



## SESSION FIVE: CROSSING THE BRIDGE TO THEOS

JUNE 20, 2020 \* KH & SH

Good morning friends!

It is I, Koot Hoomi, here with Lauren and all of you and my job today is to share with you everything that I pulled together on New Life.

Today's channel is about Crossing the Bridge to Theos.

In the last channel, we talked about the "Encore of New Life", where all the actors and aspects become facets cheering you on in this beautiful in quote "last lifetime on Earth".

I'm asking each of you to take a deep breath with me ... ahhhhhhh ... so, I want to remind you that it's not just me telling my story or Lauren telling her story, but we are all writing a new story and what it means to live in New Life.

I want to take you on a journey today. It's not just my journey or Lauren's journey, it's also your journey, a journey that's never been taken before and something totally new to Earth. Something even different and beyond what I was able to do in my last lifetime on Earth. (pause)

So, close your eyes and we're going to move to a point within time and space in which the deepest part of you meets the point beyond time and space. It's so

hard for the mind sometimes to really feel into that. So, I want to keep it simple but deep.

So, find, locate within your body of consciousness the point in time and space in which all parts and pieces of yourself, all the lifetimes that you've ever had, all the roles you've had to play, where they pause. And they turn and look at this beautiful human being that you are choosing realization and choosing to stay here on earth and experience that.

Now you might say: "But I'm not there yet, Koot Hoomi. I don't know yet." But a deeper part of you is already in that realized space. So, without too much thought, too much linear thinking, tapping into your deep knowingness, find that space in which all parts and pieces of Self are integrated.

Now, integration is not something you have to do, integration is mere awareness. I'm aware of all the parts and pieces of myself. There is a deeper part of me who observes with pure awareness, without judgement, all these parts and pieces.

So, take a pause and look into your body of consciousness continuing to breathe deeply allowing any resistance that occurs in your mind or in your body to release. You know, I'm always telling you to relax, Adamus is always telling you to relax, Lauren is always telling you to relax and it's not just a human saying: "Oh, relax!"

It's a deep scientific understanding that when you relax that is where New Energy comes in. That is where New Energy becomes available to all parts and pieces of yourself.

So, what, what really is New Energy? For so long we separated out the human or the Ego and then recently we started to talk about instead of saying: "my human", which is very separate, we started to say: "my humanity". We embraced the human parts of ourselves, we embraced the imperfectly perfect human and when it integrates we called it humanity.

Humanity implies a deep love and a deep compassion for your experiences on earth. Everything you've been through and the wisdom you've gained from it. There is no more wisdom to gain. It's all right here right now. And when the human part of you starts to embrace the totality of its humanity, rather than the separate human identity heavily identified with the mind and the physical body, when we embrace humanity from the perspective of our conscious awareness

we can see the human part of us was nothing but energy. An energetic representation of I-Am-that-I-Am.

So, instead of viewing yourself as a human who has consciousness and bringing the consciousness towards the human, we're going to step into a perspective in which the human is simply energy. An energetic expression.

As you are aware deeply and in full knowingness the I AM has two desires:

*to express*, something you call creation and *to experience*, to experience itself as God also.

Once upon a time – as the story starts – or if it's a Texan story you would say: .... (stumbles over words) ...“You ain't going believe this shit!”....

Once upon a time, we left oneness. And when we left oneness a panic occurred: “Oh my goodness I'm outside of oneness. Where am I going to get my energy from?”

And so began the journey of Earth, the creation of Earth, slowing things down through linearity, duality, gravity... to really understand, really truly understand the relationship between energy and consciousness.

The ultimate separation was the perspective that energy and consciousness are two very different things. That energy is outside of yourself and then you realize: “Oh wait, energy is no outside myself, it *is* myself! It's *in* myself!

So, you start to see how energy responds to your consciousness. And so, you start to change your relationship with energy. Yah, I can feel that. Your relationship with energy has greatly changed and say in your linear time the past six months, the past year, from one lifetime to the next – your relationship with energy has changed.

