

BTMC April 5, 2025

https://www.youtube.com/watch?v=rzDxc_5SLMY&t=5671s

Transcribed by ZOOM, edited by Susan A. Flow

Shepherd: Hey, everyone. Let's start with the meditation. Do I have a volunteer to make a backup recording?

SusanF: I probably could do that, Shepherd.

Shepherd: Wonderful. Okay. Making you Co-host. And click record and then I will follow you. Yes, we're good. We're good. You recorded and now I'm recording.

Shepherd: Hey, Ash. Good to see you, Gene. One of the questions you sent in was about higher consciousness.

So to begin Let's all go into our hearts. Connecting with source and ask to be given. pictures or sensations or other sensing of what higher consciousness is for you.

Long pause.....

We'll talk about this in a moment, but welcome everyone to the last Beyond the Michael Chart session for this year.

If you are subscribed to my Perspectives newsletter. You'll get an announcement in the winter about 2026.

If you enjoyed this workshop or if you just think I'm really hot, please tell all your friends. And see if we can get some more interest. The next one, no doubt I'll be doing another Zoom class on the charts next year.

Shepherd: So higher consciousness Would anyone like to share... what you

Susan J: So to me, to me was a sense of presence of being present and peace. There was also though about curiosity and creation.

Yeah, in the few moments that we were quiet, that's what came through. It was about being present. Sense of peace. And then just a curiosity And what can I create?

I'm seeing a... golden light. In the shape of the infinity sign. And it was kind of... I don't know how to describe it, like flowing. It's just this light was moving and flowing And it was really large and what I was in my heart was a sense of extensiveness and understanding that it was...

It's going to sound kind of funny. It was like this sense of big world, small world like we have all of these small world problems. And we come up with small world answers. But in the higher consciousness, like in the golden light itself.

How it felt was how it felt was When we stay in that golden light. All of our needs are met. We draw everything to us that is needed in any given moment.

So that's kind of what I was experiencing in that brief space. it was so brief but so expanded all at once So thank you for that.

Shepherd: Thank you. Yeah, I also found my field immediately get bigger. And that felt nice.

SusanF?

SusanF: Very similar to Sue.

There's so much going on that you can get trapped into the drama of the little lives and daily tasks. To me being connected with higher consciousness means being aware of the bigger picture. And allowing yourself to be part of that, to let go of fear or anxiety.

And just allow yourself not to get trapped in the present but see the present as a way constructively help create a better future. So being aware that you're not trapped, being aware that you're on a path and you're making choices on that path.

Shepherd: Beautiful. Anyone else?

Stan: Yes, I experienced all of that as well.

Shepherd: When most people think about higher consciousness or expanded consciousness. If they think about it at all.

They probably think about the sorts of experiences that some have reported from good drug experiences or profound, blissful meditative states or near-death experiences where they suddenly became literally became conscious of a much larger reality.

And that can be quite life-changing and wonderful. And that is certainly part of the picture.

You could say that according to the Michael teachings one of the big reasons we're here is to develop and expand consciousness not always in hugely dramatic ways. But also in a lot of small ways. And you could... view the expansion as being both vertical and horizontal.

The vertical expansion, going upward would be inclusive of feeling more conscious of and connected to the higher planes, that is the higher dimensions of the physical plane, our guides, our angels of getting a vision of our life purpose, and most importantly simply the consciousness of our vastness as an eternal essence.

And if you're thinking about the vertical axis that higher consciousness could also include the technically lower or slower vibrating aspects of the physical plane such as the nature spirits the devas the earth itself But this whole vertical axis can certainly be expanded.

Now, a lot of people don't seek that or crave that they are perfectly comfortable within the amount of consciousness that they currently have. And it's possible at any, you might say consciousness of consciousness to infuse that with love and truth and to learn lessons and to have a good experience.

But for some of us. The consciousness that we were born into in our society felt like a shoe that was too tight. And we therefore felt a seeking to expand it. So we needed that. Maybe not everybody needs that.

There are many souls who will complete the whole physical plane experience and cycle off without ever having consciously sought higher consciousness and yet they're still having experiences and learning lessons. Maybe not to the full extent that some others do, but they are growing and that's fine. And if that all they need and all they want, that is perfectly fine.

But we are here because we are seekers and that suggests that we have a larger capacity. And when you do not fulfill your capabilities, we're going to feel limited. We're going to feel like something isn't quite right. And so we're seeking here and now.

You could also expand your consciousness horizontally, meaning sideways on the physical plane by becoming more conscious of truths about our world. Particularly as scholars do, because they love to study and collect information.

You would be expanding your consciousness in a horizontal way by reading and learning about things. Maybe you're an inventor and you experiment and you discover more about the world.

It's all divine you know. There's no separation between up and down, right and left because it's all part of the Tao's expression into this universe. And it's all valid. And the Tao values all truly expansive experiences.

So if you've learned a great deal about anything that is true and worthwhile, you can hold this awareness of this larger sphere as you go about at least part of your daily life. If you do so then the Tao is delighted because you have expanded the Tao.

So holding a larger consciousness in everyday life doesn't mean that we're intellectually always processing about this expanded view, but we feel larger. We feel like we can take into account many more factors than we otherwise would and thereby make better choices, which is really why we're all here.

In general the attributes of a highly conscious person as Susan J asked:

Susan J: [Is that if we are conscious of more things, we will tend to be considerate of more things?](#)

Shepherd: So that would include being empathetic to other people, a larger consciousness means that we will be conscious of how our words and actions will impact other people and we can make fine-tuned adjustments so that they will have a more positive impact on others.

It will probably make us more respectful. Of course, I mean, if your expanded consciousness is purely intellectual and is focused on a certain type of insect, because that's what you're studying, it may not then have that specific ramification in your life.

But just the fact that you are living in an expanded world that might give you a sense of wonder as you learn more things about that insect and how amazing creation is and all the things that that insect can do.

So it still may give you a better physical plane experience, one of awe, one of appreciation, one of gratitude and that could spill over into your treating other people better, assuming you have some social skills and so forth. So it's all good.

When we talk about when we talk about higher consciousness, I think it's related to the idea of spiritual development, raising our vibration. And that's a little different. We raise our vibration the more that we align with higher frequencies of love, truth, and beauty

And one of the ways we do that is by processing through all of the heavy weights that we're carrying around from the past and by letting them go such as trauma, pain, resentment, and bitterness.

As we are on a spiritual path, it is likely that we've been instructed to pay attention to those things, to let them go, to find forgiveness, to think about... why we're doing the things that we do, especially if we're in therapy therefore to let things go.

And as we open to love, open to the higher vibrations are...these emanations are of a finer vibration.

This is not solely the result of being at a higher soul age. You might say that the higher the Soul Age and the higher the number of previous cycles, the more raw potential there is, but it doesn't suggest that the person is taking advantage of that potential or manifesting that potential. Therefore... one should not assume that Old Souls are automatically more spiritually advanced than Young Souls.

But if the older souls have done the work and cleaned out a lot of baggage, there can be a very nice... energy coming through that you can pick up; that maybe they have a few more layers than a Young Soul who is doing the same thing.

So... higher consciousness is really what it's all about. And each one has his or her own path. And so what works for me may not work for you, but we are all on that on that path.

I'll tell you a story about a lovely client of mine who when he first contacted me he was in his early 20s and he had just been hospitalized in a psych ward. In my first Michael Channeling session with him, this was maybe over 15 years ago.

I always do a lot of healing energy work during all the sessions I've ever done, and that can be hard on me. It can be a lot of heavy lifting on my body, cleaning out other people's energy field. But this was the toughest one I had ever encountered. It just about killed me.

But I felt like this person was a real gem and I wanted to keep working with him and it kept getting better. But what Michael explained about him, and this might be counterintuitive, but over many lifetimes he had been in too much of a hurry to expand his consciousness, to grow spiritually. He had forced himself to open too fast before he had laid the groundwork for it.

Therefore he had a mental break. And he was one of those people who thought he was God. Now we're all God, but he thought that he was "personally" God and "you aren't", you know, with that kind of grandiosity.

He doesn't have that problem anymore but the lesson of this is... that it is better whether you're trying to become a buff athlete or grow spiritually do a little bit every day. Do your daily exercise. Do what you can handle. Do what flows for you, what feels natural.

Don't save it all up for the weekends or the workshop once a year or maybe force yourself open with too many psychedelic drugs that you're not ready for. Prepare the groundwork by doing the work every day, paying attention to your thoughts and feelings.

This is... maybe the most useful spiritual technique which you will be instructed to do if you take a meditation class, which is just observe your thoughts and feelings. Because if you observe them, then you start to realize that they are not you. Because when you are observing them you lose an excess of identification with the thoughts and feelings you happen to have at the moment.

