

WELCOME TO THE GARDEN OF NEW LIFE

MAY 2ND, 2020 * KH & SH

Good morning friends,

This is Lauren Hutton or Sar'h, whichever facet that is going to come forth today. Everything is a facet but the I AM THAT I AM. All integrated parts and pieces of ourselves are facets of the radiating diamond of Self, something I wrote about in my "30 days of Self Love" book.

So, we'll pull forth the Sar'h facet here which it holds the consciousness of New Life, not just for myself, but for anybody choosing to stay on the planet post-realization.

After I went through my realization I asked Morya, he was not doing what he's doing right now, and I.

said: "Morya, I am realized, now what?" And he said, "I guess you get to create it". And so, I thought, one day I'm going to wake up and write a book about "I'm realized, now what?" and then I realized that we are all writing that book together: "What does life look like after realization?"

So, I just wanted to kind of introduce Koot Hoomi, who will be joining us today for his third channel. Koot Hoomi talks to me in a different way than Morya does. So, sometimes it feels so light and so subtle that I wonder if it's even there.

So, this morning I was laying out by my pool on one of my pool lounge chairs, and it was so quiet, and the birds were singing. And then there was a ton of noise and I see this squirrel running across my wall and then the squirrel runs all the way down the wall, which is about a half-acre long, and makes a flying leap into the tree, and I hear the words: "It is I, Koot Hoomi, Namasté!". And I laughed so hard, okay so Koot Hoomi has the ability to not be subtle either, but he doesn't have the ability to be super serious.

So, the running flying squirrel returned this morning and I knew it was time to record our channel so I'm going to let Koot Hoomi take over and we're going to kind of give it together, because this is a channel stream I bring my consciousness of USARA, New Life, with Koot Hoomi's facet of what happened for him after realization. And then, the third channel stream is you, what are you creating for yourself in life after realization staying on planet Earth.

CHANNEL ONE: INNER AND OUTER WORDS MERGE AS ONE (MARCH 21, 2020)



Alright I'm going to take a few deep breaths here, you can do the same if you would like. (breathing) Oh, that deep conscious breath it's way better than wine some days.

Naaaaaaaaastéeee, it is Koot Hoomi, not Kuthumi, there's no TH in my name, but if you call me that I'll still answer. Yes, I was flying across the wall of Villa Usara this morning and then I flew into the tree and I climbed a coconut and I found a little nut in the tree and then I ran off and I waved my tail at Lauren, and we said: "Good morning, welcome to the Garden of New Life!"

So, today we're going to get into our rhythm. We started these channels in March and we're getting used to something new, right? Something new, something simple but simply delicious, simple but delicious. And there's so much depth to what we share here, it looks simple on the surface and it's never complex, but what lies underneath the simplicity is depth, and that's what New Life is all about.

So, turn your attention to the slides, we've got some pictures to talk through, the pictures bring sensation so that's why we're doing that.

So, in channel one, together, we talked about how inner and outer worlds merge as one, and that was on

linear day March 21st, 2020. So, on the left side of the page we talked about the external world and how it feels so dry and barren when you're choosing realization. "Oh, there's nothing left for me in this world". That is a beautiful thing, because then it sends you into your internal world, and here in the internal world you take off your shoes and you walk in the grass of your own sovereign garden.

This is where we find freedom, this internal world is where we find the answer to the question: "Who am I?"

Who am I beyond all the storylines?

Who am I beyond this lifetime?

Who am I beyond the angelic family from which I came?

Who am I in my sovereignty?

So, in this channel we talk about how eventually, there's this duality dissolving or you go beyond the duality of external and internal. And in this channel we closed the book. "BAM" - shut on duality. So, the book stayed closed.

This is almost like the caterpillar and the chrysalis. The book stays closed, while everything integrates. Everything integrates. All the external world experiences of the human, we bring that into the beautiful, as Lauren calls it, superpower of the human's ability to perceive.

We bring in all the wisdom of the soul, the internal world, we bring in all the wisdom of the lifetimes we've had on Earth and the in-between lifetimes. So, the book is closed, and then when we're ready and we're ready now - like I said in the last channel, on channel two, the date is set for your realization, and the time is now!

It's not a linear date in the future, it's NOW! It's all happening now, beyond any linearity, outside or beyond time and space.

So, the book stays shut. We allow everything, every ever everything, every little thing to integrate.



