seeing. And so it's hard to validate the true chart because that's not what's causing their surface appearance.

And so, for example, if you try to validate someone else's or you're making a guess at what their Role and Overleaves are from their behavior, but their behavior isn't coming from their true personality. It's coming from their damage or their illness. It can be harder to see what the real person would look like if they weren't ill.

So that is something that to learn to differentiate which can make you a more power user of the Michael teachings.

Stan asked earlier, [about black holes](#), and I was getting from Michael that they were portals to other universes. And [he also asked if can they also connect to different parts of our universe](#) and I got yes could do that also.

Shepherd: Again, I always... have the caveat is this is what I'm getting and I could be wrong. And it's very likely that the real answer is a lot more complicated. But... that's... what I'm getting and that's what I understand.

Shepherd: [I want to talk about Elon Musk](#). Because I channeled him as being a seventh level Old Artisan and there are strenuous objections to that information among other Michael channels and students. And that's why I talked about False personality, that you can even be Seventh level Old and be so screwed up and so in False personality that you look nothing like that.

If you look at Elon Musk today he almost looks monstrous. He looks so sleep deprived and so ugly and so... crazy that it really doesn't fit with anyone's picture of what a seventh old artisan would look like.

But I want to show you an old picture of Elon. I think he went off the deep end about 10, 15 years ago. He was fairly progressive then. We have him to thank for having... electric cars because there were people trying to do electric cars in the 90s and the big car companies shot them down. The movement was very suppressed.



He made that happen. I mean, that's pretty amazing. He has been visionary about a lot of things. He has a company with solar panels that are working. It's not the only company doing this. But the idea is that instead of putting solar panels on your roof, you're your roofing shingles are themselves solar panels, so they blend in. Great idea.

I'm not so fond of his idea about going to Mars and colonizing it, but he's welcome to do that. And if you look at this picture. There's a refinement in the energy and a sweetness that you do not see today.

So people can regress, especially if they're not all that conscious. You know, if you are a Seventh level Old Artisan but you're not manifesting it and you haven't really done the work and you haven't really claimed it on a conscious level, you can slide backwards. And anything that you haven't healed yet can come and take over and give you an opportunity to work on that, to become conscious of it.

And I believe that's what's happened with him. When it comes to any celebrity Overleaves there there are going to be a lot of... disagreements about what they are. A lot of the presidents or presidential candidates have had several different roles attributed to them. I believe that the first channeling through a channel who's generally accurate and careful around Overleaves is the one most likely to be correct.

I wrote a piece about this; it's on my website. If you go to my website, which is shepherddoodwind.com, and you click the Michael Teachings link there's a long list. Of articles, resources, videos, et cetera, everything I have to offer. And one of them is called I think improving accuracy in the Michael teachings community. And I go into what I have found about this, what I believe. Most of the other channels are not on board with this. But I do believe that this is... important information.

So now I'm going to show you Elon's Michael Chart as I channeled it. The Michael Channel that I most often work with and align with, who I sort of mentored is Dave Gregg. And even Dave doesn't agree with this. Dave believes that Elon is a King. And Dave is pretty astute. He... does have a good sense of what the different Role energies look and feel like.

So I'm sort of surprised that he thinks Elon is a King even though he throws his weight around a lot because he doesn't feel at all like a King. He just doesn't have that gravity, that bearing, that galvanizing kind of quality, that sharpness, that charisma, that mastery, that sort of thing. It's just, I don't see it being there.

I've often tried to teach people how to recognize what each of the Role energies look and feel like in the real world. But in any case, here is the Chart I channeled.

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MICHAEL READING

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Elon

Musk

2/19/2020

ESSENCE

	INSPIRATION		EXPRESSION		ACTION		ASSIMILATION
	<i>Ordinal 1</i>		<i>Cardinal 6</i>		<i>Ordinal 2</i>		<i>Cardinal 5</i>
ROLE	<input type="radio"/> SERVER		<input type="radio"/> PRIEST		<input checked="" type="radio"/> ARTISAN		<input type="radio"/> SAGE
	+ Creation, – Artifice				<input type="radio"/> WARRIOR		<input type="radio"/> KING
ESSENCE TWIN	<input type="radio"/> Server		<input type="radio"/> Priest		<input type="radio"/> Artisan		<input type="radio"/> Sage
	+ Mastery, – Tyranny		Male,		no plans to meet		<input type="radio"/> Warrior
					<input checked="" type="radio"/> King		<input type="radio"/> Scholar

CASTING: CADENCE POSITION

5 + Expansion, – Adventure

Position Server (1-C) Priest (6-O) Artisan (2-C) Sage (5-O) Warrior (3-C) King (7-O) Scholar (4-Neutral)

Resonates w: C=Cardinal O=Ordinal

CADRE/ENTITY* 8 / 7 Truth/Beauty Orientation *Entity number also part of casting.

TASK COMPANION(S) Sage, discarnate

MALE/FEMALE ENERGY 82/18

FREQUENCY 41

PREVIOUS CYCLES 10

OVERLEAVES

<p style="color: blue; font-weight: bold; margin: 0;">NEEDS</p> <p style="font-size: small; margin: 0;">Freedom Communion Exchange</p>	<p style="color: blue; font-weight: bold; margin: 0;">LIFE QUADRANT</p> <p style="font-size: small; margin: 0;"><input type="radio"/> LOVE <input checked="" type="radio"/> KNOWLEDGE <input type="radio"/> POWER <input type="radio"/> SUPPORT</p>
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I mentioned that I believe that the first channeling tends to be correct, I don't know.

If mine wasn't the first it could be wrong. There's really no way to know with celebrities if you were the first channel, because some of the channels don't share their work with others, especially Quinn Yarbrough and her group, her people, she may have gotten his Overleaves.

As I've lived with this this seems plausible to me, Artisan with... Male King Essence Twin And when I got him as Seventh Old, I got him is manifesting almost two whole Soul Ages younger at relationship meaning Nature first. So when somebody is manifesting much, much younger. That can also account for a big gap between... who they really are on the inside and what they look like on the outside.

In 2020, I got his manifesting as Seventh Level Young so that was five years ago, an entire two Soul Ages younger. When I checked his chart and went to get his raw number, ... I updated this not too long ago he had only moved up a level in his manifesting. And again I think this is False personality. You're not really seeing the real chart.

But I did get him in Dominance, which obviously makes sense. so these things do... peek through the False personality. I got him as a Spiritualist and spiritualists see the world in terms of possibility. I think he does that in spades, you know, with all of his, it's also an Artisan thing to be inventive, but with his particular inventiveness, he sees things that aren't there and trying to make them be there.

I got Aggression Mode; I think you can see with him. Physically centered in the Emotional Part. Physical centering has also been called sexual centering and he certainly does have a lot of children. Arrogance and Impatience are also not hard to see.

Body type Mercurial along with Lunar and Jovial. Mercurial bodies are wound up. So I think a lot of this is not too hard to validate. Very high male energy, meaning a lot of his energy is workaholism, putting it out into the world and so forth.

I believe... a lot of what we're seeing with Elon Musk and Donald Trump is that neither of them sleep much. There was a growing belief among high achievers that sleep is a waste of time. We actually know how important sleep is to regenerating the brain into long-term health basically you don't get away with skimping on sleep in the long term, you end up paying a price for it. Early onset dementia and Alzheimer's, which I think we can see in both of them.

They both just look exhausted and they've done experiments where they've deprived people of sleep and they act crazy. And the two of them both are acting irrational and crazy, but there's a kind of an addiction almost like the bipolar manic phase of you know, I'm king of the world. I can do everything. I never stop that sort of thing.

So again, that would be attributed to False personality. The more common term for False personality is ego. But a therapist friend of mine corrected me and he said, technically ego just means self. So if you're going to be correct, you would say false ego or true ego.

So we may as well just say false personality and true personality. But generally if we say someone has a big ego, they're talking about the ego, false personality and clearly the two of them do have big egos, which happens a lot when the person doesn't really know themselves as an Essence. They don't have Essence contact with themselves or with others and they can get addicted to the power that they get from having a lot of money and influence.

So... The question about Elon is do we choose to manifest lower when setting up incarnations?

