

THE ART OF ALLOWING

Transcript with Slides

Part II

The Art of Allowing

Hello friends. My name is Lauren Hutton, and this is the *Art of Allowing* course.

I'm coming to you today as Sar'h, which is the consciousness that flows through me, and I am joined by Ascended Master El Morya, and we put together a presentation on the *Art of Allowing*.

And we cover *so much* in it that when we first started doing this live, we realized that this is a lot of information for one sitting.

So, you guys are getting the benefit of other people having taken the course, so you can know a little bit more of what to expect.

Oftentimes people felt the effects of the course leading up to it and after. Most people reported that they felt more in that time before and after taking the class and not necessarily in the class.

We'll talk about this more, but another thing is there's a lot of information that's going to be in this presentation. So, it's not about getting it all with the mind. It does give the mind something to do, but there's so much more – the sensations, the energy underneath the words.

You now will have this recording to come back and look at it anytime.

So, I ask the first time that you go through the materials here that you just kind of listen and sit with the sensations that are coming up. And then if something sticks out, you can always come back, rewind, pause, and move forward.

I have broken up the *Art of Allowing* course into a couple of different sections that are marked by a blue slide. And I will tell you more about that.

So, when the blue slide appears, it might be a nice time to hit pause on your recording, take a bathroom break, drink lots of water. Some people said they needed to drink a lot of water when they were taking this course. I myself actually did when I was preparing for it.

And some people said they had some of the fear and disillusion and integrations going on. Other people reported that they felt enveloped in love. So, what that tells me is, of course, there's no one-size-fits-all experience here and that it's really personal.

And that's the thing that everyone agreed on: that this course and the other course that I teach, *Tales of an Aspect Integrated*, are a very personal way to connect deeper within yourself.

It's just like anything; it's always about the relationship with yourself above all else. And the consciousness of Sar'h and El Morya, in this case, are just lighting potentials and pathways, providing sovereign support, opening a door if it needs to be opened - but never pushing you through. You get to decide whether you're going to go through or not.

So, that's just the *big warm-hearted* – I don't know if you can see it (makes a heart shape with her hands) – introduction into the *Art of Allowing*.

So, I'm going to start to go through the slides now. And maybe take a few deep breaths. If you don't want to watch, you could just play the audio and maybe lay down. If you fall asleep, some people have, that's not a bad thing.

There's no right or wrong way to do any of this, with the exception of: If you try to make this a mind exercise, it's just not going to work. This is definitely for a spiritually mature audience.

And on that note, I'll start the slides. I'm going to move myself, my little head, over here to the corner, so you're not staring at me the whole time. And... Wow!

Slide #2



So, as I said, this is put together by both Morya and myself – two sovereign beings coming together; two rivers flowing into an *oceanic Self* experience.

And it was quite fun to put this together with Morya. I am very attuned to his form of communication – what he has to say, how he communicates.

Every Ascended Master kind of has a different channel stream of how they communicate. So, Morya is loving and firm and honest, radically honest, so that's part of his invitation here.

Slide #3

Disclaimers & An Invitation

- YOU ARE RESPONSIBLE FOR EVERY CREATION IN YOUR LIFE.
- PLEASE SEEK THE ASSISTANCE OF A MEDICAL OR MENTAL HEALTH PROFESSIONAL SHOULD YOU NEED IT. THIS IS FOR ENTERTAINMENT PURPOSES ONLY...
- THIS IS SPECIFICALLY DESIGNED FOR A SPIRITUALLY MATURE AUDIENCE.

The disclaimers are, of course, you are responsible for every creation in your life. If you didn't know that you wouldn't be here.

I really encourage everyone to seek the assistance of a medical or mental health professional should you need it. We are not doctors; we don't give medical advice.

I am a big proponent of getting things taken care of. For example, when I ripped my eyebrow off, I walked into a hospital and got it sewn back on. I'm not such a Master that I don't need stitches when my skin (chuckles) gets ripped off.

So, go see the doctor, talk to whomever you need to. This is for entertainment purposes only. And you're responsible for your life. It's specifically designed for a spiritually mature audience. And that is a *huge* disclaimer.

If you try to go into some of these things before you're ready... it can make you feel like you're going a little insane. I mean that's part of the self-realization and enlightenment experiences. You feel you're going a little insane, but only *you* really know when you're ready.

So, if you don't feel like you're ready, you can kind of look at – but you're already signed up for this course – you can kind of look at the concepts and then make a conscious choice whether you're ready to dive in or are you just going to swim around the edges for a little bit.

There's nothing wrong with waiting, divine timing is a thing – doing things in your own time. I'm a big fan of the *turtle* approach to everything. If you feel like you need to go faster, that's a sign that you need to slow down.

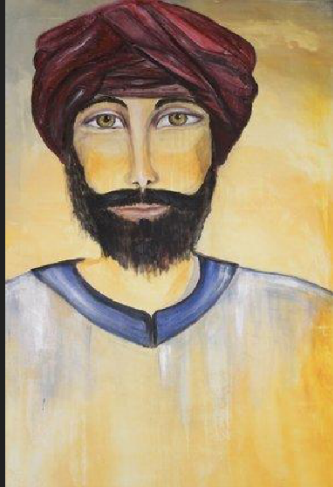
So, those are my disclaimers....

Slide #4

Introduction from El Morya

This is an invitation to become so CLEAR IN VISION with yourself because you are ready, to bring the clarity of the I AM consciousness through to the energetic body, to move beyond the cycle of experience and wisdom, to step into the knowingness of being a Creator in his or her Creation. To Move into a State of Further, the one you seek and asked for.

Shares a bit of his story, what has changed in the path to realization since 1898.



And then, the invitation here is from El Morya. Gosh, look at his eye staring at me! Wow! (laughs)

This painting is by Eiril and she's an amazing artist!

Yes, there he is!

So, I use the word *clear* in here. Morya's invitation for everybody taking this course is to become *blatantly* and *brutally honest* with yourself.

And that's not to beat yourself up. That's not to ruin your self-esteem. That's You seeking this state of further, moving from realization into embodiment, staying in physical form, being the creator in your creation.

And the only way to get there is really to take an honest look at what's going on in your state of being.

So, this is an invitation to become *so clear in vision* with yourself. Because you're ready, you signed up to do so, you're already doing this, most of you – 99.99% – to bring the clarity of the I AM.

So, much of the stuff out there these days is about *soul this* and *soul that*, and I taught soul communication and I'm a big fan of it. AND what's next? It's kind of: What's in the state of further?

Let's develop this understanding and experience in the I Am That I Am, the I Exist, the infinite mystery of the I AM.

So, this is the invitation:

Step into the I AM, bringing this clarity of the I Am consciousness, into the energetic body to move *beyond* the cycle of experience and wisdom. We'll cover that in great detail and in multiple ways.

To step into the knowingness of being a creator in your creation and to move it to a state of further.

When I first started using the 'state of further', people thought it was a comparison: "Further than who"? "Who am I in front of"? "Who am I behind?"

The state of further is something *deeply personal*. And it's like whenever you arrive at the state that you were seeking – like realization – then you allow more, you allow more. And from realization you move into embodiment.

So, welcome to the *Art of Allowing*. (laughs)

And really, I think you can feel Morya's energy. He wants to work with each and every one of you, should he have (your) permission. And by

working with I just mean sitting and having an energetic sensational conversation. Few, few words and more of a sensation of sovereign support.

Morya experienced his realization and then embodiment in the late 1800s. And he kind of did that on his own. He had a couple of friends, Koot Hoomi being one of them, who he could discuss this with. But he didn't have like a big spiritual group that he was a part of.

And that's something that's changed today. You have things like the Crimson Circle organization and the Self-Realization Fellowship. There are still people who are in Theosophy, which was actually created by Morya, but we're not going to go into that today.

It's really about moving beyond that, and Morya talks about the purpose that it serves and some of the challenges that it presents when you are moving into a state of further.

Slide #5

Invitation to Go Beyond the Mind...

"These workshops are not for (spiritual) dabblers or people wanting to hold on to where they are at. They will just find it too difficult and end up focusing on the content in order to get a 'hold of something.' " - Course Participant

Indeed, these courses deal in intangibles, energetic shifts in perception, and a deep clearing of the story lines happening on the surface of the water or in a collective reality matrix.

As always, if you want to improve your human life, these courses will not be supportive of that experience. If you want to deepen your relationship with your true nature of the I AM THAT, you have found yourself in the space to meet this desire!

So, this is feedback from people who actually took the course:

One person emailed me, and they said: "These workshops are not for dabblers or people wanting to hold on to where they are at."

It's exactly what we said about the *state of further* – They will just find it *too* difficult and end up *focusing* on the content in order to get a hold of something.

They emailed me this and they said: "Put this in your presentation!" So, from the horse's mouth, here it is.

Indeed, I had people – a couple, just a few people emailing me about clarifying a term, or this definition, or that. It's really not about that! I'm happy to play the game and the role of giving the mind another definition. However, please don't use this as a measurement of: "Oh, I'm not getting enough, or I've already been there and done that."

Faaalll into the sensation of what allowing, and the sacred art of surrender, *truly* are. What does the I AM, coming into my physical form, really have to offer and show me about creation?

These courses deal in intangibles, energetic shifts in perception, a deep clearing of storylines happening on the surface of the water, or in a collective reality matrix whether it be mass consciousness, or the collective spiritual consciousness, or the collective Shaumbra consciousness. And it's about what's happening in *You*, the ultimate reality, the I Am That!

As always, if you want to improve your human life, these courses will not be supportive of that experience. Everything falls apart before it comes together – everybody here knows that. I'm just stating it again for maybe new people who want to come in.

If you deepen your relationship with your true nature of the I Am That, you have found your space to meet this desire.

Knowing yourself – it's not about *improving* yourself, it's about *knowing* yourself.

Slide #6

The Human Aspect Choosing Realization

Overview

Anytime the human wants to experience something,

It creates an identity/ role/ aspect to have the experience on a collective screen (an act in a play on a stage)

This serves a role in realization, delivering you to the doorstep of the Void

YET....Realization can only be experiences in a state of no identity....and only on your individual/ sovereign screen or stage

All right. So, here we have our blue slide. And the blue slides are added just to kind of break everything up. And to kind of give an overview of what's happening.

And the next blue slide that comes along might be a great time to take a break, which is something that we learned sitting still for three hours or however long this is going to take. I mean, you just take breaks: hit pause, take care of yourself, maybe watch one part of it one day and then tomorrow watch the rest.

So, we're going to cover this aspect of the... of the human choosing realization. Okay, you had your spiritual awakening and: What's next? Okay, realization is next. I'm going to choose that!

This is a *hugely* supportive and helpful *aspect*. But when 'it's time' is served, what happens next? So, we'll go over that.

The overview – really quick, just to kind of lay it out – is that anytime the human wants to experience something, it creates an *identity*. And then it has its experience on a *collective* screen. It plays an act in a play

on a stage with other people. So, they're all kind of agreeing to see the same reality.

This serves a role in realization. It delivers you to the doorstep of the *void*, but you can't go into the void that is the self-realization experience until you move beyond the identity role, stage and the collective.

So, you can only experience realization in a state of no identity and only on your own *sovereign* screen.

So, these are things we learned in Atlantis and we're now living out – that's the Atlantean dream. We're going to say this 100 ways in the next couple of slides to the point where you'll say: "I don't need you to explain it anymore."

But that's kind of one of the requests that was here is: Really help me understand the dynamics of this.

So, we say it in a lot of different ways because one way is going to probably stand out above the rest and then the rest will kind of be whatever.


So, there's something for everyone in here, and it's not about understanding *all of it* in the totality. It's about understanding the *sensation* and finding what image works for you, what analogy, what metaphor.

So, we come at it from every different direction, but that doesn't mean you have to *get it* from every different direction – *at all*.

So, definitely give yourself some looseness, some leeway, some movement, some fluidity instead of trying to make it a category. And the blue screen is not to break it up – I mean it's not to categorize things. It's just to kind of give a pause and take a deep breath.

Slide #7

Manifestation of a Spiritual Facade



The Human Expression does what it is built to do.

It creates an identity to experience what it chooses. A role. An Aspect. (Examples) + Mind

In Awakening, the human says “oh, there is so much more. I am going to explore it with this new identity...”

The awakened identity or the role of choosing self realization.

I am is not in physical form yet...

So, there's this idea of a spiritual façade. I'm going to move my little head so you can see better.

So, the manifestation of the spiritual facade is the manifestation of an *aspect*. We all know... most of you have taken the Crimson Circle Aspectology School. I highly recommend it. I also write about it in my *Thirty Days of Self Love* book, which is available on Amazon.

So, most of you know that the human expression does what it's built to do when it wants to experience something. It creates an identity to experience what it *chooses*. We also call – I'm not a big fan of the word *aspect*, it has kind of gotten heavy, but I also call it a role.

And so, some examples of this would be: I want to have the experience of human love, so I'm going to be in a relationship. So, it creates the role of wife, or girlfriend, or boyfriend, or partner. And then you have the experience on the surface of the water in the collective matrix, in mass consciousness, of being with another person and you play the role.

And what does that look like? I have the plus mind (+ Mind) here because the mind is kind of writing the script. And the mind writes the scripts with belief systems: A wife should behave this way, so I'm going to act this out. Or my husband bought me flowers and took me on a date and that's loving. And so that creates a script; the belief systems create a script: Or he didn't do this and that's bad, so then I'm going to have a fight.

So, the actors in the play on the stage – we've all been there and I'm kind of laughing because it's *so serious* when it's happening. And then you realize all of this is happening in this collective matrix called *mass consciousness*.

There's *nothing* conscious about mass consciousness. It's just a big pool of belief systems. And it was created in Atlantis because we were all so un-unified, under-standardized. We had to agree upon seeing reality in a certain way so we can interact with one another.

And then it kind of went rigid. And we realized you can't have self-realization when you all see reality in this collective way. And I'll talk more about that – it's getting a little bit too far into it.

So, in *awakening*, the human says: “Oh, wait, you know, there's so much more than my job, my family, what's happening on the surface. There's other stuff happening beneath me and I'm starting to remember that. The stuff happening from here down (moves her hand from the neck down). I think I have a soul. I think I've had other lifetimes.”

So, when you have this experience that there's so much more – “I just don't know what it is, so I'm just going to seek around for a little bit.”

So, there's this identity that's created, like spiritual seeker. I like to call it an *explorer*. Let's go explore.

So, maybe you stumbled upon Crimson Circle, maybe you read Yogananda's autobiography and you're like: “Wow, it's not just about being awake, like it's about reaching this ultimate goal of realization.” And we all know it's not a goal now. But you know what it's like when you first have that experience like: “I want that; I never want to suffer again.”

So, this role, this identity is created - and Morya calls it the spiritual facade. And he says it's not a creation. It's a *manifestation*.

So, feel into the difference and we'll define those in the upcoming slides.

I also make a little point – this is something I realized after realization. The I Am That I Am, the I Exist, while you're connected to it, it's not in physical form at this stage. You're basically a human holographic version of yourself – the I AM's projection – and you have a connection to your soul, which starts to embody. Everybody here's soul is in their body; it's not hovering above their head like a cloud.

So, awakening is really about integrating that soul all the way into the body; and realization and enlightenment, further on, is about bringing the I AM into the body, which is a whole other presentation. But I want to introduce that concept of moving beyond human-soul dialogue and into the I Am That.

Slide #8

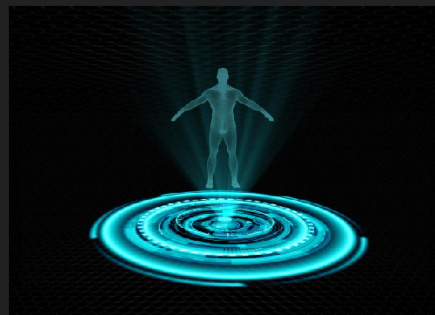
A Spiritual Facade (Identity that is projected like a hologram into a collective reality) is Manifested to Experience & Perceive 'There is something more'

This is a natural/ healthy/ normal way to go forth and explore concepts of awakening and realization.

The 'holographic projection' is kind of like the scout in an exploration expedition. It goes in to get a lay of the land, the uncharted territory.

It's job is to make the ego + mind feel more comfortable about letting go of control (perceived human free will).

What will my life be like if I let go, integrating into the Infinite Mystery of the I Am in a state of no separation.



So, this spiritual facade, this identity, is projected like a hologram into this collective reality matrix. It's manifested to experience and perceive

that *there is something more*. It's a natural, healthy, normal way to go forth and explore concepts of awakening and realization.

This is not... realizing that you are kind of an actor in your own realization play is *not a bad thing*. It's not something you need to beat yourself up about once you discover it.

I mean, for me I had a moment where I was like: "God, I'm playing the cartoon character version of realization." But I wasn't mad at myself; I wasn't embarrassed. I allowed this aspect to integrate.

So, this is just about awareness. It's never about right and wrong, good and bad, or beating yourself over the head. This is about love, acceptance, I hope you can feel the sensation of that – Morya is pouring it in right now.

So, this holographic projection is kind of like the scout on an exploration expedition. It's going to go check out and get the lay of the land:

"Okay, if I choose realization, my life's probably going to fall apart, but what else will happen"? Like it's trying to get comfortable with like: "Do I go forth, (laughs) or do I stay here where I'm at and stay miserable."

So, everybody here has had this experience of this explorer, this scout like: "What's the lay of the land in realization? I'm going to go read about someone else's experience."

