



**Session 7: The Return to No-Thing &
The Atlantean Dream**

**Living in the Garden of New Life Series
August 15, 2020 *Sar'h & KH & You!**

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Good morning, friends!

It is I Koot Hoomi with Sar'h and with You. Last time we spoke, last time we gathered for an experience together in the sovereign collective, we bent time and space to access the Simultaneous Now Future Self in the linear year 2023.

How beautiful that was.

And in this session we are going to bend time and space yet again to access our last lifetime in Atlantis.

“But why are we doing that Koot Hoomi?”

I can hear you saying it now. Have you ever had an experience in which a past experience molded and shaped your current reality, subconsciously?

For example: many humans on Earth had an experience, a trauma, a perceived trauma in their childhood. Maybe with their parents, maybe with someone that

they thought they trusted – that memory imprint, that energetic imprint of that experience stays with the human being throughout their life. And often times it flows into each and every relationship that they have in their adult years.

There is something that is stored within the body of consciousness, even in the physical body that says: “ I’m going to react this way because I have this datapoint that says, ‘this is not a good situation’.”

Now, here we’re all beyond our human trauma that occurred in this lifetime. However, deep in the subconscious as I realized for myself in my own Embodied Realization that I was holding on to the trauma of what occurred in Atlantis.

Now, some of you have told Sar’h, have told Lauren, you don’t remember your Atlantean lifetime. There is a reason for that. The details aren’t necessary, re-living the trauma isn’t necessary. The only thing that is called for is an invitation for awareness.

Now, you may not remember your lifetimes in Atlantis in which there were many, not just one, but many. However, you *do* resonate with the term “The Atlantean Dream”.

Right, the Atlantean Dream is something that started long before the creation of Atlantis. It goes back to when we left oneness. When we left – quote on quote – “home” to discover the answer to the question: “WHO AM I?”

Now, when we left oneness, as the story goes, we were trying to understand the relationship between energy and consciousness. We were looking around for energy and in our search for energy we created the Earth.

Let’s slow things down with linearity, with duality, with gravity.

So, we can slow everything down and really truly understand this relationship between energy and consciousness ... between the consciousness that we perceived, that we left ... behind the wall of fire when we crossed it. And then truly understanding that we never fragmented, we were never not whole.

You know how the story goes. You understand deeply that you were here on Earth in this lifetime – this very, very special lifetime, to truly understand the relationship between energy and consciousness. You understand that when the two merge we have something we call “New Energy”.

Understanding that the duality between consciousness and energy was an illusion. You came here to create, to have your consciousness – the God, also – walk by your side with your human on Earth.

That was the Atlantean Dream: You have all of yourself here to experience your inimitable, can-not-be-copied, unique consciousness and your humanity combined as one, with all the wisdom from all the lifetimes and the creative potentials, possibilities, probabilities and abilities of knowing you were God also.

So, that was the Atlantean Dream.

My friends, you have gone far and above and beyond the original Atlantean Dream. The deepest part of YOU. When I feel you and I see you gathered in your full sovereign awareness under the Banyan Tree, you truly understand the relationship, the dynamics, the physics between your consciousness and *your* energy.

You know that energy was never something outside yourself, a slight twist of awareness and you start to understand that when you're interacting in this relative reality, the actual prison you felt you got stuck in, was thinking there was an outside energy, that someone could do something to you, someone could hurt you, or you could do something to them – to hurt them. The very old story of the perpetrator and the victim.

Now, the perpetrator and the victim were created by this inner dialogue, these inner star wars that were then (represented by) this fight for energy, grabbing at it (from) outside yourself, which is the star wars, which creates all of the dynamics of what we experienced in Atlantis and in other realities. But let's just focus on this Atlantean last lifetime.

There're so many parallels here. Your last Atlantean lifetime and your last human lifetime in the modern aera.

Now, I have been sitting with Sar'h in her sessions, one person asked: "Oh, was I the experimenter in Atlantis or was I the one being experimented on?"

AND, the answer is AND! Right?

So, in the Atlantean Dream, when we were in Atlantis, we were reaching out for outside energy. We were working with collective energies that lacked sovereignty. We were tapping into that collective oneness rather than the sovereign oneness.

