

# **The Michael Teachings Handbook**

**A Comprehensive Overview by  
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# The Michael Teachings

I think one of the most important things to remember about this system is that there will always be more to learn...more than you can remember or take in at any given time. I have found it to be a journey, but a fascinating, and helpful one.

As you explore this system just know that you are learning on levels that you are as yet unaware and it comes together in pieces. Sometimes it can feel like the more you learn the more questions you have.....just keep digging.

These teachings initially came through in the early 1970's in the San Francisco area. They came through various channels, most notably Chelsea Yarbro, who published several books on the subject. Groups sprang up; information was recorded, and thus began the journey into the Michael System of soul evolution. The basic tenets of these Teachings resonate most deeply with Eastern philosophies, particularly Sufism, which is at its core a search for Truth through love and devotion.

Is this then a "religious" system? No, it is a spiritual journey of the self...into the self; to gain a better understanding of yourself and others. It has been my experience that with information a shift occurs. These teachings help you take the arrogance out of your journey as you learn you have been at every level before.....many, many times. There is no Role you have not experienced, no Soul Age you have not been. With these teachings it is not only easier to understand yourself, but those around you....and to release judgment of yourself and those in your world.

We are at a point in our evolution where we must come together as a people....all people. We have overpopulated, poisoned and polluted our planet; and are warring against each other. The earth and its people are literally revolting. There are natural disasters the likes, and frequency, that we have never before seen. We must find a way back to peace, acceptance, and community. We must become healthy stewards of our planet again. We must change. The Michael Teachings are one path you can choose for growth and change.

So, what is "Michael?" It is a group (called an "Entity") of 1,050 souls that have individually completed their lifetimes on the Physical Plane and now share wisdom and guide from the Causal Plane. It is named Michael for the last fragment to finish its cycle of Physical Plane lifetimes. The information Michael provides helps us look at the choices we make, thus assisting our soul growth and that of our planet. This is the purpose of Michael and as we do this individually and collectively we:

1. Assist the planet in shifting and evolving.
2. Move toward cooperation and unity rather than competition.
3. Help shift us into self acceptance and unconditional love.
4. Promote consciousness.

## **Section One: The Essence**

### **Grand Cycle:** (Chart next page)

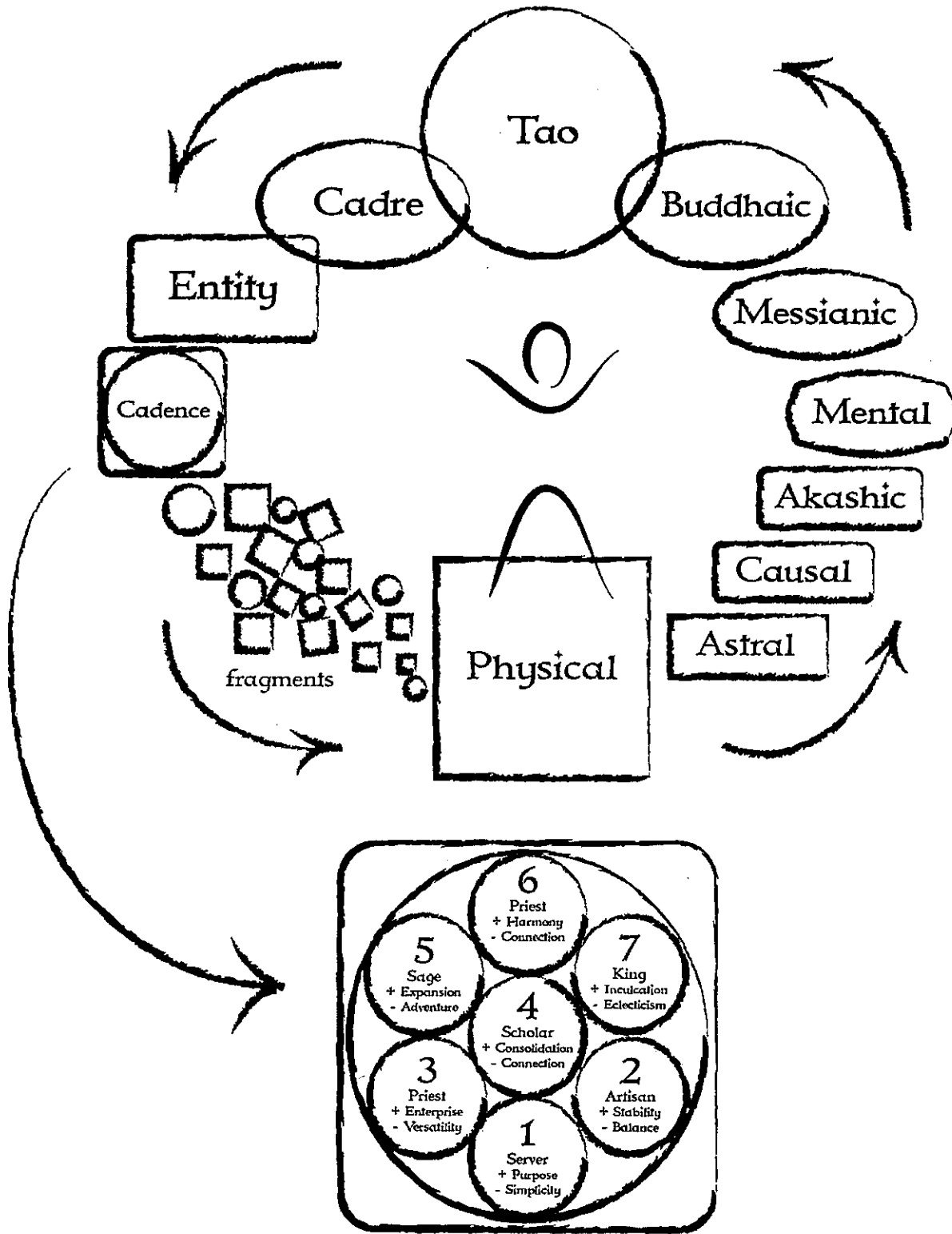
The Grand Cycle begins when we are cast off as an individual spark of consciousness from the Tao/Source/God. Our essence, or soul, becomes a "member" of increasingly smaller and smaller groups of essences, beginning with a Cadre Group of millions of essences, and ending with a Cadence of 7 essences. (See Chart)

Let's simplify it by looking at a single Cadre consisting of approximately 7,000 souls of all Roles. The Cadre then divides itself into 7 Entities, each with approximately 1,000 souls. (The Michael is such a group.) Generally, an Entity will consist of 2 to 4 Roles. The Entity then divides itself into Greater Cadences consisting of 49 souls of the same Role, which then divides itself into individual Cadences of 7 souls each, and you begin the journey of your incarnations. This is your spiritual family, and just as on the Physical Plane the closer you get to your "birth" family the closer the connection.....the closer you get to your Entity and on down into your Cadences the closer your connection. You will often feel an energetic connection and be drawn to people from your own Entity while on the Physical Plane.

In all of the divisions you are cast down through this cycle, you have a numerical position. If you put all the numbers together you would have an individual identifier in the universe, similar to a Physical Plane identifier such as a social security number.

The Michael teaches there are 3 distinct parts of the self: the spark, the essence (or soul), and the personality. Your spark is a unit of consciousness; it is cast off from the Tao, from All That Is, into an individual spark and completes the entire cycle within the essence. It animates your essence which is the spiritual component of your personality. The essence then needs a personality while in the Physical Plane, and creates a new one each lifetime. Once off the Physical Plane, and while moving through the upper planes it is once again, essence and spark....until the spark drops the essence and again merges back with the Tao.

# The Grand Cycle



The earth and other planets are in the Physical Plane. It is the plane that is the most dense and isolated. The essence journey begins there. It is interesting to note that by the time an essence begins incarnating on the earth they have already completed cycles on other planets.

The journey on the Physical Plane for an individual essence may take 35 to 400 lifetimes. The average is 150 to 200 lifetimes, or around 10,000 years. During that time you move through a progression of varied life experiences for the purpose of essence (soul) growth and evolution. To help with this evolution you journey through 7 Soul Ages, which in turn then, each have 7 levels. It is through these ages that you accumulate the many lifetimes you need prior to casting off and beginning the journey back to the Tao.

The average number of cycles most humans have now completed is 4, most Americans 5 ½, and the highest number recognized is 19.

While on the Physical Plane you will move through five of these levels repeatedly.

They are: Infant ~ Baby ~ Young ~ Mature ~ Old

Note: The higher planes in ascending order are: Astral, Causal, Akashic, Mental, Messianic, and Buddhaic. In the upper Astral and lower Causal your Entity reunites, and in the upper Causal your Cadre reunites.

### **Fixed Aspects:**

Prior to beginning a Grand Cycle an essence sets up the fixed aspects of its journey. They are:

Role ~ Cadence Position ~ Essence Twin ~ Task Companion  
~Frequency ~ Male/Female Ratio

These remain fixed for every lifetime of the Grand Cycle.

### **Roles/Axis:**

Through this journey you express a single Role, the same Role...every lifetime. There are 7 Roles. They are:

Server ~ Priest ~ Artisan ~ Sage ~ Warrior ~ King ~ Scholar

These roles, and all the aspects of your personality (Overleaves), resonate with 4 different Axis, or dominant universal qualities, and use 3 different types of energy.