When Morya came to Lauren several years ago and said: “Allowing self-love is truly the key to allowing your realization.”

It sounds so trite, self-love – the words are thrown around, there's lots of selfies on your Facebook with self-love and self-care captions, but it's so much deeper than that. When you are allowing your relationship with energy to change you're truly allowing your relationship with yourself to change. Because the big quantum leap in conscious awareness occurs when you realize that energy is you. So, when you say: “I am allowing my relationship with energy to change. I

am allowing energy to serve me,” you’re saying, “I am allowing my relationship with myself to change.”

This is actually not just my energy, there is no separation between myself and energy. I AM Energy and I AM Consciousness. And the ultimate duality is that of this perception that energy and consciousness are separate.

So, if your eyes are closed you can open your eyes and look at the picture that Lauren and I chose today. On the left side of the bridge is you in the real, real illusion. Some people call that “relative reality”, your earth-existence, the space where you worry about your health, what job you have or don’t have, how much money is in your bank account, who loves you, who’s in your space or not, what boundaries are you going to set up to create a safe space. All the things that are really important in awakening. All the things that really get you to the bridge.

So, just like I invited you in the beginning, if you choose, see yourself on this left side of the bridge. All parts and pieces have come home, you’ve attended your own rock concert like we did in the last channel (pause) and then you say: “Oh, I am realized. Now what?”

So, as you start to take – if you choose – your first steps across the bridge you don’t really know at the time, well you know but your human awareness is not really sure what’s gonna happen when it crosses the bridge.

If I really stop worrying, trying to change my physical reality, my relative reality in the real illusion of earth life, will it go to crap? If I really let go of: “ Does my body - will my body work? Will I be here? Will I have enough money? Will I be comfortable? Will I be homeless?” all of those things, and with each step you take across the bridge you can let another thing go. (pause)

You see, the funny thing is – and I did have this experience in my last lifetime, I won’t have the experiences that you’re having, but I did have this. You know, when I started my walk and I talked to the trees and I began my journey as a realized being on Earth, there were the little parts, the little residual pieces of myself that said: “What if? What if we let go and it all falls apart?” And then my knowingness said: “It will fall apart. And it will be wonderful.”

Listening in on all the conversations that we had in the Patreon page and in the Sensuality calls and in our first Banyan Tree call that happened last week, I’d like to reflect something back to you. One of the paradoxes of embodied realization, when you move beyond the relative reality of this earth existence or what you

might call the real illusion or Realusion. Because it's not just an illusion, it's also very real.

When you move beyond it, not obliterating it, we're not getting rid of it, when you move beyond it, the paradox is – and when you really let go of everything in your physical human life and the real illusion, the paradox is that's when everything comes together. And all is well.

And I'm not asking you to trust me, I am not asking you to trust Lauren, it's about allowing your humanity which is simply your own energy to connect with its own consciousness, to trust its conscious awareness of being a creator in its creation. Being a creator in your creation is understanding that energy and consciousness were never not one. You were never not whole.

So, as you take these steps starting to cross this bridge into Theos, into New Life and we'll talk about how these two relate, Theos and New Life, we'll get there.

You move beyond the relative reality, but you don't lose it. From a human – from the perspective of your humanity you'll have one foot in that relative reality and one foot in eternity. See, each step you take across the bridge you start to realize how truly illusory and false, even, time and space are.

Time and space represent the crystal prison of relative reality. Duality creates an experience in which energy is a finite resource, which means it can run out, there's a limited amount of energy.

But with each step you take across the bridge you place your feet into New Energy which is an infinite energy source. Energy is not a limited resource, it is you, you are infinite, and energy is infinite. So, with each step you take across the bridge you're placing your feet even up to your knees or up to your waist in the New Energy experience where energy and consciousness are one.

