

BASIC MICHAEL INTRODUCTION

WHO IS "MICHAEL" and WHAT IS "THE MICHAEL TEACHING"?

Understanding who and what "Michael" is gets easier after understanding what "they" teach through their channels. For now, it is best to focus on what they say, rather than How or Who. The rest will fall into place as you go.

Some people refer to Michael in plural (as in "the Michaels") while others feel fine calling Michael "him" or "he" when referring to them. Most simply call them Michael, speaking grammatically about them in plural, since Michael is actually a *group* of souls, an "entity." According to Michael, we are each from our own unique spiritual family from among thousands of spiritual families, with each family consisting of about a thousand souls referred to as an "Entity" in this teaching. "Michael" is a particular spiritual family (Entity) who teaches from a different Plane of Existence through people who have agreed to act as a voice for them. They are conveniently called "Michael" since that was the actual name of the personality who was the last physical lifetime of one of the souls who make up that Entity.

Michael teaches a perception of reality that encourages the practice of Acceptance and Creativity through the power of Choice. Michael describes a map of the cosmos, our souls, and of our individual personalities, helping us understand where we fit in, how to improve our relationships internally and externally, so we can get on with enjoying our lives as was intended by our souls.

What has come to be called "The Michael Teachings" could be called by any name, but it is partially an accumulation of many teachings you will probably recognize from other spiritual pursuits. Most of the information will seem very new and some of it will be recognized as a conglomeration of other teachings. Either way, Michael has a way of teaching the information in an amazingly succinct way.

One vital thing to understand is that this Teaching has no requirements or demands on the Student. There are no judgments on your level of participation or commitment. This Teaching is purely to be seen as one perception of life and the universe, not as a conclusive religion or belief system. In your exploration of this Teaching, it will always be encouraged and supported that you validate what is true for you by using your own sensibilities, trust, and testing.

CHOICE

Michael's Teaching can be summed up in one, single quote:

"You are here to learn how to choose, and to choose how to learn."

There really is no better way of conveying this Teaching's bottom line than through that deceptively simple statement.

Michael teaches that we are making Choices on many levels at all times, as a Personality and as a Soul. Our Soul journeys through many, many lives, learning about itself, the universe, and everything by using and evolving that one basic tool: **CHOICE**.

They go further to say that there are no Bad choices, only experiences and the lessons gained from those experiences. NOTHING is wasted; not even the most boring or painful of lifetimes. We simply learn to make better Choices as we gain awareness and as we gain experience. While Michael doesn't use the terms "good" or "bad," they still acknowledge that we eventually learn to make the choices that bring us (and others) more freedom, acceptance, pleasure, and growth.

This philosophy of Choice frees you from destructive criticism against yourself and others while encouraging your potential to learn from your so-called "mistakes." Within this philosophy, even self-criticism and fear about your Choices is still not a "bad" choice, it's just one Choice of many available to you in any moment. It will always be up to you to decide when to choose more gently and lovingly.

And finally, Michael teaches that there is ALWAYS Choice available. Even the Choice not to Choose... is a Choice. No matter how difficult our lives may become, we always have the powerful tool of Choice as a means to make a difference.

So... from where do we come?

TAO

Some people are comfortable with the word "God", some are not. Some find the word "God" to be limiting, lacking the enormity of this wonderful source of life and beauty around us. Michael actually prefers not to use the word "God;" using the Eastern term "Tao," instead (pronounced DOW but with a hard "D", like TDOW; meaning: the way).

Michael has explained that we, (especially those of the European Culture, or Western Civilization) have turned the word "God" into something far from what is true on a universal level. To help us move away from the stereotypes and limited images of "God," Michael uses the term "Tao," which brings with it no preconceived limitations or personifications.

You may use whatever term you personally prefer. Michael, nor any Michael Students or Channels, have any rules about this in any way. Just remember that when Michael speaks of "Tao", they are referring to the general, unlimited energy that others may call "The Universe," or "Love," or "God," or "All-That-Is."

Regardless of the name, most people seem to have some form of recognition of a higher source of which we are all a part and in which we all reside. Michael's teachings supports the concept that this source does exist in some way.

Now... let's take a closer look at our Souls...

ESSENCE

Michael says that we are always connected to the "Tao;" always residing within that source, even if we tend to forget. It's actually natural for us to "forget," since each lifetime generates a new body with a new brain in which our soul must work to rebuild, or return to, conscious awareness. As we gain experience over many lifetimes, we tend to regain that awareness more quickly within a lifetime.

IN THE BEGINNING...

According to Michael, the Tao brilliantly exploded out "fragments" of itself as a means to explore itself and the universes it created. These "sparks" (or "souls") are imbued with the same freedom as the Tao, to do what they wish, explore what they wish, experience what they wish, interact as they wish, and generally experience everything possible! This freedom allows the Tao unlimited creativity and exploration as these souls run around being creative and experimental out on their own! With all of this creativity and curiosity, a soul can easily get into trouble, go through painful growth, sadness, loneliness, fears, etc., but those experiences are part of the same spectrum of experiences that includes joy, happiness, abundance, passion, love,...

Nothing is ever actually wasted or lost or bad from the soul's point of view. Because our souls know an absolute sense of safety in the universe, being in a lifetime is much like going to the Movies! While sitting in the theater, we can have a whole spectrum of emotions and experiences as we are pulled into the action and drama of a really good movie, but we ultimately know we are safe and can leave when it's over. Our souls experience the excitement of our lifetimes in a very similar way, except that as the soul gains experience, so does each Personality, and it becomes easier to create far more manageable and enjoyable lifetimes!

If you think of the very basic part of your soul as being a "spark" of the Tao, then think of those sparks as eventually choosing a kind of "Role" to play in the universe. This "spark" (or "soul") chooses one of 7 "Roles;" kind of like choosing what kind of car or vehicle to use to travel through the universe on its own. These Roles are not limiting in any way; in fact, over many lifetimes, the ability to BE that Role becomes more important, fun, and easy! It's kind of like learning how to drive faster, easier, and you begin to choose even more exciting terrains!

When your "spark" chooses its Role, another way of saying it is that your Soul chooses its "Essence."

As you read more about the Michael Teachings, you may find that the terms "Soul," "Essence," and "Role," are used interchangeably for convenience. You will rarely hear the word "spark," but it's included here so you can understand how the Role is chosen.