That's why I write a book to say: "Hey, this is safe, and it actually is worth it – all the crap that comes up, you know." Or you go and look for materials that will support this.

So, this aspect or identity is not a bad thing. Its job is to make the ego and the mind, which are still active and awakening, feel more comfortable with letting go of control.

There's still this human free will. You still have to have a conversation with your human self. It says: "Hey, human – pat it on the head – it's going to be okay; everything's going to be great. And we're going to have this experience together. And... death is an illusion."

So, it's really serving a purpose. And you're basically asking yourself, your human self like... making it comfortable with: "What will be...what will my life be like if I let go?"

"What if I let go and integrate, dive into the infinite mystery of the I AM of the I Exist and I experience the state of no separation – what will happen to my human free will"?

So, this explorer aspect looks at all of that. And it's *really good* for this to *happen*.

But people are staying in this a little bit *longer* for a variety of reasons, which we'll cover – like beyond readiness. There are some people that aren't ready for this, and then there are some people who are really ready and they're kind of hanging on a little bit longer.

And that's... there's positives and negatives – nothing's really positive or negative, but there are multifaceted perceptions about this, and we'll share those.

Slide #9

WHAT IS A HOLOGRAM ?

A PROJECTED IMAGE ONTO A SCREEN (Collective
'consciousness' screen)

A DIFFRACTION OF LIGHT - Broken into Pieces - Separation

ATLANTIS - Creation of Common Experience in a Standardized
Form

So, we define a lot of stuff. This is for people who want definitions. If you don't want a definition, just listen to this... feel the sensation, the symphony going on inside of you.

For those who like the definitions – Morya loves definitions – I'm going to go through a couple of them.

So, what do I mean by hologram or holographic projection?

So, it's a projected image onto a screen. In this case like in the awakening, you're, you know... before awakening and at the beginning of awakening you're in this mass consciousness screen.

So, you have an image projection of yourself and all the roles you've ever played: teacher, student, artist, people pleaser, victim, perpetrator – all of it happening on this collective screen to gain experience and through experience you gain wisdom.

So, that's like what the human's and the soul's role was:

Human has the experience; soul wisdomizes the experience.

So, that's kind of what all these last lifetimes were about.

This one's not.

There's no need to gain any more experience and wisdom because you've been doing this for thousands of lifetimes – well beyond what was actually anticipated for a human experience.

When you look up the definition of hologram it talks about it being a diffraction of light.

Diffract is from the Latin: broken into pieces. So, it's the separation, and that's the basic level of understanding in the human experience and the realization experience.

You are All One. You wanted to experience yourself... you wanted to experience yourself as God, Also. You wanted to experience consciousness.

So, you have to create a separation – human (and) I Am consciousness – to be able to have something to experience the consciousness, and in that

experience of experiencing your own consciousness it comes back together.

And you realize separation was an *illusion*. But separation was a really cool experience you got to have on Earth, to know yourself as God, Also. It's *really truly* beautiful and everything is *always* perfect. And that's the joy of me being here and teaching.

So, in Atlantis at the beginning... Atlantis was a very long period on Earth, longer than this modern world period that we're in now.

So, there were a lot of lifetimes... at the beginning of Atlantis people were *really big* and *really small*, and they didn't have a brain that really worked. And they didn't kind of see the same things, so it was hard to convince people that they were in physical form.

So, we started to have the society concept of... society build-up where people started – we started the standardization of the body. The mind was meant to... so people could have some kind of level playing field to experience this reality. It came from good intentions, so people started to agree to have this collective reality.

There were a lot of cool things that happened in Atlantis and some things that really, you know, created post-traumatic stress injury for me. But it created this common experience in a standardized form. And then you have your experience on (top of) that.

But what was the *missing* piece of Atlantis was *sovereignty* and *Gnost*, which we will totally talk about as we go into the last part – last section of this experience.

Slide #10

WHAT IS A FACADE ?

Facade (noun) An Outward Appearance that is Manifested and Maintained to Conceal a Less Pleasant or Creditable Reality; the outward face of a building (external projection).

- The Human only knows how to play a role on stage with other actors. So naturally, it tries this in self- realization....
- Morya: Now there are many people on stage, but there wasn't in the late 1800s, this is a new phenomenon, related to Atlantis...
- This role/ identity/ image imitates consciousness and gets "stuck" in this outward idea of realization or enlightenment - increases the bigger and more dramatic the stage is

So, what is the facade?

Morya talks about the *spiritual facade*.

The definition is: It's an outward appearance that's manifested, not created, but manifested to conceal a less pleasant or creditable reality.

So, a facade is like you're walking downtown, and you see the face of a building. You don't know what's going on in the back of the building, you just see the front.

So, the human only knows how to play. If the human is in charge and its in its perception of free will, it only knows how to play a role on a stage with other actors. You have to have a mirror. So, there needs to be

another actor to reinforce your experience, or something you're interacting with.

So, naturally it tries this in self-realization.

Morya points out that this is kind of a phenomenon that people are watching from the Ascended Masters Club or the Angelic Councils. They're kind of looking down and going: "Wow, this is really interesting."

So, what we have now is that there are many people on stage choosing realization. There wasn't in the late 1800s when Morya was experiencing his own realization. He later created a society, but it was to help people in awakening and to help Eastern concepts move to the West – to lay the groundwork for Yogananda. (It's) totally different from what we're experiencing *now*.

So, you have organizations like the Crimson Circle, where there are a lot of people standing on stage saying: "I'm choosing realization!"

Which is awesome! Holy crap! Record numbers! And everybody's imitating consciousness on the stage. So, people start to think it's real; that they're really in their self-realization experience, but it's still out there in the future somewhere. And they get stuck in this outward idea of realization or enlightenment.

And this (imitation) increases - the bigger and the more dramatic the stage is. So, the more, you know, things get kind of hyped-up on the stage about: "Realization, yeah, and we're doing this and there's another workshop and that..."

You know, all of it (the next workshop or channel) really starts to make people feel they're moving somewhere, but really this facade, the spiritual facade, this human aspect choosing realization is kind of almost like:

It went from 'fake it till you make it' till I actually think I'm there, but I'm really not (realized yet).

And the mind wants to stay in charge, so it starts to kind of mimic consciousness to say: "Oh, you know, I'm having this experience."

Because the mind knows and the human knows: once you really allow realization they don't necessarily die, but they integrate, and they're gone. And the mind will never be in charge again. And the human will *never, ever, ever* be in charge again and won't be creating these aspects and everything else.

There are new ways to interact with the world after this happens. That's kind of the scary part: "Well, if I can't think and I can't create a role to play, what do I even do on Earth"?

We're going to talk about it!

Slide #11

Waking up from the Dream - What is Real?

Creditable (adjective) Of a performance, effort, or action deserving public acknowledgment and praise but not necessarily outstanding or successful; worthy of belief (illusory).

EXAMPLE: People who are outwardly successful at spirituality or consciousness

Then you may find yourself - Now on collective stage of those "choosing" realization -

And the deepest part of Self says...

"Hey, we cannot find who we are on this stage, in this external projection - no matter how conscious the stage is labeled..."

So, waking up from the dream – What is real?

It is almost like an awakening: You wake up from the dream of mass consciousness, and then you find a spiritual group to support whatever you're going through and then that becomes real.

That's not real. It's not; it's not real!

What's real is I Am That; I Exist!

And that's not boring or basic. That's *everything*. That's *reality*. That's the *ultimate reality (or absolute reality)* and it's so multi-sensual, so multi-layered, and the experience there is beyond anything you will ever have on the surface of the water whether it be the matrix of mass consciousness or a spiritual group.

So, I pulled out – this was in the definition in the last slide:

“Maintain to conceal a less pleasant or credible reality”.

I define it here:

It means a performance effort or action deserving public acknowledgement and praise but not necessarily outstanding or successful. It's illusory.

So, I mean you have that a lot today, anybody who is outwardly successful at spirituality, or consciousness, or they're like '*I'm a creator*', and whatever else.

Well, it's kind of like the spiritual facade, the holographic projection – on steroids.

The spiritual ego was what it used to be called. I did this. So, I can speak firsthand, and I didn't judge myself for it. It was an experience that I had. I'm glad I didn't hang out in it too long.

So, like for me I found myself – and Morya watched me in silence. He didn't correct me. Like any good Master does, he showed me where to look, not what to see.

I found myself on a collective stage of people choosing realization and the deepest part of myself said,

"Hey, we can't find out who we really are on this stage in this external projection. No matter how conscious this stage is labeled, I am never going to find out who I truly am here. It's just another matrix, another collective reality, a collective set of belief systems."

We've been trying this for so many lifetimes, and we talk about this in the *Tales of an Aspect Integrated*. We tried this at the time of Yeshua, King Arthur, all these different attempts to live the Atlantean Dream of

bringing consciousness and energy fused as *one* – while maintaining physical form. And it kept turning into more and more dogma, another collective stage. Sovereignty is missing, again and again.

And I knew I needed to discover sovereignty. And for me that's an ongoing experience of mine. I reach a new depth in sovereignty every breath I take. I have a new realization around what it means to be Sovereign and God, Also every single day now.

And that's where the real abundance comes in. And the abundance is not what happens on the surface, it is what happens in the Oceanic Self.

And the truest abundance is being able to answer the question:

Who am I? And you actually know the answer. And that may not be in a word or sentence, but you know who you are without having to define yourself with other people or any mirrors in your life.

Slide #12



MANIFESTATION vs. CREATION

So, a nice time to take a break. If you would like, you can hit pause, take some deep breaths, grab some water, put it off until tomorrow.

So, this next section, we're going to go into quickly because this is not a creation class. But in every class I've been teaching, every event I've been

doing has a creation piece in it because I just want to keep introducing it over and over again until I get the big finale, (laughs) *one*.

So, and it comes into play in the difference between aspects and facets.

Slide #13

Manifestation vs. Creation

Manifestation (noun): A Perceptible, Outward, or Visible Expression. (*Identity, Ego, Moving building blocks with Agenda*)


Manifest (adjective): Easily Understood by the Mind; Obvious.

The Human choosing realization/ enlightenment and trying to do it.

Imitation Creation - fake it until you make it - not wrong or bad...

I am on the stage with other holographic projections choosing realization, so it starts to feel real because these other actors are reinforcing it (hall of mirrors has a new corridor)

(Morya says people are hanging out here longer for various reasons...)



Manifestation is a perceptible outward or visible expression. In my book I write about before my realization I was moving colorful blocks, building blocks around with an agenda and calling it creation. And it wasn't!

There's nothing wrong with manifestation but my identity and my ego were still involved in it, which is fine, but you can't have identity and ego, or agenda involved in *true creation*.

And I know everybody who's taking this right now really wants to experience creation staying in physical form. And really truly have *clarity* on what that is. So, this is the step to get there. You know, you don't want to get a ticket for speeding.

Pause.

When you manifest something, it's easily understood by the mind: it's obvious, there are tangibles. I'm making a movie about *awakening* and lots of people love it. That's a tangible; it's a manifestation. My first book

that I wrote I consider it a manifestation. It was fun. I enjoyed it. I'm really proud of it. I think it helps some people. It's a manifestation, nothing wrong with it.

But then I realized how there's this deep passion inside of me to actually experience creation. What is that going to look like? And I know I can't get there on the surface of the water, or through accolades of my friends, or playing on the stage with people. I got to... I really have to understand *who I am* first.

A manifestation would be the spiritual façade: The human choosing realization or enlightenment and trying to do it.

You know, we can hear a million times that the human's not responsible for realization, but the human will try all sorts of things like take another class. And that's not making fun of them. I still take classes; I like them. I still like some of the Crimson Circle stuff. I take a... I'm in Keahak, and I listen to the channels, and it deepens something for me.

It's just about changing your relationship with the human *doing* to the human *being*.

Imitation creations – another 'Morya thing'.

There's a lot, you know, when you have... when you're fully in your *aspect* choosing *realization* it is going to imitate creation. It's going to say: "Oh, I'm on vacation, look at this amazing creation I made. I planted a garden, look at my creation!"

You know, it's like a 'fake it till you make it' type of thing. And then you start to understand truly what creation is.

Manifestation: I'm on the stage with other holographic projections choosing realization. It's not even the person there. It's not really who they truly are. It's just a facade. It started to feel real at some point because the other actors are reinforcing it.

So, you have a hall... the hall of mirrors has a new corridor. You know, you had people reinforcing your roles as a human. And then you have them reinforcing your roles in awakening and realization, or pseudo realization. People saying, "Oh, yeah, you really get it!"

And you sit and have the conversation (with another spiritual façade) and you're so charged. And it's like: "Yeah, man, we're doing it."

And so, you have this whole new mirror situation going on. And that's what Morya is kind of talking about: What's different for us than it was for him?

So, people are hanging out in this spiritual facade choosing realization longer than anticipated. And in some ways, they're doing a great service because... you know, it's opening potentials and possibilities for other people choosing realization. It's almost like they hold the door open longer.

You have the sliding glass doors that shut unless they have a sensor. It's like people are standing in front of the sensor holding those doors open: "Choose realization! Choose realization! The door is open! Choose realization, choose realization"!

That's a great service to provide. And then at some point, you actually allow your realization and that keeps the other door open.

So, it's like serve as long as you want there – divine timing. And then when you're really ready, let go!

But Morya is saying that some people are hanging out longer than they need to for service purposes and for their self-purposes because there's kind of two things: like you're choosing this for yourself, first and foremost, and then what you do has an *impact* on this collective matrix – it's floating on the surface.

What you do under the surface of the water has an impact on the surface *without* agenda.


But he's saying that people are ready. So, that's part of the reason we put together this course is to say: "Okay, like really be honest with yourself. Are you holding back because you just got really comfortable, you know, being the human choosing realization? Or is it really time?"

So, that's a question for you to answer for yourself, obviously.

It's an interesting phenomenon if you go into the big picture. I'm a big picture person; I love the big picture of what's the history of enlightenment and what does it look like right now? That lights me up.

Slide #14

Manifestation vs. Creation



Creation (noun) The Act of Bringing something into Existence; The Act of Bringing the Earth into Ordered Existence.

Here the Act of bringing the consciousness of the I AM into physical vessel - Embodiment. Consciousness fuses with energetic body, when the facade takes its last bow on stage and lets go. (New Energy)

Creative (adjective) Having the quality of something created rather than imitated.

Actual Creation. Not imitation creation. No Agenda. "Wow, I created that." Can only happen off stage, outside of the theater... On a sovereign screen...

Creation occurs here - in this context - when the consciousness of the I AM fuses with the energy of the being choosing realization, who has "let go and let God."

New Energy - Consciousness + Energy in a state of no separation. ---- This is combination for a while...EXAMPLE

So, creation is the act of bringing something into existence. For example, the act of bringing the Earth into an ordered existence, something we all participated in.

Here the act of bringing the consciousness of the I Am That I Am into physical vessel – which I call *embodiment* right now, subject to change – consciousness fuses with this energetic body... (laughs) floppy energetic body.

And then the facade takes its last bow on stage: "Lovely being here, thank you very much! My role as human choosing realization is now over!"

And that's what New Energy is: consciousness fuses with energy. Any kind of *duality* is realized as an illusion and you move into a *state of no separation*. Human and Divine – no separation. You don't have a little human and a soul, or a Master, or whatever.

New Energy allows it to all come together: the *Atlantean Dream*.

You have to do it for yourself.

Creation is having the quality of something creative rather than imitative. We talked about that in the last slide. I think everybody here can really feel the difference between imitative creation and... you're not going to be able to write a Facebook post about real creation.

Creation is allowing your realization, you know, I mean you could write about that, but... it's never going to... it never going to grasp the enormity of your creation.

That's your biggest creation, and then after realization your next biggest creation is stepping into embodiment and staying in your creator in your creation mode all the time. There's more back and forth that happens. You're creating your creation and then you're yelling at someone in the grocery store the next day and then it changes back.

'Being' is a perpetual state of becoming, and that makes it exciting – there's not a *finish line*. When you move into realization you realize it's the *start of everything*, not the finish. So, that's actually really exciting!

That's like... if you integrate this human, it's not like... oh, there's another thing to do. You know, it's going to be like: "Wow! I'm actually really alive and living... for the first time ever – not just hanging out on the surface."

So, it connects that whatever's happening in the depth of your Oceanic Self is reflected on the surface. It's not even really reflected, internal and external boundaries dissolve. And that happens gradually because it would make you insane if it happened all at once.

So, that's creation.

You know, it's not a vacation, a first-class ticket on a plane, a glass of wine at sunset. Those are all nice things. Enjoy those.

They're not creations.

Creation occurs in this context:

When the consciousness of the I AM fuses with the energy of the being who is choosing realization, who has finally let go and let God....

I'm just going to repeat it – just because the sensation is so sweet.

Creation occurs here when the consciousness of the I AM fuses with the energy of the being choosing realization, who has finally let go and let God....

It's really all it is... truly, truly all it is.

So, we talked about this new energy consciousness, which is energy in a state of no separation. And... I said an example down there; I gave a bunch of examples. So, I'm not going to do anymore. So, it went out of order. I know someone emailing me being like: "There wasn't an example." Rewind. (laughing) It's all there....

Slide #15

Aspect Identities are created to answer the question: Who Am I?

They attempt to fulfill the desire to know oneself, relative to something else.