And when we open the book, this is like the butterfly flying out of the chrysalis, emerging. We open the book back up and we realize we've shut the chapter the book on duality and opened into the New Energy, where there's no divide between internal and external.

And in fact, we realize that internal and external was an illusion. Feel into that, really feel into the edges of your physical body and what's around you and start to understand how the division between internal and external was just another illusion of Maya or duality.

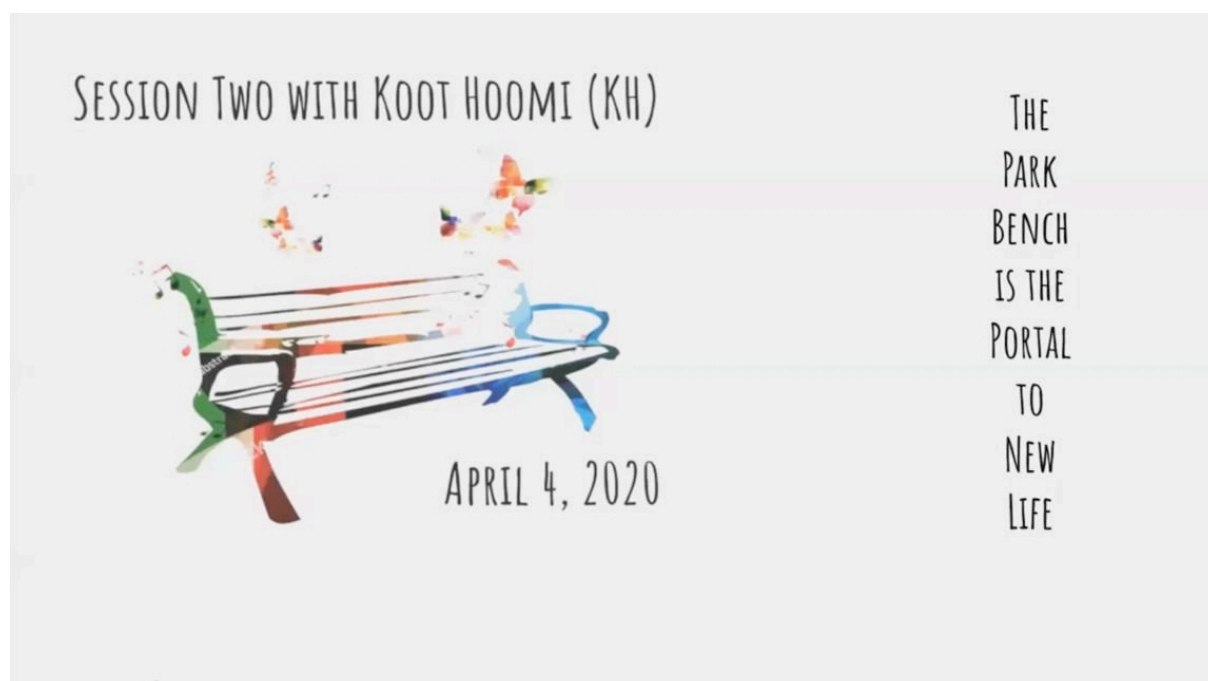
Tobias talked about moving from two to four. This is an energetic and visual representation of moving from two to four. You move from duality in which there is a dry barren desert, and the internal world on the right-hand side. You close the book and you open into New Energy.

What is New Energy? New Energy is what's available to you when you move beyond duality, the constructs of linear time, past and present and future dualities. There is no future and there is no past in the New Energy. Everything is happening now and now and now.

So, when we open the book notice there's a little bridge. Everything, the beauty of knowing who Am I, the beauty of knowing I was never not whole, the beauty of knowing I was never the thoughts in my head, the emotions associated with the storylines, as Mary Magdalene or Ahna'Ra would say, knowing I was never actually my storylines.

That beauty that was on the right side of the book, where you took your shoes off and you walked in the grass, that creates a bridge. Notice the bridge here, as we move from the right side of the page to the left, that bridge crosses from internal reality to external reality, and then your external reality is lit up with beauty and passion and sensuality and love and imagination and color. So, I love this image because it shows what happens when you allow the illusion of internal and external reality to dissolve.

How does it dissolve? It dissolves in pure awareness. Once you realize that internal and external was an illusion, that awareness integrates the idea that they were ever separate. It's all so simple and we're going to talk about how to apply this in your life through sensuality.