And then you can work with them. And if they're not in alignment with what you know to be true, then you can work on healing them, changing them, uplifting them. And so forth. So a little bit every day. It's the story of the tortoise and the hare. The tortoise who does the slow and steady path will get faster than the hare who races ahead but then gets run over by a truck.

Any comments, questions?

SusanF: Shepherd, did your friend ever heal?

Shepherd: Yeah, he's doing much, much better. He's, as you might imagine, a highly sensitive person. I would say that he's much less neurotic and oversensitive than he was back then, so he is doing the work.

I still sense in him a little bit of being too much in a hurry about all of these things. But, oh, he's a wonderful person. He actually has expressed some interest in learning to channel and I would be thrilled if he would do that.

SusanF: That's good to hear. Did he have a lot of previous lives or was he was on a fast track to get through the physical plane? And was that one of the reasons why he tried to go so fast

Shepherd: I think it was just more the way he developed as a soul over the lifetimes he's had. He just thought you could take shortcuts. You know, some people just don't want to put in the work.

I'm pulling up this chart. I don't... It doesn't appear that I channeled his number of past lives. He is second level old with eleven previous grand cycles. Secondary obstacle of impatience. But I think because this is on a soul level, it might go beyond the obstacle for this lifetime.

I think the idea is that "Well If higher consciousness is a good thing, let's just get as much of it as we can as soon as possible." It's sort of like, well. If one vitamin is good, then I'll take ten and that'll be really good.

And of course, it doesn't work that way, but a lot of people reason that it can. Also the sensitive person is often in so much discomfort because they haven't managed feelings well, that they're sort of desperate to get into higher consciousness feeling that will make them feel better. Just like so many people escape into drugs and alcohol because they're very sensitive and they feel so much and it's not pleasant. They want to dull

those feelings; they want to feel better. It can be like taking a drug in the desperation to achieve comfort.

The thing about higher consciousness is that if you have more of it before you're ready, you have increased sensitivity that you may not know how to handle. And so you could actually then be overwhelmed by it and it could backfire.

So it's really better to integrate what you've got before you add another layer and develop the ability to be able to handle it skillfully.

Susan J: Shepherd, I remember in one of the sessions we had, you had made the comment that just because a little bit is good doesn't mean a lot is better. And it reminded me of what you were talking about right now.

Shepherd: Well, Goldilocks you know really nailed it looking for the just right place in anything. And I think this is one of the great failings of humanity at our current level of consciousness is people going to extremes and not appreciating the value of just that right sweet spot.

So in politics we have to get rid of all government and bureaucracy or we need the government to control everything and make rules. And surely there's a sweet spot in the middle where there's the right amount of government and the right amount of bureaucracy with sensible and efficient, valid kind of rules.

And at that sweet spot, things will work the best. And that's really true of anything. No matter how healthy a food is you could eat too much of it and then it wouldn't be good. So we're always looking for that just right place And it's not so easy to find.

If it were that easy, I think more of us would have found that. But it requires paying attention to like, "Okay, how does this feel? How does that feel?" Which is where observing our thoughts and feelings will give us feedback about how is this really working for me.

Ash: Speaking as somebody who has had an interest in stepping into abilities, doing channelings, I've always held myself back because I have felt that there were things I want to work through within me, as you mentioned, shedding the heavier stuff, working through traumas, etc. And I've got to say, I feel a lot more ready now in my life than I have in the past. It's taken a while to get to this point.

I'm glad because I also had the opportunity to observe others who have rushed into this, who have come into this through, say, trauma, the loss of a loved one, the loss of a parent, and all of a sudden there's this huge impetus within them for change and these feelings that they want.

And generally, anybody stepping into this path is usually overcome with this feeling like, "Wow, this feels great. And I must be feeling great because I must be feeling I am special." And unfortunately, some people chase that, "I'm special". And they get away from maybe the spiritual development because they don't have their traumas and they haven't taken a closer look at what brought them there and what they need to work through.

And so when you talk about your friend and people rushing into things, it made me think about my situation and what I've observed in others. So I just wanted to make a note.

Shepherd: In every walk of life we will do better work if we've healed ourselves and therefore released as much of our biases as possible. But certainly in any sort of counseling or channeling or psychic work bias can distort the results.

So knowing our own biases is a real pro tip here for spiritual students. It's is being able to see if I have kind of a tightness around this issue and if there is any issue I need to be more at peace so that the information can come through in a clear unbiased manner.

And I think that's going to help everyone. It'll help like an artist be a better artist if They aren't biased. Because these contractions, biases are contractions they just distort the flow of the energy, whatever it is.

So that's the thing about lower consciousness it's higher consciousness artificially shrunk, contracted like a muscle that's been sore for the last several months. You're just longing for someone to go in there and rub your shoulders and get that contraction, that tightness in the muscle out so you can breathe.

So that's the goal of the path, to release our unnatural, unhealthy contractions.

Susan J: So, Shepherd, I have a question. I'm really curious then with the use of psychedelics And how when some people use psychedelics, they will actually have a mental breakdown.

And I'm wondering if that then could be related to consciousness where the psychedelics are a gateway to more expanded or higher consciousness that the person taking them might not be ready for.

Shepherd: Yeah, exactly. One moment, I'm just going to turn the heat off. I'll be right back.

SusanF: Is that your cat, Stan? He's beautiful.

Stan: No, this is my friend Carolyn's cat. And this cat doesn't usually come up to people or like to be on their laps or anything else but Delilah is really taken to me.

Ash: Does she have a question for Shepherd? Is that why she's there?

Stan: No question. She's just offering an affirmation, Ash. We're both living in the presence.

Susan J: Oh, she... I was going to say the cat doesn't belong to you. You belong to the cat.

Stan: Oh, yeah.

Susan J: She's beautiful. Yeah.

Stan: Oh, yeah, she's lovely a lovely creature.

Susan J: She knows about higher consciousness doesn't she? Well, you've got a couple of cats on your shirt so she's joining in.

Stan: Oh, yeah. Yeah. Right. Today I wore my leopard shirt.

Susan J: Yeah, she really prefers the finer energies. You can feel that.

Shepherd: Yeah, animals love that for sure.

So when we come into the human body we volunteer to... shrink our consciousness to a level that the human brain and nervous system and brain and general level of evolution can handle.

Someone asked, "When we come into the body how much of the soul actually shows up in there?" And what I got was it's about 5%.

I'm going to explain this. The highest part of us in the universe is Essence and Essence is the big container of all of our potential. The lower layer of that is the soul. The soul sits on the lower Astral. And it contains all of our past life personalities and potential future lifetimes and so forth.

So when we plan a lifetime. We... know what issues we want to work on and our past life selves that had those same issues are likely to put a piece of themselves into that lifetime because they also want to resolve those particular things. So they're going to hang around particularly closely.

That's maybe about six of our past live cells on average. Um so we're not going to blow out the body by putting all 100% of the soul into that body. It would be too much information. It wouldn't be useful.

But as we mature, we can handle more and more of that. So we might be downloading more and more of our soul's knowledge and experiences as we mature and grow spiritually.

When you take a psychedelic drug, if you've been living in this really contracted neuro space where all you know is the material world, all you know is what your five senses tell you. Maybe you don't even believe in much beyond that except maybe in a theoretical sense.

What the drugs do is they do temporarily destroy some of that container they show you the much bigger reality that you've been blocking out. And whether that's pleasant or unpleasant depends on the situation.

This is why there's a new resurging interest in using psychedelics therapeutically and people are having much better experiences when they're prepared for it, when the room is lovely, when there's nice music, they're comfortable, and they have a therapist or guide there who can hold their hand, who can help them through anything that's upsetting or whatever.

But people... whose subconscious is just full of a lot of fears and hate and other negative emotions when you've removed those boundaries, then those can come roaring through. And it can lead to a mental break. I have long felt that it would be useful to teach psychic development classes in psychiatric institutions.

Because I think a lot of these people are not purely delusional. I think there can be a breakdown of their sense of self and their boundaries that's letting other things in that are real things. And that they can learn to handle that and heal that.

One of the great insights of the Michael teachings is that our usual assumptions about what's better or worse don't apply so we understand that it's not better to grow faster than slower. What's ideal is to go at the speed or the rate that works best for us that's in our flow.

And if someone is ahead of me in their development. I can just celebrate, you know, like in this area, you're doing better than I am and I celebrate you. And then there's maybe areas where I'm doing better than they are.

And it's not a contest because we are all on our own curriculum that we have chosen. So it's sort of like being in college and I'm majoring in music and you're majoring in chemistry. I don't need to compare myself and feel bad about the fact that you're so much better at chemistry than I am. Because I'm better in music than you are. We just have our own specialties and our interests.

We're really only ever competing with ourselves basically what we want to accomplish and how far along we're there and we can afford to be patient about that.

Susan J: Shepherd, this is so... Very helpful. For me right now in looking at our political situation and the challenges our country faces And it helps me to better understand. In my fantasy life, we all expand in consciousness and grow up.

