

Navigating the Void with Sar'h & Morya

An Energetic Introduction to New Life, USARA

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English transcription: Guillem Torras
Proof-reading: Dayane Carolina

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www.becomingsarh.com

www.patreon.com/laurenhutton

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Video One

Hi friends!

Welcome to the *Navigating the Void* course with Sar'h – it's me – and Morya.

This is the introduction video and I just want to welcome you and kind of give you an overview of how this course works.

Now eight people have already taken the course, we recorded it live, so I already have some feedback, which I like to do before I present it to a larger audience just to kind of check in, make sure I haven't blown anybody's circuits, and I'm learning from the feedback that everybody gives.

So I'm really, really proud of this course. I kind of feel like I've hit my own, you know...

I did the *Art of Allowing* and *Tales of an Aspect Integrated*.

Art of Allowing was really about one of the most intense experiences in choosing Realization as the loss of a Fixed Identity; even the identity of “Lauren choosing Realization.”

So that kind of goes into that, and introduces the Atlantean Dream.

Tales of an Aspect Integrated is not just about Aspect Integration, it takes what the Crimson Circle did in *Aspectology* and takes it to a new level. Not only are you integrating Aspects but you're integrating the stories that were created by these

identities, these Aspects, when that's with the consciousness of Ahna'Ra, who had an incarnation as Mary Magdalene.

Here, Morya and I are taking it even further because there's a lot of people who are being, what it feels like being sucked into the Void, into the No Thing that feels very empty.

It's a little bit terrifying because you feel like you're losing your mind. You're definitely losing all of your Fixed Identity:

"Who Am I? I don't even know who I am anymore."

And it can feel like you're going to go out of existence.

So we talk about why that is, and this is a course designed to support this is already happening naturally and now we're going to tell you why certain things aren't.

We're bringing the human awareness or the human experience or quality, which is the highest and best and goodness quality of the human is that you get to experience, right?

So that's what this course is about.

And it's an energetic introduction into New Life, *Nova Vita*, *USARA*.

So it also builds on the *Master's Life 8 Nova Vita* course, if you are a Shaumbra Crimson Circle person. Do you need to have taken those things? I don't do requirements, but it just takes it one step further.

Let's go into the State of Further.

If you guys know, if I had a gravestone it would say: "Go Further. Onward."

All right.

Zen Proverb

“Voidness is that which stands right in the middle between THIS and THAT. The Void is all-inclusive, having no opposite – there is nothing which it excludes or opposes. It is living Void because all forms come out of it.”

This is a Zen proverb and it's: "Void is that which stands right in the middle between THIS" – I Am This Human Identity, "and THAT" – I Am God, Also.

"The Void is all-inclusive, having no opposite" which means it's beyond Duality.

"There is nothing which it excludes or opposes". So the concepts of Light and Dark don't exist anymore. It is ALL, which is what New Energy is. It's ALL.

"It is living Void because all forms come out of it." So even Creative Intelligence, which we know doesn't exist up here (the brain), but in our Oceanic Selves.

This is where Creative Intelligence lives, in this Void.

A lot of people resist this, they want to claw their way out of the Void because it feels so foreign and then you Take a Deep Breath, relax and realize: "Oh my God, everything in the Void is me."

“My Divinity is in the Darkness” as Tobias used to say.

So that's kind of an introduction.

This is not something that's exclusive to Crimson Circle. This is a theme that runs in Embodied Enlightenment Realization, whatever you want to call it, let's not beat each other up over the terms. But this is a theme that runs for anybody choosing Realization and staying in Embodied Form on Earth.

What it feels like?

So, what does it feel like to have your human expression go into this Void?

Which I showed that has edges but it has no edges, it's infinite. And we'll go into that in detail in the next video.

This is what it feels like and this is your words:

"I feel like I'm being sucked into this very deep and dark place and I don't have the energy to get myself out."

I've been there. I - have - been - there.

First of all, this deep and dark place is You. There's only One Energy and it's all yours.

It feels very foreign, but there's no outside energy or force in the Void. We talk about why it feels foreign; you just haven't been here in a while.

The first time you encountered the Void was when you crossed the Wall of Fire and left Oneness – and we talk about that – and in angelic form before coming into Earth, in the Physical Form – we talk about that in detail.

So this course is designed to take some of that fear out: "My mind is absolutely freaked out."

Okay, so part of this course is designed to bring the mind, you know, this Atlantean design brain into the process. And when it knows what's going on, it can relax, right?

You're crazy until you're not.

So we'll go deep into that. "I do not know who I am anymore." Because you're moving from I Am This identity, as Lauren, to I Am That, and experiencing my Inimitable Consciousness, Sar'h.

Okay, so we're going to talk about what's really happening here. Why do I feel these things? And how do I move beyond them into relaxing into Embodied Enlightenment?

And that's what we're going to cover in this course. So get ready.

Course Overview

So, Course Overview.

Here we are in the Introduction: What to expect personally?

You know, what is the human going to experience?

We'll deep dive into what's really happening, what are the dynamics of going into the Void, staying in it and then navigating it.

I will give the mind so much information here so it can say: "Oh, that's what's happening. That's why I feel crazy. That's why I don't know who I am. And what is the Void? And what will it turn into if I stay here long enough and play in my I Am That I Am-ness, in my Beingness." Right?

So after that, it's about an hour-long presentation with slides with lots of words on them, because that's how Morya is, right?

We're bringing our logic along with us, we're not going to deny our brain and our logic and try to kill the ego and kill the mind and kill this and kill that.

No, we're integrating it and it's going to come along with us.

So then I created an audio only experience. So that is designed for you to lay back, sit on your chair, in your big comfy chair or sit on your yoga mat, if that's how you are, and Take a Deep Breath, and so it's like a guided Dream Walk experience.

It's similar to like a *Merabh* would be in Crimson Circle land.

So that is to relax, and relaxing is just not about relaxing, it's a science. It allows you to connect to the part of your Nervous System that is the Rest and Digest, the "I am relaxed" part of the Central Nervous System, which allows this New Energy to flow into the body and create new cells, new neurons and so you can have the Free Energy Vessel experience, right? With Integrated Biology.

We're bringing the mind along, we're bringing the human body along and we're not denying any parts or pieces of ourselves.

We're not pushing away the Darkness, we're embracing everything that's in the Void because there's only one energy and it's all yours.

Everything in the Void is yours. It's not going to have a force behind it. We're going to flip our perception of what Darkness truly is.

Okay.

So then, after you listen... So this is Video One. Video Two is Morya's like explanation of everything. We use a lot of Crimson Circle stuff.

Three is the audio experience. And you get to keep this. So anytime you start to like panic or you don't really know what's going on, or a little doubt creeps in, you can play this audio.

Four, this is the last video with slides. I'm going to break down the experience, we're going to talk more about the dynamics, you know, just to bring, to make sure the human's coming along, the brain's coming along, everything's coming along with us into this fully integrated experience.

And this is based on your feedback. This is your Wisdom coming through me. It's not a teacher-student thing. The lines between teacher and student are so blurred at this point, right?

Which is a New Energy thing. It's not EITHER-OR, it's AND, right?

So here we are sovereignly supporting each other. I'm in my I Am, you're in your I Am, and our Energy and Consciousness dances with each other and this is what comes out.

Five, we will have, for anybody who takes the course, a Zoom call for small group sovereign support. There have been a lot of symptoms: upper respiratory infection, flu like symptoms, "I'm tired, I can't go outside", you know, stuff like that.

So I want to make sure that you have personalized support for what's going on in your life.

If you take this course, I'm not, I don't require things, but I'm highly encouraging you to come on a Zoom call. It's included in the course costs, right?

And we have to do the disclaimers here:

You know?, recently I had a really bad cough and I took antibiotics for it because I'm still human, and there's nothing wrong with going to a doctor and getting support.

So first of all, always seek the advice of a medical professional, and then use your discernment on what your next course of action is. I am not a doctor or psychologist. So seek the help of a mental health professional if you need it.

This is not for spiritual dabblers. This is not for anybody who wants to keep a baseline in their life.

This is about letting go in a Free Fall, you know?

And only you are going to know if you're ready for that.

If you decide you're not ready, and this is too scary, you let me know and I'll give you your money back, you know, minus the fees that I have and everything.

So be sure you're ready.

Everybody who took this course already is really doing this already. And they're so ready.

But I just want to make it very clear that if all of a sudden you feel like a Knowingness, a Deep Knowingness, and we're not talking about brain chatter, but a Deep Knowingness it's just not time for this, just let me know. Delete the course. I will give you your refund. Make sure you've read the disclaimers on the website.

All right.

So, drink lots of water, get lots of rest, create a Safe Space for yourself, and sit back, relax and enjoy the fact that for the first time in a very long time, you're going to ask the question:

"Who Am I?".

And you will have the answer. Not with words, but in sensation.

You will know who you are.

Who you're in Inimitable Consciousness, who you are beyond all the storylines and all the identities.

And that is the gift of Realization.

It's not about having money in your bank account, or getting likes in your Facebook group, or any of that stuff or being, you know, the superstar of your community.

No, this is like allowing the mess and the perception of chaos, it's not really chaos, and really becoming a New Energy Creator.

Oh my God, I'm so excited for everybody who's allowing this in their life.

Thank you for coming here and adding your Inimitable Consciousness and your Energy to this space.

All right, so when you're ready, Video Two, listen, watch.

Video Three, the audio experience. You can dive deep into yourself.

Video Four, right? So we're going to break down the experience a little bit more.

And step Five is I will email you and offer you some times for a Zoom call for sovereign group support, which people find very, very helpful. And I learned so much too.

So, thank you! And enjoy your personal journey.

Video Two

All right. So welcome to *Navigating the Void of Ascension* course.

This is a cloud class put together by the Consciousness of Sar'h and Morya.

And we're going to talk today about the Transmigration, from No Identity to New Identity.

You know, if I really feel into this course, it's not just about navigating the Void, and we're going to do that and talk about it and have an experience with that, but what I really started to understand when I was putting the course together, was that this is basically an energetic introduction to New Life or *USARA*.

So that was interesting to me.

It's like okay, so what is the Void have to do with a New Life and a New Self? And how are we preparing ourselves for that?

So Morya helped me kind of connect the dots of all of this and put it into this presentation form.

Basically, and I talked about this in the last *Satsang*, in the January *Satsang*, and it is the journey of the angels. And I think a lot of you have done the *Journey of the Angels*. It's a course or also in a book form, it's a Crimson Circle book, channeling Tobias.

So we'll walk through this, and I'll talk about why this is important. This is actually really important.

In the beginning you were One

So, let's start.

We were all... In the beginning we were one. We were in the Oneness, and one ocean of pure Awareness, and Consciousness is not yet aware of itself as an individual.

So in the spirit of exploration, Duality, like a boulder dropped to the bottom of the ocean, created a wave. And Duality was our way to look at ourselves to perceive our own Awareness, a mirror to experience ourselves as God Also, which was kind of the aim from the beginning.

The wave of this Duality, and the wave that Duality created, allowed us look down at the ocean of Awareness or the ocean of Consciousness and understand "I Am That." "I Exist."

So in other words, the I Am That is simply Consciousness becoming aware of itself.

And Duality was this beautiful experience to understand that you are the Consciousness you're seeing, that you're experiencing.

But this wave also created your identity as This, as a Souled Being, as Spirit Individualized.

And this is where the creation of what we've been through on Earth and in other realities, this is how it was created, Consciousness becoming aware of itself.

When you left Home

So we talked about this too on the *Satsang*, and I want to go into it a little bit deeper here.

When you left Home, which is Oneness, the First Circle is what Tobias called it, when you crossed the Wall of Fire, which we just called moving from the Ocean to the Wave, you brought a finite amount of energy with you.

So Duality contains a finite amount of energy.

That means a finite level of experience. So we often talk about the limited human or limited human experience.

