

Tales of an Aspect Integrated

By Sar'h and Ahna'Ra/ Ahna'Ma

- Sure, we were in the Yeshua play, but it's really all about Atlantis and the NEW ENERGY Dream!

Tales of an Aspect Integrated

Video Part One

Hi friends, it's Lauren Hutton or Sar'h.

Welcome to *Tales of an Aspect Integrated*. Thank you so much for signing up for this.

So, when I first offered this course, we did it live, and what I realized is it's a *lot* of information to take in at once.

So, I kind of divided this up into three videos.

This first one, I'm just introducing into the consciousness, into the energy of the space, and I'm going to walk you through the steps on how to take the course. It's quite easy but just so we have clarity on what we're doing here.

So, the *Tales of an Aspect Integrated* combines the consciousness of Sar'h and Ahna'Ra who you also know by her incarnation name as Mary Magdalene in which she went through her *transfiguration*.

She shares that wisdom with us and we also take it further into New Energy creation.

So, it kind of covers a *lot of stuff*. Some other reports back are people really moving beyond other storylines, so much so that they're like: "Wow, I am so in my I Am That I Am, I'm so in my Oceanic Self, I don't even remember who Lauren was; or who Sue or Bob or Pete were."

And so, because you go into the space, when you go beyond the stories you go into kind of a space of no identity, no little self, no me or we in a big story.

And so, we introduce New Energy creation and USARA, which is New Life, life after embodiment, after realization here - it's just so... we don't cover that completely, we don't tell you *how* to do that, but just that you know that once you have no identity and no story there *is a new way* to live.

We don't go too far into that because it's just too much information to cover in one sitting.

So, this course is – let me switch slides...

Slide #2

DISCLAIMERS

- YOU ARE RESPONSIBLE FOR EVERY CREATION IN YOUR LIFE.
- PLEASE SEEK THE ASSISTANCE OF A MEDICAL OR MENTAL HEALTH PROFESSIONAL SHOULD YOU NEED IT. THIS IS FOR ENTERTAINMENT PURPOSES ONLY...
- THIS IS SPECIFICALLY DESIGNED FOR A SPIRITUALLY MATURE AUDIENCE.

First of all, I'm going to make myself smaller... here we go.

Hopefully this records well... so the disclaimers here are:

You are responsible for every creation in your life.

You need to know whether you're ready for something or not. So, definitely ask yourself that question: "Am I ready for this?"

We do not give mental health or medical advice. I highly encourage you if you have any kind of health issue to seek out the support of a doctor or mental health professional.

This is for entertainment purposes only.

This is specifically designed for a spiritually mature audience.

And this is serious.

Slide #3

The Point of No Return

"These workshops are not for (spiritual) dabblers or people wanting to hold on to where they are at. They will just find it too difficult and end up focusing on the content in order to get a 'hold of something'."-Course Participant

Indeed, these courses deal in intangibles, energetic shifts in perception, and a deep clearing of the story lines happening on the surface of the water or in a collective reality matrix.

As always, if you want to improve your human life, these courses will not be supportive of that experience. If you want to deepen your relationship with your true nature of the IAM THAT, you have found yourself in the space to meet this desire!

Someone who took both the courses, the *Art of Allowing* and *Tales of an Aspect Integrated* sent me this e-mail. And she said, "You should really put *this* in here":

"These workshops are not for spiritual dabblers or people wanting to hold on to where they are at. They will just find it too difficult and end up focusing on the *content* in order to get a '*hold* of something'."

Indeed, these courses deal in intangibles, energetic shifts in perception, and a *deep* clearing of storylines happening on the surface of the water or in a collective reality matrix.

As always, if you want to improve your human life, these courses will not be supportive of that experience. If you want to deepen your relationship with Self, that's kind of the area that we work in.

Everything right now that we're sharing is about the Infinite Mystery of the I Am: moving beyond soul, moving beyond human - we kind of cover that.

The thing I did *not* realize when I recorded this is that *Art of Allowing* was kind of the... *Art of Allowing* was kind of the prequel to *Tales of an Aspect Integrated*.

And I do include some of the *Art of Allowing* materials in here just to make *sure* that you understand the concept of a spiritual facade, a holographic projection, and of your spiritual Self into this matrix, so we can move beyond the storylines.

If you want to go back and take *Art of Allowing*, there is a discount code I'm happy to send to you... if you decide, and this has happened, if you decide right here, right now: I don't want to take this course because I'm just not ready for it, I'll send you a refund minus the bank transfer fees.

I had someone do that. I also ... I have - there's over fifty people that have taken the *Art of Allowing* and it's been overwhelmingly supportive of people really getting a lot out of it. Some said they already knew it, but it was really good to hear it, to internalize it. Some people said it was new for them and they learned a lot from it. And someone said it was just too much.

And they didn't reject the materials but said they're just not ready.

So, it's good to ask yourself these things.

I'm trying to be more and more careful about this. I don't want to send anyone over the edge.

So, the only person that knows that best is *you!* You're going to know. You can't say: "Hey Lauren, shall I take this or shouldn't?"

No, it's all about *you!*

I'm not here for the money. So, if you need a refund, you just send me an e-mail and we'll take care of it, okay? *No problem!*

All right.