Aspects or manifested identities are not wrong or bad. They are the human self's way of perceiving themselves in relation to their external environment, a way of experiencing self within a fixed reality.

For example, in a relationship the identity of wife or girlfriend or husband or boyfriend is created in order have the experience of human love or partnership. A mirror is created for the human self to look at itself and answer the question, Who am I?

The answer goes like this... I am (this)....

The deepest part of Self says, "Dear human, that's not who you really are! You are me. I am that I am."

It all comes down to this question: Who am I?

So, all these aspects and identities were created to answer the question: Who am I? They attempt to fulfill the desire to know oneself relative to something else.

Instead of aspects, let's call them *manifested identities* – they are not wrong or bad. They're the human-self's way of perceiving themselves in relation to their external environment. That's how the human understands things in relation to its external environment.

How do I compare to this? Or how am I going to interact with something outside of myself? Really cool experience – we've done it for eons of time and countless lifetimes.

What happens after that?

It's also worth pointing out that this happens in a *fixed* reality. You think things are fixed in this reality, and you don't have a whole lot of control even though you try to control everything in this kind of reality – *old* story.

I'm going to continue with the examples. I feel like I'm beating them, but people keep asking for them.

So, like in a relationship: the identity of wife or girlfriend is created to have the experience of love or partnership. And a mirror is created for the human self to look at itself and answer the question: Who am I?

In the Mary Magdalene course, she talked about how she looked at Yeshua, the love of her life, and she realized that as wonderful as Yeshua was:

"I'm never going to know who I am in relation to him. He's never going to reflect that back to me in a way that I will be able to understand the most loving being, consciousness, you know, ever."

And she still needed to know that for herself.

So, the answer goes like this...

The way the human would answer the question of who am I? It would be like: "I am this identity. I am this role."

But the deepest part of yourself, *It-Self*, says, "Dear *human*, (chuckles) that's not who you really are! And you are ME and I Am That."

So, I mean everyone gets this at some level. And I'm telling you like every breath I take I dive into this deeper, right now. It's not... I'm not


going to hit a bottom. It's Infinite. So, it's fascinating and fulfilling. And it's *empty*, but everything's in the *no-thing*.

It's... highly recommended (chuckles) – order that off the menu!

Slide #16

Behind these identities,
spiritual/ realized holograms,
aspects, image projections is
NOT a new and improved you.
It's not your higher self or what
your human imagined it to be.

Behind it is the void of no self -
and - the only place the I AM
THAT I AM can truly be
known.



Everything you
define yourself as
is an image.
Behind that is not
a better version
of yourself.
~ Adyashanti

Okay, I'm going to move my little head around (on the screen).

So, I love this quote, I found it...

"Everything you define as yourself is an image, you know, even the image of the human choosing realization. I found that was not a better version of yourself."

When my realization... first realization, initial realization occurred in the fall of 2017 I was like: "Wow! There's no... like *super* Lauren behind here. In fact, I'm not Lauren at all."

You can hear those (words) 1,000 times but the experience of:

"Oh, I'm not Lauren, I Am That!"

And, (realizing) there's no better (person), or a Jesus is walking on water or a mastery person behind Me – (behind That).

Who I Am behind that is not like a Master in the way I thought. It's something that is very soft and fluid and doesn't have external desires.

Consciousness – not even soul anymore – just a *pure stream* of consciousness.

So... (breathes) I am getting a little... (chuckles) it's like making love and never finishing. It's just a constant orgasm.

So, behind these identities and the spiritual/ realization holograms, image projections – it's NOT a new and improved you. It's not your Higher Self or what your human imagined it to be.

It's the *void*, which only feels like a void because you're not used to it.

You are used to so much stimulus from the surface of the water and when you go into the depths of the water it feels like a void, because you're used to all the human stimulus.

And the stimulus starts to come from sensations and it's not... I'm having this sensation; you *become* the sensation because there's *no separation*.

This is the only place that the I Am That I Am can be truly known.

Slide #17

Notes from El Morya...

In the advent of groups built around realization, people are staying in this aspect choosing realization longer because it is being reinforced because a collective “enlightened” consciousness has developed.

You can see it on social media forums, sure, yet this collective has created a sort of gravity....

What we see is that this means more people than ever are being attracted to allowing realization in their lives, yet the gravity of the collective is holding some who are truly ready in their fixed form longer than needed. This is where Sar’h and I focus....

All right, Mr. Morya, here we go.

Here are his notes. (laughs) I'm laughing because he can be kind of serious, okay?

So, in the advent of groups built around realization, people are staying in this aspect choosing realization *longer* because it's being reinforced by a collective *enlightened* consciousness, which is an imitation.

He's saying that people are really ready for the realization, but they kind of collected on the stage. And instead of walking off the stage they are staying longer because it feels safe, comfortable, or I guess they're having a really good time playing *the imitation game*.

He's a little harsh; I'm just going to say it.

So, you can see this on social media forums. You can see... and this collective has kind of created a gravity. I think everybody here knows when you leave mass consciousness, you're like: “This is not how I'm going to live my life.”

There's a gravity that kind of pulls you back in. So, now there's a gravity and a collective enlightened consciousness that is pulling you back in.

So, he's just observing this. Morya feels harsh, but he's really just pointing out *facts*.

He says what this means is we're seeing more people than ever – awesome! – are being attracted to allowing realization for their lives, but we made it like a cartoon character game.

And this gravity of the collective is holding some – the few who are really, really ready. It's the people that Morya works with – it's everybody here.

People who are really ready... to move beyond this fixed form, this fixed identity, this fixed matrix – all of it! You know, like moving in from fixed and solid to fluid I Am-ness. Yay!

So, this is where Morya and I focus all of our attention every single day, every minute of every day. It's kind of happening simultaneous for me; Morya says it's always been this way for him. And I'm starting to understand what it means to be *embodied*. I'm not 100% there yet. It's not a *finish line*!!!

But what I'm understanding is I'm having this beautiful relationship with myself, and then simultaneously I'm working with Morya, you know. There's not really hours in a day, but for sake of story, 24 hours a day focusing on these people who are truly ready to allow the realization and they want to stay in physical form and move into embodiment.

And we're doing that because that's our legacy, and what we agreed to do at the fall of Atlantis where we pulled the plug and it flooded. So, we've been friends for *that long*.

And it's not like we're doing it to save the world. We're doing it because it brings us joy. The state I'm in and the state Morya is in – joy and service are the same thing. And service is not something *I do* or that *he does* – it's just *who we are*!

By being ourselves – and that's what embodiment is really about – like by being yourself and having yourself as an experience you're serving everything!

So, I'm getting off topic. But this is really kind of the lay of the land right now. In 10 years, this presentation will be total crap and obsolete. That's why we don't talk about Theosophy and the stuff that Morya used to teach because it served the moment; it's not meant to be hung on to. It served the moment, then you move on.

So, everything is temporary and so is this. It's going to have a short shelf life, but hopefully it supports a few people like yourselves.

Slide #18

Notes from El Morya...

It is a beautiful thing to have peers at the beginning to help knowing you are not crazy, for example. Yet, this has created a GRAVITY.

Any collective belief system creates gravity when it comes together. (Release Mass Consciousness - belief systems - Release Collective Spiritual Consciousness - belief systems)

So now there is an extra layer of gravity in choosing realization. One that holds people in the pre-realized state of being for much longer.

This is fine - IF IT IS AN ACT OF CONSCIOUSNESS - something I will walk you through in the following slides. Something I will sit with you in your homes, walk with you on your trails, if you allow me to.

So, it's a beautiful thing to have peers at the beginning to help know you're not going crazy. Right? Like I had this awakening and I'm choosing realization and I'm not going crazy. But this kind of created a gravity. Any collective belief system creates gravity when it comes together.

So, you have mass consciousness – it's just really a mass of belief systems. And then you have the collective and you release that. And then

you have the collective spiritual or I'm enlightened consciousness and there's a whole set of belief systems around that.

And it's not wrong or bad; it's just you *can't* experience realization embodiment in a collective reality. You *have to* have your *sovereignty* and to experience sovereignty you need to experience the God, Also. And to experience the God, Also, you have to *integrate* the human choosing realization aspect.

So, that's why we're here and that's why we're talking about allowing and surrender.

So, there's an extra layer of gravity choosing realization when that holds people in the realized state of *being* for *much longer* than they really need to be there – it's painful.

Eventually, you're just going to go: "God I've waited so long. I'm like an overripe avocado. Just eat me."

You guys are ready, you're ready, you're ready.

So, some people are doing this. It's an act... it's an act of consciousness. They're holding out a little bit longer for something: divine timing, something they agreed to do, and they want to hold up that agreement.

Some people are waiting for their partners to catch up or they're in... it's like really both people are kind of waiting for one another and the best thing to do (for everyone involved) would just be to allow your realization.

That's the best thing you can do for your family, for your partner, for anybody because holding yourself back creates really 'interesting' energy dynamics.

And the best way to be in the world is to be true to yourself, and your own divine timing, and how things are going to work out. Not to worry about what the surface of the water is going to look like.

Before I went through my realization, I was like... I thought I had to have everything figured out because realization was like a finality.

I thought: “Everything needs to be (in order)... I think I was dying and I have to have everything figured out so I can allow this. And realization actually occurred in the moment when I realized I wasn't going to figure anything out.”

Pause.

Realization occurred in the moment when I realized nothing was ever going to be figured out – by this human – ever!

And that is when my human relaxed, let go, and integrated.

So, Morya is saying here like if you want sovereign support on any of this; if you want to discuss it with him, he said: “I will sit with you in your home. I will walk with you on your trails if you allow me to.” He wants to be there.

But he's not going to talk to you about what's going on – in the surface of the water, with a façade trying to figure anything out. That's definitely not going to happen. I think most of you know that.

Slide #19

Allowing & Breathing Break

You don't have to know all of this with you mind.

Feel into the sensations of the words rather than the linearity definition.

Go beyond cause and effect.

We created a story here to move things along.

Please don't get caught up in the details.

Instead allow the sensation of letting go move through you, if you choose.

All right, so that was a lot. (chuckles) And thanks for the feedback of everyone.

We know this is an allowing and breathing break.

I just want to repeat that you don't have to know all of this with your mind.

I really invite you to feel into the sensations of the words rather than the linear definitions of things. Go beyond cause and effect, which is linearity. Things don't happen beyond time and space in the cause-and-effect modality.

There's a story here; the story is great and moves things along, but please don't get caught up in the details. Instead, allow the sensations of letting go move through you if you choose.

Breathing.

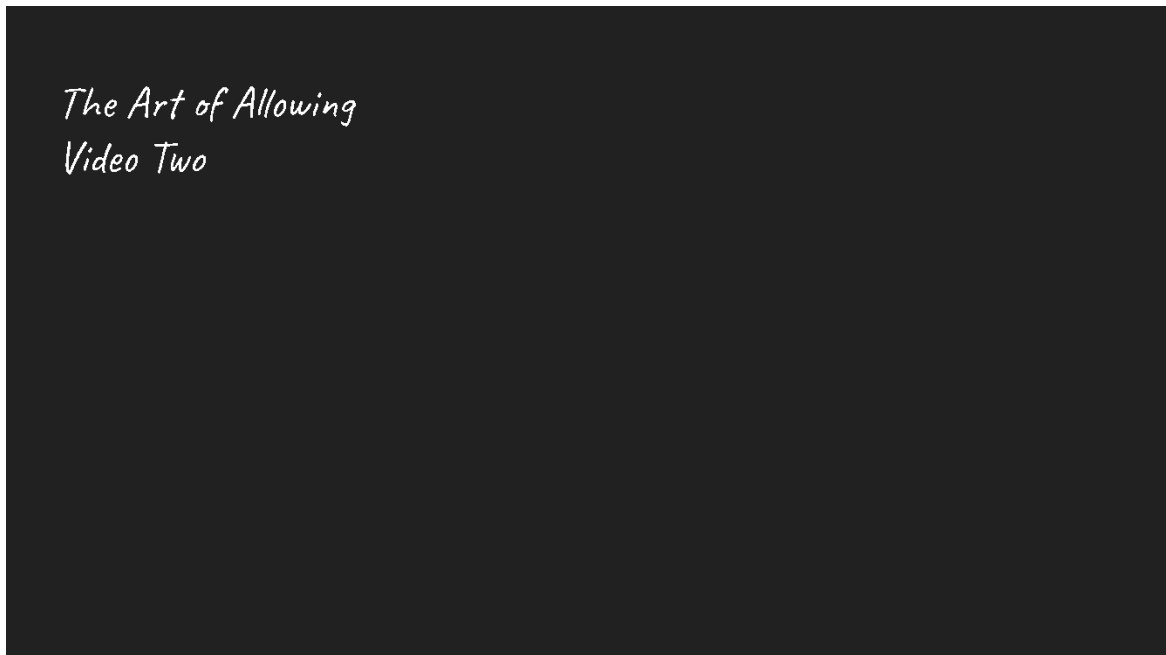
So, we'll take some nice deep breaths. I'm actually going to hit pause on my recording and take my own break.

ART OF ALLOWING

Part Two

Hi, friends, I'm back! I've had my little break. I hope you've taken a break, too, whether it be 20 minutes, or a day, or more.

Slide #20



We're going to go into the second video now. You can see why I wanted to send this to you guys in advance of our meeting. And I really think it's important that we come together and meet afterwards and share our experiences with one another so that I can answer questions, Morya can answer questions.

You can also hear what others, who are choosing the same as you, are experiencing in their lives. This is a lot of fun for me! I feel like I'm connected to everyone taking the course whether they've signed up yet or not.

I feel like it doesn't take away from that personalized experience, you're not getting lost in the crowd. And yeah, it's really nice to go beyond the linear timeline and have this experience.

So, I'm going to make myself small again, and move myself to the corner (on the screen).

Slide #21



So, in the first video we talked about this explorer identity and the scout. Is it safe and smart to allow realization?

I have this image, which will appear a lot.

So, you have the explorer, the scout – choosing realization – who is exploring the cave. He has on a hardhat, ready for the walls to cave in, and he's dressed in his explorer clothes. He's got all his supplies in his backpack.

I'm going to see if I can find my pointer.

So, here he is, or she is - it doesn't matter. And they're looking at the mini, tiny, microscopic... looking through the binoculars, through the camera lens of what's on the cave's wall. What's external?

And then you have this *light* coming in, which is the I Am That.

So, we have a lot going on here.

So, the explorer identity is going: "Okay, so I'm choosing realization and what does that mean?"

Slide #22

I am THIS identity.... Visions of Separation....

Another example:

When the human seeks to travel the world, it creates an identity of explorer. The explorer identity is then the perceiver of that reality (world travels). The explorer uses the places visited to reflect back the answer: who am I?

Yet, in the time of awakening and into self-realization, the human self starts to understand that it is none of these identities it has tried on. It's true nature is never reflected back.

None of these identities really match who they actually are. Who they are is free from identity. Free from ego. Free from mind story.

So, visions of separation: we talked about this a lot in the first video. The I-am-this *identity*, which is the aspect of the role created. So, how the human defines itself prior to being integrated into All That Is.

For example, when the human seeks to travel the world, it creates the identity of explorer.

I think I have something on my face. (laughs) Okay, human moment!

Slide #23

Nope, I must be something more than the role I play

The Self deeply wants to experience consciousness without relation to identity or to its external environment, without a mirror. (God, also)

It has looked in the mirror's reflection so many times and only ever saw a mask. Who is behind the mask of identity?

But it doesn't know how. The human self relies on its old methods of operation.

So the Spiritual Facade is brought forth, the identity that imitates consciousness.

I say imitate because pure consciousness can not be viewed through the perception of an aspect or identity. It cannot be experienced through an aspect or identity.

YOU CANNOT PERCEIVE OR EXPERIENCE THE 'GOD, ALSO' THROUGH THE LENS OF AN IDENTITY (This is the sensation of death...)

The explorer identity is in the *perceiver* of that reality, in its world travels. The explorer uses the places visited as it's exploring the world to reflect back the answer: Who am I?

And as we talked about before, the answer can never be *found* in this collective or trying to define yourself through something external: What's on the surface of the water, what's in the matrix, what's in this collective view of reality – whether it be mass consciousness or a spiritual group, or whatever.

Yet in the time of awakening and into self-realization the human starts to understand that it's none of these identities. Everybody here has had that experience that it's tried on: "I'm not the wife, I'm not the girlfriend, I'm not even the human choosing realization. Who am I really"?

Its (the human's) true nature is never reflected back because you can't figure out who you are by looking in the mirror. You've looked in the mirror. You've taken off this mask only to find out that there's another one underneath it, and you take off that mask and it's like... I've looked in

the mirror 100 times, and I'm *never ever* truly going to know who I am. It's never going to be... my true nature is never going to be reflected back to me. In fact, I'm going to have to go inside and *dive in* to really know who I am.

None of these identities match who I truly am. Who I am is free from identity, free from ego, and free from the mind story. *The Tales of an Aspect Integrated* course is all about being free from that mind story and walking out.

Slide #24



YOU CANNOT PERCEIVE OR EXPERIENCE

THE GOD, ALSO

THROUGH THE LENS OF AN IDENTITY,

OR THROUGH THE SPIRITUAL FACADE

.... IT MUST INTEGRATE ITS SEPARATED VISION, FIRST

So, you cannot perceive or experience the God, Also through the lens of an identity. God has no identity, or ego, or role in your life. It's not something external; it can only be experienced internally without that separation between human and divine.