Shepherd: Two-thirds of human beings do not manifest their actual Soul Age and there's three possible reasons. One is they're just too young. They haven't gotten there yet. Because when you're born you by necessity manifest at first level Infant and you have to retrace the steps. It's similar to what happens in the womb. The zygote as it develops in the womb after fertilization goes through all the stages of evolution. So there's actually a time early in the pregnancy where the fetus has gills, just like the way that we think that that we evolved from the primordial swamp.

So there's going through all of these stages. What's the scientific term? I don't have the right words, whatever. It's my brain. My memory isn't so great. But in any case, we repeat when we evolve, we repeat earlier phases. (The phrase is: "Ontogeny recapitulates Phylogeny". When you study embryology, you learn this concept implicitly. Susan)

And in fact, there's a time in the womb at the beginning where all human fetuses are female. And they have to then become male due to the influence of certain hormones. So in every lifetime when we're born, we manifest at first level Infant and we have to retrace these steps back to our true Soul Age. The older the soul you are, the longer that's going to take.

So... if you're an Old Soul, you're probably going to be a late bloomer and you're not going to really look like your true Soul Age until you're in your middle 30s at least. And I do occasionally get someone who's manifesting Old and they're in their 20s. Mature souls can manifest in their teens. But, you know, it's individual so you're reviewing

There are people who are choosing who to come here to review a younger Soul Age because they need a refresher course. Let's say you're an Old Soul and your last few lifetimes you have not been very good at making a living. So as a soul level, you might choose to review Young soul which is about the outer world and success and career and so forth. And that could be useful. And when that happens, that is not a negative thing. That's just, you know, you just need to get better at handling the world.

The third reason, though someone's manifesting younger is that they're stuck. And then that's going to manifest more negatively. And that is probably the most common reason that an older person is manifesting younger, that there are unhealed wounds that are keeping them back that they are refusing to deal with.

And that is most surely the case with Elon Musk. I want to make it clear, though, that if at the moment he's manifesting at first Mature there's nothing wrong with first Mature. You can be fully in your positive poles at any Soul Age. So like, let's say if you're Old.

manifesting Baby and you're manifesting that in a sweet positive giving caring way, nothing is wrong with that at all.

But most people If they're Old manifesting Baby and they're older human beings who are not doing that in a sweet positive way, they're stuck. They're fighting their lessons. And so they're doing it in a negative way, maybe they are mentally ill.

I had a friend who was dating someone who was early Old manifesting in the Infant stage. And I hadn't done this chart for a while, so I didn't remember what the chart said. But my friend was really a lovely, caring, wonderful person. And no one could figure out what he saw in this guy.

And I did his chart and turned out he was an Old Priest but manifesting Infant because of mental illness. And my friend and kind of loved taking care of him. You know, I guess it sort of made him feel like he gave his life meaning and also he could see the Old soul-ness peeking through.

I would never recommend to anyone that you mate with someone because of their potential. I think you are much better off mating with someone because of what they're actually doing and not what they could be doing. You'll be a lot happier. This guy was also alcoholic. And to be quite honest, I think the real reason they were together is that they were both alcoholics. And the partner would not challenge him on it and tell him, "Hey, you need to get sober". I think that was really the real reason.

Happens a lot in the world, this sort of thing.

Ash: Shepherd, can we go back one topic? Can I ask you a question? I don't mean to.

Shepherd: Of course, yeah.

Ash: Speaking of black holes several years ago, I thought it crossed my mind and I wondered if black holes or if portals were where higher and lower energy swap? Is it not just a place where a portal to another universe but a portal to bring down mass amounts of higher vibrational energy and slow it down. And pull back through slower energy and speed it up, kind of like a recycling plant almost or conduit.

Shepherd: I'm getting no, but I could be wrong. I mean, I like the idea. I can visualize that. But I get no.

Ash: Okay.

Ash: Okay.

Stan asked, is there a chronological age development with the universe itself? And I mentioned earlier that everything in the universe ages, or Michael channeled that. Is the scope of our universe as seen on star maps actually much faster? Maybe in all directions.

Shepherd: And I got simply yes.

Nan Cross is not here today, but I'm sure she'll listen to the recording.

Nan: We're supposed to be developing the changes that will shift this world from operating as a young soul world into operating as a mature soul world.

Shepherd: A lot of talk about that in the Michael community from the very beginning. What I have gotten on this is that it happens much more slowly than some of the other channels have been saying, much more gradually. There's a group of channels who believe that we are already across the world averaging the beginning stages of first level Mature.

My channeling of Michael is... it's more a matter of coming events cast their shadows. We're starting to see more mature consciousness in the media and in the way people are thinking, but the average person has not gotten there yet. There's no way to prove it either way. You can just take it all with a grain of salt.

But there is a case to be made for it being much faster today simply because there are so many more human beings on the planet. So souls can have a lot more concurrent lifetimes and that will speed up their evolution.

In the first Michael channeling, back in the 70s, it said that the average human... Oh, there's Nan. Hey. We're just talking about your questions. It was said that the average human is, I believe, fifth level Young. I'm going to pull up my handout which you all have in the chart reference material folders. It's called Soul Ages. I'm going to open it.

SOUL AGE LEVELS

	CORRELATES WITH	YARBRO	VAN HULLE	VAN HULLE BEACH ANALOGY
1	Server	Basic, without perspective	Beginning	Toe in water
2	Artisan	Response, area of comparison	Warfare	Halfway in
3	Warrior	Discernment, evaluation	Quiet, internal, go after it	Submerge
4	Scholar	Foundation	Friendly, external, get it	Emerge
5	Sage	Integration, emphasis on access	Unusual, eccentric	Splash others
6	Priest	Conscious awareness, complete monads/perceptions	Karmic, difficult	Splashed back
7	King	Understanding, synthesis, bring previous lessons to bear	Lazy, complacent	Head for shore

MATURE SOUL LEVELS (Chambers)

Right relationship with:

1. Self
2. Family
3. Friends
4. (Integrates and contemplates above)
5. Community
6. The world
7. Nature

OLD SOUL LEVELS (Chambers, Marina, Stevens, Kamala)

Detachment from:

1. Cultural imprints about what service and healing are, and how that is expressed.
2. Imprinting about what creativity is, and how it is expressed.
3. The glamour of money and outer achievement.

4. The need for beliefs and systems to define reality.
5. The need for fame and recognition.
6. The need to be right, or to know the right answers.
7. The need for the forms and structures of the physical plane.

WORLD DISTRIBUTION (Yarbro)

10% INFANT
 23% BABY
 32% YOUNG
 24% MATURE
 11% OLD

AVERAGES

WORLD: 5th young (Yarbro); 6th young (Hoodwin); 1st mature (Van Hulle).

US: 6th young (Yarbro, Hoodwin)

It takes an average of seven thousand years on the physical plane to complete it. There are thirty-five soul age levels. That's about 200 years per level. However, some levels, such as 3rd and 6th, take more time, and some, such as first and seventh, take less. People generally take 100–200 lifetimes to complete the physical plane, depending on their average lifespan, speed of moving through the levels, and personal preference. The fewest known is 37, and a "specialist in infant mortality" took 1500 lives.

Compiled by Shepherd Hoodwin

So Yarbrough is still saying that the world is fifth Young. Michael told me... that the world average has shifted to sixth Young. And JP Van Hulle says that we've moved to Seventh Mature.

Now, Yarbrough and I both agree that the US has moved from fifth Young to six young and I'd like to talk about that because it's really interesting you know that each of the numbers one through seven correlate with the seven Roles.

So you know that when you are at fifth level Young, five being the Sage number, you're at the Sage level of the Young soul. And that the number 5 has a positive pole of Expansion and negative pole of Adventure.

So when the US was a fifth level Young country we were famous for number five types of experiences, which includes innovation. So like in the post-war era, the technological innovation, the American know-how, the can-do, etc. Very innovative. And we were... in that stage until recently when we moved into the sixth level.

Now, six is the Priest level and Priest 6 has a positive pole of harmony. So it's a harmonizing level. And when you get to sixth level Young or Mature or Old, you are tying up loose ends, trying to harmonize things. You may be paying back karmas you haven't gotten around to paying back in the earlier levels of that Soul Age.