And then, in Session two, we talked about how the park bench was the portal to New Life. I told you a story about myself, told you the story of how I lost my mind. Oh, the mind could barely handle the idea that there was no divide between internal and external. That what happened out there had everything to do with what was in here, how my human perceived reality.

I remember before I lost my mind, how hard this concept was that there were multiple realities, and I got to choose which one I wanted to play in. Eventually the mind came along. That makes me bring up this, when Lauren was working with clients this week, there are so many paths to realization. And realization, self-realization is personal and unique to you. You get to choose what path you are going to take. I chose to lose my mind, I laid in that mental institution for two long years before I began my walk.

Now, you get to choose, do you want to have the experience of completely losing your mind? Do you want to go into self-realization through suffering? Through heavy mental debates? Or perhaps you want to choose one of the ways that Lauren did, through self-love, self-awareness and acceptance.

You can allow yourself to get to the point of utter exhaustion, you can wear yourself out until you really give up, or you can surrender to Self, to the I AM GOD, ALSO in joy and freedom, without the fight. The choice is yours.

So, in Session two with Koot Hoomi we have this beautiful park bench. It's not brown or basic or boring, the park bench is not boring. So, come sit with me on the park bench, come sit with your buddy Koot Hoomi on this park bench. See, I'm sitting over here on the end where it's green, you can come join me, if you choose, on this blue side of the park bench.

Sitting on the park bench is where you know everything is okay. Even when it's not okay, it's okay. The integrated being on the park bench knows that everything and its reality they created, that's not a burden, it's not a cross to bear, because we've allowed the forgiveness

of the big Self, the I AM THAT I AM. We've allowed love and acceptance we've taken a deep breath sitting on our park bench and said "Ah, it took me a while to get here, Koot Hoomi, you say, but I'm glad I had the experience."

So, we sit on this park bench and I love this. I sit here, and I will reminisce with you about what it took to get to the park bench of the integrated being. And as we converse, just like you do in your calls here in the Patreon page, you realize conversations create. Two integrated beings sitting on a park bench together, communing with few words and deep sensation that begins to create something.

See the music notes and the butterflies! Picture yourself with me on the bench we begin to commune and we say "Oh", and we tell each other stories, "Oh, this one time, when I was allowing my realization, I got stuck in this illusory prison, and then I was looking out the bars of the cage thinking how can I get out of here. And finally, I shifted my perspective, I turned around and realized there was no door on the back", and then we'd laugh and laugh and laugh. Oh, that was funny, no more pain, no more suffering.

What I was trying to bring to you was the concept of: you allow your realization. I don't want to use the word master. The word master makes me think of someone puffing up their chest and beating it with their fists "I am a Master". They're trying to convince themselves that they are a master. A realized being, ah, they don't really want to be called a master, they don't want anyone to worship them. They don't even want to be recognized as a master when they walk down the street.

So, these two integrated beings sitting on the park bench share their stories, they share their experiences. And as they talk, a New Earth, a New Reality begins to create. It creates itself.

An integrated being knows that a creation doesn't need to be controlled, have parameters, you call this no agenda. If you want to use the "mad" word master, a true master knows that they can allow their creation's complete and total sovereignty, because of I AM TRUST, I trust myself, I Know Who I AM. Energy responds to my consciousness.

So, this beautiful New World is being created. Everybody who allows their realization, and stays on Earth to embody that realization and share the joy of knowing who Am I ... I AM THAT I AM.

And they say that, and they know. The sensations flow through, I AM THAT - I AM GOD, ALSO. So, these two creator beings sit on the bench, and they decide they're going to create a place to experience and explore, that is beyond duality.

Many New Earths are out there developing, being created. Those who choose realization, embodiment and New Life are creating one specific New Earth with every breath they take, and we're going to call that New Earth THEOS. It is for those who have allowed their realization in Classic Earth Reality and bridged into New Life.

Now, for those of you who are Shaumbra, New Life is being on your B-O-N BON screen every day, a hundred percent of the time, no back and forth. Oh, and we're going to talk about the back and forth, we're going to get there.

So, that's what Session two was about.