And it happens quickly and then we can like move into this time of that's more peaceful. But what you're helping me to understand, I so appreciate is that... it's wiser is to grow incrementally as we're ready. And if we push that too quickly it can become disastrous.

So in the Michael community, of course, there's been so much talk about shifting into the mature soul age. And... I can see now that it's why it's wise for that to be just kind of a continual process. Do you know what I mean?

Instead of the things being you know, in my own impatience, I want to push things along.

Shepherd: Yeah, and it could go back to that sensitivity that we have where we're uncomfortable with the disharmonies and we would like to not be uncomfortable. But that's something we have to deal with in ourselves, to make peace with what is.

SusanJ: Yeah, I've thought about that a lot recently, actually, how about with the chaos and instability in our own country, but I see it through the world right now.

I've wondered if that too is an old soul lesson, like so many of us want to push through. But maybe the mature and old souls are here to learn to be happy. Maybe the mature and old souls as part of our learning is how to navigate with our sensitivity And when things are disharmonious.

And I kind of wondered, it's not that the lessons are "Let's all be harmonious together", but "How can we navigate sharing a planet" with people that have very different perspectives. And very differing levels of consciousness.

Shepherd: I have often viewed my own life as a journey of learning how to manage ultra-high sensitivity. And I heard about that constantly growing up that, you know, how super sensitive I am. And I think usually people felt that that was a bad thing. I started thinking about how I've coped with that because if I didn't learn to cope with that, I probably would have committed suicide.

I have learned a lot about coping with it and I thought about writing a piece on managing high sensitivity. And then I realized that a therapist named Elaine Aaron had written a book called *The Highly Sensitive Person*.

And I thought, I really better read what she has to say about that to see if I have anything to add to it. I really don't. She did a great job of saying, you know, this is reframe things, get plenty of rest, veg when you need to. Your gifts are just as valid as anyone else's. Provide something of worth to the whole, etc. So anyway, yeah, but it is a different kind of journey through the Physical Plane when you've chosen... at least one lifetime, maybe many or all of them to be highly sensitive.

Her interesting thesis is that they found that not only 20% of humans, but 20% of at least 100 animal species are... have nervous systems that are wired for much higher sensitivity and that they provide a valuable contribution for the whole species, it would not be good if all 100% had that. But the highly sensitive ones are the ones who take time to think things through.

We process more slowly. And we can see mistakes coming and maybe avoid them. And yet it can also delay action. So it's good that the 80% don't have that.

Susan J: Thank you. That's so helpful.

Shepherd: Laurel sent me a... a news article about... southern resident orca whale who was seen who was seen carrying a dead salmon on its head. And apparently that was common behavior in the 1980s. But it sort of disappeared and now they're seeing it again. So I did... channel about that.

And what I got was that I got was This was sort of a funeral for a pet.

This is something we know from some of the Yarbrough Group, Michael Channeling, that the cetaceans, the dolphins and whales do keep fish as pets. So the desire to keep pets among creatures of reason may be a more universal thing. And when the orca's pet salmon died then putting it on its head and going through the water was kind of like a funeral service.

SusanF: That's amazing.

Shepherd: Isn't it? Love that.

Someone asked someone about Varda Hasselman, who channels Di Quelle, a cousin to Michael. She has nine or ten books out on her equivalent of the Michael teachings in the German language, two in English.

And one of the books that are not in English, he tells me that she states that the Soul Age levels that are an even number are inward oriented and those with an odd number like say seventh level or first level are outward oriented and he asked me if I agreed.

So I asked about this. There's a limited sense in which this is valid. It does not relate to introversion-extroversion, but more an alternation of you, me, you, me, you, me, you in one's dominant attention.

What that looks like is... in the odd levels, say first level mature. You're paying more attention to the outer world, to what other people are doing, trying to understand that. Then you go to the second level, the even number, and then you try to apply it. You try to take it in; you try to understand it. And then third level, you're out collecting more data. And then fourth, you're again integrating it.

So that was interesting to validated that information. So I will be watching for this. We have talked about how this works with the soul ages themselves. We know that the first, third, and fifth soul ages, which are infant, young and old, are more individualistic. And the second and fourth are more collective.

The... Infant soul, which I call the survival context is more individualized because they're concerned about their own survival, although... they tend to be closely knit into their tribe or community who are taking care of them.

And then when the soul is feeling well grounded on the Physical Plane and moves into the Baby Soul or Structure Context, they want to learn how to work within a larger context, albeit a simple one. And so they become more interested in the collective, following the rules of the church or the community or whatever so that they can learn to work within a larger structure.

And then once they feel like, "Okay, I can do this," then they move into the young cycle, which is the achievement focus. And in the young cycle that's more individualistic again because we're... looking to pull ourselves up by our bootstraps, be successful in the outer world, and that requires more individualism.

Now that can be taken to an extreme that is not necessarily characteristic of everyone's Young Soul cycles but that's the problem we were talking about earlier. That is people taking everything to extremes and not finding what Buddha called the middle way or the central way.

And then the fourth level, which is the fourth soul age, which is mature or relationship focus becomes, again, collective but instead of working within these simple easily understood structures, they're exploring the inner world, the nuances trying to understand other people better, trying to find consensus.

And then in the old cycle, it becomes more individualistic again, which is, you know, "I'll do my thing and you do your things". And if we can do it together, that's great. If we can't, that's fine."

Shepherd: [SusanF you asked for more about our earlier discussions about sexuality. You asked, "Can there be three or more sexes?"](#)

I may have mentioned a book I had just started listening to called The Sexual Evolution. And I finished it since then. It's very interestingly written by a Biologist, who surveys what science understands about the last five million 500 million years of evolution. Of evolution of all life forms, all nature on this planet and how they were constructed. And then I was looking at all the animals plants and insects currently on

Earth, looking at human settlements where they aren't partaking of Western society, but maybe more undiscovered tribes and so forth and what he learned was that was, we tend to assume that heterosexual monogamy with species divided neatly into either male or female is what is most common and natural.

But what he found was that there's a huge variation throughout all of nature and especially the monogamy part is really not the most common arrangement in species that have male or female sexuality. And that there is there are alternatives to just being two of them.

So yes, Susan, according to him and what I have also channeled about that, there can be more than two. This is what I got. The more steps required for procreation, the slower it becomes. There are creatures in which a third or even fourth entity is required to seal the deal. This is useful when otherwise there would be too many offspring.

So yes, if fewer than the required number are enjoying sexual play no offspring will result. But generally, when there is an impulse to reproduce the sexual experience is more intense.

And I don't remember. If they were referring to some species on planet Earth or if they were talking about that among creatures of reason throughout the whole physical universe.

When we get to know our own animal and insect kingdoms here on earth and even the plant kingdoms, we start to see this extraordinary variety in how they're wired. And what this book says is that the impulse to survive, the evolutionary impulse means that nature wants to keep as many options open as possible to adapt to changing circumstances. Because by doing something a little different than the majority has been doing it, they might find something that really helps the species survive better.

So even, for example, biologists have wondered,

What uses homosexuality is to the survival of a species since you find homosexuality in virtually every animal species. Or what use is the transgendered thing which you find very widely in a lot of permutations. And now they're starting to think, well, it can be useful for survival to have some people who aren't themselves reproducing but are helping care for some of the other offsprings or providing other things.

This is probably the most interesting thing that I gleaned from this book, *The Sexual Evolution*. He said that scientists were really excited for a while about thinking they had found the "gay gene" i.e., one gene that causes, quote, causes homosexuality, but they kept finding hundreds. And what he realized is that sexual variety, both in terms of sexual expression and identity is by nature going to always be very exuberant and varied because that is what's most useful for the survival of species.

So there's not going to just be one or two or five or ten genes that determine it, but all species are going to hedge its bets, you might say.

SusanF: Right. I got that book, Shepherd. I have yet to read it though. And it looks really good. Michael said there are so many things that we do not understand about

our own species. That there are survival genes built in there that we have never seen. So all of this makes sense and I think it's an expansive topic.

Anyways, thank you for asking those questions because I find that a very interesting topic. And here's one of those places where you can be very narrow minded and upset. Or you could just let things be and accept it. And learn, continue to learn from what you observe.

Shepherd: Yeah, I think... the more we can let go of judgments making other people wrong for being who they are, the happier we will be. Because being judgmental contracts our consciousness because we're making it smaller by saying this other thing is not okay.

I would say that the one thing that is in a sense not acceptable is doing harm to others and that of course creates karmic debt. So the universe will take care of that. I don't need to be deciding about that. If someone else has created karma they will experience the results of it.

But the more we can just observe in a neutral or supportive way what people... are going through what they feel is natural for them sexually or in terms of their gender identification the happier we're going to be. So it is in our self-interest if we want to expand our consciousness to let go of.....which is not to say that we will no longer have preferences or there may still be things that cause us discomfort or whatever, but then we can be non-judgmental toward ourselves about that as well.

