

215 WORDS, 31 PARAGRAPHS

SHEPHERD HOODWIN is a Laguna Niguel, California, channel who specializes in the fascinating Michael teachings about how we set up our lifetimes. He has been channeling Michael since 1986. He also does intuitive readings, mediumship, past-life regression, healing, counseling, and channeling coaching (teaching others to channel). He has conducted workshops on the Michael teachings throughout the United States and Europe.

He is the author of *Journey of Your Soul: A Channel Explores the Michael Teachings*, the hilarious *Enlightenment for Nitwits: The Complete Guide*, as well as:

- *All Is Choice*
- *Being in the World*
- *Compassion for Evil*
- *Embracing What Is*
- *Energy Literacy*
- *Growing Through Joy*
- *Happiness and the Michael Teachings: Learning to Embrace What Is*
- *Healing the Gut*
- *Holistic Health for Smarties: Idiosyncratic Tips and Musings on Improving Your Well-Being*
- *Loving from Your Soul: Creating Powerful Relationships*
- *Meditations for Self-Discovery: Guided Journeys for Exploring Your Inner Self*
- *Opening to Healing*
- *Pop Quiz: How to Know (and Be) a Good Human*
- *Unconditional Love in Politics: Or Have You Hugged a Republican/Democrat Today?*
- *Why We're Attracted: Spiritual, Psychological and Physical Elements That Draw Us to Others*

Shepherd is a graduate of the University of Oregon in Music.

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EnlightenNitwit

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104 WORDS, 7 PARAGRAPHS

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YouTube: @shepherdh1

32 WORDS, 1 PARAGRAPH (Good for book covers)

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