(pause)

So, at this point, I am weaving together Lauren's experiences and my experiences in which we sat down in the middle of the bridge. You know there are so few Ascended Masters who reached this point on the bridge and chose to walk across at keeping their energetic representation in relative reality. The mind will debate staying or going, leaving earth or keeping a foot in this relative reality we call Earth. This is where the choice is made, in the middle of the bridge.

There [was](#) a point in my journey where I sat down on the bridge. On the left side of my body I could feel relative reality. I moved through all its restrictions, its limitations, the heartache and the suffering that came with it.

And then, on the right side of my body, at my right hand I felt all of eternity. I felt the true nature of myself as an infinite being, always free, never trapped, not bound to the limits of time, space, linearity and gravity, well what we might call maya, the illusion of maya, the real illusion of maya.

So, on the left hand you have relative reality, on the right hand you have infinity and eternity. Let's call it Infinite Eternity. I like that. And your humanity might say: "Oh, I have to choose between the two. I can stay in relative reality a little bit longer" and on the right side you say: "Oh, but this eternity and this infinity feel so much better. I am not bound to the limits of anything."

And then somewhere deep in the middle of yourself there is a knowingness, a creational intelligence that says: "It was never an either/or. It was always an AND." (pause)

Choosing New Life is about seeing that it was never an either/or, there wasn't a pull from the left to stay in relative reality and, of course, there is no pull from eternity or infinity of Self, the I-Exist. It was only the perception of separation that make you think you had to choose. Staying or going isn't the question. Staying or going isn't really the question. It may be the question of the mind who right now sometimes only can see and choosing either/or.

But choosing New Life is the AND. And something that is so beautiful, and I chose the AND, and Lauren chose the AND, and it wasn't too long ago that she sat down on the middle of the bridge and said: "Ahhhh, I can't decide!" until she realized it wasn't a decision but simply awareness, that she was opening to ALL.

And you see, you can be in this relative reality and experience infinity.

I'm going to describe that a little bit in a human cartoon way. Just so we have the mind coming along with us. So, you may be sitting in your life, having physical experiences. I took a walk; Lauren is taking a surf – yet at the same time you experience yourself in infinity and so many realities.

There is a part of you that is exploring, exploring the cosmos of Self, the Universe of You as Morya once called it. And it's all happening simultaneously. And the relative reality becomes such a small part of what you experience, that you don't worry about the details of it any more. It's taken care of.

Ok, I am going to take this down, Lauren is asking me to take this down to another level: What's something for the human, for the humanity, for the energetic representation, what's something in your life that is always come easy to you?

Ask yourself: in this human life, this singular human life, what is something that's always come easily to you? It could be friends, may be money has been easy for you. Feel into that.

Now, feel into how much you've worried about that.

For example, Lauren once had a client who said: "You know, my body is always been the easiest thing for me. It's just always taken care of itself." And then she asked the client: "Well, how much do you worry about the body?" And she says: "Oh, not at all." And then she went right back into: "but my relationship .... (tatatatataa)...". So, and then Lauren asked: "So, how much do you worry about your relationship?" and she said: "All the time."

So that's kind of what this is like. Whatever has been easy for you in your life that permeates to everything. The amount of ease in one area of your life is directly proportionate to how much you worry about it.

Worrying about something is trying to manage energy. Now when you sit down in the middle of this bridge you realize: "I don't need to manage energy."

You're so in the beyond of experience, in these other realms, these other realities. Something you might call future scenarios, futures lifetimes, but really are all happening simultaneously.

Because 90% of you is in eternity and may be 10% of you is in relative reality, you're simply not focused on what is going on in relative reality. The New Energy of your consciousness and energy combining as one, dancing as one, playing as one creates a scenario in which you do not worry about relative reality any more.

And here is where New Life begins. You're sitting on the bridge, you've allowed your realization, you've even started to prepare your body through a series of lifetimes. Not just in the last week, or the last month, or the last year, but you've been preparing your physical body expression to allow this New Energy to come in. And you've opened to AND.

