



SESSION FOUR: THE ENCORE OF NEW LIFE

MAY 16, 2020

Good morning friends,

this is Lauren or Sar'h. It's early morning on May 16th, 2020.

Koot Hoomi showed up yesterday, a hovering lurking shadow around 4:00 PM and he just kind of hung out in the garden here at the Villa. And then this morning, early, I heard a rustling and a giant squirrel jumped from one tree to the next, so I know Koot Hoomi is here. He gave me the topic today, about four days ago, and I love it.

This is session four of the Entering and Living in the Garden of New Life series, and I'm starting to get used to channeling Koot Hoomi and really enjoying it. And, as I said on one of our last videos it's not just Koot Hoomi I'm channeling, I'm channeling myself, Koot Hoomi and I'm channeling you, the part of you that has a passion for New Life, who's already in New Life beyond linear time and space, and it's a great joy.

So, that being said, I want to give a back story that will make this a little bit more clear, and then Koot Hoomi will jump in with his channel or our channel. It doesn't belong to him, he says, it's ours. So, I want to tell you about my last life, and some of you are rolling your eyes because you heard me tell the story, but this is a different context.

So, in my last life I was born on November 25th, 1898. El Morya, who you guys know, left the physical form completely in 1898 and then I was born. My name was Enola Garnet, and eventually I was Enola Garnet Neighbors. I got married to a friend because women needed to be married at that time.

So, I want to give you a little context of what that life was like. I was born in Chicago, to a working-class family. I started to learn how to play the piano and I was quite good at it and that was my passion, although there wasn't a place for women to really play the piano in public, unless they were teaching piano lessons, entertaining, guess, but there wasn't like a stage for them to play on.

So, by the age of 16, World War I had begun, it went on for four years. On my 20th birthday, somewhere around my 20th birthday, World War I ended, 22 million people were killed in that war. I ended up marrying a World War I veteran, who was traumatized and partially disabled from fighting in World War I for America.

So, then the Spanish flu comes in, and from the age of 18 to the age of 22, I lived, I did not get the Spanish flu, but in that time period, 50 million people died of the Spanish flu. So, 22 million people were killed in World War I, 50 million people were killed with the Spanish flu. And then when I turned 31, the Great Depression began, and it hit us hard, my husband and I, and we didn't know if we would have enough to eat, we had barely any money. And, if I had lived long enough, by the age of 41, World War II would have begun. In that lifetime, I fought for the women's right to vote in Texas, I was part of the Suffrage Movement.

I will say that in that lifetime I died at age 37, in 1936, right? And I had my realization upon death. And I allowed the cancer into my body, basically knowingly, because I knew that I was not going to have the realization experience that I wanted to have with the way the world was going. And so, I allowed this cancer into my body, I died in February of 1936 and I started to create, even before I died, I started to create my life design for this life of Lauren.

And in this life, I was also born in November, but on November 27th. My mom's due date was November 25th, which is the same birthday as Enola, and Enola was my mother's great aunt. So, I was born into the same bloodline and I had big plans, obviously, here I am in my big plans.

But, it's quite interesting that I wanted to give the bigger picture of what realization, New Life is about. Many of you have been starting to ease into your realization, not just in this life but in the lifetimes leading up to it. This lifetime is a grand design, and there's a lot you can do to allow your realization, which is relaxing, right? Allowing. Being. There're all these courses by really great people, there're books by really great people, that help move it along, but this is part of a very large grand design, that was designed by you, to God also, and no one else.

So, I just want to put that in context. We called this lifetime in which we have our realization the "Designated Ascendee" and, you know, Enola was originally the Designated Ascendee, but after, you know, I had my realization right at "death" and Morya showed up at my "death". I use "death" as in quotes because death is an illusion. When I left my physical body, I met Morya and he said: "You know, you didn't get where you kind of wanted to go, and you can come back if you choose". And I said: "Yes, I'm coming back to Earth, Classic Earth."

Now, if you have your realization on or around your death you have more options. You can come back to Classic Earth again, you can go to one of the New Earths, and have that experience. There are many New Earths. You can go directly to the Ascended Masters' Club and just be with yourself. There are many options here.

