



Channel #9: The Fountain Within

Koot Hoomi & Sar'h & You - December 11, 2020

NAMASTE!

It is I your friend Koot Hoomi. Take a deep breath with me – breathing in ... and breathing out with a sigh – ahhhhh.

Welcome to the Garden of New Life Series, this is channel number 9.

Namaste has a special meaning to me. It means: the God-also in me sees the God-also in you. And the God-also in you sees the God-also in me.

That's what a sovereign collective is, that's what sovereignty is – we'll take another deep breath with that.

Here I am, the God also! What do I want to create today in New Life?

Here I am with no agenda. Oh it sounds so simple!

My job here is to talk to you about New Energy physics. And when I say: oh, I'm going to talk about New Energy physics you automatically think I'm going to pull

out all these lessons and charts and data and we'll have Einstein equations and it will be super complicated.

But New Energy physics start with: I am here with no agenda!

Now, it hasn't been recent that we've had our last channel. The last channel that I recorded with Sar'h was in October. However, I have been visiting with you all and learning from you all.

I don't have everything figured out.

I am Koot Hoomi, I Am Enlightened and I know nothing and you can kiss my butt cheeks, right?

Oh, so much fun! So we're clearing the air and going to pull in everything that I've learned from you all as embodied beings on Earth.

I've come by to visit you in your dreams, I've come by to hold space for you while you cry – crying is a beautiful thing. Falling apart is a beautiful thing. Losing your mind – boy, do I know that one – is a beautiful experience.

So, that's really what we're going to talk about as we move into the next linear year 2021.

I am here with no agenda! AND, because I have no agenda I can begin to have a New Energy experience.

So, that's the base line of New Energy physics: I AM HERE!

Say it out loud: I AM HERE!

When you say: I AM HERE or you write it or you paint it – feel the energetic response to your consciousness, to the I-Am-God-also.

I AM HERE!

Energy responds to the consciousness of the I AM HERE.

The master enters the temple with no effort. Enter the temple.

It's the same with the Banyan Tree. To get to the Banyan Tree I noticed some of you were kind of doubting yourselves on this: "Am I at the Banyan Tree? What if I can't see the Banyan Tree?"

Well, the Banyan Tree doesn't have a physical shape. It's outside of time and space. It is beyond time and space, we call that AHKUH.

Say that out loud: AHKUHN.

Feel energy respond to your consciousness when you say out loud: AHKUHN!

The embodied being enters the Banyan Tree with no effort, with no agenda.

New Energy physics are *simple*. They occur when you slow way down and you create the space of empty. You go so slow you begin to move at a quantum speed.

The Earth begins to slow its rotation on the axis, time begins to slow down and that's when the big leaps in your awareness, in your consciousness occur, New Energy physics.

(Inhale) Taking another deep breath, take a look at the beautiful picture that Sar'h and I picked out for today.

There's something that exists in each of your sovereign gardens. We're not creating a garden for us to experience collectively. You are creating the garden of YOUR New Life.

And each and every one of you has a fountain within your Garden of New Life.

It can be any sort of fountain, it doesn't have to stay one size or shape, it doesn't have to be one color or another.

Close your eyes, lean back!

That's another New Energy physics term: LEAN BACK (said slowly)!

So, you take a deep breath and you lean back into your Garden of New Life.

Then you'll have an intuition on making a turn, maybe it's 8 degrees to the left, 3 degrees backwards, whatever, make your turn and come to the fountain that exists within You.

This is the fountain of New Energy and exists in your Garden of New Life; it exists within the physical expression of you that you call: the body.

Now, in this fountain, for the sake of story because we're moving beyond duality as we did in the first channel. We're going to take it even deeper.

The ultimate duality experienced by beings on Earth whether they are aware of it or not, is the belief – notice the word “lie”, l-i-e as found in “belief” – the greatest of all beliefs, and I think most of you know this – the greatest of all limiting beliefs, dualistic believes are that energy and consciousness are separate.

(PAUSE)

Now, you know I work a lot with the Crimson Circle, with Shaumbra, and the main focus in that collective is: energy responds to your consciousness.

Energy moves simultaneously in response to your internal awareness.

So, in our fountains today – I like this fountain (in this picture) – I picked it on purpose, because the water is flowing from beneath and out (ward).

You are embodied beings here to radiate your light on planet Earth, in this very interesting turn of an era; trying to get those words out of Lauren's mouth.

The turn, the birth of a New Era.

So, this fountain has always existed within You. First, let's take the flowing water or liquid – it can be any color, it can be rainbow color, it doesn't have to be just water color based on Old Earth or Classic Earth colors, it can be any color.