The 4 Axes are:

1. Inspiration (Server/Priest)
  - inspired (and inspiring) by life
  - urge and motivate people to new heights
  - related to feeling and the senses
2. Expression (Artisan/Sage)
  - communicating ideas and feelings
  - bring beauty, drama, passion and color into your life
  - expression oriented
3. Action (Warrior/King)
  - groundedness, physicalness, getting things done
  - doing rather than expressing or inspiring
4. Assimilation (Scholar)
  - absorbing, organizing and storing information
  - thinking, "taking in" oriented

Within these Axes are 3 types of energy:

1. Ordinal – good 1 on 1, narrow focused, oriented to more specific, concrete and immediate tasks, practical, down-to-earth approach. They outnumber Exalted/Cardinal.
2. Exalted/Cardinal – good in groups, big picture people, deal with general/abstract/far-reaching, leadership, stand out more, oriented to "larger, bigger"
3. Neutral – step back and interact with all types and assist in understanding of each other.

Also, each Role has a positive and a negative pole. All Overleaves or personality traits that "overlay" the essence also have these poles. You can be expressing either one or the other aspects of this energy.

+ Pole is more conscious. It's the energy's true or love based manifestation and is essence based.

- Pole is distortion, a constriction of energy by fear. It is less conscious and carries much of your imprinting, and is personality based.

Your true personality is you being in the positive poles of your Role, Essence, and Overleaves!

## **Roles:**

Your Role is your spiritual archetype and you choose it for an entire Grand Cycle. It is your dominant way of being; your dominant energy....how you tend to do

whatever it is you choose to do. Somewhere around midlife you generally shift most imprinting contrary to your Role and come fully into the Role energy. Appearance/looks can be an indicator of Role, in combination with other factors.

### **Server:**

+service/-bondage

- seeks to serve common good
- puts others needs first, stays in background
- 2 inputs (vertical – common good and immediate circumstance)
- eye for detail and sense of timing
- sweet, heals suffering, loving
- look soft and luminous, eyes look gentle
- 30% Pop/10% US
- Mother Teresa, Q. Eliz II, Florence Nightingale, Eleanor Roosevelt, Dalai Lama, Mia Farrow
- doctor, nurse, social worker, waitress, maid, veterinarians,

### **Priest:**

+compassion/-zeal

- seeks to serve the higher good
- inspires people to take on challenges and grow
- instigates global or mass healing, wants to save the world
- visionary
- 2 inputs (diagonal – use to integrate their higher vision and immediate circumstance)
- high energy level
- most vivid dreamers
- can tend to draw others energy into their aura as a result of their desire to relieve suffering, must thoroughly cleanse
- move through lifetimes quickly
- one of the most difficult roles to handle appropriately often not mastered until old soul age
- zingy looking eyes..like burning bushes...V shape chin to eyes
- 4-5% US Pop.
- Hitler, Rasputin, Princess Di, Nancy Reagan, Jesse Jackson, Napoleon, Lily Tomlin, Frank Zappa, Joan Baez
- preacher, counselor, minister, troubleshooter, founder nonprofit org.

### **Artisan:**

+creation/-self deception (artifice)

- seeks expression/creativity/originality through inventiveness and structure
- create atmosphere, can transform a group energy
- 5 inputs (pie shaped – various sizes depending on focus)

- fluid and flexible, handling many projects at once, may not complete
- delicate, airy, vulnerable, dreamy,
- not good at being grounded, would rather be astral
- free lifestyle
- problems with boundaries
- aura soft and diffuse, picks up a lot of debris, need to cleanse often
- eyes look through in separate directions... seem to ask "why am I here"
- 20% Pop/30% US
- V. Van Gogh, Michelangelo, Thomas Jefferson, Geo. Lucas, F. Lloyd Wright, Leonardo DaVinci, Johnny Depp, Einstein, Christopher Reeve,
- Inventor, artist, actor, architect, engineer, writer, mechanic, repairman, models, dancers

### **Sage:**

+Dissemination

-Verbosity, Oration (commanding attention without engaging in true communication)

- seeks communication (wisdom) through the use of words, language
- fun-loving, witty, calling attention to themselves
- play with the truth, emphasize insight, the "why" behind the facts
- fear not being heard
- 3 inputs, vertical division (can use to integrate other 3 axis – inspiration/action/assimilation or love/truth/pure energy)
- use inputs to interpret and mediate between other roles
- tend to take life lightly, lightens up others
- job to remind us to have fun
- good social skills, get people relaxed
- don't like silence, love a party, makes play out of work
- crinkle lines at eyes, look like laughing in guts
- 11% Pop/8% US
- Abraham Lincoln, Charlie Chaplin, Richard Burton, Shakespeare, Mark Twain, Ronald Reagan, Mel Brooks, Bette Midler, Whoopi Goldberg
- Broadcaster, entertainer, public speaker, teacher, actor, comedian, salesperson, politician

### **Warrior:**

+Persuasion/-Coercion (manipulation)

- seeks a challenge
- approach life through 5 senses
- most physical role – Doers
- 1 Input
- highly focused, strategists and tacticians
- goal setters – achievement and accomplishment oriented
- only see what is in front of them – 1 thing at a time
- aura tends to be hard and compact



- competitive, explorer
- high standards, principles, ruthless honesty
- do not like to have the ultimate responsibility, they have a King!
- focused eyes..energy goes down to the ground
- 30% US
- Gen. Geo. Patton, Mao Tse Tung, Theo. Roosevelt, Eisenhower, Churchill, Gandhi, Martin Luther King, Demi Moore, John Wayne, Tom Brokaw
- Businessman, laborer, policeman, firefighters, soldiers, truck drivers, military personnel, athletes, lawyers

### **King:**

+Mastery/-Tyranny

- seeks to lead, overseeing, directing, delegating
- when focused on something will master it
- not inherent quality to doubt or question self
- 1 input
- have presence, radiance, regal, look solid
- energy exploded (Warrior imploded)
- aura tends to be dense and close to the body and send their energy down
- Kings usually have a Priest who has vision
- often seek extremes of experience to better “master” all situations
- eyes turn down at outside corner and seem to go back over and around the top half of the head
- 1-2% Pop US and globally
- JFK, Jesus, Wm R. Hearst, Aristotle Onasis, J. Paul Getty, Katherine Hepburn, Madonna
- Politician, manager, executive, president, CEO

### **Scholar:**

+Knowledge (is about the experience of “knowing”)

-Theory (relies on words/separation from experience)

- seeks knowledge – sees life as an experiment
- brainy, think a lot
- job is neutrality – look neutral, feel neutral, respond neutrally
- 1 input
- often provide more info than you care to know
- quirky, often study “far-out” things
- fears being boring
- aura tends to be dense and compact
- due to neutrality can look like another role, especially Essence Twin
- gift of objectivity; make excellent mediators
- as synthesizers of information excel at hindsight – excellent historians; likes to study systems whether philosophical or scientific

- commonly hold several different careers in their lifetime
- eyes goggle....flat like to roll back into the head
- 15% US
- Carlos Castaneda, Galileo, Picasso, Socrates, Howard Hughes, Plato, Pee Wee Herman, John Lennon
- Scientist, researcher, teacher, professor, mathematician, legal counsel

## **Role Relationships:**

You will get along most comfortably with Roles on same Axis. Also, while Ordinal/Ordinal relationships work because they are warm and comfortable Ordinal/Cardinal relationships work because each is in its natural energy, therefore complements the other. Cardinal/Cardinal relationships have the most intense energy.

You will likely create mate relationships with each Role in many lifetimes to fully experience the Physical Plane. These relationships will be most complementary if Role numbers add up to 7 (Cadence Position numbers on Chart), such as Server/Priest, Artisan/Sage, Warrior/Scholar. The higher the number the more intense the relationship; the lower the number (under 7) the less intense.

## **Vibrational Rate:**

Each Role vibrates naturally in a frequency range. This, along with the Axis, accounts for much of the differences in the Roles.

High Frequency: visionary, far-sighted, astral experiences, out-of-body

Priests – vibrate violet, color of the crown (7<sup>th</sup>) chakra

Artisans – vibrate indigo, color of the brow (6<sup>th</sup>) chakra

Mid-range:

Sage – vibrate blue, color of the throat (5<sup>th</sup>) chakra

Servers – vibrate green, color of the heart (4<sup>th</sup>) chakra

Low Frequency: 1 day at a time, solid,

Scholars – vibrate yellow, color of the solar plexus (3<sup>rd</sup>) chakra

Kings – vibrate orange, color of the sacral (2<sup>nd</sup>) chakra

Warriors – vibrate red, color of the root (1<sup>st</sup>) chakra

## **Essence Twins:**

Your Essence Twin is another essence that you team up with for the entire Grand Cycle. So it is another “fixed aspect.” It is the closest bond you have with another essence and is generally from the same Cadre but a different Entity. It is

usually someone you have known in previous Grand Cycles. Your Essence Twin reflects you back to yourself...your positive and negative qualities. You share lessons back and forth. If the Twin is incarnate the bleed through of information/energy is not as strong as if they are disincarnate. This is a twin flame or twin soul relationship (essences cast at the same time).....not a soul mate.