And that's really what it's referring to when we talk about limited human experience.

Life in the zoo, life in the matrix, the surface of the water.

If you take it down to like literal, you know, and basics, there's a finite amount of energy.

You know, we've moved and rearranged energy in all our lifetimes, right? Creating experience, but we're creating experience with a finite amount of energy.

And this is something that is like: "Duh, like I get it", and like also like: "Whoa! So I have been playing in this pool of finite energy for, you know, thousands of lifetimes, and I forgot that this pool of energy was finite and that there's an access to infinite energy or New Energy or Free Energy."

So Energy and Duality can shift, Light can play up Dark, Feminine & Masculine can dance, energy can oppose and come together, which is how we have like movies, right?

If you watch a movie, you have conflict, and then the conflict is resolved at the end.

You know, everything in our world, like if you walk around and you experience, you know, what we call now Mass Consciousness, everything in it is about conflict and resolution, cause and effect, which is what Karma is, it's just cause and effect.

When you create out of a finite amount of energy, which is Duality, it creates cause and effect. So Karma is created.

So all of this, this finite amount of energy, understanding that, is kind of understanding how the world works, and the fight for energy, and why politics look the way they do, and why the Earth is burning in some places.

It's all a fight for energy, and you have to pull from one place to bring it to a new place, instead of creating New Energy.

So it's really basic, but it's also like really like "Whoa!" if you feel into it.

So no New Energy can ever be created in Duality.

In the separation between the Wave, the Identity, and Ocean as Spirit.

So when we left the Wall of Fire, we crossed the Wall of Fire, the Void was right there, right? So this is not something new. But there was a sensation of being lost.

"Oh my God, I left Oneness, and it's so drastic I feel like I'm lost."

So, in seeking for Home, you started seeking for energy outside of yourself because you felt splintered, you know, pulled in half and shattered into 1000 pieces, and you're like: "Oh my God, I got to put myself back together, I got to put myself back together", which is a form of seeking energy from outside of yourself.

So this went on and it was just like totally crazy.

And then we all as angels (*The Journey of the Angels*) hit pause: "Okay, we're gonna slow things down here because it's total panic and chaos." Right?

So what one of you shared at the beginning of the call, where if that sensation or that fear of being lost or insecurity coming up, it comes from this place of leaving Oneness.

It's not about what happened to you as a baby or in your lifetime as a warrior or being burned at the stake.

This is really like... This is creational.

This is like at the time of the Earth's Creation. It's that deep seated.

So we paused, and the angels, we came together and we created the Order of the Arc, right?

So this Earth was created basically to look for new forms of energy to slow this thing down.

Because if you guys, like if you're in, like, your expanded space, and you feel into linearity, you know that a day can seem like a million years, right?

Things move really slow on 3D planet Earth.

So the Order of the Arc was created to understand the next level of energy resolution.

And this is why we tell these stories, so when you find yourself in that void empty space, and you start to feel the empty, and then you start trying to fill it with yet another human experience, and yet another human experience, you can know while you're doing that.

Because when you feel empty, it reminds you of that trauma.

You know, after I went through my Realization, in 2017, I wrote a couple articles, some of you guys were around then, I wrote a couple articles on having PTSD (Post-Traumatic Stress Disorder) related to the Wall of Fire. And that's where I realized like a lot of what I was doing in my life prior to Realization was post-traumatic stress.

I'm humanizing it, you know, based on what happened when we crossed the Wall of Fire.

So that's why I'm telling you these stories, that's why Morya tells these stories, that's why Tobias tells these stories, you know, everybody else, is so you start to understand why there's that panic when you start to go into this Void, this emptiness, this abyss.

So and on the Patreon page, we've also talked about this. It's also in the House of Keahak.

So the Order of the Arc basically has dissolved.

And it was Metatron, this collective Metatron Archangel voice, that created this golden cord that so when you came to Earth you wouldn't feel like you were getting lost, and you'd always be able to get back to your Angelic Family.

Well, recently, Metatron, which is not a person or an entity, but a collective has cut the cord, right? Because you're ready to create Home within yourself, which would be the Third Circle of Creation.

So you don't go back to Oneness, right? We all know that.

But this chord was kind of like the way to say, okay, it's a kind of a safety net.

You know, it's a bungee cord. You jump off a cliff and instead of diving into the abyss, you have a bungee cord. So now you've got to cut the bungee cord so you can really dive into the abyss and not back, bounce back out, and back into the Second Circle or Duality, or the Matrix, or Mass Consciousness.

So I think most of you preparing for this probably read the channel The Void of Ascension, which is Tobias channeled via Crimson Circle. He says Duality is simply two energies opposing each other. At times they come together, at times they trade roles. And at times these energies put on a new face, a new mask, but the sum or amount of energy never changes.

So this is just going back to what I brought up at the beginning.

Living in the dual world, and energy is finite.

(I'm going to take a sip of water real quick.)

So the ocean contains a set number of drops of water. The water drops can rearrange themselves, they can make waves, or the surface can be still, but the ocean of Duality cannot make more drops of water.

I think you all get that. I wanted to make this very simple and very basic.

So the fight, which isn't really a fight, we have to humanize the story a bit, it's kind of told in myth format, for the mind to come along. And so the fight among the Angelic Families was over the resource of energy.

So as long as you are in Duality, you are simply rearranging pre-existing energy.

Limited human experience available.

You are not a Creator of New Energy, but a slave to the Old Energy.

So in Duality you work for energy and this existed prior to the Creation of Earth.

We were doing this out in the Angelic Realms. I think some people think that they were like the perfect angel, and it's like no, this was going on before Earth was created to find a resolution to this energetic crisis.

So the Free Energy Vessel is where New Energy is created.

So New Energy is created by You, for You and from You.

You are actually the Energy.

So when we talk about your relationship with energy, as an energetic being, we're talking about the relationship with Yourself. So if you're saying: "Oh, I'm changing my relationship with energy", it really means I'm changing the relationship with Self.

Once we get into this Free Energy Vessel, and more and more people are doing this now, this, okay, so you have this and you're still living on 3D planet Earth, right?

You had your Realization, you embodied it, you're working in this Free Energy Vessel, you can create New Energy.

Okay, so where are you going to go to experience your creations?

Now that you can create them, where are you going to go to experience your creations?

Sure, you can be in 3D Earth world, you're not going to leave planet Earth. Most of you have made a firm commitment to stay.

But New Earth is THE landscape. It's the playground that you are creating, and I'm creating with You, to have the ability to have new experiences.

So it's kind of, I'm trying to move here and create like an energetic opening to really understand what New Life, *USARA* is.

New Life and the Atlantean Dream is the creation of this New Earth.

So as more and more people are stepping into their Free Energy Vessel or integrating their Biology into the Free Energy Vessel, having access to Creative Intelligence, New Energy, Free Energy, as more and more people are doing that, we are creating New Earth.

Now you may be sitting there and saying "I actually feel myself, you know, in the dream world or an alternate reality. I'm already creating a New Earth." And you are!

So what's going to happen is there's going to be a Transmigration of your Awareness, right?

You're not going to have a brand new body and a brand new planet out in the cosmos, it's very human. But your Conscious Awareness will move into New Earth

reality. And you're going to be having a New Earth experience right here on this planet right now.

So this is kind of a repeat and an overview.

So as long as you are in Duality, you're simply rearranging pre-existing energy. Limited experience available.

Now, some of you, you know, when Tobias first did this channel, he said: "If you have a problem, you drop it, you go into the Void and a Creative Solution shows up."

Okay, so then the Creative Solution shows up and then you go back in Duality, and then that solution falls apart, and you kind of go back and forth.

So this is about getting there and staying there.

And Morya came to me and said, I'm like: "How do we get people to stay there?". And he said: "Tell them you go into the Void, you do not leave it and the Void becomes something else". And we're going to get there.

So we have the review, the Free Energy Vessel, and it's not a Physical Body. The Free Energy Vessel is where New Energy is created. You are no longer a slave to energy. It is not anything that is outside of You.

Your relationship with Energy is about your relationship with Yourself.

New Earth is the landscape and the playground where you create the ability to have actually new experiences with infinite energy rather than finite energy. Okay?

So Tobias said this and then, you know, Adamus said: "Forget it, we're not using that anymore". But I like it.

So moving from 2, which is EITHER-OR, and Duality, to 4, which is All.

So you guys know the definition of New Energy.

It's expansional, and it runs expansional in all directions.

You don't have to choose between A or B, or C. You choose All, and then it shows up in one cohesive experience.

I know that's a lot, and you can't fathom it with your mind. It's something you have to sense.

So New Earth is a Collective of Sovereign Beings.

Each are on their own *Bon* Screen, which is the sovereign movie screen, in which everything you experience is yours, instead of being an outside force or energy.

So you're moving from the experience of so called Creation, which is really manifesting with a limited energetic supply, to creating in an infinite source of energy that flows from Source Self or God Self.

I Am God Also.

Surfing the Waves of Duality

So surfing the waves of Duality. What do we do before we get here?

In the lows and the times of human struggle, the greatest insights, understanding and Wisdom came to you.

You know, "I hit rock bottom, my father died, I am broke." Oh, and then you have this beautiful Wisdom come in.

And then in the highs, all that Wisdom that came to you in the lows became solidified.

And I love how Tobias walked through this in the channel. This is definitely from there, not word for word, but pulled from there.

So in surfing dualistic waves this cycle continues, which is basically experience unwisdomized until you were done surfing Duality and seek something NEW.

The addiction ends, and I think everybody here watching this knows when they're in addiction mode. And it has a lot to do with the Atlantean Brain and the way it's designed, which just picks and picks and picks, and it goes back to the same thing over and over again.

The loop.

You have to leave the wheel, the wheel of things, the wheel of limited human experience.

And I'm going to go into this further, but just to start it out here, so your No Self, and I'll talk about what the No Self is, transmigrates, right? To New Self, for a New Energy experience, for those of you who are choosing to stay on Earth.

Now, if you do leave, you know, you have your Realization and you leave, you'll still have access to New Earth, it just won't have this Energetic Physical Being, you won't have your Avatar to play in the game. That's the best way to say it.

So if you stay in your Biology, and you integrate your Biology, and keep that little facet of Yourself, the biological facet of Yourself here, that's the only difference between an Ascended and an Embodied Master, is one has a biological facet, which is the Energetic Self.

Ascended Masters are just pure Consciousness. They don't have an energetic representation, which is an Avatar, if you asked me.

So I'll go deeper into that.

So you're not destroying Duality. You're not destroying your human, you're not destroying your ego, you're not destroying anything in the creation of New Energy.

You expand beyond it.

You can always go back there to play in, nothing's ever lost.

I do wake up some days and I'm like: "Hmm, I think I'll go play in Duality today." You know, my conversation doesn't really go like that but I'll find myself being able to choose like I can do both. You know, it's not A or B, I'm not having just Duality experience or just New Energy, New Earth experience.

I can have both at the same time.

And I don't get lost in the experience, like even if I'm getting in a, you know, argument with someone, which rarely happens. I rarely choose that. But sometimes I do. Someone cut me off on the road the other day and I got pissed, but I was aware of choosing the experience, rather than, you know, it being something that pulled me out of Myself.

All right, I'll let you guys take a Deep Breath and I'll drink some water.

No Self to New Self

All right. No Self to New Self.

So, you know, this was the death, so called "Death & Resurrection" that Yeshua or Jesus was trying to show us on the cross. Right?

You die. Death is an illusion, and you rise from the ashes.

So what's the No Self?

So this No Self is really very much an Eastern term. You don't hear Crimson Circle people talking about it. This is where we start to have all, I have all the Magi lined up behind me, we're getting the Eastern Wisdom in here. And we're actually going

to have a separate video with just the Eastern Wisdom behind this. It will be Included in this course.

So the No Self, you have the distillation of all the Wisdom from all the lifetimes in between and beyond so that occurs.