Your Role stays constant throughout all of your lives and beyond, but continues to improve its means of expression and its way of Being with the additional lifetime and experience.

Now we will briefly cover the 7 Roles that make up the Souls of this Universe.

This is a very simple introduction, so do not get too preoccupied with trying to determine your Role just yet, as it is a bit more complicated than the descriptions here. This is just a BASIC Introduction. It's very important to remember that the names used to identify the Roles are only used for convenience and they not to be taken literally. For instance, a Priest Essence can be a farmer or a plumber or a murderer; a Server Essence might be a preacher, housewife, or serial killer. The Role describes the PRIMARY WAY OF BEING for a soul, but that can show up in many ways.

Each Role will behave in ways that are terrible and frightening, as well as in ways that are beautiful and enlightening. Each Role has a Positive and Negative Pole, which helps describe the potential spectrum of behavior that a soul can exhibit, with the Negative Pole being more fearful and the Positive Pole being more loving. We will cover the Polarities, later.

Sometimes the Role is hard to detect because of several factors that may inhibit expression and behavior, such as parental influences, cultural expectations, gender roles, and environmental conditions, so be patient as you study.

There are 7 Basic "Ways of Being" (Roles) in the universe.

In thinking about a "spark" leaving the Tao and choosing a "Role," it might be helpful to think of it this way:

As a "spark" you are still swimming in the "white light" that is "home" (or Tao) and your soul is still very aware and connected to Tao. When your Spark chose a Role, it was a way of differentiating itself from the Source. Our souls never truly leave the Tao, but they "separate" themselves in a very creative way. Think of white light passing through a prism, separating that original light into 7 visible rays of color that made up that original white light. In the same way that ALL color is still a part of White Light, so are our souls forever a part of the spectrum of the Tao, or God, no matter how separated we may seem to be.

Here are the 7 Roles in Essence:

Servers & Priests:

These are the Inspiration Roles. The Server inspires us one on one, while the Priests inspire us on a mass scale. Servers see the world as their honored guests, while Priests see the world as a congregation or "flock".

Artisans and Sages:

These are the Expression Roles. The Artisan to create and bring new things to the planet, while the Sage entertains and makes us remember how to laugh. The Artisan is more one on one while the Sage likes their spotlight. The Artisan sees the world as a project, like a sculpture or canvas, while the Sage sees the world as their audience or playmates.

Warriors and Kings:

These are the Action Roles. The Warriors stand as our protectors and builders, getting us motivated and instilling loyalty, while the King leads us into action as a group. The Warrior sees the world as territory or challenges, while the King sees a kingdom.

The Scholar:

This is the only "Neutral" Role, meaning it is the centerpiece and mediator of all other Roles. The Scholar studies life and observes, sometimes in strange ways, but always submerged in something their soul finds important to study, ranging from addictions and fear to science and wisdom. This Essence studies so often that it is actually the life itself that becomes the study. This is the most versatile Role and can sometimes seem quite the chameleon. The Scholar sees the world as an object of interest or study.

Now let's learn more about the Energies that make these Essences so unique..

ENERGIES

There are many ways that an Essence is uniquely designed, but here are a couple of the Basic elements that contribute to that uniqueness:

FOCUSED/CREATIVE ENERGY RATIO [or male/female energy]:

This is a specific way your Essence designed itself to approach life in general and is measured by a RATIO (such as 75/25, or 34/66, etc). This ratio never changes across your lifetimes, but we eventually learn to find balance for our specific ratio, attracting people and events to help us with that task.

FOCUSED ENERGY [male] is very definite, linear, planning-oriented, direct, forceful, aggressive, action-oriented, tangible, protective... etc.

CREATIVE ENERGY [female] is very abstract, non-linear, spontaneous, omni-directional, inspiring, passive, emotional, intangible, nurturing... etc.

Those who have much higher male or female energy (above 60 either way) can tend to have strong tendencies in one direction over another. This means they will "naturally" be more Creative or Focused, regardless of other factors. As you study the Michael Teachings, you will learn about other characteristics of the Personality, and various factors that might dampen or enhance a person's Male/Female Energy expression.

Male/Female energy has nothing to do with the gender of the body or with sexual preferences. It is part of the dynamic of the Essence which has no gender or sexuality.

Male/Female Energy has nothing to do with mannerisms, jobs, social roles, etc. If a woman is working in construction, this does not mean she has higher male energy just because it is traditionally a "man's job". Likewise, if a man is a House Husband, this does not mean he has more female energy just because this is traditionally a "woman's job". Your Energy Ratio may influence your choices regarding the use and expression of your skills, but you are never restricted by that Ratio. Most people are more restricted by the stereotypical expectations of a society rather than their internal dynamics.

Although we have been focusing on the Male/Female Energy ratio of the Essence, the Physical Body DOES have its own properties. It could be said that a Physical Body without an Essence is %100 MALE or FEMALE in energy. When an Essence "moves into" a body, the dynamic of the body begins to change as a means to accommodate the Focused/Creative Ratio. This adjustment usually takes about the first 7 years of life. A Boy Child may be very aggressive, direct, demanding, etc., for the those first years until the more Creative energy begins to settle. A Girl Child may be very quiet, manipulative, spontaneous, explosive, until the more Focused energy begins to settle.

As your Essence begins its very first few lifetimes, it will usually approach life from the higher end of its energy ratio, choosing more "comfortable" bodies to match that ratio. This means that if your Essence has higher female energy, you may start out a long stretch of lifetimes literally as

female. As your Essence grows in experience, it will tend to choose experiences, relationships, and genders to help generate balance. For instance, after many, many lifetimes, a "higher male energy" person may actually create its life with an emphasis on the Creative since he or she is working on balance.

Those with ratios of around 50/50 tend to be more flexible and balanced in their approach to life, and do not necessarily have challenges with this design. This does not mean they are better or worse, simply that they chose other areas for which to be challenged.

NOTE: When intimate contact is experienced sexually, people usually have more profound or satisfying sex/intimacy with those of proportionally-reversed Energy Ratios. For instance, a 35male/65female would "fit" more physically with a 65male/35female ratio. This isn't a "rule", but is a definite ingredient contributing to the experience of sexual intimacy, regardless of gender or sexual preference.

FREQUENCY:

"Frequency" is the exact point on a spectrum of energy that defines Human Sentience.