So, the steps for taking this course:

Take care of yourself. If you need to drink extra water, do it, listen to your body. I'm not giving you medical advice.

But a lot of people have said they were extra thirsty, I was extra hungry and then nauseous a little bit when I was recording this.

So, just take care of your body and your body is going to tell you exactly what it needs. So, that's the only job: is to listen to yourself.

Slide #4

Steps...

- 1) Introduction - Welcome - Video One
- 2) Dream Walk - Description
- 3) Course Materials - Video Two
- 4) Guided Experience - Going beyond linear stories and diving into the Oceanic Self - Video Three
- 5) Zoom Call - Small Group Support - Making it Real

This is the first video. I'm just doing an introduction and the welcome.

A lot of people report having a dream walk experience.

So, either myself or Mary Magdalene who is called Ahna'Ra– and in the second video she will tell you all about Ahna'Ra, so, I'm not going to do it here.

A *dream walk*, for those who don't know, is kind of like a sovereign guided experience.

There's a master standing there, illuminating potentials and possibilities, for the person to walk through. And those are *your* unique pathways. They're not anybody else's pathways and it just may be a pathway of *your own* that you don't see. And so a master just stands next to the door - and you get to walk through it or don't walk through it.

So, when I'm doing the dream walk part of this, and I do experience - at least connect with everybody who has taken this course, I at least walk up and say: "Hi, I'm Sar'h and I'm here if you need me, but if you don't need me and you tell me to bugger-off, no big deal."

If you say: "Yes, I want you to sit here and hold space sovereignly," - I'm there.

If you want me to do it for you, I tell you: "No way, you go to do it yourself."

So, that's really important.

Sovereign support here!

Dream walks occur beyond time and space. They have another reality: my I Am meets *your* I Am, you know, and we interact I Am to I Am.

So, we don't have all the stories, we don't have all the human persona, and I just sit there and hold the space for you to have an experience.

You can ask anyone to be there. You can ask Ahna'Ra or Mary Magdalene to be there. She is telling me right now she is there, she is with you all the time and if you call on her, she should be there with you.

Morya is here in support. And I'm always there in my sleep or during the day and whenever I feel I connect with various people. And I always check in.

So, the bulk of the course materials are in the video two. It's a little over an hour long, you can hit 'pause', you can take a break, you can watch half at the beginning, half at the end, rewind, pause... What I learned doing this live is that some people want to go faster, and some people want to go

slower, some people have to get up to take a bathroom break – so it’s all right there for you.

And as you’re watching it, just write down your questions, you know, or if you have an experience, write down your experience.

The third video is simply going to be a guided experience.

Some people call this a merabh - I’m not at all able to use that term because it is copyrighted - so it’s a guided experience. Mary Magdalene is going to lead it. So, that will just be a “close your eyes, sit back in your chair” recording and *allow*.

So, that will be to just bring it all together, everything that was talked about in the materials.

You don’t want to look at Video Two with your *mind*, you know, you just want to *feel* into it.

So, this is Video One.

Video Two is the course materials.

Video Three will be the guided experience where you just close your eyes, sit back, and relax if you choose. And then we’ll meet for the zoom call.

And this is a small group support. I just had one for the *Art of Allowing*, there were nine people on it.

Each person had about – you know... ten minutes to share what’s going on and if you want feedback I give it, if you don’t want feedback, I don’t give it - it’s really up to you what you want to experience.

But what I’m finding is when the small group happens, and you hear your peers talking about what’s going on and I hear you talk about what’s going on – it makes it *real*.

And, if you *do* need support more than the dream walk then it’s *there* for you.

So, we do all of these things to make this really personal, so you don’t get lost in a five thousand person seminar or a hundred thousand person online channel.

You're not getting get lost in it and you have personal support from all of us here at the house of USARA, that's what I'm calling it today, the Banyan Tree, that's what I've called it in the past - so you have a huge sovereign support group who'll never get in there and mess with you, but who'll always hold the space for you to know your own unique truth and no one else's.

All right.

So, take a deep breath, get yourself ready and then whenever you feel like it you start Video Two.

All right, have a great time and I will see you guys at your scheduled zoom calls. So, make sure you have that in your inbox, and you put it on your calendar.

~ SARAH and Lauren Hutton

Transcription: Juliane Fischer

Editor: Jess Bearer

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Video Part Two

So, welcome to *Tales of an Aspect Integrated*.

This is so much more than Aspectology. It goes a lot into the New Energy physics which I was not expecting.

I don't channel beings. I bring my stream of consciousness and another stream of sovereign being's consciousness *together* and present it in that way.

So, this says it's by Sar'h which is the consciousness of New Life, we'll talk about that, and Ahna'Ra is how Mary Magdalene introduced herself to me, and we'll talk about what that means.

But when I did this course, Juliane, who is lovely, said that Mary Magdalene came to her and introduced herself as Ahna'Ma which I thought

was really interesting. These are all – these words are from the Atlantean vibrational language.

And after the Fall of Atlantis there was... where yoga started and the yogis and the Eastern mystics and wisdom, they had Sanskrit.

So, the closest thing in our modern world to Atlantean vibrational language would be Sanskrit. I'm probably giving you guys too much history. I love the history of enlightenment, but just to give you a sense of where these words come from.