This relationship emphasizes ***how you feel about things***, so the Role of your Essence Twin will flavor how you process, or feel about things. Lessons you learn are communicated to your Essence Twin and visa versa, often in the dream state.

About 5% of the population has no Essence Twin. Their journey is to learn to find balance and completion within, go it alone.

### **Task Companions:**

Your Task Companion is also chosen at the beginning of a Grand Cycle, but then you can add up to 3 other Companions throughout your cycle. Your Task Companion is chosen because you have complementary life tasks, or life work. If your Task Companion is disincarnate it is often one of your guides working with you on your life task or purpose.

This relationship focuses on ***how you handle things***, as opposed to how you feel about things.

Less than 1% of the population has no Task Companion.

### **Cadence Positions:**

Your Cadence Position, along with your Essence Twin and Task Companion, offers more complexity and variety to your make-up. It adds flavor, so rather than just exhibiting the characteristics of your Role you bring in other qualities. Your Primary Cadence is a configuration of 7 souls that stay together for an entire Grand Cycle, and the positions within the Cadences are numerical...these numbers correlate to Roles and therefore to Axis. Again, more flavor, complexity, and variety in the way that "you" express your Role different from any other essence with the same Role.

Your Cadence Position is the first number in your casting and has the most direct effect on ***how you tend to direct your role's energies***. (See Chart)

## **Male/Female Ratio:**

Each essence has a fixed ratio of male to female energy for the entire Grand Cycle. This energy expresses whether you are living a lifetime as a male or a female. This is not necessarily about whether you are masculine or feminine, rather it is the energy. Think of male energy as more directed and focused, productive, "doing".....like a river. Think of female energy as more creative and process oriented, about "being," inward drawing.....like a lake. Another analogy would be the male is like the spoon, the female energy is like the bowl.

## **Frequency:**

Your Frequency is the rate at which you vibrate on a scale of 1 to 100. Lower Frequencies tend to feel more steady and grounded; higher frequencies tend to be more airy. Your Frequency is fixed for the entire Grand Cycle; however, you may not always manifest your Frequency accurately due to imprinting. Also, factors such Axis, Body Type, and Male/Female Ratio affect the expression of your Frequency.

You will tend to feel most comfortable around people that have a Frequency within about 20 points of yourself, as it puts you on in the same wavelength.

## **Soul Ages:**

Your Soul Age merely indicates your point of perspective, there is no superior/inferior. No essence is ahead or behind another – simply occupying another place in the continuous circle leading to and from the Tao. *Your Soul Age reflects how you have grown from experience on the planet, not just how many lives you have lived.*

There are 5 Soul Ages that you will journey through on the Physical Plane every Grand Cycle. You will remain in that Soul Age for as many lifetimes as it takes to learn the lessons of the Age....then you move to the next Age. Once you have completed the Old Soul Age you will cast off and join your Entity in the Astral Plane. Every member of your Entity must complete its lifetimes on the Physical Plane and then the Entity continues its evolution through the Upper Planes.

## **Infant:**

- Motto: Don't do it!
- focus on physical survival likened to newborn to 18 mos.
- most comfortable where there are not a lot of people
- live on the fringes of society
- can't take a lot of complexity

- shallow and simplistic (not necessarily lacking intelligence)
- not much inherent knowledge – believe what they're told
- dislike change
- learn through suffering
- perceive “me” and “not me”; without concept of society's “right and wrong” animalistic, lust, lying, cheating, stealing, murdering – one dimensional
- 1% Pop

### **Baby:**

- Motto: Do it right or not at all!
- “me” and “other me's” – One dimensional
- learn through pain
- avoid contact...eye and physical...like others at a reasonable distance
- uptight – little sense of humor – shame and guilt
- cleanliness and purity
- hard work and service, structure and dogma
- look for security and authority figures...organized religion, community leaders, solid citizens
- Klu Klux Klan is a baby soul group
- love to live in small towns...represent “middle America”
- about behavioral boundaries

### **Young:**

- Motto: Do it my way!
- “me” vs. “you” – two dimensional
- motivated by materialism and success
- they are “the establishment”
- learn through losing
- young soul organizations...mafia/Elks/Lions/Shriners...formed for pursuing money, power, material goals
- yuppies, professionals
- moderation in politics/technology over environment/industry over ecology/company over employee
- very superficial – look like posing all the time
- fear aging and getting old...health regimens, plastic surgery
- don't believe in reincarnation...this is all there is
- lot of energy into image rather than relationships or emotions
- 40-50% Pop.
- U.S. just moved out of young soul status

### **Mature:**

- Motto: Who am I? Why am I here?
- searching mode, find themselves, express themselves

- "me" and "you" – two dimensional
- relationship issues
- emotional boundaries (theirs) emotional dramas
- learn through anguish
- seek to comprehend, sensitivity, exploring own psychology
- cares about others, planet, open to all experiences
- sense of humor, laugh at self
- 1960's, hippie era, left-wing, liberal, pacifist
- non-traditional religions – spirituality
- Amsterdam and Berkley, CA are mature soul communities

### **Old:**

- Motto: You do what you want and I'll do what I want."
- "you and me are we" – three dimensional
- have universal perspective
- are neutral...like Switzerland
- casual, relaxed, non-dramatic, easygoing
- most difficult age...out of mainstream and world-weary
- seeks soul mate, spiritual connection, sex not highly prized, without spiritual connection would rather happy to be alone.
- live with integrity, ruthless at speaking truth
- paying off final karma
- learn through suffering
- subject to depression, eccentric; may appear sloppy or lazy
- in process of withdrawing from physical plane (especially higher levels)
- before cycling off must teach what they know to at least on other person
- 10-15% Pop

### **Transcendental:**

- from a cycled off entity that has come back to teach.
- still a person, carries more humanness than an infinite essence
- transcends personality
- often comes back to last essences of an entity in cycle which gives access to all other cycled off fragments....Mahatma Gandhi

### **Infinite:**

- represents Tao itself
- may have not incarnated previously (Avatar)
- share truth and knowledge
- take over life of a 7<sup>th</sup> level soul (walk-in)
- tends to incarnate every 2,000 years
- Jesus was a 7<sup>th</sup> level old King who gave his body to Christ; and Siddhartha was a 7<sup>th</sup> level old Priest who gave his body to Buddha

## **Soul Levels:**

Within each Soul Age are 7 Soul Levels. Each level takes approximately 3 lifetimes or 200 years to complete. Each level has different characteristics and flavor, and every incarnation you will create different personality Overleaves. This is how you grow through the level and is the determiner of how many lifetimes you will spend at each level before moving to the next, and the next, until you complete the Soul Age and begin the next Soul Age.... again at the First Level.

### **First Level:**

- Theme: Examining new soul age (action)
- usually manifest about 1/3 of this age and 2/3's previous age
- only the theme of the age, foundational structures, and basic elements are experienced.
- do like to "hang-out" with that soul age and be a role model for previous
- in the space of "Wow, isn't this cool?"

### **Second Level:**

- Theme: Transition/Creation (mood)
- self-karma, very wobbly level, how much I don't know, self improvement
- addictions, habit patterns, "I am my body"
- trying to find balance and stability without being rigid and stuck

### **Third Level:**

- Theme: Introspection (intellect)
- generally not well-known – rather quiet, even timid
- fantasies of being a hermit, or are one

### **Forth Level:**

- Theme: Emotions
- extroverted, wants to make a difference
- works constantly on karma
- wants to change the system from within the system. Represents the "status quo"
- power and glory
- mature souls can over identify and breakdown "I am the problem" rather than "I have a problem"

### **Fifth Level:**

- Theme: new knowledge
- eccentric

- wild ride, explores for limits, much experimentation
- revolutionary, in-your-face, rebellion
- creativity
- first glimpse of next soul age

### **Sixth Level:**

- Theme: karmic completion
- obligations of entire age must be dealt with and most of the karma completed
- very difficult level – mature souls it's like a soap opera
- hectic and fast-moving, intensity, intimacy, sensitivity
- very pre-planned by essence

### **Seventh Level:**

- Theme: teaching
- sharing experience with others
- laid back, not much difficulty
- both a beginning and an ending



# Section Two: The Overleaves

## Overleaves (Filters):

Your Overleaves are the roadmap for what it means to be human. They are the personality characteristics that overlay your essence. Think of them as distorting filters. Your essence is pure energy...humans identify it as love. The Overleaves give you options...choices. You can make positive choices in alignment with your essence, or you can make negative choices in alignment with the negative poles of your personality.

You choose new Overleaves each lifetime prebirth, with the exception of your Chief Obstacle and the 3 primary Needs, which you choose after birth. Overleaves are chosen to facilitate the lessons you want to learn that lifetime for your evolution and soul growth. In other words, you have a basic plan for each lifetime...and the Overleaves, astrology chart, and contracts with other essences facilitate that plan.

Without Overleaves there is no personality. Without Personality your essence could not exist on the physical plane. Your personality is what makes you unique and different. By exploring the Overleaves you will begin to see how the fixed aspects get to "change" each lifetime, allowing new experiences and growth. Listed below is what are considered the primary Overleaves and their influence in your life.