You guys have done this. Identities dissolve into All That Is. That's Aspect Integration. Your Aspects become Facets, you know.

Crimson Circle 101, need to have it. Really, really important.

So I experienced this personally as a sense of self-less-ness and soul-less-ness.

So I experienced it as I couldn't separate out my human anymore. It didn't have that voice. My Human Choosing Realization wasn't an Aspect anymore. It integrated. So I didn't lose it. I didn't kill it. But because I integrated it, it had a sensation of selflessness.

No Self. My Soul integrated.

You're in a Body of Consciousness now where you can't separate out Human, Soul, you know, this Facet. This that, you know, it becomes this giant Body of Consciousness, which is infinite and does not have edges.

So Consciousness meets with Awareness, its energetic form, right?

So you are a Being, a pure Consciousness, which is going to be an experience of truly knowing yourself sovereignly and uniquely, you know?

This is, we're moving into Third Circle of Creation here, you know.

We left Oneness. There was no individuality in that.

And then, we had the Second Circle, which was all of this stuff we just talked about. Here's this landscape and its finite amount of energy.

And Duality was exciting at first, right?

Like Duality was super exciting at first because we're having all these experiences. There's so many mirrors to understand "Who Am I?"

You got all these mirrors and then you get tired of playing in the sandbox, right? And you're going to go to the actual beach.

Duality is the sandbox and now New Energy, New Earth is, you know, the ocean, the endless ocean, and you're like: "Okay, I played in the sandbox enough, right? Now I'm going to go to the real thing."

My best friend calls this the Zero Point. She never lets me give her credit for anything. She's a huge influence in my life. She calls this the Zero Point.

You hit, you know, I don't know how to describe it. But I am, I'm going to describe it.

You're not identified with any of those identities anymore. And you actually don't even perceive them anymore.

It's not like: "Oh, I see this part of myself, but I'm just not going to identify with it. It's just going to fly by or my story comes by, but I'm not going to identify with it. I know that's not me. That's not mine. This is mine."

You get into a space where everything is yours.

It's very quiet.

There's a lot of space between your thoughts. There's almost, there's no emotion.

Your Emotional Body dissolves. Your Mental Body dissolves.

It can feel scary.

You can stop feeling alive, because what made you feel alive was the high and low. The mental chatter. That was a sign that you were living, having a bunch of emotion. That's a sign that you're living, you know, and you saw that.

That's how things work in the sandbox, right?

The Zero Point is everything gets really still. Really, really quiet. And you experience your actual Self.

So the Zero Point is like the Void. And you can stay here for as long as you want.

My friend, who is one of the biggest influences in my life, and in all of this work that I do here, she chose to stay here for a long while.

From this point, you can make the decision how long you want to stay.

Like everyone's like: "Should I stay or should I go?" And you should think about it and feel into it. But the Zero Point is when you actually have the Choice. "Do I dissolve the Biology as it's integrating, or do I make it a facet?" And this is where you can actually make that decision.

Before then, you can talk about it, you can feel into it, but this is where you make the actual decision.

So, when you choose and allow from the Zero Point, you can have your New Self arise.

So we have the Dragon metaphor. I like the Phoenix. I mean the Dragon will get you here to the Zero Point, right? The Clarity.

You know, you hit the Zero Point, all your beliefs have to be, got to be, anything that's fixed, any fixed identity, any fixed belief, any lie you told yourself about yourself, all of it burns to the ground to get to the Zero Point.

The Phoenix rises from the ashes. This is your New Self.

New Self is being in the Free Energy Body.

You're not taking on a new identity. You're creating an Avatar that is a direct energetic representation of your Consciousness. It's not like you get a new personality.

It does feel like you died and started a new life.

Because when you hit this Zero Point you realize that you were never really living. Not all of you. Only little parts and pieces of You were actually living.

I remember I woke up, you know, about a month after my Realization and I said out loud, I sat up in bed and I said out loud: "I have never really lived. I've never really lived because my mind was involved, and it was always playing some kind of, like, should I or shouldn't I or did I do enough or did I say that wrong?"

You know, you never really lived. Because you weren't in the moment either, you know. And so now you have the opportunity to really live.

So the Void, going into this Void, this Zero Point, right?, if you stay in it long enough and get really, I mean, you're cooking in the, you know, crock-pot, you're frying in the frying pan, right?, the Void turns into something else. And it turns into the Third Circle of Creation. And I did this on the January *Satsang* video.

You move to being a Creator in your Creation.

And then you hit a point, and it can kind of go back and forth. It depends on what you want to choose. It could be both at the same time.

And then you're just Creation, you're just the Sensation, whatever you're in.

Morya's saying to give an example:

I went to a Grateful Dead concert on New Year's Eve. And I wasn't Lauren or Sar'h or, you know, Embodied Being at the Grateful Dead concert.

I was the Grateful Dead concert. I was the symphony notes that were being expressed.

And yeah, and Morya is telling me, you know, I could still cart my biology to the bathroom, I could still have a conversation with the friends I went with. But I didn't have to step out of my experience as a Sensation or the creation of the experience. I didn't have to step outside of that to have it.

So you don't have to go back and forth like "Oh, here's human Lauren, needs to have a conversation with so and so, and then goes back to the concert experience."

It's all happening simultaneously. You don't have to categorize things.

And that is just part of this Duality, right? Where things have to go into categories because it's EITHER- OR, you know?

All right. That will make sense when it makes sense.

So if you stay in the Void long enough, and this is what I talked about, it's like the caterpillar-chrysalis. The cocoon. You know, it's mushy and gross and whatever, and if you stay in there long enough it's going to turn into the Third Circle of Creation.

New Earth, New Life, *USARA* – and I'll have a different video at the end more about that – is Created by Creational Beings.

Enough people go through this and become, I mean, a lot of people are already doing it, but they become aware of it; that we are bringing the human along.

We need the human to experience this.

You lose your Fixed Identity human but you don't lose your Humanity and your Humanity's ability to experience. So when you integrate the human, you're bringing your ability to experience Yourself along, and you go beyond Duality.

Entering the Void: All Access Pass to the Free Energy Vessel

So entering the Void is the All Access Pass to the Free Energy Vessel. Right?

The Free Energy Vessel already exists. I mean, it's your Consciousness, it already exists.

So you connect with it, you tap into it.

Over the course of a little bit of time, it doesn't have to be too much time. And Morya says this is a lot harder than it is for us. With a little bit of time and a lot of Allowing...

I'll say that again:

With a little bit of time and a lot of Allowing, your Biology will integrate into this Free Energy Vessel.

So after that happens, it doesn't just stop, right? So your Biology is integrated. And because your Biology is now a Facet and not a separate Aspect, your biology will start to change.

Now there's some change that happens to the Biology in preparation for Integration.

And then after it integrates, it's still going to be changing, because you're creating ever new, ever flowing, New Energy.

So that's what this Transhuman Body or the Body of Light, the *Homo Christos* Body, comes into play.

So it's almost like you create a new Avatar using your existing Biology.

I'm just going to let that sit, right?

I'll say it again. I won't take it further because it's just, I want to keep it really simple here:

The Biology integrates into your pre-existing Free Energy Vessel that you are now aware of. There is some preparation work that happens in your Biology as it integrates into a Facet.

Then once it integrates more happens as New Energy is produced and flowing in your body.

New cells are created. New neurons are created.

Stuff we're talking about on our Patreon page, stuff we're talking about in the *Satsang*, stuff that's been covered in the House of Keahak.

So you have a flow of New Energy in your Biological Facet that's going to change it.

So while other people on the planet are changing their Biology with technology, getting an implant in the brain, botox, new me. And you could do both! If there's a technology that is going to work, and it's going to help give you a new kneecap, you do that too, you know? Whatever.

So it's like, but it's with Consciousness, but the body will change. And it won't just stop.

So I think a lot of, and I know you know more than this, but what's left of this limited human in this old sandbox mentality, is that those like stepping points anywhere: "Okay, so now that my Biology integrates into my Free Energy Body, I'll be healthy and nothing will ever happen."

Things continue, there's not a stopping point, because we're dealing with infinite energy.

So there's not going to be a stopping point. It's just going to continue.

Change is a constant.

You know?, after my Realization, I was so uncomfortable being in this world, and what I realized is that I had to get Real Comfortable with the Uncomfortable. So I got so comfortable with being uncomfortable that now if I find any kind of human type of comfort feeling, that feels uncomfortable.

It switched, it flipped, because my Consciousness transmigrated from one, you know, limited reality to this other reality, this New Earth Reality.

So when things become fixed, there's a finish line. That's when I know that I'm not, you know? Now that doesn't happen anymore, but that was my signpost, like any concept of a finish line, of a Fixed Identity of whatever, of an idea of human comfort: I'm not in my flowing space, you know.

From the beginning, when we started this, Morya and I defined Being as a perpetual state of Becoming, right?

So you don't arrive anywhere.

You're in a State of Further. That's the arrival, right?

And you're constantly in the flow of New Energy.

So it's like, for your body that means a flow of New Energy, of New cells, of New neurons, of New experiences.

So the Void is the access point to the space where New Energy is created.

Let that sink in

All right, let that sink in.

I think I went through all of this, but I'm going to just, because I'm just going to go over it again... That's what Morya is telling me go over it again.

Here we go:

So the Void is where you connect to the Vessel, this Free Energy Vessel, where New Energy is created.

Years ago, Tobias said this is the place to visit for a short time for Creative Solutions.

The tides have changed, the world has changed.

Buddha could not access this New Energy, right? He hit No Self.

The Moojis of the world, No Self.

Yeshua understood this. Yeshua was our Creation in Atlantis.

Yeshua understood this and he planted the seeds, right? Of this experience. The Creation of New Energy.

The place for this energy problem in the *Journey of the Angels* to be resolved. We created Earth as a place to resolve this Energetic Crisis.

Yeshua was our Creation to provide the solution to this Energetic Crisis.

Yeshua was hung on the cross, died, and was resurrected.

So he had the experience, but it was so kind of new. And this was happening in a very dense world, even denser than what we're in now. You guys know you were there to lay the groundwork for what we're doing now, you know, to show what was going to be possible.

And it was only like, what, 2000 and something years ago? Really, that's not that long ago. It's really not. It just feels like that because Duality, Earth gravity, all that, linear time, makes things really slow down.

So the Void is not something to visit anymore. It's the place to live and stay in it.

The Void becomes something New. The longer you stay in it, the newer it becomes.

"So here we go beyond the limits" Tobias said in his monumental channel.

He does add on to this, but think about when Tobias brought this forth, right? You go into this Void, and like how many people were going to panic if it's like "Go into the Void and stay there. You're lost." You know? So he was just giving what he could do.

It's not that he didn't know this, right? We all know that, but when I say "beyond the limits" Tobias said, I mean beyond the limits he hit with what he was able to share at the time and space.

So what we're going to do is take you into what it looks like staying in the Void and what it becomes, what you become in the State of Further.

Going from 2 to 4.

This is something to feel into.

So you're going from EITHER-OR to AND, right? You're going from EITHER-OR to AND.

And I know you guys all get that but that's something like, that you can dive into this concept and it becomes something new. Especially when you find yourself in the Void and you start looking around, you know, and navigating, this is going to make a lot more sense.

You're going to remember: "God, Adamus, Lauren, everybody kept telling me AND AND AND." That's going to make sense when you're navigating through the Void of your Infinite Self.

And, you know, you'll come across, you know, a Choice, you know, in this Void and you're going to go AND. "This is what she was talking about. This is what Adamus was talking about."

Where New Energy Exists...

So then we get to Adamus years later, 2007, right? In his book *Masters of the New Energy*, which is on my shelf, and I'm always pulling it open.

He says: "Energy exists in a wide variety of different types of what we would call locations. It is stored in various different types of cosmic or angelic reservoirs, including this thing called the Field, which is simply neutral energy waiting to serve you."