For those of you who like Marisa Calvi and Kuthumi, which I really do, his name is Ah-Kir-Rah. That's what he said. He introduced it as his oversoul. But for me it's a stream of consciousness.

So, we're going, we're going to talk about why the Yeshua play is - its relation to Atlantis and what that means for this New Energy dream.

We're in an era in which we actually have access to what we're trying to create in Atlantis, and it just didn't work out at the time.

(breathing)

All right. Switching slides. Where is my button?

All right.

(pause)

Slide #5



Re-write & Re-wire your old stories...
Tales of an Aspect Integrated
with Sar'h & AhnaRa
(Mary Magdalene)

Ahna'Ra
means:

Knowing God
or God knowingness
or Gnost ...

Ahna'Ma:
Knowing creation
Or Gnost

Sar'h (USARA):
New Life

So, this was the original 'advertisement' - for lack of a better word, that I put out. Patty, these are your butterflies that you've been having in your yard. Morya always shows up to me as an orange butterfly, so it's really nice.

Morya is involved in this too, I'll tell you why and how in a second.

So, she's told me – this Consciousness told me to put this down:

“Re-write and re-wire your old stories.”

And it's really a *moving beyond* the stories.

You're not - you're not getting rid of them, you're not concluding the stories, but when you move *beyond* them a cellular *shift* happens in your body which allows you to move into this *transfiguration* that Mary Magdalene talks about, which we call self-realization, enlightenment, etc.

Ahna'Ra means God Knowingness.

'Ra' means God and 'Ahna' is like a knowingness. So, it's basically *Gnost*. *Gnost* is a sensation, a creative fluid of the I Am That I Am.

The soul, a part of ourselves that's woven into the tapestry of Self, the soul brings *wisdom* and *intuition*, and the *knowingness*... like that deep

knowingness that everyone here has experienced in some part of their life. They don't have a rhyme or reason for something, but they just know. That would be *Gnost*.

Juliane, I'm going sending you this, she was on the last call. So, I did some research, which is just an inquiry of what Ahna'Ma meant.

And 'Ma' in Sanskrit, which I said is the closest thing to the Atlantean vibrational language, 'Ma' means creation. So, that would translate to, to know... 'Knowing Creation', and God and Creation are basically the same thing to me.

And we're not talking about an external God, everyone here knows that. If you read my book, you know what I mean by God - the Indefinable, the Ineffable, the All-That-Is and All-That-Is-No-Thing.

And Sar'h, for those who haven't read my book, comes from the Atlantean word USARA, which means New Life, which was the Atlantean Dream: to be able to merge Consciousness and Energy into a physical vessel while staying on Earth.

(pause)

Introduction by Mary Magdalene

- "You know you've finally moved on from your stories when they no longer require a finite conclusion. Writing a conclusion to the story actually keeps it in its never-ending loop. When this happens, a shift within the body of consciousness that is deeper than the cellular level occurs..."
- If I can move on from my story of MM anyone can and must to experience New Life
- I am no longer MM that story lives on without 'me' in it.
- I am a consciousness/ energetic imprint
- People who channel MM are channeling an energetic imprint left behind that's awesome too...

So, when I said: "Okay, Ahna'Ra or Mary Magdalene, what are we talking about here in this course?"

And - she would just give me these little snippets. They came with massive sensations and images - and images like you guys talked about.

One of the images I kept getting was like... basically like a... a *rose* made of gold that was blooming. Like ever-blooming, constantly opening its petals. And in this image was: "You know you've finally moved on from your stories when they no longer require a finite conclusion."

Writing a conclusion to the story actually keeps it in its never-ending loop. When this happens, a shift within the body of consciousness that is deeper than the cellular level occurs.

So, if we go into the story of Mary Magdalene, which was an incarnation of Ahna'Ra, this Consciousness – I'm sure you guys have all put yourself in that place and imagined what her life was like as a disciple of Yeshua, as his partner. We won't get into the... were they lovers, were they not...

I think we all kind of know they were, but she doesn't want to get into the details here, but she's saying you can imagine what it must have been like:

people didn't take her seriously, a woman was not capable of having that kind of relationship with God or the Divine.

And then, you know, Yeshua kind of protected her when he was in physical human form and then she was kind of left on her own after he ascended. It's not that he went away, but he did not keep his physical form like we're able to do now in the New Energy. Which *is* the Atlantean Dream.

But Yeshua showed up, and the people around him, to support this concept of helping people *remember* that the kingdom is *within*. Helping them remember that they are God, Also – which was totally forgotten in the Fall of Atlantis.

So, this Ahna'Ra would be a Consciousness.

For example, like Adamus Saint Germain is a *Consciousness*. He is not an *energy*.

So, a lot of people who channel Goddess energies and... you know, the energy of the Magdalene's and things like that – none of that is wrong or bad. It's just that - we're just pointing out the difference that... when you have this incarnation in this lifetime you *leave* an energetic imprint.

So, like people who are channeling Morya right now, they're not channeling his Consciousness.

I'm not talking about myself, I'm talking about people who are still in the New Age channeling habit. And it's actually doing a great service. He left an *energetic imprint* behind. The channeler *taps* into that imprint for an audience in which that's totally appropriate and totally correct.

