

**CHANNELING MICHAEL** for Kees Berg by Shepherd Hoodwin  
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Q. True rest.

A. Receiving foot massage, yogic breathing, spinal alignment such as osteopathy or chiropractic, slow walking such as in a labyrinth or through tai chi.

Q. True play.

A. Watching sporting events and other games with friends, simple group dancing.

Q. True study.

A. How social entities evolve.

Q. True work.

A. Bringing people together to accomplish a positive goal, teaching about systems.

Q. Life task.

A. To understand deeply the relationship between humans at subterranean levels, thereby transforming his relationships to be clean and effective.