



Session One with Koot Hoomi or Kuthumi

March 21, 2020

Welcome to the Garden of New Life

Namaste!

Hello, friends!

Guten tag!

Buenos dias!

Welcome to the Garden of New Life. I want to invite each and every one of you to take a few deep breaths with me. Sit back on your favorite recliner, or lay down on your couch or sit outside so you can hear the birds chirping. Whatever you're going to do to make yourself comfortable. Welcome to my garden, it's your garden too.

First of all, I want to talk about why I've picked this picture for my new series, our new series. So much so it's been you've been walking in two worlds, two earths even. There's the old or classic earth represented here on the left, man, can we feel that one right now, right? And then the garden of many colors, this shouldn't just be green, but every color in the rainbow and beyond on the right, is the Garden of New Life.

Now we can talk about what's going on in the world, and we can talk about your Realization, and what's holding you back and what's keeping you there and what's

embodiment and what's realization and are they going to happen at the same time. But that's not what we're going to do today. Instead we're going to talk about what it's like to have a foot in both worlds.

In Sar'h's book, she talks about seeing through the eyes of the human and divine combined as one. When she went through her realization and she wrote about it, which is so cool by the way, we didn't do that when I was having my realization experience on Earth. Gosh, I wish I did, really wish I wrote down everything that happened because you can't remember, because you lose your mind and that's OK.

So, that being said, I love Morya's list of questions to journal about. And even if you don't share this with anybody else, once you step into new life you're going to find that journal one day, when you're cleaning and you're moving into your brand new fabulous house, and you're going to go "Oh man, I've come a long way in such a short time".

I really wish I had written down my realization experience. Your generation of embodied realized beings is so much more attuned to writing things down. You know, we didn't write things down, we didn't say things out loud, we didn't have Facebook forums or zoom calls or anything else.

So, that's the really cool part of all of this, is that it saved to write your story down and share, and it's safe to, say, you could tell someone at the grocery store "Hey, I'm going through my realization", and they may not understand it, but there are no consequences. So, I say have fun with it. Play, play, play, play.

So, what we're going to talk about today is something that's already happening within. You're living in two very strange worlds and right now, one of those worlds is kind of your internal world and that's where all this beauty and magic happens. You go inside the void itself, and yes, I did help with that navigating the void of ascension, the piece with Tobias, and the cloud class that Sar'h and Morya put together, the 15-degree turn, that was my thing.

So, we're going to get into some of that, but right now, there's two worlds. Here's your inner world, and sometimes going into your inner world is very scary. There's a lot of dark edges and you walk in to those little caverns at yourself, that you're starting to explore for the first time in this life. Parts of yourself, little caverns or

caves of yourself that you shut off, you put up a big sign on the cave that says “Do not enter” or “Enter at your own risk”.

Those were the parts and pieces and experiences on earth that maybe you couldn't handle 10, 20, 30 years ago and certainly not in some of the other lifetimes. But now those are places to spread your light of awareness, you walk into the dark cave and instead of turning on a light, like Sar'h said so many times, you allow your eyes to adjust to the dark.

Think about walking through a dark forest, there's no moon in the Sky, the stars are barely twinkling. You're kind of stumbling around, you may trip over a tree root, but if you stay in the dark forest long enough, your eyes adjust, you start to be able to see “Hey, there's a branch hanging low, I'm going to duck beneath that”.

And, if you stay in this forest long enough, and let's say the sun doesn't come up for some days. We all know that experience it feels like the sun hasn't come up for very many days, then you begin to see all of the life that happens in the forest at night. All of the animals who are nocturnal began to come out, they begin to interact, maybe they go get their dinner. There's a whole life that happens in the darkness.

So, as you're exploring your inner world that's when the magic starts to happen. And then, you know, when you need to get groceries or you want to go shopping or you can say “I've had enough being in my house, I'm going to go outside”, it starts to look like the space on the left, right?

Maybe people are panicked, maybe people are angry. It's just not as colorful in your inner world, and that's so important leading into your realization, your self-realization, knowing you are God also, is that this contrast creates. You're not going to get what you need in the outside world on the left, where the trees are barren, the ground is dried up, there's not a raindrop in sight.

That is what encouraged you moving from awakening to realization, to go inside yourself. “Nothing I'm looking for is out there. Everything I'm looking for is inside.”