So six levels can be quite fraught because you're, again, tying up loose ends, etc. And I think what we see in the US right now and then the world as a whole, is that the chickens are coming home to roost. We are dealing with our karma. We are losing status in the world. The resentments around the world to our interferences and the colonialism, imperialism, etc. It's all coming back.

It's a time of karmic repayment and the world as a whole is facing that with climate change. Even the countries that aren't currently specifically manifesting six Young are doing that. But if you look at the media, especially the more progressive media, you do see, well, I think Oprah Winfrey is the best example of coming events casting their shadows that starting especially in the 90s.

She repented of having gone the sensationalistic route with their talk show And she committed to being a force for good and not just highlighting crazy people coming on to get ratings. And she ended up being just amazing in raising people's consciousness about humanistic issues, mature soul issues, really. She taught us about sexual abuse, child abuse and spousal abuse. And people were sort of talking about things that had been hidden from sight that really needed to be aired out and healed.

And there's a lot of books available. If you look at the books on the bestseller list these days, there's a lot that concerns more of the Mature soul issues of community of exploring the inner world, bettering yourself, that sort of thing. There are a lot of things, spiritual New Age things on the bestseller list that were totally buried 30, 40 years ago.

And so this could lead you to believe that the average for humanity has now fully moved into the Mature cycle but I don't think so. If you look at the behavior of most

human beings, the behavior still is more stuck in the negative side of the Young soul cycle.

Mind you. There's a positive and a negative to every Soul Age. So the positive side of the Young cycle is Vitality, it's accomplishment. You know, we look at these magnificent high rises and all the architecture and a lot of really cool things, you know, the invention of the internet and technology itself. The accomplishment that's the focus of the Young cycle is marvelous.

So it's not all negative, but the negative side of that is every man for himself. It's selfishness, it's greed, it's running amok, it's taking everything we can from the earth without respecting its need to be replenished, etc. So the behavior still looks pretty sixth Young on average throughout the earth to me personally.

Again you ask another channel and they will tell you that we are already averaging first level Mature. So, uh. But what happens when we do average Mature as opposed to Young? A medical student named John Roth, who is now deceased, was a very bright, astute scholar and he pointed out something or he may have been quoting J.P. Van Hulle that we alternate in each Soul Age, Infant, Baby, Young, Mature and Old from being individualistic to collective, individualist collective, and individualistic.

My observation suggests that that is quite astute. So the focus of the Infant cycle is survival. And that is... inherently... an individualist thing. But once that's handled, once you're feeling comfortable on planet Earth as a human being, you're not worried about the basics of survival, then you move into the Baby soul, which is a focus on structure.

Now the Baby Soul Age is the number two Soul Age. It's the second one, right? Whereas the Infant Soul Age is the number one or Server Soul Age. Infant souls are getting a foundation and Servers provide a foundation.

So it's interesting to look at the second soul age as... focusing on structure because the number two role is Artisan. And what do artisans do? They create structures. They are brilliant with structures. They visualize structures. They build structures.

That's like a key word for both the Baby Soul Age and the Artisan Role. And what the second Soul Age is creating, the structure it's creating is basic civilization. And so instead of the Infant souls living in small villages, excuse me, living in like tribes of no more than 150 people keeping it very simple. Because that's all they can handle. Now they're starting to move into towns.

And they're learning how to follow some basic rules. Okay, this is how to get along with larger groups of people and maybe doing bigger things. So it's more collectivist and people who are Baby souls or manifesting as Baby souls want everyone to follow the rules that are simple because they can understand that and it makes them feel safe.

So if you have fundamentalists of any religion and they have some rigid rules about "This is the right way to do it and the wrong way to do it", understand that they do not yet have yet the complexity of consciousness to handle a lot of choice making. So it has to be kind of cut and dry for them.

And this is where you have the Baby souls or those manifesting at Baby soul level who want everyone to conform to their ideas of what is good and bad. So you can totally understand that. Now, there are even Old souls manifesting at Baby Soul levels who are still following the rigid religious rules and such that they were born with. So they're manifesting younger. They're stuck down at something that isn't who they really are.

Maybe some of you have a mother and a father who are manifesting as a Baby soul or who are Baby souls who are still trying to follow the party line of their religion. And if you've broken away from that they are really worried about you, that you're going to go to hell or be punished or whatever, depending on what your religion is.

So anyway, in the Baby cycle, there is a more of a collectivist point of view. Then once you feel like, "Oh, I'm comfortable with working within a structure" and you move into the Young soul cycle after many lifetimes.

It's more individualistic again because the lessons of the third Soul Age, which is the Warrior level, involve independence. They involve action, climbing to the top, being successful. So it's more individualistic and someone who has not successfully completed the Young Soul Cycle does not feel confident in their ability to navigate the outer world.

That's the purpose of the Young soul cycle. There are very few who will become rich and famous. But when you're at the Young cycle, you would enjoy that. You would like to climb to the top, even if it just means that you are the president of your local school board or whatever. Because you've proven to yourself basically like, "Okay, I can do this."

Now, I'm an Old soul, like many of you are. I've forgotten a lot of that stuff. And I see people who get very successful. And I often wondered how on earth did they get there? How did they do that? I have no idea. I wouldn't know where to begin. But I guess if it were important for me, I'd figure it out.

Then once you feel confident that you have the outer world handled that you can get things done you move into the fourth Soul Age, which is the Scholar Soul Age or what we call the Mature Soul Age. And it once again becomes once again Collective.

So it's about the group, but now it's not so much about imposing rules from the outside because now by the soul has more complexity and it can better figure out subtleties. Now it's more about diving into the inner world, it's the time of the greatest artistic and philosophical accomplishments. It's intense.

Which may seem at odds with the idea that it's the fourth or Scholar level. But what's really happening at the Mature cycle is you are integrating things. You are going deep into your inner world and you are integrating. You are understanding, you are processing, processing it. And of course, that is what Scholars do.

So even though we talk about the stereotypical Mature soul being very intense like a soap opera, very dramatic, which is the opposite of how we think of Scholars. If you see the underlying energy of, "Okay, we're processing here, we're understanding on a deeper level" then it makes sense.

So in the mature cycle we are looking for consensus in the collective. We don't want to leave anyone behind. We want everyone's needs to be filled. And then when that's handled, we feel like, "Okay, we know how to do that."

Then we go into the Old cycle, which is more individualistic again, which is, "Okay, self-actualization; How do I fit into this larger context?"

Now, if the world is indeed transitioning from the average person being Young, late Young to the average person being early Mature What does that look like? That is... the most... extreme transition that we ever go through on the physical plane. Because it's a change of direction. It's extreme when you move individually from seventh level Young to first level Mature and it's extreme collectively when a country makes that movement or the whole world makes that movement.

And the reason it is so extreme is because from Infant, Baby to Young, the focus has become increasingly toward the outer world and the mastery of the outer world. And then suddenly we're making a 90 degree turn and we're focusing on the inner world more. So it's huge. It's huge. Gene, you have your hand up.

Gene: Yeah, I was curious if the transition from Young to Mature might coincide with the next incantation of the Infinite Soul?

Shepherd: Yes, so... the Infinite Soul is something that the beings on the high planes sometimes provide for us, they orchestrate it, they arrange it when they see that we've gotten stuck.

What happens is when there is spiritual stagnation they work with a great teacher. Very often it's a seventh level Old King. It could be... sixth or seventh Old Priest, but so far the Infinite Soul manifestations that we've known about have been seventh Old Kings They include Jesus, Buddha, Lao Tzu, and Krishna.

So they're already quite expansive, accomplished souls doing great work here on the physical plane. Not necessarily perfect but doing a really good job of teaching and when the earth, when humanity needs a kick in the butt that soul steps aside or opens up and allows a representative from a reuniting cadre on the upper Causal Plane to come into that body for about a month because that's that as long as it can handle the amplified that energy.

It just makes it like really, really strong and shakes things up. And that's what happened in the case of these four. Then at the end of that, the body will either die because it's burned out or it reverts. There are different versions of what happened to Jesus. Some versions say that he reverted back to being the man Jesus and went to India and continued to teach. There are others who say that the body ascended and the personality of Jesus no longer existed on the physical plane. With the reality of parallel universes probably both stories occurred in different parallels and now we're aware of all of them because those parallels have merged.