So, on the site, and in our Patreon sovereign collective we tend to focus on entering New Life by dragon, not leaving the physical body. However, you can enter New Life, like Enola did, through leaving physical body. So, there are many options here, and I don't want to set it up where someone feels like a failure if they allow their realization in this life and necessarily don't stay and then have a New Life. So, I want to put that context in here.

You know, and I wanna go back to why Enola left. The way the world was set up just wasn't for her at that time. Women didn't have rights, she wasn't able to share her passion of music and playing the piano in a way that suited her. The only women who are allowed to play piano were, you know, had to dress sexually and were shunned from society, or they could teach piano lessons or play in a church.

That's basically it. So, she was just really disappointed in life. And Enola was super sensitive. I mean, we're talking about - you know - in her lifetime 72 million people died of either war or disease, and that's not even going through how many people died in the Great Depression from hunger, starvation, lack of medical care, a broken heart.

I would tell you that Enola died of a broken heart, and in her broken heart she allowed her realization. It's much like the story of Tobias. He had this realization while locked in a jail cell and just like Tobias, myself, Sar'h, I wanted to come back and have my realization again to experience it in total joy, and it wasn't total joy, but the outside, the external world didn't match the internal world, and I was going to come back and have the experience of the B-O-N BON screen in which the internal and external match. This was going to be my lifetime of joy and freedom.

Enola and Tobias found their freedom in the prison cell. Sam and Lauren came back to experience joy and freedom outside the prison cell because they found out that the prison cell was an illusion. So, that just give some context here of where I'm coming from, I did not get this on my first try, but there's no such thing as winning and losing in all of this. What I want to get out is that, there's a bigger design than just you in this life, and just where you're going to live and how you're going to pay for things. And my invitation here is to invite you to feel into the grand design of you, which spans beyond lifetimes.

Now, the lifetimes leading up to realization feel kind of progressive or evolutionary. Now, the realization lifetime, the Designated Ascendee, it kind of steps out of a progressive or evolutionary nature. Realization is actually returning to the form in which you were, your true nature resides, and has always resided. It's not an evolutionary or progressive type experience, it's more it steps out of a timeline, out of an evolutionary process beyond time and space, or it can even devolve, you're going backwards through the lifetimes, back to the point where you crossed the wall of fire and you reach back and grab your true nature, that was always yours to claim.

So, I want to go beyond the belief bolder, the belief system of a progressive evolutionary experience, that leads into this realization experience. It's really an outlier, it's not on a timeline. So, I opened that up just to kind of get you to feel into the concept of this grand life design.

Ok, (laugh) ... so that's my little background story and now I want to let Koot Hoomi come in. He's really excited, I am taking a few deep breaths and I invite you to do the same, if you choose.

(Pause)

Helloooo, Namasteeee!

It is I, Koot Hoomi, I have been with each and every one of you in the last two weeks, and in the sensuality sessions. Playing with you in your senses, and through song, and through dance, and even a little bit of seriousness. Yep, I can be serious too. And serious is not something that is rigid or linear. Serious is when you bring all of your beingness into one space, in honor of you and the person in which you are interacting.

For example, when I showed up in the garden at the Villa Usara yesterday, I pulled all of my beingness into one beam of consciousness. And instead of playing and being goofy, I brought my beingness into one pillar of consciousness to show Sar'h how beautiful this experience was.

Let's take a moment, a break from laughing and joking to honor what this is. Something very grand and beautiful and *New*. Oh, an Ascended Master loves something that's new. Think about how many things have repeated themselves, all repeating storylines, reincarnating over and over again with the same souls, doing the same thing, in the same bloodline. There's nothing that an Ascended Master loves more than *New*. *New* can also feel scary. *New* often feels like chaos, because we have repeated our patterns and our storylines and our ancestral lines so many times. We've repeated the cycle of guilt and shame: "I'm not doing it right, I'm not good enough".

But the thing is, the human part of us loves the comfort of a pattern. The human part of us hates that it gets stuck in the storylines, in the loops. Yet, at the same time, it loves the familiarity. It mistakes familiarity, something that is familiar, with being safe. It mistakes the pattern for being its home.

So that is why Sar'h and I and Morya in the Four Imperatives say, it's so essential to be, to get comfortable in the uncomfortable. When you feel the tension, the pulling, the tension, what the human might call anxiety - when you feel that tension, that pulling in the beingness - that means you are going beyond pattern.