Here is a highly simplistic way of understanding why Michael describes our Essence as having a "Frequency":

In the same way that a radio receives a specific "station" because of a specific point within the Frequency of Radio Waves, so there is a specific "station" to which a Human is tuned within the Frequency of Human Sentience.

"Higher" or "Lower" Frequency is not literal and has nothing to do with being better or worse. Your Frequency is how your Essence relates to and processes in relation to all other Humans. Your Frequency affects how you experience the energy of physical and non-physical environments; from the way you experience a city or a room, to how you experience the demands of a relationship. Frequency helps you understand more about how your Essence "digests" your life experiences. When you know your Frequency, this gives you a better picture as to how your Essence tends to take in life, how it tends to relate to your journey through experiences.

An Essence with a HIGH Frequency (65+) tends to take in life at a faster pace, processing events swiftly. The benefit of this is that these Souls can move through experiences, gather what they want, and move on. The challenge is that the Personality can tend to skim through an event, missing all the important parts, then continue to repeat that experience over and over in different forms until the important parts are finally digested. Those with a High Frequency can literally store unprocessed events and experiences as a kind of vibrational pattern within the cells of the Body or Emotions. Then, when the occasion arises or they get stressed, they can then "recreate" the same situations through their reactions and interpretations, pulling in new players and settings, until they finally finish with that particular process of growth. Only the individual person can determine when he or she is "done" with a pattern. These recurring experiences, reactions, and interpretations are not imposed on them.

An Essence with a LOW Frequency (35-) tends to take in life very slowly and tediously, processing it with great attention to detail. The benefit of this is that they can indulge completely in an experience, wringing it for all it's worth, never needing to go repeat it again. The challenge can be when the person resists an experience he or she has begun. This person will find it excruciatingly difficult to leave a situation, while at the same time resisting all growth within it. Since this Frequency is more "solid", the resisted events and experiences begin to settle into the body as literal ailments, illnesses, accidents, or emotional apathy. If an experience is resisted to the point where it becomes Physical, then Essence will begin processing the basic energy of the denied event by dealing with its physical elements. While this is not a "bad" way to process experiences, it is not any fun for the Personality.

MORE ON FREQUENCY:

Not only do we tend to interpret our experiences of events with the Frequency, we also relate to and interpret other Essences and Personalities with our Frequency.

You will tend to feel more comfortable with people within about 20 points of your own Frequency point. For instance, if you have a Frequency of 62, you will relate to, communicate with, and find general resonance with those who have a Frequency up to 82 and as low as 42. Being with someone outside of that range can tend to find its challenges. This 20 point range isn't as limiting as it may seem, considering that another Essence can also move within his or her own 20 point range. He or she would raise or lower the Frequency to work with yours.

An example: let's say one person has a Frequency of 35 and another has a Frequency of 70. The person with the Frequency of 35 would tend to "tune" to a higher Frequency, stretching as far as 55, while the other person would lower his Frequency as low as 50. This gives the two people about 5 points of common Frequency with which to relate. These two people may tend to have trouble maintaining constant contact or sustained intimacy, but the "stretching" of your Frequency can lead to some very exciting experiences!

What if a person's Frequency is 19 and can only go as high as 39, while another person's Frequency is 72, only able to go as low as 52? This leaves a "gap" of about 13 points! Anytime there is a "gap", there is usually a need for a bridging factor of some sort, such as a third person with a Frequency that accommodates both, acting as a conduit or mediator. These gaps in Frequency are what helps bring more people together! It should be noted that an event or situation can also act as a common point between two distant Frequency points, such as a spiritual pursuit, games, common goals, etc.

An interesting note: In a room full of people the Frequencies of all people will gravitate toward the most common denominator. If the common denominator Frequency is a stretch, that person will most likely feel as proportionally uncomfortable. During adolescence, particularly in a school setting, we tend to go through a "locking" of our Frequency. It is at this age we are most inflexible and tend to remain within only a few points of our own Frequency point. This leads to "cliques" and can contribute to strong divisions among groups in school.

IN CONCLUSION:

M/F Energy and Frequency are two ingredients of our Essence that make it unique in its strengths and challenges. We choose these factors as Souls and these factors have much to do with what our Essence generally sought to experience throughout our Grand Cycle of lives.

Now, let's take a look at how a Soul matures through its experiences...

SOUL AGES

"Soul Age" describes one of the most immediately practical and useful aspects of Michael's body of information. The Soul Ages describe the very basic stages every soul will go through in the process of its evolution. Your Soul Age helps describe where you are in that process. Soul Ages can also help describe the average perspective of groups of people, communities, countries, etc. Understanding the Age of an Essence, or a group of Essences, can greatly increase your ability to be accepting, adaptable, compassionate, and constructive.

Ironically, this part of the Teaching can also tend to be the most susceptible to abuse, misuse, and complete distortion among Students. Remember that the Soul Ages are not hierarchical and that one Soul Age is not better or worse than another.

Before an Essence commits to a cycle of lives as a Human, it will go through a long process of energetically exploring the Earth and all of its kingdoms of life forms, along with all the other souls who are considering becoming Human. Some souls decide to move on to other planetary systems and some souls never even choose to incarnate. Since you are reading this, your Essence decided long, long ago that this planet and all it has to offer was just the right place for your adventures!

The Essence enters its first lifetime!

What happens next is an incredible journey of dedication, intensity, and adventure in the school of Earth and playground of life! Each lifetime gains more knowledge for the Essence and the use of that knowledge is continually improved upon when planning the next lifetimes. As the knowledge and experience grows, so does the maturity of the soul, and that maturity is described as a Soul Age. The progress through the Soul Ages is Essence-determined and no other Essence, or God, or Tao, or institution, or ANYTHING monitors your speed or level of growth. Your Essence is the only one who can determine when to move on, and how long to experience a Soul Age!

There are 7 Soul Ages to the experiences of living life as a Human being. We will only cover 5 here as they are the most relevant to you in the beginning. There are 2 additional, extraordinary Soul Ages that are experienced after the completion of all of your lifetimes as an individual soul, but we will not cover these in the Basic Teachings.

Each Soul Age can take as many lifetimes as the soul wants or needs to take, but there is an average of 49 lives per Soul Age.

Infant, Baby, Young, Mature, and Old

INFANT

Infant Souls are those that are new to being in bodies and new to the planet. They are usually superstitious and fearful, choosing lifetimes set away from the chaos of modern life, or at least living separately from it, even if in the midst of it.