There's also something called a Transcendental soul, which is a similar idea where an accomplished teacher either sixth or seventh level Old Priest or King often a Priest opens up and allows a reuniting entity from the upper Astral Plane to take over the

body for up to six months because you can handle that energy in a body for as long as six months before death. This happens to shake things up socially, during social change. And we... through Yarbrough, four again, Zoroaster, Mohamed, Gandhi. And there was one other, I'm forgetting.

Ash?

Ash: What is generally the soul age of the person manifesting the Transcendental Soul?

Shepherd: Sixth or seventh. But since the Transcendental is six energy, six level works and with the Infinite Soul that energy is seven energy. And so usually that's going to be seventh old King is the seventh energy, so it usually comes through a King but technically it could be any Role. It wouldn't have to come through a King it's just a King is going to be a little easier for that energy.

I've joked that the next Infinite Soul should come through a Sage who puts on a big musical to bring planetary wide spiritual transformation but anyway the Toa has not yet taken my advice on that score. Maybe you can talk it up on your social media and convince the Tao that the next Infinite Soul should be a Sage.

Ash: Another quick question. Did I hear you say that Infinite Soul is coming from the upper Causal rather than the Messianic or and the other on higher planes?

Shepherd: I'm a little vague on this, but my understanding is that it gets channeled through the high planes... it's like it's got to be stepped down to be able to be in a body. So it's sort of like the way the power from the power line has to be stepped down through transformers in order to be able to come through the plug in your wall without burning the house down.

So the Infinite Soul can be a representative of one of the three high planes. Jesus was a representative of the Messianic Plane, which is the sixth plane, and that the Messianic is an Emotional Plane. So it's all about unconditional love and that's what Jesus taught

The Buddha was an Infinite Soul stepping down energy from the highest of the seven planes, the Buddhaic Plane, which is pure energy. So his was more of an energetic type of teaching that came through about helping people to align with energy. He was not big on explaining things at all. It was not an intellectual teaching. He wanted you to just meditate and feel it and explain it. And that was because he was aligning with the highest or Buddhaic Plane, which is just pure energy.

And then Lao Tzu and Krishna taught from the Mental Plane, which is more intellectual, high intellectual teachings, more abstract intellectual teachings. So one of those planes then gets stepped down through the upper Causal Plane through a cadre that is reuniting and then that gets then stepped down let's say to a seventh level Old King on the Physical Plane.

And then it goes like this. I channel a Causal Entity that's Mid-Causal and I know that if I channel Michael, and I bring in a lot of energy, more than any other channel I've ever seen, some of you have experienced that. I don't know why, but that's just how

I'm wired for that. And were I to do more than... say four or five hours of that I get really, really profoundly exhausted and I wouldn't be able to do it again for several days. If I were to just leave Michael in my body for a month like the Infinite Soul does I'm sure it would literally kill my body long before that month were up.

Now, the people who are our candidates to be an Infinite Soul have chosen a body that's going to be able to handle it. And they're probably not bringing in quite the voltage that I bring in through with Michael, or maybe they're just so healthy and strong they can handle it. But that's what happens.

And then with the Transcendental Soul who whom Yarbrough says usually precedes the Infinite Soul by a month or a year. Oh, John the Baptist was another Transcendental soul he proceeded Jesus. It's a similar stepping down process, but the finger sticking in is from the upper Astral Plane, as I understand it.

My understanding could be limited or wrong, but it makes sense to me. Because the reuniting of the entity happens when everyone in the entity is cycled off and they're moving from being centered in this middle Astral to the upper Astral. When they have come together adequately, then they move together through the lower, middle and upper Causal Planes. So a representative from that then sticks its finger into the six or seven Old Priest or King to do that.

Ash: I've got two follow-up questions for you. Does the Transcendental soul energy also come from the higher planes like the Infinite Soul? That's one question. The second question I have is these energies stepping down, is the Infinite Soul a collection of a fragments and entities also? Or is it more abstract Tao energy that comes through an entity on the Causal plane. Is that making sense?

Shepherd: Yeah, so Michael defines the high planes from the human point of view as Causal and higher. The high planes would be Causal.

The Akashic Plane we don't actually spend time, but we access it. And then the three abstract planes which are Mental, Messianic and Buddhaic. So all five of those are the high planes. And as soon as you are beyond the duality of the Physical Plane and to a lesser extent the Astral Plane once you're on the Causal Plane everything is so unified and directly connected that you don't have to make such differentiations between it. There's just a free flow of energy.

And I'm going to make an analogy here, which is really kind of the same idea. If you are... in conscious connection with your own soul in a pure way, once you're connected to your soul, you are connected to everything above that because the soul is unified with all the higher reaches of Essence through the high planes that resonate even with the spark of the Tao itself.

It becomes almost not quite a matter of just semantics because they're all so connected and unified to say, "well, I'm in connection with my soul or I'm connected with my higher levels of my essence, or I'm connected with spark." Yes, there are differentiations, but there's so little blockage in the high planes or the higher levels of self that it's not so significant to differentiate among them.

Ash: Okay. And the reason for the energy stepping down from the higher planes coming down to the Causal upper Causal is because that is the max of the capacity that a human body can handle.

Shepherd: Right.

Ash: Got it.

Shepherd: And so if you are the Infinite Soul on earth you're connecting to a reuniting cadre and you have access to all of their Knowledge. And you may be teaching your disciples, your students pretty much what you were teaching them before, if your teachings were accurate. There could be some corrections or tweaks. But if you're chosen to be that vessel you're probably pretty right on to begin with. Your teachings are good.

But what now is different is that this huge energy is coming through you, through your students and teachers, and it's fanning out for the earth. And Jesus's time he was... maybe more a political figure than religious figure. I mean, he certainly had his disciples and his students and all that, as far as we know.

But... he became... so remembered and now supposedly being followed by two billion people, because of that energy that came through at the end. That really shook things up. He's reputed to have said the Old Testament said an eye for an eye, but I'm telling you, turn the other cheek. So there are these kinds of teachings that were meant to get people beyond the Old Testament ideas about what their spiritual path should be.

And this is occurring at the time where the average human being was late level Baby soul. And it was moving to Young. And that's often when an Infinite Soul comes is to shake things up so that they can break out of those entrenched, rigid patterns and move into the next cycle. So they needed Jesus to come and shake things up in their world because they were so entrenched in a very literal following of laws among the Jewish people at the time.

You know that being Jewish meant following so many rules. So he came in and he shook things up and he said, "Well, you have been taught this, but I say unto you... this... Maybe didn't make a huge impact from day one but things spread and it shook things up and not always in the most positive ways not always correctly understood.

Because... the establishment, the power and money of the time didn't want to change things too much. So they polluted a lot of it. And his teachings did not come down as he had meant them to be. Sarah Chambers, the first Michael Channel, said that he taught reincarnation. And many New Age people have said that it was in the third century, the Nicaean Council in Constantinople where they took out a lot of this stuff so they could control people better.

But still, you cannot argue that human consciousness wasn't shaken. It didn't all land in the most positive way but things were moved along. So now we've been moved along and we're expecting the Infinite Soul now, because we're moving from Young to Mature and we need to be shaken out of our spiritual lethargy.

Because we now have 8 billion people. I don't know what it was 2000 years ago, but it wasn't a lot of people on the planet then. So, it has been said through several channels that there needs to be more than one Infinite Soul. And... to my surprise, actually, Victoria Marina, who is a Michael Channel who is friendly with Yarbrough and her group and has access to some of what they've been getting says that we've actually already had Infinite Souls here on the planet with more to come even in the next few years to shake things up. I have some notes on that and I'm going to find them and I'll tell you what she said.

So this was, I'll just go back from the beginning this was Like in 2004, Victoria posted that Thich Nhat Han, the Buddhist... teacher, what a really, really wonderful man, the Vietnamese man, that he was a candidate to be the next Infinite Soul, but that didn't happen.