Then, in allowing your realization, you start to feel like the tree on the right. There's plenty of rain, there's plenty of sunshine.

Oh, can you feel your feet in the grass here? Take off your shoes and put your feet into the grass here. Gosh, I if I missed anything on earth, it's walking bare feet. The soft green grass, I remember the smell of the grass, I remember the smell of the grass especially in the morning. Oh, when the dew drops are on the grass and everything smells fresh and alive. Oh, I miss it. No, I'm not coming back, you're crazy. (laughter)

So, I remember this, and in fact, being in the ascended master state, you can stick your feet in the grass, feel that beautiful connection to earth, which is really the connection to yourself at any moment.

So, going inside, first of all it starts to feel like maybe there's nothing there, right? And then you start to explore inside yourself and you come across all kinds of landscapes. There are no limits to what's going on inside yourself.

Now, I remember in my self-realization experience, I thought "Man, nothing in the world nothing, nothing in the world is *ever* going to match my insides. What's the point of even being here on earth. I've been here so many times, my inner world is so fantastic now, and the outside world is so barren and dry and basic and lacking in fun and playfulness in multi dimensionality."

And then something happened, oh let's take a deep breath. God, that feels good, that long deep inhale, that freedom of the exhale. So, something happened, I said, "You know, Koot Hoomi" yes, I talked to myself, I said "Do you think that nothing is going to match your inside experience, your inner world, your inner universe, the universe of you, because there's such a sharp contrast in the outside world?"

So, in this case, I was already kind of detached from the world. I had a house at the base in the foothills of the Himalayas, I had a few guests visit me, like Morya, your friend here, my dearest friend. I had other ascended Masters visit me. We didn't have planes, so we used our consciousness. I had madame Blavatsky visit my home. But I didn't go interact with the world, maybe in the village a little bit.

But there's something available to you and you already know this. I know you can feel it, I know it's already happening, but as your friend I'm here to remind you you're not dreaming, or maybe you are, but this dream is possible. It can be real as real as old earth, even though it's a real illusion, it's still real. This experience you're having in your inner world, where fireworks are going off, and you're starting to

meet yourself or you are going even further beyond meeting all the parts and pieces of yourself, but meeting God and knowing that is you.

What's available to all of you on earth right now and why you waited so long. Oh yeah, that's right, I wanted to thank you each and every one of you for waiting so long to allow your embodied realization. It was a selfless act, an act of service, I know none of you want to do anything for else anybody else right now, and you don't have to. Being *you* is your service on earth right now. It's amazing, you picked a very special time, what's available to you all is above and beyond anything I could have imagined in my last lifetime as Koot Hoomi Lal Singh. Amazing.

So, what's available to you all that we didn't really have, is that your inner world and your outer world will begin to match. (pause)

I think all of you have had glimpses of this. You're walking down the street, it's just the normal classic earth, old earth experience, you feel the pavement beneath your feet or the gravel road beneath your feet. You see maybe a neighbor two and you wave at them, smiling and knowing they have no clue about anything about you, you're just a regular human being, a regular Joe walking down the street.

And then, as you're walking, you feel something shift. It's almost like you crossed into another reality. The picture of the world around you starts to get really sharp, almost high-definition, it almost feels like time slows down, almost like things are moving in slow motion.

You reach into the refrigerator, to grab an orange, a cold orange, doesn't that taste good? You reach into the refrigerator to grab an orange and you drop it. Yet, instead of it being affected by gravity and the orange plops onto the ground and get squished, time slows down. You watch the orange fall from the refrigerator shelf, you stick your hand out, slow motion and you catch it.

Or, you're walking through a forest and you feel like you cross a little threshold into a very rich and multidimensional reality. Has anybody here had that experience? Yes, you have. Everybody here has had that experience. Thank you, interaction is important for me. I try to make you laugh, I sent you all kinds of messages songs on the radio, flashes of light. I may even come by and hit you over the head with the tiniest hammer you've ever seen when you start getting in a mental debate with yourself. Imagine the tiniest little hammer in the whole world,

I come over and just pop you on the head, no more debating. And then I laugh really hard, because I understand and it was all just the game, wasn't it?