The basic lessons of the Infant Soul are Survival. The lifetimes tend to be centered mostly on learning how to feed, clothe, and keep the

body alive.

Since the forests and other isolated areas of the world are all but gone, Infant Souls have less places to choose for being born and being "left alone"; therefore they appear to be choosing to be born in more "concrete jungles" over the past 50 years or so. Infant Souls contribute to the rise in the homeless population in metropolitan areas as these souls are learning lessons of survival in the "new jungles". Infants can be as accomplished as anyone else, but there is an edge of instability and even insanity in their eyes. Most modern Infant Souls get into very big trouble, mostly through murders and breaking the civil, unspoken "rules" of a society.

There are very few Infant Souls coming to this planet anymore since there are very few places left to incarnate without older soul ages interfering. The Infant Souls who are already committed to a cycle of lifetimes will tend to find it difficult to keep older soul ages from either exploiting them, or being compelled to rescue the Infant from its survival struggles.

The Infant Soul Motto might be, "There is ME, and everything is just scary and threatening!" As the Infant begins to learn how to survive, it begins to seek experiences in groups, which leads them to the Baby Soul Age.

BABY

Baby Souls have fairly mastered the experiences of basic Survival and now seek experiences focused on how to behave in groups. Baby Souls gain experiences through supporting an authority, being civil, enforcing order, being clean, law-abiding, structured, etc.

The development of most Religions are rooted in Baby Soul values and ideals. What better way to focus a large group of people into order and to encourage respect but through the mythologies of a vague, scary, parental God who can get angry and punish you if you misbehave? There are many forms of religion, of course, but one can see why Baby Souls would be drawn to this context. There is a security in the churches and the rules and laws are handed out by an unquestioned authority.

Baby Souls will rarely question, they simply have the decisions handed to them from a trusted authority, which they will defend blindly. They do not ponder their individuality, except in terms of how

they fit into the contexts handed down from an authority.

All things based on order, structure and justice are Baby Soul concepts, like the library systems, judicial systems, and police forces.

Baby's see the world only in terms of "ME, and NOT ME". This means if you are "NOT ME", you are wrong, bad, and possibly "going to hell". They see everything in terms of black and white, good and bad. Baby Soul seeks such order, it only makes sense to them that you behave within their own terms. Their world is strikingly "black and white", but as the soul grows through the Baby stage, it begins to gain an individual identity, which leads to the Young Soul Age.

YOUNG

Young Souls have learned all they can from being civil and listening to authority. This Age is like the adolescence of Soul Ages.

The Young Soul seeks recognition, fame, excitement, stimulation, material rewards, and they are highly competitive. This is where the soul begins to indulge in the physical plane and really get into some trouble and adventures!

This Soul Age tends to be the least spiritual, though they will use religious or spiritual groups for networking or to help maintain a position of authority over other people. It can be very difficult for a Young Soul to be spiritually conscious since the focus is so strongly on being as physical as possible.

Young Souls are gaining experiences about individuality, self-expression, competition, self-sufficiency, strength, abundance, endurance, and prestige.

They see the world in terms of "there is you and me and I am going to win."

When an Essence has indulged in the physical plane, experienced all its riches, there will come a point of realization that "there is more to life than this", and that is the step toward the Mature Soul Age.

MATURE

Mature Souls have learned all they could from having everything they have ever wanted; they've been rich, been recognized, and extracted whatever they thought was important to obtain from the physical plane. Once they have all of that experience, the soul and personality figuratively look around and say, "now what?" It starts to seek experiences focused on emotional connections and spiritual intimacy, wholehearted trust.

The Mature Soul finally confronts the internal sense of separation gained during the Young Soul Age and begins to reach out to others in pain. Most Mature Souls find intimacy through the sharing of intensity and emotions, seeking others who can identify with such personal, inner struggle.

Mature Souls are the most intense and dramatic about life, which helps encourage the questions of "who am I?" and "Why am I here?" They begin to turn away from organized religion, preferring a more personal spirituality.

They begin to recognize the sources of pain and oppression in society and seek to alleviate those influences in any way; therefore the Mature Soul actively supports some form of "Rights", such as Gay Rights, Animal Rights, fights against Apartheid and Child Abuse, etc.

They crave closeness and meaning in their life. This Age is where the soul begins to want to contribute and "count" for something.

The Mature Soul sees the world as "there is you and me and I know how you feel."

Many of the Students of the Michael Teaching who are drawn to this teaching are somewhere in their Mature Soul cycle.

When the Mature Soul has begun to soften its boundaries, has forged some profoundly intimate relationships, and has built a sense of inner security and peace, that soul then begins to feel a gentle, but haunting, pull to find what feels like "home", and they know it isn't "here".

OLD

Old Souls now have gained the experiences to help them discover where they fit in, who they love, and they have answered some important questions about why they exist and "who" they are. They

now begin to question everything on a larger scale."Where do we all fit into the scheme of things?" "How does reality work?" "What is Love?" "How do I get Home?"

The Old Soul feels a strange sense of being "tired", and knows that one the last, profound experiences will be in finally, utterly, accepting and loving this world, the people in it, and everything about it; the experience of truly unconditional Love. More difficult than discovering a Love for the world, is the final, most difficult experience of all,... the Love of You. That experience can be most terrifying, because Old Souls have glimpsed the magnitude of the vastness of the Universe across all of their lifetimes and they realize their tiny place in it.

The Old Soul begins to sense a need to understand what I like to call "home"; a vague place that is obviously "not here", but truly a place of oneness with the universe and life. They begin feeling a deep recognition of other people that is not limited by the current lifetime. Old Souls can see the entirety of a person, "remembering" other people from other lifetimes.

A challenge for the Old Soul is to now draw wisdom from their souls, using the knowledge gained across all of their own lifetimes, and understand how to live and communicate with all other Soul Ages. They begin seeing past the veil that separates the Physical from the Non-Physical, which draws the Old Soul to mystical and profound spiritual experiences. Eventually, the Old Soul learns to experience life with a uniquely balanced sense of awe and familiarity, as it experiences its last lifetimes and seeks reunion with their spiritual family.

A SPECIAL NOTE on Older Souls and "status": Some people may think that those who are claiming to be "Old Souls" are delusional, misinformed, and/or saying they are Old Souls just for attention or status. This is ironic because the people who are overly concerned with this subject are unwittingly revealing that they are the ones who actually interpret Soul Age as a status symbol.