**Goal – influences *what* you do**

**Mode – influences *how* you do it**

**Attitude – influences *why* you do it**

**Center – influences part of self *from which* you do it**

**Chief Obstacle – influences what tends to *block or distort* you doing it**

Each Overleaf operates in terms of "how" it checks out reality and how it will feel to accept it. Working it in a positive or negative pole gives you choices between illusion and truth...love and fear.

**\*\*When you find yourself in the negative pole of an Overleaf to bring yourself into balance and into the positive pole of the Overleaf....slide to the positive pole of the *opposite* Overleaf in the *same* Axis!!\*\***

## Personality and Karma:

Let's examine what karma is and how it works in your life. Karma is simply a vehicle for soul growth. Karma is about imbalance, and imbalance promotes choice, lessons, and growth.

It is your personality that creates karma, not your essence. It is part of the function of the Overleaves to allow you to create and pay back karma. Karma is a large part of the journey of self-knowing and the journey to enlightenment. Infant, Baby, and Young souls are generally still creating karma, whereas Mature and Old souls are paying back karma. Also, Old souls work frequently on self-karma, which is an energy imbalance within you that has been caused by false, limiting beliefs acquired in past experiences (i.e. bigotry, prejudice). Self-karma can result in disease.

When you are in alignment with the positive poles of your Overleaves you are coming from your true personality.....its highest vibration. It is your personality in alignment with your essence. Negative karma can not be created when you are acting from your positive poles. False personality is an offshoot of the true personality. It is created by imprinting, patterning, your Chief Obstacle, and acting out of your negative poles. Your false personality believes it is alone and must survive at any cost. It is governed by fear, and it is this that creates karma.

Karma is the law of balance or consequences and occurs when you interfere with the choice of another. There are three ways of paying off karma; you can cancel the debt with reverse action (I hurt you...you hurt me back); choose opposite positive action (I hurt you....you choose to help me); or "grace" which is forgiveness on both sides. There are minor karmas which will be repaid in the passage of many lifetimes. There are also major karmas, such as murder, rape, and abuse. Major karmas must be balanced with same soul and must be repaid before a soul cycles off.

Karma, in and of itself, is an opportunity to grow. In science there is a method of testing called, "trial and error." That is how I think of karma.  
Learn.....grow.....balance.....let go.....move on!!!

## Goals:

Your Goal is more about your relationship with your life situations than your relationship with yourself. It is the type of growth experience you tend to look for, because without it your personality feels lack. Feeling lack you create situations to pursue it. ***Your Goal gives you purpose, it influences "what" you do.***

All Goals are eventually experienced by all Roles and each Goal will manifest differently for different Roles. This Overleaf rarely changes in a lifetime.

### **Re-Evaluation: (Inspiration/Ordinal)**

+simplicity

-withdrawal

- 1% of population
- for lifetimes spent processing past experiences and/or lifetimes with little new karma in this lifetime
- introspection and consolidation
- often disabilities of Downes, retardation, Mongoloid
- thrive on silence

### **Growth: (Inspiration/Cardinal)**

+comprehension/evolution (maximum potential)

-confusion (between choices, a self-deception)

- 40% population
- confusion (- pole) when over-stimulated
- state of movement
- essence is expansion
- mundane purpose: education
- spiritual: evolution
- tremendous activity, can feel like 1 lifetime is many
- choose experiences based on whether it will help them grow or not
- love to talk about personal experiences and what they mean
- can have a lot of change in their lives – relationships, jobs, homes, etc.

### **Discrimination: (Expression/Ordinal)**

+sophistication (exceptionally picky)

-rejection (prejudice and dismissal)

- 2-5% population
- about discernment
- essence is perfection
- mundane purpose: point out where things need improving
- spiritual purpose: remind us (gently) to live with integrity
- goal is a challenge and usually accompanies a lifetimes of intense karma
- hard to be around – speaks what no one else says
- more common in Younger souls seeking to create karma

### **Acceptance: (Expression/Cardinal)**

+agape (loving, tolerant)

-ingratiation (pleaser, insincere)

- 30% population

- mundane purpose: help us all get along
- spiritual purpose: encompass all beings with compassion
- state of stillness
- essence is love
- agreeable to what occurs in their lives and to others
- easy to have relationships with
- in negative pole can hold grudges, get resentful, lose boundaries
- more common in Older souls paying back karma

### **Submission: (Action/Ordinal)**

+devotion (dedication)

-subservience (victimized or in bondage)

- 10% population
- essence kindness
- mundane purpose: teamwork
- spiritual purpose: drop ego and live as absolute vastness
- put others needs before their own – serve.....family, employer, spiritual group
- identify with something bigger than them – look for something to devote life to

### **Dominance: (Action/Cardinal)**

+leadership (model for others)

-dictatorship (force others to their will)

- 10% population
- essence shakti (spiritual radiant energy)
- mundane purpose: willingness to take the heat – shows up to lead us
- spiritual purpose: courage in the midst of adversity/challenges (i.e. police and firefighters)
- rise to the top and can not help but desire to control
- their lives work best only when they step forward and lead
- best to let them be the leader in their area
- often see the big picture
- can have difficulty being consistent
- can feel responsible for the behavior of others

### **Flow/Relaxation/Stagnation: (Assimilation/Neutral)**

+free-flowing (unfolding without effort, suspension)

-inertia (stuck, struggle)

- 7% population
- essence peace
- mundane purpose: to rejuvenate and rest
- spiritual purpose: remind us to relax and fall “gently” into spiritual awakening

- usually follows a life or lifetimes of tremendous stress and challenges
- not much drama, things come easily

## **Modes:**

***Your Mode is how you carry out your goal.*** It is the way you “do” what you “do.” Since it is your general way of acting in the world it is your most visible overleaf. While your Goal is about deficiency or lack, your Mode is about sufficiency, something you have. Like your Goal all Roles will choose all Modes eventually and Modes rarely change in a lifetime.

Note: Cardinal Roles have the most difficulty with Ordinal Modes and Ordinal Roles with Cardinal Modes.

### **Reserve/repression: (Inspiration/Ordinal)**

+restraint (graceful, refined)

-inhibition (blocked, stuck)

- 2-8% population
- quality of being held in, contained, focused
- inner energy runs up and in...promoting grace and containment
- more self-karmic and introverted
- can have dramatic personality change when under influence

### **Passion: (Inspiration/Cardinal)**

+self actualization (heightened awareness)

-identification (becoming 1 with experience at hand)

- 20% population
- high-spirited
- runs hot or cold-no in between, boundless energy, enthusiasm, high spirits
- rarely compromises
- often overreacts, exaggerates
- likely to succeed
- favorite of mature souls due to heavy identification

### **Caution: (Expression/Ordinal)**

+deliberation (takes time, careful)

-phobia (irrational fears, frozen)

- 20% population
- fear of doing something wrong
- controls expression deliberately
- introverted, intense, self-karmic
- chosen mostly by Young/ Baby souls to help them approach life more carefully
- distrust, fear of doing something wrong

### **Power: (Expression/Cardinal)**

+authority (takes responsibility, influential)

-oppression (controlling, menacing)

- 10% population
- confidence, leadership
- they are hard not to notice
- exudes full energy in all directions
- restless energy, kind of glowing
- behave as if they have their act together, self-assured
- tend to control and expect compliance

### **Perseverance: (Action/Ordinal)**

+persistence (disciplined, able to endure hardship)

-immutability (unwilling to change)

- 4-10% population
- sticking to it, staying with something that would be better let go
- can be mistaken for stubbornness
- self-karmic
- focused, solid, unswerving (can be blind to peripheral or big picture matters)
- often strong physical reserves and grounded

### **Aggression: (Action/Cardinal)**

+dynamism (ball of energy)

-belligerence (defensive...so attack)

- 4-7% population
- creates karma
- gamblers, risk takers, adventurers, football players, boxers, soldiers
- fiery energy, radiate energy, jittery
- does number of things at same time with high energy
- love to bump up against the world but don't care about being in control
- fearless, initiate things, action
- likes change

### **Observation: (Assimilation/Neutral)**

+clarity (insightful)

-surveillance (spying, watching for danger)

- 40-50% population
- because neutral mode – can slide to others at will
- seeks clarity, can see both sides, neutral
- quiet, but not repressed
- approach goals by watching and noticing
- prone to staring, sit and observe, movies, TV, sports, parades, study
- used according to role

## **Attitudes:**

***Your Attitude is your primary perspective;*** you're most natural way of seeing the world. It is how you handle information and you're most basic problem solving style. Your Attitude is pervasive.....affecting your perception of every aspect of your life. It shows the degree of your consciousness. It allows you to investigate the world from your own particular angle. As a vehicle for individual differences, it allows you to see why you see things differently from others, and why they see differently from you. Put another way, it is your intellectual view flavored with emotion and directed inward or outward.

It is through your Attitude, you form your Goal, and then you get there or implement through your Mode of action. Although you have a primary Attitude that you live in, you will typically use other Attitudes fairly often by superimposing them over your own. Some you will visit frequently, some never or rarely.

Your Attitude is the most flexible Overleaf, once you change your Attitude you can change your life direction and how you get there. It is an Overleaf that can change in a lifetime.

As a rule, Cardinal Roles are more comfortable with Cardinal Attitudes; Ordinal Roles with Ordinal Attitudes; and Neutral Roles with Neutral Attitudes...although Scholars can really handle any Attitude.