Nan: Along that same line of thinking. I read somewhere, and I think it was in Michael material, but I could not tell you where I read it. But when asked, Michael reported that there are planets with species that have three or more genders. And that on those planets where gender is not binary there's a lot less gender conflict.

Which seems to me which seems to me to connect with what you were saying. It's trying to see things binary that causes the judgment.

I wish I could remember where I read that. I'm wondering if it was in one of the Yarbrough books, which I've not read reread for years.

SusanF: I've seen it in the fringe material on Troy's site.

SusanJ: I think it's in the original books also.

Nan: Oh, okay. I don't read that material on Troy's site. I checked Troy's site regularly.

And when you guys see the document, I've put together those of you who've had an advanced copy, I've altered it. But... I haven't altered it drastically, but I've rearranged material so if you're coming to the gathering you need to get a reprint. Which will be available at the gathering.

Yeah, I read Troy's stuff on a recurring basis but I guess I didn't even think the fringe material was available if you didn't sign up for it.

SusanF: It's available now to everyone.

Nan: Okay. Okay, I've only got so many hours in the day and I can only spend a small amount of time on Troy's site.

Shepherd: I remember having read that about three or more sexes Also, and I also could not find it. And I tried doing a search through my digital material and I couldn't find it, but I'm pretty sure there was some stuff as Ash was saying in the original material about that also. And it was one of the many things in the first channelings that I thought were rather cryptic. And I wish that the people in the group had asked for further clarification.

But I guess what this book tells us and what I channeled tells us that there's not just one way that that could work. There are a lot of different ways. So for example, maybe where there are three sexes, the two might get together sexually but not sexually to procreate and then the third one might have to come in or it could be all three of them at once. And this book also indicates, which contradicts the fundamentalist view that sex is only for procreation that there's a lot of sex in nature that is not geared toward procreation.

What I understand from Michael and from all the spiritual studies I've done is that the sexual principle is opposites, positive and negative coming together, unifying, and then an explosion of energy that comes from that and that this is the way creation happens on all planes of existence.

I remember when I first started channeling, I asked Michael if there was sex on higher planes. And they joked, "Well, we were wondering if there was sex on the physical plane because it seems so lackluster compared to the intensity and power of what we experience on the higher planes where we can freely merge energies and have this explosive, really basically an orgasm without the body fluids since there's no body."

So the sexual urge is the physical body's way of participating in this energy exchange that happens on all planes of existence. That is just the natural expression of who we are and how things are.

SusanJ: Shepherd, that's so interesting that you mentioned this explosion of energy because I remember seeing probably online a little video that in the procreation process for human beings when the sperm actually breaks through the egg there was a flash of light that's released.

Shepherd: Yeah, some more intuitive parents do sometimes have a sense when they've conceived. And often... the soul that has... plan to incarnate in that new life is around, and they can feel it. Now, sometimes that will change.

So let's say... you signed up to... take that body that was conceived but let's say that you really plan your upcoming life around being male and it's a female fetus, then maybe you pass on it. Or maybe the parents decided during the pregnancy to get divorced and you think, "Okay, no, thank you. This is not the experience I want." So another soul may then finally come in and the knot isn't tied usually until the first breath after birth.

There's that flexibility beforehand. But I think a lot of the confusion about abortion, people who are... pro-life rather than pro-choice is that some people do feel the soul around very early on in the pregnancy. And that's what makes them think that this is a person and we shouldn't abort it.

But in fact, the soul is very flexible about that. And if the body isn't going to be viable or if it isn't going to be right for them, they're very happy to pass.

In all of the emotional fighting about pro-life versus pro-choice, very few people are considering philosophically when does the soul actually tie the knot with the body?

And according to Michael, it's generally at the first breath and no sooner than three weeks before the birth. And it can even be a couple of weeks after the birth if things are up in the air about who's going to adopt the child or whatever. And that's really when the baby becomes a person.

I'm not saying it's fine to abort in the seventh or eighth or ninth months because that would be traumatic and unless there's a medical reason to do it, you wouldn't do that. You would have done it earlier if you didn't want the pregnancy. You know, if you're... running for office and someone asks you about this and you explain about the soul coming in at the first breath, the people will get out their pitchforks and torches and start chasing after you. But that's the truth as I understand it.

SusanJ: So Shepherd, it's so interesting. My daughter asked about this just yesterday. And what she was asking me was about SIDS. And what my perspective on SIDS, you know, Sudden Infant Death Syndrome. She wondered if it was just that the soul came into the body and decided, you know, six months or eight months in that that body just wasn't going to work. Or if there were other reasons for that. Do you have... Do you have a sense of that?

Shepherd: I did channel about that once, but I don't remember it. So maybe you could send me an email and I can hunt for it. But unfortunately as well organized as I am, I'm not always able to find these old channelings. And at some point I need to go through all of them and get the material better organized and put them toward a book.

But... I'm just going to do a real quick look here in this folder. No, I'm sorry. It's not coming up, so...

Susan, do you know if Troy has channeled about that?

SusanF: Specifically about SIDS? I was just on his site. Let me see if I can do a search. If I can find it later I'll send it with this transcript.

Shepherd: Okay. All right. Thank you.

So Stan had a bunch of As usual, wonderful questions. I have mentioned that there is more than one universe so that our universe is based in part on the mathematical principle of the number seven. That's why in our Michael charts we have the seven columns although obviously there are a lot of other numbers that are foundational for us.

The 12 comes up a lot in spiritual teachings as well, or the 12 plus 1, which is 13, 3 and 4, etc. There are... some spiritual teachings such as the Kabbalah numerology, et cetera, that do a deep dive into numbers and their meanings and how different numbers affect each other in proportion to each other.

And my understanding is that other universes emphasize different potentials that are present in various numbers and so they give different kinds of experiences.

Stan asked if... [Your next grand cycle could be in a different universe, could be in any other universe.](#)

Shepherd: And it could be. So what I've gotten on this, and please know that my understanding on this is limited and I haven't asked a great deal about it, but I'm just telling you my impression at this point.

Also, I don't even assume that Michael knows everything about these really big picture types of things but I believe that the Tao has created maybe twelve or thirteen other universes on different planes other than this one and that you tend to have a series of grand cycles in the same universe. And if you want to switch to another one then you might stick with that one for a while.

So what would be likely is that people here with a relatively high number of previous grand cycles we're probably... maybe the first two or three were in a previous universe and then they switched over to this one. This one might be more recent in terms of the Tao spitting out new experiments.

And I think you might switch to another one simply because the new one looks interesting to you. And that's really how all of this operates, you as a being follow your interests.

[Stan asked if a grand cycle could be completed in the sun.](#)

Shepherd: And I got, no, not as a sentient soul, that you would be more of a deva or a nature spirit if you were part of the sun because you really wouldn't get a lot of opportunity as part of the sun to make a lot of choices.

I assume there could be sentient beings in a sun or a star who were made out of fire and had intelligence and could reason and choose. But what I'm getting is... And our sun, no, they're not doing that.

The next question concerns the devic stages on the physical plane. Many of you have probably heard, for example, from Jose Stevens book, Tao to Earth that we tend to check out a planet as a deva or nature spirit before we commit to doing a grand cycle as a sentient being.

Many of the things that we're passionate about in nature now could relate to our intern stage before incarnating our devic stage. For me it's trees. I love trees so much. I love plants. And I believe that in my Devic stage, I hung out a lot with the... plants and trees.

I had a friend who absolutely adored cats, big cats especially she had figurines all over the place. My guess is that she was a deva for them. So when we're between lives because we finished the last lifetime, we haven't started the next one. There are many, many things we can do on the astral plane. It is more than Disneyland and Universal Studios put together in terms of all the things you can do. You can travel to the astral plane of other planets. There's all these classes you can take.

And another of the things you can do is hang out with the Devics or you might say assisting the Devics. You're not going to be a full-time career life for Devics. If you're just in between, but you can come down and you can hang out with animals or plants

or whatever that you love on the physical plane and just help out with that. That could be a nice experience for you.

So what I... got about this is that that actually happens a lot. That we visit. It's not like incarnating because you can just go back and forth instantly from the astral to hanging out on the planet that you just came from. You know, let's say your mother died, she can hang out with you.

She can immediately tune into your energy and be with you, although maybe not communicating with you directly. It's be more like an energetic thing. You might feel her presence. That's always available. The seven planes aren't really separate. They're just higher frequencies. They're all connected to Earth.

Stan asked about something I wrote in *Journey of Your Soul*, that there are some souls who specialize in infant mortality.

Shepherd: So for example. I knew a server who knew a server who had 1,500 past lives and most of them were being born into babies that were only going to live a short time.

So from the soul's point of view, it was like going down the slide into the body. And then the body dies and then they climb up the ladder and then they go down the slide in another body.