The human and divine combine and then you realize the God, Also. You have the experience knowing I Am God, too, or the GodSelf, as P. Yogananda called it.

So, you can't perceive or experience the God, Also through the lens of an identity or through a spiritual facade because there's still separation – I'm the human choosing realization.

You *become* realization; it becomes *who you are*.

So, it must integrate its separated vision first. And we have this separated vision here marked with these binoculars or camera or whatever you see in the picture.

And here the I Am That I Am is hanging out saying, “Hey, can't you see me? Don't you know Who I Am? Don't you know Who You Are”?

Slide #25

Why the Spiritual/ Consciousness Facade is a GREAT thing:

It is the VEHICLE (ego becomes wego) taking you to full Self and bringing the lovely human qualities along, especially:

It brings the human quality of EXPERIENCE to the space from awakening into realization.

The Physical Body. The vessel for embodiment.

On the road to the The Atlantean Dream - Union with Self meets in the physical vessel... Free Energy or Light Body

So, why the spiritual or consciousness facade is a great thing.

We talked about this before, but I want to really *hone* in on it. This is the vehicle – the ego becomes the Wego – taking you to the full Self and bringing the lovely human qualities along.

It brings the human quality of experience to the space from awakening into realization. The physical body, which is the vessel for embodiment.

And this is all on the road to the Atlantean dream. We talked about this: The new energy – union with Self – meets in the physical vessel. The free energy or light body comes in for full embodiment to experience creation.

So, the human-choosing-realization aspect is kind of getting you there and delivering you on the doorstep of the *threshold of realization*. But it has to be *integrated* before you walk through the threshold. You cross the threshold, you open the door – it doesn't really have a door – the Gateless Gate is what I called it in my book.

Slide #26

Attributes of the Spiritual Facade/ Consciousness Imitator Identity

Seeks external validation such as but not limited to...

Getting a hotel room upgrade, being well-liked by their spiritual/ consciousness community members, getting money in their bank account, finding grace in travels.

In other words, the mirror is still sought in external circumstances, which actually do not matter to the I Am or body of wisdom that is the soul or master...

It is fulfilling for a while, but the nagging sensation comes in again.

There is something more to me, to the question Who am I?

So, attributes of the spiritual facade or the consciousness imitator identity: It seeks external validation, like getting a hotel room upgrade, being well liked in a spiritual consciousness community, money showing up in their bank account.

All those things are nice and all those things are going to happen after realization, but it won't be how you define yourself. It won't... you don't need that tangible thing as *proof* that you're a master, like, you already know.

And as a result of already knowing who you are, all these kind of things happen naturally. And you don't care: I got a hotel room upgrade or I got the shittiest hotel room there.

It's not a thing; it's not how you measure your success. Success is not determined by external tangible circumstances anymore.

In other words, the mirror is still sought in external circumstances when you're in this facade identity, which actually does not matter to the I AM or the body of wisdom that is the soul or the Master. We will talk more about that.

This is fulfilling for a while: Oh, my God! I got a great confirmation today, you know, from my guides or from the universe, or, you know, I got a check in the mail so I must be really conscious, or I lost my job so... and I have no money so I must not be conscious at all.

Total BS (bull shit)!

You just stop defining yourself by external things. Fulfilling for a while and then the nagging sensation comes in. Once again, there's something more; there's something more to the question: Who am I? There's a better answer, but I never found one looking in the mirror....

Slide #27

Where people get stuck or back out of allowing Self-Realization

- The set up camp in a spiritual reality created by a collective belief pool (yogic community, mystery schools, consciousness-related organizations) because it feels safe and there is still a mirror to show their 'spiritual progress' like completing courses or a teacher saying they are moving forward to reassure them of spiritual progress.
- Living without a belief structure is quite scary for the human self.
- LOSS OF IDENTITY FEELS SCARY
- This has been the humans way of experiencing itself through identity perception in relation to external realities for lifetimes upon lifetimes.
- To experience actual reality without identity feels very foreign to the human self who has been doing it this way for a thousands of years...

So, this is where people get stuck or back out of allowing Self-realization.

I'm sorry, the words are cut off. It's a learning curve for me. So, I'll know next time.

They set up camp in a spiritual reality created by a collective *belief* pool – Yogic community, mystery schools, we did this, consciousness related organizations – because it feels safe and there's a mirror to show spiritual progress like completing courses or a teacher saying they are moving forward to reassure them of spiritual progress.

Living without belief structures is quite scary for the human. You have no identity, and you have no belief structure to create the script. So, you're going identity free, ego free, script free.

So, how do you live?

That's scary! I need to have everything figured out in the matrix before I allow my realization. That happens a lot! What do you think you still need to do? Nothing's ever going to be figured out!

These are things I saw in myself. So, I'm able to talk about that. These are things Morya sees from his, you know, Angels Peak where you can get the really big view of everything.

The loss of identity is very scary; it feels like death! This has been the human's way of experiencing itself through identity perception in relation to external realities for lifetimes upon lifetimes.

So, you have the gravity of pattern: I am born into this life. I get so far. I have this experience on a collective stage. I die. I come back. I learned some more lessons.

It's just the way that humans have always done things. So, you have the pattern, but you realize like I have to move beyond the pattern to allow realization.

To experience actual reality – I Am That – without identity feels very foreign to the human self. The human self thinks it's in charge; it has this illusory perception of free will. And it has to look beyond that. The human feels like it's kind of dying because it's not in charge, it doesn't have an identity, it doesn't know who it is.

The human's never going to figure out who it is because it's not the human.

So these are kind of where people get stuck or where people kind of back out. They say, "Oh, I don't really want this. I say I want it, but I don't really want it."

Let's not set up camp here...

*One conscious being said to
another...*

"Let's not set up camp here."

"Deal," she replied.

- THE STATE OF FURTHER



This is just a sweet little thing that I want to share.

My girlfriend and I... she went through her realization before me, about a year or two before me. And we had these amazing experiences, and we would text each other like: "Oh, I had this amazing experience." And the response is always: "Great! Wonderful! Let's not set up camp here"!

So, being in the state of *further* means you never really set up camp. You know, some people have set up their tent around the Crimson Circle organization or the Self-Realization Fellowship. I use those two examples a lot because that's all I know.

But if you're in a state of further you never set up a tent – ever!

You pause, you have the experience with wherever you're at, and then you move on deeper into yourself... exploring more of the I Am That I Am – except you don't have that explorer aspect to explore.

However, you still have the ability to experience – you just take the 'I' out of the experience. Instead, you *become* the experience without separation.

So, this is just something fun, maybe something that resonates with you. It's like let's not set up... this is great and let's not set up camp here.

Slide # 29

HOW DOES THIS APPLY TO ME?

Simply by feeling into the sensations...

resistance, expansion, new corridors, pockets of unawareness, divine timing, readiness... .

Your spirit individualized - the I AM -
will show you exactly what is
unfolding within your being-ness...



So, this is like a pause; this blue screen is indicating the pause.

How does this apply to me?

This is like being honest with yourself; you can simply feel into the sensations of what's kind of going on. Where's the resistance? Where's the expansion? What are the new corridors you can explore in your I Am-ness?

Where are the pockets of unawareness? And as soon as you locate the pocket of unawareness, guess what happens? It's a pocket of awareness. (laughs)

So, it's only about gently using your sense of focus, not mental focus, but the sense of focus and saying: "Oh, there was a pocket of unawareness and now I see it!"

So, it's all awareness because everything's really all awareness. But this is a great way to explore. What's your divine timing? What's your readiness?

Your spirit individualized, which is the I AM, will show you exactly what's unfolding in your beingness. And as you start to get used to this form of communication, you move from the human and soul, human-master dialogue into experiencing everything from a point of Oneness with THAT – and that's not `we're all one' – it's I AM One.

I don't have a separate human, and a separate soul, and a separate I AM.

And we will go deeply into that in the next slides.

Pause.

Slide #30

*Spiritual/ Consciousness Teachings are Vehicles to Reality,
Not Actual Reality (Including this Presentation)*

The Facade or Aspect looks for people, places, and things to support its desire to experience the spiritual or 'conscious' realities.

Things like Crimson Circle, channeled information, spiritual schools (like mystery schools) and even this presentation are set up as vehicles to help the facade find itSELF in the ultimate reality.

Not to be mistaken for actual reality..

What happens instead is the facade (projected spiritual self) makes a home in the external teachings. Old human belief systems are replaced by spiritual facade belief systems.

The Facade aspect believes that it is having a conscious experience but it is only an imitation of consciousness.

So, spiritual and consciousness related teachings are vehicles to reality – not *actual* reality including this presentation, which has a shelf life as do my books, as do any teachings out there, as does the Theosophical Movement that El Morya was part of, created with Koot Hoomi and others. It has a shelf life!

The facade or aspect looks for people, places, and things – tangibles to support its desire to experience spiritual conscious realities. Things like

Crimson Circle, channeled information, spiritual schools – like we did this in the Mystery Schools. We kind of created our own reality in the Mystery Schools, and then the idea was to go out and experience what you learned in the Mystery Schools, but people wanted to hang out there because it was so safe.

So, this is nothing new. And even this presentation is set up as a vehicle to help the facade find itself in the ultimate reality of I Am That I Am.

These are never to be taken for actual reality. You will awake from the dream. What happens is you awake from that idea that there's anything separate from yourself or that there's a collective reality.

What happens instead is the facade or this holographic projected spiritual self makes a home in the external teachings. Old human belief systems are replaced by spiritual facade belief systems created by other people's holographic projections.

It's quite crazy when you really *feel* into it. And if you're not ready, it will make you feel like you're going crazy. There were points where I felt like I was totally losing my mind, but there was that deep knowingness or Gnost that was kind of my way of knowing: "No, I'm not going crazy. This really is not reality. I feel like I'm a stranger in a strange land."

And eventually, the Gnost takes you into knowing you are a creator in your creation.

This facade aspect believes that it's having a conscious experience but it's only an imitation of consciousness. That's a *big aha-moment*! It was something that I had... I had a moment where I go: "Wow, I thought I was having a conscious experience, but I was really just playing *a role*."

And I wasn't mad at myself, I didn't beat myself up, I just allowed myself to experience the depth. That came with some falling out of friends and everything else – just like an awakening or when you go through your realization people are going to kind of disappear and you just don't care anymore. (laughs)

I don't have anything to comfort you except that it just doesn't matter! Really, truly, it doesn't matter! The people who are meant to be in your life will show back up.

Slide #31

A 'Second Awakening' Occurs in Deep Realization



The I Am (that has always been there) begins to trickle into the perception of the human experience (and vice versa)

The human self begins to see it was only playing a role, imitating consciousness.

The human realizes the old ways of experiencing through identity+mirror no longer work.

A second awakening occurs in deep realization.

The I AM, that has always been there, begins to trickle – this is really important – begins to trickle into the perception of the human experience. The human starts to feel like maybe a shadow has been following them around or someone's hovering.

And then it realizes: “Wow, that's ME”! It feels so big, so gigantic.” So, I want to say powerful, but it's not, it's powerless power. And you're like: “Oh, my God! Is that like God? Is that... what is that? Oh, that's Me”!

You know, so that starts to trickle into the awareness, and it doesn't happen in a day or a split second. It's gradual; it has a build-up because it

takes a while for the human eyes to adjust to what's going on in the human perception.

And you could say this vice versa: The human begins to trickle into the perception of the I AM. So, it kind of happens simultaneously that way. The human begins to see because the human – bringing the human along, that's how it integrates – starts to get really comfortable with all this and then it just *lets go*.

It's a dance; it's an art – the Art of Allowing, the Sacred Art of Surrender, because it cannot happen in mechanical land, matrix, Atlantean brain land.

And so, the human self begins to see it was only playing a role – imitating consciousness. The human realizes the old way of experiencing through the identity plus the mirror or the stage no longer work.


Slide # 32

A 'Second Awakening' Occurs in Deep Realization

The I Am (that has always been there) begins to trickle into the perception of the human experience (and vice versa)...

The HUMAN ability to perceive in experience begins to trickle into the Infinite Mystery of the I Am That I am.

A Perception Shift occurs!



I have it, again:

The I AM, that has always been there, begins to trickle into the perception or the awareness of the human experience.

The human ability to *perceive* and *experience* begins to trickle into the infinite mystery of the I Am That I Am.

This is how you start to experience the God, Also. The human takes this ability to have this experience, and this perception, and this awareness, and it's *in* the I Am That I Am going: "Oh, my God! This is ME"!

And a massive perception shift occurs here.

I don't want to talk too much about it because this is beautiful, it's going to happen *naturally*, and it *cannot* be defined....

So, I'm just going to... here's the sensation of that:

The human ability to perceive and experience begins to trickle into the infinite mystery of the I Am That I Am.

A massive perception shift occurs.

Slide #33

The Final Let Go/ Sacred Art of Surrender begins....

The perceived pain only comes in resistance.

Resistance from the mind (which affects the body). Biology is very gnost-ish...

Resistance from the ego that liked the 'wego' in charge.

Both mind and ego play their greatest games to date in a 'final rebellion' - last hurrah

YET, an internal knowingness comes in. It sings its silent song.

And almost hypnotized by the beauty of the symphony of Self, the human expression begins to follow it Home, diving into the Infinite Mystery of the I AM.

So, the final let go, the Sacred Art of Surrender begins.

The perceived pain in this experience only comes in resistance mainly from the human part of you – resistance from the *mind*. The mind is not

yours – 99.999999% of thoughts come from this collective Atlantean standardized mind, hive mind.

So it's not really you resisting you. It's the collective... because we came together in Atlantis to create this collective, so we'd have a shared experience. And then no one wants you to leave that. The brain doesn't want you to leave; the brain wants to be in control.

And, so once you... and then you go beyond the mind – especially in those last two slides we start to experience the I AM and you never want to go back to the thinking mind.

And once you go beyond the mind, biology is very *Gnost-ish* – it means it knows exactly what to do. It doesn't really *fight* you the way the mind did. So, that's good news. (laughs) The biology knows exactly what to do and you have let go and let God.

So, the mind has to go first before this Light Body starts to integrate because you wouldn't want to bring the mind into the switch from an energy-dependent body to a free-energy body because the mind would just mess everything up. It won't happen.

So, you go beyond the mind and then the biology is very Gnost-ish on how to integrate.

Resistance from the ego: this aspect being in charge of realization, it's very *real*. So, that's kind of some of the things that make it painful here.

And it's illusion. It is an illusion. Both mind and ego play their *greatest games* to date in the *final* rebellion. Adamus calls this the *last hurrah*.

It's like: “Okay, I'm really going to fight you on this. And I'm going to give it all I got.” And when you don't allow it then it goes: “Okay, I've kind of give up, I surrender. I – this human holographic projection of you surrenders and I'm going to come back home into the I Am That I Am.”

So, the *internal knowingness* comes in. It sings a *silent song*... almost hypnotized by the beauty of the symphony of your Self – your unique symphony – the human expression begins to follow it home, diving into the infinite mystery of the I AM.

Slide #34

Allowing & Breathing Break

You don't have to know all of this with your mind.

Feel into the sensations of the words rather than the linearity definition.

Go beyond cause and effect.

We created a story here to move things along.

Please don't get caught up in the details.

Instead allow the sensation of letting go move through you, if you choose.

So, *a lot* – I didn't say *a lot*, but it's *a lot*, a *lot of* sensations.

So, it's just a quick reminder to breathe, to feel into sensations rather than the words. And you can hit pause here if you want.

I'm going to keep going because I want to get it all in the second video, but if you would like to hit pause, here's a nice little space.

Slide #35



Huh! (Rubs her hands together) Ready? (laughs)

All right, diving into the *unknown*.

So, this is kind of what it's like going into the void. I will say when I went into the void, I didn't have a breathing suit, I didn't have a light – it was just dark because my eyes needed to adjust.

I went from having a human and soul vision, and visions of different things, a million different perceptions and it all merges into *one* – one eye, one view.

And it just takes a while to adjust. And you don't see things as dark anymore, but that's what it feels like going into the void and diving into the unknown.

We cover this in great depth, this vision, in *Tales of an Aspect Integrated*. These two really go together; I just couldn't fit it all into one thing without just overloading myself and everybody else.

So, this is an invitation, as we dive into the unknown, to take a sweet and slow deep breath.

The pause and expand is... and you may not be feeling this, but for the few that might be this is a little scary. It's, you know, it's a lot! The human is taking its last breath.

The pause and expand means when things feel tight or restricted, you just take a pause – you hit the pause button – and you expand. That's it! Really short and sweet. Pause, expand.

So, just a little tool in there.

Slide #36

Experiencing Deep Sadness, Extreme Loneliness, Fear of Death

This is why people often do not move forward into self-realization or they wait until leaving the physical body.

The spiritual facade (imitated consciousness identity) was sort of the last belief manifestation of the human ego, and what kept it in charge in the illusory perception of free will.

You begin to truly understand the human is not in charge of realization - even if you heard that 500 times before, you begin to really get it. All aspects/ identities must come home for integration, including the spiritual facade. This happens in broad sweeps, without story lines.

The human ego feels it is death to really allow Self, all old ways of living dissolve, including all identity. What remains of the human self must walk through the Valley of Death and the Depths of Aloneness (identity is experiencing the alone...)

I must have skipped one. I'm going to make sure I didn't skip!

Okay, diving into the unknown.