**\*\*If you stay in the positive pole of your Attitude you are likely to stay in the positive pole of all Overleaves. When in the negative pole of your Attitude you will automatically go to the negative pole of your Chief Obstacle.\*\***

### **Stoic: (Inspiration/Ordinal)**

+tranquility (serene, inner peace and awareness)

-resignation (gives up, submit)

- 5% population
- motto: "whatever"
- little facial expression, hard to tell what they are feeling
- don't interfere or try to influence others
- stay within, what happens outside them not that important, doesn't matter
- little rattles them
- positive pole: "no reason to express myself" feels can handle anything, stable, leads others to feel safe
- negative pole: nothing to say because feel getting "screwed by life" and it won't do any good

### **Spiritualist: (Inspiration/Cardinal)**

+verification (visionary, sees possibilities)

-faith/beliefs (blindly believe, gullible)

- 5% population
- motto “could be” or “anything is possible”
- view world as a series of alternatives
- far-reaching and more able to look to the future
- what we associate with spirituality, not necessarily religious
- has vision, expansive, sees big picture
- sees potential in others, what they “could be” or accomplish
- one of most softening overleaves
- no role finds it disagreeable, especially compatible with Priest/Server
- in negative is naïve, doesn’t live in reality

### **Skeptic: (Expression/Ordinal)**

+investigation (nonjudgmental, fact checking)

-suspicion (suspect everyone/everything)

- 5% population
- motto “might be”
- doubter – disbelief
- relentlessly questioning
- intellectual attitude
- required consideration, conceptualizing and questioning
- can feel like they are (cross) examining you
- eyes squinty
- positive pole: perform service by keeping things truthful, Socrates operated out of the positive pole of skeptic and said, “the unexamined life is not worth living.”
- negative pole: can drive others away with their suspicious nature

### **Idealist: (Expression/Cardinal)**

+coalescence (pull together, visualize all parts together)

-naivety (shattered at lack of perfection, ungrounded, unrealistic)

- 30% population
- motto “should be”
- enthusiastic about making progress
- high standards – hard on self and others, put people on a pedestal
- always desiring things to be different (better than)
- wants things to be improved, whatever has is “not right,” sees a better way
- eternal dissatisfaction, yet challenged and stimulated
- believe in perfection, conversation has a lot of “shoulds” and “oughts”
- most respected and most difficult attitude
- attitude with potential for most growth
- positive pole: visualize and produce, pull things forward
- negative pole: identifies with picture he/she sees frustrated/shattered when it is not realized



### **Cynic: (Action/Ordinal)**

+contradiction (ability to see other side)

-denigration (life is rotten, puts everything down)

- 5% population
- motto "probably isn't"
- looks for what is negative, dark side of life, what won't work
- acerbic wit (sharp), old fart
- influence like acid, cuts through
- self-defending Attitude (difficult karma to handle), helps to survive
- can be changed in 20's or 30's once survival issues calm down
- contradictory
- rarely disappointed, does not see the world as a place where dreams come true
- difficult to accomplish tasks because they stop themselves
- sees probabilities for multiple disasters
- most difficult of all Overleaves
- way to handle a Cynic is to contradict him, bringing him to another point of view
- positive pole: few expectations eliminates weaknesses before they manifest, can see opposing view
- negative pole: no expectations, puts everything down, whole world rotten

### **Realist: (Action/Cardinal)**

+objective (flows in moment, perception, doesn't try to change facts)

-subjective (influenced by emotions, supposing reality rather than truly perceiving it)

- 20-30% population
- motto "probably is"
- sees 'what is' with simplicity rather than complexity
- sees all sides, can have trouble making up their minds
- focuses on external, objective realities
- can have difficulty making decisions
- does what needs to be done
- tend to have good judgment and rarely overextend themselves
- positive pole: sees what is really going on, not trying to change things, just observing and flowing with it
- negative pole: believes what he is seeing whether positive or negative so has no objectivity, always "supposing" all the different things that could happen, becomes influenced by emotions and loses sight of facts

### **Pragmatist: (Assimilation/Neutral)**

+practical (good judgment)

-dogmatic (allows rules to run him, preachy)

- 20-30% population
- motto "must be"

- efficient, reduce to simplest form, useful, practical
- can overlook pleasure and fun
- can slide to any of other Attitudes (neutral) chameleons
- sensible, rule makers
- looks to save (time and money), has eliminated inefficient/impractical alternatives
- sees what works best
- Scholars tend to like because it facilitates learning in an efficient way
- Artisans find it difficult because it is hard to be creative and efficient at the same time
- positive pole: good judgment in handling everyday affairs, sees things in terms of usefulness, takes what is and seeks to use it practically, can be efficient within existing structure
- negative pole: believes his way is only way and any other way is wrong, ignores others feelings, can be ruthless, can be narrow minded, can have no spontaneity or flexibility

This is a helpful sentence that sums up the overleaves so far:

**I (Mode)ly attempt to (Goal) by seeing things in a (Attitude) way.**

Example: "I passionately attempt to grow in a realistic way."

## **Centering:**

Your Center is ***your primary automatic response; what you do immediately without premeditation***; how you process; how you react, and how that reaction is expressed. You do not experience anything outside of your Centers. You move, think, and feel according to your primary Center, the other Centers are used to back it up. Your essence chooses your primary Center before birth, the personality chooses the Part of Center after birth.

Your Center conveys the experience of personality to essence. The experiences gained each life depend on how you use your Center in the context of the Overleaves chosen for that lifetime. When using the higher Centers it is an expression of your essence, the lower Centers of your personality, not necessarily your false personality.

Difficulty understanding the function of a particular Center can be a product of your own Centering...i.e. an Intellectually Centered individual may have difficulty understanding an Emotionally Centered one and visa-versa. You can also be prejudice according to the Center you operate from, believing it is better or more accurate, so gaining perspective on other Centers will increase your self-knowledge. *A great tool to come into balance is to go to the Center you do not have when out of balance.*

You will be primarily learning about the Intellectual, Emotional, and Moving Centers. The Instinctive Center runs behind the scenes, unconsciously, operating body systems, fight/flight responses, etc., and accesses the subconscious. The 3 Higher Centers you tap in and out of as you shift to higher and higher vibrations by utilizing your positive poles. All 7 are functioning Centers, although some may be closed down, while others may be over used.

As a general rule, Infant and Baby souls frequently use the Instinctive center. Young souls like Moving Center for action, doing, and success; Mature souls like the Emotional Center because it relates to relationships; Old souls like Intellectual Center to get the entire picture. Rarely do Infant and Baby soul's experience the Higher Centers, Mature and Old souls may focus there about a third of the time. *The Centers equate to Truth (Intellectual), Love (Emotional), and Beauty (Moving). Ordinal or lower Centers are sensory, about life and experiences on the Physical Plane. The Cardinal or Higher Centers are eternal, about experiences in larger context, and the purpose of human existence.*

When you are operating out of the positive poles of the Centers it reflects what you do when you are conscious, alive, and awake. When you operate out of the negative poles it is more mechanical, automatic and less developed. It is common for you to rely too much on what Center comes easiest, your primary Center. When you do this you become unbalanced. Think of the stereotypical jock. This person has remained focused in the Moving Center; or the nerd whose focus is the Intellectual Center. You can know you are out-of-balance when you go to an extreme. You are most balanced when you are using all your Centers, so it is a good practice to find your weakest Center and work out of that one.

*You will know you are balanced if you can analyze whether something is reasonable (Intellectual), feel whether it is loving (Emotional), and sense whether it has beauty and goodness (Moving).*

### **Intellectual: (Expression/Ordinal)**

+insight (spontaneous thought, original idea)

-reasoning (logic)

- thought, concepts, language
- intention, past, present, future – linear
- where you hold concept, the reason why you are doing what you are doing
- 5<sup>th</sup> chakra, throat, sage
- slower than emotional center to process
- Western culture rewards thinking...this center
- objectivity

### **Higher Intellectual: (Expression/Cardinal)**

+truth (wider – all that is)

-telepathy (knowing for another person)

- transcends language, realization of truth beyond what can be described

- witness state, systems of thinking (Michael Teachings, Astrology, Enneagram, etc.)
- Causal/Mental plane
- essential oneness and inseparableness
- 6<sup>th</sup> chakra, third eye, scholar
- motto: "I know"

### **Emotional Center: (Inspiration /Ordinal)**

+sensitivity (highly perceptive)

-sentimentality (excessive and irrelevant feelings)

- basic feelings, liking or disliking
- perception and feeling, joy, sadness, anger
- when balanced open, responsive, warm
- good at reading people, take the lay of the land; in a group knows who doesn't feel well, etc; can assess a situation quickly
- 4<sup>th</sup> chakra, heart, server
- response from this Center more rapid than thought (Intellectual)
- this Center includes the physiological response of the body's glands to experiences
- intuitive, easily hurt
- informs you of the content of the experience

### **Higher Emotional: (Inspiration/Cardinal)**

+love (unconditional)

-intuition (perception through empathy)

- can see darkness, secrets
- psychic abilities
- channel for love
- 7<sup>th</sup> chakra, crown, priest
- motto: "I love"