There is a flow of Your consciousness.

So, let's say – and you can pick a different color – but for me, my consciousness flow in my fountain is gold, liquid gold. Oh, it's sparkly, just like me.

So, you can see, and you can have your own color if you'd like but I just want to give an example. You can play with me for a little bit too.

So, my fountain is flowing within the Garden of MY New Life and it is a gold, fluid, sparkly fountain.

Now, my energy – you know my favorite color, it's green.

So, in this fountain the green is also flowing. So, if energy is responding to your consciousness it's almost like your fountain would be rainbow-striped or zebra stripes, that's better: zebra-striped.

So, you would have streams and flows of gold and it has steams and flows of green and energy would flow right along with consciousness.

(pause)

So, allow yourself the space to feel that. There's two colors. I know most of you are way more than two colors, but just for the sake of really breaking down the New Energy physics.

So, some of the water flowing out of the fountain is gold and then some of it is green and then you have another stripe of gold coming out and the colors start

to swirl, making all sorts of shapes, twist and turns – almost starting to look like a pattern.

At first when the energy was flowing in response to the (my) consciousness it kind of looked like chaos in the fountain. Then I started to notice a pattern: oh my goodness, the energy that is represented by the green and the consciousness, the awareness, who I AM, I am THAT, they begin to flow together and a New Energy pattern like Sar'h talked about in her Satsang, it wasn't just a basic thing we're really gonna go there.

This New Energy pattern begins to develop. There is a swirl of green and a swirl of gold. Oh, and then another color comes in - oh, it's a different energy.

Oh, it's still my energy, there's only one energy and it's all mine.

So, this New Energy pattern, which is not a repetition, but it's a rhythm. The New Energy routine we began to talk about in the Satsang (December Satsang).

I've been working a lot with Sar'h on this, it's not a repeating pattern, it's a rhythm.

So, begin to play with this concept. We're going to create a big space for You.

Those of you with vivid imaginations ... everyone's imagination works differently.

I know some of you in the last few months have been beating yourselves up: "I don't have these experiences that everyone else is having."

Oh my friend, you're having the experiences that everyone else is having but you're too busy comparing yourself with somebody else or listening to the negative voice in your head that says, you're not getting it. To notice.

So, I have a looooot of homework for you guys today, but if you're telling yourself: "I'm just not having these experiences", begin to understand and open up to what your unique experiences look like.

Let me give an example:

Sar'h is the example queen! She's telling me that examples, no matter how basic they are, are very, very helpful, the more basic the better.

The depth is actually found in the simple and the basic.

Two (Actually Three) examples:

Two embodied beings will have two sovereign and different, because they're sovereign, experiences with this fountain.

One example could be that this person finds themselves in a lush garden. They have identified the names, the colors of the flowers, the types of trees, what birds are flying around.

They walk upon their fountain and they see it flowing, or perhaps it's a waterfall cascade instead of coming out from the earth, it is coming down. They just start to notice all the details, what color is the energy and what color represents the consciousness in the fountain.

They begin to play with it. They reach down and touch their finger tips into the fountain to feel the liquid light that's flowing. That's one example.

Example number two:

A person is sitting in their most favorite comfortable chair, I begin to talk about the fountain within and they start to feel a sensation, a rhythm, a pulse, a stirring in their gut below the belly button.

They begin to feel the energy of the fountain within starting to move up from the belly area into the chest. And the liquid light, the water that flows from the fountain, they begin to see it cascading from the crown of the head and pouring down like a liquid paint all over the physical body.

The energy responding to the consciousness and the consciousness responding to the energy creating all sorts of New Energy patterns (rhythm) from the chaos.

Example number three:

The person stops. They paralyze. "Oh no, not the imagination thing again! I'm no good at this. What if I'm just making it up?"

Everybody, my friends, everybody is making it up! That's what creation IS!

You're making it all up because it's your reality and you get to play in it.

I am here with no agenda.

So, for person number three, just pick whatever it is you like, what kind of fountain do you want in your garden.

Sar'h is showing me she wants a stone mermaid in her fountain. Great!

What colors would emphasize your garden?

“I don’t know what color my consciousness is!” Pick one! Let’s say purple.

“I don’t know what color my energy is.” Hmm, how about bright yellow like the sun? You see what I’m saying friends? If it doesn’t come instantly to you instead of finding yourself in pause or paralysis take a deep breath (breathing), say: “I am here with no agenda”.

Then if you want to pull out your colored pencils, your crayons, your markers and just make it up.