A truly Old Soul is not going to be preoccupied with status and labels. It has been said that if an Old Soul were told he is a Young Soul, he would ponder the possibility, but if a Young Soul is told he is a Young Soul, his defenses go up because there are obviously "better", "more advanced" Soul Ages.

Soul Age is meaningless as a status symbol to those who study this Teaching as a means to gain understanding of themselves and others. If someone really is claiming to be "old" as a way to seem better than someone else, you probably won't see them around this Teaching very long, anyway. Using Soul Age as a status symbol would only make sense if all of the students saw that term as indicating one soul age being better than another soul age, but the foundation of the Michael Teachings makes it extremely difficult to maintain that kind of superficial comparison.

Another important consideration: Some students have a stereotypical interpretation of how an Old

Soul "should" behave or not behave, describing how an Old Soul should feel or express himself, etc. The point that these people are missing is that the reality of being an Older Soul is that you have all other Soul Ages under your belt of experiences! This means you do have more flexibility in choosing how to behave, how to express yourself, what tools to draw from, etc. There will be times when an Old Soul appears to be a Young Soul, simply because he can or needs to use that aspect of himself. In the same way that a physically-aged Adult of 40+ years old can get rejuvenated and healed by playing like a child (or with a child) in that child's games, so can Old Soul play the Young Soul games, if necessary.

Being an Old Soul doesn't mean you avoid material security, living hand to mouth, resisting technological advances, and sit around philosophizing while waiting to die. In fact, since the Old Soul has all of those lives under the belt, it draws strength and wisdom from ALL levels and seeks to LIVE more fully! That means that an Old Soul may just WANT to play out a Mature Soul drama, or have a business that succeeds like a Young Soul, or draw from the Baby Soul experiences as a means to have order and respect within a household and family, and sometimes the Old Soul just might get silly and free with the Infant Self through dancing and drinking!

The whole POINT of getting to a place where you are an Old Soul is that you have gained the perspective of each previous Soul Age and can use those perspectives as you wish!

Musical Chairs

I'd like to share an analogy that helps you to keep in perspective that the Soul Ages are NOT better or worse.

Imagine you walk into a room with a stage in the center and 5 chairs all set up in a large circle, all facing the stage, and there is a lot of activity on the Stage for you to watch!

The first chair in the circle can be likened to the Infant Soul Age. It's the first time in the room, it's the first time you are seeing the stage, so you sit and stare and fidget and observe and get as comfortable as you can. You watch the Play, but you also look around the room and shift in your own chair, nervous, but getting adjusted, and not really knowing what is going on. At some point, you begin to understand that the key is in sitting still, watching the play, and gaining some insight that way. You then move to the next chair.

Now you are in a new position in the same room with the same stage with same play. BUT, not only has your perspective changed, but now that you understand where to focus, this makes the play even more interesting!

Someone else has now seated themselves in the chair you previously occupied.

You do remember what the room and stage looked like from that previous chair, and what players you could see better, and what activity on which you got a better angle, but now you have a new perspective from your second chair! You can see things in the room you didn't notice before, you now see different props, etc., while the person in the first chair (your previous chair) is observing from the angle you originally had. From your position you now have the memory of the previous chair PLUS the experience of this newly-seated perspective. The first person is not better or worse, only in that he/she is seeing the room, the stage, and the play, from a different chair!

You now move to the third chair, the fourth chair, etc., all the while learning to see the room and stage and play from a new perspective while also retaining the perspective of the previous chairs occupied.

It is important to note that all Soul Ages you have experienced (all of the chair perspectives that have come to pass) are now within your grasp to remember and draw from! It wouldn't be very appropriate to turn to the first chair while sitting in the third chair and scowl or judge them because they cannot see from your point in the circle. You, yourself, sat in that chair at one time, and though you gained what you gained from that chair, a new person may even notice things you completely missed, so there can always be something to learn from those sitting in positions you previously occupied.

ALL Soul Ages can be recognized for what they are: a different point on the same circle.

Your point in the circle has as its capacity for understanding and showing compassion for the previous Soul Ages. For instance, a Baby Soul and an Old Soul in an argument will mean that the Old Soul may have to draw from his/her Baby Soul skills to help the situation along. The Baby Soul has not had the experiences of seeing the "room" from the same place as you, but you can remember what the room might be like for the Baby. This does not make the Older soul better than the Baby Soul, any more than an Adult is better than a Child, but one simply has the ability to be more responsible and adaptable, if he chooses.

THE WORLD NOW

If you look at the world in terms of the average Soul Age, you will see a much more interesting and compassionate picture than if you simply look at the world as a place of chaos, war, struggle, and division. Some populations will have a higher percentage of one Soul Age, which will give a culture or society a different environment and approach to life than another population. There are Young Soul societies, such as the United States, and there are Old Soul societies, as we can find in Holland. Within a Country, you will, of course, find "pockets" or communities of Soul Ages drawn together.

The world is now officially and technically predominated by Mature Souls. This can be seen in the breaking down of boundaries and connecting of people all over the world with telephones, televisions, traveling faster, and even with the Internet. It can be seen in the Berlin Wall coming down, the environment being seen to be Global, not just local, it can be seen in the Human Rights Movements, Gay Rights, Animal Rights, Women's Rights, etc.

Though the world is officially "Mature", the United States is just coming out of a long Young Soul phase and is slowly introducing the effects of a more Mature Soul mentality. There are still Young Souls in power making decisions that affect us, and even though it will take a while for Mature souls to find power and leadership appealing, they are making their way into these positions slowly.

Considering that we go through all of these lifetimes, learning and growing and stumbling and searching,... do we have any special bonds with some souls across lifetimes?

CONNECTIONS

Throughout all of the lifetimes, heartaches, pleasures, fears, and pains, you are never actually alone. There are groups of souls connected to you on very intimate and deep levels. Your Essence develops varying levels of depth with other Essences as you would as a Personality within a lifetime.

Though the dynamics of how Essences are all organized and connected can get very detailed and mathematical, we will stick with just a few introductory terms here.

The first terms that will become familiar to you are CADRE and ENTITY.

ENTITY: a family of approximately 1000 Essences who share a theme of consciousness. Think of an Entity as a bus load of souls who come with you to Earth, and everyone on that bus is your Entity Mate.