### **Moving Center: (Moving/Ordinal)**

+productive (movement with purpose, endurance)

-frenetic (fidgety)

- need movement for balance, constant activity, restless
- comfortable with body – it can be their main concern in life
- retains physical learning after coming into your body, i.e. walk, talk, run....
- voluntary nervous system
- 3<sup>rd</sup> chakra, warrior
- positive pole: carries motion through to natural conclusion
- negative pole: does not complete before shifting to next movement

### **Higher Moving Center: (Action/Cardinal)**

+integration (understanding what is true in your life)

-desire (craving for what you do not have)

- concerned with beauty and pure energy (core energy/manipulation of energy)
- being connected intimately with all – everything and everyone in universe
- comprises 3 main areas:
  - Sexuality – creative energy (relationships)
  - Manifestation (outer experience of energy)
  - Physical Health (inner experience of energy)
- Motto “I am one with”
- as 7<sup>th</sup> and final Center is about integration of all Centers and lessons learned through those Centers into our physical bodies
- Buddhaic plane experience...how you bring it into your body
- 2<sup>nd</sup> Chakra

### **Instinctive Center: (Assimilation/Neutral)**

+aware (natural, basic, simple, being, all the way to source)

-automatic (mechanical, lacking awareness, keeping you alive)

- involuntary nervous system – all processes that keep us alive
- operates spontaneously without thought or emotion
- needed for survival...fight or flight
- does not operate in linear time, all time is now
- doorway to Higher Centers
- access to both current environmental conditions and past life memories (where phobias can come from)
- also operates from symbolic information
- involuntary use of Instinctive Center by sickness can be essence seeking different direction – alternative is meditation (getting in touch with essence)
- 1<sup>st</sup> chakra

### **About the Higher Centers:**

In the Higher Centers the negative poles still feel good, unlike in the lower Centers negative poles. In the Higher Center it is a narrower consciousness, but still of higher energy/plane. In the positive pole of the Higher Centers there is not sense of separation at all, and in the negative pole there is still an awareness of you and me.

Although in Higher Centers the negative poles are often experienced more unconsciously the positive poles are experienced with intense awareness. The Higher Centers are considered transformational and are more often accessed during meditation, sex, exposure to music, art, nature, etc...

Since prolonged exposure would eventually burn out the body, you tap in and out of the Higher Centers. They exist to remind you that you are not separate but part of a whole. It can be difficult to discern which Higher Center an experience relates to because there is generally such a sense of merging to them.

The older the soul the more you will enjoy the Higher Centers, the younger the soul the more you will forget and work on karma.

## **Parts of Centers:**

Each Center also has 3 parts: Moving, Emotional, and Intellectual. Your essence chooses the Center, and the personality chooses which Part of Center you will operate from in a particular lifetime.

### **Moving Part:**

Placing ones attention externally, outside objects...

- Of Intellectual Center: first the thought then the action
- Of Emotional Center : acting on what you feel
- Of Moving Center : learned function requiring no feeling or thought  
(walking, talking, eating.....)
- Of Instinctive Center : reflexes 5 senses

### **Emotional Part:**

Attention toward object and awareness of oneself at same time "divided attention"

- Of Intellectual Center: thought that results in emotion
- Of Emotional Center : pure sobbing, joy or laughter
- Of Moving Center : movement with emotion, athletics, dance, sex,
- Of Instinctive Center : physical emotion, likes and dislikes

### **Intellectual Part:**

Awareness of self, of the object, and something greater, attention is directed "self remembering"

- Of Intellectual Center : pure logic
- Of Emotional Center : "I am feeling this way because....."
- Of Moving Center : movement with purpose requiring substantial action, martial arts, creating inventions,
- Of Instinctive Center : past life memories, essence programs for karma

## **Chief Obstacle (Feature):**

*Your Chief Obstacle is chosen as a block, to keep you from meeting your Goal. Unlike the previous Overleaves you don't choose your Chief Obstacle until around 18-21 years. You try each of them out, starting usually in your teen years, and choose one to work with during your lifetime. Often a major event will shape the choice, a crisis or trauma that happens while you are trying out a particular Obstacle, and/or you may choose based on previously latent fears from this life (childhood) or past ones.*

*Growth occurs by overcoming the fears of that Obstacle. These fears are based of ego and false personality. The fears activate the Obstacle. So, your knowing your Obstacle can help you become more understanding and accepting of yourself. By knowing your Obstacle you can reduce its influence by recognizing when it is about to activate and taking steps to avoid it, or neutralize it. Your Obstacle, Attitude, and Mode form triad by which to achieve your Goal.*

*Your Obstacle is defensive, a defense mechanism. Cardinal Obstacles artificially expand the self in defense, the Ordinal Obstacles contract it.....exploding or imploding. The impact of the Obstacle varies from individual to individual, as does its intensity. Some people experience their Obstacle and its fears, very intensely, for other people it has a mild influence.*

*Your Obstacle commonly springs from the negative pole of your Attitude. When you are working your Attitude from the negative pole you will activate your fear and slide into your Obstacle. If you get stuck in that Obstacle.....you are on automatic pilot, and in the negative pole of your Obstacle. Use the tool of sliding to the positive pole of the opposite Attitude and/or Obstacle in the same Axis.*

*This is the only Overleaf that can be eliminated in a lifetime. It is also possible, but rare, to not have a Chief Obstacle. It has been channeled that Einstein, Mother Teresa, and Jimmy Stewart were all without an Obstacle.*

### **Self-Deprecation: (Inspiration/Ordinal)**

+humility (proper perspective, modest)

-abasement (self devaluing, worthless)

- 10% population
- fear of being inadequate, constantly comparing self
- inferiority complex, feels unworthy
- looks beaten down, hunched shoulders, cover head, etc.
- often apologizes before or after saying something, or belittles self...."this is probably a stupid question...."
- because on Inspiration Axis it is about internal world, trouble feeling inspired by self

- may come from a childhood where never “quite lived up” to what was expected, therefore has a dread of inadequacy
- can be comfortable to be around, very nonthreatening, however eventually gets on your nerves
- Intellectual Center
- positive pole: modesty in the face of great achievement
- negative pole: doesn’t take care of himself, unkempt, dejected (Woody Allen)

### **Arrogance: (Inspirational/Cardinal)**

+pride (good feeling of self and works)

-vanity (better than others)

- 15% population
- fear of vulnerability, being judged, criticism
- low self-esteem covered by air of authority/superiority
- can come from a childhood of being maliciously teased; differences regarded with contempt or deliberate lack of understanding
- comparing self, pass judgment on self and others
- when have a great deal of attention focused on them, become shy or armored
- often chosen by Mature and Old souls
- often do not let mask down in personal life, has shell or armor
- Intellectual Center
- positive pole: appropriate pride
- negative pole: feel overly important, puts on airs (can be because attention focused on him) ostentatious displays of wealth or power
- Mohammed Ali, Liberace

### **Self-Destruction: (Expression/Ordinal)**

+sacrifice (for a higher purpose, pay back karma)

-suicidal (quickly or over time)

- 10% pop.
- fear life is not worth living
- motivated to harm oneself, quickly or slowly
- associated with fear of losing control
- can come from a childhood where they are made to feel they have no control over their lives; alternating cycles of abuse through neglect and rigidity through socioeconomic/religious/psychological pressures
- to prove/maintain order/control may engage in high risks and extreme situations (Evil Kneivel)
- not comfortable expressing anger or pain
- turns pain inward (implosion of pain); as compulsive destructive behaviors (damages self), risk taking
- often childhood of neglect or abuse



- can create big problems in terms of life events
- often dead/zombie look in eyes
- not easy lives, crises of faith, love, etc.
- Emotional Center
- positive pole: willing to give up something of value for the sake of something greater
- negative pole: self destruction
- Van Gogh, Jimmi Hendrix, Marilyn Monroe

### **Greed: (Expression/Cardinal)**

+appetite (egotism, allowing abundance, seeking fulfillment)

-insatiable (voracity, eternal dissatisfaction)

- 15% population
- fear not having enough (poverty consciousness)
- appetite for life, more..... relentless craving
- bottomless pit of emptiness
- can come from a childhood deprived of personal contact...offered rewards or substitutes in place of time and attention
- fixated on something, money, food, sex.....addictions
- expressive and dramatic Roles of Artisan and Sage favor Self-Destruction and Greed
- can be ruthless in striving to satisfy their craving for more experiences, relationships, love, goods, profits
- Emotional Center
- Younger souls in positive pole desire glory, fame and power; Mature souls love, relationships, affection; Old souls spiritual knowledge and experience
- positive pole: desire for all life has to offer, allowing yourself to have what you want
- negative pole: person goes overboard in pursuing max of everything, often causes person to slide to self-destruction
- Howard Hughes

### **Martyrdom: (Action/Ordinal)**

+selflessness (giving instead of thinking of self)

-victimization (poor me, self pity, humiliation)

- 15% population
- fear of not being worthy
- can come from a childhood of never feeling deserving enough, constantly having to defer to others
- hard to experience pleasure because it interferes with their suffering
- fear being out of control – feels trapped
- puts self through needless suffering
- noisy, loud sufferer...or silent manipulator
- can be most unlikable of all Chief Obstacles

