

## **A Fourth of July Message from Michael About Freedom**

### **Also Exciting and Profound Upcoming SHAPE Events**

Dear SHAPE Community and All Graduates of Clairvoyant Programs and/or the Advanced Healers' Apprenticeship,

I hope that you are enjoying a magnificent Fourth of July Weekend! Here in gorgeous Mount Shasta, we haven't fully let go of the final nip of Winter(!), but, it looks as if the sun is deciding to shower us with its radiant and life-giving blessings - at last. Whatever the weather may bring, however, it's a great time to reflect upon our freedom and consider its true meaning for the immortal, limitless soul incarnate here on earth. As with our wardrobe, from time to time, even from lifetime to lifetime, it becomes necessary for us to cast off our threadbare definition of freedom, even if it has served us well before, and try on a new perspective on what it means to us to be truly free.

For one thing, the mere holding on to a concept of freedom itself keeps us from experiencing our limitlessness and timelessness. Over the millennia of human history, how many times have we died for, and how many have we killed, in our righteous attempts to uphold our concepts of freedom? If we are truly limitless, immortal beings, by the very definition of limitlessness and immortality, we are already free. So, what makes us fight for our freedom all the while justifying and rationalizing the destruction of lives, relationships, and creative expressions? After all, whether we as a nation or race wage a full-scale world war against one another, or we as individuals incessantly argue and quibble with our neighbors and even our loved ones, we are fighting in a vain attempt to somehow preserve our glorified illusion of freedom. And, sadly, none of that is necessary for us to have the freedom that is already our birthright. The greatest irony of it all is that it is in our fighting in the name of freedom that we have most blinded ourselves to the real freedom intrinsically within us that we can never lose no matter what the changing conditions of existence may appear to be at any moment.

Throughout our history we have been witnesses to great souls who have demonstrated the freedom of spirit while subjected to cruelty, injustice, and even horrific deaths. The radiant signature of the freedom they lived was the grace with which they responded to all that they endured. True freedom has no opposition, for it is not half of a dichotomy. Freedom, like life itself, is by its very nature whole and without an opposite. Although many consider death the opposite of life, in truth it is birth that is the opposite of death. It is only that which is born that can die. Life is eternal. Likewise, many believe that the opposite of imprisonment or enslavement is freedom. Yet, freedom is limitless and has no beginning or end. The actual opposite of imprisonment or enslavement is release from that condition or emancipation. Freedom stands complete and fulfilled on its own. One is imprisoned by someone, in something. In every condition of captivity or enslavement, there has to exist a dependent relationship. Thus, the belief that we can free ourselves *from* someone or something is not the true meaning of freedom. Our real freedom as souls is not dependent on anything outside of our own being.

This idea that we must free ourselves *from* something or someone comes from our denial of *cause* within our own self. For example, let's say that in a prior incarnation, after we felt the horror and agony of helplessly watching the conquering army destroy our village and murder our loved ones, in a fit of rage we swore to avenge our family if that was the last thing we ever did. Perhaps, we, too, died shortly afterwards and never fulfilled our vow. In a later lifetime, we again come face to face with those who previously were incarnated as part of that conquering army, but this time, we are the leaders of the invading forces and they are the innocent villagers. With this encounter, we water the seeds of vengeance that we planted within our soul in our previous lifetime and, if we do not awaken from that horrific nightmare in time, we end up allowing ourselves to become victim to our own earlier decision and, in our rage, mercilessly destroy the innocent villagers who we righteously demonize in our minds as our mortal enemies.

As the cycle of karma continues, in a subsequent lifetime, we find ourselves in misery not knowing why we keep having to endure violence and abuse in our family life. We may feel victimized and hopeless if we continue to believe that the cause of our unhappiness is outside of ourselves. If we see the cause and effect of life separate from ourselves, like the scientist that believes he is entirely separate from the causes and effects that he is observing in his experiment, then, we end up placing blame on something or someone external we perceive as the cause of something we are experiencing within ourselves. Until we surrender our denial and realize that all that we experience is caused from within our own choices, we will fear and go on trying to free ourselves from that which we blame as the source of our misery.