Right, so, we're moving through life, we've been through the phase in our life where we hold up in our house and we don't go out, right? So, now I'm asking you, let's take a field trip, let's take a field trip out of the house. Well, we may go to the post office, we may go to a walking trail, we may go sit on a bench at the park, we may go into the grocery store, in mass panic. Or, like Sar'h, you may go surfing in the waves.

Yesterday I went out with Sar'h into the surfing waves, which has been fascinating to me, because obviously surfing was not available to me in the Himalayas, in the mountains in my last lifetime, so I'm fascinated by this sport. And I love the ocean. Gosh, if I did come back to earth at all, it would be a life on the ocean!

I remember visiting it in India on my walk after I left Oxford after I lost my mind and I left the mental institution, and I had a good laugh at myself 'cause what an experience that was. On my walk, I stopped by the ocean shores, I remembered the salt smell, I remembered that moisture in the air, I remembered the children playing in the water and how happy the ocean made everybody that it interacted with.

So, yesterday I went with Sar'h to show her what we're doing. So, she's a little stressed out right now, all sorts of things are moving in her world and this space is going on, and she cares so deeply about everybody here, when really all she has to do is just relax and just be.

So, we went in the ocean, she paddled out past the breaking waves and just sat there and she said "Koot Hoomi, what are we going to channel? You said we're going to do this together, but what is it going to look like?"

I took a deep breath, even though I don't have lungs, and that signaled to her to take a deep breath, and then she just decided, "You know what? I'm just going to surf some waves."

In about the 4th wave she caught, something shifted. The water was glistening, changing colors and the ocean was almost breathing itself and interacting with her in most amazing ways.

And that's just like we've been talking about, it's almost like we take this book, where we have two options, the outer world - what's going on earth right now on the left side - and your inner world, where everything is blooming, everything is blooming, there's nutrient rich soil, there's sun and the tree takes a yarn and spreads its branches, "Oh it's good to be alive!", the tree says.

Looking into new life is almost like closing this book - the two come together. The beauty of your inner world and the dryness of duality. Now, we're going to open the book back up, and this is where pictures won't do justice. So, go ahead, come and play with me, close your book, right? Close your book. The inner world and the outer world pages are coming together.

Now, take a few deep breaths here, we're just breathing into our conscious awareness, right? That's just being aware of our own consciousness. I am here with agenda. Feel into that, "I am here with no agenda".

If you think I'm going to come tap you on the head with my tiny hammer? Yeah, take a deep breath. I am here, you're holding your book in your hand, it's closed. We're closing the chapter on duality, specifically the chapter on inner and outer world definition. I have an inner life, and I have an outer life. I am here with no agenda, with only my consciousness.

All right now, take your book in your hands and we're going to open it back up. You're going to open into a whole new chapter, the chapter of new life, of walking the earth as an embodied being. But not only that, as a birth into a whole new life on new earth.

This has never been done before. When you open your book and you move from the duality of internal world and external world, what is your what is your book look? Like this is a pop up story, right? So, you open your book and what is new life look like? What colors do you see in your new life? Oh, this is beautiful. I can hear the songs, songs of your souls. I can feel your I Am presence, I can feel the energetic representation of your physical expression of self, completely and totally in tune with the I Am that I Am.

So, when these things start to come together, the soul meeting that I Am, the physical expression of yourself sprouting from your I Am that I Am consciousness. All those things are going to create a beautiful story in which there's not a left and

a right, there's not a one and a two, we're expanding in all directions, so let's hold your book open.

There's your I Am in the center of the book, and what you're experiencing is flowing North South East and West, above, below, beside around. Then, as you walk through your new life, and this is going to happen so fluidly, so naturally. As the borders dissolve between your inner world and your outer worlds, realization is already underway.

We did one of the first I sessions that we're sharing, Sar'h and Koot Hoomi together, and I was able to see through Sar'h's eyes how this biological integration is already taking place. Your moving in no separation is taking on a whole new meaning. There's no separation between human and soul, between human and divine, between soul and I Am-ness, between wisdom and knowledge. They all began to dance with each, other the categories that help them in place are dissolving.

And eventually, the Atlantean dream, and what I came to experience, and thankfully with a small community of people to share it with, was that energy and consciousness became one as well.

