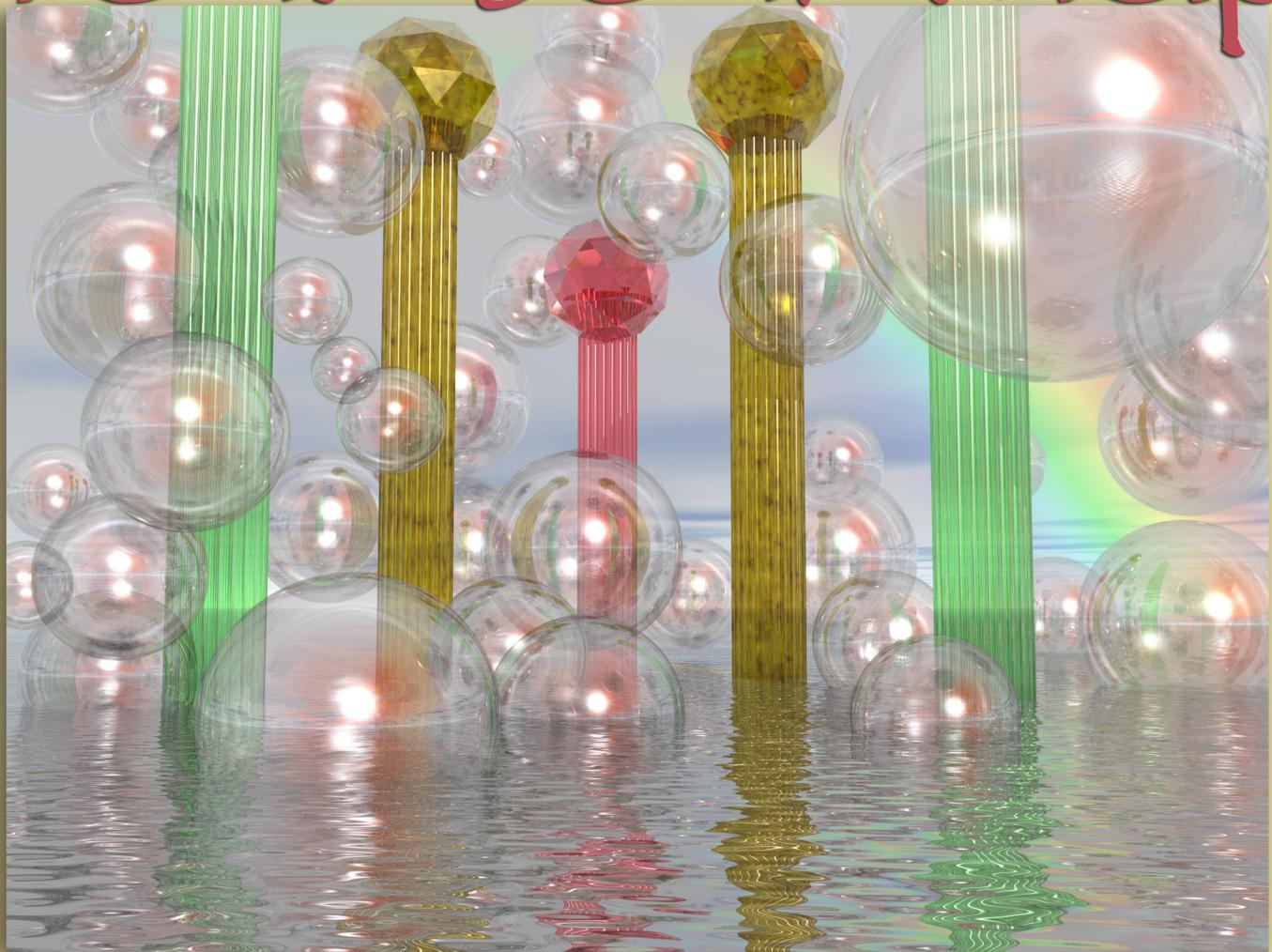


Your Soul Map



Light Beings Michael, Johar, & Simon
Channeled through Anita Burns

Acknowledgements

I would like to thank Chelsea Quinn Yarbrough for writing, "Messages from Michael," my first introduction to the Soul Mapping material. Since, this work has been expanded by many trance and conscious channels bringing the wisdom of Michael through. Light beings Johar and Simon have deepened the material and requested that I write this organized description of our soul map. Thank you to David Lintner who helped me develop my channeling ability and to all of my students and clients who have asked enough questions while I was channeling to make this deepening of the material possible. And lastly, thanks to my wonderful husband, Allen for his encouragement and help every step of the way.