There are often many candidates. He certainly would have done a great job with that. Maybe he didn't live long enough. He was too old. He wasn't healthy enough, whatever. Again in 2004, she said there were several other candidates, including a Jewish scholar who's a female. None have yet to finish their fourth internal monads, which is a prerequisite. Usually... in today's world, the most typical time to finish your fourth internal monad is your middle 30s, but it can happen in your 20s.

The manifestations may be multiple this time, more than one at a time. We sure need it. There is also an Infinite Soul candidate among the cetacean population, meaning dolphin and whale Infinite Souls, so they get in on the fun.

All to date have been seventh Old Kings. Which have been following the Transcendental soul manifestation. Somebody thought that a man named John DeRoyter was a candidate. So this was all, this was more than 20 years ago.

Okay. I'll read from More Messages from Michael:

It should not surprise you to realize that all the fragments who gave up their bodies to the manifestation of the Transcendental Soul have been sixth or seventh Old Priest Essences. While it is possible for the Transcendental and Infinite Soul to manifest through any fragment, extent anywhere on the Physical Plane most often the fragments who are most willing and who achieve the greatest growth from the experience are in tune with the manifestation through Essence casting position and or Overleaves.

And then later there was a channeling, August 1998: *In general the sixth and seventh Old Priests and Kings are able to sustain the manifestation for significantly longer periods than others, those seventh Old Kings manifesting the Infinite Soul can support the manifestation for up to a month. The sixth and seventh Old Priests can support a manifestation of the Transcendental Soul for up to six months before the body gives out on them.*

And then in 2019, Victoria wrote... *the first Infinite Soul manifestation took place in December 2011 and January 2012, two different old Kings one in Morocco and one in Siberia.*

Each manifestation lasted about 30 days with little fanfare, and interestingly the focus was on the environment. Both were involved in environmental studies, not on religion. What is occurring now is the bow wave that occurs before the next manifestation. Think of the Infinite Soul like a great ship heading our way. Of course, there is a strong fear reaction to the Infinite Soul teachings and we are seeing more and more of that now.

Shepherd: Some channels are referring to a lot of other people as Infinite and Transcendental Souls. I think there is some confusion because there are people like me who can channel that energy and that doesn't mean that they are technically a full manifestation of the Transcendental or Infinite Soul. It just means that they're tapping into some of it. But they're still the resident soul who was born into that body.

So I would take it with a grain of salt if you hear about a lot of people who were supposedly Infinite and Transcendental souls remember if they are true Infinite Soul it's probably only going to last about a month.

And then [Nancy Gordon](#) wrote me this: [The Supreme Lord Sri Krishna and his twin brother appeared were born in a jail cell on the night of July 19th, 3228 BC and he or they disappeared 125 years later on the 18th of February 3102 BC. \(These dates are adjusted to the modern calendar.\) So Krishna was another of the Infinite Souls.](#)

[The divine children were fostered by loving parents in an idyllic country setting where they destroyed numerous demons and introduced love from erotic to agape. As the proper reverence towards God in these activities, each devotee loved God as a master, a friend, a mischievous son or a lover epitomizing the infinite possibilities of divine love and the extraordinary intimacies one can have with God.](#)

[Near the end of Lord Krishna's physical manifestation, he became Arjuna's charioteer delivering his message, the Bhagavad Gita, the Son of God the essence of all knowledge for the perfection of mankind. Lord Krishna and his brother incarnated at the very end of the Yuga age before the current one. The current age the Kali Yuga is the final one of the four ages of mankind.](#)

Shepherd: She just pulled that off the internet but it does give you some understanding of why the Hindu religion developed to be so different from Christianity, even though they both came from the teachings of Infinite Souls.

So I thought that was quite interesting. Any questions or comments?

[Susan J: Shepard, I picked up on something you said, and I want to ask you about this. You said that you feel that you have been able to tap into some of the energy of the Infinite Soul and channel that without being the Infinite Soul. Did I understand that correctly?](#)

Shepherd: Well, I'm simply speaking of channeling Michael. So Michael's is a Causal energy. And it's very powerful and intense and transformative. I'm obviously not the Infinite Soul, but the main difference would be that the Infinite Soul would be permanent for a month. The birth soul would step aside for a representative a reuniting cadre on the upper Causal Plane that would then itself be channeling from one of the high planes.

So qualitatively, it's not hugely different. So if you have been present when I've been channeling Michael, you can feel if you are in tune with that how powerful that energy is. So, yeah, anyone could do it. It just so happens that I'm wired for that and I've chosen to do it. And it also costs me physically to do it because I'm not a King or a Warrior or even a Priest and I'm not that sturdy physically. I have a rather delicate body.

So it knocks me out, but... I have the strength to do it or I wouldn't do it. And every time I channel charts I'm bringing in Causal energy, but not as much of as if I'm channeling a lecture for a group or I'm channeling Q&As where they're doing energy work with the people. So when I channel charts, it's more an intellectual dictation, but it's still pretty buzzed and I still can't do more than ideally... I would do no more than three hours, but when I'm trying to catch up, I'll go up to four hours or even a little more. And it affects my sleep the next couple of nights. I'm a little out of it.

Kings are pretty sturdy people, which is another reason they would be, and they resonate with the seven energies so that's one reason they could do it for 30 days and I couldn't.

Susan J: So do you think then during this time we will have more people like you channeling the higher energies but briefly. I think of it, you know, the term that always comes into my head is it's a way of anchoring in the higher frequencies of the Physical plane.

Shepherd: Yeah. Well, we do have a lot of Causal channeling and everyone has different agreements and they're wired differently. So just how much of that energy they pull in will vary depending on what the agreements are and how they're set up for that.

Unfortunately, in the Michael community, just like in virtually every community, there's a little bit of backbiting that goes on and there's these one group of channels says, well, that other channel, they're not really channeling Michael.

So since the beginning of my channeling, when I've seen someone else channeling, I've been curious to see if I could feel Michael's energy the way that I have learned to recognize it. Not only when it comes through me, but through others. And I've been able to validate, even if people aren't that precise and maybe aren't even that accurate, I could validate that they were pulling in at least a little bit of that energy because I know exactly what it feels like.

And, why I pull in so much of that energy it's not something I consciously set out to do, but very early on in my channeling practice, it was just blasting through me. At first, I could only do it for 45 minutes before I had a horrible headache. I used to say it felt like someone hit me over the head with an iron frying pan. You know, it was very intense, but I did obviously get used to it.

Stan and I were in a spiritual group called Emissaries of Divine Light, and at least once a week there were what we called services where the leader at that time was the person I mentioned at the beginning, Martin Exeter would give a talk. And in my view, he was channeling. Now, I think he was channeling his Essence. I don't think he was

channeling a different entity, but he was going into an altered state and I would recognize that as channeling. He was choosing those words very carefully and slowly. And the people in the group were trained to really pay attention, to be meditative, to be open. And the idea was to generate a group energy that would radiate a higher love vibration out into the world. And we all knew that this was our task, was to do that. And you could walk into the chapel where this was happening, where maybe there were hundreds of people and you could feel it. You could feel a very nice energy. It wasn't Causal energy but it was... thick, palpable, healing. Very, very nice high energy.

So I had that training by participating in that since I was 16 years old. And I started channeling Michael when I was, 1986, so I was 31, almost 32. But I knew what that was like. So I think maybe that was part of my training to channel Michael was to experience that.

And I have to admit, I wasn't that great at concentrating in the dome chapel at Sunrise Ranch when I was 16 or 20 or 25 and I wasn't always having these like great exalted experiences. I'm not even to this day a great meditator and I don't have the best concentration, partly because I'm a Sage and not having a single input soul type. My energy field had been in those expanded energy states once a week for many years. So, I mean, I had some conditioning for that. So it wasn't totally foreign to me when that came through.

Susan J: I really appreciated the channeling that you did at the East Coast Michael Gathering last year, that was exactly on this topic right? That Michael is coming through those higher energies and coming through many but maybe the interpretation or the delivery is different.

And my understanding about that, it's because Spirit uses our own database. So it's still going to come through our own experiences and our own language And our personality even. Is that?