So, Stan "Asked do they make progress faster because they're having more lifetimes?"

Shepherd: And it's yes and no. I mean, they're progressing in a particular way through those particular experiences. It's not as deep. Each experience is really obviously... But there's a lot of intensity and a lot of love and poignancy to being in that situation. So there is a certain kind of progress that you get from that kind of experience.

You can generalize that about all experiences being valuable and offering potential lessons. And they're not all the same. So we specialize, you go after the experiences you like and you will progress in those areas well, just like the person who is progressing more in music but not so much in science or vice versa. It's not a better or worse than. It's just what do you want. Again, it's a self-directed curriculum.

Stan asked, after cycling off from the physical plane, what is the process of moving up through the higher planes? Is it faster than the physical plane advancement?

Shepherd: And what I got surprised me, and I was very interested to have asked this. Yes, it's a lot faster. Although physical plane measurements of time are not particularly useful, the physical plane is the main event. And those on higher planes, while having their own further experiences, continue to be involved with physical plane evolution.

So... Michael became a reunited entity, or I like to say reuniting entity because they're still reuniting causal entity relatively fast compared to physical plane time. The very last lifetime of one of their fragments or members of their entity was as a doctor during the Black Death, I forget what year that was, but it was relatively recently.

But they managed to reunite on the astral plane and move on to the causal plane in a relatively short period of time in our years, whereas it would be very unusual for any of us to complete the physical plane in under five or 6,000 years. And some of us have

been around for 50,000, 80,000, 200,000 years. So yeah, it's faster than the higher planes.

So yeah, it's faster on the higher planes.

I had a question about remembering previous cycles, which is why I sent each of you a PDF about that. Is there anyone who didn't get it or maybe they haven't checked their email?

She wanted to know about what I remember from previous cycles. And I will share a story with you. I myself... take it with a grain of salt. All I can say, all anyone can ever say is this is what I got, this is what I saw.

I wanted to know the roots of my tendency to take too much responsibility for things and blame myself for things that weren't really my fault, like expecting myself to have been able to save someone from something when there was really no practical way I could have done that and so forth. And in regression, it took me to a previous grand cycle. And this is where I learned that we don't resolve every single issue just because we completed a grand cycle. There are potentially some loose ends that we can pull forward from them just as we do from past lives.

And what I saw was that I was the leader of a planet that was destroyed by aliens who were much more advanced than we were technologically. And I blame myself. I thought it was my fault. Obviously, it wasn't my fault. And any therapist worth their salt would tell you, don't blame yourself for that because it's not your fault. There's nothing you could have done.

But for some reason I wasn't smart enough to get that lesson and I internalized it and it made me feel hyper responsible and then it's always my fault if something goes wrong and I've got to try harder.

I would prefer to never taking responsibility for the mistakes that were genuinely not my fault, but it's not the Goldilocks place. It's not the sweet spot where you just let it go, whatever. And I saw it clearly. I just got images of it. The images looked like science fiction. But then I believe that a lot of science fiction is sourced in people's memories of their previous cycles.

So did that really happen? Probably, but I'm not attached to it. It's just what I got.

SusanF: Maybe somebody blamed you when that was happening and you just took it to heart.

Shepherd: Yeah, and that's a lesson too. Like if it's not true, why take it in? But I took it in because I was vulnerable to believing it. I already kind of believed that I needed to take full responsibility because I was the leader. But it's simplistic. So that helped me too. To just recognize that I tend to do this and to do that less now because I'm aware of that wherever it came from.

SusanJ: Shepherd, I've got a couple of questions for you. Earlier on today, you mentioned grand cycles And the raw potential that previous cycles may hold for us. I'm maybe not using the right words, but if we could explore that a little bit more, what that means.

My other question was in reading the PDF you had sent out about this person's previous grand cycles. You had talked about a specific grand cycle and you had mentioned the different physical levels, if I remember correctly, if we could touch on that too that would be great.

Shepherd: We know that there are seven planes of creation So they just vibrate. It's like the musical octaves. They just vibrate a little faster than the one beneath, not better just you know offering some variety. And then we also know that each plane has seven levels within them.

So there's seven levels of the physical plane. So the first level of the physical plane is not something we'd really know anything about, but it's very dense compared to the second, third, fourth. We're in the fourth level of the physical plane as I understand it.

The fifth level is more etheric which is maybe where our aura is vibrating. It's still physical, but it's not something generally visible, although it can be.

Third level would be the level of the Devas, the nature spirits. Since they're adjacent some people with more psychic sensitivity can perceive auras or they can perceive the devas. You know the all the legends of the leprechauns and the sylphs and the nymphs and that sort of thing would be the third level. Anyway, so there's seven levels.

There's also seven levels of the astral plane and seven levels of the causal plane. So we move through them and more simply, they can be divided into lower, upper, and middle.

And the middle would be the fourth level. So Michael is a mid-causal entity, meaning they're on the fourth level of the causal plane. And that four, of course, is the scholar number. So having them teaching from the fourth level adds a little weight to their wanting to teach even though they're kings and warriors and not scholars. I believe they are also in the fourth position of their cadre and entity. you know, that there are seven entities in the cadre. They're number four that's also scholar energy. So that's interesting there.

Who we are at our core is what I like to call a spark of the TAO or a unit of consciousness in All That Is. All of us are eternal but even the personality is eternal in a sense. Nothing ever really dies that's created. But the most eternal, if you can say that, is the part of us that is the core spark of the Tao that chose to come here and be human and chose to have all the previous grand cycles and will maybe choose more in the future.

Each of those is a game of learning. So the first grand cycle, maybe you come to a planet and you inhabit a life form that looks like a sentient ant. And you're a server on that planet and you get your feet wet and playing the game of planetary sentience and then the second one having already experienced that you have a little more skill at playing the game and you can play at a little higher level.

The second one, maybe you're an artisan and the life form resembles what we have on this planet as bears and maybe they're musical bears or whatever, you know, and you experience you having different physical plan experiences in that cycle. But you're still

having experiences on a physical plane and you're going to get a little more skill. You're going to be doing it at a little higher level.

So the reason that no one is signing up for my Zoom classes who've only had six previous grand cycles is that they're just not going to be interested in this level of complexity, even if they're old souls. They just are doing a simpler version of the game. And not to say that they couldn't sign up for this, that they couldn't understand it or enjoy it, but it's just not really where their lessons are right now. So they're not right now attracted to it .

So once you start getting people with... double digits in the number of previous grand cycles they just are more experienced at the game and they can bring in more layers to it, more complexity. More previous grand cycles means you have the potential for more subtlety and nuance in playing the game you're looking at higher levels of the lessons. You might compare it to playing video games where you achieve a certain status. And so now you're playing the game at this level and you get better there and then you start playing it at this level and so forth.

So people with high number of previous grand cycles which is always a relative thing, by the way. There are people on other planets where our highest number would be a low number for them. But they're playing the game at a relatively high level and they can bring some more advanced layers into it.

There are some very great spiritual teachers with eight or ten previous grand cycles. So you don't have to have had nineteen previous grand cycles to be a phenomenal spiritual teacher. But we do use Jesus as an example, the man Jesus before the infinite soul came in was an example of someone who had had 19 previous grand cycles.

Now, if a person had nineteen cycles, but they weren't doing the work they could just be a big mess because they have more complexity. So the more complexity you have, the more things can go wrong. For example, if you buy a car that has all the latest technological bells and whistles and the car wasn't made very well, that car is going to be in the shop more often. Whereas a simple car You know, like my Camry never is in the shop. It always works, but it doesn't have a lot of the technology either.

So the soul with sixteen, 17, 18, 19 previous grand cycles, which, you know, it's not very many proportionately of humans and who's also an old soul or mature soul, which means they're more experienced during this cycle can do some more advanced things that you're not going to find with people who are less experienced, but it doesn't mean that they are doing those things.

To make another analogy. Let's say you buy the top of the line MacBook Pro with the very fastest processor, but all you're doing is sending emails and watching videos. You may as well have just bought the cheapest MacBook Air, even a five-year-old one, because you could do the same things on that. Having more previous grand cycles doesn't mean that the person is taking advantage of that complexity.

I've gotten ten charts where people had nineteen cycles and a couple of them are people you've never heard of and a couple of them are gurus. And so there's a whole range. Let me see if I can... pull that up.

SusanJ/Ash: The analogy that popped into my mind is imagine being a sculptor and you've got the same clay. As you go through more grand cycles though the more skilled you are to make something of the raw material, which in our case would be creation itself or the Tao. 13:00:50

So I've got a couple of follow-up questions while you look that up, if you don't mind. And one of them may be for a future session.

One of the questions that popped into my mind is if we are as humans able to have concurrent lifetimes in the same timeframe. There is multiple versions of me simultaneously existing right now. On the spark of the TAO level, are we also doing that in grand cycles are they multiple grand cycles taking place in linear time simultaneously for my spark of the Tao? That was one question. And the other one...