Nothing restricts our freedom more than us trying to free ourselves from our perceived enemy and threats. It is neither our enemy nor its threats that controls or enslaves us. Rather, it is our inaccurate perception, and investing our certainty in it, that something outside of us can and does compromise our freedom that keeps us hostage. Once we exercise our ability to respond freely to anyone or anything, we begin to restore to ourselves our intrinsic freedom.

After striking out as a batter, we could decide, "The pitcher struck me out." Or, instead, "I didn't succeed in getting a hit." If we were to fail the exam, we could complain that, "The teacher flunked me." Or, own up to the fact that, "I was the one who failed to pass the test." When a relationship breaks down, we could separate ourselves from the cause by believing, "She couldn't appreciate who I was" or "He wasn't ready to commit." Or, we could realize that, "I wasn't happy with the relationship and didn't put forth what was needed to make it work." Experiencing an angry outburst from a workmate, we could decide, "He whacked me." Or, we could awaken to not having been mindful enough of our workmate's workload, stress, and emotional state and decide, "I'll practice being more attentive to where a person is before asking for something." In each of the previous examples, the former choice expresses our attempts to free ourselves from what we perceive as the external cause of our pain, while the latter response expresses our willingness to own that the cause of our experience in the situation was within our own choices - which, in turn, offers us more choices for our learning and progress. In the former responses, we imprison ourselves leaving us no where to go, whereas in the latter, we respond from our

freedom to move on and create new avenues for healing, change, and growth. Blame enslaves. Realizing truth forgives and restores our experience of our innate freedom.

This innate limitlessness, timelessness, and all-givingness of spirit that we might call “freedom” will be our inspiration as we continue the amazing development of our SHAPE Community. Over the next three-and-a-half months, as we make our preparations for our October SHAPE Mount Shasta Retreat - **Living Your Heaven Here on Earth: *The Baptism of the Holy Spirit and the Awakening of the Kundalini Shakti*** - Raphaelle and I have created a whole curriculum of teachings through a diverse series of upcoming events that would benefit you, both as individual classes as well as altogether as an on-going program of advanced training. Some of these scheduled events are open to everyone to attend whereas some are only for the SHAPE Community and those graduates of clairvoyant programs and AHA! who have not yet experienced SHAPE but wish to participate. Many of you have already come to realize that the seminars and teleseminars open to everyone - or even those that are targeted for “beginners” - are created and put into place to work with those that are specifically designed only for the advanced students. Although it is not necessary for those of you in SHAPE to attend all classes, know that each one dovetails into the progression of classes that we reserve for the SHAPE Community. So, even if you don't attend a particular class, be sure to check each one out and at least reflect on the purpose for which that teaching is placed there with respect to your advanced practice experience. Especially leading up to a major SHAPE retreat intensive, each class is designed in part to make it easier for you to have not only the training that will be offered in it, but also the initiation that comes as part of that retreat experience. I was particularly pleased to see those of you in SHAPE who have been participating in Raphaelle's 6-part teleclass for beginners going through some of your biggest growth periods! Always, the simpler you keep things, the more powerful the results. I'm very much looking forward to seeing many of you on the Big Island coming up in just about a week where we will explore many aspects of your clairvoyance and intuitive knowingness and incorporating them even more in living your extraordinary day-to-day life. Besides, the *nai'a* and the *honu* have literally been jumping out of the water welcoming us over!

To top July off, we'll go straight from Hawaii to Novato to give everyone a weekend they'll treasure for a long time. With the main theme for the seminar weekend being, **Learn to Love Yourself No Matter What**, who could afford not to? And, the weekend might not be quite about what anyone might imagine it to be!