Shepherd: Absolutely. Yeah. And even if there is a deep desire on the channel to be fully out of the way and unbiased and let Michael say whatever they want to say. They're still using an imperfect instrument with blind spots. So it doesn't always come through as clean as you might want it to, but hopefully you can at least get the gist of it. There's just nothing in the universe that's perfect. I hate that because I'm a recovering perfectionist. I want it to always be perfect.

I have great admiration for the channeling through Sarah Chambers and Yarbrough. But you have to understand that the reason that their channeling was so intellectually dense and articulate is that both Sarah Chambers and Quinn Yarbrough read two to three books a week for 50 years and were absolutely knowledgeable and brilliant and had a huge vocabulary and were very, very precise.

They did not bring in nearly as much raw energy as I do. But it was enough. You could feel it. I was not been present for Yarbrough's channeling, but I was certainly present when Sarah channeled. And even when I've been present for other people's channeling where there wasn't a lot of the energy, I could identify that even if it was just a little stream of it coming through that Michael was there.

And then the whole issue of how accurately it was being translated around the person's biases as a whole separate issue, which each person can decide for themselves. It doesn't take a lot of energy to activate the Intellectual Center and get a good intellectual transmission. It just needs to be careful and correct.

When I first started channeling I could tell that it did not have the precision that I was reading in messages from Michael. And... I asked Michael to slow it way down. And I wanted them to pick every single word. But you know, at the Ouija board, they're not only picking a word at a time, they were picking a letter at a time. And there's room for a lot of precision there, but it's extremely slow and cumbersome.

So I'm doing it speaking, which I had learned that a lot of the channels were doing now. But if it were transcribed, it wasn't as elegant as what I was reading in the books. So I said, Michael, I want this to be the best it can be. I want you to choose every single word because I think a lot of the channels just get the basic thought impression and translated into their own words, which is fine, but it may not be as precise.

And I'm a word person. I want it to be really precise and beautiful. I made them slow it way down in the first couple years of my channeling it was painfully slow for the listeners. They must have been bored out of their minds unless they were grooving on the energy. But that was just the only way that I was willing to do it.

And still, I don't have nearly the vocabulary that of people who've read three books a week for 50 years. I just don't have that knowledge base to use. And so they're just some things that I'm not going to be as good at as other people are.

Susan J: Do you also think that your orientation. Am I remembering correctly that you are love oriented Right? So what I'm wondering about that, and I can feel this in your channeling versus other Michael channels who are truth-sided.

Shepherd: Love / truth. Yeah, combination of Love / Truth, yeah.

Susan J: When you're channeling and even in your presence I can feel the love that you exude. You know like some of that is from "you" Shepherd and some of that is much more expensive than that.

Shepherd: Yes. You know that Michael is mostly Warriors and about a third King souls. And Warriors and kings are cooler. You know, they're not warm and fuzzy and overtly affectionate. They can be warm and kind, but they can also be severe. And we know this from the negative pole. The negative pull of the King is Tyranny and the negative pull of Warrior is Coercion.

So these are generally not warm and fuzzy souls. Again, they can be, depending on the secondaries. They might have bled through from a Priest Essence Twin. They might have Priest casting. The inspiration axis tends to be the warmest. But they come through the instrument of the channel.

And I'm a very warm person and I have a Goal of Acceptance. It so happens too that my raw number casting is all Priest and Server. So, I'm very oriented to unconditional love. And people who have had sessions with me channeling Michael speak about how

much warmer the transmission is how much more compassionate it is through me than through most of the other channels.

J P Van Hulle is a Warrior and she tends to channel Warriors. I tend to channel the Kings. I think almost always when I brought Michael in, they had been King souls. Maybe that's because I'm a Sage. Sage is Cardinal. Kings are Cardinal, so that's a better fit for me. But one time in a session, I channeled a Warrior soul and I'm thinking while it's happening, "Oh my God, I sound like JP."

Because she channels Warriors and it's different. So it was good. It was good to have that experience and see what the difference was. So then among the Kings I channel It's interesting what they're casting is. Their Primary casting. And I almost always was channeling Kings with warmer casting, either Server or Priest casting or Artisan casting. So even though they're still Kings, that would warm up their energy somewhat. And that's true.

Susan J: Oh, that helps. Thank you. I wondered. I thought some of it was just you as a human being and you as a whole being the love / truth oriented versus just strictly truth or truth energy

Shepherd: Yeah. And in terms of my raw number, I'm on the Truth side of the Entity because I'm in the first third. But in terms of my orientation, which is different. I orient in Love and Truth combined, which means that as a soul, I'm always trying to find truth but express it in the most loving way possible. And I'm always trying to love in the most authentic, truthful way because I'm working on integrating those two of the three universal forces.

Susan J: Interesting.

Shepherd: Just I want to complete Nan's question because she's curious about how a Mature Soul world will look different than a Young Soul world. And one of the big Mature Soul government words is consensus.

So in the Young Soul cycle, because it's more individualistic, there's a lot of top-down hierarchy. It's like the chairman of the board is the boss of the president, who's the boss of the vice president, and there's a lot of hierarchical things going on. And we definitely see the last gasp of this with the current presidential administration.

But when we become a Mature soul, average world, there's going to be a lot more emphasis on, "Okay, let's talk this out. What are your needs? What are your needs? Can we come up with solutions?" That are going to help everyone to work together and get along with each other.

And you see that in Mature soul countries such as the Scandinavian countries in Europe who are already on average Mature souls. Or even Old Souls in the case of Iceland, for example, at least they were a few decades ago. Trying to find consensus is a huge difference politically. I also think that in Mature Soul average societies, there's going to be a lot of Valuing of the arts, the humanities, beauty, conserving the environment.

So when you have the Young Soul values run amok, you have the raping of the earth in the service of making more money. This is not a positive pole Young Soul trait. The

positive pole of Young souls there could still be very good stewardship, but the negative pole there could be a lot of raping of the earth. And in the mature cycle there's going to be much more of a sense of conservation and fortunately we are moving into being able to take advantage of the excellent younger soul technological advancement so that we can have clean energy.

There's so much that the late level Young period of innovation is leaving us with that it would be possible to have healthy, happy lifestyles and still be able to plug things in and run things that require electricity and you know, we don't have to go back to tribal living in order to save the earth. So I think that's what we're moving into.

Shepherd: Well, we have gone overtime here. I am grateful for all of us, it was a small group but very intimate and wonderful, I thought.

Stan: Shepherd, this really has been a splendid session today and yielding wonderful material that I'm sure will be useful in different ways. You mentioned the channeling of services by Martin Exeter. My experience through many of them was simply trying to stay awake and not reveal that I was nodding off in the intensity of it all.

But I haven't had that experience ever with your session.

Shepherd: I think what happens, let's say you go to an excellent energy healer. And they're working on raising your vibration and bringing in more healing energy. People often fall asleep during that also. Because the body isn't used to it and it needs to be conditioned. So I think a lot of us felt really sleepy during the services because there was a higher energy.

But also I think the channelings of Martin's services were rather hypnotic. They weren't real specific. They weren't talking about you know, here's how to live a better life and here's how to understand the world. It was more statements of general principles of spirituality in quite a beautiful, profound but rather simple way. So the mind couldn't really track with it very well.

Stan: Yes. Yeah.

Shepherd: And so the mind might want to just shut out, but I think we were getting the benefit of the transmissions energetically and they were conditioning us to be able that I find to be the most similar to Martin's is Jane Roberts channeling of Seth. Because if you read the Seth books, which are quite profound and excellent. They're really not very intellectual. They don't explain things to you.

They try to take you into the perspective that one might have if you were already on a higher plane of existence. And so I found reading Seth the same thing that I found with Martin services is that I could handle a few pages at a time. And then I just had to process and absorb it

I love about the Michael teachings the explanatory parts of it. I like understanding the nuts and bolts. And I think Michael being Warriors and Kings, they are more practical in that regard. Now, Martin was a King also, but that was just how his services went in this more general direction things.

But as a personality as a human being, Martin was a very conservative man. He was you know more republican more that kind of Goldwater Independence sort of thing, which I think is why he said informally, as you mentioned in one of your questions, we don't need to save animals from extinction. I think that was coming out of his political conservatism, but in the services he gave, his politics was usually not very much in evidence.