You can start to view the tension, the discomfort as sensation. The human, the humanity piece of you, often takes tension and makes it an anxiety. For example, I feel some tension in my body of consciousness and then my mind writes a story about it: "I'm not doing my realization right," and then that causes human anxiety. But, what if, what if we could tap into the sensation of tension, the soul sense, the I-Am-Sensuality. Tension is a space in which change can occur. Tension is a space in which change can occur.

The human choosing realization, the aspect of the human choosing realization, as Morya called it in the "Art of Allowing", is going to feel some tension when the realization it hoped for is actually coming to be. Because it is an aspect of the human choosing realization, it gets caught in the pattern, the false sense of comfort and familiarity. It finds that it is safe to choose realization, this aspect. Yet, when the realization sensation starts to take hold, the human choosing realization, as an aspect, says: "Woah buddy, I feel a lot of tension and discomfort and fear around this. It's much safer to keep choosing realization."

Now, the aspect choosing realization is a very, very important piece of this. We're bringing our humanity into the integrated beingness of embodied realization. So, the aspect choosing realization is the movement of the separated human coming home to its true nature. The final let go, as you call it now, happens when the aspect choosing realization let's go and let's God. I Am God, also. As the human aspect of yourself choosing realization allows realization, the sensation of tension occurs.

Now, the aspect of the human choosing realization has a belief system that must go through the dragon clarity, has a belief system that everything will feel smooth and calm, and it is smooth and calm. But it thinks it's going to feel smooth and calm and beautiful from a human perspective.

The True Self, the I-Am-that-I-Am, knows tension is a creative force.

In Sar'h's last article she talks about how you cannot surf a wave on a still ocean surface. This sensation of tension creates a beautiful graceful wave in which you can surf from *here*, which is the aspect of you choosing realization, to *over there*, which is where your humanity lets go and integrates into your divinity.

This is the New Energy experience. New Energy is *no* separation between human and divine. So, feel into the sensation of tension. What resides under that sensation? For us here, what resides under the human perception of tension is the I-Am's ability to sense motion. And motion does not have to have human movement. Human movement, for example, would be moving towards the finish line of realization. Motion would be the soul sensation, the I-Am-Knowingness, that realization is occurring beyond a linear timeline as it already exists, and the human perception is coming along into that which already is.

So, a lot of what I am seeing when I go to visit you and hang out and say: “¿Qué pasa? What's up?” I see that there is resistance of this beautiful creative experience of tension, which is motion without movement. So, we start to view this sensation of motion as not a tension, but an experience to weave deeper into the caverns of your beingness.

Let's talk about the mind.

Realization is the acceptance of all parts and pieces of yourself without trying to change them. That's the definition of compassion, honoring everything as it is without trying to change it. So, when we're moving beyond the mind, we're tapping into the part of us, the creative intelligence that exists beyond the Atlantean designed mind. If your mind is looping, you haven't accepted the mind as a beautiful part and piece of yourself, just as the human cannot forgive itself.

Instead, it allows I-Am-Forgiveness to permeate its beingness, knowing you never did anything wrong, and all the guilt and shame was not really yours to take on.

The mind cannot accept the mind. How do we integrate the mind into our embodied beingness, into the free energy vessel, into the integrated realization experience? We accept it. Now, who accepts the mind? The mind can't accept itself. The human can't accept the mind. The human's identity comes from the mind: “I am this role that I'm playing. I am Lauren choosing realization.” That's an identity created by the mind.

This is not a bad thing, this is creative in nature. My brain says: “I am the human choosing realization.” That creates a tension, a movement, a motion into a deeper understanding of yourself, the human is coming along.

So, it's your true nature who will accept the mind as part of its beautiful experience of realizing: "I thought I was separated from my divinity, and then I realized I was never not whole, these were never separate pieces of myself."

So, your true nature, the I-Am-that-I-Am, your I-Am-Presence as we called it in the 60s, it accepts the mind as a beautiful experience that brought it to this point of coming home to Self. We accept the mind, we allow forgiveness. Take a deep breath with that.

