

## Comparison of Grand Cycles in Michael Students

### What is a grand cycle?

A “grand cycle” is defined as an “experience that begins when one’s essence [aspect] is cast from the Tao/Source/All That Is. It includes physical-plane incarnations and subsequent progression through the higher planes. It is complete when essence is fully reabsorbed back into the Tao [or integrated back into your True Energetic Self]. When you return to the Tao, you have completed that cycle with the physical plane. You can remain there indefinitely or begin another cycle. Those who go on to new cycles often choose to experience the physical plane from the point of view of a different essence role, in another entity, with a different essence twin, and on a different planet. This variety gives you and the universe depth of experience. [Michael Teachings Glossary](#)

Note: According to Michael, the average number of cycles completed by human beings prior to becoming human is 3-4, whereas for whales and dolphins it is over 6 cycles (higher than average humanity).

### How was this information gathered?

In the past few years, several Michael students have started exploring their own grand cycles (GC) on planets and other locations in the universe, asking various channels to provide some details with a question like this:

*Could you please describe the species, life cycle, planet, details on its evolution as a sentient species, notable traits, things learned as its role, etc.?*

Some of these grand cycles were shared by several Michael students and sometimes by the Michael Entity as well. Michael has said: “The earlier grand cycles are far more experimental, and as the grand cycle numbers are higher, the more dense and familiar the species will be. Having more fluid life forms allows for less scathing, but as sentience evolves, scathing is more tolerable. At approximately the 7th grand cycle, most of our students would be sharing the same descriptions. “We have been together a long time.”

Michael has also said that some of our science fiction writers may be describing experiences from their own grand cycles in fictional stories, such as *Star Wars* by George Lucas or *Tron* by Steven Lisberger.

## Grand Cycles

### Who is the Michael entity?

The Michael entity is a group soul, a collective consciousness of 1050 essences [aspects] who finished all their lifetimes on Earth, cycled off the physical plane, and recombined into an entity who now teaches from the causal plane [from frequency bands 7-8 in the physical universe per Guy Needler]. Basically, they are spirit-guides and mentors to us here on Earth.

The Michael Teachings are a system of describing and understanding who we are and why we are here. Its main purpose is Agape--unconditional love and acceptance. Through the Overleaf system, the Michael Teachings offer a way of looking at the world, life, and consciousness in a non-judgemental but descriptive terminology that is a kind of soul-psychology. Take what you need from this, and leave the rest.

### What type of grand cycles in different species were reported?

The findings are compiled from 8 Michael students with a total of 41 grand cycles among them, as summarized in **Table 1** (below). There is a great diversity of mostly carbon-based and some silicon-based or other life forms, that some of us have explored during the different cycles.

*Note:* Only two out of 8 students have had *all* of their grand cycles described to date, so there will be more species to add to the table from other students, who are still working on deciphering their later cycles. Nevertheless, this is a starting point for discussion of these concepts.

Footnote: The grand cycles described in this report were independently channeled by three Michael channels: Troy Tolley, JP Van Hulle and Stephen Cocconi, who showed remarkable consistency in the types of life forms described.