This is how he described it. Now, this is not how he describes it anymore. Okay. He doesn't use the Field, right?

But this is, I like this because this is what it felt in the Void.

So, cosmic or angelic reservoirs are not something out there in the cosmos that someone else created and now we got to go find them.

I think another good example of this would be Adamus always telling people to take the *Crystal Caves Merabh*, right? When they had abundance issues, right?

The abundance issues are because there's finite energy, so he's trying to show them where to find New Energy.

This is in the Void, guys, the Field is the Void. The reservoirs are in the Void. Right?

Neutral energy waiting to serve you: In the Void.

The Void is You.

The way to access New Energy is to find yourself in the Void, and instead of freezing, or a paralysis of awareness, or simply coming to solve a perceived problem and leave, you stay in the Void.

Soon the Void becomes something else.

This is your Home, the Third Circle of Creation.

And this sounds really easy, but as you know, this can feel very scary.

It can feel very, very foreign.

Like when I first started to feel this a bit, I was like: "This cannot be me. This does not feel familiar."

You've got layers and layers of programming, hypnosis, blah, blah, blah, blah, that says this is not familiar.

And then you Take a Deep Breath, when you hit this point. Some of you have, some of you will pretty soon.

You Take a Deep Breath and you go: "Okay, it's all mine."

That's why people are always, these Masters are always repeating themselves. It's so, and you're like: "Quit saying that. I get it." But then you find yourself in the panic mode and something is really, really intense and scary. And you go: "Oh, yeah, it's all mine. All of this is me." And then you can relax.

So there's a reason to repeat things over and over again.

I'm so glad I had moments where I was like: "Okay, what's going on here?" And then it's like, you know, something Adamus said 5000 times came into my awareness. And I go: "Oh, that's what he meant. Thank you. Thank you. Thank you. Oh, that's what he meant."

So that's all we can really do, is like give you little things that you are going to say: "Oh, yeah, okay. I know what's happening now. I don't have to freak out." Because when you go into this, you think: "Oh, lucky dumb, cruising around, cruising around, everything's fine."

I even have this myself. Two days ago, I was in such a... I was so in All, A-L-L.

I was so in All. I was so in Sensation without having a subject. You know, there's no self-subject in this play. I was so expanded, that I had to Take a Deep Breath and go: "Alright, this is what I wanted. This is New Life." You know.

There's an adjustment period.

And leading up to this there was that Dragon Clarity, which was really, you know, a belief would come up and then the Dragon Clarity would come in and incinerate it.

Now I'm in a different space where it's just like: "Okay, I'm in so many realities, at once." I'm in, you know, a dozen or more realities at once. I'm experiencing them all simultaneously, and I have to Take a Deep Breath, you know. I have to put on clothes before I leave the house. I take a Deep Breath, and I open my closet and I pick what I want to wear, you know?

But I have moments where it's like "WHOA". I'm starting to really enjoy those moments, they are not so fearful anymore.

But, you know, you have the moment, which is great because then it brings your awareness into like, Wow, like it's a human awareness moment where it's like: "Yeah, I brought my human along into this. Holy crap."

And my human's just like staring wide eyed as the witness to all of this. Instead of the human creating more and more experience, it's just witnessing it all, and it's a really nice thing.

So staying in the Void, which is You prior to Consciousness, becoming aware of itself, making it your home, you can explore these locations, these reservoirs and something we call now New Energy.

Okay, so New Energy is pre-existing, and it's also not, okay?

So that's something just to feel into.

It's both. Free Energy and New Energy.

Something to feel into.

Why New Earth is Important in this (2 to 4)

So why is New Earth important to this, moving from 2 to 4, from EITHER-OR to AND?

Some say these types of experiences, right?, Creation without Duality cannot be done staying in Physical Form, you know?

Okay, so that's a valid perspective.

However, in the Embodied State you do not act on the Old Earth reality, you're not in the Old Earth movie, you're not in 3D reality but a New Earth one.

So you have to like, after I had my Realization, I was a Realized Being sitting in Mass Consciousness. That's how I perceived it. And I was trying to interact with Mass Consciousness in my real life state of being, and I was like: "This is bullshit. I'm out of here."

If you guys were on the, you know, Being Enlightenment page, I made a video. I said: "I'm leaving." It was super dramatic. "I'm leaving Earth. I'm not staying here. Fuck this place, whatever." Right? And then I was like, I woke up the next day, laughing at myself, come on.

And I'm like: "Okay, so I keep my Realization. And I take it to a different reality without leaving the body." Right? "I can't be a Realized Being and living in Mass

Consciousness." I mean, I could but it would be dumb and ridiculous and pointless. "So I'm going to live in a New Earth one." Right?

I made that decision. And then I was able to like Create my Creations in this New Earth Reality and enjoy them in physicality.

All else. And Morya is like really driving this home.

And none of you on this call right now are doing this, but it's just run rampant in communities who are choosing Embodied Realization. They're moving around energetic experiences in a reality with a finite energy source and they're calling it Creation.

This drives Morya crazy. He calls it "The false sense of arrival." You know, "I'm Realized and everything's great," but they're only interacting with other people in their community, and they're not going out in the world. And like really doing it.

So that's why we keep repeating this. Hopefully it trickles out. But when you guys get it, and I know you do, when you get it, other people will get it.

That's how it works.

If you understand this, then other people will get it without you having to say anything or have a conversation with them. It's the trickle down effect. It spreads, right?

So all else is just moving around energetic experiences in reality with a finite energy source.

It is in this understanding that you realize what most called Creation is nothing more than reshuffling a pre-existing energy.

That is Manifestation rather than Creation.

Morya and I maintain it's entirely possible to stay Embodied and have access to New, when these locations in the Void, you know, one of these spaces would be

the *Devir*, if you guys are in Keahak, are explored thoroughly. When the courage and vulnerability exists to embrace fully the Unknown.

You have to embrace the Unknown. Right?

So you get to know your human, you get to know your Soul, you even get to know your I Am, and then the fourth leg of the chair is the Unknown.

You have to embrace the Unknown. Right?

You got to go beyond to see the Further.

And this is a Sensation. And you'll know when it's happening because you'll tense up and be like: "This is foreign. I don't know what this is."

That's the Unknown. That's for all, it'll feel like Chaos.

I was sitting in the Chaos once. Now, I don't see Chaos as Chaos anymore, but I was sitting in the Chaos once and I was like: "Morya, I'm sitting in freaking Chaos." I was calm. So he talked to me. You know, he's not going to talk to me if I'm panicked.

When I'm calm and relaxed in this space, I'm calm and relaxed, I'm sitting in total freaking Chaos.

And I'm like: "What is this?" And he goes: "This is where all creative potentials and possibilities lie." And I said: "Oh, okay, so I'm going to sit in the Chaos."

Once you sit in the Chaos long enough, you realize that there are new patterns to understand. The reason that felt like Chaos is because it wasn't coming out of the sandbox of Duality.

Then what someone would consider Chaos, if someone went inside in my space, who wasn't ready, they would say: "Oh my God, it's total Chaos." And I say: "No, it's, you know, Creational Intelligence." You know?

My Divinity is in the Darkness, in the Unknown.

So as more and more beings, sorry, that's a typo, as more and more beings access this, a New Reality is created.

And then it's called New Earth.

So New Earth is the landscape in which you can experience your New Energy Creations.

So I'm just going to call it what it is. You're moving from one real illusion, which is the Duality 3D Earth illusion to creation of another.

It's an illusion? Yes. AND it's real.

Just like if you have children on Earth, that's a real illusion, right? Your relationship with your son or your daughter, or for me, my dog; a real illusion.

So we're creating another one.

If you want. If you choose to move from the Zero Point and the No Self into the Creation of a New Self, everybody here already has, I mean, you could maybe argue with me but you wouldn't be here.

NEW ENERGY

New Energy: the next evolution of energy that allows the Integration of Duality, including our Divine Nature and our Human Nature.

Our Divinity and our Humanity merge into one energetic being that is an Avatar, or an energetic representation of our Consciousness.

While the current energy is vibrational, and this was written years ago, New Energy is expansional in all directions at the same time.

Okay, let's go back to our New Age charts, because it's going to be helpful for the brain.

So we've got 3 Dimensional Earth, right? Physical Earth. I see some people who are having their realizations staying in the 4D concepts.

No one here, no one on the Patreon page, but I watched other people who were talking about their Realization, and they had it in this four dimensional concept, and they're still in the frequency and vibration.

There are still mirrors, and I'm not going to name any names. It's not wrong or bad. This is just the experience that they chose.

So what we're doing here is we're going to be in the Christ Consciousness. Right? Which is expansional in all directions.

2 to 4. EITHER-OR to AND.

I have here: Experiments conducted in Atlantis were about the harvest of New Energy.

We were looking for this New Energy thing in Atlantis, which is why Yeshua, the play of Yeshua was created in Atlantis.

Because we knew eventually we're going to blow it up.

So these experiments were conducted in Atlantis, and they were all about the harvest of New Energy.

We were so desperate to find this New Energy that we did horrible things to each other.

And, you know, we cover that in other places; you allow forgiveness to permeate your Beingness.

You allow the Dragon of Clarity. You know, you realize you never did anything wrong. No one ever did anything wrong to you. That's part of this.

So something to mention.

So if you, you know, something like comes up and you feel like hesitant about being a New Energy Creator, it could be related to this Atlantean experiment, etc.

And you realize All Is Well In All Of Creation and everything we did there had its point.

And, you know, a lot of the hang up used to be around the story of Jesus and the persecution and stuff, and I feel like as a collective, and Shaumbra in general have moved to, they process that and now they're moving back to Atlantis, and kind of allowing that to like, you know, resolve itself.

And then you move back from Atlantis and you're back, you know, you just cross the Wall of Fire and that's resolving itself.

You kind of move back. That's why Crimson Circle is a circle. You know, you loop back around to the beginning.

All right.

New Energy is the Christ Consciousness

So New Energy is the Christ Consciousness. So these are the seeds you planted.

I love this Kuthumi quote: "In terms of the Christ Consciousness or Christ Seed, again, we deal with all these different definitions, but it comes from the root energy 'Crystal' or 'Christos', which is 'Clear' or 'New'. It's not that it has to do with Jesus Christ, as it were, or the Christ that you read about in your Holy Scriptures. It's about the Clearness or the Newness. So when it was referred to that, the Christ

Seed had been planted, the Christ Consciousness is here, it means the New.

Basically, New Energy.

Two thousand years ago so many of you were here on Earth in that general time era to plant the seeds of New Consciousness that are now coming out. You've come back to be the ones to harvest what is coming in as New Consciousness so you can therefore share it with others in the world."

So New Energy. New Consciousness.

Energy and Consciousness will become one eventually. But we're just not there yet.

...

And so you're going into the Void, right?

I just wanted to give a metaphor. This is the softer side of me, you know?

It's like going in, you dive into the ocean.

One of you guys like saw the I Am That, the I Am That I Am, like you had a visit with your Consciousness.

And at some point you dive into that, like it's an ocean.

The human dives into the ocean. Right?

It'll be a little bit of a temptation to be like: "Oh, I saw Myself as God Also and now I'm going to try to go back to regular human life."

So, obviously, don't drown yourself. Disclaimer, you know. This is not literal.

But you jump into the Void, right?

You go into the I Am That I Am, you dive into the Unknown, and instead of coming up for air you learn to breathe underwater.

Instead of living off of external dualistic finite energy, which is the addiction to experience, you gain; you've been getting your energy from limited human experience.

You have been getting your energy from limited human experience. You don't want to do that anymore.

So you start to create your own New Energy Breath.

You don't breathe the old stale oxygen.

You breathe the new oxygen, and this oxygen is sovereign, and it comes from your Sovereign Source.

For me, that comes from a 1000 Petal Lotus.