He did say at one point that he thought that channeling wasn't really real, that you're just accessing your subconscious. I think that was more his conservative bias coming through. But I am very grateful for the spiritual principles that I learned in the Emissaries that I think a lot of New Age people do not have.

Stan: Yeah.

Shepherd: I would compare them to Zen Buddhism. A lot of them are about how to remain centered, equanimity, to not react to external things, but to be more coming from within And... there was... a lot of good stuff there.

I also think that four of my books that are just pure Michael channelings, but that are not about the technical Michael teachings are also similar to the Seth books and Martin services. In that they're more general and that you would only want to read a little bit at a time. And those are my books, Loving From Your Soul, Growing Through Joy, Opening To Healing, and Being In The World.

So these are channel lectures I did that often did not concern a lot of the technical Michael stuff. And since the technical Michael stuff was going in my book, Journey of Your Soul, I edited out anything that someone who is not familiar with the teachings wouldn't understand. So those are also more about, "Read this to lift your vibration, not to understand."

And I think they're beautiful.

Stan: Yeah. Yeah, they are wonderful books.

Shepherd: Especially, my favorite is Loving From Your Soul. So They're different types of things that channeling or teachings don't always speak to the intellect. Sometimes they try to bypass the intellect and do something energetically and emotionally.

Stan: Right. Wow. Well, thank you for this time today it's a real time. It a real pleasure and a privilege sharing with you and everybody else who's been part of this Session.

Shepherd: It's my pleasure. I'm going to remind you that we have this incredible 21st century invention where there has been closed captioning available to you in n my Google Drive folder, you will be have a transcript from the closed captions.

Nan: I'm really looking forward to that. I was late to this session Because I'm having Screen reception problems on my computer. And my neighbor's having them too. And when I take my computer to the library, I don't have it. So we think it's something about our electrical reception.

You know, I can go hours accessing anything I want on the computer and then the screen isn't working. There's definite evidence that computers receiving stuff with the

screen isn't. So I am looking for the transcript. I'm really pleased. That it's going to be available.

Shepherd: The closed captioning comes out kind of choppy, but Susan Flow has been going through and editing out all the choppiness so that it flows more as paragraphs. And both versions will eventually be in the closed captions folder on the Google Drive. And there's also, of course, another folder with all the audio recordings, another folder with all the videos, and another folder with all the chats.

I love Zoom. I think Zoom is doing a great job. It's well worth the... \$180 bucks a year or whatever I'm paying for it. So yeah, that's a great resource. And because of the closed captioning in my charts workshop, which is every Sunday, people from Germany can watch and have the closed captions be in German. That's pretty amazing. This would have been impossible even a year or two ago.

Nan: Does it handle the translation of the technical language

Shepherd: I don't know how good it is. That's a very good question. Tomorrow I will ask the German speakers just how good the German translations are probably it's probably not great. But because they understand some English it's going to help them.

Nan: I have., you know, for eight years, I was editing Phil's books. And in one of them, I really loved his book, History of the Michael Chart. And he included one of artists I think there were 23 different charts something like that.

And for instance, in Varda's chart, he had Artisan as Artist. And there might be other words that if they learned them from Di Quella aren't the ones that Google Translate would you choose. I, you know, I'm speculating.

Shepherd: Yeah, so... there are the German words Varda uses, she has nine or ten German language books on the Di Quella teachings, which is basically the Michael teachings and then the people who have some English will translate them in their own way. There's that. Then there are two of her books that were translated into English, which I have, the first one, Archetypes of the Soul. And then one about the Chief Obstacles are called The Fears. And... The archetypes book was translated by an amateur very poorly, full of typos. It's really for me impossible to even get through.

But she did make some word choices in English there. And then there are the word choices that a different translator used in the Fears book. So there's that.

There are... Well, let me just open this for you. I'm going to show you this. Okay, so I have... A chart reference material for German speaking people. I made a handout where... I took... Varda's English language terms to show them the ones that I use.

Because sometimes people would send me their previously channeled matrix and I didn't know if they were talking about self-destruction or self-deprecation. So here I'll show you that one. Yeah, so this is that handout. I can send this to anyone who wants that.

	INSPIRATION		EXPRESSION		ACTION		ASSIMILATION
	Ordinal	Cardinal	Ordinal	Cardinal	Ordinal	Cardinal	Neutral
ROLE (Soul Role) (I)	SERVER (Helper/Healer) + Service (Helpful) - Bondage (Servile)	PRIEST + Compassion - Zeal	ARTISAN (Artist) + Creation (Original) - Artifice (Artificial)	SAGE + Expression - Oration (Talkative)	WARRIOR + Persuasion (Convincing) - Coercion (Overwhelming)	KING + Mastery (Dignified) - Tyranny	SCHOLAR + Knowledge - Theory
GOAL (III)	REEVALUATION (Delay) + Atavism (Reviewing) - Withdrawal	GROWTH (Acceleration) + Comprehension - Confusion	DISCRIMINATION (Rejection) + Sophistication (Discerning) - Prejudice	ACCEPTANCE + Agape (Kindhearted) - Ingratiation	SUBMISSION (Subordinate*) + Devotion - Subservience (Subjugated)	DOMINANCE + Leadership - Dictatorship	FLOW (Standstill) + Suspension (Pausing) - Inertia (Immobilized)
ATTITUDE (Mentality) (V)	STOIC + Tranquility - Resignation	SPIRITUALIST + Verification - Faith (Gullible)	SKEPTIC + Investigation - Suspicion (Distrusting)	IDEALIST + Coalescence (Visionary) - Abstraction (Vague)	CYNIC + Contradiction (Critical) - Demigration (Humiliating)	REALIST + Perception - Supposition (Guessing)	PRAGMATIST + Practicality - Dogmatism (Rigid)
MODE (IV)	RESERVE + Restraint - Inhibition	PASSION + Self-Actualization (Charismatic) + Identification (Fanatic)	CAUTION + Deliberation (Prudent) - Phobia (Anxious)	POWER + Authority - Oppression (Patronizing)	PERSEVERANCE + Persistence - Immutability (Fixated)	AGGRESSION + Dynamism - Belligerence	OBSERVATION + Clarity (Vigilant) - Surveillance (Watchful)
CENTER (VI)	EMOTIONAL + Sensibility (Sensitive) - Sentimentality	HIGHER EMOTIONAL (Ecstatic) + Empathy (Mystical) - Intuition (Psychic)	INTELLECTUAL + Thought (Thoughtful) - Reason (Hair-splitting)	HIGHER INTELLECTUAL (Spiritual) + Integration (Inspired) - Telepathy	PHYSICAL (Sexual) + Amoral (Productive) - Erotic (Seductive)	MOVING + Enduring (Untiring) - Energetic (Hectic)	INSTINCTIVE + Atomic (Spontaneous) - Anatomic (Thoughtless)
OBSTACLE (Fear: Chief Characteristic) (II)	SELF-DEPRECIATION (Self-Denial*) + Humility (Modest) - Abasement	ARROGANCE + Pride - Vanity	SELF-DESTRUCTION (Self-Sabotage) + Sacrifice (Self-sacrificing) - Immolation (Self-destructive)	GREED + Egotism (Demanding) - Voracity (Insatiable)	MARTYRDOM + Selflessness - Mortification (Victimizing)	IMPATIENCE + Audacity - Intolerance	STUBBORNESS + Determination (Resolute) - Obstinacy
BODY TYPE	LUNAR + Luminous	SATURNIAN + Rugged	JOVIAL + Grand	MERCURIAL + Agile	VENUSIAN + Voluptuous	MARTIAL + Wiry	SOLAR + Radiant

BODY TYPE	LUNAR + Luminous - Pallid	SATURNIAN + Rugged - Gaunt	JOVIAL + Grand - Extravagant	MERCURIAL + Agile - Frenetic	VENUSIAN + Voluptuous - Obese	MARTIAL + Wiry - Musclebound	SOLAR + Radiant - Ethereal
SOUL AGE (VII)	INFANT + Innocence - Aversion	TRANSCENDENTAL	BABY + Acculturation - Rigidity	OLD + Inclusiveness - Undirectedness	YOUNG + Accomplishment - Self-Centeredness	INFINITE	MATURE (Ripe*) + Resonance - Subjectivity

Here, for example, in parentheses. The positive pole of the Emotional Center from Yarborough was Sensibility and the word that got used through Varda's translators were just Sensitive. Or Ecstatic or whatever in parentheses. So there's that handout.