(Pause)

Another thing that I'm noticing on my visits. Sar'h talked about the sparkling creative nature of neutrality. Neutrality is not passive. Neutrality is dynamically creative, she wrote. And then I go and visit, and I see that some of you take this to become a third category, the brain likes categories, right? So, in the brain there's a section for good and bad. Let's just go. There is good: "This is a good thing, this is a positive experience, I'm on my way to realization because I have this sign and signal that says: 'I did something right, I have proof that I'm going through my realization'."

And then, the other category is bad and wrong: "I had a shit day, I'm failing at my realization. The world's going to hell in a hand basket".

And then, when we talk about neutrality, the brain creates a third category: neutral. This is neither good nor bad. And I can see that, even if I have a shit day, I'm allowing realization and that there will be good days ahead, and so I can just talk myself into a place of neutrality, and la la la la la.

Neutrality is not a third category of right, wrong and neutral. Neutrality is the state of being when you step into your true nature. The I-Am-that-I-Am does not view things in a category. The I-Am-that-I-Am would never look at a day where you feel like you're not doing realization right and saying: "God, this human just doesn't get it".

No, the I-Am sees it and says: "Wow, this expression of me is in a beautiful creative process in which the tension is creating a force, in which to create in the perceived chaos. So, my friends, neutrality is not a third category. Neutrality is not disengaging or removing yourself from the world. It's being in the world without trying to change it.

Now, I have created an experience for you with Sar'h. We are starting to work better, we're organizing things, for everything is in a folder on a desktop. Morya and Sar'h are just laughing at the level of organization I bring, especially for someone who lost their mind.

So, I'm gonna take you somewhere. We're going to leave the Garden of New Life today. The seeds are planted, you have been watering your own garden. I'm not watering it, I'm not watering your Garden of New Life. *You* are taking care of your own Garden of New Life, that will start to bloom, in the spring of your embodiment.

So, we are going to take a little field trip outside of the Garden of New Life, and we are going to walk into a giant stadium. We're gonna go to a rock concert, or if you don't like rock concert, then we're going to go to a symphony, whatever kind of musical act you like, we're gonna go. So, that's why we chose this picture. Here we have a very crowded stadium and we have a band on stage.

You are the lead singer in the band. Everybody in the audience is one of your lifetimes, one of your aspects - who are now facets, integrated aspects, integrated actors. They played their part in the play and now they're here to cheer you on. Each and every one of the people in this audience represents a part and piece of yourself that has come in for integration in this Designated Ascendee lifetime.

The backup band, they are the facets of yourself, maybe that are closest to you. If you're an artist there's your artist facet. If you're a teacher, there's your teacher facet. If you are an ascended master who came back to Earth, there's even an ascended master facet there.

So, here you are, I-Am-that-I-Am, standing on stage, the microphone in your hand and all the parts and pieces of yourself from every lifetime and in-between lifetime are here rooting for you, cheering you on. None of them are aspects trying to sneak out the back door. None of these people in the audience are aspects that want to come take you down on stage and say: "No, I'm in charge." There's not a mind aspect person who is going to come up on stage and says: "I'm the mind, and I'm in charge."

No, these are all integrated parts and pieces of yourself who are all there, representing that energy is there to serve you. Each and every one of these people

in the audience are energy, *your* energy, ready to serve *you*. The backup band, these facets of yourself, these integrated parts and pieces of yourself, they are energy waiting to serve you, as the I-Am-that-I-Am-Consciousness.

Let's go back to the concept of New Energy. New Energy is going beyond any concepts of duality and separation between human and divine. In New Life we are going beyond the notion that energy and consciousness are separate.

How we get there is seeing all the parts and pieces of yourself as energy waiting to serve you as consciousness. Who you are is consciousness, all the experience and expressions you've had in every lifetime on Earth and in-between are energy waiting to serve you.

In New Life, energy and consciousness become one in the New Energy. And, as more and more beings allow energy and consciousness to become one fluid, dynamic, integrated being, that is how we create a specific New Earth called Theos. That is how we create New Earth, or Heaven on Earth.