Of course, I can keep a little bit of my energetic representation on Earth here, have that experience, and then it is with deep knowingness, if you choose, that you can stand up from the middle of the bridge and cross it into New Life.

And by standing on the right side of the bridge you realize in your infinite eternity that you're also in relative reality. We've gone multiple. Instead of being torn in two we are one. The way we've always been.

The understanding of our humanity has come along into being able to view, to perceive, to experience itself as one without having to get rid of the humanity. THIS was the Atlantean Dream.

We knew our divinity when we were in oneness. We knew all about divinity in oneness. We experienced divinity all the time – there was no time, but, you know, in every cell of our body.

And, when we came to Earth we said: "I know this divine part of me exists, and I know this human part of me exists." And there was a deep passion, this is the passion everyone is looking for. "Where is my passion? What's my passion?"

The passion is for moving beyond the duality of human and divine, bringing the two together. And when we cross that bridge to Theos, to New Life, we get to experience both.

So, what is Theos and New Life have to do with each other?

Theos is a New Earth reality, one of many New Earth realities in which everyone in this reality has experienced and chosen New Life. Now, not everybody in Theos has an energetic representation on Earth. They did at one point.

However, there is a passion, and this was not available to me. So, this is me, Koot Hoomi, merging with Lauren who's name in this lifetime is Sar'h, which is just the consciousness of Usara, New Life. The consciousness, the passion for New Life, which is the passion for experiencing yourself human and divine combined. Human and divine combined is the same thing as New Energy. Energy and consciousness are one AND I am experiencing THAT.

So, that's what Theos is about, it's a place to understand that energy and consciousness were never not one. That human and divine could combine even in the human perception of reality, they were never not, never not whole.

So, choosing New Life is choosing to experience this at your individual level. You weren't bound by the limits of relative reality or the real illusion. So, it becomes



fun to play in. And as you play there, this is where it's going to be little bit difficult for the mind to make a leap. So, I'm just going to introduce these things. You weren't bound by the limits of relative reality or the real illusion. And as you play in relative reality, you're also in your New Life on your BON screen and simultaneously creating a New Earth reality. And that's when we go beyond the Atlantean Dream.

So, take a deep breath ... (breathing) ... really feel into this beautiful young woman or young man if you want it to be. The child represents innocence and ... - innocence is the absence of guilt. This child represents curiosity. Curiosity is the converse of judgement. So, with curiosity and innocence you sit on the middle of the bridge, you take a deep breath and you ask: "What do I want to create?" and in that question, you realize: "I Am Creation!" And, everything unfolds from there.

So, take a deep breath ... (breathing) ... we'll continue to talk about these sorts of things in the Banyan Tree calls. So, what is the Banyan Tree have to do with any of this? The Banyan tree is a place of beautiful sparkling creative neutrality which we talked about in several of the channels. Sparkling neutrality which is not passive or boring but infinitely creative.

The Banyan Tree is a space to take a pause, to go beyond the limits of time and space and it may feel like time flows down there, but actually it's beyond time and things are not limited. They're actually moving very fast in a human perspective under the Banyan Tree; they're moving very fast because linearity slows things down. Duality slows things down.

So, the Banyan Tree is a place to visit, to gain your master perspective, what's truly going on within You. And to talk to other sovereign beings if you choose about that experience. So, the Banyan Tree is reality in which you can view the truth, your truth outside of the noise of Earth. The Banyan Tree is a place beyond the noise, the place of clarity and a place of knowingness.

So, my friends, thank you for inviting me here today. I'll continue to be less and less here. This is more and more about you, about what you're choosing and creating. At some point my story is not relative to you anymore. You're going above and beyond anything I experienced when in physical form. But as I said floating under the majestic Banyan Tree I can see so clearly what you're creating, and I am simply here to help your humanity catch up with what already is.

Thank you. Namaste.

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

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