## Grand Cycles

**Table 1. Exophenotypology of Michael Student Grand Cycles (n=41)**

Type	Species	Characteristics	Other Features
Humanoid	Homo sapiens	bipedal, upright hominid, started on Sirius, transported to earth in early cycle	The experiment in duality of male/female energies and polarity integration
Humanoid	Pleiadian	[bipedal, upright humanoid, 5-6 or 7 ft tall, caucasian or "Nordic" features]	most similar to humans [but avoid negativity, so static]
Humanoid	Similar to humans but different Design	telepathic, intuitive, psychic, psychokinesis	species still exists; actively explores galaxies
Humanoid	Small tree-dwelling humanoid	symbiotic with a large amphibian species, dropped fruits for them	peaceful, restful cycle, many students and <i>Michael entity</i> shared this cycle
Bear people or Ursine	Ewok-like (as in Star Wars)	upright, bipedal, made sentient by Design that incarnated with them, also humanoid, who rescued them from disease	emphasis on expression axis, arts; lifespan 30-50 yrs vegetarian; spirituality; seeded Sirius to become Bigfoot that saved humans
Bear people or Ursine	Ursine mammal	panda shape with sun bear coloring; forest-dwelling, matriarchal society, extremely strong, loyal to clan; loved to dye coats, self-adornment	very much into technology, love of machinery, math, chemistry, physics; masters of trade, known as merchants throughout sector
Lion people or Feline	Feline race (Mrra or Kith), cross between human x lion	upright, bipedal, hands, feet (padded, claws), tails, males larger than females, incredibly intelligent, fantastic with weapons, had 4 roles: nurturers, artists, educators, warriors and council of 12 leaders, great loyalty, deep family ties	space-faring early while early young souls, wizards with technology, zen like thinking, valued scientific thinking, Warriors interacted with other races, champions of the weak, lots of space travel with different races
Bird people or Carian	Raar bird people like cross between parrot x pterodactyl	verbal language and limited telepathy (more than human), different plumage, amazing poets, artists, singers, dancers and authors	used telepathy to communicate with Szs lizards; very interdependent politically & economically, worked well together
Bird people	Bird-like bipedal species	bipedal, upright, featherless, sang for communication, able to leap, glide, shared planet with plants which were kept like pets, deeply honored	limited off-planet travel; culture of art, performance, entertainment, comforts, services, agape beyond own species developed

## Grand Cycles

Type	Species	Characteristics	Other Features
Kangaroo/rabbit	Large kangaroo/ rabbit	procreated too many bodies, so many died early; near extinction many times; few survivors went elsewhere; became a great influence for galactic mediation, peace-keeping	never off-planet, but planet was a sanctuary for other sentient species, used as a retreat for education, meditation, healing; planet was decimated, almost wiped out
Marine	Jellyfish underwater race	huge, 60 feet long, round head with a row of eyes, taste organs in crown detected pollutants, tendrils used as arms/legs/fingers/toes, very enjoyable cycle	extremely peaceful, musical race, communicated thru' music, beauty, creativity, profound respect for life, communing with nature, ancestor worship religion
Marine	Seahorse race	3-4 feet long with arms, 75% males, 25% females, had families of wife + 3 co-husbands, had litter of young, twice in a lifetime	highly scientific, intellectual race, completely peaceful, virus spread by visiting race created infertility problems
Freshwater	Crustacean race (KrRrk)	like 8 foot lobsters, warlike, pugnacious, females as deadly and warlike as males, young spawned in pools, no mates or families	lived in clans similar to Greek city states, but constantly warred over territory, resources, insults,
Aquatic	Water-bound species (like in The Abyss)	size of a human hand, fragile, bioelectric, colorful species, durable, free species, worked as a "weather" sensor for other species on planet	weather system became far more complex, creative due to navigational and behavior patterns, helped to make water spouts, funnels as travel pathways
Grey	Grey	tall or short, large head, wrap-around eyes, small ears	long arms, light grey or tan or pale green skin
Reptilian	Snake-like with wings	flying, gliding; wings were indicator of status	
Reptilian	Gliding Lizard	bipedal, fans under arms for gliding, fans around head for expression; pouches for storing colors; no lying; reflective of Astral plane that functions same way	excreted brightly colored feces, gas that reflected emotional state, health; no language; not technologically advanced; artistic projects, philosophical
Reptilian	Large flying lizard (Szs)	size of horses, all roles had distinct colors, carnivores, movable arms and claws, wings	planet with volcanic activity, disease, great machine builders, architects and space-farers