But you guys are at the expandedness of consciousness where you can kind of see the difference between an *energetic imprint* and a stream of ever-flowing, ever-new *Consciousness*.

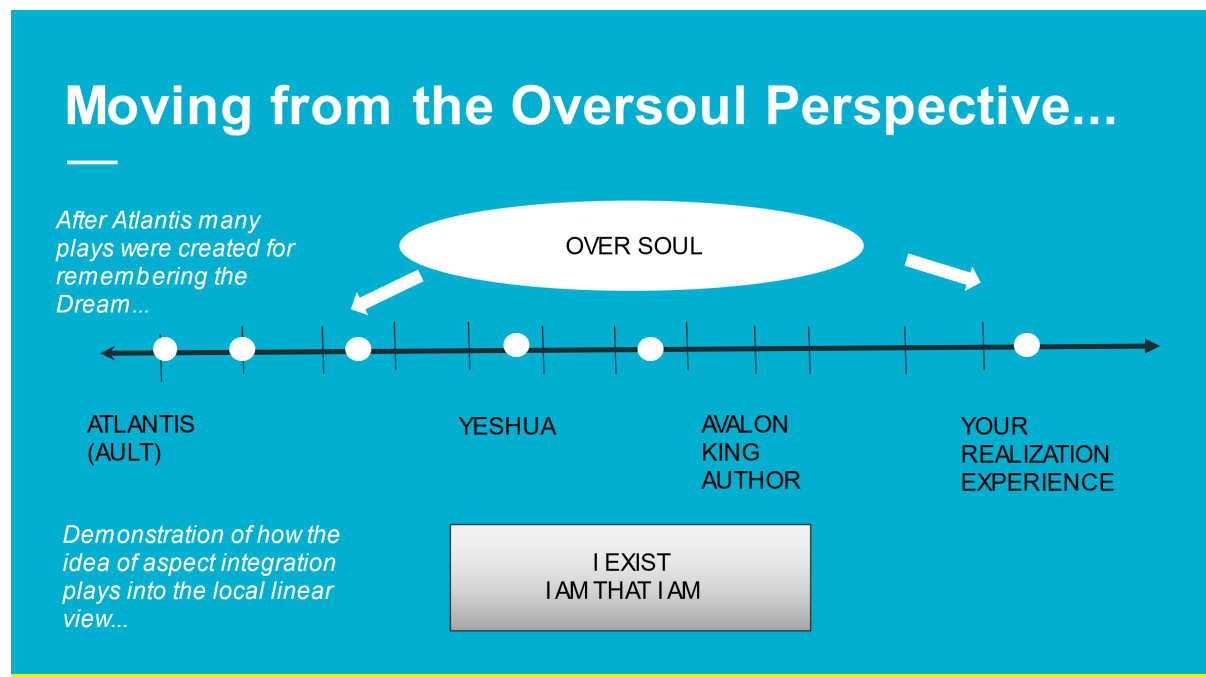
So, she just wanted to make the difference. People who are still telling the Mary Magdalene story in detail, what it was like for her... she is not opposed to that. She's just saying it's tapping into this *energetic imprint* she left behind on purpose as an act of Consciousness, rather than the state of consciousness that she currently is in.

And it's... not that it's a timeline, but we are just trying to find a way to talk about that - that is going to make sense to the mind.

All of this is happening simultaneously, there is no linear time, it's an illusion.

(pause)

Slide #7



So, one of the things that both of us wanted to talk to you about was moving from the oversoul perspective – oh, I'm getting a little... ok, so, Morya and Mary Magdalene both want to talk about how they know each other and how they're related.

So, Morya was one of the three wise men at the birth of Jesus or Yeshua and Marisa Calvi actually wrote a fantastic book called: 'Balthazar, (the magus)' which is Kuthumi's incarnation as one of the three wise men.

It does a really good job of talking about how a group of beings got together to create this Consciousness that was incarnated as Yeshua.

Yeshua was not a souled being, he was a pure Consciousness that came into physical form. It was almost like a collective creation. And I would never even attempt to write a book like Marisa wrote on that.

El Morya's role in that, his incarnation, his role in that play was Melchior. Mary Magdalene in her lifetime with Yeshua, she was a descendent of Abraham, and Abraham was also an incarnation of Morya.

So, that's just story time and that's kind of how all of these Consciousness merge. I know it's a lot of like human fact sounding details, but when you feel into the sensation behind it you can see how... even you, like you guys too, we've all been kind of doing these plays and incarnating together for a *very* long time.

You know, one of the first civilizations on Earth going back to Atlantis... and I did this (moving pointer on the presentation) in linear time because we still have human brains.

So, in Atlantis, where we all had many lifetimes, not just one. Towards the end of Atlantis... before the "Fall of Atlantis" - and I use that in quotes - before the end of that era, this is when a group of beings who now are incarnated and call themselves Shaumbra, decided that they wanted to *standardize* the human body.

And one of the ways that they *did* that was they created something that we are calling now, a *headband*.

So, this went on, I was not a part of it, Morya was not a part of it - and... Mary's saying, she didn't do it either. But a group of beings put this headband on and it was part of the standardization process, which had very good intentions: let's make everybody have an equal playing field to experience the Atlantean Dream; Energy and Consciousness, bringing your angelic form into physical being, not forgetting who you are in this Earth atmosphere.

