

Journey of Your Soul: A Channel Explores the Michael Teachings

By Shepherd Hoodwin

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Even at birth, everyone is unique. Can heredity alone account for the complex differences in people's temperaments and styles? The Michael teachings, an extraordinary body of channeled work, propose that we are each unique souls who deliberately take on a specific combination of traits to give us the experiences we seek. In this fascinating book, Shepherd Hoodwin expertly discusses these teachings from his vantage point as a Michael channel.

"Michael" is a group of souls who teach that we are eternal beings journeying from the Tao and back again in an adventure of exploration and creativity. Each step along the way, we make choices that shape our experience. For example, after committing to a series of lifetimes, we choose one of seven roles, or soul types: *server, priest, artisan, sage, warrior, king, or scholar*.

These teachings address many age-old questions, such as "How did we become who we are?" "Why are we here?" "Where are we going?" and "How does the universe work?" In addition, *Journey of Your Soul* sheds light on the channeling process itself, answering questions such as "How does channeling work?" "Why do different channels receive conflicting information?" and "What does it take to become a channel?" Hoodwin shows us that it is possible, and indeed beneficial, to engage all parts of the human consciousness. His unique analytical approach to channeling will help readers gain a firm intellectual understanding of what is involved.

In his foreword, Jon Klimo, PhD, author of *Channeling: Investigations on Receiving Information from Paranormal Sources*, says, "Shepherd Hoodwin has given us one of the best books to date about the phenomenon of channeling. *Journey of Your Soul* may well also be the best of the Michael books due to its clarity, thoroughness, and detail, and thanks to the fact that the author, an exceptionally clearheaded Michael channel himself, brings real integrity and authenticity to our understanding of Michael in particular and to the channeling process in general."

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Journey of Your Soul: A Channel Explores the Michael Teachings By Shepherd Hoodwin Bibliography

- Sales Rank: #672624 in Books
- Published on: 2013-04-23
- Released on: 2013-04-23
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.10" w x 6.00" l, 1.63 pounds
- Binding: Paperback
- 496 pages

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Editorial Review

Review

"Michael is the kind of guide whose consciousness is much larger than any human's.... When I read Shepherd Hoodwin's earlier edition of this book, I had already read many Michael books.... But it wasn't until I encountered Hoodwin's descriptions of the Michael attributes that they came alive."

—John Friedlander, coauthor of *Psychic Psychology: Energy Skills for Life and Relationships*

"Shepherd Hoodwin has given us one of the best books to date about the phenomenon of channeling. In particular, he has given us a meticulous presentation of the information channeled from the source known as Michael.... [T]he author, an exceptionally clear-headed Michael channel himself, brings real integrity and authenticity to our understanding of Michael in particular and to the channeling process in general."

—Jon Klimo, Ph.D., coauthor of *Channeling: Investigations on Receiving Information from Paranormal Sources* and *Handbook to the Afterlife*

"*Journey of Your Soul* is easy to read and understand for beginners, yet it contains lots of detailed information not found anywhere else for the advanced student. It's an essential source book for anyone interested in the Michael teachings."

—Emily Baumbach, author of *Michael's Cast of Characters*

"*Journey of Your Soul* is a must for spiritual readers looking for another way to understand themselves."

—Midwest Book Review

Praise for the first edition

"Shepherd Hoodwin shines an expert light on the subject of channeling and the fascinating teachings of the entity known as Michael. In this excellent book, you will find an absolutely clear and comprehensive discussion of channeling—what it is, how it happens, what it means."

—Leading Edge Review

"*Journey of Your Soul* may very well become a New Age classic. It is a beautifully written and distinguished primer for both the beginner and the more advanced spiritual follower."

—The Book Reader

About the Author

Shepherd Hoodwin has been channeling since 1986. He specializes in the Michael teachings, and practices healing, mediumship, past-life readings and therapy, counseling, and coaches others to channel. Professor of Psychology at the APA-accredited Argosy University, Jon Klimo, PhD, is considered to be the world's leading authority on the subject of channeling and is the author of the definitive work *Channeling: Investigations on Receiving Information from Paranormal Sources*. John Friedlander has been teaching psychic skills since the 1970s. He coauthored *Basic Psychic Development* and *Psychic Psychology* with Gloria Hemsher. The author lives in Laguna Niguel, CA.