In Atlantis, we realized truly – towards the linear end – we realized: the individual is responsible for the individual and no-one else and to find that sort of Utopia we were seeking, that each person would have to make that decision on their own.

(pause)

But not everybody was convinced. Here we were in this very sophisticated society, we understood energetic dynamics, we had a very large sense of what was going on in the world, beyond linear time and space. We truly were on the cusp of understanding in our laboratories how energy and consciousness work.

However, we didn't really understand sovereignty. Not until towards the end, we didn't understand the I-Am-that-I-Am and its relation to this relative reality or real illusion.

However, as in your last Atlantean lifetime - (breathing) – I see it now, literally, I was there with you, Morya was there with you, Tobias, Sam was there with you. You were all there with one another.

Enough of us started to realize this understanding of the individual. Of the need or requirement or imperative, that's a better word, imperative to do this for yourself and yourself alone.

Now, there are a lot of old wounds in Atlantis. The abuser and the abused, they played out in the series of human lifetimes, a thousand or more – you know them deeply.

However, when you make this journey with the dragon expression of Self, the dragon is an expression of your Self, to bring in and allow: I Am Forgiveness.

The human cannot forgive itself. The Atlantean You cannot forgive itself, but the I-Am-that-I-Am can blast unrelenting, unwavering forgiveness into all that you are.

And in this experience, a deep sensation comes in. Not before it doesn't feel like it's fried your hair, you've cried your eyes out, you're going to reduce into a puddle of no-thing-ness.

The unrelenting forgiveness comes in, and in the moment when you think you can't take anymore – oh, I know this, I experienced this first hand. I didn't even know what was happening to me. But in this moment of total surrender – to Self, to no one else but to Self, in total surrender to the I-Am-that-I-Am, I Exist, I Am

God, also – a sensation rolls in: I have never done anything wrong and no one has ever done anything wrong to me!

Now, the sensation may wax and wane like phases of the moon, but once you feel it, once you experience it – in deep sensuality – it will always be there.

So, when you hear others talk about the dragon visiting, this is what I mean. The sensation comes back in.

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

It’s hard to fathom. It can’t be done in duality and in these experiences of right and wrong, of good and bad, of abusive energy or proper use of energy, belief systems were created.

So, when the dragon clarity comes in – these are the modern terms we’re using, we’ll work with what we have here – when that dragon clarity comes in those belief systems begin to incinerate. – (pause)

The energy that created the belief system is burned up and returns to its original form: Neutral Energy.

All that is created returns to dust, returns back into the one-ness of Self.

Why does it feel so painful?

The belief systems were the food for the human identity, the human’s separate identity.

Food meaning: what kept an identity in place.

And yes, we had the identity in Atlantis, there was so much hierarchy.

What kept the identity in place were belief systems. Belief systems on how energy works. Who should have access to information? In Atlantis, this was a big debate. Who should have access to information?

If you were a dreamwalker, many of you were, you had access to information, and you weren’t allowed to necessarily give it out or share it with anybody. They couldn’t handle it.

A belief system that kept the identity in place. So, when the belief systems start to dissolve, to return to their natural state of Neutral Energy rather than Dualistic Energy, it feels like a death is occurring.

The belief systems are what propped up identity.

So, at this juncture in your journey, human experiences of trauma have been worked through in your awakening. They have been allowed to return to their true state as Neutral Energy, as facets rather than aspects.

As you cross the threshold into your realization, and if you stay on the planet, as you stay here sometime after, in linear time, this dragon which is the I-Am-Forgiveness will make its loop back around.

You may find yourself standing in Atlantis, at the Fall of Atlantis, at the flood. You may find yourself resisting, screaming: “This is not what we wanted, we failed in this civilization. I worked so hard to build this civilization with my family, with my community.”

And there is finger pointing, there was so much finger pointing. You’re the one who made this fail, or there was a group of people here who made this fail, or there was outside influence from another planet (for lack of a better word), from another civilization in another alternate reality.

Yeah, if you’re standing there in your last lifetime, just before the flood and all of these thoughts, feelings, sensations, belief systems about how energy works coming in and swirling around – you can go to that last Atlantean lifetime in a deep knowingness that it was time for everything to return to no-thing-ness.