So, after the Fall of Atlantis, which is when that experiment went really wrong, this experiment created mass consciousness, this *collective thought pool*.

So, after that, for those of us who remembered what happened in Atlantis, we kept incarnating and trying to remind people of the Atlantean Dream.

Because, what happened after Atlantis is caveman.

You know, pure survival mechanism, biological body – really in the biology. And it doesn't matter if you've put the headband on in Atlantis or not.

If you're born in this *body*... in all these lifetimes you've had the biological Atlantean created body with the Atlantean mind. So, you know, it just was part of evolution.

It didn't matter if you put it on back then or not. There was a tipping point in which everyone born in physical form has this... you know, *brain*.

And the *brain* is part of this collective. In Atlantis it was very much... community, in which you sacrifice the needs of yourself for the greater good of the group. Rather than putting yourself first, finding your sovereignty, and then being part of a group.

So, the things that were missing in Atlantis were *Sovereignty* and *Gnost*, *Knowingness*.

So, this is what the Ahna'Ra and the Sar'h Consciousness, what they bring to Earth today is the *Sovereignty* and the *Gnost*, which are the missing pieces of the Atlantean Dream. Something *all of you* hold within the caverns of your beingness as well.

So, she wants us to kind of put it in a context, because there are a lot of people out there that are like: "Oh, poor Mary Magdalene."

You know, the pope didn't... in 1973 the Roman catholic pope issued a statement in the back of a program, 1973, one thousand nine hundred and seventy three years later, that Mary Magdalene wasn't a whore.

You know, because the Atlantean brain that was left over, they don't want people to know that they are, they have sovereignty, that they are in charge of their life!

This Yeshua play that Mary Magdalene was a part of, that many of you were there for, the Essene community, was to remind people of the good parts of Atlantis. Really!

And you have more, you know, other things that happened: Avalon, King Arthur – El Morya played the role of King Arthur. You have right here your realization experience, what you are doing right now. It's like a lot of little Yeshuas walking around saying: "Okay, I'm going to allow my realization, I'm going to leave that energetic imprint on the surface of Earth."

(pause)

So, this is one view, but the reason I am bringing it up is because this is part of the awakening experience. You realize you've had an oversoul - we're just going to call that a soul - and then the soul has had little incarnations on a linear timeline.

These are all *aspects*, you know, I don't like the word *aspect* as much, I like *identity*.

So, here is my identity, here is my identity in this life (pointing to a different part of the timeline). And in different lives you played different roles, and you've got *a lot*.

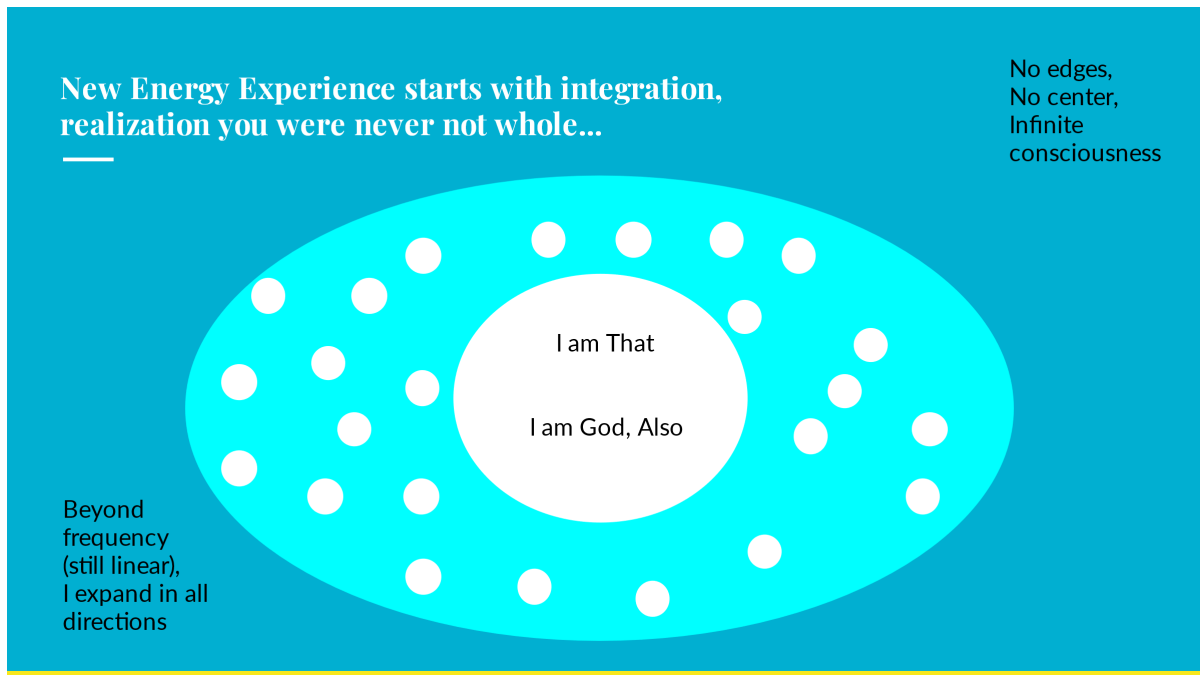
And then - at the bottom of this - is the I Exist or the I Am That I Am. This is just kind of watching it all take place, this is your Consciousness.