Shepherd: Ash? Just give me one question at a time so I don't have to remember the earlier ones, okay?

SusanJ/Ash: Okay.

Shepherd: This is a really confusing topic in metaphysics. People say it's all simultaneous, that there is no time. That's not exactly true. If you get to a high enough point of view it's just all there. But things do happen consecutively. The problem with calling it time is that when we think of time, we think of Earth time, which is based on a very limited set of criteria, which is one planet revolving around one sun and a little tiny corner of the universe. And for Earth dividing that up into 365 or six days where the you know that the Earth is rotating and the farther you get away from that measure of time, the less relevant it's going to be.

So time is a convenience for the physical plane. It's real on the physical plane. It's sort of real from the astral plane, but they're not as tethered to it. They're even less tethered to it on the causal plane and then on the high planes, they're not tethered to it at all.

But it's still real. So the previous grand cycles are still previous for you from your point of view because you're already building on them and you haven't done the next ones yet. But yeah, in a very large sense, they're simultaneous. It's like if you've completed ten previous cycles, you can go to a high enough place in consciousness and you just look at all of them and it looks like they're just all there at the same time.

Make sense?

SusanJ/Ash: So Shepherd my own guides in a meditation once when I was asking them about time They... said time is kind of like the Dewey Decimal System which was interesting. It's like they said it's just a marker to help us to find the information.

It's like all the books exist, they're all right there. And then how do we find them and how do we know where the information is? We look it up in the little old fashioned card catalog using the Dewey Decimal System.

And I found that to be a really useful analogy. Of course all analogies fall apart, but I found it helpful.

Shepherd: Yeah, from our point of view, the future hasn't happened yet. They're just probabilities. And that's why predicting the future is so hazardous because what someone sees when they look into the future, when they see a probability. That's probably going to happen in some parallel universe, but we don't know if it's going to happen in this parallel universe. So it hasn't happened yet.

So time is real in that sense. And it is authentically the case that no matter what you call the year or whatever, that on the physical plane the earth revolves and rotates and we do have these sort of natural divisions and we can say that something happened in what we're calling the year 1903 or whatever. That's valid. But it's in a larger point of view, it is more fluid than that.

I'm going to just show you, this client whose chart I did and I got him as having nineteen previous cycles. He's also a... a fourth old priest. And... the refinement of this energy, I just fell in love with him just from his picture. And he is a spiritual teacher; kind of a free spirit, he's from France. I'm just going to show you his picture and you can see what I mean about when someone has an older soul age and or higher number of previous cycles, if they're doing the work and they're developing spiritually, you can sense a lot of upper layers of refinement that are added on to it. And I do feel that with him.



So this is from my database and you can just see what gorgeous energy this man has. Now, a person can have five previous cycles and have gorgeous energies. But what I'm really getting at here is that there are a lot of extra layers of refinement that are going on top of that.

Any other questions? I've gone through my list except one person asked if I would share my spiritual biography. And I would be happy to do that if that interests you.

SusanJ/Ash: I just have one more thought more than a question, I guess, you know, since we're talking about the raw potential of grand cycles for us individually it just made me think about the set material talking about how the creator creation has expanded and collapsed on itself and recreated itself more times than we can count.

And that made me think about how the Tao explores its own grand cycles and builds on that. So just wanted to think out loud.

Shepherd: Well, my understanding is that the TAO creates the universes because the Tao is stable, I don't want to say static exactly but The Tao is the finish line. It's not really growing. So it creates universes as a place to experiment, expand, create, grow, have new experiences, learn more about itself.

And just as individuals, we are reabsorbed back into the Tao eventually a whole universe will be completed and that will be reabsorbed back into the Tao and we'll no longer need to exist in the world of creation or form. Does that answer your question?

SusanJ/Ash: Right, but it changes the Tao. That process expands so

Shepherd: Sure. Yeah, sure because it's absorbed all of those experiences then become in a more stable, settled form. It's sort of like the way we think of the scholar role or the akashic records is that we have all these experiences and then it's the scholarship or the akashic plane's job to distill it and say, "Well, what did I learn from this?" And once that's done, once it's distilled and understood and expanded and clarified, then all that weight can be reloaded into the Tao and the Tao is now expanded. It now knows more about itself.

SusanJ/Ash: Wonderful. Yeah, thank you for that. I was just thinking out loud. I mean, this stuff fascinates me. We're talking about a consciousness that doesn't have a body but imagined a body and imagines the physical plane and can create it. A being that it apparently has no beginning or an end but can create something that has a beginning and an end.

And it's apparently free of pain but can imagine creating pain. And experiencing pain. Doesn't need food but can create the experience of food and hunger. I just find the whole thing really fascinating, which goes back to the bigger question of how and where did the Tao come from and where is all this coming from?

It just has so much in it. Like I said, when we're taught that it has no beginning and no end, how did we then imagine a beginning and an end? If it the hard planes are without physical pain, how in the first place did it ever even imagine physical plane. So I'm just thinking out loud. I just find it fascinating.

Shepherd: I was giving a talk on this subject and somebody asked, "Who created the TAO? And I said... Well, I wasn't going to say anything. I mean, I don't like to brag, but it was me. I created the TAO."

That is an unanswerable question. It just is. In metaphysics all of the books going back to the Theosophical Society and such, you hear that the universe is a thought in the mind of God. I think they're using the word God there to mean the Tao.

And that they think it into existence. And I wouldn't say that thinking is purely intellectual, but it's a consciousness. If it is an individual and consciousness is everything, the universe is a consciousness. It has a design that the Tao created maybe based on certain mathematical principles.

And so the idea of the movie's The Matrix are pretty valid here, except they put a more diabolical twist on it but this is all... thoughts. Thought forms of the Tao created and made solid into form. Well, it seems solid to us.

And that's where people get really confused because you start picking it apart like you go in the science of it and you see that within the molecule the electrons, it's mostly space. It's mostly nothing there except these little, tiny pinpricks of energy, which are thoughts. They're thoughts in the mind of God manifested in the universe but useful, you know, because they give us a place to experience.

It's one of the great divine paradoxes. It seems solid to us. Is it really solid with all that space there? Or you look up into the sky and it's mostly space between physical objects. But it's held together. By consciousness. Everything is consciousness.

SusanJ/Ash: I find that so helpful. One of the conversations I've been having with my guides, they said one day, and I'm still trying to understand it because they tell me things that I don't always get intellectually. But this helps me to understand what they've been saying which is consciousness moves energy into form.

And I that feels so profound to me. And it's exactly what you're saying. It's that the consciousness is moving focusing the energy and dropping it into form.

Shepherd: And form itself is kind of an illusion. Because it looks solid to us because we're vibrating at the same level, but to a being on another level, they could just put their hand right through it. But it's a useful illusion. And it doesn't make it false. Which is an important distinction. It's real on its level, and it's good to know that there are other levels that see beyond that.

Apparently, there are some really advanced spiritually advanced guru types in India who can raise the vibration of their body and take it with them to the astral plane and then lower it back down. Apparently there are people in little villages in India who have been living for 400 years and they materialize and dematerialize and they're gurus who bilocate.

You might say that they have mastered the matrix, that they understand that these are all creations and that they have enough skill to create something else. And I think that's very cool. Then you have people who believed that if they haven't mastered those skills themselves, that they're not spiritually advanced enough.

When I've asked Michael about that, they've said, "Well, you know, if that's something you want to do that is you're interested in doing, more power to you, work on it." It's not going to be a wasted endeavor, but if you never gain... mastery over form in that way, that's fine.

It's no better to do that than it is to master a musical instrument or master science or writing or gardening or whatever. But it's cool if you want to do that, then do that. But don't think it makes those people better than others. They offer a lot of lessons about the immateriality of material form they might not be so advanced their interpersonal communication skills, for example. They may have some integrity issues, but they've developed this skill. And... It's cool.

SusanJ/Ash: I had a friend who developed that skill. It was so bizarre, but she was so curious. And she decided at some point in her life that she wanted to learn how to become invisible. And how to dissolve form.

So she really focused on it and she showed me it was just like so mind-boggling because she was visiting. And she had she was able to focus and in front of me dissolve her arm. And then it reappeared. And it was like kind of a cool party trick.

But it was something that she was just curious and interested in and spent a great deal of time She told me she even read a book invisibility. So she did this really interesting thing and she was deeply spiritual.

And she did not have terribly good social and communication skills. So she had trouble being in relationships with others. Which is exactly speaking to what you were just explaining. So thank you for sharing that.

Shepherd: I would love to learn to have conscious out of body experiences. I know many of us leave our body at night and we go and do things but I don't have really memory of it or consciousness of it. And why it interests me is that it sounds really fun, you know, like the Robert Monroe stuff.