We'll kick-off our August line-up with Raphaelle's free chat/workshop on James Van Praagh's Special Tuesday Chat Event, my open to all teleseminar on **What You Do When You Go to Sleep at Night? How to Get More Done While You Are Out of Your Body**, our SHAPE teleseminar, **Can You Hear Me Now?** (see separate write-up) on upgrading your clairaudient abilities and space, and my free JVP chat/workshop, **Tune-Up Your Clairaudience to Hear Your Spirit Guides Better** - August 9, 10, 11 & 16th! Then, we round out August with our first trip to Los Angeles since February with a whole new seminar weekend on clairvoyance, seeing the truth, and how to get yourself from where you are to living your miraculous life!

But, wait! We're just getting started. August 31<sup>st</sup> and September 1<sup>st</sup> Raphaëlle and I begin our 1-2 punch, double 3-part teleclass series on the incredible world of your spiritual path and your mediumship abilities. For those who are NOT in the SHAPE Community or not a qualified graduate of the clairvoyant program or AHA! we offer Raphaëlle's 3-part class on ***Guides, Angels, Healing Masters, and Masters of Wisdom*** - which alone would be an incredible learning and experience. But, for those of you who ARE part of the SHAPE Community or who do meet the training requirements, both Raphaëlle's and my 3-part teleclass series will work together to make it into a 6-part class on guides and other beings and working deeply with your trancemediumship space, energy, and abilities! Of course, you can choose to enroll in one, the other or both of the series. We will offer a special SHAPE discount for those who wish to register for both Raphaëlle's and my classes to make it a complete 6-part class by giving you all 6 classes for the price of 5 (you'll pay \$325 instead of the full price of \$390)! For those SHAPEsters who wish to register only for my 3-part class, you'll still get a discounted price of \$180 instead of the full \$195. So, ***Beings, Beings, and More Beings! You Are A Being - It's Time to Work on Your Trancemediumship*** - especially before the Retreat!

And, your trancemediumship definitely has much to do with your experience of freedom! For those of you who are in the SHAPE Community or who meet the prerequisites to participate in the SHAPE events, in my 3-Part TeleClass on Trancemediumship we will explore your relationship as a spiritual being to other spiritual beings! We'll also look at your relationship to your body and your process of incarnating and managing the energies and conditions that you encounter in the body as well as out. If you've been trying to "free" yourself from influences of other energies and beings rather than establishing for yourself your own space to be, we'll be definitely addressing that as well. We'll approach this class from the perspective of you, the soul bringing into your incarnation more of yourself. Bring enthusiasm, amusement, and your body!

I'll be writing a separate message for the SHAPE Retreat a little later!

May the light of Divinity smile upon you today and every day. May you meet that smile with your own and illuminate the whole world! With gratitude, love, and laughter,

Michael

Schedule for Raphaëlle's 3-Part Open to Everyone and Michael's 3-Part SHAPE TeleClass Series:

**\*\*\*Raphaëlle's 3-Part TeleSeminar Class**  
***Guides, Angels, Healing Masters - Part 1***  
August 31, Wednesday 6 – 8 PM PT

**\*\*\*SHAPE 3-Part TeleSeminar Class**  
September 1, Thursday 6 – 8 PM PT  
***Beings, Beings and More Beings!***  
***You Are A Being - Working on Trancemediumship - Part 1***

**\*\*\*Raphaelle's 3-Part TeleSeminar Class**  
***Guides, Angels, Healing Masters - Part 2***  
September 7, Wednesday 6 – 8 PM PT

**\*\*\*SHAPE 3-Part TeleSeminar Class**  
September 8, Thursday 6 – 8 PM PT  
**Beings, Beings and More Beings!**  
***You Are A Being - Working on Trancemediumship - Part 2***

**\*\*\*Raphaelle's 3-Part TeleSeminar Class**  
***Guides, Angels, Healing Masters - Part 3***  
September 14, Wednesday 6 – 8 PM PT

**\*\*\*SHAPE 3-Part TeleSeminar Class**  
September 15, Thursday 6 – 8 PM PT  
**Beings, Beings and More Beings!**  
***You Are A Being - Working on Trancemediumship - Part 3***