And then there's another handout that someone else made. Where... people could translate directly from the German themselves. It's called from English to German. And this is so someone could give me the right words so that I would know what their previous channeling was.

Nan: Okay. As a... word person, I appreciate all this stuff. This is real foundational work

Shepherd: This is the one that she made up. In English, it's Server and in German, they call it Heiler.

Hier kannst du die Elemente herauskopieren, die bereits für dich gechannelt wurden:

Role / Rolle

- 1 Server / Heiler
- 2 Artisan / Künstler
- 3 Warrior / Krieger
- 4 Scholar / Gelehrter
- 5 Sage / Weiser
- 6 Priest / Priester
- 7 King / König

Goal / Ziel

- 1 Reevaluation / Verzögern
- 2 Discrimination / Ablehnen
- 3 Submission / Unterordnen
- 4 Flow / Stillstehen
- 5 Acceptance / Akzeptieren
- 6 Growth / Beschleunigen
- 7 Dominance / Herrschen

Attitude / Mentalität

- 1 Stoic / Stoiker
- 2 Skeptic / Skeptiker
- 3 Cynic / Zyniker
- 4 Pragmatist / Pragmatiker
- 5 Idealist / Idealist
- 6 Spiritualist / Spiritualist

Center Part / Reaktions-Nebenzentrum

- 1 Emotional / Emotional
- 2 Intellectual / Intellektuell
- 3 Physical (Sexual) / Physisch (Sexuell)
- 4 Instinctive / Instinktiv
- 7 Moving / Motorisch

Chief Obstacle / Hauptangst

- 1 Self-Deprecation / Selbstverleugnung
- 2 Self-Destruction / Selbstsabotage
- 3 Martyrdom / Märtyrertum
- 4 Stubbornness / Starrsinn
- 5 Greed / Gier
- 6 Arrogance / Hochmut
- 7 Impatience / Ungeduld

Secondary Obstacle / Nebenangst

- 1 Self-Deprecation / Selbstverleugnung
- 2 Self-Destruction / Selbstsabotage
- 3 Martyrdom / Märtyrertum
- 4 Stubbornness / Starrsinn
- 5 Greed / Gier
- 6 Arrogance / Hochmut
- 7 Impatience / Ungeduld

Nan: Which... Yeah, that's what I thought was Healer. Did you ever see the composite chart that Phil had me construct?

Shepherd: No, I don't. You mean one chart for all the different versions?

Nan: For his whole 23 charts. I would be delighted to...

Shepherd: No, you could send that to me.

Nan: Probably is confusing. Those who are just new to the system but you've you would at least see what has been going on. Phil asked me to do it. Now, I had the version that Phil wanted and the version that I redid for myself. Because as you know, he reorders the first three numbers. And after I prepared it for him what he wanted and what he put in the book that he's posted on the web, I redid it myself. I can tell you how many times I had to reproof read everything before I decided I had gotten this stuff right. So yes, I can easily send that to you.

Shepherd: Yeah, and I can send you the German chart reference material folder with all that.

Nan: I'd save it with my reference material. German's not a language I had studied So things you begin to recognize if you have a certain word sensitivity. And I think I'm pretty good with words.

Shepherd: I also did a... a humor piece that was a supplemental Michael chart and if you go on my website, which is my name shepherdhood.com, and then you go to... I think the Michael Teachings tab, there'll be another link for humor.

And it's called " The Supplemental Michael Chart". And I sent that to Phil. He got a big kick out of it. I aid, Phil, you forgot one chart. And I sent him that one.

Maybe I can find it quick and open it real fast okay Supplemental. It's the one. Yeah, here it is. Okay.

	INSPIRATION		EXPRESSION		ACTION		ASSIMILATION
ROLE	Server	Priest	Artisan	Sage	Warrior	King	Scholar
ROLL	Raisin Pumpernickel	Cinnamon	Poppy Seed	Bagel	Hard	Onion	Dinner
GOAL	Floss	Lose 10 Lbs.	Pay Off Visa	Floss	Go to Health Club	Get Out of Jacuzzi	Set Clock on VCR
À LA MODE	Butter Pecan	Chocolate Fudge Swirl	Rice Dream	Bubble Gum	Rocky Road	Rum Raisin	Vanilla
ATTITUDE	Get Out of My Face	Don't You Wish	You Must Be on Drugs	I'm Okay— You're Psychotic	Yo	Read My Lips	Get a Life
CENTER -FLOOR	Rockefeller Center 1	2	Lincoln Center 3	4	Center for Disease Control 5	6	7
BODY TYPE	Too Fat	Too Fat	Too Fat	Too Fat	Too Fat	Too Thin	Too Fat
BEST FEATURE	Incandescent Complexion	Beautiful Eyes	Gorgeous Hair	Great Smile	Big—Fixated on	Amazing Legs	Nice Personality

So here's the Roles and the Role each there's a role to go with each other.

	INSPIRATION		EXPRESSION		ACTION		ASSIMILATION
ROLE	Server	Priest	Artisan	Sage	Warrior	King	Scholar
ROLL	Raisin Pumpnickel	Cinnamon	Poppy Seed	Bagel	Hard	Onion	Dinner
GOAL	Floss	Lose 10 Lbs.	Pay Off Visa	Floss	Go to Health Club	Get Out of Jacuzzi	Set Clock on VCR
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BEST FEATURE	Incandescent Complexion	Beautiful Eyes	Gorgeous Hair	Great Smile	Big—Fixated on	Amazing Lips	Nice Personality

Nan: I will look for that on the web.

Shepherd: Yeah. So yeah, you will being a chart aficionado. The Goal is to floss. That's my goal is to floss. I'm not really doing a great job with that.

The center Rockefeller Center, Lincoln Center, and Center for Disease Control.

My favorite line here is the Body Type. There's seven body types. They are too fat ,too fat, too fat, too fat, too fat, too thin, and too fat.

So I actually have several humor pieces on the website. When I did the second edition of Journey of Your Soul, the publisher wanted me to take them out. We had run out of room anyway. So I put them on my website.

Nan: Okay, okay. I will have looked. And I will send the chart I constructed. I've been a little sparing about sharing it because I didn't want to be too insulting to Phil. But I have shared it. With... people I'm personally involved with.

Shepherd: Phil is a longtime Michael student who has decided he's done with the Michaels stuff, and I think he... He's pretty upset that his theory that the order of the numbers one through seven is wrong. There's something called natural sequence, it's not agreeing with other systems and it should.

And I did some channeling about that like 30 years ago and explaining why it's not the same, but I didn't convince him. And he sort of feels, I think that he's like a lone voice crying in the wilderness and no one believes him. And he writes these thousands.

Nan: Yeah, I definitely have that sense. One time I edited stuff for eight years. And since he lives in Colorado. We only met in person either at Seven Oaks or when I visited my sister in Colorado so very seldom.

And one time asked me about if I had been convinced about something. And I said, you know, that's not what editors do. I tried to make clear sentences out of the out of what he had to say, but it was what he had to say I was editing his thoughts.

Shepherd: Had your work cut out for you in that regard.

Nan: You know, I was just editing the language. And the interesting thing was that over the years I had to do less and less because I would do picky details. I had to do less and less of the picky details because he was learning what I was deciding could be improved.

Shepherd: You're correcting, yeah.

Nan: And he was getting much better at sending me stuff that he had already done more of the cleanup that I would have done in the beginning. So, uh. He was learning that kind of thing.

I'd be adding in the little words at the beginning. He was terrible with commas. He got better with commas, you know, all that stuff. Editing seems to be one of my things. I've got a gene for it or something.

Shepherd: Me too. Yeah.

Nan: Yeah. Okay, well, I'm sure you've been talking long enough and need to go.

Shepherd: Yes, thank you all. Regards to you all. Does anyone want to stick around or should I just end the meeting for us all?

I think just wrap it. Okay See you, Susan. See you, Ash.