CADRE (pronounced either KAH-druh or KAD-dree): a group of 7 Entities (or 7 "bus loads"). Entities are organized into groups of 7 acting as "extended family", so to speak. Your Entity, along with these 6 other Entities, make for a large family of souls sharing a very intimate and specific group consciousness. Everyone in a specific Cadre is called your "Cadre Mate".

Why are souls organized into these groups? Because groups of souls are interested in certain themes and adventures, and before you ever start your journey from Tao, you find other souls of similar interests. Many of these souls are souls you have "known" a long, long time and some are totally "new" to you, but the common thread will be in your specific themes of interest. An Entity will share a more specific theme among all of its members, while a Cadre will have each Entity exploring aspects of an even larger theme. More importantly, the reason you choose these "families of consciousness" before you begin your journey is so that no matter where you incarnate in a lifetime, you will always be able to find at least one or two familiar souls with which you can find comfort and growth.

There is a larger structure that contains the Cadre and Entity and that is called your ENERGY RING. This is the largest group you should be concerned with at this time. An Energy Ring is a Group of 12 Cadres.

Here is how it all connects:

1 Energy Ring = 12 Cadres

1 Cadre = 7 Entities

1 Entity = approximately 1000 Essences

Of course, there are millions and millions of people in the world, so there are also thousands and thousands and thousands of Energy Rings, Cadres, and Entities. You will interact with all kinds of souls and people from all kinds of Cadres and Entities, but most of your important and moving experiences are shared with Entity members and Cadre Members. In addition, you have your own larger Energy Ring to work with! This gives you at least a total of about 84,000 Essences (12 Cadres, 12 X 7000 Essences) to work with over all of your lifetimes and that's if you chose to only work within your own Energy Ring!

The Intimate Connections

There are a few Essences that you work with on world projects and some you work with on specific internal growth. To help with these intense and amazing experiences across so many lifetimes, it takes commitment and dedication from another Essence.

There are at least two primary Essence relationships that stand out. Any relationship can be profound and intense, but these are the technical terms for those Essences who have chosen to get to know you "inside and out" and to always seek to push you beyond your limitations.

They are your ESSENCE TWIN and TASK COMPANIONS.

The **ESSENCE TWIN** is the one Essence guaranteed to be committed to going through EVERYTHING with you, including all the worst and best experiences. This is not the romantic "soul mate" that the "New Age" and romance novels like to promote; instead this Essence relationship can be described simply as "intense". This is because this relationship does not allow for either individual to "hide" from himself, or to avoid the internal issues that block growth. The relationship with your Essence Twin (ET) can be intensely loving or intensely hateful, but there is rarely neutrality between yourself and that Essence, particularly within a physical lifetime where your Personalities are "between you". You each reflect in each other everything you love and hate about yourself. This "mirroring" ignites growth and encourages a self-awareness because you are so profoundly confronted with yourself, your fears, and your desires.

Most Essences spend about 60% to 70% of their lives incarnated with their Essence Twin in some way. Otherwise, if only one of you is incarnated, the other might act as a Spirit Guide.

Essence Twins are NEVER from the same Entity.

The 7th Entity of a Cadre will usually find its Essence Twins in the 7th Entity of another Cadre within their Energy Ring.

Essence Twins are the links that reunite a Cadre, and the 7th Entities are what reunite the Energy Ring (12 Cadres).

Around 5% of all Essences choose NOT to even have an Essence Twin! See Surrogates and Traveling Companions, below for how this is accommodated.

TASK COMPANIONS are Essences committed to working on external, worldly projects and experiences with you. Your Essence always starts your incarnational cycle with at least one Task Companion, but you also acquire as many as five as you continue to incarnate. You acquire more Task Companions because you "meet" and learn that there are others who are excellent work partners for you, too.

Task Companions are always from the same Entity. This is because Task Companions are those Fragments we work with as a means to accomplish things in the external world, to manifest ourselves in some specific way on the Physical Plane. If two Fragments share the exact same Casting, and therefore approaching life from a very similar angle, there would be no balance to the approach of accomplishment. Because your Casting Position affects how you live your daily life, it is vitally linked to how you also manifest your accomplishments when working with a Task Companion. Task Companions will always be one Ordinal and one Cardinal in Casting. Having the different Casting is a complementary union, to help cover both the focused aspects of life and the broader aspects of life.

The relationships between Task Companions are what reunite an Entity.

TRAVELING COMPANIONS

Traveling Companions are those Essences who reside in the EXACT same position as your own position within their own Entity! In other words, if you are the 127th Essence within your Entity, then all of the fragments who are in the 127th position within the other 6 Entities are your Traveling Companions. One of those 6 Essences is actually your Essence Twin, and the deep bond among all of you is very similar to the Essence Twin bond. In fact, it can be hard to differentiate an Essence Twin from the Traveling Companion who is your Essence Twin. Those fragments without an Essence Twin will still have the Traveling Companions, which are quite similar in effect within the lifetime.

CADENCE MATES

And finally, although there are many many connections that Michael will explain, another good one to know is what are called your Cadence Mates. These are the other 6 Essences that are directly, intimately linked to you WITHIN your entity. This is the smallest named grouping within the Michael Teachings. A Cadence of Essences is ALL the same Role. If you think of an Entity as a Bus, then these are the other 6 Essences that are sitting in the same row as you!

Though you will find many more terms and details about these terms as you study the Teachings, these are good ones with which to start. Be careful not to think that the love of your life is your Essence Twin or that your business partner is your Task Companion. It's not that simple, unfortunately, at least not at first. All kinds of strong relationships get created over time and your Essence Twin and Task Companions are just a few of many.

Now, let's look at how each of our Personalities are designed...

PERSONALITY

In the same way the "spark" takes on an Essence Role for its cycle of lives while adventuring from the Tao, the Essence takes on a PERSONALITY each lifetime when it incarnates! This helps create even more diversity and flexibility for the soul.

The PERSONALITY is the vehicle for the Essence to experience life, like a space suit. It is the extension of the Essence, allowing the soul to experience the Physical Plane and all of its emotions, sensations, thrills and chills. There are a number of ways to set up your "space suit" and as the Essence experiences more and more lives, it gets better and better at creating its life and Personality.

The different factors used in designing a Personality are referred to as **OVERLEAVES**.

The Overleaves used in creating a Personality are:

GOAL: The primary motivator within the lifetime

MODE: The primary way of approaching the Goal

ATTITUDE: The primary way of viewing the life

BODY TYPE: The basic genetic and planetary influences that make up your actual body

These Overleaves listed above are chosen before birth by the Essence.