## Grand Cycles

Type	Species	Characteristics	Other Features
Amphibian?	Squid-like	highly active, warrior-like, clumsy species, not confined to water, emphasis on action, violence was acceptable	elaborate sports with skills, could kill each other in a stumble, wave of tentacle, close relationship with death/reincarnation beliefs
Amphibian	Giant toad/ Frogman	bipedal, warrior-like, aggressive species on tropical, wet planet	warring, division, conflict throughout cycle
Insectoid	Praying mantis	[insect-like body, long narrow faces, slanted eyes, 6 ft tall]	adept at astral travel; species still exists
Insectoid	Large moth	hivesoul race, had arms, legs, stinger-tail like wasp to battle predators	predators loved to dine on moths, similar to honey bee society with queen and offspring with distinct roles
Insectoid	Cross insect x human	upright, walking, less than 1 meter tall, large head, two compound eyes, four arms, bristly coarse skin, roundish body; very few lifeforms on planet, so had relationships with minerals, used crystals as pets, which began to sing like shattering of glass	remote viewing skills; no off planet travel, but is 12th design, so life form used by many others [other aspects]; have visited some students via dreams, cats, meditations
Insectoid?	Giant slug	Scholar role, but all roles segregated into different species sharing planet,	
Plant species	Sentient plant, immobile, mute	host to a symbiotic insect species that relied on plant for shelter, food, clothing; shared its consciousness from eating plants' fruits	lifespan of 1 million earth years; planet had only two species; the less mobile the species, the more philosophically based realm
Plant species	Sentient plant, immobile, resembling large Dahlias	telepathically linked hive mind through roots; had eyes, mobile branches, attracted "pet" insects to pollinate; wonderful feeling of home and belonging while dealing with physical plane (storms, predators, disease etc.)	life expectancy about 10 yrs, but consciousness stayed in hive mind; able to push mentally into one of the pet insects that fed off the pollen, no aggression, great starter race for first cycle

## Grand Cycles

Type	Species	Characteristics	Other Features
Plant species	Willow tree-like	telepathic, roots mobile for shuffling slowly, gripping, burrowing, fed through roots and leaves, every 100 yrs split into two young sister trees	base 6 math, was a sacred and complete number, very scholarly race, built telescopes, scientific equipment to study world/space, but not space-faring, invited other races to visit planet
Silicon-based species	Lava-like species, molten blobs	attraction to mineral and shamanic kingdoms; inhabited earth before human sentience and flourished 4000 million yrs ago after meteor collision	meteor event prompted sentient development within molten elements
Silicon-based species	Lumpy rock figure (inspired Jabba the Hutt character, which was a young adult)	King role started life as egg shaped rock, young forms very mobile, competitive, but as aged became more immobile, but also wiser, more experienced	absorbed nutrients from soil or food; as died, became stone formations; highly political, scheming traders in a very busy part of galaxy
Silicon-based species?	Giant slug (Jabba the Hutt is a distant memory of species)	All roles segregated into different species sharing the planet, Scholars were slugs, record keepers, so lived longer to organize data	species updated records by emitting gas to put populations to sleep long enough to collect, record data and their dreams
Electricals	Electrical currents		planet with electrical storms
Electricals	Globular plasma blob (world similar to <i>Tron</i> )	species swam in electromagnetic fields, movement confined by frequencies; leap outside of ocean of fields, like dolphins; like remote viewing or shimmering out to a different universe; music; seen as glimpses or light, balls of light (orbs), or electrically sensed by most; participated in repairing Earth after 5th intervention; work with Devis energies, fairy lore	most planets have this species; moves in clusters throughout the universe, settling on newer planets with evolving lifeforms, help in stabilizing them; lifecycle measured in hues; planet; eventually off-planet travel; exists now as a non-specific planetary species, evolved beyond humans; work with new planets to stabilize non-sentient life forms
Other	One of binary suns	ET was other sun, wave of sentience organized as a galaxy, all part of a planetary system, had a multitude of species, both sentient and non-sentient created from elements generated by that system; Gaia concept similar	lifecycle of a planet or star was the only incarnation, stars at center were Insp. roles, planets with most lifeforms Expr. roles, large planets protected system from asteroids, meteors were Action roles