Going and tootling around the astral plane and different dimensions. And I don't think it would frighten me. I think it would just be very enjoyable for me but I've heard that it takes about... 50 hour more long practice sessions for the average person to get there. And I've also heard that it tends to make your sleep worse and my sleep is already bad.

Stan: Yeah, that's true for me too, Shepherd, but you made a comment that as sages we don't have the portals open or as accessible as maybe artisans or other artists ones that do astral traveling. Who when they sleep they can access it quicker but as sages in the mid-range it's not as accessible naturally for us.

Shepherd: Well, artisans and priests are the two high frequency roles, so they naturally vibrate faster and connect more easily with the higher realms. Artisans having five inputs also having that makes it easier for them. But sages have three, so that's plenty. I don't think there's any limitation if you... practice. Most things you can get good at if you practice.

Things that you are good at in this life are probably things that you practiced in other lives, whether it's music, whether it's art, whether it's whatever, you earn those skills through practice.

And you may have to refresh your memory of the techniques, but the basic facility will be there. And they're just people who are really good at that having out-of-body experiences.

And, you know, just with psychic skills there are psychic variations on what people have. I had a friend, very gifted psychic, who is great at finding lost objects and I'm terrible at that.

My skill is I can connect with spirit really easily. But connecting on the physical plane and finding the lost object. I just don't have that. I'm sure if I really practiced hard. I could get there, but I'm also kind of lazy, so I haven't done that.

Well, we have about 10 minutes left. If there are not any other questions and if you are interested in hearing a little bit about my spiritual biography, I would be happy to share.

I wrote about it in my book, *Journey of Your Soul* how when I was eight years old, five months after my mother died, she came to me in a vision. I wasn't thinking about her I had been sent away to summer camp which I hated. And bedtime was eight o'clock. And I remember it was 11 o'clock and I still couldn't fall asleep. I was buzzing. I wasn't thinking about my mother but she appeared to me the way she looked in some of the pictures of when she was younger and healthy. Very beautiful, like in a blue negligee. And I didn't hear any words, but there was some kind of like a hand signal or gesture or posture that seemed to be communicating everything's going to be all right.

And of course I had intellectual framework for understanding that. I never forgot it. It was very vivid. It was as vivid to me as looking through one of those view master toys like those little slides that were popular back then. And I also saw a very tall man next to her, who I figured was Moses because he was the only man in a white robe that I knew about. But I later realized it was the Michael entity because when later I tried to tune into them visually, I got the same image of a very tall man in white.

This was, when I was in third grade and then two years later, I'm in fifth grade. And I'm starting to seek; I'm starting to want to understand more. I was a member of a Reformed Jewish congregation, which is the most liberal, most casual. I'm glad for that. I'm glad we didn't have all the strict rules about kosher this and two sets of dishes and only do this and you know I don't care for that sort of thing.

But, you know, like most kids I hated going to religious school, whether it was on Saturday or Sunday. I was bored. I hated going to services. It was boring. And for some reason one Friday night in fifth grade, I remember because it was cold, it was winter. I had to walk because I decided to go to the religious service and I just needed to know if I was going to find anything there. And I came back from that service and I knew it wasn't there.

So a couple of years later coming out of the high holiday services like Rosh Hashanah, Yom Kippur, which are like the most important Jewish holidays I was saying to a woman named Susan Rosenberg who had been like my eighth grade religious schoolteacher but also she was a friend because we were in theater together and I liked her. And years later she told me that I said to her then, which I had no memory of "I'm looking for something and it's not here."

Then when I was eleven I made a new friend, Jimmy Cathcart, who some of you know. Who is a sage entity mate of mine. And he moved into my neighborhood like about a block away and I just idolized him. He was this child prodigy musician and funny and altogether wonderful. And I tag along after him. I was a little younger, kind of like the pesky kid brother. And I got to know his mother, Lynn, who I ended up adopting as my honorary mother.

So Jimmy went away to Interlaken Arts Academy a couple years later, but I kept going over to see Lynn and talk to her. And Lynn is the seventh old artisan who was a student of metaphysics, who belonged to the Theosophical Society. Her husband, Jimmy's

father, Big Jim is an old scholar also in my entity. And she said she married him for his books because he had all the spiritual classics. I think Jimmy still has those.

So Lynn was into all of this stuff. And when I was about 14, she talked to me about numerology and astrology. And I'd ask her questions like, "How could you know if the stars are affecting you?"

She knew about a little group in the next town over. I lived in Michigan City, Indiana, which was on the southern tip of Lake Michigan. And there was a little hamlet six miles to the west called Beverly Shores, which was very charming, and still is. It's a part of the Dunes National Lakeshore.

And there were two retired women who shared a house. It was totally adorable. You know, it was like this place in the woods and you walk down the path and there would be a little sign that said, "Warning Whirl Crossing", that sort of thing. Well, Muriel and Winifred had a seance every Thursday afternoon. So Lynn took me. And I really wanted to really get a message from my mother and I did not. I was not able to do that.

But I ended up getting to know these what were mostly adorable little old ladies in tennis shoes. And me, who was 14 and then sixteen. Then I'm sixteen in my junior year of high school. And a man named George Emery was invited to speak about drug abuse to a high school assembly. George had been a Presbyterian minister and he had worked with a lot of hippies who had drug problems. So they called him the minister to the disenchanted.

And they invited him because he was an accomplished public speaker and they invited him thinking he was going to tell us, "Okay, now you little boys and girls, you don't want to take drugs because drugs are against the law and we don't want to break the law now, do we?" And we'd already had an assembly like that. So when I heard that we were going to have another one I was very tempted to be sick that day and not go to school because it just felt so insulting, like it was such a waste of time. Even though I never took drugs and I was pretty much a goody two-shoes. I always went to my classes. I never skipped unless I could pretend to be sick once in a while. Which I would have done every day if I could have gotten away with it.

So I got up. I remember the morning. It was cold. I didn't want to go. And I heard a loud voice in my head saying, "Go to school." And now I know it was my guides yelling at me that I had a date with Destiny. But at the time, I don't know. I just didn't even noticed that I was hearing voices. I guess I just thought it was normal. And I said, "Okay, okay, I'll go to school."

The assembly was in the auditorium at 10 in the morning. And I took the very back row seat. I'm sitting like this. George Emery gets a glowing introduction from a nearby college student. He parts the red velvet curtains, goes to the podium and he says in a thundering voice, "I am a revolutionary."

And I sat bolt upright. And then he told this story about how he'd been seeking. He wanted to go to Findhorn, Scotland, and then someone told him, "You don't need to go to Findhorn, go to this commune in Colorado called Sunrise Ranch. I think it's the highest expression of love and truth on earth." So George had been to Sunrise Ranch

the year before, and now he was proselytizing Sunrise Ranch and the spiritual group that was centered there called Emissaries of Divine Night.

He was going to give the talk again at 11 o'clock and I just had study hall, so I skipped study hall. I mean, that was a big thing for me at goody two shoes. I didn't even skip study hall, but I didn't go to study hall. I stayed for his next talk. And then he was going to be giving a talk with his wife at Purdue North Central Campus in Westville, which was a few miles north. I borrowed my stepmother's car and drove to it in a blinding blizzard. All this is so vivid and still in my memory. And I listened to George speak again.

So then I decided, "Well, I'm going to visit Sunrise Ranch". I didn't decide... I knew I was going. And I didn't ask my father for permission. I told him I was going. And I sweetened the pot by saying I want to visit a college in Santa Fe called St. Johns College to see if it interested me. And then I would also go to this place.

And I had some money in my savings account from my bar mitzvah and such. I didn't even know how much was in there. But he took the money out, got a plane ticket, and I went for two and a half weeks to Sunrise Ranch.

I wrote the administrators there and someone picked me up at the airport and brought me in and I came in on this Saturday night service they were having in their little chapel. And George and Joelle didn't know I was coming.

So I got in in the middle of this. The energy in the room was so thick you could have cut it with a knife. Was also very hot and humid because it was July. It was really intense and they were listening to an audio tape from maybe 1954 of the original founder, Uranda, who Stan knows. I'll bring Stan into the story shortly.

And it was sort of the end of this thing and he was chanting. I didn't know what was going on, but it was really interesting and cool. So it was over at nine o'clock and George had been in the front, was walking up the aisle and I walked down to him and I said, "Well, I followed you from Indiana." And he was just gob smacked, you know, that a sixteen year old boy would do that.

He and his wife were taking a four-month class at that time and the structure of the class is that they would have four hours of lectures or listen to tapes in the morning and then in the afternoon people would work, like maybe working in the garden. So in the afternoons, I worked in the garden with George.

I got one of the worst sunburns of my life because it was Colorado in July and I wasn't prepared for it. For three days straight, every day I just peppered him with questions. George would later say over and over and over that I had asked more questions than anyone had ever asked in the history of Sunrise Ranch.