Nothingness.

Nothingness is not nothing. It’s no-Thing. No-Thing being no belief system, no identity that is fixed.

No-thing-ness was a return to pure consciousness.

And there is that knowingness that ALL is well in all of creation.

When Adamus – Saint Germain – who many of you follow, when he says: “All is well in all of creation” – it takes me back, it takes Sar’h back to this Simultaneous Now where we are standing at the end of the Atlantean civilization knowing that all was well. This return to no-thing-ness was allowing us to go back into our unique individual inimitable consciousness to experience ourselves as God, also.

Beyond a group dynamic, beyond a community dynamic, beyond a socialist society where we put the needs of the group above the needs of an individual.

So, as that I-Am-Forgiveness rolls through, when it's brutal and unrelenting, you can take a deep breath and tap into this sensation: "All is well in all of creation."

All matter that is created, all matter that is created, must eventually return to its original form.

(pause)

The pain comes in the attachment to a perceived external situation, which was there to reinforce the identity, the fear of going out of existence, the oldest fear in the book.

"Do I exist if I don't have these beliefs? Do I exist if I don't have this identity?"

And, my friends, you know the answer to that. The answer is: I-Am-That-I-Am.

I am complete without storylines, without a relative reality or a real illusion. I exist beyond the constructs of time and space and gravity, which holds me in my physical form.

So, in my last lifetime, which is an interesting concept because we are beyond time and space, but for the sake of story, in my last lifetime when I declared myself: "I Am Enlightened".

And I took a walk and I thought everything was over and I was okay with that. I even had a good laugh about it. "Oh, my life is over, my lifetimes are over."

You know and I was just talking to the trees, walking around and just when I thought it was all over I found myself back with my friends, specifically here - Morya because I have permission which is important to share his story too, I was back with Morya.

And Morya came up to me one day when we were hanging out in our home in the base of the Himalayas and he said: "my dearest friend Koot Hoomi." He said: "I am so, so sad." And I said: "Come sit by me, I'll make a pot of tea."

And we sat down together and Morya almost couldn't get the words out. He said: "I remember what we did in Atlantis." - (pause) - And I took a deep breath and I could see all of it in that moment, tears pouring out of my eyes. And I said: "Morya, I can see it, too."

Now, Morya being the type of person... I don't want to say strong-willed but wise-willed, very tapped into the creative traction that comes with the will...we came up with what we would do next sitting here on Earth. At least the portion of our

energy and consciousness combined here on Earth. And we came up with the Theosophical Society.

We remembered this key point in the so-called “Fall of Atlantis” when we return to no-thing-ness, when we realized our pure consciousness.

Many of you had the same experience. When the civilization ended, when it returned to its original source: Neutral Energy and Consciousness combined...

We go back to the idea of the sparkling neutrality.

Neutral is not boring, it’s intensively creative...

That was when the seeds were planted for the story of Yeshua, in which we showed up as two of the three Magus or wise men, that’s when we showed up again – and there were many, many things in between - in our last lifetimes in the late eighteen hundreds to have this experience of embodiment.

We opened the door for you, also, you could go above and beyond anything we ever experienced. That’s what teachers do. They create a doorway, an energetic imprint, a pathway, a potential and possibility with no force. With no force. For anybody having the experience so called “after” them to go above and beyond.

Now, Sar’h was there at the Fall of Atlantis, she has told you her story. She’s felt the guilt and the shame of the failure that was felt by that lifetime, the unintegrated aspect of that lifetime, and as she brought pure crystalline neutral awareness, the I-Am-that-I-Am, I-Know-that-I-Know into the equation, into the experience, she realized it was in the Fall that she and many others actually had their realization. The understanding that energy and consciousness are one and the same. The ultimate duality was removed.

Yet, that trauma, that energetic imprint stayed in this physical body, this creation of Atlantis, the biology, it stayed in the mind – another creation of Atlantis. The mind as a collective computer, right? Where you feel things that are not necessarily yours. Or you think things that are not yours but belong to a collective relative reality. Some people call it “the Matrix”.

And you realized in order to have this experience and *live* the Atlantean Dream the biology and the mind had to adapt into this knowingness: I am already realized, I-Am-that-I-Am.