So, this fountain within represents in another way what we covered in the first channel.

We had the book on duality; we had the dry barren desert on the left side that represents mass consciousness, Classic Earth as most people experience it, not as you experience it, the “out there”, those other people, other people’s energy, mass consciousness, all the belief systems of human beings...

And then on the right side we have what was a basic open field with one single tree, it is the blank canvas for you to start to grow your garden of New Life. When you close the book on duality and hold it shut, and this may take some time, several things are happening – for You, no one else, just for You:

You are rearranging your relationship with energy which means you are moving from the idea that there is an outside energy force to know it’s only your energy.

So, when you close the book on duality you remove or integrate the barrier between out-there and in-here.

You understand that you don’t need to beg, borrow, steel, resist or push away energy, because it’s all yours. You invite it in, you take a deep breath and you invite all your energy in.

Easier said than done, right?

So, this book stays closed and as it stays closed the belief systems begin to fall out.

Beliefs that people can do something wrong or somebody can do something wrong to you. You’ve got the dragon clarity as a part of this book being closed.

“I have never done anything wrong, and no one has ever done anything wrong to me.”

So, part of the out-there and the in-here belief includes time, and it includes space. Out-there time moves at a pace that is agreed upon. That creates a rhythm of mass consciousness.

For so long many of us, myself included, felt trapped by time. For example, (a) very simple example:

I have an experience, it feels somewhat traumatic. More time passes may be months or years, I'm able to remove the duality from that experience, wisdomize the experience and integrate the trauma.

Now playing in time means that we're not trying to get rid of it or shun it or throw your clock out the window. But instead we begin to play with it.

Time is energy (for the sake of basic experience only). We can use it in our creative favor. We can't talk about time without talking about space. Space too has a rhythm to it just like time has a rhythm to it.

How many of you have felt constricted by the space that you're in?

Simple example: "I don't want to be in this body anymore. I don't want to be in this family anymore. I do not want to be in this job anymore."

So, space just like time was also something that created the illusion of stuckness.

What's the rhythm of stuck? - badom, badom, badom – (Jaws theme music-like)

I talk about rhythm because it seems more tangible, which is what everything we're doing is about: creating real and meaningful experiences on Earth as an embodied being.

So, rhythm and sensation are very ... they are cousins, that's a good word, good choice Sar'h. They are cousins.

So, we're going to talk about rhythm because we're going to use it as a tool to begin to feel sensation.

So, feel the rhythm of time. It's quite easy, everybody is heard a ticking clock. Everyone's trying to boil water while watching the clock, it takes forever: tick tock tick tock tick tock ...

Feel the rhythm of space.

For example: the rhythm of being stuck ... dun dun dudun dudun ...

When has space served you? Everyone has an experience in which time has served them. They were going to be late to a meeting, everything is falling apart, they expanded out and time became malleable because it's moving through them and sure enough they showed up five minutes early to this very important meeting.

Time is serving them.

Feel into when space has served you.

Sar'h, give an example please.

OK. So, my example – this is Sar'h (laughs uncomfortably) – when space has served me was bringing in my book or the books that I wrote.

In a dream, in Ahkuhn outside of time and space I could feel that I had – in my energy – a book that was already written. I knew it was there. Yet, I never sat down to write it because I knew it wasn't the right space. I knew it wasn't the right time.

And then I woke up one morning several years later, and I knew it's the time and I knew it was the space. We can't talk about time without talking about space... and gravity... which creates the space in this Earth reality.

So, the book poured in from the fountain within into linear time and a specific space on Earth. I met my future Self in this space in linear time and (physical) space. Ok, so that's my example (using all the previous Koot Hoomi channels).

(pause)

So, there's a rhythm in a fluidity to time and space.

Step one is declaring out loud as many people are doing right now and appropriately: time is serving me.

Space, physical space, local and linear is serving me.

In some ways you could begin to view time and space as energy responding to your consciousness.

(pause)

How does that work? How do we apply that? We've heard it a million times: Energy responds to my consciousness.

The way that Sar'h and I wanna share that with you today, we've repeated it a several times, but we're going to take it even deeper.

There is a rhythm or a flow to the I Am Consciousness that is unique to You.

Some of you are asking: "is this the song of the soul?"

If you hear the song of your soul and you want to play with that play with it!

However, in a 15° turn to the right there is the rhythm of the I Am.

Rhythm refers to something having a tempo, a speed or a rate, for example the biorhythm.

We would have the heart beat, that's another rhythm within you, the heart beat ... dudun dudun dudun dudun ... it speeds up when you're excited and it slows down when you're resting. Just to give a very basic example.