I told you about how I took a walk, I communed with the trees, I found myself and my Pagoda house at the base of the Himalayas and I said: "Oh this is so wonderful. I've had such

a wonderful time getting to know myself. I'd like to create something now." And that's when Morya showed up at my door. "Knock, knock, knock, Koot Hoomi, are you there?" "Yes Morya, I'm here. What do you want to create today?"

So, you start to want to live again. The spiral into the internal is a shutting off of everything perceived to be external, necessary, beautiful. Go into the chrysalis, the cocoon, allow everything to mold and merge in integration, and then the butterfly emerges. You could see it emerging from this park bench, the park bench is almost dissolving. Do you see that?

When you look at this image the park bench begins to dissolve, and these musical notes which is the song of your soul, and the song of my soul begins to flow into the ethers and all of creation. You, you beautiful I AM Expression on Earth created this park bench, and the park bench begins to turn into something new: **I Am Creation.**

Now when you created, co-created with other people before, in many lifetimes, Atlantis, in this lifetime – may be you had a business partner before you allowed your realization - co-creation became messy. Energy feeding occurred, so there's a little bit of hesitation to co-create. "I am a sovereign master, I do everything alone."

This is so necessary and so, so beautiful, to really truly step into sovereignty and understand it. But once you reach sovereignty - and you never need to beg, borrow or steal - you are tapping into that New Energy source that is you, that is the I AM THAT I AM, it's just the knowingness of I AM THAT - I AM GOD, ALSO.

Once this occurs, what fun it is to go play with other sovereign beings.

When Morya introduced the Banyan Tree to you all, this is what he had in mind. "Let's all meet under the Banyan Tree, here we can experience our sovereignty." We never come to the Banyan Tree to try to fix or heal ourselves or fix or heal the world or educate anybody. We just come to dance in the I AM, the I AM THAT, the unique inimitable consciousness of our beingness.

So, if you want to look at the Banyan Tree a different way, and we've had many questions this week about the Banyan Tree. So, I asked Sar'h and she said: "Can I please have a stab at explaining this Banyan Tree?" and I said: "Sure".

Imagine a beautiful Banyan Tree, and I have a picture of it coming up in my slides. Everyone pulls up their park bench to sit around the tree.

So, we're all sitting around the Banyan Tree, we've got our park benches pulled up. Everyone walked the walk of embodied realization, of integration of the aspects, of understanding how energy works - and it doesn't come from outside yourself. So, everyone walks towards the Banyan Tree, it's like a radius of beautiful embodied beings walking towards the center point of the tree.

And they sit down on the park bench, and they say: "Ah, what a ride that was!"

So, we could sit around the tree, on our park benches, and tell stories about what it took to get there, and we can laugh, have a cup of tea... And then, as we are laughing and celebrating our sovereignty, the park bench begins to turn into something else, just like in the photo. The butterflies fly off, music notes come out, and instead of needing the park bench, you're just floating in the air. What's gravity? I don't need any gravity to hold me down on this park bench, I float, I float!

So, the integrated beings are floating under the Banyan Tree, and all the stories and all the experience of what it took to get there. Well, that was laid in the park bench, and the park benches around the world are an energetic representation of the consciousness of those choosing and embodying self-realization.

This energy plus consciousness flows to create a New Reality, a New Place to play, where no one ever loses their sovereignty, no one ever forgets who they are.

Now, that New World that's being created, well, it's not out there in the, you know, in the black part of the sky, when you look up and see the Milky Way. That's not out there, it's in here. I'm tapping my chest, it's not out there, it's in here, which we know from our experience of closing the book on duality.

The park bench is the portal to New Life. You sit on that park bench, it may be years. Like me, maybe, my park bench was walking across the Earth, and then one day I said: "Okay, I'm ready to create", and I had to feel safe with myself, with my knowingness. I had to feel trust with myself and my knowingness. That I could create in freedom and not mess it up this time.

So, now, in this third channel we're going to talk about kind of going back a little bit. How the I AM THAT I AM, and its expression of the human can connect.

Many of you have reported still feeling the back and forth. "Oh, there's this great beauty in my life, I can feel and sense that I AM THAT I AM". Well let's just have a break, a pause to do that since I AM THAT I AM, tap into the sensation that is the song of your soul.

Now everybody here can do that. But what's going on is, that you have a moment where you forget who you are. Things get heavy, the brain gets loud, things get scary, there's fear, there's resistance and that is a separate experience in your perception right now.