And as the biology integrates into this, what you call now the “Free Energy Body” or the “Free Energy Vessel”, as the mind adapts into its new sovereign experience,

developing new neurons that allow the human perception to move beyond duality and see things as they are without the skew of mass consciousness distorting the light. It doesn't block out the light it distorts the light.

So, my dear friends, here today, this is what is occurring, this was the Atlantean Dream. Any suffering that you're experiencing, any pain whether physical, emotional or mental that you're experiencing is the biology coming into awareness that it is energy and consciousness. It is the mind disconnecting, going beyond the dualistic distorted view of mass consciousness and even of your collective Atlantean consciousness.

You go beyond any collective consciousness. You have to go beyond a spiritual collective consciousness, beyond a Shaumbra consciousness. Otherwise you're repeating the loop of waiting for the group to arrive.

Now, Sar'h gets emails: "I don't feel I'm grouped with Shaumbra or anyone else." That's wonderful. But as you bring the dragon clarity and forgiveness in, this Atlantean lifetime will pop up, and it's maybe not you who was grouped but the not-quite-yet-fully-integrated Atlantean last lifetime – who's still holding on to fixing and saving Atlantis. And with that comes the guilt and the shame, the shame that you don't have a perception of control over your body or over your thoughts or over your emotions. That goes all the way back.

So, my dear friends, what you are allowing for yourself and yourself alone, not waiting for anybody else, doing it in your own divine timing, whenever that may be. What you are allowing is the integration and the experience of the Atlantean Dream. And to do that you bring in this last Atlantean lifetime.

In our last channel, we sat at the kitchen table with our Future Self, Lauren 2023.

In this session I invite you to sit at the table with your last Atlantean lifetime. And I want you to let them know this unintegrated – not-yet-fully-integrated aspect of the last Atlantean lifetime – and you let them know:

"Dear friend, dear me, it all works out, all is well in our creation. You never did anything wrong and no one ever did anything wrong to you. We were having an experience in which we were understanding the nature and the relationship between energy and consciousness.

And my dear last lifetime Atlantean Self, you succeeded. You did not fail. And what was on the other side, the returned to no-thing-ness. The returned to our original

beingness. It was truly necessary and absolutely beautiful and the Atlantean Dream is being realized right now!

Dear Atlantean last lifetime, other people are choosing it for themselves, too, but we are not responsible for other people any more. That was the biggest lesson that we learned – (pause) – is that I am responsible for me and me alone.

My consciousness is inimitable. I am uniquely sovereign. My God, also honors your God, also, (and) we are not the same.

I know it's confusing for you, Atlantean Self, but I want you to know that you were a necessary part of my experience, and it's okay to come to your new home. It's okay to come to your new home which is SELF and SELF alone!"

Dear Atlantean last lifetime, you did an amazing job, we gained so much wisdom from the experience, wisdom that removed all duality from the experience, that distilled all of our Atlantean lifetimes in this last lifetime in the Atlantean civilization. It's okay. It is safe, and most of all you are worthy of coming home to Self.

Take a deep breath dear Atlantean Self and I will breathe with you. I will breathe in the knowingness that all is and was always and will always be well in my creation."

...

Thank you, dear friends. I will be visiting you should you wish to have a Koot Hoomi visitor. I won't be saying anything, but there's something that I can bring to this experience with you.

I can bring the wisdom of my own experience, the empathy of having been a human bringing this experience in to my physical reality.

And I don't mean this to sound how it may seem to some of you, but I bring the wisdom of an Ascended Master who stayed on the planet long enough to allow this beautiful and sometimes brutal experience to occur while I was still in physical form.

And that is what I have to offer you as a friend, not as a teacher. That is what I have to offer you. Someone who can sit by your side, who could sit at the kitchen table with you and have a cup of coffee or a pot of tea like Morya and I did when we sat next to each other and said - we nodded at each other, looked each other

in the eyes and said: “I know my friend, I know. There are so few of us who truly know this experience.”

But what you are doing is opening up just like Morya and I did. Potentials and possibilities for everybody else should they choose to walk through the perception of the chaos into the no-thing-ness and back into the I Exist, I-Am-that-I-Am.

In honor of you –

Koot Hoomi and Sar’h

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

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