So, there is the rhythm of the I Am and energy... let's say time and space are an energy – do we need to define that and say that's always the case? No.

We'll say for the sake of play, because what else is there?

Play and rest ... play and rest ... play and rest ... (rhythmically)

Time and space as energies can respond to the rhythm of your I Am.

The rhythm of the I Am is not going to be something you hear with your human ears or see with your human eyes. It's something you're going to FEEL and SENSE from the depth of your beingness.

(pause)

When you have gone through major internal changes within yourself, and everybody here has, when you came into your realization you began to feel a stirring, a motion within you, motion rather than movement.

Movement would be something that occurs (perceivably) outside of yourself. Movement would imply that you move through time and space.

Motion is the sensation of time and space moving through you.

So you felt a stirring. Everybody here is gone through their awakening a long time ago. You can look back at the energy imprint, which is what we call memory here. You can look at the energy imprint of your awakening. There was a stirring within you.

The rhythm of your consciousness began to change, the internal walls within you began to rattle, an earthquake happened, the walls rattled and they came tumbling down, the wall between... who you thought you were and who you really were. The earthquake of awakening shattered the walls and they came tumbling down.

What caused that? Why do some people wake up before others? Why do some people never wake up in their lifetime?

The rhythm of the I Am That I Am created the internal motion to allow the energy to respond to the consciousness by bringing down the wall of duality with that internal earthquake.

The rhythm of the I Am changed, there was a stirring within me and the beat of this new rhythm of the I Am made the walls come tumbling down. Energy responds to your consciousness.

I know these are big out-there concepts, it's all stuff we know. Everybody here knows it, we're repeating ourselves and digging really deep into these examples because some (examples) are going to make sense to some of you and other (examples) are going to make sense to everybody ... other people, all kind of respond to words and sensations differently.

Examples, examples, examples AND when you get it and you feel it – your duty, it's a fun duty it's not like a "oh my god, I owe somebody something". No!

When you find an example that works for you, you come share with the rest of us. We're opening passageways for those choosing consciousness over automation for eons to come.

So ... deep breath ... as you embody your consciousness you are bringing in part of You that has never before physically touched down on this Earth!

As that occurs the rhythm will change.

In Crimson Circle terms: your relationship with energy is changing.

In Koot Hoomi and Sar'h terms: the rhythm of the I Am is exposing itself and coming to the surface.

It was *always* there!

Energy has actually *always* responded to your consciousness. We've just expanded our awareness further – in the state of further – enough to recognize it.

So, going back to the fountain where we'll end up in linear year 2023 or perhaps earlier (laughing) or perhaps earlier, doesn't really matter.

Is that the rhythm of the I Am will begin to be so in sync with your energy that the two will become One.

The energy of YOU will become so in tune with the rhythm of the I Am that the two will become One.

(deep breathing)

So, we created many potentials, possibilities, probabilities and passageways – I'm going to call that The Four P's.

We opened up many, many of The Four P's and you don't have to understand every single one. You do not have to understand or explore every single one.

This channel has You at the center, your consciousness at the center and it's a New Energy channel.

So, think about a bicycle wheel. You are in the center and then the energy expands out in all directions like the spokes on a bicycle wheel.

The homework for lack of a better term or let's call it play. In the play is to simply explore one passageway of the many that were laid out in this channel. If it doesn't make any sense and Sar'h is certainly worried about that and I'm patting her on the shoulder saying: "Take a deep breath dear, they get it" – is to move us beyond local, linear thinking.

One cannot understand New Energy if it is laid out in a linear fashion.

OK my friends, I know your mind is probably going crazy right now. Sar'h or Lauren's human or her human Lauren, excuse me, feels like her brain has just turn into total mush, so totally natural – but when everything feels totally chaotic we have the fountain, the fountain within.

And if all you do today is simply feel into the flow or the rhythm of your consciousness, the fountain that flows within you, then you have done enough.

Thank you, friends! I look forward to PLAYING and resting and PLAYING and resting and PLAYING and resting with you in 2021, in 2022 and maybe there is a surprise in 2023.

Oh, I used to hate linear time. Oh, I used to hate things stuck in gravity but I'm almost a little jealous of you guys because what you're able to experience, time, space, (and) gravity are no longer a hindrance to your JOY.

So, with that I thank you, it is I Koot Hoomi in JOY and FREEDOM and in awe of each and every one of you.

Thank you, friends!

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

Transcription: Juliane Fischer , Proof-reading: Lauren Hutton

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