- are victims, no one loves a victim, makes others angry
- can flirt with death (will die for their cause)
- because on Action Axis people “do” things to prove their worth
- can create big problems in terms of life events
- Moving Center
- Joan of Arc, JFK, Beethoven (deafness late in life)

### **Impatience: (Action/Cardinal)**

+audacity (bold, daring, spontaneous)

-intolerance (frustrated, testiness)

- 15% population
- habitual, irrational fear of missing out; not enough time
- try to control time
- often late because trying to cram in one more thing, or early and then frustrated at the wait
- can come from a childhood of being severely restricted in “participating”...always missing something
- judgmental, makes unrealistic demands of self and others
- doesn’t live in the moment, always in the future, never arrive and enjoy life
- restlessness and lack of grace, trying to get to the next thing
- frustration of Impatience can lead to Martyrdom
- leaning forward
- Moving Center
- positive pole: may make a bold move like to cut through red tape
- negative pole: may reject people or situations that are unsatisfactory, frustration with the inability to achieve things in the time period he would like, can get abusive

### **Stubbornness: (Assimilation/Neutral)**

+determination (moves forward with strong intention)

-obstinacy (pig-headedness)

- 20% population
- fear of change
- often have, if you think you don’t
- takes a stand, sticks until gets what wants
- manifests not so much by doing something, as by “not doing it”
- take time to process
- doesn’t listen to others opinions or advise
- can come from a childhood where was never prepared for changes, placed in unfamiliar situations without preparation, particularly if the child was mocked for being frightened
- slides to all other Chief Obstacles
- favorite of Older souls
- no preferred Centering

- remedy for this Obstacle is letting go in the face of resistance
- positive pole: forging ahead in growth and endeavors, willpower, does not get easily discouraged, putting out a lot of energy to achieve your goal
- negative pole: grinding to a halt, can blind you to certain information and/or parts of the total picture, become unyielding
- Gen. Geo Patton, Ho Chi Minh, Rasputin, John Wayne

*Note: Greed and Self-Destruction are chosen mostly by Infant and Young souls; Arrogance and Self-Deprecation by Older souls; and Impatience and Martyrdom Baby and Mature souls*

## **Nine Needs:**

There are Nine Needs in Michael System that act as unconscious motivators, inspiring you to evolve and seek the lessons most appropriate for your growth. They are: Security, Expansion, Acceptance, Adventure, Power, Communion, Freedom, Expression, and Exchange. Of these Nine Needs, 3 primary Needs are selected at an early age (around the time you choose your Chief Obstacle) and remain fairly consistent throughout your lifetime – although they can change order. It is with these 3 that you work.

*Your Needs are about satisfying inner yearnings. When met you feel happiness and inner peace, when unmet it is like a hunger unsatisfied...there is discontent. Your Needs are your responsibility, you can not look to others to fill your Needs.*

You will find you have more in common with people who share 1 or 2 of your primary Needs. People with opposing Needs can create karmic relationships. You will most often choose Needs that create harmony with your Overleaves, for instance the Need of Communion - with Emotional Centering, the Goal of Flow - with the Need of Acceptance... or the Mode of Caution - with the Need of Security.

As with all Overleaves your Needs can be expressed positively or negatively. It has been channeled that there also 7 levels of expression for each Need, and affirmations to use with each. Your Soul Age plays decisive role in your ability to manifest the higher levels of Need.

### **Security:**

+trust (balanced, stable and grounded)

-fear (paralyzed, indecisive, overly cautious)

- happy with the status quo – dislike change
- need to feel safe, always researching options, but making no move unless it feels like a “sure thing”
- never wants to put life or quality of life in jeopardy
- 1<sup>st</sup> chakra issues of survival

- Instinctive Center
- person with this Need values secure job, benefits, savings, insurance
- negative pole issues: financial difficulties, addictions, compulsive behavior, sexual dysfunction, intense fear
- loss of grounding can destroy the ability to manage basic needs and create dependency on others

Affirmations: I am safe and protected.  
 I am loved.  
 I release all negativity from my life.

7 levels:

1. blind faith
2. false hope
3. blind to tradition
4. security based on theory
5. security based on reliable sources
6. security based on intuition/experience
7. trust in Tao

**Adventure:**

+presence (self confidence, independence, optimism)

-drama (reckless, irresponsible, self-destructive)

- pursuit of new experiences, stimulation
- 2<sup>nd</sup> chakra – enjoyment of life
- Emotional Center
- meet world head-on, explore agreements, engage life task, complete karma
- possess a zest for life
- take risks, meet challenges
- occasionally chosen when souls have “fallen asleep at the wheel” too many lifetimes
- chosen if become too attached to security
- thrill of discovery is tantamount
- must “replenish tank” often “run on empty”
- falling madly in love is one pleasant expression, also rollercoasters, travel, entrepreneurship, horror/scifi, frequent change in living situations
- positive pole: results in creativity, resourcefulness, living life fully
- negative pole: hedonistic, great suffering
- to rebalance: find root cause of emotional distress; find something that is enjoyed and do it passionately.

Affirmations: Life feels great.  
 I love myself and I am loved by others.  
 I am supremely happy with the way my life is unfolding.

### 7 Levels:

1. Destructive drama
2. glamour/addictions/adrenaline rush
3. Excitement of senses (drugs/sex)
4. Stimulation of mind/learning
5. self/inner discovery
6. Essence contact
7. enlightenment/presence

### **Freedom:**

+independence (confident, independent thinker, self-esteem)

-fear of commitment (avoid relationships, run from responsibility)

- without constraint, free to make one's own choices
- spontaneity, no rules, live in the moment
- if Freedom is minimized or obstructed can feel tremendous anger and resentment sending them right into their Chief Obstacle
- comes in many forms..Freedom to love, to create, share truths, move through life with autonomy
- focus is on avoiding confinement, both physically and mentally (often confused with Adventure – Adventure focused on stimulation)
- 6<sup>th</sup> Chakra, a focused left brain and open right brain which enhances discernment and wisdom giving a greater understanding of inner and outer worlds
- Instinctive Center
- popular choice for Scholars
- often keep journals – long to express deep secrets without fear of judgment – long to express “who” they are
- in relationship with someone of this Need, give them space, give them free will, avoid rules and restrictions
- in negative pole can distance self from others and deprive of true intimacy “become an island.”
- when this Need is unfulfilled is can manifest as headaches, confusion, irritability, intellectual coldness

### 7 levels:

1. Destructive irresponsibility
2. Aimless/unfocused
3. Released/unshackled
4. Mental liberation
5. Emotional liberation
6. Choosing freely
7. Realization of unlimited potential

## **Expansion:**

+prosperity (growth, spiritual expansion)

-indiscriminate growth (obesity, cancer, loss, evil)

- see big picture, look toward future, build on old, or create something new, expand horizons
- desire to make a difference in world
- popular with those determined to push themselves in all they do, on all levels, from creating fortunes to spiritual wisdom to advancing science
- in positive pole there is a desire to make a difference in the world
- negative pole can result in compulsive greed, false pride, and hoarding

### 7 Levels:

1. Cancer
2. Indiscriminate growth/accumulation
3. Sprawl
4. Stretch of ideas
5. Emotional Expansion/growth
6. Expansion of spirit/awareness/transformation
7. Total awareness/prosperity

## **Power:**

+authority (leadership, accomplishment, diplomacy, success)

-authoritarian (tyrannical, dictatorship, anger, manipulation)

- enjoy being in charge, positions of influence, learn responsibility this way
- good organizers, self-disciplined, usually set good example
- like to not only have the Power, but to help others empower themselves
- can be blinded by personal agendas
- sense of detachment needed
- creation of personal reality is a chief lesson
- requires diplomacy, patience and tolerance...learning to accept others points of view
- moderation is the lesson
- common Old soul focus
- 3<sup>rd</sup> Chakra – personal Power, what you stand for
- positive pole is used for the greater good and there is equality
- negative pole control becomes obsessive; anger/manipulation result

### 7 Levels:

1. Crush opposition
2. Oppress self and others
3. Control self and others
4. Guide/influence self and others
5. Erase personal energy leaks/self discipline
6. Spiritual practices to build power
7. Personal authority/spiritual power

## **Expression:**

+creativity (demonstrating individuality)

-lies (self-centered, temperamental, invasion of others space, deception)

- shows who we are and allows expression of talent
- need to be seen and heard (Sages)
- true artistry – need to realize full potential of their gifts
- in positive pole individual creativity is used for the benefit of all
- negative pole behavior can descend to shock value (Madonna), self-centeredness, tantrums, moodiness, and self-destruction

### **7 Levels:**

1. Total destruction
2. Destructive acts
3. Infamy/shock others
4. Work projects
5. Entertain
6. Artistic self expression
7. Renaissance person – full of useful creativity

## **Acceptance:**

+open (forgiving, accepting, loving, humanitarian)

-manipulative (deceitful, manipulative, jealous)

- Acceptance of self and others
- need to love and be loved
- affable, easy to be around, encourages tolerance
- accept life without much fuss, forgive easily
- significant other vitally important for safe haven, without this a sense of being lost in the world
- tendency to lie from fear of not being loved or accepted, much self karma can come from lying
- positive pole reaches close bonding, romantic connections, open Acceptance of others, levels of altruism and total agape
- negative pole descends to flattery, ingratiation, rejection of others, judgmental, prejudices