Cover: Crystal Forest, by Anita Burns

Published by MetaStudies Institute
www.metastudies.com
Corona, CA
2009

Anita's websites:
anitaburns.info
channelingjohar.com
openmindshow.com
Email: anita@anitaburns.info

Copyright © 2009 All rights reserved
MetaStudies Institute & Anita Burns
No part of this material may be reproduced, stored in a
retrieval system or transmitted in any form or by any means
without the written permission of the publisher.

table of contents

Preface	4	Skeptic Attitude	76
Soul ages	6	Spiritualist Attitude	77
Soul Rays	14	Stoic Attitude	79
Rays Chart	15	The Realist Attitude	81
Soul Rays in Brief	16	Cynic Attitude	82
Rays in Depth	19	Pragmatist Attitude	84
Sage	19	Attitude Evaluator	85
Artisan	20	Centers	87
Priest	21	Centers in brief	89
Server	22	Centers in Depth	93
King	23	The Intellectual Center	93
Warrior	24	The Emotional Center	94
Scholar	25	The Moving Center	95
Ray Evaluator	26	The Sexual (physical) Center	96
Notes on the Rays	29	The Instinctive Center	97
Notes on Essence and Soul Age	31	Chief Obstacle	99
Overleaves	34	Chief Obstacle in Brief	101
Overleaves Overview	35	Obstacles in Depth	105
Goals	40	The greed Obstacle	105
Goals in Brief	42	The Self-destruction Obstacle	106
Goals in Depth	46	The Arrogance Obstacle	107
Acceptance Goal	46	The Self-deprecation Obstacle	108
Rejection/Discrimination Goal	47	The Impatience Obstacle	109
Growth Goal	48	The Martyrdom Obstacle	110
Reevaluation Goal	49	The Stubbornness Obstacle	111
Dominance Goal	50	Chief Obstacle Evaluator	112
Submission Goal	51		
Equilibrium (Stagnation) Goal	52		
Goals Evaluator	53		
Modes	55		
Modes in Brief	57		
Modes in Depth	61		
The Power Mode	61		
The Caution Mode	62		
The Passion Mode	63		
The Reserve/Repression Mode	64		
The Perserverance Mode	65		
The Aggression Mode	66		
The Observation Mode	67		
Modes Evaluator	68		
Attitudes	69		
Attitudes in Brief	71		
Attitudes in Depth	75		
Idealist Attitude	75		

preface

In the early 1980's, when I was in my 30's, I was at a crossroads in my spiritual growth. I had more questions than answers and was searching for the 'next step.' Growing up in a metaphysical household was a great help, but ultimately, I had to find my own path. While visiting my local Houston new age bookstore, The Aquarian Age, I was walking along the bookshelves and I tripped on something, now forgotten. As I grabbed the bookshelf to steady myself, a book fell right onto my head!

This book was Messages from Michael, by Chelsea Quinn Yarbro. From the very first page I knew this would be a book that would change my life. At last, here was an explanation of our soul's journey from beginning to end in a system that made sense to me. It all unfolded and answered many of the questions that had been plaguing me for I don't know how long. There were still a few pieces left that I was unsure of and some of the information frankly flew in the face of long held and cherished beliefs. I just put those on a mental shelf as "possibly I was wrong" and continued studying.

Michael's system is a complex one but, like many important things, if flows in a logical stream that builds one layer upon another in a way that makes everything come together in a homogenous, beautiful way.

A few years later, I started, quite by accident, channeling. My partner at the time, David helped me to develop my skill. I channel Light Beings Johar and Simon who agree that the system put forth by Michael is how it really works. They may have added some things and changed a description or two but overall, it agrees with the original Michael material.