So, over the next two weeks until our next channel, I want you to take a walk, if you can. If not, go out in the world, you know, it doesn't have to be all day long. But when you're out in the world, doing whatever you do out there, or connecting with a friend or playing with a child, really start to feel into the shifts that are occurring in your perception. Seeing through the eyes the human and divine, combined.

Start to feel into, and this is what we're going to get into in our next couple of sessions. Start to feel into, go ahead do it, it's totally ok, feel into what's going on, on old earth. When I feel into what's going on, on classic or old earth right now, I see a beautiful opening for humans to take responsibility for themselves and to take responsibility for earth, Gaia, the health of their world.

But if you turn your view over to the left, and just up a level, level is not the right word, if you just shift your perception ever so slightly, you'll see that a new earth already exists.

And this is not just about what's going on with you and your personal self-realization. So many of you are so deeply in that, there's nothing that could stop, it so we're not going to address it, it's happening. You have all the information you need to allow that to happen.

What I, Koot Hoomi, want to do here is to open your eyes, allow your vision to adjust to a bigger picture of what's happening on old earth, and how a new one is already here there. They're on the same physical rock, but there are two worlds, and more than that, but we're going to focus on these two worlds, and you get to pick which one you're in at any given time, and you can be in both simultaneously.

The reason we talk about this, the reason you have a passion for new life, the reason Sar'h get to talk about Usara and Atlantis and all his stuff, that other people would consider is totally crazy, is because you waited to have your embodied realization when a new earth would be available to you. In a way that it wasn't available to me, in a way that it wasn't available to Saint G, Saint Germain, in a way that wasn't available to Morya.

You waited, so you would not only have your realization, you would have your embodied realization, and you not only would have your embodied realization, you would have the experience of creating, with enough other Masters in their embodied realization, that there's a whole new earth to experience.

So, we're opening the book, we're taking a look at what it was like to live in duality and even in our day-to-day existence, internal and external. And we close the book, close the chapter on our old earth experience.

Now, that's a little bit sad. As much as we've all complained and moaned and shaking our fist at old earth, we love it. And right now, there's a great temptation to really get involved on old earth and try to help these humans out and fix things. And that, my friends, is a total lack in compassion and you know this. Compassion is allowing everyone to be where they're at. Even allowing mass consciousness to be where it's at.

They know what they're doing. It may look like people are destroying earth, but what they're doing is creating chaos, so that old patterns will dissolve. Now, they're going to probably develop some new patterns to keep things in order.

Patterns are really good in some cases, especially for old earth won't work without patterns.

But right now, your I Am-ness, this you're so song, a Symphony of you, is dancing you in another direction and it's the perfect time to do so. Earth says "I got this", mass consciousness says "I got this, I know what I'm doing".

So, in doing and allowing that to be where it is, you create the doorway, the door-less doorway into new earth experience. So, we shut our book on duality, we shut our chapter on old earth.

This would normally be done through death, you know, all the Masters before us that had their realization, they died shortly after, leaving physical form. Obviously not a death. And they left old earth for good. They said "It's been a wild ride, classic earth, I love you so much. I had such an amazing time experiencing everything in linearity, in duality, in gravity. Time allowed me to slow down enough to understand my experience and bring wisdom to them".

But, instead of leaving physical form and earth, and saying goodbye to old earth. Stepping into new life means closing that chapter without leaving physical form.

So, here's my invitation to you, the best brightest beings choosing realization on earth, this very magic time. I invite you to walk on from old earth, and step into your new life.

So, we close the book, we close the chapter on old earth without leaving physical form. And when you're ready, friends, you can open up the book into your new life, that is beyond duality it's the new energy which expands in all directions. You move from either or, into all.

What does that mean? What does that look like? You're creating it.

Now, when I feel into each and every one of you, you're there. I see you there. It's really about allowing your consciousness to make this quantum leap into what's really occurring, what truly is.

So, friends, in the next two weeks, I invite you to feel what it means to allow the division between internal world and external world to dissolve. I know that's scary. My internal world was my safe space, out there in the world was scary and awful and sad.

But, friends, I'll tell you then, in this state of consciousness that you're in now, when those walls dissolve, you're going to open your eyes into a hole new earth.

Breathe with me inhaling (inhaling) (exhaling) and the deep relief of the exhale out.

Thank you so much for joining me on this journey. I cannot wait to see you guys again in the next two weeks. Thank you. Namaste.

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

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