This is what creates the illusion, the false perception that you're going back and forth. "I feel great I feel whole", crash boom BAM - "I'm back, I'm stuck in limited human reality", "I'm suffering", "I'm crying", "I can't stand it", "I can't be on Earth"

Deep breath (breathing) – I'm going back into my I Am-ness.

This is beautiful! You can even see these crash points, these many moments of perceived separation as a beautiful experience of coming back to Self. It's only the mind that labels these experiences as wrong or bad. And then it intensifies the experience, and the brain says: "You're wrong, or bad", "This realization thing is not working", and then you get stuck in the crystal prison again. You're looking out the bars on the cage saying: "Koot Hoomi, Sar'h, I can't get out of here," and we say: "Turn your head around, there's no door, there's no back door on the cage, you just walk out, you reverse out!"

And some of you say: "Yes, but there are bars on the cage in front of me." And we say: "Beautiful friend, take a deep breath, turn your head around, there's no door on the back of the cage, we're first out of the cage." And the mind says: "No, we can't do that, we can't do that, we're stuck."

Oh, dear friends, no judgement, deep compassion. I did this for two years! You do not have to do it!

So, the way out, let's look at this tree. Look at the root system of the tree. This is your I AM Consciousness. When it rains, when it waters, let's say the rain is New Energy. The rain doesn't water the tree from the top. Now, the top of the tree is the human expression of the I AM having its experience on Earth. So, the New Energy rain falls, it seeps into the ground and it goes through the root systems up.

This rain infuse with New Energy, it goes up through the root system into the tree on the surface of Earth, and that's how it blooms and grows. In this tree on top of the Earth's soil is the human expression of the I AM. The illusion of separation, the prison, the zoo, whatever you want to call it I am stuck, I am resistance ... that occurs when the tree on the surface of the Earth forgets its root system.

So, we're not hacking down the tree on the Earth's surface. We're not hacking away at the human. We're not hacking away at the ego. We're not going to chop down the tree of the ego. We're going to bring the human's ability to perceive the ego, the WE GO with us.

All we're doing is connecting the tree to our inimitable consciousness, however it was never disconnected, it's just about moving the awareness into the tree's roots. That's where we're filled up, that's how we create this tree, your human expression of yourself.

Sar'h's Lauren, whoever your name is today, that tree expression of yourself is I AM Creation. The root system of your consciousness created you, the human expression, and it did so with great joy, unconditional love, in a deep enthusiasm for experiencing life.

Think about the word enthusiasm, "In-Theos", Theos meaning "God", not an external God, but I AM GOD, ALSO. Since your I Am-ness, your I AM THAT I AM Beingness, your I AM Presence, "In-Theosiasm" for sprouting the tree of this human expression of yourself.

Now, let's look at the tree above ground. Each of these leaves is a facet that you use to experience Earth. One of these leaves is the mind. As that New Energy Rain falls and infuses the roots, that New Energy moves up through the tree roots, up to the trunk of the tree, and nourishes the leaf.

So, let's say this one leaf here, I'm using my mouse, this one leaf here, is the mind. It's just a tiny piece of the radiating diamond expression of Self, just one facet on the diamond. As the New Energy nourishment moves up the tree, that leaf, that's the mind, is going to come along into the experience.

The mind is adapting to this, each of these leaves is a facet of the expression of the I AM. One of these leaves is the mind. It's going to come along in this beautiful expression. Hold your hands up in the air, spread your branches out, BE the tree, the I AM expression of Self!

When you get trapped in your story lines, when you get trapped in the repeating loop of the mind, you're forgetting that you're a tree and your roots are your I AM presence, I AM THAT I AM, I Exist. The suffering comes from when we identify with one of the leaves and try to hold on to it.

It's natural for a tree to shed some leaves, the leaf lands on the ground, the leaf disintegrates, it becomes part of the soil, the soil nourishes the roots of the tree. So, you're not losing anything, everything changes shape and form, because this tree is a dynamic alive being.

So, whether you're sitting or standing in your chair, place your feet on the ground, feel your I AM THAT I AM roots, pull your spine up straight, hold your hands up into the air, wave your tree branches around. Allow the leaves to blow in the wind.

Here is where we're going to open to sensation, sensations of the soul, sensations of the I AM GOD, ALSO.

Creative senses, perceiving senses, more than 200.000 senses that are going to flow simultaneous through you, and you use the sense of focus to identify which one is flowing through you.