But after three days. It was like... I got it. It's just like all the pieces fell into place. It was actually very simple. And it really wasn't that different from the teachings of Zen Buddhism. But it was straightforward. It's like, "Okay. Don't react to the outer world, choose from within, be centered in the eternal." There was a slogan that I loved, "Let love radiate without concern for results", which is just about the best advice anyone

could give you. There were so many principles that I have found valuable that I continue to use to this day, like "Live in the present moment."

And because they're simple, they can take a whole lifetime to really learn how to do. But I really have not found flaws in the basic principles that I learned there. And when I observe the new age community, I find a lot of people do not have a grounding in those principles, what I call spirituality 101.

They don't understand how being reactive to other people is not serving them, for example, the Emissaries emphasized you don't complain you just accept what is. I found all of these things very, very useful. And so I was involved with the Emissaries from the age of sixteen to about 30.

There was another couple in the class who are from Beverly Shores, Indiana. And they were an elderly retired couple named Mark and Murray Roser. It turned out Mark is a seventh old scholar in my entity, and I just fell in love with him. He became my adopted grandfather. And a month after I got home to Indiana, they came home and started having emissary meetings in their little beach cottage on Lake Michigan.

So in my senior year of high school, I drove out once or twice a week for their services. And once again, it was a bunch of little old ladies in tennis shoes and Mark and me. Being sixteen And having been such a lonely and unhappy child. This was for me finding all of these warm-hearted, smiling, sweet spiritual people was just for me like going from black and white into full color OZ and it was kind of euphoric at the beginning.

After a while... I started to feel stuck like I wasn't learning anything more. And I also sort of felt like I was a failure at what they were teaching because I wasn't happy all the time and I wasn't always letting love radiate without concern for results. And I started seeing some of the more cult-like problems that most groups, spiritual, political, corporate, whatever eventually fall into.

It turned out I learned later after I was no longer involved in it that there was some sexual abuse going on. And that there was a lot of sexism, the men dominating the women. There were a lot of things that weren't so nice.

But the energy was great. And in the services there was a lot of energy work. There was a lot of people trying to basically be in an open-eyed meditation while the speaker spoke. The leader of it at that time was not Uranda, whose tape I heard. He had died the year I was born; it turns out. And a man named Martin Sissel or Martin Exeter took over from it. And he was a very powerful seventh level old king who was married to his essence twin, also an old king.

There was a very powerful presence to him. He was able to channel a lot of energy. So I learned about energy work from being in these services. And then I think it was 1986 after I had just moved from the town of Loveland, Colorado about 20 minutes from where Sunrise Ranch was, I lived there for a few years, I moved to New York City, but I came back in 1986 for a music conference.

And one of my best friends told me about the Michael teachings. She had read messages for Michael and she started explaining it to me and it just sounded really

interesting and exciting. When I got back to New York, I thought I need to find these books, but I didn't find them and I need to find a Michael channel. Because I had some questions. So I was at work one day thinking, "Well, I need to write my questions down so I'm organized and ready when I find a Michael Channel and my pencil kept moving and I got the answers.

So that takes us to what I call my frequently asked question, "How did you start channeling Michael?" I wrote a piece called How I Began Channeling Michael and it is on my website and it is in my book, Journey of Your Soul.

And the rest of my story us on from there. But bringing Stan into the story Stan grew up on Sunrise Ranch and he knew Uranda as a little boy. And Uranda seems like whatever his failings were, he seems like a really charismatic and marvelous, extraordinary human being. And he started this whole thing in 1932. So I met Stan through the Emissaries and we have been friends ever since.

Stan: Yeah. And Shepherd, I think you're hot.

Shepherd: I think you have good taste, Stan. You know what's what.

Stan: Yeah. Yeah, but I concur with everything. Yeah. Very accurate. Yeah.

Shepherd: Tell all your friends.

Yeah, so the Emissaries teach this healing technique called attunement. And Stan is quite an expert at it. So I've been asking him to join my Zoom workshops and do some energy work to help everyone have a marvelous experience and that's what he's been doing.

Stan: Yeah. Right. Yeah, it's a heart pleasure. Sharing your heart intelligence and these wonderful sessions. It's just lovely to have experiential higher consciousness that's distilled in the moment, offered with humility of heart. I love the graciousness that we're all unique, we have choices. Everything is fine. Nobody's better than anybody else. This is an opportunity we have to truly love each other unconditionally.

And to let love, to let ourselves come forth without concern for results. But knowing there always are results. And to celebrate that and move on. But such a pleasure, Shepherd. I love you eternally.

Shepherd: You too, Stan is an old soul buddy from the entity next door to mine. So he's literally the boy next door.

Stan: Yeah, great.

Shepherd: A little postscript on the Emissaries, Martin Sissel did not approve of channeling. And really didn't know much about it. His obstacle was arrogance and so that obstacle because he was the leader permeated the Emissaries. And I do find that whatever your chief obstacle is or chief feature is, if you're the leader, then the whole organization will take on that cast.

So Martin was always railing about the arrogance of the human mind because that was his struggle. But in any case, Martin didn't really talk much about specifics like politics or channeling or things. But he did say in one of his services that he thought that

channeling, which had gotten really hot then at the moment with Shirley McClain's Miniseries Out On A Limb and all of that people were talking about and he said he thought it was just people accessing their subconscious.

Well I knew that wasn't what was happening with me. I knew he was uninformed and I knew people, although not universally, but some people were then a little judgmental of me for doing that. And I was kind of losing interest in the Emissaries anyway. And then Martin died and I kind of drifted away from it.

But I'm still friends with a lot of people who I met in the Emissaries. I still think they're some of the most beautiful human beings that I've ever known. And there's a lot of overlap with the Michael community in terms of all of us being in a lot of the same soul families.

I hadn't been to Sunrise Ranch for 30 years and I went back in, I believe it was 2016 when a friend was getting married and I spent an afternoon, spent a day out at Sunrise Ranch to see how it was. After Martin died no real leader emerged. His son is marvelous. His name is Michael Cecil. He's a really fine man. He's an old priest with scholar secondary and he wanted to make some changes.

And because things had gotten so entrenched and people wanted to stay exactly the same as it was under Martin and basically gave him no wiggle room without you know attacking him every time he tried to move things forward. So he just resigned. He said, "Okay, you guys, you figure it out." And they didn't really figure it out. They ended up with a leader who really is more of an administrator than any sort of a wise or inspirational figure.

But boy, when I got out there for a visit, the energy of the land still blew my socks off. It felt... really beautiful, the energy of the land, of the place. And because so many people left after Martin died. They've kind of fallen on hard times financially. They don't have a lot of donations so they're using their facilities to run workshops. and I tried to convince the East Coast Michael Gathering to use Sunrise Ranch for the annual gatherings. It's in Colorado. It's the center of the country for everyone.

And one thing I found about every spiritual center I've ever been to is that invariably the food is fabulous. The food there is unbelievably delicious. It's a beautiful place. I think the committee looked at it. Like three people went out and checked it out. And I think they just saw that it was going to be too expensive for their budget. So we didn't do that.

But I'm... I'm really grateful for having had that experience. It took me a long time to leave. Because I felt loyal to it. I felt like, you know, they like most cults, although I've seen organizations that were much worse in the cult department than the Emissaries. But they did believe that they were the only way that they were the saviors of planet Earth. I sort of bought into that for a while because it meant so much to me. It took me a long time to leave.

Personally, I didn't have any traumatic experiences with it, but I know people who have. So in any case, I'm very grateful for that experience and that training. And I know that it was by design, was part of my plan to be involved in that and it was also

part of my plan to start channeling Michael when I got tapped on the shoulder at age 31.

SusanF: Thank you, Shepherd. That's wonderful.

Shepherd: Susan, have you visited Sunrise Ranch? Because you're close.

SusanF: No, I have not been up there. Haven't had a reason to go up there.

Shepherd: Nancy went up. Maybe Dawn and one other person to check it out several years ago.

So anyway, it's a great place to visit. It's impressive. Back in the day, they had the second largest organic vegetable garden in the state of Colorado. It was like five acres. It was so they could raise most of their own food.

So they were way ahead of the curve. Sunrise Ranch was started in 1946. And then when the hippies discovered it in 1970-71 and descended on it, even though they were in a sense, a very conservative organization. They were doing the organic food and the sustainability and a lot of really cool things. So they attracted a lot of young people in at that time. And if you look at the whole world, a lot of spiritual groups suddenly attracted a lot of interest in the 70s.

And then the pendulum swung and in the 80s we had Reagan and things going back to a more conservative thing and the hippies cut off their hair and shaved their beards and went to work for investment bankers. And so we don't really have that. And it was also really more in the 80s that a lot of people flocked to the Michael teachings and that doesn't seem to be happening anymore either so we are aging. But I hope that we will attract some younger people into the teachings.

Thank you, everyone.