Another word for that, and I don't want to say it's a direct translation, but loosely, the *Devir*.

So this is just a constant reminder that anytime you feel like you've arrived at something, you Take a Deep Breath, you take note of the experience and then you travel further.

I talk about Will a lot.

I know that's not a regular Crimson Circle word, it doesn't have a whole lot of thing.

Will is Passion.

And it's Passion that comes from the deepest part of Yourself to know Yourself. Right?

So this Will and this Passion is what will lead you.

Like if you feel lost, it's your own Passion, and I'm not talking about human passion or excitement. We all know the difference.

I'm talking about I Am Passion.

This will lead you through the Void so you can explore the deserted caverns, right? Of Creation. And as you explore those caverns, New Energy is created. You don't need to build a factory. It's actually already there.

So this Will or this Passion, it's not just a feeling or a sensation. It's also something that moves. So your Passion, wherever you see Will you can replace it with Passion.

So this Will or this Passion, like the Deep Passion, the Passion of the Christ in You really is what it is, is the Passion of the Christ in You.

And it's a, I love to call it a Passionless Passion.

You know, it doesn't come with a drive, a force.

Energy does not require force, it's gentle, it spreads out.

But when you're in that space, it will move. Your Awareness will move the New Energy throughout your body. You know, everything starts to take care of itself.

And I'm going to go into this more but I just keep bringing it up to just kind of introduce it here, and introduce it here. Create a little base layer.

So Will is that which moves Awareness from your finite dualistic surface reality, to the infinite depth.

The space is in the caverns of your Beingness, where New Energy exists.

And it's actually already there.

And it feels like you're creating it because it's coming in.

So this is not a wish, and none of you guys who are on this right now need to hear this, but other people may, so I'm going to do it. This is Morya going out into the communities of people choosing Realization and identifying the sticky points.

So Will, it's not a wish, it's not I wish for my Embodied Realization in the future, because that will never happen if you keep putting it in the future.

It's not a daydream. In Embodied Realization, you stop the daydream. You stop the daydreaming, you actually Create. It's two different things. I talked about that in the January *Satsang*.

It's not a daydream and an illusory future.

Will is that which turns thought into energy. We're no longer having to bypass our brains.

You know, when I first started communing with my Soul, in my Awakening, I had to bypass the brain. I couldn't sift the information through my brain.

Once the Biology integrates into the Free Energy Body, thoughts are energy. Right?

Before thoughts were just chatter. None of them were yours. Right? 99.99% of a human's thoughts are not theirs.

All of a sudden, all the thoughts are yours.

Now in the No Self, the mind gets very, very quiet. I mean, you still have the Central Nervous System telling you: "Oh, don't touch that hot surface," right? "Hot surface. Don't touch that." Although I've burnt myself about 500 times since my Realization or trying to remember that that's a hot surface.

So the Central Nervous System is rewiring itself.

As energy is moving through the channels, New Energy is moving through these subtle channels in the Central Nervous System. As a result, your brain comes along and your thoughts are going to start to become all yours. Right?

And we're not going to have to bypass the Atlantean brain. We're actually changing the makeup of the brain.

...

All right, so, you know, you might ask yourself: "She didn't pick a pretty nature photo. And it should be a field and flowers." And it's like Morya was like: "No, THIS is what it feels like."

And I agree, this is what it feels like. You know, you're walking through the caverns and it feels foreign.

And whenever. And then I started to realize "You know why that is? This is a blank canvas. I get to make it whatever I want."

But it's going to feel this way. That's why it's an old dingy dark hallway. Right?

Because you haven't explored it in a very, very long time.

The last time you looked in this hallway was when you left Oneness.

I mean, like really fathom that. When you left Oneness, that's when you entered this. That's the last time you saw this.

So, you know, if it looks deserted, that's because it has been.

Alright, I was going to do a Dream Walk type, you know, meditation experience here, but I'm going to save that, and do that in another video.

All right, so that's going to be it for today.

...

But before I come back here, so just close your eyes and just really Take a few Deep Breaths.

If you're like spinning, I think most of you are here. I can feel you here.

If you're spinning, you know, I'm not going to tell you to ground but just bring your Awareness into your Physical Body.

Audio Three

Hi friends, this is Lauren Hutton or Sar'h.

You have just watched the first part of *Navigating the Void of Ascension*, which is an introduction into *USARA* or New Life.

We covered a lot of material, in the first recording, it was about an hour, I recorded it live on January 8th and now we're at January 15th, and I don't have a live audience for this, but I wanted to record the experience that goes with the first channel.

Now there's going to be a second channel and then another experience to go through, and I will be recording those in the next week.

But now that you've had a break, a chance to go to the bathroom, and maybe you hit *pause* and you let the course kind of sink in, and then you come back and you do the experience or you just dive right on in.

So let's Take a few Deep Breaths.

Now you notice that I've straightened my spine.

And I don't want to get to Eastern yogi on you, but when you draw the Breath from the perineum, which is basically your crotch, and you pull the Breath upward, you're moving the space where Free Energy, the connection to Free Energy exists in the Physical Body.

So the Breath is a huge part of this, taking a Deep Breath from the base of the spine, the sacrum, which is the sacral bone in your body, the sacred joint where you connect with God. (Excuse me, I still have a little bit of a cough.)

When you draw up that Free Energy, which is the Christ Consciousness basically, as we talked about, you move it through the channels that wind up the spine in the subtle Nervous System.

Now I'm going to go into kind of the science and a very basic overview of the Yoga of God Self Realization in the next section. I don't want to overwhelm you too much. We've kind of stuck with the Crimson Circle terms.

Yogananda, Babaji and the Three Magi, which are Morya, Kuthumi and Djwhal Khul, will also be joining us in the next section.

But for now: Breathing deep, sitting up straight, allowing the shoulders to relax.

Here in the graphic we have the lyrics from a Beatle song called "Tomorrow Never Knows", I can't play that song because it's copyrighted. But you can look up "Tomorrow Never Knows" and listen to it.

In the song, John Lennon sings:

"Turn off your mind, relax and float downstream.
It is not dying. It is not dying.
Lay down all the thoughts, surrender to the void.
It is shining. It is shining.
Yet you may see the meaning of within.
It is being. It is being."

So I love the lyrics. I love how they go along with what we're doing here.

So you might just close your eyes and continue to Take a few Deep Breaths.

We've made a long journey today. We went back to being in the Oneness.

And we went back to what it was like to realize at the beginning that you're a Souled Being, that you're a Spirit individualized and you remember crossing the Wall of Fire.

Now, crossing the Wall of Fire is just a metaphor for leaving Oneness and moving into Separation or the perception of separation so you had the ability to experience Yourself as God Also.

And you know that everything was kind of felt chaotic in the Void. You were so used to being part of the Oneness, that it was quite jarring to cross the Wall of Fire.

This is when you first encountered this Void, which felt empty and scary and dark.

And the dark is just the Unknown. "Your Divinity is in the Darkness."

So, we talked about the Order of the Arc that was created to funnel, slow everything down and kind of funnel your Awareness of Yourself into the Creation of Earth and into the Creation eventually of the Physical Body, which started your cycle of lifetimes on Earth.

So when you're ending the cycle of lifetimes on Earth, you find yourself back in this Void.

Now, everyone here has experienced this Void, how empty it feels, how there's nothing.

Nothing is just No Thing.

I mean, there's No Thing, including your Fixed Human Identity as Lauren, as Sue, as Ali, or whatever your name is in this lifetime, and that's one of the scariest parts.

"It is not dying. It is not dying."

One of the scariest parts is, as the facade, which we talked about in *The Art of Allowing* that is this Human Choosing Realization, dissolves, it almost feels like a death. Right?

So we're going into the No Self. And self and no self is not capitalized, because this is not having an identity.

It's stripping away, going back to the I Exist. I Am That I Am.

So some of the side effects there are not knowing how to interact with other people. And this happens until you realize there are no other people.

Everyone you encounter is actually You. Right?

So in my book I write that in my Realization I stripped off my human suit. Right? And I was in the No Self, which is just a state of neutrality.

It's the Zero Point we talked about.

So allow yourself to feel what that feels like.

And as the mind, the mind will start to get involved in this, right? Because the Atlantean programming in the brain is: if you don't have this Fixed Identity, that you don't exist.

And this goes back to what happened when you crossed the Wall of Fire. You started to wonder: "Do I even exist? Here I am and this Nothingness". And then you say: "Oh, wait, there's a part of me that it's aware that I Am Consciousness." Right?

So that's when you go: "Oh yeah, I Exist." Deep Breath. "I exist. I exist", and it moves from being this mental concept to really being an experience. I Exist.

Now Creation doesn't come from the statement "I Exist" or this part of you that you're calling the I Am. Creation comes from Consciousness becoming aware of Itself, which is what the beauty of Earth was.

We created Duality to experience ourselves. So now we're moving from 2 to 4.

...

All right, so let's close our eyes.

I'm sitting in a big comfy chair. I'm on the North Shore of Kauai, which is the northernmost island of Hawaii, populated island.

So I'm going to lean back in my chair, kind of dark, I'm going to close my eyes, and if I'm not already in that voided space, I'm going to take a step backwards.

Take one single step backwards.

It's almost like you're standing on the edge of a cliff, and instead of going on forward, you turn your back to the edge. And then you take a step off:

Falling... Falling... Falling...

Reversing through all the experiences you ever had, all the Aspects you integrated, that came to Wisdom in this lifetime.

They just fly past you.

You've already done the work. You don't have another Aspect to integrate.

Your relationship with energy is changing.

You're in the Free Fall, and you're in the Free Fall. And you start to wonder "When am I going to hit the bottom?"

And then you realize there is no bottom.

You Take a Deep Breath, knowing that this space you're falling through: "Oh, wait, there's no gravity in here. I'm not falling anymore. I'm floating."

So you move from the sensation of falling and waiting for the ground to break your fall into realize you're floating.

You're floating in the Void of the Unknown.

You look around, it's dark, it's empty. And then you say: "Oh, wait. There's only one energy and it's all mine."

That's the beauty of the Void.

The mind wants to be fearful. It wants to write a story about what's happening. And then it realizes there's only one energy and it's all mine. And it's all right here.

And once the brain realizes that, the new neurons are created, the synapses are connecting. The Central Nervous System moves from Fight or Flight Mode into Relax and Rejuvenate Mode.

So, that happens when you're in Fight or Flight, when you feel like you're falling. Right? Once you realize you're floating, then you can start to relax into your Enlightenment.

Alright, so now we realize we're not falling but floating, and then allow the Void to fill up with the Oceanic Self, with your Inimitable Consciousness.

You're not drowning. Wait a second, you don't need to breathe in the oxygen of Duality, of Linearity, of the local linear loop that the mind creates to exist.

You exist without any outside energy, without any force, in this neutral Free Energy Space.

Okay, now you're fully submerged in the water and you're not panicked anymore because you're Sovereign. And a Sovereign Being doesn't need to pull energy from any external source.

So as you're floating in this Oceanic Self, you start to realize: "Hey, I can start swimming."

So you start swimming through this Oceanic Self.

And what once was this empty Void, but now it's so full of potentials and possibilities. This Liquid Light that is surrounding you.

You crossed the Desert of Nothingness, you walked the Valley of Alone, and now your thirst is being quenched. And it's been quenched with the Passion of I Exist. I Am That I Am.

But moving into a State of Further, we're not going to stop there.

As this human experiential part of you, your Humanity, the ability to experience Yourself, which was the beautiful Creation of Duality, as you're swimming through the Void, you start to realize: "I'm not a drop in the ocean. I am the entire ocean".

And that's when No Self, when No Self becomes very apparent.

Your Human Facade dissolves into the Oceanic Self.

So there's no separation between You, as an Energetic Being, and your Consciousness.

And the funny part is just when you thought you were going to total Nothingness, total No Self, and this can take some linear time, but we're going to do it all right now, you become the entire ocean and you lose the subject of Self.