AFTER being born, by the age of three, another Overleaf is settled on called **CENTERING:** your habitual way of taking in and reacting to the world and experiences.

In your adolescence within the lifetime you then add one more element that makes life all the more interesting and challenging; your basic fear, called the **CHIEF NEGATIVE FEATURE**. It is your stumbling block and primary challenge to all things within the life.

Those are the basic Personality traits with which to be concerned for now.

As with the Essence Roles, there are 7 Goals, Modes, Attitudes, etc. to choose from and combine for the lifetime. Again, as with the Roles, do not get too caught up being literal. Michael chooses the terms carefully. In studying the Michael Teachings, you will begin learning that we have tended to put negative connotations to perfectly neutral words. You will see that some words you used to think were "bad" now become empowering and make perfect sense.

The 7 Goals are:

Re-evaluation: the lifetime revolves around slowing down experience as much as possible, so as to assimilate past life influences.

Growth: the lifetime revolves around gaining as much experience as possible, so as to use in future lives.

Discrimination: the lifetime revolves around learning how to make

better choices and decisions for yourself.

Acceptance: the lifetime revolves around learning how to accept all choices and decisions, even the choices of others.

Submission: the lifetime revolves around learning where and how you are most needed and effective.

Dominance: the lifetime revolves around learning how direct and lead those who are most needed and effective.

Flow: the lifetime is learning how to relax, enjoy life, and let it unfold, trusting in Essence.

The 7 Modes are:

Reserve: reaching your Goal by refining your emotions

Passion: reaching your Goal by freeing your emotions

Caution: reaching your Goal by refining your thoughts

Power: reaching your Goal by freeing your thoughts

Perseverance: reaching your Goal by refining your actions

Aggression: reaching your Goal by freeing your actions

Observation: reaching your Goal by observing and using the Mode most appropriate for the occasion.

The 7 Attitudes are:

Stoic: sees life as if they have seen it all before

Spiritualist: sees life as if they have never seen it before

Skeptic: sees life like it can always be disproved

Idealist: sees life like it can always be improved

Cynic: sees life as opposite to what appears to be

Realist: sees life as it appears

Pragmatist: sees life practically and through the Attitude most appropriate for the occasion.

The 7 Body Types are:

Lunar: rounded, pale, emotional; good for lifetimes dealing with one on one Inspirational contact (relates to Server)

Saturnian: tall, durable, lean; good for lifetimes dealing with Inspirational issues for groups (relates to Priest)

Mercurial: witty, quick, wiry; good for lifetimes dealing with expression one on one (relates to Artisan)

Jovial: round, fleshy, large; good for lifetimes dealing with being in a central position of expression for others (relates to Sage)

Martial: fiery, reactive, high-energy; good for lifetimes dealing with actions affecting people one on one (relates to Warrior)

Venusian: soft, sensual, warm, charismatic; good for lifetimes dealing with being open, approachable, and accessible to larger groups (relates to King)

Solar: bright, spirited, small and frail; good for lifetimes needing to be in the center of everything. (relates to Scholar)

*a note on Body Types: There are no "pure" Body Types. There is usually a combination of two to three influences. In addition there are three "eccentric" Body Types that a person can have for some of their more extraordinary lives. They are Plutonian, Neptunian, and Uranian. They are rare and specific so we won't go into those here.

There are 7 Centers and you may recognize them as relative to the Chakras if you are familiar with Chakras. As you study the Michael Teachings, you will find that while there are similarities, there are also very different ways in which "Center" is used as opposed to "chakra".

Though there are 7 Centers, a human body usually only uses one Center habitually.

There are "higher" and "lower" Centers but they are not better or worse; the "higher" and "lower" only refer to the level they are sourced from and affect. The "lower" Centers are more of the Physical Plane and affects the body, while the "higher" Centers are more spiritual and affect our connections beyond the Physical. Since so much energy is involved in the sustaining of experience in the "higher" Centers, it is extremely rare to be Centered in a "higher" Center, but instead they are Centers accessed for specific purposes. The "higher" Centers are accessed through either practice, meditation, randomly, or through intense trauma.


The 7 Centers are:

Instinctive: this center travels with you from life to life like a floppy disc. It stores all of your experiences ever gathered and all of your areas of growth still needed and all the areas you have come to peace with. It isn't very intelligent, but is more a storehouse and protective device. It is where all of your past lives are remembered and even this lifetime's history. It is very automatic.


Higher Moving Center: this is the Center relating to a pure connection and recognition of ENERGY. It is pure creativity and recognition of beauty as it is. It is experienced when you feel awe in seeing a landscape or piece of art, for example, or when you feel completely connected to everything around you, seeing its perfection as it is. This is the most accessed of the "higher" Centers and sex can sometimes trigger it.

Moving Center: this is the Center that governs our body movements and actions. Those who are Moving Centered are action-oriented and take in life through their bodies.


Emotional Center: this is the Center that governs our sense of connection to others emotionally and within ourselves. Those who are Emotionally Centered take in life through their feelings.



Intellectual Center: this Center governs our beliefs and thoughts and communication. Those Intellectually Centered take in life through analysis and reasoning.



Higher Emotional Center: this Center is your pure sense of LOVE, total, complete unconditional Love, or as Michael calls it, "agape" (pronounced a-GOP-ee). It is felt when you completely allow yourself or another to behave, think, be, in any way that comes but without fear or judgment.



Higher Intellectual Center: this is the Center where absolute TRUTH is experienced, where whole complete insights and "knowing" resides.

Although these descriptions are far from complete, they are good starting points and you will be most concerned with only the Moving, Emotional, and Intellectual Centers at first.

PARTS & TRAPS:

Knowing yours or someone else's Centering is truly helpful in understanding how a person takes in life, but there's more: the PART of the Center.

Within each Center resides actually ALL other Centers, kind of like a pie. So the Intellectual Center, for instance, will have an Emotional Part, an Instinctive Part, a Higher Emotional Part, etc., even an Intellectual Part (pure Intellect then).

These **PARTS** are how the person puts their experience back out into the world after taking it in!