Light Beings, as Johar puts it are evolved spiritual entities who have not only completed their cycles of birth and death in the material world, but joined together with their original counterparts as a group soul. Each individual spark of that soul retains the memory of being an individual, but operates mostly out of the expanded mind of the group. They channel through humans in order to teach, enlighten, heal, and also for their own continued growth through service.

I am a complete trance channel. That means that I go into a deep state of consciousness where my regular, thinking and judging mind is asleep. The essence of Johar and Simon use my mind to speak through me. Since they are not spirits in the sense that most people understand them, Johar and Simon never inhabit my body. Why would they want to? I have been channeling since the 1980's and it has proven to be a great service to thousands of people over the years. I am optimistic that Johar and Simon will continue to offer this service through me for the rest of my physical life. For more about Johar and Simon, visit my site, channelingjohar.com.

The material in here was channelled by Johar and Simon over many years. Some of it is material that varies in explanation from what Michael brought through. It doesn't contradict, but the descriptions may be more simply put. Johar and Simon also have changed some of the terms for the pieces, but they explain that it is simply another way of saying the same thing.

For example, Johar and Simon call the Roles in Essence (Michael's term), Rays in Essence. They say that it is because the roles are in some way connected to the concept of the 7 Rays. The 7 Rays is a concept that has been around since the 6th Century BCE, and taught by the Theosophical Society in the late nineteenth century, and followed by a myriad of others. One of the most popular books on the subject was *The Seven Human Temperaments* by Geoffry Hodson, published in 1952.

Although most of this information has come from my own channeling, which was sometimes just to confirm the Michael teachings, I have included some of Michael's teachings directly. There are a lot of pieces to put together. I read Messages from Michael several times before even getting a glimmer of understanding about how it all fit together. Now, with the help of Johar and Simon, it all falls into place in a cohesive way.

Although there are many, many books and websites devoted to the Michael Teachings, Chelsea Quinn Yarbro was a part of the original group and she warns that there are a lot of imitators and frauds exploiting Michael's teachings. This work is here to support Michael's teachings and to help bring the message more into the world than ever.

I encourage you to also read the original work, *Messages from Michael*, available on the web and in bookstores.

I would also like to emphasize that this is NOT the Michael Teachings, but based on his teachings brought forth from Johar and Simon.

Blessings,

Anita Burns

soul ages

journey of the soul - soul ages

According to Michael, Johar, and Simon, we were not all born into physical form at the same time. Virgin spirit is continually being moved from the Source into physical matter to begin its journey into self-awareness. A large section of the Source is moved into physical matter as it fragments into as many as 1000 sparks (a group). Each of these sparks embodies a separate physical form and grows independently of the group until the last spark has completed its growth and the group is reunited as one self-aware consciousness.

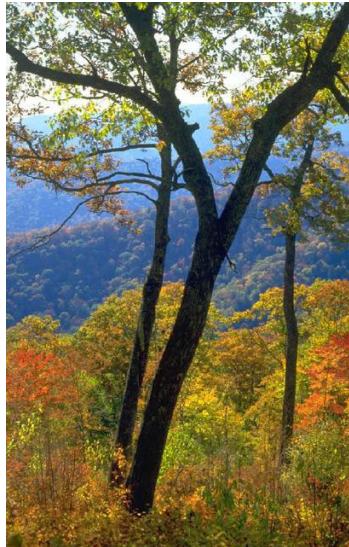
During our journey into awareness, each spark in our group embodies a separate physical form, but we remain connected by consciousness to all other sparks in our group.

Mineral



Our first cycles through matter are in the mineral kingdom. In mineral, our self awareness is subtle and rudimentary; we are not conscious of being. We are rocks, sand, elements, metals, water, and crystals. During this time, we grow in self-awareness until we can no longer contain our consciousness in this form. Then, we are moved out of mineral and into plant forms.

Plant



When we grow to a point that our consciousness can no longer be contained in the mineral kingdom, we migrate to the plant kingdom where we learn to be reactive to our outer environment.

We are not yet self-aware and only physically/energetically react to hunger, light, danger, loving energies, temperature, and thirst.

Plant/Animal



When we grow enough that our consciousness needs a wider scope, we migrate to the plant/animal kingdom that includes one-celled animals (bacteria, virus, etc.), sponges, jellyfish, and carnivorous plants.