You are just the experience of Consciousness.

Energy has merged with Consciousness.

So you stay there and you swim around, until there's no swimmer.

There's just the ocean.

And you can stay here for as long as you like, and you're never going to go out of existence.

And then one day, one moment, you're existing outside of time and space. The world around you, in your human life and your 3D life, seems like a very strange land.

You are a Realized Being in a strange, strange world. And you don't necessarily feel like you can be here any longer.

Then, bam! The Knowingness hits you.

The Passion, the Will that we talked about.

Will is what drives the energy into your Physical Vessel for staying here and experiencing New Life.

Now you don't go back to being the swimmer in the ocean.

The subject does not come back in New Life. What happens in New Life is the ocean goes out to experience the world in relation to its own Consciousness.

How you interact with the world, with people in your life, radically changes.

You're on your Sovereign Movie Screen of Creation, also called the *Bon, B-O-N*, Screen.

So the subject, the Fixed Identity does not come back. You don't replace one identity with another identity.

Realized Lauren now interacts in a world that's all hers.

You become what Morya and I call "Slippery", what Adamus called in *Master's Life 8, Nova Vita* "Styling."

So, the way you interact with the world is very fluid.

The Facet of Yourself.

So, all the Aspects have integrated. And so now how you interact with people is you put forth, the wave rises up, as the most appropriate Facet for the maximum joy experience.

You interact, you stay as the Oceanic Self, but the wave that rises up to interact in experience, bringing the human ability to experience along with you, without a Fixed Identity is the most appropriate Facet of You for the maximum joy experience.

And there's not a mental loop that happens in deciding which Facet to put forth, because that's part of a storyline with an identity: "I'm going to switch identity now for this particular experience." That's not how it happens.

And all of this is happening naturally. And we're just bringing the attention to it.

So you'll find Yourself in a situation with other people and you'll realize there are no other people.

They're in their I Am. Even if they are so far from Realization, they don't even know what it is. They're in their I Am. You can see it. And you're in your I Am, and you play in your Oceanic Self. And you express Yourself by becoming a wave that puts forth the Facet for the maximum joy experience. And people respond to your Consciousness.

This is the beginning of New Life.

New Life can only be reached by hitting the Zero Point of No Self, no identity.

When that happens, you're going to need a lot of alone time. Which you guys already know.

So, *USARA*, the Atlantean Dream is that more and more beings allow their New Self to come forth.

And as we do that, we create a new reality called New Earth, which still exists on the same rock hurtling through space that we call Earth. But it's just a different reality that moves from 2 to 4.

So even when you're interacting with people in Duality, or in the Third Dimension, physical reality, you're still having your New Earth experience.

However, when more Embodied Beings start to interact with each other, that is how this New Earth reality is created.

And all you have to do is Allow, choose with Passion, and Allow.

And Allowing is allowing that Will, that Passion for what you most deeply desire to flow through.

Now in the next video section, we're going to talk more about the Free Energy Body and the Biology coming along with the Atlantean Brain, turning into something new and coming along.

But this is the basis, right?

So you don't leave the Void.

You stay in the Void long enough to realize that you're not falling.

There's no gravity in the Void.

And then you can start to swim in your Oceanic Self until all that identity dissolves.

All your belief systems, which are created by identity (also *Art of Allowing*), dissolve into the Oceanic Self.

And then you become the ocean.

And how you express Yourself, which is an expression of the I Exist, is used, all the Wisdom that you hold forth from this reality and these lifetimes, and other realities and lifetimes, to express Yourself in a faceted way.

And now a Facet of Yourself is in a state of no separation.

You can remember when you were bringing home Aspects, and all of you are done with that, that it was a separate part of yourself or the illusion of separation.

So now we're using this, all of the Wisdom, this Master part of Yourself.

And once the Human Identity, Fixed Identity, this facade of so and so choosing Realization, once that dissolves, you can really see your Mastery, this body of massive Wisdom that you created for Yourself through all these different experiences here on Earth and in other realities.

So Take a Deep Breath with that.

Your Biological Body is catching up with this experience. Your brain is coming along. Your DNA, that kept you in the reincarnation cycle in the same ancestral family or soul family or whatever, is also dissolving into something new.

Your Central Nervous System is completely rewiring itself.

So instead of just relying on this finite amount of energy that exists in Duality and reshuffling it through the body, you have access to Free Energy, which we can also call New Energy, but it's always existed, is going to be coming in to this Biological Body.

So the Biology moves from being an Aspect to a Facet, and it is run on Free Energy.

Now, don't mentalize that. It's not about what you eat, or exercise or anything else. I still eat, I still exercise. I love it.

But the Biology becomes another Facet.

And, as this is happening, things may come apart before they come together. Always use the backup. You know, go visit the doctor if you need to. Use your discernment here.

So not only is your Human Identity dissolving into the Oceanic Self, so is your Biology.

“It is not dying. It is not dying.”

All right, continuing to Take Deep Breaths.

Remembering that even when it gets really scary, there's only one energy and it's all yours. It is not an outside force coming to mess with you, in your life.

There is a Crystalline Disk of Knowingness within you that is choosing New Life.

So no matter what kind of thoughts pop up, energy is responding to your Consciousness, not to thoughts of fear. Right?

So even if you think bad thoughts, right?, energy doesn't respond to those old programmed thoughts, energy responds to your Consciousness.

And eventually, so right now, most people who are really in a State of Further have this energetic representation of their Consciousness: “I am Lauren, Sar'h, and I am an energetic representation of my Inimitable, unable to be copied, Consciousness, I Am God Also.”

However, New Life truly occurs...

And this is going off the charts of the Atlantean Dream. It's not been done before. Morya did not do this, which is why we work together. He can bring in a lot of Wisdom and a lot of Consciousness, and I'm here as the experiential factor, the experimental factor. Right?

So, New Life truly begins when Energy and Consciousness become one.

So instead of I Am God Also, or I Am God, it's just God.

It's just Consciousness. Right?

But you don't go out of Physical Form.

So, a lot of you have told me about your physical symptoms: Fear, flu like symptoms; really, really tired, inability to go interact in the world. Normal. Normal. Normal. Normal.

Staying in the Void means you're going to stay there and honor whatever comes up, allowing your body to adjust to Free Energy.

It's so used to being energy dependent, it's freaking out. "I'm energy dependent on outside energy. And now you're telling me..." – the body is saying this – "And now you're telling me that there's only one energy and it's all mine? And I'm in a Free Energy Vessel?" Right?

So there's going to be a little bit of story making.

The brain is going to come along and develop new neurons, which happens by taking a course like this, reading things, participating in the Crimson Circle materials, and more so just Allowing Yourself.

If you find yourself in Void Paralysis, don't try to run out of the Void and claw your way out back to human life. You guys know it doesn't work, right?

You take a Deep Breath and the human part of you surrenders once again.

The mind is going to surrender. The body is going to surrender and not in a bad connotation of surrender, but in a State of Allowing, in a State of Further.

So you panic. You're activating the Fight or Flight Response of the Central Nervous System, which does not allow for the Biology to integrate, and the Human Facade to integrate.

When you relax, it activates the part of your nervous system that's going to allow that New Free Energy to come into the Body and create new neurons.

So this is about relaxing into your Embodiment.

You've heard it 100 times, but there's a science behind it.

Yogananda taught the Science of God Self Realization, which he called the Science of Yoga. It's relaxing when you think it's time to panic, or when the brain or the Atlantean Design Body thinks it's time to panic.

So that's what we're doing here.

Back, relax and float downstream, you know?

And instead of like closing your eyes, "I can't see anything," right?, you keep your eyes open in the Void, and you allow yourself to adjust to new vision.

You don't need to turn on a light.

It's like going into a dark, dark forest. You can't see anything. You hit your head on a branch, right? But if you stay in the dark forest long enough, your eyes will adjust.

The eyes of both the Human and the Divine will become one.

And you'll be able to see very, very clearly, as your relationship with energy changes from Energy Dependence to Energy Independence, which is Sovereign Oneness.

...

All right. So a lot of information.

So I asked you to take care of Yourself. Spend some time with Yourself.

Alone time is really good right now.

It doesn't matter. Eat what you want, sleep when you want, you know, go to the doctor to give your mind some peace.

In 2018 I worried that I had cancer in my female organs because that's how I left in my last life in which I experienced Realization, and then poof, gone, at a very young age of 38 or 37, somewhere around there. So when that came up, you know, my mind started going crazy. "You have cancer." I went to a doctor and I got a piece of paper that said I did not have cancer and whenever my mind went wacky, I pulled out that piece of paper to show my mind.

That was a year after my Realization. That does not make you less than a Master to just go to a doctor and have it checked out.

So you drink lots of water.

Some people tell me that, you know, they have like really bad breath or bad taste in their mouth. I experienced this. I had what I call hot feet, the nerves and the bottom of my feet were like live wires.

I realized if I resisted it or tried to stop it, that it became worse. I took a lot of salt baths. I spent a lot of time in the salty ocean.

You find what works for you. And you don't worry about what it looks like on the outside.

Because there's beauty happening on the inside, and as long as you allow that full, messy, glorious beauty to take place on the inside, soon the outside will match. Right?

So this is not about what it looks like.

And you guys are already at the point where you know that if somebody looks all shiny and green on the outside, not having allowed the Realization fully, that's not the State of Further. Right?

You know, and there will be a day when you're all shiny and it will be real. You know, and then all that stuff you thought a Master was, you know, glowing eyes, glowing skin, you know, people respond to you, that will happen in the State of Further.

And some days it's not going to look like that. So that's okay.

So honor where you're at.

Morya says: "Always be really honest with yourself on where you're at." Right?

And instead of panicking, saying "I can't see, I can't see!" or "It's dark" or "It's nothing", you Take a Deep Breath, you relax, you activate the Rest and Digest part of the Central Nervous System and then you get the nervous system upgrade.

Alright, you can come back to this at any time.

You can always email me and I will get back to you as soon as possible.

And I so honor each of you, where you're at in your journey, which is in a State of Further, or you would not be here.

And super cheesy, but I love you all sovereignly and deeply. And be open to a visit from Sar'h and Morya, should you want that.

You don't have to. And that's a way we give personalized, you know, feedback for people.

I have people email me. In my dream last night you told me one sentence. It was so simple, but I really needed to hear it. So if you want to be open to that and invite it in, we are for you. That service.

Lots of Deep Breaths that start in the base of the spine, the low belly, moving up the channels of the spine and coming back down.

In our next section of the video, I'm going to show you a very, very simple breathing technique that has helped me bring in New Energy, helped rewire the Central Nervous System and create new neurons in this processing center.

So be ready for that. And definitely send me an email on how this is affecting you.

Alright guys, you got this. 100%. I have no doubt.

Video Four

Hi friends!

Welcome to the fourth video experience of Navigating the Void.

Don't forget number 5 will be a follow up on a Zoom group call, should you wish it, or you can send me an email with your experiences, and if you have any questions or concerns, I'm happy to answer them. That is included in the price of this course.

Yeah, so following up after the recorded audio experience, which is designed both to support, sovereignly support you in a Safe Space for going Further.

And it's also for the human to kind of quell some of the concerns that the human has: Fear of death, loss of identity, losing my mind, the Biology's Fight or Flight response, which happens when it feels threatened. Moving beyond that.

So I hope you got a nice experience with that.

You know, when I record these cloud classes, I trust that you guys are not going to go share them with other people, because you're too energetically and spiritually mature for that.

So you get to keep it.

You own it. You paid for it. You helped create it. And so then you can save it in to your computer and listen to it whenever you would like to. There's not an expiration on it.

I started with this slide, because when you go into the Void, and you finally relax, and you stop panicking and trying to claw your way out: "Aah", right? You go: "Okay, it's all me. I'm in Myself. I'm in," you know, "my biggest self right now."