They are also called **TRAPS** because a person can get so caught up in using only that PART that they forget to balance themselves with other parts. For instance, a person might be Intellectually Centered/Emotional Part. This means they take in life through what makes sense to them: observation and analysis; but then brings it back out into the world through Emotions, meaning they might get very emotional over their thoughts, but have no way of getting it out. The Emotional Center has no "voice", so the intellectual center can get caught in a Trap, thinking, analyzing and reasoning, leading them back to emotions that then go back through reasoning, giving rise to more emotions, etc. Eventually something has to give. What will then happen is that person might act out with their Moving Center. They might get angry and lash out, or they might actually cry, taking an action that helps get out of the the Emotional Trap.

Most people have their Centering and Parts in the "lower" Centers, such as Emotional Center/Moving Part.

Remember that many solutions are found in bringing in the neglected Center of the main three (Moving, Intellectual, Emotional). If you are Emotionally Centered, Moving Part, you will have to bring in the Intellect in order to balance yourself. Meaning that you need to add THOUGHTS and COMMUNICATION to your ACTIONS as you react to FEELINGS.

To help you understand each PART/Trap, I will share the ways I understand them:

INTELLECTUAL PART: This person will have lessons around how to take the input from their basic Centering and express that back out into the world appropriately. They may be excellent at communicating, but they will still have a spectrum of lessons and challenges in this area.

EMOTIONAL PART: This person will have lessons around how to take the input from their basic Centering and how to process the feelings that arise from it. They may have deep emotions, but have little way of actually showing it. This is their challenge then in many cases.

MOVING PART: This person will have lessons around how to take input from their basic Centering and how to actually behave as a reaction. They have a lot of energy, but they are learning how to direct that appropriately back out of their bodies.

There are 7 Chief Negative Features (or fears) that you choose from in your teens. You usually choose two. One is your PRIMARY CF and the other is your Secondary. The Primary affects and challenges your attaining your GOAL, therefore affecting more of your personal experiences, and the Secondary affects and challenges your MODE, therefore affecting more of your relationships and intimacy issues.

The 7 Chief Feature's are:

Self-Deprecation: fear of Inadequacy; your not being able to live up to yours or someone else's standards, leaving you weak, insecure, and incompetent. Fear of NOT BEING ENOUGH.

Arrogance: fear of Vulnerability; wanting others to live up to your standards, or fearing your standards not counting, leaving you vulnerable, judgmental, isolated, and alone as you are seen as not needing others. Fear of BEING TOO MUCH.

Self-Destruction: fear of worthlessness; feeling that you have no

worth or value unless dead or dying for someone/something else, leaving you with ongoing sacrifices for others with no gain for anyone, even extending into getting a terminal disease. Fear of GETTING TOO MUCH.

Greed: fear of scarcity; feeling that you won't get all that is out there of worth to you personally; leaving you fixated on one or two things that you cannot satisfy as a way to maintain your sense of self. This can be food, affection, sex, money, even vague things like not enough "love". Fear of NOT GETTING ENOUGH.

Martyrdom: Fear of Losing Control; a strong need for being in control of everything in their space even though that is impossible. This leaves the person feeling victimized, burdened, and complaining. Fear of LOSING CONTROL OF SPACE.

Impatience: Fear of missing out; this person is always fighting the clock, trying to control before being controlled, leaving them intolerant and agitated. Fear of LOSING CONTROL OF TIME.

Stubbornness: fear of Change; this person cannot and will not deal with anything new and against their already-set opinions, ideas, and environment. Some people who have Stubbornness actually can appear like they are adventurous and changeable, but look closely to see if they are actually creating "the more things change, the more they stay the same". Constant change can just be a way of avoiding dealing with actual changes. Fear of ANYTHING DIFFERENT.

If you have read through the entire Introduction, you have just touched on all the very basics of the Teachings! This is just the tip of the iceberg, but it gets more and more familiar as you start to apply it.

CONGRATULATIONS!

What's Next?

Practice Perceiving

After learning the basics of the Teachings provided in the Introduction section, you can immediately begin applying these perspectives. Observe your co-workers, your friends, your family and try to guess their Role, their Soul Ages, their Overleaves. Try to use the information, even if you are not sure if it is accurate at first. Any perceptions you have that allow you to see yourself and others with more love and acceptance and understanding is a great start! Later, with more study and channeling, you can elaborate with accuracy and detail! Trust your new perceptions, but always be open to further insights and changes in how you understand the teachings.

Get a Private Session

After you've played around with the concepts for a while, you might want to consider getting a personal session with Michael. These options can be found under the SERVICES menu at TruthLoveEnergy.com. Having a private session will help you validate your own observations, help you clear up any areas of confusions in relationships, or answer any other questions you have about your life and the Universe.

WHICH CHANNEL?

I would like to note here that there are many Michael Channels now online and some are even available to you locally. Please make an effort to "feel them out" and take some time to sense who resonates with you. If I do not resonate well with you, there are plenty of channels to choose from! I suggest trusting your heart and intuition.

Some channels are really great, some are not, some are nice, some are not, some are accurate while others are not. ALL channels have their "blind spots". Some channels are interested in sharing and promoting community, openly supporting all other channels, but some are more exclusive and uninviting to "outsiders" of their private circle, preferring a more devoted group.

Most people love (or at least, tolerate) my kooky, overly-accessible, loud-mouthed, opinionated, vulnerable, and very expressive way of being human, but others find my behavior to be disconcerting and prefer the comfort of a more parental or "professional" channel. I work to continually improve the quality and stability of my work with the Michael Community. It is very hard to please everyone, so I cannot pretend to be perfect. Some people will love me, some people will despise me; that is the nature of different personalities.

In the end, it may only be a matter of personal tastes and preferences that make one channel more comfortable and accurate for you than another, so just take your time and decide for yourself.

Advanced Studies

You can also now learn more about the details of the Cadres and Entities, the Levels of the Soul Ages, the details of the Positive and Negative Poles of the Overleaves and Essence Roles, and on and on! So make sure you check out the Forum at TruthLoveEnergy.com.

Community and Exchange

One of the best ways to continue your studies and to apply them is by participating and communicating with Michael in the public online at TruthLoveEnergy.com!

You can also join the **YahooGroup Discussion Mailing List** and share in ongoing developments in the community and Teachings by signing up through TruthLoveEnergy.com!

And make sure you check out the **PODCASTS** at TruthLoveEnergy.com.

Regardless of where you go next in your pursuit within the Michael Teachings, it will be perfect for you.

Remember, *"you are here to learn how to choose, and to choose how to learn"*.

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