So, you're on the stage, your I-Am-that-I-Am-Consciousness in the center of the stage. We are in a circular stadium, the stage is in the middle, every single aspect, part, piece of yourself is there cheering you on: "I am energy and I am here to serve you, Consciousness." And the human part of you said: "You know, I've done everything," it looks down at the audience, the perspective that humanity provides - but we're not going to call it the *human* anymore. When it's integrated, it's *humanity*. Your humanity looks through the audience at all the roles and all the acts and all the storylines it played in and says: "Wow, there's nothing left for me to experience on Earth. This rock concert, which was the greatest hits of all my lifetimes on Earth, this rock concert is over".

So, you take a bow: "I am not any of these identities, I have no identity left, except I-Am-that-I-Am. There's nothing left to experience on Earth." You take a bow, you say: "Thank you, thank you so much, Earth. Thank you so much all of these beautiful lifetimes I had. I am done with my experience here on Earth and it was the most glorious experience I have ever had".

So, you take a bow, and you walk off stage. And you're crying, you're sitting in the backstage in your dressing room and you're crying these tears of beauty, big crocodile tears of beauty. "What an experience that I had on Earth!"

I got to forget who I was, playing these roles, I forgot who I was, playing each of these roles, so I could have this grand experience of it all coming home to integrate into the 3rd Circle of Creation, into my I-Am-Beingness.

And as you're sitting backstage laughing and crying simultaneously, because there's no such thing as good, bad, right or wrong anymore. Whether you're crying or you're laughing it all comes from the same space of love and acceptance and beauty and joy. When you get down to it, it all comes back to this joy of *I Exist*.

And while you're sitting back there in your dressing room, you realize: "You know what? Now that I am an integrated being, I can go back on stage, and I can do anything that I want without forgetting who I am, without getting stuck in any kind of role. I can play and never forget who I am, and never ever get wrapped up in a storyline or a pattern.

You know, this nothingness is not so nothing. There's so much going on beyond the concept of limited human roles on Earth. I can have the experiences that I loved on Earth without getting hurt, lost, stuck - and I can just enjoy.

So, a decision is made here, in the backstage room. "Will I have the encore of New Life? My fans are out there, they're cheering me on. Will I go back on stage and have this New Life of freedom? Or do I stay backstage and say: 'You know what? I feel complete, and I don't need to go back on the stage'."

The choice is yours, but if you do decide to leave the room backstage and walk back on to the stage for the encore, here's what it's gonna sound like in the crowd, cheering for you. It's gonna start quiet: "Namaste, namaste." Everybody, all the parts and pieces of yourself are rooting for you to come back on stage to play one last song, one last melody, one last ballet.

Every, all the parts and pieces of yourself are saying: "You know what? Why not? Come out! One last encore for this rock show on Earth." They're rooting for you: "Namaste, namaste"... Stomp your feet: "Namaste," clap your hands: "Namaste", they get louder and louder: "Namaste, namaste, namaste."

You're still sitting back in the backstage room and you can feel the tension building. Oh, that tension that used to cause you anxiety. Now you feel that tension building ... "Namaste, namaste" ... And you love the tension because you know it's creating, you know it's creating this New Life, this is the tension. They get louder, they start

beating their fists on the chairs and stomping their feet: “Namaste, namaste, namaste, namaste!”.

And then, when you feel the tension reach a crescendo, you decide: “Hey, screw it, I'm walking back out on stage, here's the encore of New Life.” And you know exactly the right moment to do it, and when you step out on stage for your encore of New Life, the tension releases and it turns into the sparkling creative neutral energy that's going to be there to express your I-Am-that-I-Am perfectly.

(deep long exhaling)

Notice how the tension was creative, and it created the flow into the expansiveness of I-Am-that-I-Am-Expression, and that expression is the encore of New Life.
(breathing)

Beautiful friends, deep breath. It is an honor to be here as Koot Hoomi, and even more so, it is an honor to channel you. What a fun experience! Sar’h is channeling me and I am channeling *you*.

Now, I wasn't allowed into this rock concert, because only the people in this rock concert were you. This is your sovereign stage, your sovereign rock concert. The stage in the middle with the I-Am-that-I-Am and then all parts and pieces of yourself surrounding you in a big beautiful circle, energy cheering you on: “Bravo! Bravo!” (clapping hands)

I'm standing outside the stadium bowing in your honor.

Thank you for being with us today, Namaste!

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

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