You start to explore, right?

"Well, I'm in here, I might as well see what's going on."

So this is kind of what it feels like, these hallways and these caverns and, you know, making a 15 degree right turn in.

When you start to explore the Caverns of Your Beingness, you're going to discover so much about Yourself.

And I'm not talking about more stories.

I'm talking about who you are as a Consciousness.

What is Consciousness? You know.

If you like the word God. What is God? You know.

But instead of asking a question expecting to get an answer, you're just exploring, observing, right? Melding and becoming a fluid Being in your Body of Consciousness.

So we're exploring what's behind these doors that haven't been opened and forever.

One of the most surprising things to me was, I was so inner, inward, inward, inward.

I started to realize, when I was playing in my I Am-ness, which is the Void, right?, it just feels like a Void, it's not really a Void, when I was playing in my I Am-ness, things in my physical reality started to change.

I could go out and interact with people socially, and I loved it, which was new.

You know, my Body, once it realized what was going on, started to come along in this journey. You know, I dropped some weight; I put some muscle on, and not in the human ways.

Things are functioning better, my digestion is functioning, when before, when I was going through all this, I couldn't digest a peanut, you know.

I would swell up so huge, and I think: "Oh, maybe something I ate". And no! It was about my relationship with Energy, which is your relationship with Yourself, because you are an Energetic Being, representation of your Inimitable Consciousness.

So things really started to change externally as well, but I had to do the deep dive internal, into the womb, right? Fetal position.

The seed, and then the seed sprouted open, right? And I rebirthed into this New Life where I was expressing Myself in this world, and it didn't feel like crap!

And everything was reflecting my inner world. Everything.

And my inner world wasn't so full of turmoil and grief and sadness and everything.

Then everything in my physical world, the people I met each day, reflected off the peace and the New Energy flowing within me.

So I was having New Energy experiences. And I was having so much fun that I even forgot I was a Creator.

And it's like: "Oh, yeah, I created that experience!"

That's the true wealth.

You know, that is the true wealth.

Sure, you're not going to have to struggle with money so much anymore, but the true wealth is knowing who you are and creating your experience through expression of Pure Consciousness.

All right. So I want to break down some of the stuff I talked about in the Dream Walk experience.

This was just an invitation really just to sit with it, and you go into that audio experience, or you just, you know, "I'm going to sit in the bathtub with Epsom salts, hot bath, and I'm just going to feel Myself in the Void of Myself. And when things get scary, I'm going to Take a Deep Breath and I'm going to relax even further."

I also want to remind you that Morya and I are here. We're not going to interfere in your experience. We're not going to tell you what to do. But we will sit in our I Am-ness, while you discover more and more and more of yours.

The discovering never stops, because instead of being a Finite Identity, you're an Infinite Being. So there's not going to be a place where you come to a finish line, right?

You're going to continue to explore the Caverns of Your Beingness. Right?

So there's no finish line.

There might be points for the Human Part of you to go: "Oh, wow, I hit this", and then you go into a State of Further.

Further is recognizing. Further is not a dangling carrot. "Oh, there's a next step, there's a next step."

Further is understanding that you are an Infinite Being. So there's never going to be the end of the road or the edge of the world.

You're an Infinite Being therefore you never arrive anywhere.

Take a Deep Breath with that.

That's the State of Further.

There's always something New to experience because you're not living in a Finite Reality.

You Are Here.

You're not going to go out of existence.

We talked about why that fear comes out that you're going to go out of existence. It's what happened when you left the Wall of Fire and you first felt the Void.

You thought: "Oh my God, I'm not going to exist anymore," you know.

And then we created Earth. And we had this whole experience for you to come to this point to say: "I Exist. I Am That I Am."

That has no birth and no death. It always Is.

All right. And don't forget, Morya and I are here, and everybody who's ever dove into the Void is sitting there with you, cheering you on. You just can't see it yet. Because they understand what you're going through: the Loss of Identity.

The mind feels like it's going crazy. The body's fighting because it feels like it's dying, but it's not.

Death is an illusion. Right?

We're bringing it all along with us.

So it's really important to understand that we're not killing the mind here. We're not blowing it up.

I went to the Threshold Event in 2015 (Crimson Circle workshop), and I was a new Shaumbra. And I told Adamus that I wanted to blow up my mind, and he said:

"We're not blowing it up, dear Lauren, we're integrating it. We're going beyond it. And it's going to catch up." And I was like: "Oh, that feels better, you know. So great, my mind is coming along with me. I don't have to fight it anymore."

Grounding Experience: Bringing the Mind Along

In the audio, I talked about sitting up straight while breathing.

This is not some pretentious yogi crap "Sit up tall!"

It's science.

So if you have the Breath moving up and down the spine, it's basically, your Breath is where the New Energy is.

You are breathing New Energy (breathing in) up (breathing out) and down, and it's moving through the Central Nervous System channels, right? That I call *Sushumna* on the Patreon page. I don't want to get too far into it because I don't want to mentalize, but think about your Breath as massaging the Nervous System.

You know, I had hot feet, before I integrated the Biology. My feet felt like live wires (electricity sound). The Nervous System, you know, you go to a doctor and it might be Restless Leg Syndrome or something.

But I realized my Nervous System was rewiring itself, and the best way I could support that was Deep and Conscious Breaths.

Not just when I feel panic, but all the time (breathing in and out).

I go through my whole day (breathing in and out). I'm driving my car, singing a song on the radio, also Consciously Breathing, and it's not like something I'm making myself do, it's not a discipline. It's just happening naturally (breathing in and out).

The New Energy is coming in, right? Because my Biology is not this outside force living in a finite dualistic reality, right?

With Pure Awareness, not any magical methods or to do lists, just with Awareness I realized this Biological Body is just an expression of my Inimitable Consciousness.

In doing so, I'm going to make this a cartoon for a second:

Here's my Biological Body. It's almost like there's a connective tissue to my Consciousness, where New Energy or Free Energy, that's already existing, it's tapped into that.

So as the Avatar Self, right?, as the Embodied Being, that New Energy is flowing into this expression, right?, and I feel that is coming in through below the womb.

Doesn't matter if you're male or female.

In the Creative Space, right?

It's coming into the base in the Creative Space, and then moving up the Central Nervous System channels. Both. You know, if you open an anatomy physiology book, it shows you the Central Nervous System? That and the subtle channels.

What's below that? The subtle body.

So, Embodied Beingness, you have integrated the mental body, which is, you know, Atlantean brain stuff, which is very dualistic. You did wrong or you're the best person in the world. From "you're the most Enlightened person in the world. These people are all idiots" to "you're an idiot. You're never going to be realized."

You integrate the Mental Body.

As the Mental Body integrates, you integrate the Emotional Body, because emotions are based on thoughts. Don't worry. When the Emotional Body integrates, you'll start to feel the Sensations. Emotions won't be based on dualistic thought patterns; you'll have Sensations, which are non-dual. Right?

So we hear this all the time: "Relax into Enlightenment. Relax. Relax into your Realization."

Relaxation is just not like, oh, so you can have a beer on the beach.

Relaxation is a science if you can activate your Rest and Digest Nervous System that allows this New Energy, from your Free Energy Vessel, to move into this Biological Body.

You have your Biological Body, you feel into it. You have your Free Energy Vessel, you feel into it. They commune. They dance. Free Energy Vessel dances, body expresses itself, and eventually they combine. Right?

And your Biology is a Facet of this infinite mass of space that contains all of your Conscious Creative Intelligence.

You know, All That Is, which it feels empty at first just because it's something you haven't, a part of yourself, you haven't visited in a very long time.

So relaxing is key.

And if you feel yourself panic "Shallow breath, shallow breath, shallow breath"... (Deep Breath in and out) or go back and listen to the audio. Right?

And remember what you're doing, remind your body what it's doing.

You know, with Compassion.

Remind your mind what it's doing, with Compassion. You know?

Deep breathing lessons for the "I am going crazy" experience, because "I'm going crazy" experience happens in shallow breath "I can't breath! I can't breath! I can't breath!"

Because you're not breathing dual oxygen anymore. You're learning how to tap into Infinite Free Energy Source. You!

All right.

The Brain Comes Along

So the physical brain is a processor of information. We've talked about this a lot. I just want to bring it all in here, into this Void experience. Right?

So it processes information: "Don't touch that stove, it's hot. It's time to go to the bathroom." right? Your bladder's full. So your processing center goes: "Oop, bathroom time." Right?

So it's going to keep those things. It's still, you know, "Don't touch the plate," you know, "Don't hit the car in front of you when you're driving."

But it moves from an Atlantean designed to control mechanism, you know, which is like there was, you know, the Pleasure Center Activation, where it's like: you work all week, and then you reward yourself at the end of the week with a big meal and too much alcohol, and you like lay on the couch on the weekend and that, you know, you have sex with somebody you met at a bar, you know, whatever, or your wife or your husband. You know, and then you get up on Monday and you do it all over again.

So, you're moving beyond that Pleasure Center Creation of Atlantis. So, it moves from Atlantean designed control mechanism, the Central Processing Center, into a New Neuron Producing Machine.

Breathing in that New Energy is going to produce New Neurons, you know.

So the New or Free Energy, which runs through the Bio Body, as it as an Aspect to Facet, now has the ability to move about the cabin. Right?

So when you open up Yourself instead of closing down, this Free Energy is going to move through your Biological Body and the Body of Consciousness, which is all of You in a fluid, fluid movement.

So relaxing allows this Newer Free Energy to move about the cabin, or the Caverns of Your Beingness.

Creative Intelligence flows through this Physical Vessel, right? And through the upgraded Central Nervous System, which we talked about.

This was just the slide that I wanted to put in because it was in the guided Dream Walk experience. And I'm going to add the slide. I'm going to email you all the slides too. So you have all that, you know, for your benefit, without me talking.

So you can just look at the slides, which Morya put a lot of time and effort and energy into. It's not just the words. He's correcting me: he didn't put his energy into it, he put his Consciousness into it.

So thanks, Morya. Appreciate that.

The Free Fall

Okay, so in this guided experience we talked about the Free Fall.

It's like standing with your back facing off the cliff, and then stepping off, and then realize you're not going to hit a new baseline, because you are not going to be in a Finite Reality.

You're going to be in Infinite Reality.

The landscape changes.

It feels like you're losing your grip on reality. You start to realize that the world is an illusion, it's a really real illusion. Right?

So that's going to feel funky. So you just be compassionate with Yourself.

And always: "I Exist." Right?

And this reality is really real for these other people. And the most compassionate thing to do is to respect that.

And you can go in and play in their Dualistic Reality and not get lost or stuck. It's no big deal. They're just having their experience like you did for 1000 plus, plus, plus lifetimes.

They're just having their experience.

This compassion, this understanding. And then the Love, you know, really kicks in.

When you're in the Void, all of a sudden you really start to experience what True Love is.

And you realize Love cannot be directed at an object or subject.

It is a Sensation (Deep Breath).

So you're losing your grip on reality and, you know, you feel like it's empty, and you can't quench your thirst in the desert.

And then Bam! Love comes in and like "The real thing."

Not just some like fairy tale storyline or, you know, a wonderful marriage that ends in a really bad divorce.

No, like, Love beyond Duality.

And I'm not talking about we're all one Kumbaya love.

I'm talking about something you can't even describe.

It's worth it.

It feels like you're losing your mind, but the mind is going to come along. Right?

The way to get the mind to come along is Take those Deep Breaths, and relax, and allow this flow of Free New Energy into your Body. So much so, that you become Energy. Right?

The Human and the Wisdom of all your lifetimes, some people call it the Master, some people call it the Soul, merge and become an Energetic Expression of your Pure Consciousness.

And you start to understand how Energy responds to Consciousness. You know?

And even further, eventually, Energy and Consciousness will come together as one.

But we'll get there. That's a little bit far out there.