Here we form a rudimentary awareness of our own existence and environment. From there we migrate to crustaceans and fish. Then to animals—not including human.



Animal



In the animal kingdom, we have reached the farthest we can go and still maintain a connection with the group species mind. As non-human animals, we have begun to form our own mind, complex aura, and our astral form has begun to individualize.



Choice Point

When our journey through the animal kingdom is ending, we either enter the angelic kingdom or human. Please remember that this is a journey of spirit, not physical evolution. And, karma has little or nothing to do with their physical ancestors, race, or gender. If we enter the angelic kingdom, we enter at the level of elementals, fairies, and such.

our human journey

Soul ages can be compared to the stages we go through growing up as a human. By understanding the soul evolution of consciousness, we can move into our final goal of acceptance and unconditional love. The planet is shifting towards a more mature soul dominance. People are acting out of group consciousness and are becoming interested in the harmony of the planet as a whole. With this shift, there will be an increase in spiritual awareness. Below are brief descriptions of the Soul Ages.

INFANT SOULS—Hide Away. Don't let the Blue Meanies get you.

Infant souls are raw, without experience and are adjusting to a new existence as a human. Adapting and surviving is their primary concern. Fear is the most prevalent emotion. They usually choose lives in non-technological cultures or those that emphasize survival. Infant souls in technologically advanced societies lead quiet lives and try to gather together with ethnic or cultural groups that match their human heritage. Although not all ethnic subcultures are infant souls. They prefer to live in rural areas and small towns. Big cities are intimidating and scary, and they are uncomfortable living in them.

If they choose a religion, it will most likely be one that is full of the fear of God and “hellfire and brimstone.” They are afraid of germs and are usually antiseptically clean. Few seek higher education.

BABY SOULS We'd better not rock the boat.

They like structure, rules, law, and order. They like their lives to be orderly and they want the government to provide it for them. Baby souls are usually conservative and are attracted to fundamental religions. They are patriotic, don't question authority, politicians (unless they are in the opposite party) or medical professionals.

They have an abundance of ‘shoulds,’ and know that the world needs to be the way they want it to be. They think that everyone believes what they believe. When faced with opposition, they become confused or hostile. They are exceptionally clean and neat. Baby souls often strive to feel important and may run for political office or join a police force in small towns. That way they can make people behave the way they “should.” If they seek higher education it is from trade schools or occupational training.

YOUNG SOULS—He who dies with the most toys and power wins.

Money, power, and prestige are the young soul mantras. They are competitive, driven, and focused on achievement, wealth, and influence. Independence and the ability to get what they want is their ongoing experience of life. They can be ruthless and they don't let anyone get in their way. If they can make money or gain power, long term consequences aren't important. Young souls are the movers, shakers, inventors, and builders of the world.

The Earth is mostly populated with late level young souls. Young souls use the scientific model and ignore or laugh at anything outside this system. They are not interested in spirituality and metaphysics unless they see a way to make money with it or gain power.

Young souls appreciate food, especially the exotic. High fashion and designer labels are the only thing they find acceptable in clothing, furniture, appliances, cars, etc. If they can't afford the real thing, they will buy fakes just for the label, which they make sure everyone sees.

Young Souls like pets that they think will be prestigious like boa constrictors, exotic birds, ocelots, and such. Or, they will own the currently accepted fashionable animal like Whippets, Rex Cats, and Afghan Hounds.

Young souls are clean and neat, but like to have other people do the work. Young Souls always seek higher education and choose prestigious schools whenever possible.

MATURE SOULS—The agony and the ecstasy.

This is where the emotions and sensitivity to subtle energies emerge. Mature souls begin to open themselves to emotional issues and seek to know a deeper experience of life. They ask the questions, "Who am I? Why am I here? Where did I come from? Will I survive death?".

Introspection, self-discovery, and spiritual seeking begin here. In this cycle, there is a switch from emphasis on power, money, and glory and a move into a time when relationships are more important than material success. This is a time of great growth and often Mature souls lead lives of emotional turmoil and drama in order to develop their compassion.

This is the level where suicide, alcohol, drug abuse, and terminal diseases are common. When a mature soul becomes famous or wealthy, it's because of their passion for what they are doing rather than from ambition and a need to be seen as special.