## Grand Cycles

Type	Species	Characteristics	Other Features
Other	Etheric (gossamer)	related to descendants who would be known as Lemurians	
Other	Disc-shaped species	capable of flying and burrowing for hibernation	planet with thick, gaseous cloud
Other	Shapeshifter-like	rubbery bodies, shaped by thoughts, highly mobile species	no bones, flexible, resilient, space travel extensive
Other	Wavelengths	visible colors corresponded to roles, sentience in color, could move among nearly any species	humanoids sentient on same planet, similar to earth
Other	Sentient gas being	telepathic, looked like dense fog when young, storm clouds when mature, wisps as elders, had to pass matter to young	consciousness held in electrical patterns in gas, no space-faring, highly curious, absorbed into whatever they wished to study

### What is exophenotology?

Exophenotology is described as the typology or classification of extraterrestrial species based on the externally observable (phenotypic) characteristics of their physical appearance. It is a new interdisciplinary research field that is studied around the world.

[Exopolitics - South Africa :: exophenotypes & Exopolitics](#)

As we can see from the description of the grand cycles even among the Michael students, there are a lot of different life forms to describe. We may have to “re-think” what we consider to be “consciousness” or “sentience” even in our own world, let alone elsewhere in the universe, which we have barely begun to explore.

### How do we classify these entities?

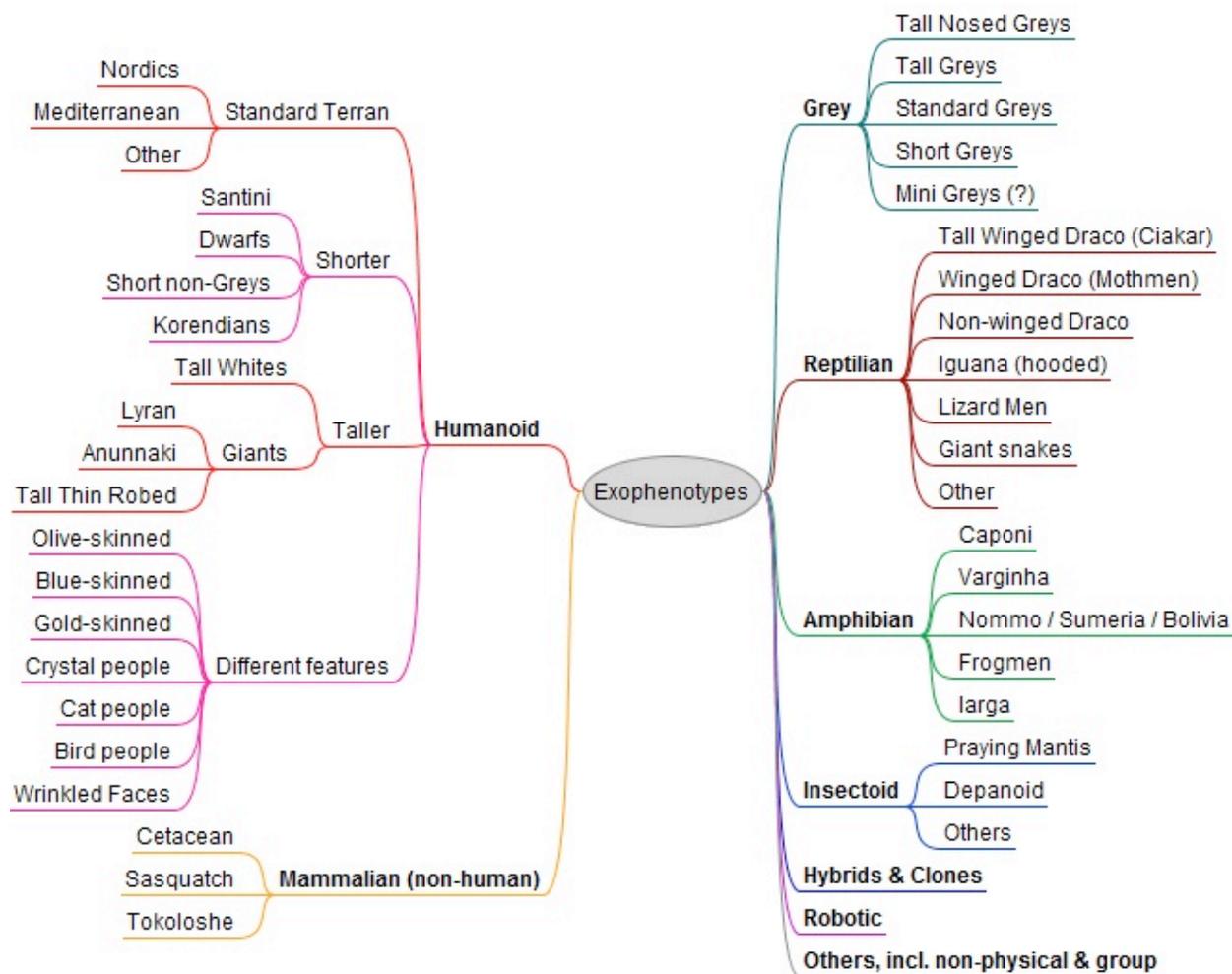
Here are a couple of classification systems proposed by others:

1. Peter Farley proposes this simple scheme based on the “12 primary races” in this universe (while acknowledging the existence of probably a countless number of other races). Source: [the twelve primary races of our universe](#):

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>- Humans</li> <li>- Cetaceans</li> <li>- Felines (Cat/Lion people)</li> <li>- Carians (Bird people)</li> <li>- Reptilians</li> <li>- Insectilians</li> </ul> | <ul style="list-style-type: none"> <li>- Crystallines</li> <li>- Electricals</li> <li>- Elementals</li> <li>- Liquidians</li> <li>- Orbs</li> <li>- AIs (artificial intelligence)</li> </ul> |
|---|--|

## Grand Cycles

2. The *Exopaedia* website proposes a tree diagram to classify the major phenotypes of species, as illustrated in the Figure below, into several major groups, which are further divided into many subgroups. They also state that “since this classification system is largely based on existing biological categories on Earth, it is likely to be inadequate in the long run.” Source: [Exopaedia :: Exophenotypology](#) & [Exopolitics - South Africa :: exophenotypes](#)



Note: The physical characteristics of these groups are described in some detail with illustrations at this link: [Exopolitics - South Africa :: exophenotypes](#)

Clearly, all these classification systems fail to describe the incredible diversity of life forms, although it is interesting to note that the Grand Cycle species described to date through independent Michael channeling appear to include all of the major branches shown in the above figure in the small student group studied.

## Grand Cycles

### Final Thoughts

*Michael*: “Belief or faith is definitely not required, or even desired, for evolution will happen to you whether or not you believe. It is yours to accept or reject as you choose. Your acceptance or rejection, however, does not in any way alter these facts.

We think you should know that there are over ten million ensouled species in this galaxy alone. They are from many places and many cultures. There are two species not unlike your own. Others are so vastly unlike you that it is probable that you would not recognize them as living, let alone sentient.” CQ Yarbro: *Messages from Michael*, 1979 & [∞ Messages From Michael / Michael Teachings ∞ \(website\)](#)

As always, take what resonates and leave the rest.

All material listed in these studies is the work of Ulla M. Sarmiento. This material is held under specific Creative Commons license "[CC BY-NC-ND](#)." This allows for members to share articles with anyone as long as the author is credited, but you cannot change the work in any way or use such work commercially.