So, when you start to go into the void – you've been circling it – you go in it and some things happen: you experience deep sadness, extreme

loneliness and a fear of death. This is often why people don't feel like they're moving forward into self-realization.

Leading up to this point everything has been a tangible: I had a... I saw a rainbow, I came into some unexpected money, I got a hotel room upgrade, I must be really conscious!

You move into the world of *intangibles* and you don't have that reinforcement thing like, you know, a rat in a cage where it hits the button and a treat drops out. That's kind of what spirituality was like leading up to this. I take a course; I have a high – it's like a rat hits the button, the treat drops out.

This was created in Atlantis, the Atlantean pleasure center, which is a brain pleasure center rather than a deep sense of passion and knowingness. So, pleasure has to move from that (points to head) to down here (moves hands down to heart center).

So, there's not like a big reinforcement thing going on. There's no mirrors left to tell you how you're doing, you don't know where you are in your state and eventually, you just *don't care*.

This imitated consciousness identity, the spiritual facade, the holographic projection... it was sort of the last belief manifestation of the human ego. It's what kept it in charge as like: "Okay, we're doing realization, I keep telling you we're doing realization"!

And it's holding on to this illusory perception of human free will, which there's actually no such thing.

It's something to ponder; it's not something to explain but to ponder.

You begin to truly understand the human's not in charge of realization, even if you heard that 500 times before you begin to really get it: all aspects and identities *must* come home for integration including the spiritual facade.

This happens in broad sweeps... broad sweeps without storylines. So, you may have a night or a day or a week where you're kind of laying around really lazy. You're going to be really tired because so much is happening – you're not going to be like running a marathon.

So, much is happening at the cellular level, beneath the cellular level. There's sadness because you're bringing all these parts and pieces of yourself *home*. It's kind of like a big, broad, sweeping aspect integration without stories. Just like all these little parts and pieces of you that were out and about – *all* start to come home.

But you know what's happening; you are so conscious at this point, but sadness comes up, loneliness, and death. Those are like the three things and... the only way out is *through*.

And then like for me, I look back and go: "Oh, it wasn't that bad." But I can remember being in it and thinking: "I... you know, if this is realization, I don't want it."

But it was too late, no turning around. And it goes away. There's... you're going to know how to get through it yourself, but I just want to tell you that like it's temporary; it's temporary.

The human ego feels its death to really allow the I AM to take over. And *take over* is the wrong word. But that's what it feels like to the human: Something's taking over; I'm not in charge anymore!

All old ways of living dissolve including identity. Creating a role – that dissolves. And there's new ways to interact in the world, but it's going to take a little bit of time and a reset to go: "Okay, so how do I interact in the world again."

And I will have a ton of courses and my next book will be about this. But let's focus on this void experience right now.

So, what remains of the human self. It must walk through the valley of death and the depths of alone. And these identities are what are experiencing the alone, but it feels so deep and cellular and... the only way out is *through*.

Slide #37

Yet what lies underneath the sadness and aloneness?

- ★ A Profoundly Sensual Experience of Self & Self Alone - No Mirror
- ★ An Expression of Knowing Deeply Who YOU Truly Are -The Ultimate Reality with No Separation
- ★ Realization that Death Only Occured to small imitations of an illusory self, no matter how real it felt at the time
- ★ Ability to Create, rather than Manifest in Old Human Ways
- ★ Living the Atlantean Dream, which was your deepest desire to begin with.
- ★ Living beyond the Land of Blue/ The Veils of Maya are lifted (internal and external match)

What lies underneath the sadness and aloneness?

A profoundly sensual experience of your Self and Self alone.

No mirror, no role, no identity.

Who am I? I Am That I Am and that means something, and it has sensations and symphonies attached to it.

It's truly amazing, truly orgasmic. An expression of knowing deeply who *You* truly Are – the ultimate reality with no separation.

It's what you came here for! It's the most beautiful thing in the world. It's worth all the sadness and aloneness combined, and death, and whatever else.

Realization that death only occurred to small imitations of an illusory self – parts of you that felt like they were dying. First of all, you don't lose anything... it's threads that weave into the *tapestry of Self*.

You don't lose anything, except the separated state, but it does feel like parts and pieces are dying. The human does die in a way. Your humanity... you don't lose your humanity, but you lose your human.

Does that make sense? You do not lose your humanity! I felt for a while I'm like: "God, I feel like I'm losing my humanity." I did not. But I lost... I lost Lauren in that form.

It's deeply sensual; it's actually really beautiful. But at the time it felt a little sad but in a sentimental way... in a very deeply sensual way, as well.

All right, so then we start to really get the ability to create because we've allowed this. Rather than manifesting in these old human ways... You're sick of it! You're so tired of this by now. It's like: I don't even care what happens to me; I just can't do this old shit anymore.

Living the Atlantean Dream – that was your deepest desire to begin with, and now you have the opportunity to really *do it*.

Going beyond *the land of blue*, the veils of Maya *are lifted*. Internal and external begin to *match*, not necessarily match but there's no boundary between them.

This takes a little bit. There's a gap period from realization to embodiment – a whole other class, a whole other book. And I want people to know that!

So, you have this beautiful realization. Then it's a beautiful *dance* into this 'creator in your creation', but you'll know exactly what's happening.

But it doesn't happen all at once, and that's good because like the stuff you're experiencing at this point, after the void, you want to remember it!

It's so deeply personal – yours and yours alone and something you've never experienced on Earth before. Not in this way. I don't care if you ascended in another lifetime, it happens in a completely different way in the context of new energy.

Slide #38

*Surrendering to What? * Allowing what?*

You are not surrendering to the facade, which has been leading the realization charge.

This identity did its job to deliver you to the doorstep that is the Threshold - the gateless gate into a Self-Realized State of Being.

YOUR SOUL DELIVERED YOU TO THE DOORSTEP OF REALIZATION, GNOST OF THE I AM IS WHAT LEAD YOU THROUGH THE DOOR

You are not surrendering to your external circumstance you are surrendering to Yourself so you can actually become Yourself - not a spiritual or conscious holographic version of yourself.

Surrendering to what? Allowing what?

So, you're not surrendering to this facade leading the realization charge. The identity did its job and delivered you to the doorstep that is the Threshold, the Gateless Gate into the Self-Realized state of being.

Now, I want to start to go into what's the role of the human, what's the role of the soul, and what's the role of the I AM?

This is a brain exercise. This is to make everything feel more comfortable *and* to, like in hindsight for me, I go: "Oh, that's what happened." Because I didn't know exactly what was happening.

When I was going through my realization I knew a little bit, but then I can go back into that - I don't like look back at the past; I can actually pull myself back into that moment, *relive it!* - really good stuff - *relive it* and then go: "Oh, that's what happened"! And then I can tell you guys about it.

So when I... in my experience I realized I had this wonderful connection with my soul. I had my human self, Lauren, I had my soul self, and I had this beautiful dance between the two.

And my... it was a wonderful experience, and my soul delivered me. My soul was so full of wisdom and discernment: That's good for you. That's not yours, this is yours.

Soul had all these roles. And one of them was:

It took me, the human – I had enough wisdom in my soul to take me, the human, and drop me off at the door of realization.

But it was the *Gnost* of the I AM That what led me through the door....

Soul dropped the wisdom, the intuition, the discernment. Soul took me to the doorstep of realization and Gnost, the creative juice, the creative flow of the I AM led me through the door.

You're not surrendering to your external circumstances; you're *surrendering to yourself*. Or your human is surrendering its control, which was an illusion to begin with. And you actually... you can actually become who you truly are, not a spiritual or conscious holographic version of yourself.

Like it's time! No cartoon character version of realization anymore. That's what I realized for myself: "I'm living a cartoon character version of realization and I want the real *flippin'* thing. And I'm going to allow it"!

Be careful what you say, right? "I'm going to allow it, holy crap"!

Then anything you're not taking with you into realization burns up. You know, that's the Dragon! I wrote about it in my book. There's a lot of stuff out there, so I'm not going to go into it.

BEYOND EXPERIENCE/ WISDOMIZE CYCLE...

“The wisdom of the discerning soul will deliver you direct to the threshold of your realization, yet it’s the gnost of the I AM that walks you, the human expression, through its gateless gate into the realized state of being.

The soul’s distillation and discernment role is complete, and so it integrates, dissolving into the All that is.

Gnost - It’s what takes you into the state of no separation, which is a sensation of soul-less-ness and self-less-ness.”

So, this is talking about the human and soul cycle.

So, the human self creates the experience. It's done in all its lifetimes. We kind of hit that over the head. And then the soul wisdomizes the experience. Right?

So, the human takes a poop, and the soul composts the poop. And this is a great way to have life: Oh, I had this experience and now I gained a bunch of wisdom from it.

So the wisdom of the discerning soul will just deliver you to – I'm going to say it again, just have to!

The wisdom of the discerning soul will deliver you directly to the Threshold of your realization. Yet it's the Gnost of the I AM that walks *you*, the human expression, through its Gateless Gate into the realized state of being.

It's almost like walking across the Bridge of Flowers like if you're doing a dream walk or you're dying. You know, when you die you go back to your Angelic Family to prepare yourself for another life if you're in the reincarnation cycle.

So, it's almost like you're crossing the Bridge of Flowers and as you do the human self changes from a *fixed* form into a *formless* form. You don't lose your humanity, but your human is no longer there because it becomes a more fluid experience. You retain your humanity but not your human.

The soul's distillation and discernment role is *complete*. So, the soul is working overtime in *all* these *lifetimes*: Wisdom, wisdom, wisdom, wisdom!

Sometimes you were shitting out so many experiences the soul's like: Ah, slow down!

And that's when the intuition and the discernment came in like: We don't need to have this experience again, dear *human*, or this is not yours, dear *human*.

The soul starts to kind of get fed up like – I'm personifying it. This is a cartoon character version but just to give you a sense, like it's okay.

So, the soul had its role and it gained all this wisdom. And the soul actually integrates in realization, too, not just the human! You don't lose any of the wisdom, but the soul doesn't need to do so much work anymore because you're not shitting experience, you know, like more experience, more experience, more experience (chuckles). I need to compost that.

So, it's like I was shocked. I was like... after realization I was like: "Where's my soul? I feel empty. I don't have my soul. I can't talk to my soul."

The reason I can't have a conversation with my soul is it's *not separate* anymore. There's no way to have a conversation between human and soul or whatever because it all becomes *one*.

So, you don't have an internal dialogue anymore. And that sounds great to a lot of people to have no internal dialogue, but it took some getting used to.

It's like, okay, I need to make a decision, and now there's no internal dialogue because I used to always consult my soul: Dear soul, should I

choose this or that? You know, and then intuition would kick in, discernment would kick in, and I don't have that anymore. (laughs)

So, choice is a whole other topic we're covering on the Patreon page.

So, the soul's distillation, discernment role is complete, and so it integrates. And it dissolves into the All That Is with the I Am That I Am, or the *No Thing*, or the *Everything*, or whatever you're calling the infinite mystery today because it's going to change every day. There's no set definition. Thank God!

We've all come from a land where everything has really set definitions. There's a glossary. Eehhh! Whatever!

Some days you're just the eyes; some days you're just the AM, some days you just EXIST. And that's amazing! So, yeah, you get to be *fluid* now, no *fixed* identity, no *fixed* vocabulary.

And Gnost: It's what takes you into the state of no separation. Gnost is like this *beautiful* sensation – Pure I Am That I Am consciousness and how it *moves* through this vessel that's preparing itself for full embodiment.

So, the state of no separation is a sensation of *soullessness* and *selflessness*. There's no Lauren and soul anymore. I didn't lose them. They integrated. They wove into the tapestry. They're drops in the Oceanic Self.

Slide #40

Continued Allowing...

Examples of beings imitation holograms (spiritual ego) manifesting...NOT A BAD THING...

If one is still imitating consciousness through the facade, what they “create” will also be an imitation.

One can really sense the difference. That’s okay! The ego is the the wego mode.

The question is: How long do you want to stay in the facade identity?

Do you want to play more in manifestation in the 3D projected reality or dive into YOUR creation, where everything is yours. No wisdom or discernment needed?

Do we need this? I always ask myself that because I put a lot of slides in here. I'll go through it.

So, continued allowing... why is this here? Give me a second!

Oh, I'm preparing to go back through a... I'm just going to kind of summarize everything.

So, this is preparing you to go back through that. We said it a couple of different ways, and then we'll pull through and bring it all together. I forget sometimes. So, thank you.

So, continued allowing...

We're going back here into these holograms, holographic projections itself that are imitating consciousness and they're manifesting. It's a 'fake it till you make it' practice, whatever, before you really allow your realization.

So, this is kind of Morya, right here, convincing you that it's time to allow your realization. If I'm going to be really honest (laughs) because I can tell that he put together this slide. It's been a couple of weeks since I did this.

So, if someone is still imitating consciousness through this facade, this holographic projection, what they create will also be an imitation because if you're imitating consciousness your creations will be imitations, too.

So, you can start to really sense the difference as you're leading up to your own realization and after – it's just blatant!

You can see the difference between someone who's imitating – and this is not to condemn a person outside of you; this is a tool for self-awareness that we're having here.

And you can start to sense the difference and you're like:

“Mmm, I don't really want to do that anymore. I don't want to play in that spiritual-imitation-consciousness matrix. I want to play in my Self; in my own, B-O-N, Bon screen where I can experience my own consciousness, in my own reality, which is the New Earth.”

You experience your own reality.

So, the questions that Morya poses here are: How long do you want to stay in this facade identity? How long do you want to be X name choosing realization?

You know, some people have done it for a while; some have only done it for a few years. Doesn't matter the linear years. Do you want to stay in this `so and so' choosing realization or do you want to allow that aspect to integrate in the art of allowing, in the sacred art of surrender?

Do you want to play more and manifest in the 3D projected reality? Some people really enjoy that. Do you want to keep doing that? Or do you want to dive into *your* creation where *everything* is yours? No wisdom and no discernment needed.

The soul integrates because it doesn't need to wisdomize anything. It doesn't need to discern anything because *everything* is yours.

So, this is Morya's slide asking: “Are you ready to really do this, to be in your own creation all the time and let go of all the other junk”.

Allowing & Breathing Break



(Laughing) It's really funny how this all plays out. So, you know, and this is like: Okay... step up... this is me trying... not to be so *Morya* aggressive; he can feel aggressive.

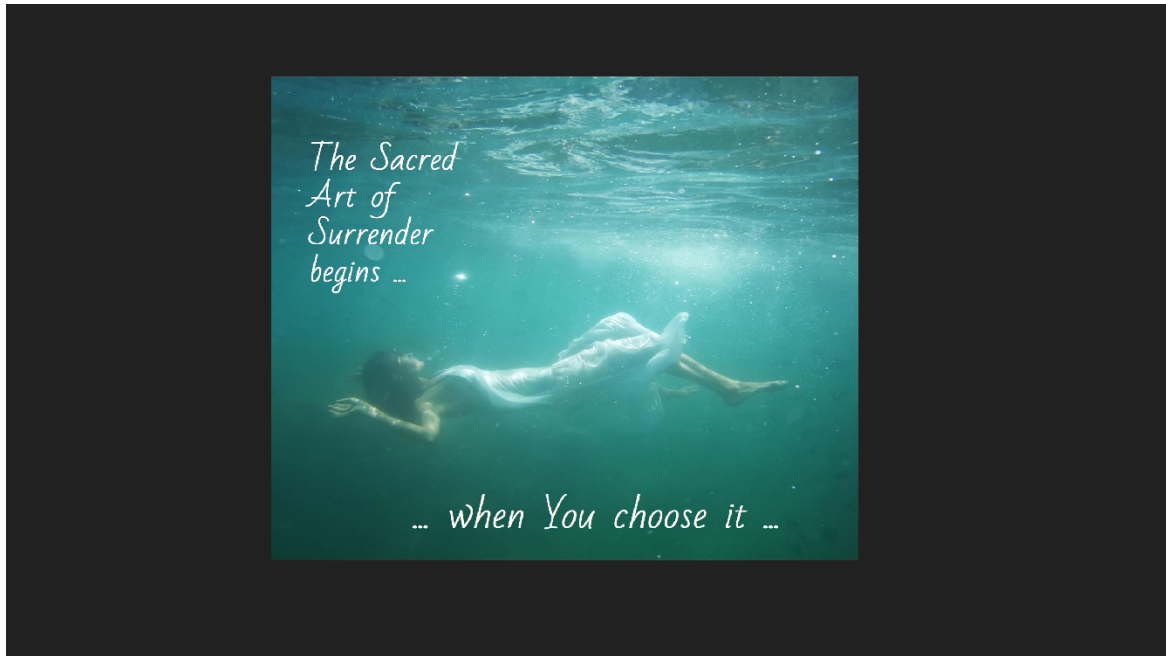
So, you know, walk outside the house onto your own beach and really ask yourself, have a conversation with yourself like: "Am I really ready to just allow? And not like allow 10% or 5 or maybe today 50% but just allow"?

And not like a leaky faucet like it's dripping in. I'm just going to let... because you're going to... you know, your body's going to... be sad at some point.

It's just allow! You know, you don't want to come back and do this all over again. No one here is going to come back.

It's like what do you want to make this last lifetime look like?

Slide #42



So, when you really do choose it, you walked outside of that house on the beach, and you say: "I'm choosing this and not like a little bit but like really choosing it."

So, that's when the sacred art of surrender *begins*. The *final let go* – that's what I called it in my book and that's what Joachim writes about in his books, too.