When you crossed the wall of fire, your angelic Consciousness stayed on one side, and this is where the separation occurred. And you experienced the separation so you could have the experience of realizing you were *never separate*.

And that's what realization really is.

(pause)

Slide #8



So, the New Energy experience, which *is* the Atlantean Dream, starts with integration, the realization you were never not whole. You never got separated when you crossed the wall of fire, in fact, you never crossed the wall of fire.

So, instead of having an oversoul with each of those little lifetimes... (coughing)... I created this graphic, you know.

So, here's - (pointing to the small dots on the slide) - all of the aspects that are coming home for integration. All the identities, all the roles you ever played. And they don't really need to come home. They were *always* home.

So, you start to realize that.

And the I Am That I Am takes a central *role*, the I Am God, Also.

This (graphic on the slide) has an edge, but I wrote here - (pointing on the upper right corner of the slide) – “no edges, no center, infinite consciousness”.

When you step into your realization, you don't really have a center and you don't have edges, but this again (is) for the mind.

So, you're also moving beyond frequency.

“This is a high frequency” - that was the New Age. New Age was okay.

So, in the New Age you're going to go beyond duality and linearity, and the way to do that was to start to look at things in frequency and vibration.

Which is something that was in Atlantis. We were frequency and vibration, that's how we communicated with each other. And then you move beyond that into the New Energy, which contains no duality; so not even a difference between high frequency and low frequency. And I'll give some examples of that.

In the New Energy you expand in all directions *simultaneously*.

I will make that more concrete.

(pause)

Slide #9

The NEW Living Masters

- The Energetic formless form meets the consciousness of the I AM in the physical vessel- The Atlantean Dream
- Ascended Masters are pure consciousness that contain no energy. “Goddess energies” and “divine feminine” are parts of the act of consciousness- energetic imprint left on Earth - stories that continue on after MM self was integrated into the consciousness of Ahna’Ra
- Lifetime as MM was an act in the play to remind people after Atlantis why they came to Earth in the first place - for an experience, not to stay forever.
- Sar’h’s version of this is...

So, the NEW Living Masters. You know... okay, so right here I wrote: “The Energetic formless form meets the consciousness of the I AM in the physical vessel.”

So, everyone choosing their realization, and there's others but just let us focus on that, is an *energetic being*.

You are not just a biological flesh and bones being. You're *energy*.

I talked about this before, but I just want to kind of point it out.

Ascended Masters are pure Consciousness, they contain no energy. They once had an energetic body, but they don't anymore.

And just to reiterate:

Mary Magdalene was a beautiful act of Consciousness and the play to remind people after Atlantis why they came to Earth in the first place – for an experience, to experience their own consciousness, not to stay forever.

So, we have this opportunity *now* in this New Energy to *bring* the energetic formless form and the Consciousness together while staying in the physical vessel, which is something I would call *embodiment*.

I have not completely done this, so I don't teach courses on that but that's the direction.

(pause)

Slide #10

Self-Realization is not an acquisition, it is a dissolution...

“All that is born, all that is created, all the elements of nature are interwoven and united with each other. All that is composed will be decomposed; everything returns to its roots; matter returns to the origin of matter. Those who have ears, let them hear.”

- The Gospel of Mary Magdalene

Moving from the notion of picking up the parts and pieces of a Big Self, to expanding out to meet and absorb the wisdom of all lifetimes, beyond the borders of identity or aspect choosing realization or any storyline. The decomposition is the little you in the big external experience. (Surface of the Water)

So, this is a quote, it's from a book, 'The Gospel of Mary Magdalene', and it was written in French and translated, but I love it. I've used it in all of my books and it's something that has just stayed with me. It's not just a quote.

When I was moving through my self-realization experience, I guess I had some ideas about what it would look like. I thought everything would come *together* in some sort of order, and I feel some sort of completeness. And instead of it being an *acquisition* or a new version of myself like a super improved Lauren, what I really experienced in realization was a *dissolution*, and I'll talk about that.

So, the mental concept of aspect integration is a notion of picking up the parts and pieces of a big Self.

So, I'm going to bring this aspect in. I'm going to bring this one in... You're kind of looking out, and that's really cool the human has that experience.

And then when you move into realization, you realize you're expanding out to meet and absorb all the wisdom of all lifetimes.

So, you retain the wisdom and the rest *dissolves*. And you stop remembering details of your life.

When you move into New Life, or USARA, you start - it's like you stay in physical form, but the life you had before your realization starts to feel like a very distant past life. You know, like we can tap into Mary Magdalene's experience, but she is so beyond it she has to go back and use the sensation of focus to remember the details.

And the details are kind of fuzzy, just like if you have ever remembered a past life. You know kind of the big wisdom thing you gain in that life, but you don't know every little detail.

So, that's what it starts to feel like. But you're basically starting a new life without having left the physical vessel. So, you expand and you absorb all the wisdom of all lifetimes - beyond the borders of identity, or an aspect choosing realization, or any storyline.

So, there's kind of a decomposition of the little *you*, the human *you*, in this God, Also experience.