Mature souls generally prefer higher education from non-traditional schools. They like to study philosophy. They might or might not have religious beliefs. If they do, it's likely to be outside of their cultural heritage.

Many great artists who suffered for their art are Mature Souls, including Van Gogh, Salvador Dali, and Andy Warhol.

This is a time when inner and outer exploration are important. Mature souls are casual housekeepers. Often what can be seen is neat, but closets and drawers are cluttered and messy. They might or might not pay attention to expiration dates on food. They choose pets they can share an emotional bond with.

OLD SOULS—Life is an illusion but who cares.

Old souls are in the last cycles of physical experiences. Karma resolution is often the strongest drive here for there is a rush to clean out their karmic closet. Old souls are free from the emotional trauma drama and torture of the mature cycle and seek to detach from the drama of society and life. They strive to let go of pettiness, ego attachments, and accept the human experience with equanimity. Only then can they move on to other, non-physical planes of existence.

The underlying goal for an old soul is to learn unconditional love. This is the most difficult lesson of all, one that many claim to have, until life challenges it with drama and tragedy. It is then that they discover the power of the ego to fool. Old souls experience the universe as a living consciousness. Unity and oneness are a powerful pull.

The old soul seeks internal and external peace. Old souls are often considered unusual, eccentric and unconventional by younger souls. Mature souls envy them, young souls them, and they scare baby and infant souls.

Old souls don't express their soul age until they are around 28-35 years old. Until then they recap younger soul ages to review karma that still hasn't been resolved. As children they feel, different, odd, and out of step with the world.

The old soul seeks professions that express their inner self and that won't interfere with their spiritual growth. There are gardeners, vintners, and gas station attendants. There are probably few old souls in the corporate climbing game, but it is unlikely that an aggressive young soul CEO would be interested in saving the environment unless there is some personal gain.

Spiritual development and ending the cycle of birth and death is a driving force. Old souls are good at many things, but only master a few. They can do a lot of things well, but may not stick with them long enough to be an expert. There is a deep desire to understand their existence.

A major challenge for old souls is self-esteem. Depression is common with old souls. They are learning to consider themselves as valuable as they consider others. They are learning to accept their worth and value without ego involvement. Ram Dass is a prime example of a late level old soul.

Few old souls seek fame. If they do seek the public eye, it is usually to teach—the old soul is a born teacher. Old souls teach and help others find their own truth. Sharing all of their knowledge and wisdom with others is a requirement for finishing the old soul cycle.

Non Physical Cycles of Evolution

INFINITE AND TRANSCENDENTAL SOULS

Channelled from Johar and Simon

After you have finally become self-aware enough to not require physical birth, you continue growing and learning in nonphysical cycles. The first of these cycles is called by us and by Michael, Transcendental. This is experienced in the higher astral plane and those there act as guides and helpers to those in their group who are still in physical cycles, or between physical cycles in the more dense astral levels.

A transcendental spark will sometimes take a physical life to help the planet and its inhabitants in special ways. The transcendental spark in a physical body is almost always a world teacher who effects local or world change. Often they come into physical life in groups and herald the coming of an Avatar (reunited sparks as group mind in physical form).

They lead unusual lives and seem to gain knowledge without the need for formal education. They will do what is needed to fulfill their mission, whether this is to be a part 'regular' society or uniquely outside of the norm. They carry no ties, earthly desires, or attachments but are generally charismatic, and exude a peaceful energy that comes with that level of self-awareness.

The next level is the Infinite cycle. Here all of the sparks that were divided at the beginning are now reunited. There is no physical form and existence is what you would call pure light. They occupy no space and exist in time as opposed to being subject to time. They can, when needed for purposes of teaching, channel through a human or enter into physical form as an Avatar.

In the natural state of Infinite cycle, each spark retains a memory of individualism, but not the individualism itself. In other words, we can speak to you as Johar or Simon, but we are not Johar or Simon, we only remember being such in a distant past, as you experience time. It is a state of infinite joy and bliss but no disruptions of thought or emotion. We come only to bring you closer to peace and your goal as an Infinite being yourself.

The Path of Spirit Through the Material World



Mineral

Plant

Plant/Animal

Fish

Animal

Human

Anita Burns

©Anita Burns 2003