If you're stuck in the mind, you're only focused on one tiny little leaf on the tree. If you're stuck in your storyline, maybe about a past lover, maybe "I'm not good enough", you're only focused on one leaf on the tree. If you are fighting the world: "What's happening on Earth is wrong and bad," "I can't believe those lightworkers are holding group meditations," "Donald Trump is evil," "The world is gaslighting me," you're focused on the one leaf on the tree.

But, when you place your feet into the Garden of New Life, into the grass, you could feel the roots of the I AM THAT I AM that says: "There's nothing I have ever done wrong, and there's nothing wrong anyone has ever done to me."

Just like internal and external division was an illusion, so too is the illusion between right and wrong. Right and wrong is a trap which keeps me from feeling my true creator nature, it's what keeps me from my realization and walking into New Life.

So, what we're going to be doing, as we continue this series, is we're going to be opening deeper into sensation. Sensation is what keeps the flow going from roots to the highest leaf in the tree. Sensation is how we experience New Life. The human says: "How am I going to experience New Life if I no longer have stories, and I no longer have drama, and I'm no longer creating experience to wisdomize, and my brain is no longer fighting me? Gosh, if I stop fighting with my brain, won't I be bored? Won't it feel empty?"

The thing is, my friends, you have to go empty to allow yourself to perceive the sensations that are already there.

The tree in this beautiful Garden of New Life is your humanity. The roots underneath the ground that support the tree is your divinity. New Energy is that which removes the illusion of duality between human and divine. Going beyond duality is essential for the I AM GOD, ALSO experience.

Those who gather at the Banyan Tree, one by one they pop up. One pops up but beneath the Banyan Tree and says: "I Am God, Also". On the other side of the Banyan Tree, another shows up and says, "Pop, Hello I Am God, Also". Another shows up at the Banyan Tree and says, "Damn, I Am God, Also". So, we all gather beneath the beautiful Banyan Tree, in creation, sovereign creation, as a sovereign collective. No group, no tribe, no we.

I AM GOD, ALSO gathers underneath the Banyan Tree, and here's what happens.

This is a Banyan Tree. One of you emailed Sar'h and said: "What does a Banyan Tree look like?" Morya introduced the concept of the Banyan Tree to Sar'h in September of 2017. The Banyan Tree, then, was a place to go ungroup.

Many people were going through their ungrouping, which is what we're seeing in a greater level at the Crimson Circle organization, but those of you who were here, we ungrouped a little bit before. This is where we ungrouped from our ancestors, we ungrouped from our angelic families, from angelic counsels, from any and all spiritual and consciousness-related groups.



We came, WE created the Banyan Tree collectively and sovereignly to provide a space to be able to say and know and feel and experience I AM GOD, ALSO.

Friends let me tell you why my friend Morya picked the Banyan Tree. Sar'h didn't even make this connection until I told her this morning. Duh, the Banyan Tree has its roots on the outside of the ground.

I AM THAT I AM roots are no longer buried underground. Now, mind you, there are some underground here, but the Banyan Tree shows to the whole world I AM THAT I AM - I AM GOD, ALSO.

The roots aren't buried, they aren't hidden, we're not hiding in a dark cape, or you know, sitting in a mountaintop hermit in a cave.

I exist on Earth. I am a fully integrated realized being and I don't have to hide that anymore. The roots that are the I AM Consciousness, the I AM Presence show up on the outside of the soil.

What a beautiful deep breath, what a beautiful understanding you're having of yourself, the sensations that are happening within you. Everybody we interact with here, is having so many sensations running through, it's only about tapping into those sensations.

And that's what myself, Koot Hoomi, not Kuthumi, I don't have a lisp, Koot Hoomi and Sar'h have been doing in the small group sessions. Let's plant our feet into the ground, raise our branches up and allow the sensations to flow through this Tree of New Life.

Beautiful!

I'm communicating with you now through sensation alone... allow yourself to open up this communication network that exists within you... through the roots of your I AM Consciousness... up into the tree trunk... and into the branches...

Take a few deep breaths..... allow.....

All right my friends, thank you so much! Thank you Sar'h for channeling me, despite her ability to want to control it.

And, thank you for joining me here in the Garden of New Life. I will see you in two weeks my friends. Thank you.

~ KH as channeled by Lauren Hutton (Sar'h)

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