And I'll talk about the surface of the water later. And that will be more clear with the image that I have up here.

(pause)

Acquisition defined...

- An asset or object bought or obtained
 - Looking for Enlightenment or Realization
 - Going out to get that aspect to finally come home!
- Learning or developing a skill, habit or quality
 - The Quality of Being Enlightened
 - The Skill of Creation (Imitation)

So, for those who took the *Art of Allowing*, what we talked about was this aspect of the human choosing realization.

Someone emailed me and asked me: “Is this aspect choosing realization necessary?” And my answer was: “It’s not necessary but it’s *super* helpful.”

And that’s the way most people do it: “I am a human choosing realization.”

That is an identity or an aspect created, but it takes you where you are going. Ego becomes *we-go*.

So, this identity choosing realization often thinks that they’re going to gain something in realization. They are looking for enlightenment or realization, they are going to go out and find that last aspect, the “I-am-not-worthy-aspect”, and they are going to bring it home. All of this is really great stuff, it’s just - an evolution occurs, a shift in perspective occurs.

‘Acquisition’ is also defined as: learning or developing a skill, habit or quality.

The quality of being enlightened: “I’m going to learn how to be a true creator”... this is an imitation of consciousness. This aspect of yourself choosing realization is imitating Consciousness. Not in a bad way - in a

fake-it-till-you-make-it kind of way - getting comfortable with realization. But eventually this, even this aspect has to come home.

(pause)

Slide #12

Dissolution defined

- Nothing is gained, Everything is lost to experience No -Thing
- Dis-integration - Wisdom Integrated -- Gnost, an emptying
- Termination or cessation of identity (aspects) manifested to play roles on a collective stage
- From solid (aspect) to liquid (facet) - explain more...
- In a movie - the act of moving gradually from one picture to another

‘Dissolution’ is: nothing is gained, and everything is lost basically, but not in the way... everything is lost from a *human* perspective.

Because there is nothing more exciting, and more desirable, and nothing you’re more passionate about than experiencing the No-Thing.

The No-Thing just means: no kind of human image thing or... surface thing or physical thing to experience the God, Also.

So, the wisdom integrating, basically the soul’s “job” – I use that in quotes so that we can personify the soul – is to wisdomize everything. The human has an experience, the soul wisdomizes it. It’s like the human takes a big poo experience and the wisdom composts the poo. (laughing)

Gnost feels like an emptying.

And it's really not – it's, that's a shift in perspective. Going empty, feeling empty to the human means: "I am not writing another story. I've removed myself, or not really removed, but I've gone beyond *all* my storylines, and I am not creating another one."

So, it feels kind of empty because the only way the human has ever created in this life was to create *another* identity to be in *another* story on a collective screen.

So, the Gnost sensation is: "I am not going to create another experience."

So, another way to put this is: cessation of identity or aspects manifested to play roles on a collective stage.

We covered this in depth in *Art of Allowing*, I'm just briefly going over it.

So, an aspect or a human identity feels really *solid*. And then when it integrates it moves into a liquid, which some people call a facet. This is still the idea - like in the collective, say Shaumbra consciousness, this is still a very mental and mechanical kind of view of having an aspect, and now it's integrated, and now it's a facet.

The best way to describe this, and I'll do it in the upcoming slides in more of a visual way, is that you become the Oceanic Self. There is no separation of soul and human.

You actually feel like you have no self and no soul. Because it integrated and (is) woven into the tapestry of Self. Or I like better the image of the Oceanic Self.

So, a facet would be a wave that is an expression of the I Am, and the wave comes up and expresses itself, and then it comes back into the ocean - but it was never separate.

Or if you go to the tapestry image you see the beautiful woven tapestry. You're not going to pull out a thread of it and say: "This is my identity as my lifetime as Mary Magdalene."

Mary Magdalene's lifetime is woven into the tapestry of Ahna'Ra and Ahna'Ra is a beautiful tapestry with many different colors, many different

experiences and wisdom, but it becomes one whole... tapestry, one whole experience.

(pause)

Slide #13

Disintegration -The Paradox

The process of losing cohesion or strength

The process of coming to pieces

The human stops trying to hold all the pieces together. Let's Go.

Integration is a unification, a coming together.

Yes when the human persona (role) allows everything to disintegrate; that's actually when it comes together.

The human gets so tired of holding it all together.

Okay, so 'Disintegration' is the process of losing cohesion or strength.

I really – from my personal on-Earth-experience right now – I really thought that I would have a *coming together* when I experienced my realization. And actually, it was a *coming apart*. And this is a flipping perspective.

So, *disintegration* is the process of *losing* cohesion or strength. The process of coming to pieces. And this sensation comes from: the human stops trying to hold all the pieces together.

Because really, you don't realize how much you're gripping onto holding it all together, until you allow your realization and the human just stops trying to hold all the pieces together and just lets them all go apart.

Integration is a unification or coming together.

So, the paradox here is when the human persona role, or the human choosing realization, allows everything to just kind of *fall* out of its hands, it's not in control anymore. That's actually when it all comes together.

For me, it's like - if I'm going to be real honest with you guys - the human gets so tired of holding it all together. The human realizes it's *never* going to figure all this out, it's never going to have anything in order. Its biology is not going to be in order, its relationships are not going to be in order. Its bank accounts are not going to be in order, we are not getting the biology *right* before we really allow realization.