### **7 Levels:**

1. Ingratiation
2. Pleasing
3. Toleration
4. Conditional acceptance
5. Matter-of-fact ok-ness
6. Love
7. Agape

## **Communion:**

+sharing (social, desire for intimacy, devotion to group)

-indiscriminate contact (neediness, clinging, dependence, shallowness)

- tribal, family oriented
- don't like to be alone
- gregarious, talent for socializing
- need to make others comfortable
- deep desire for intimacy, feelings of devotion,
- in positive pole make great hosts, sharing their world emotionally and physically, excel at organizing events, parties, functions, and have an affinity for working with children
- in negative pole there is a desperate neediness, accepting company of anyone to avoid being alone, and often criminal behavior

### 7 Levels:

1. Indiscriminate contact
2. Desperate neediness
3. Fraternizing
4. Socializing
5. Mutual closeness/warmth
6. Intimacy/communion
7. Unity

## **Exchange:**

+disseminate and absorb (ethics, integrity, equality)

-slander (gossip, lying, keeping secrets, stinginess)

- sharing of information and knowledge of value
- expresses through skin contact, expenditures of time and social interaction
- meaningful/energetic connections, teaching
- interest in truth and integrity often guides the method of Exchange
- in positive pole they are great teachers and students, have openness in their communication, and work well with others
- negative pole can result in inappropriate communication, negativity, cynicism, deceit, and lying

### 7 Levels:

1. Slander/war
2. Gossip
3. Idle Chatter
4. Trade/barter
5. Mutual profit (win-win)
6. Understanding
7. Teaching/learning



## **Body Types:**

Your Body Type is your body structure and the personality traits associated with it. They are directly related to the planets position at your conception. (Your astrological influences at birth are also chosen by your essence to set up your astrology chart and its influences.)

Generally you will have a combination of Types, primarily 2. As with all Overleaves, all Body Types are experienced by all Roles over time. Your Body Type is often a source of ego, frustration, satisfaction, or humor, therefore can be an important tool for soul growth. As a rule, Body Types affect Infant, Baby, and Young souls much more than Mature and Old souls.

Ordinal Body Types carry more feminine energy and are more internal. Cardinal Body Types carry more masculine energy and are external.

There is also an attraction based upon Body Type. The maximum attraction typically is Saturn to Lunar; Jovial to Mercurial; and Martial to Venusians, and visa versa.

Certain roles prefer certain types:

Warriors	Martian, Saturnine
Kings	Martian, Jovial, Saturnine
Priests	Saturnine, Solar
Servers	Lunar
Artisan	Mercurial
Sages	Jovial, Saturnine, Venusians
Scholar	Any, but prefer Mercurial

There are 3 other planets that can make up your Body Type. Their influence can only be up to 30% of your Body Type. They are Uranus, Neptune, and Pluto, and influence from Pluto is very rare.

### **Lunar: (Inspiration/Ordinal)**

+luminous/-pallid

- planet – moon
- 3<sup>rd</sup> Chakra
- Gland: pancreas; lymphatic system
- more intellectually developed, less physically; often genius
- accountants, librarians, programmers
- mid-point of femininity, tendency in males toward homosexuality
- night owls
- fleshy, pale or pasty
- orientals
- Brian Boitano, Wm. Hurt, E. Tolle, B. Gates, Woody Allen, Boy George

**Psych Tendencies:**

+calm, methodical, passive, tenacious, detail oriented

-moody, introspective, cold-hearted, depressive, stubborn, unforgiving

**Saturnine: (Inspiration/Cardinal)**

+rugged/-gaunt

- Planet - Saturn
- Stereotype: Leader
- 6<sup>th</sup> chakra
- Gland: anterior pituitary; skeletal
- mechanical control, masculine traits, thought and reason
- models, business, research, TV personalities
- often in dominance
- Princess Di, Cher, A. Lincoln, Jimmy Carter, B. Obama, M. Jagger

**Psych Tendencies:**

+paternal, just, natural leaders, calm, secretive, self controlled, pioneering

-workaholics, inflexible, severe, aloof, not forgiving of weakness

**Venusians: (Action/Ordinal)**

+voluptuous/-sloppy

- Stereotype: Goddess
- Planet – Venus
- 5<sup>th</sup> Chakra
- Gland: parathyroid
- artistic, creative
- good cooks, sensuous
- service oriented, natural healers
- bring out strong emotional responses in others and feel strongly themselves
- Marilyn Monroe, Eliz. Taylor, J. Travolta, E. Presley, Oprah

**Psych Tendencies:**

+harmonious, socially warm, loving, non-judgmental, loyal friendly, good lovers

-lazy, dependent, indecisive, careless, gushy, sentimental

**Martian: (Action/Cardinal)**

+wiry/-impulsive

- Stereotype: Athlete
- Planet – Mars
- 1<sup>st</sup> chakra
- Gland: adrenals
- characteristics: survival, fire, fight, flight

- solid, muscular/action type, freckles/red hair type, or swarthy/mottled complexion
- Mike Tyson, Robt. Redford, R. Duvall, S. MacLaine

**Psych Tendencies:**

+vigorous, passionate, decisive, highly sexed, freedom-loving, brutally honest, feisty, defender of weak and downtrodden  
 -impulsive, easy to anger, defensive, quarrelsome, brutal, rude, bad skin, high blood pressure

**Jovial: (Expression/Ordinal)**

+grandeur/-overwhelming

- Planet – Jupiter
- Stereotype: Emperor
- 6<sup>th</sup> Chakra
- Gland: post pituitary
- feminine, maternal traits
- like people around, not alone
- Germans and Russians
- bulky, short, large, football players, wrestlers
- Santa Claus, Orson Welles, Barbara Streisand, Pavarotti

**Psych Tendencies:**

+grand, generous, kind, caring, affectionate, lucky, highly evolved, appreciation for life, powerful presence  
 -self-indulgent, extravagant, conceited, wasteful, attention craving

**Mercurial: (Expression/Cardinal)**

+agile/-nervous

- Planet – mercury
- Stereotype: perfectionist
- 5<sup>th</sup> chakra
- Gland: thyroid
- characteristics - speed
- Latin races, Pilipino, Italian, Japanese
- entertainers, debaters, politicians, many Sages
- bright clean appearance, good grooming, dark hair and eyes, olive skin, slender build, long lives
- Johnny Carson, Sammy Davis Jr., Ronald Regan, Holly Hunter, Demi Moore

**Psych Tendencies:**

+perceptive, witty, clever, versatile, no grudges, sunny disposition  
 -inconsistent, impulsive, nervous, jittery, sarcastic, cynical, argumentative, wired

### **Solar: (Assimilation/Neutral)**

+radiant/-ethereal

- Stereotype: Child
- Planet – sun
- 4<sup>th</sup> chakra
- Gland: thymus
- thin and delicate, childlike
- food sensitive
- good with children
- often good voices, singers
- upturned noses
- Judy Garland, Goldie Hawn, Michael Jackson, Mia Farrow, Calista Flockhardt

### **Psych Tendencies:**

+creative, elegant, dignified, radiant, childlike, fun-loving

-airy, aloof, intolerant, greedy, juvenile, avoids reality

### **References:**

Information contained in this workbook was largely compiled from the following sources:

[www.michaelteachings.com](http://www.michaelteachings.com)

The Michael Handbook by Stevens and Warwick-Smith

The Journey of the Soul by Sheperd Hoodwin

Books by Chelsea Yarbro

Channelings and Articles by Emily Baumbach, David Gregg, Shepherd Hoodwin and myself, Cathy Follansbee

I highly recommend all of these sources for additional reading and research.

## **Cathy's Bio:**

Cathy Follansbee is a nationally known intuitive healer with clients from NYC to LA and Hawaii. She is a Reiki and SSR Master, along with extensive training in Hypnotherapy, Transformational Breathwork, Esoteric Healing, and several other methods and techniques of healing.

She authored her first book in 2003 titled The Key to Me. "A must read," says Mark Victor Hansen of the Chicken Soup for the Soul books. She also has several published articles and writes a blog for her website, [www.LiveTrue.com](http://www.LiveTrue.com). Currently residing and working in Traverse City, she actively teaches and mentors on life principles and a wide variety of subjects within the context of the body, mind, and spirit.

There are a variety of reasons people choose to experience the work Cathy facilitates. As you go through life you have challenges....trauma, illness, stress. If not released and healed these issues build up in the physical body and the supporting energy field. These memories and energy are at a cellular level. To truly heal this energy, these thoughts, emotions, beliefs, fears, etc., must be accessed and freed. This work is called "transpersonal healing" because not only does it affect your physical, mental and emotional health, but also your spiritual. It transcends the personal and works at a soul level, where true healing takes place. For more in depth information regarding working with Cathy, please visit the website or contact her by phone.

Cathy also teaches and channels the Michael Teachings. This is a system of soul evolution. By understanding how you set up this lifetime and your soul's journey through lifetimes you are better able to live with compassion, generosity, and kindness, for yourself and others.

To order your copy of The Key to Me, check out Cathy's class schedule... or for further information on Transpersonal Healing or the Michael Teachings, Cathy's contact information is listed below.

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