So, when you choose it, and I'm not talking about the human choosing it or... "No" – choosing it.

I AM Choice. You *become* the choice....

It's not a matter of *who* is choosing it; it's just a matter of *becoming* the choice.

Who is 'in charge' of Realization?

NO-THING....The Pure Awareness of the I Am That I am.

What is the role of the soul?

In awakening the soul entity provided guidance to the human. - it was a bridge between human and I am That I am.

When stepping into realization, soul is a body of wisdom.

It is the distiller of wisdom from copious experience.

It is the discernor of what is mine and what is not mine.

Who's in charge of realization?

Nothing – no thing, no identity, no role, no part or piece of you. It's just pure consciousness of the I Am That I Am at its deepest passion. I call it a *passionless passion* because it doesn't have an emotion attached to it.

We talked about this: What's the role of the soul?

In awakening the soul entities, what it's thought of, provided guidance to the human. It was a bridge between the human and the I Am That I Am.

I Am God, Also and I am human, and the soul is the bridge.

And stepping into realization the soul becomes the body of wisdom, right? That's the Master Self in Crimson Circle. It's a body of wisdom that wisdomizes. It's the distiller of wisdom from copious experience from *all* lifetimes. You've already brought *all* your lifetimes into *this one*, *all* the wisdom of all lifetimes into *this life*, into *this vessel*.

The soul was the discernor of what is mine and what is not mine. Really important stuff, right? Like you don't want to take stuff that's not yours like suffering. You don't want to take that into your realization. Don't do it!

The soul is there to say: “Hey, that’s not mine. This is... this is the best part of humanity and I'm taking that with me.”

You know, so the soul plays this beautiful role.

Slide # 44

What is the role of the human in realization?

The Explorer stops its exploration because it knows it is walking in circles, seeing the exact same things.

The explorer puts down its binoculars (vision of separation).

Instead of the doer, the human becomes the observer.

Shedding its role - its clothes - and it's fractured views of reality - it looks toward the light of awareness....

In the Sacred Art of Surrender, the holographic projection choosing realization dissolves into the All that is, the I Am that I Am....

No need to gain wisdom, the emptying sensation of Gnost rolls through....

The human, all right: What's its role?

Human appreciation slide.

The explorer stops its exploration because it knows it's walking in circles saying the exact same things over and over again. You know, it's off the trail map, it's like: “Okay, I've seen the same tree six times.”

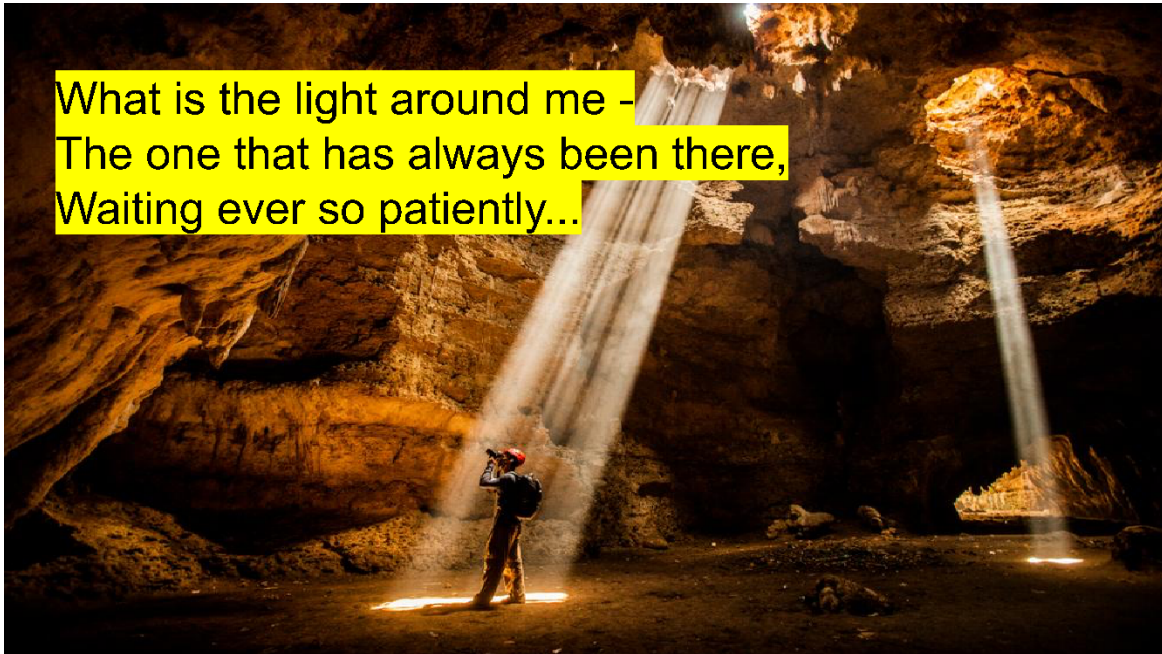
The explorer puts down its binoculars, its visions of separation. Don't need those anymore – one vision, no separation. Instead of the doer, the human becomes the observer. It sheds its role, its clothes, its fractured views of reality and it looks towards the light of awareness.

I have a graphic for this – just hold on. (laughs)

In the sacred art of surrender the holographic projection choosing realization dissolves into the All That Is, into the I Am That I Am – it *lets go* of control.... (Breathes out)

There's no need to gain any more wisdom, and the emptying sensation of Gnost rolls through.

Slide #45



All right, so here he is. He dumps his helmet, dumps his binoculars. He doesn't need the backpack, its clothes. All the identity – doesn't need it.

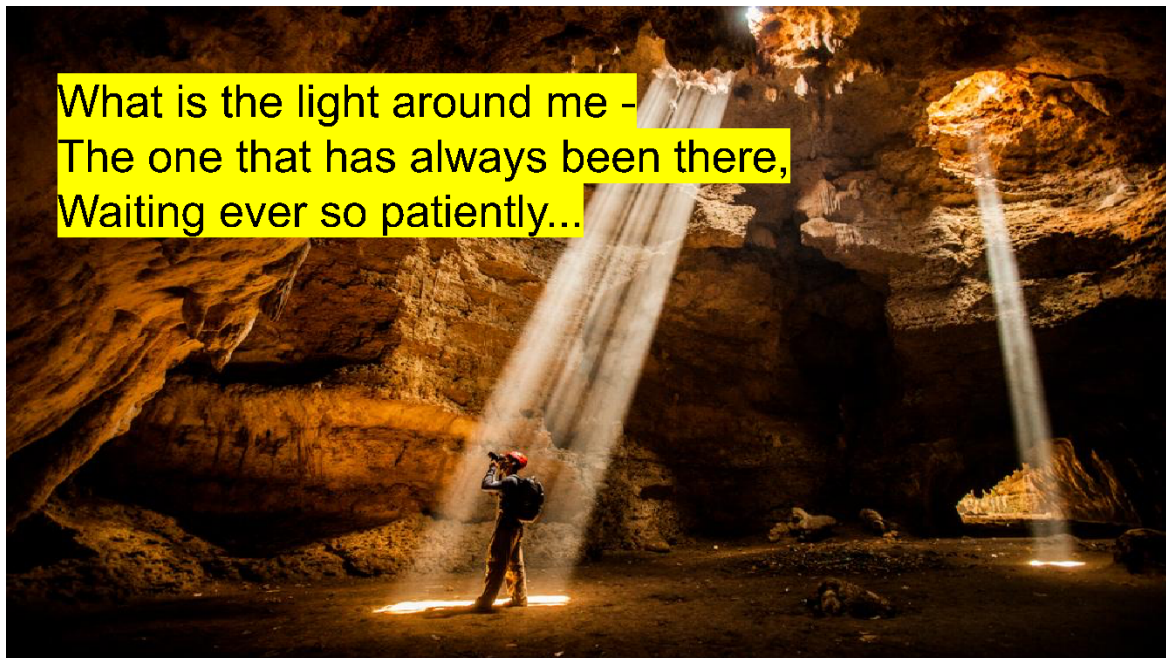
I write about this in my book. It's like I stripped my human suit off. And then a month later or so I put it back on and I had room for movement because I went from *fixed* human to humanity and divinity merged as One – *new energy*.

So, this naked explorer with no binoculars (laughs) has thrown his map out. He looks around and he goes: Oh, what's this light around me? It's always been there. I just didn't even notice it. And it's been waiting ever so patiently for me to realize who it is. It's ME! I am God, Also....

I'm going to cry.

I want to go back to that experience over and over and over again because when it finally happens it's... you can't describe it, you can't whatever, you can't call your friend and tell her about it. It's just you and you alone in this most beautiful thing, to date, that I've ever experienced.

Slide #46



So, this is the question, right? Like if the ego dissolves into the All That Is, into the Big Self, that Selfless Self, the soul of Self, and an identity, too, like so you don't have a role to go play on the stage – what's left in the embodied realization experience?

And we're going to walk through it.

This blue screen is also like the sign of check in: Do you need a break? Do you want to hit pause? Take a few deep breaths, drink some water, whatever you need to do.

I've put the blue screens in on purpose because some people got a little overloaded at some point....

Slide #47



All right, I'm going try to move my little head and see if that will work on the video.

So, now we are aware of the We-go and the ego, this spiritual façade, this consciousness imitation, this holographic projection – Morya loves the words, pardon me.

It becomes a beautiful act of consciousness in its *final act*.

The *now conscious façade* – it realizes: I'm playing the role of 'so and so' choosing realization – takes a bow... and steps off stage.

How do we live now?

Slide #48

The I Am That I Am was the witness for so long. It watched the human experience and the soul distill the wisdom....

And now the human expression knew what its role was in enlightenment. Its role was to watch it UNFURL - it had never been the true observer until NOW.

The human expression had never had an experience in which it was not playing the active role on stage. But it knew it was time for something really NEW, so why not allow it?!

So, the I Am That I Am was the witness for so long: It watched the human experience; it watched the soul distill wisdom.

This is a personification. This is a story for something that does not have a story. I just want to give some sort of loose idea, a parable, a myth, something to help understand this. But this is definitely a cartoon kind of character story – it's the best way I can describe it.

It's the I Am That I Am that was a witness for so long. You watched all this happen in human soul lifetimes, all this stuff. And now this human expression – it's so important that *the you that is choosing* realization, *Lauren choosing* realization, knew what its role was.

Lauren finally knew what her role was in this whole enlightenment thing. Her role was to watch it unfurl, to bring her gift of experience and perception.

You know, and then... like the human realized it's never been the true observer – until *now*. Now I was witnessing myself, the I Am That I Am. You know, I was trying to create all these experiences on the surface of the water and what I really desired was to experience what was under

the water.

The human expression had never had an experience in which it was *not playing* an active role on a collective stage.

That was a big realization for me.

This human expression... you know, I've had multiple... of all the different lifetimes it had *never* had an experience in which it was not playing the active role on a collective stage, but it knew it was time for something really new.

So, why not allow it? Screw it! Let's do it! Take a shot of tequila. I'm just going to...

What, what is this? (Sensing a change in energy)

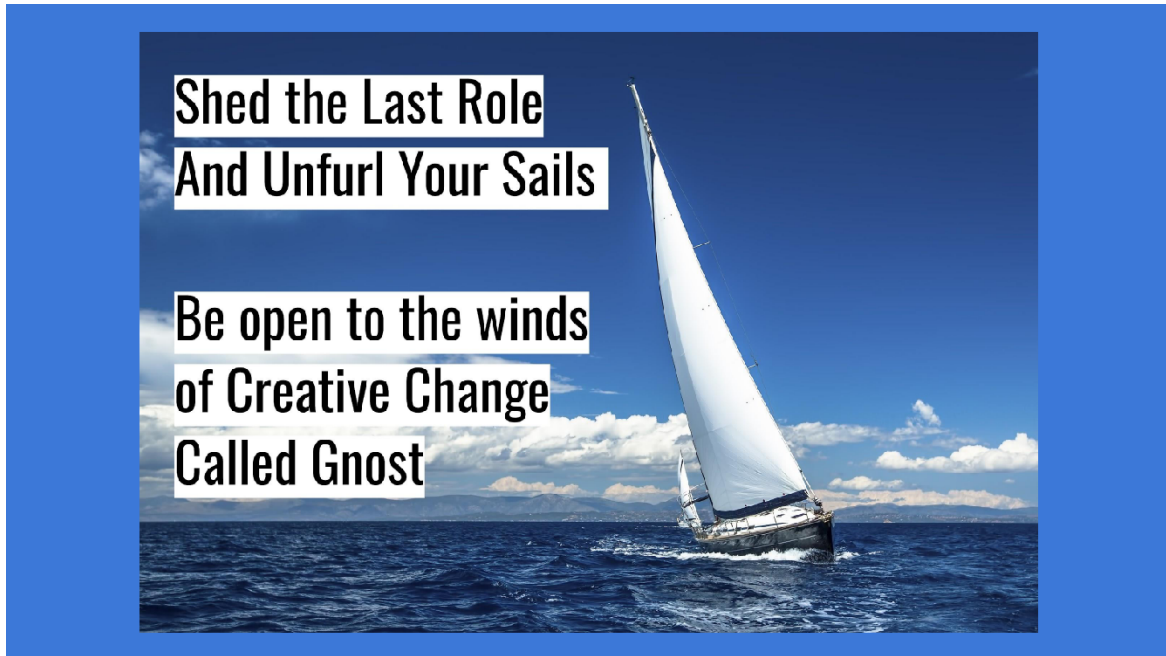
Slide #49



Another Way to Put It...

Another way to put it...

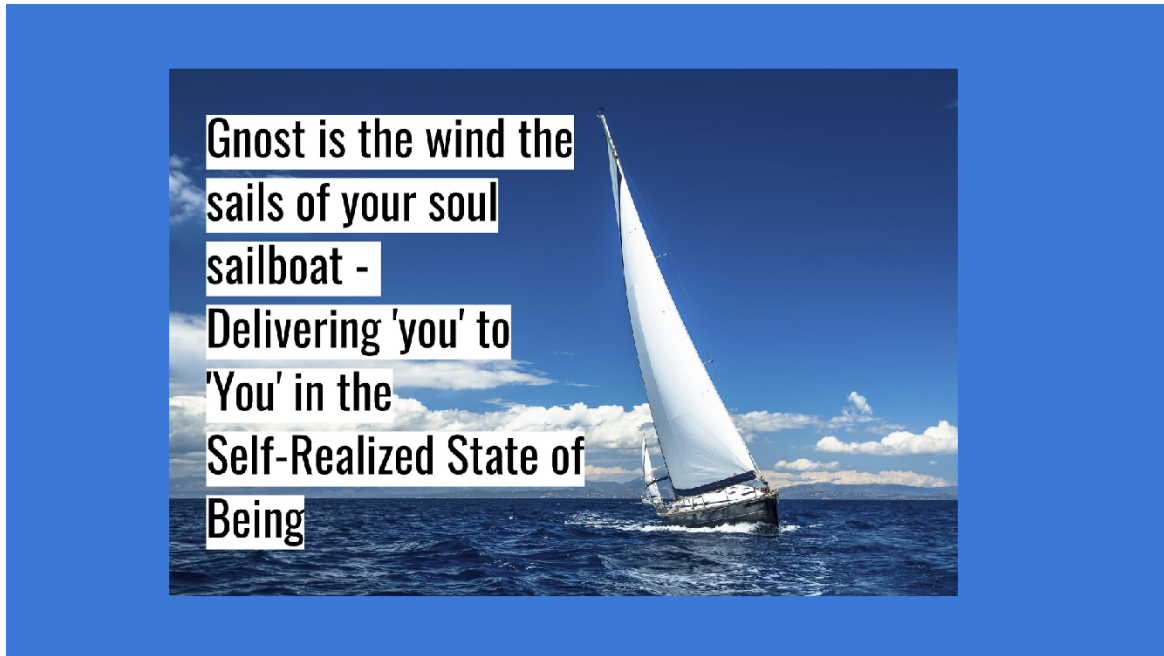
Slide #50



A different energy... this is me, (laughs) Sar'h, not Morya.

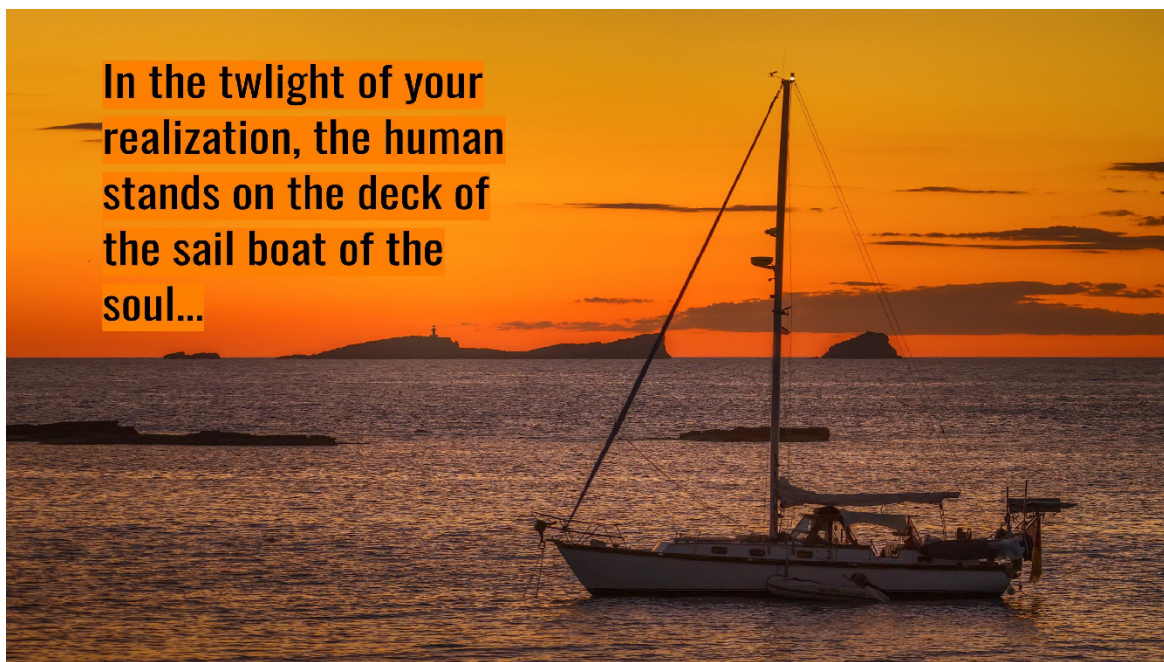
So, you shed this last role, and you unfurl your sails. You know, the sail that was wound up tightly on the boat and you just open up your sail and you be open to the winds of creative change called Gnost....