It feels like you might go out of existence. This is just an old PTSD (Post Traumatic Stress Disorder) from what happened when you left Oneness, you crossed the Wall of Fire.

That is an energetic imprint of "I should panic", because you did back then, when you left Oneness, and you start to panic again. You go: "Wait, oh, that's an old story. It's the oldest story." Right?

You're not going to go out of existence. That is a very, very old story.

Okay. Something feels big, black, shadowy, hanging over your head, right? If that feels really dark and foreign or inorganic, that's you. Right?

There's only one Energy and it's all yours.

All right? Relax.

You know, whatever works for you to relax or, which is not checking out through drugs, alcohol, numbing, watching 20 million hours of Netflix videos, it's about the Presence.

Or even if you do check out, you're present with it, right? Relax.

This is an art. Right? Figuring out how to move about in a relaxed way. And it's a science, right?, which is needed for the Nervous System upgrade.

When you activate your Rest and Digest part of your Nervous System, then it creates the space for all this to come in.

If you're in Fight or Flight, shallow breathing "can't breathe, clawing my way out", everything shuts down. And New Energy cannot flow through the body.

This is science. I won't get into like all the science of it.

There are a lot of research studies out there. If you need something like that for your brain, email me and I will send you some studies or whatever else, but I just want to cover it in a basic way without getting too wrapped up in the details.

Oceanic SELF

All right, so what are we letting go into?

Into the Oceanic Self, right?

The Human and the Soul and Master, right?, the Wisdom, merge with the I Am.

It becomes a fluid Body of Consciousness.

There's no separation between "here's the human. Here's the master. Here's the I Am. And I'm going to interact with these things in a very mechanical way."

Fake it till you make it, right?

And then all that starts to dissolve into this fluid, Oceanic Self, right?

And we don't have the categorization, if that's a word. We don't have the nice neat little boxes for each thing. Right? Because there's no separation.

The No Self. It feels like you're being stripped down to the studs.

Everything you thought to be true about Yourself. And every story you told yourself about how Energy works. Right? That's the Dragon Clarity. You know?

And going into the Void is about Clarity, right?

So anything that's... You're going to see clearly anything you still have going on. And that's going to feel scary. Because like all that stuff that you are not going to bring with you in Embodied Enlightenment is going to come up to the surface, right?

And that's what exploring the Void is like.

It's like, you start to get used to it, you're like: "Oh, I realized I had this old belief system, you know, and it feels really weird that it's burning in front of my eyes." Right?

And it stops being dramatic, right? You know, the Human stops being so dramatic about it.

You're like: "Oh, that's what that is. Cool. Thank you for showing me. But I still have this weird old belief system about how energy works. And add some story I just told myself, you know, before I even came into Physical Form."

So that Clarity feels very intense.

And the Clarity doesn't go away. You just get really used to it.

You're fully present in every moment. And at first that feels very weird, because you're not used to being fully present in every moment.

You're used to having moments of Awareness; and then, bff!, unaware, unaware, unaware. Moments of awareness; unaware, unaware.

And then you're just always aware, which means you can see everything.

And that takes some getting used to.

So be patient with Yourself.

Alright, so you get No Self, you're stripped out of the sense, almost like you go into the fetal position because you're being reborn.

That's what the New Self is. That's what New Life is. That's what *USARA* is.

It is rebirth, without having to leave this Physical Form, go back out, and then come in through the birth tube again having forgotten everything.

You don't want to do that. I mean, you can. But if you're here listening to this, that's probably not your Choice. Your Choice is to, you know, have your New Life without having to do the whole baby-poop-in-my-pants thing all over again.

So we talked about, you know, New Self expresses itself through waves.

You're an ocean, and a wave comes up, a Facet of Yourself, which contains all that Wisdom that you got in all those lifetimes.

Good thing you had those thousand plus, plus, plus, plus lifetimes. You know, you use that Wisdom to express Yourself, right? As a wave.

You do not replace one identity, I Am This, with another This, I Am This. You're always That, but That expresses itself in different forms.

And formless forms, sometimes physically, sometimes not physically.

It expresses itself in different ways.

Like if I come and visit you in the dream state, it's my wave of my Oceanic Self. I'm still That. I'm not This. I'm still That, but it's an expression of That, that comes to visit you in that dream. It's the way Morya comes to visit me.

Interacting in the World

Okay, so you're in the Void. And you don't leave it, right?

It becomes something new. Right?

It's your cocoon, right? And it becomes something new.

So you don't like go in the Void, la la la la, and then come back out. Because you need all that stuff that's in there to become yours.

Like it already is yours, but an understanding that it's yours, a Sensation. Right?

And then that's where Creativity lies, in this Unknown space. Right?

So you are going to interact with the world after your Realization. Right? And at first, unless you have all of this knowledge to go with you... This is what it felt like for me:

I was Realized Being in a strange, strange land. I couldn't stay here on Earth, you know? Knowing what I know, seeing what I see. It was miserable. Right?

And then I realized: "You know what? Wait. It's me. I have to switch how I'm interacting with this world, as seeing Mass Consciousness as an outside energy, seeing Crimson Circle as an outside energy. The way I'm perceiving, it is mine."

Sure, you know, my partner at the time was a Sovereign Being. "I'm a Sovereign Being, but the way I'm perceiving him is all mine." Right?

And that goes from being a huge responsibility to enormous freedom.

I Create my Reality.

"Wait, holy crap. So if it's really crappy, I created it? Yeah."

So it moves from being a huge responsibility to a massive freedom. Right?

So you step into your own Sovereign Stage movie or play in which all the characters are reflecting your Consciousness. Right? So this is the *Bon* Screen.

And I want to go really deep into this, but I just don't have the space for it right here.

But this is an important part of being an Embodied Being and stepping into New Life, *Nova Vita*, *USARA*.

So you become what Morya and I call "Slippery." So the Facet of Yourself, naturally, the wave rises up that will bring the maximum joy experience.

So you'll move from one experience, and the wave will come down, and another wave will already be flooring for the next experience, and then you'll go into the next experience.

This is not: "Okay, I'm walking into a party and I'm going to be party-Lauren. And then I leave party. And then I'm walking into a Crimson Circle event, so I'm going to be Shaumbra- Lauren. And then..."

No, this happens in a fluid turn and everything.

You know, you don't have to direct Energy, because it's naturally responding to your Consciousness in every moment.

You might go in and out of this for a little bit until it becomes your Reality.

Creator in your Creation.

I Am Creation. Back to create her in her Creation, back to just Pure Creation, you know.

So it just starts to be fluid. And this is when you're really in New Life. And when more people, and more people, or more Beings are in the New Life, we're creating a New Earth Reality.

Now you're already creating a New Earth Reality right now as we speak, right? But you're separated from it. Right?

And that's going to merge together, you know.

So Old Earth and New Earth aren't coming together, in a collective way, but inside You, because you're a Sovereign Creator? They are.

It's very hard to explain. Right?

Adamus in Master's Life 8 called it "Slippery, Styling."

We had already come up with the term "Slippery", Morya and I, before I watched it, so I was like: "Oh, he stole that." I'm kidding, no one steals anything and no one owns anything.

We're all contributing to this, you know? You're contributing to this. And we're just coming up with words for it for now.

Um, so I talked about other people, how does that work? How I communicate with Morya?

I'm in my Oceanic Self, my I Am-ness. He's in his.

I play in my Self, he plays in his Self, and something comes out of it. That's the conversation. Right?

It's not one facade having a conversation with another facade.

And you'll start to see even the most unconscious people ever. You're talking to their I Am when you interact with them.

My neighbors, you know. I live in a small town in Texas. Everybody's like Republican. They still spank their children like it's 1986, but when I talk to them, I'm in my I Am-ness and I see theirs. Right?

New Life begins. New Earth and New Life. I just talked about this.

You're already creating a New Earth. You're taking the best experiences of Earth with You in that experience: music, sensuality, nature.

Things like the sensuality of eating whipped cream. I love whipped cream.

New Energy Creators are born. That's you!

The Void experience turns you into a New Energy Creator. Right?

And that's reflected in all Facets. Right?

And you play in your I Am-ness, the Third Circle of Creation. New Energy Creators. And others play in theirs.

And as you're doing that, a new landscape is created: the New Earth Playground, right?

And you get to experience that with your Physical Body as a Facet, which is the Atlantean Dream.

You get to experience the New Earth Playground, which is created with an Infinite Energy Source, not a Finite one like we have in 3D Old Earth.

You get to experience that while keeping your Physical Form.

And that's the Atlantean Dream.

Embodied Consciousness

All right, Embodied Consciousness.

You experience New Earth and New Life while staying in Physical Form. You do not have to go through the birthing process again.

That's what the Transmigration is. Right?

You "Transmit" or "Migrate" your Consciousness from your old human life.

Awakening Lauren into Embodied Consciousness Sar'h. Lauren came too; she's part of the whole thing.

Your human brain comes along. Your Biology comes along.

Allowing Yourself to relax and sink into the Void.

Going into the Void, replaces the physical death, and the rebirth method of operation where you leave Physical Form, you go back to the Bridge of Flowers, you return to your Angelic Family, etc. And then you come back through the birthing tube, or, you know, you have your Initial Realization. And I'll talk about this in my February *Satsang*.

You have your Initial Realization and you leave.

I did it in my last life. I had my Initial Realization. I left. I went to the Ascended Masters Club. And then I came back, but I had to go through the birth tube again to get here, right?

And I will go through the whole thing of that in the February *Satsang*.

But this is without having to go through the birth tube again. Right?

So you have the Transmigration, which is the Soul moving from, you know, Physical Form, to death, to rebirth, and another Physical Form.

You've skipped the little death part, right? But you go into the Void in between.

So you have the Old Life that you had, you have your New Life, and instead of going through the death-rebirth tubes, right? – we know those through *DreamWalker Death* and *DreamWalker Birth* –, the Void is what bridges Old Life and New Life.

So Void in between. Right?

And that Void that comes with you becomes something else.

It's not just a tube to pass through. It comes something New.

All right. So, you're in your fetal position, you sink into the Oceanic Self, and then you let go!

(Deep Breath out)

You let everything go.

And instead of feeling like you're losing everything, you gain everything. Right?

And you only can do this if you relax. I know you got this.

And we talked about Will, which is Passion. That is the Passion of the I Am That I Am. That's what's going to lead you through here. I can tell you what's happening, but I'm not leading you through there.

Your I Am That in your Passion for your Existence, and you feeling your Consciousness, that creates the Will, the Drive to go into this experience, you know?

And like someone said: "I feel like I'm being sucked in."

Guess who's sucking you in?

The Passion, the Will for this experience, for New Life, for Embodied Consciousness to live the Atlantean Dream.

That's what's leading the way.

Not me. Not Morya.

Your Passion. Your Passion for Being Beyond any identity or story.

And we have the black side because it is a blank canvas.

What do you want to Create?

When all this junk is happening and you're like: "Oh, I'm dying, I'm crying" and then "Oh, I'm happy " you know, and you do this whole thing, the dance, which is normal and natural, and you just embrace it all.

Ask Yourself: "What do I really want to Create?"

Because whatever you're asking Yourself, when you're in this Voided Space, when you're in the Oceanic Self, "What do I want to create?", it's happening. It's happening.

And you're going to come out of the Void and be like: "Oh, wait, I created that. Oh, wait, I created that."

So ask Yourself: "What do I want to Create?"

And don't limit Yourself to human junk. Like, go big. Right?

...

All right.

It's such an honor to be with you all, and I cannot wait to see what you Create.

And you know you can email me, and we'll follow up on the call.

And I'm just, you know, I talked about this thing I call Love now because I don't have the word but... You're in it.

Instead of saying "I'm in love with you" I want to say "I am Love with you".

I am Love with you, and you are Love with me.

And we're Sovereign Beings, and we can still come together and share in a totally New Way.

Okay.

Thank you.