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WE ARE RESPONSIBLE

No one on any plane of existence is infallible or knows everything we need to know. In addition, we all have

our own experience of reality and ways of describing it. There is no right and wrong in this regard, only infinite facets of truth. We do have much to learn from each other, and those on higher planes usually have more experience, greater resources of information, and a larger perspective than we do on the physical plane. However, their counsel is more accurately viewed as coming from loving friends than from a deity. No one is more "God" than anyone else. We are each responsible for ourselves. We experience more growth if we don't do things merely because we think someone else, incarnate or not, told us to. It is well to examine what we hear others say with appreciation and respect, but we don't always hear what is actually meant, for one thing. More importantly, no one knows us better than we know ourselves, at least potentially. We must make our own decisions and mistakes, and form our own understanding, if we are to learn to guide the course of our lives wisely. Besides, true teachers don't tell people what to do. They give greater perspective and understanding so that their students can make well-informed choices. Beware of those who issue orders, or who are certain that they know what's best for someone else, even if they are being channeled from a higher plane. Just because material is channeled does not mean that it is appropriate or a fully realized expression of truth.

RECOGNIZING TRUTH

Channeled material, like everything else, must be interpreted through the understanding of the hearer. Sometimes we draw conclusions or make associations that are not valid, or we simply misunderstand. I am sometimes amazed at what clients say Michael said. The truth is precise; it is as important to hear what is not being said as what is. The ability to recognize truth is crucial. Truth is always associated with love. It has a certain feel about it. It is not necessarily comfortable, but it is penetrating and ultimately liberating. Often the truth or value of channeled material isn't fully apparent until later. It may seem at first to be deceptively simple or general. If we have that experience with something channeled for us, we have nothing to lose by living with it a while and seeing if it looks different later. One client told me that after her session, she wasn't particularly impressed, but two months later, she listened to her tapes and couldn't believe that Michael had said what they did; it was almost as if she hadn't heard it the first time. This is a common reaction. In my brochure for new clients, Michael says: "You will get the most out of this session if you review the material in a week or two. It's hard for so much new input to soak in the first time. A defense against overload is to make it seem less than it is. This is normal, but often, our students find their channeling to be far more meaningful weeks or even months later. It is the mark of a good teacher (and we aspire to this) to give what the student is almost but not quite ready to hear. That way, we promote growth. Obviously, the material becomes more meaningful when the student is actually ready." Our Western society's model of truth is based on polarity: something is either true or it isn't, and if it's true, something else must therefore be false. In my experience, two statements that seem contradictory can both be true, or at least, mostly true. I have sought to demonstrate that throughout this book. Michael speaks of personal, world, and universal truths. That concept points out that something may be true for an individual or even many individuals, but not be true for everyone in the world, let alone in the universe. Gravity, for instance, is different everywhere on the planet, partly because of varying distances from the earth's core. If we didn't know that and saw two different measurements of earth's gravity reported, we would probably assume that one report was wrong. When we don't have enough information, when we lack "bridge information," we can tend to be judgmental and simplistic in our views. Truth is infinite, and is therefore vast enough to hold an infinite number of facets. Someone said that the measure of an idea's greatness is the degree to which its opposite is also true. If there are poles of absolute truth and absolute falsehood, there is a long continuum in between, the infinite shades of gray between white and black. But more likely, absolute truth and absolute falsehood do not exist in the dimensional universe - only in the Tao is absolute truth. Pi, the ratio of the circumference of a circle to its diameter, refuses to be rounded off - it just keeps going into infinity: 3.14159265.... We do round off pi so that we can work with it - that is a convenience, but it is not the whole truth. With any spiritual teaching, we are working with rounded-off truth, because we cannot work directly with the whole truth - it's too big. I discussed models of reality in the Preface. We have no choice but to work with models. What else do we

have? However, a good model connects us to the infinite truth that it models, and although that cannot be fathomed, it can be felt. The more true we are to the truth of ourselves, the better we can recognize truth in models.

THE LARGER PERSPECTIVE

We are in the midst of a planetary transformation. There are many nonphysical beings who are assisting with it, whether we know it or not. Channeling is a means of consciously working with them. They are often as gratified to make the connection with us as we are with them. Used in a responsible way, channeling can be an important tool in our personal and collective growth. Whether or not we call ourselves channels, it is becoming more and more essential that each of us develop our inner connections with the larger universe if we are to move creatively with the changes occurring.

Users Review

From reader reviews:

Michael Brown:

The book Journey of Your Soul: A Channel Explores the Michael Teachings give you a sense of feeling enjoy for your spare time. You can use to make your capable far more increase. Book can to get your best friend when you getting tension or having big problem along with your subject. If you can make examining a book Journey of Your Soul: A Channel Explores the Michael Teachings to be your habit, you can get considerably more advantages, like add your current capable, increase your knowledge about many or all subjects. You are able to know everything if you like available and read a guide Journey of Your Soul: A Channel Explores the Michael Teachings. Kinds of book are a lot of. It means that, science reserve or encyclopedia or other people. So , how do you think about this book?

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