Slide #51



Gnost is the wind in the sails of your Soul Sailboat, right, delivering you – human you – to You, I Am That I Am in the Self-Realized state of being.

Slide #52

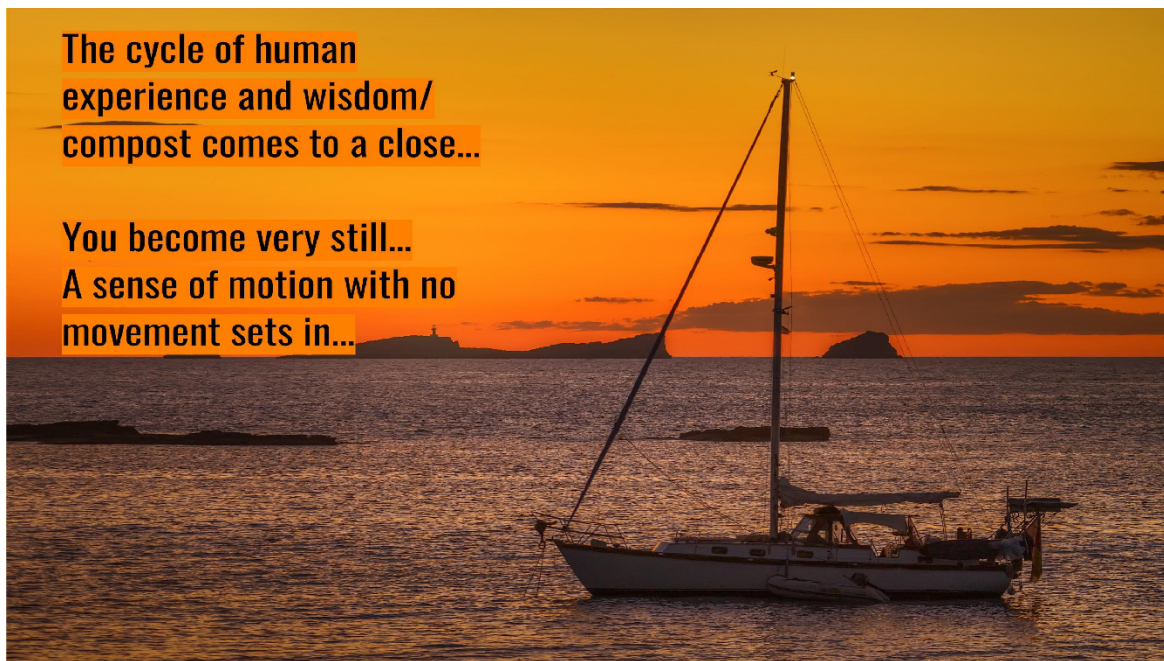


So, in the twilight of your realization, the human stands on the deck of

the sailboat, and the soul is the *ship* that takes you to realization.

So, you're standing on the deck of the sailboat, you don't have your sail out, you're like you know: "I'm kind of in the void. There's nothing left to experience here... in a human way. I'm going to sit here and just take a few deep breaths and kind of: "What's next"?"

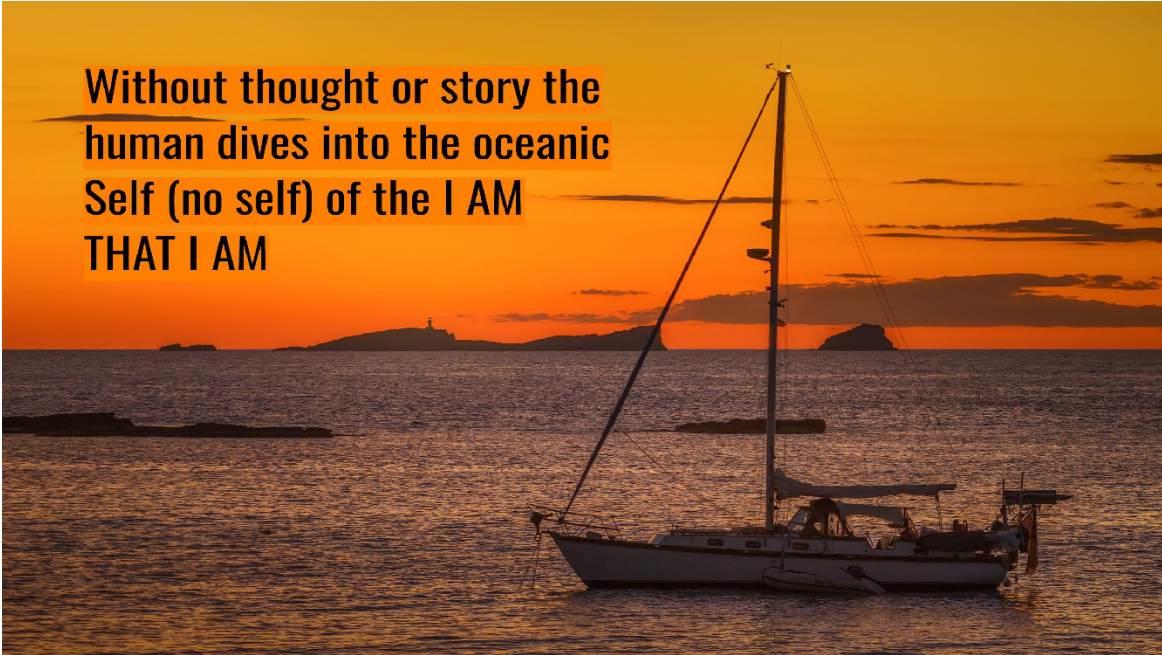
Slide #53



The cycle of human experience and wisdom/ the composting of human experiences comes to a close. You become very, very still. There's a sense of motion with no movement that sets in.

Slide #54

Without thought or story the
human dives into the oceanic
Self (no self) of the I AM
THAT I AM



Without thought or story – that's the entire Mary Magdalene event – without thought or story the human dives into the Oceanic Self where there's no self, no identity of the I Am That I Am, which is the infinite mystery of *who You truly Are*.

Slide #55

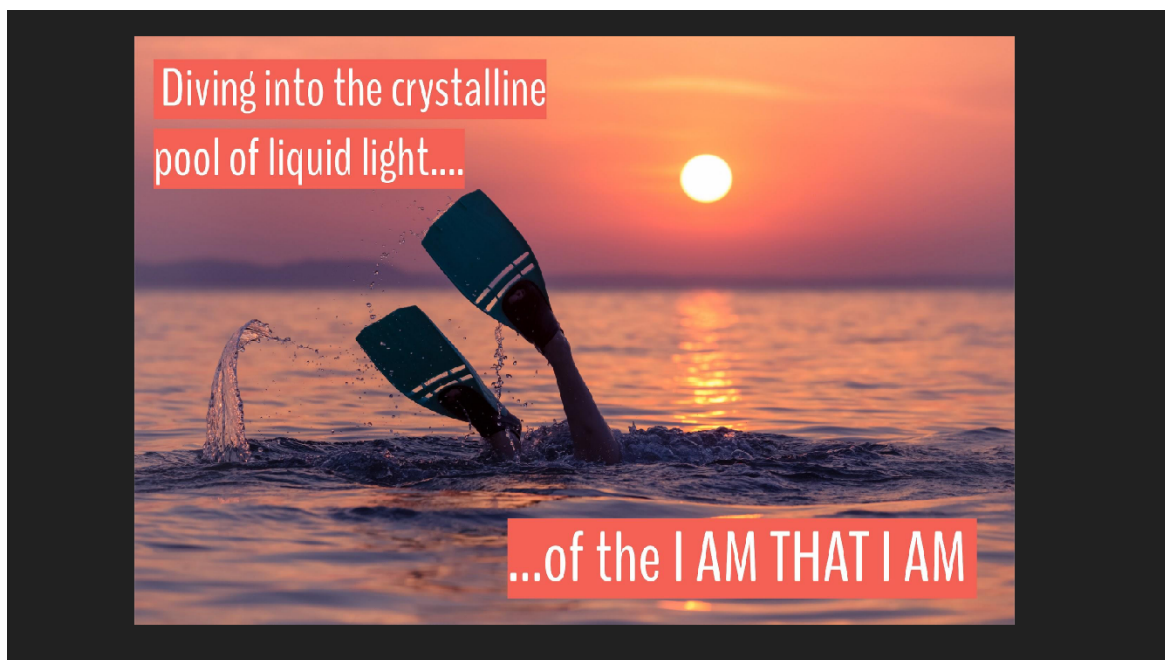
The Sacred Art of Surrender



And that's the sacred art of surrender...

I just love the sensation of this.

Slide #56



So, you're diving into the crystalline pool of liquid light that is the I Am That I Am. It has no edges. It has no bottom. It has no top. It's infinite. Not finite. So, there's no line, no boundary, no category.

And then you explore. A lot of people get into the void and they're almost *stunned*, and they don't want to move from it. It's like: "Oh, I'm in

the void. I don't want to go back onto the surface of the water; I'm just going to stay here in the void."

My thing is to... *pause* and *expand*. And in the void I don't have any identity left, you know, and you're kind of stunned for a little bit. For me, it was like three or four months. I was just kind of like: "I'm in the void; I don't know what to do."

And then I started exploring. Okay, I'm going to make a 15-degree left turn, and I'm going to reverse, and then I'm going to move this way. And you start to explore the void and you're learning yourself; you're knowing yourself.

Slide #57



NOW, BACK TO THE STAGE...

So, back to Morya (laughs) and his stage.

Slide #58

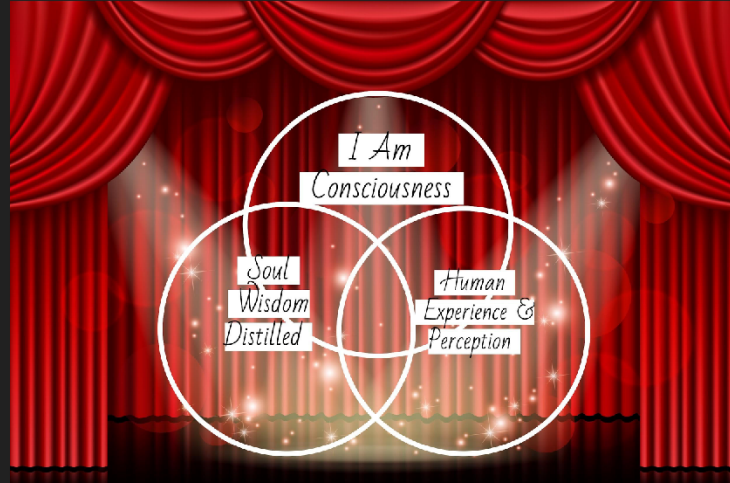


So, he did like some graphics that he wanted me to put in just to kind of *hammer* it home. That's how Morya is: Let's *hammer* it home. Make sure there's no room for misinterpretation.

So, you have experience and it's dissolving into wisdom. The human expression and the soul... and the soul take a bow and weave into the tapestry of Self.

So, there's like six ways, but this is a progression.

The Trinity Becomes ONE...



So, the Trinity becomes One:

I AM – where Consciousness is.

The human experience and perception – Energy.

And the soul's wisdom distilled, discernment, etc. – All the stuff the soul does.

Becomes One.

But not without the missing piece...

GHOST

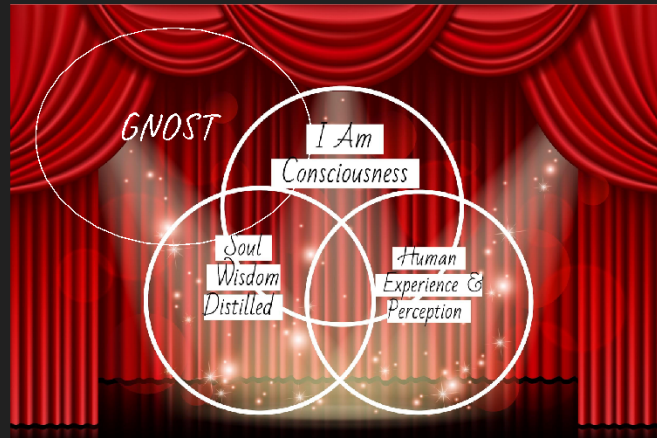
It's not spirit.

It's not the mind.

It is creativity, beyond
the mind.

It's not intuition.

It is knowingness...



But not without the missing piece – Gnost.

Gnost is not spirit. It's not the mind. It is *creativity*.

All people out there in the Facebook land and everything else talk about soul creation. I talked about soul creation for years – silly me!

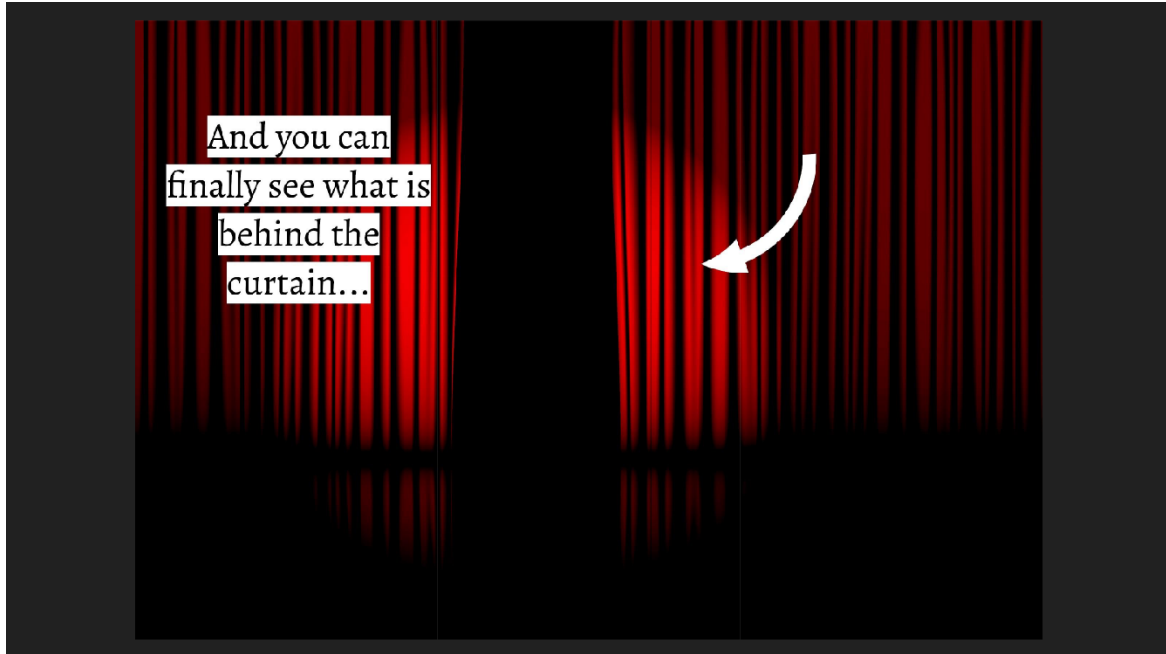
The creation happens from the I Am That I Am – with all of it combined, obviously.

Gnost is not intuition. It's *knowingness*.

Just something to feel into.

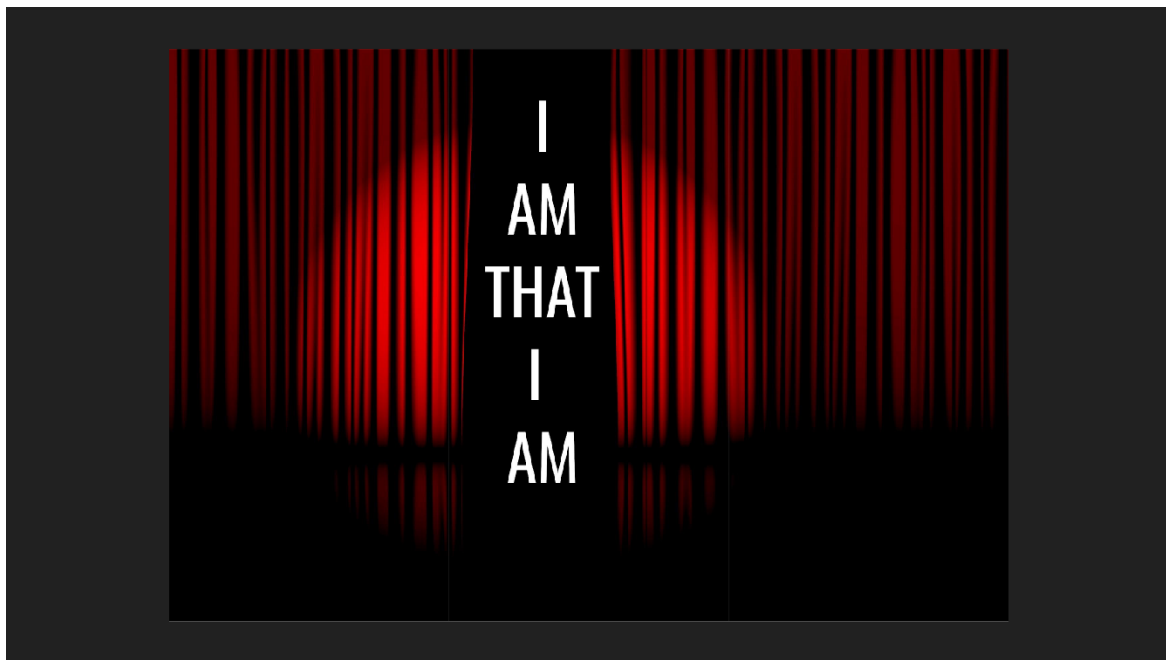
Pause

Slide #61



And you can finally see what's behind the curtain after being on the stage for so long. (chuckles)

Slide #62



It's the I Am That I Am, the God, Also, and then the world is your oyster, and you can create whatever you want....

Slide #63

The No Self... The Zero-Point... It's delicious... I Am One

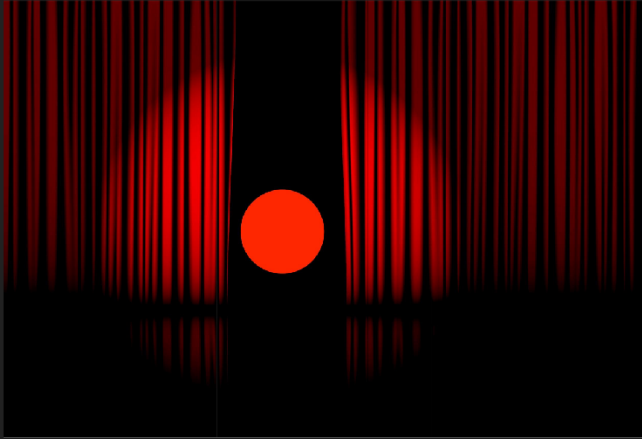
Zero point is the space free from identity and ego.

It feels empty at first.

It feels like a barren desert.

And then your EYE adjusts to the void, and it sees everything as it is.

For the very first time in physical form.



You have to hit this no-self, zero point. It's delicious – the I AM One.

So, the zero point is this space free from identity and ego. It's the *nothingness*. It feels empty at first; it feels like a barren desert.

For me, I felt like I couldn't quench my thirst and like I have nothing... because it's like every way I interacted with the world and in every way that I interacted with myself dissolved, and I had to find a new way *to Be*.

And what I realized is there's no prescription for this; we're creating it as we go along – sovereignly and individually creating it.

So, your *eye*, your single *eye* adjusts to the void and it starts to see everything as it actually is without all the layers of perceptions on top of everything. That doesn't mean you don't have a multi perspective experience when you look at something, but it stops being mechanical.

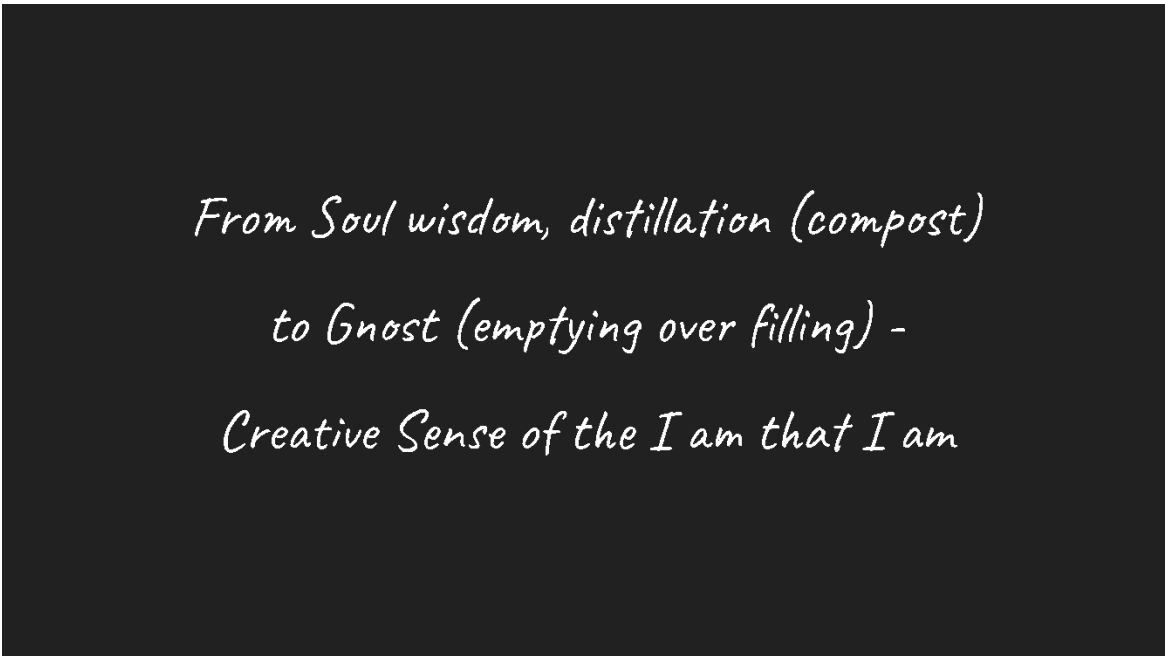
It happens all at once and you see things for what they actually are without overlays of everything on top of everything – without overlays of

the world, without overlays of the spiritual community.

You really truly see things for... for how they are, for who they are, and what they are.

And you're doing this for the very first time in physical form – for most of us. So, I think it's really cool....

Slide #64



*From Soul wisdom, distillation (compost)
to Gnost (emptying over filling) -
Creative Sense of the I am that I am*

So, you move from the soul wisdom distillation to the Gnost, which is an emptying, over filling, and is the creative sense of the I Am That I Am – something you will be exploring for the remainder of your days. I mean it's not something you figure out. It's something you play with and dance with.

It's an art, not a science.

What happens 'after' self-realization?
Without ego or identity or belief systems how does one return to life?
The human's ability to experience is still there, but there is no longer a need for ego or identity or thought or stories or any of the normal ways of interaction...
The answer comes in the creative communication of the I AM....

You get to create it for yourself!

So, what happens *after* realization without ego, or identity, or belief systems? How does one return to life?

Let's say you're like me and you're like: "Okay, I'm not dying. So, now what do I do in this really weird world where everybody else is not sovereign at all, but part of a collective matrix and don't even know they're playing a role? Like how do I live"?

The human's ability to experience is still there, but there's no longer a need for your identity, or thought, or stories, or any of the normal ways of interaction, you know, even in a spiritual community.

So, the answer comes *uniquely* for *You*, for your spirit individualized in the creative communication of the I Am.

And you start to realize like instead of being like: "Oh, I create my reality" – and it being a mental thing. You go: "Oooh! I create my reality like with every little sensation in my body – body of consciousness – I create my reality."

It's a little overwhelming at first and then it becomes great fun....

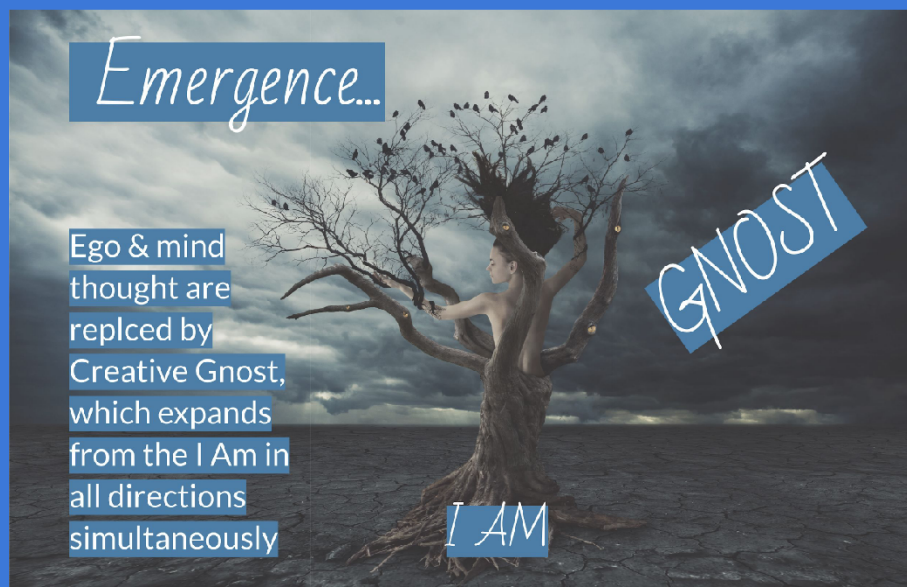
Slide #66



So, I told you I felt like I was crossing a barren desert. And here I am in this cracked dry, dry land, and I felt myself start to kind of emerge.

And Gnost is what led me into the void and Gnost is what led me back out – the Gnost of the I AM....

Slide #67



So, things that were determined and the ways I interacted that were 'ego and mind thought', were replaced by the Gnost. Gnost has some humanity in it, right? It has something I can attach on to it, but it's... your intangibles start to become tangibles.

Gnost is something that I'm starting to really understand how it works although I don't have the words for it yet. But you know me, I will try.

So this all expands from the I AM in all directions simultaneously. That's why I'm always talking about taking a left turn 15 degrees. That sounds really stupid, but once you're in a state where everything merges as *one*, it's the way creation and everything kind of happens.

I lean back and my experience completely changes – and I mean I'm leaning back in *awareness*.

So, navigating the void – I'll have a whole course on navigating the void. I'm just trying to get it all out. Right?

So, that's what... Gnost takes you in and Gnost pulls you back out....

Slide #68



Thank you soul for everything you did for me. Thank you human for everything you did to me... did *for* me. And it comes and weaves in... weaves into the tapestry of Self. It becomes a wave in the ocean; there's

no separation.

So, in this state manifestation gives way for conscious creation. I'm not saying I don't still manifest; I do. I use a variety of tools and experiences to support my creations.

So, I do both, but you have the ability now in a state of no separation... the aspect choosing realization has no – because it's a separated aspect of the human choosing realization they're two separate things. Until you meet the state of no separation, *then*, and *only then* does conscious creation become available to you.

And its creation for creation sake; you have no agenda. The reason you can't do creation before, when there's separation, is because if there's separation within you and the humans in charge there will always be an agenda. And an agenda is a desired outcome like: I don't want to be poor.

Okay, so you just stop having those kinds of agendas and then you can create for creation sake.

And it happens in reverse: You wake up one day and you're somewhere and you go: “Oh, Wow! I created this.” There's no cause and effect, no linear steps up to: I did this, this, this, and this and then BAM this was created.

It goes backwards. It happens in reverse.

Realization happened in reverse – I reversed back into it. And creation is happening the same way for me.

Pause

Slide #69

You have stood on stage for so long ...

Are you ready to see what is behind the curtain?

Choose it and Allow Self

Allow the I Exist to whisper its knowingness throughout the caverns of your being-ness....

When things get messy, allow more!

So, blue, blue screen – pause for thought, pondering. (chuckles)

You sit on stage for so long.

This is what I asked myself; this is truly what I went through:

“You sit on stage for so long, Lauren, are you ready to see what's behind the curtain”?

Choose it and allow yourself – Self alone. Allow the I Exist to whisper its knowingness through the caverns of your beingness. And when things get really *messy* that's a sign to allow more. It's not a sign to like regroup and try to control things and manage energy, because if you try to manage energy as a human you, you know, it'll manage you – it will kickback!

When things get messy, that's when the real stuff is happening. The messier it feels to the human, the more chaotic it feels to the human, the more stuff is readjusting itself. That's what allowing is....

So, I mean I started to realize this leading up to realization. The messier and the... it was stuff readjusting itself and the more I stayed out of it and just watched it, the better off I was.

I think that's why things went so fast for me because I didn't try to meddle with anything. I mean in the beginning I did, but then I realized real quick – like even Morya would pop up and like stare at me and like: “Okay, don't meddle with that. Stop *fiddling* with it. Let it be! Let go, let God”!

Slide #70



So, this is leading up to the stuff I'll be offering next year in our Greece event and, you know, all the online offerings. This is the Atlantean dream, right? And like you've waited a long time. (laughs) It's hard to talk when you're not in linearity to have this experience.

So, drawing back the curtain – so that's what Morya and I are working on behind the scenes all the time or writing about – it's like what does this look like now? You know, okay, we have this dream, but what does it look like in practice and reality and actual physical reality?

The Story Unfurls....

*And without story, you unfold
upon yourself, becoming One...*

So, the story unfurls (chuckles) and unwinds and you step back and you step into your realization, which opens you up into embodiment. If there's something you want to do – Gnost. If you want to explore something, explore your Gnost. You know how your soul works; you know how that's all going on.

What's Gnost?

And then without the story – when you back away from it – you realize you don't have to finish the story. You don't have to write a conclusion to any story.

You start this experience of unfolding upon yourself, above yourself, below yourself – you just keep unfolding, and unfolding, and unfolding, and you become One. I AM One. I am God, Also.

Whew! (laughs) All right. So, take some deep breaths.

I'm losing my voice. That was a lot.

That's the end of the presentation.

So, I just want to take a minute to say how much I honor you and what you're choosing for yourself and what it takes to allow this.

People don't know it's a complete *annihilation* of anything you thought about yourself, anything you thought about the nature of reality.

It's crazy making. It's hard on the physical body.

You just... you take care of yourself; you don't worry about anybody else. It's all you.

Once you go through your realization and it kind of settles, you can start to go out and have these relationships again in a new way. If you want, and you may not want to. I know people who do not want to.

Just be gentle with yourself and honor yourself. If you need sovereign support, ask for it. Whether you email me or you say: "Morya, can you show up and hold my hand"? I still ask him to come hold my hand – every now and then. And *he does* and it's such a beautiful relationship. These Ascended Masters are here for all of us.

And all you have to do is say: "Hey, hey brotha'. You know, I could use someone hanging out (with)."

And that's... they're going to show up when you don't need something from them, but you just need a peer, a friend to just sit and to remind you that all is well in your creation. Because it is – all is well in your creation even when all this shit is stirring up because it's coming to the surface, right?

Just someone to remind you that all is well in your creation. And that you can't do it wrong; you're doing it right.

And, you know, I hope this presentation gave you a little insight to what's already occurring within you. I don't think I'm teaching anybody anything new but just reminding them.

These are things that I didn't realize until two years later, you know, and then Morya had to point it out and say:

"Hey, remember that"?

And I'm like "Oh, yeah, I remember that because we did this together."

You know, I did this with him when I was... I was in the ascendant form and he was in the embodied form.

And it's like he reminds me of that when I feel less than: I didn't get something, I'm not teaching right, someone didn't get what I taught, or they took it the wrong way.

And he shows up and he says: "Remember you did this for me."

And to remind me like: "You're doing great"!

And... perfection expands, (laughs) you know, it's not a... you're never going to be perfect or have like everything lined up.

A lot of people think that's what realization and embodiment is: Everything's going to be lined up and categorized correctly and, you know, you're never going to take a shit again. (laughs)

You know, we talk about that a lot. He reminds me of my humanity every day.

So, what I'm saying is you don't... realization is a *dissolution* of knowledge, not an acquisition and you learn everything new again. And it's really beautiful.

Learning is probably not the right word, but it's not even remembering because everything's so new. You're creating it. It's unfolding naturally in real time. And it's not based on anything you've ever done in the past, and that's exactly what you wanted and asked for.

So, I just want to encourage you to email me at any time for support. I will see you guys... when you purchase this, you get to come and share and ask questions on a community call, which is restricted to a certain number of people.

So, this becomes something that you... it's a deeply personal relationship with yourself and then you can have the experience of kind of solidifying it by either talking about it or hearing about it from other people's experiences,

Do not hesitate to reach out to provide feedback. I have done this presentation now six times and each time it gets better and I add more information because someone says: "Hey, I really needed help with this."

So, your feedback is never taken the wrong way. It's really helpful for

me to keep improving because I am in a *rapid and expansive* learning curve on how to share these things.

So, that being said, I love you all deeply. I'm not afraid of that word, because it used to mean nothing and now it means everything.

I'm in total love, honor, and reverence for everything that you're choosing for yourself. I think it's so amazing and that you are amazing, and I just don't want you to ever forget that.

All right. That's enough sentimentality.

And El Morya's here, hanging out right here. I don't know if you could see him. And he's saying the exact same thing and if you can't see him, he's bowing in your honor and saying: "Holy crap, you're amazing!"

So, from both of us. (laughs) I'm going to cry for like an hour now.

But anyhow, let me know any feedback, email me anytime and I will see you guys on the group call.

Take care of yourself, drink water, sleep – all that stuff.

All right. Bye.

~ Ascended Masters El Morya & Sar'h through the expression of Lauren

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