It's more like: okay, I'm going to allow my realization and then I'm going to figure it out later. Because I am just too tired of trying to control and manipulate energy. It's just too exhausting.

And that's when the let-go happens.

(pause)

Slide #14

Ways of perceiving reality

Flat Earth

To

Multiple Perspective (still mechanical)

To

Seeing through a lens of No Separation = BON = true creation

So, I'm going to go through three experiences and I'm going to repeat myself a couple of times just to give a context to the human perception.

So, after the Fall of Atlantis people were born, we have our cavemen era. You know, not everybody was like that.

The people who remembered the wisdom of Atlantis lived in communities. You know, you hear about ancient civilizations that were really smart: in Egypt, the pyramids, in Peru... Machu Picchu, all of that – those were people who remembered the Atlantean Dream.

And then the ones who didn't, who were blasted, were doing the Flat Earth thing, the Flat Earth mentality.

And then you move into multiple perspectives.

This is a kind of like awakening: there is so much more to life than just the physical reality. "I know there is something more and I am able to look at things from a multiple perspective. I still learn lessons. I have an experience and I learn my lesson." And you have multiple perspective reality.

And then in realization you move through seeing through a lens of no-separation, the B-O-N BON screen and true creation becomes available to you. And so, these three things we'll kind of go through multiple times in the next couple of slides.

(pause)

The Eyes of Duality

The human does what it does.

In order to experience anything, it manifests a an identity (aspect) to experience it.

The belief systems associated with it the identity write the script.

Other actors play on the collective screen (a byproduct of Atlantis)



So, you know, in the Flat Earth world you have the eyes of duality.

The human does what it does in order to manifest - in order to experience anything. "I want to have a life as a farmer. I'm going to manifest an identity of a human who really loves the Earth and knows how to work with it."

So, there is your aspect. And then you experience working with the Earth. Something outside of you.

The belief systems associated with the identity write the script. "Life is about working hard. Working hard is satisfying, and that's how human life goes."

You have other actors in this play on the collective screen. And the collective screen is a byproduct of the headbands that were created in Atlantis.

It kind of created this... Atlanteans, who were very communal, put community above sovereignty and this collective screen which we call mass consciousness today is the byproduct of Atlantis. If you were in Atlantis, you created mass consciousness.

So, the people who created it are the ones who get to uncreate it by stepping out of it, moving beyond it.

So, you know, if you look at the news today you can see the flashes of extreme duality going on. But if you go back to Mary Magdalene's time it was quite – it was more intense in a different way, more physically intense. People just constantly dying, being killed, not a lot of law and order, zero consciousness.

And so, she really had this full experience of like: “Okay, this is duality.”

Like in a very real way. And you guys don't have to imagine it because you were there. You had lifetimes around this time and you know how severe the duality was.

(pause)

Slide #16

Belief Boulders...

All that a story needs to be true is for someone to believe it is true.

So every story you have heard about me and my 'daughter' Sar'h is true to the person who tells it or told it. That's why we would never defend it, it no longer belongs to us.

The story becomes someone else's tale. It takes on its own life, has its own sovereignty.

Realization occurs when a story dissolves & you do not create a new one.

USARA is story-less- at least in the ways of old operations in identity and ego.

So, part of living in duality is having what I call Belief Boulders.

So, Belief Boulders would just be like firm concepts of what's right and wrong. You see this a lot in Mary Magdalene's time and Belief Boulders are what writes the play, what writes the story.

I'm not going to read the slide because we have already kind of said it.

So, realization occurs when a story dissolves and you do not create a new one.

So, part of moving beyond your story is realizing that there is no really hard, fast, unmoving, solid concepts of what is right and wrong, good and bad.

And then you move in – and you guys are already beyond this, but I wanted to kind of give (an example) – this is the Flat Earth and then you move into...

(pause)

Slide #17

USARA...

Oooo - sah - raa - NEW LIFE

How does one get there?

What is the experience of new life?

Taking off the Atlantean Headband for good.

The Headband-created Atlantean Mind is what makes you operate in a collective.

That's where the stories occur and why they loop and repeat....

Sovereignty was missing AND Gnost is the way beyond.

... we've already talked about that... (moving slides)

(pause)

Slide #18

The Greatest Aspect to Integrate!

The one choosing realization.

Ways to describe it:

- The spiritual facade, holographic perception to experience consciousness
- The shaumbra on their way to enlightenment
- The Yogi meditating into oblivion

Realization cannot be experienced by an identity or aspect. No separation. The human must move from doer, to experiencing Self - aspects come home, naturally...

The death of the identity choosing realization leads to New Life

... we've talked about that...

(pause)

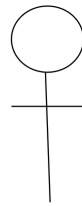
The Land of Blue: A Creation of Atlantis

Screen upon which you view your reality and project your identity!

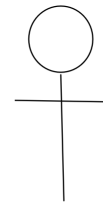


External reality is something different than you. You try to alter your reality, it will alter you!

Mass Consciousness:
A Collective Screen
Sovereignty is Missing!



Dialogue is based on beliefs: a limited way of perceiving reality



So, I'm going to move into what's after Belief Boulders, which is *perceptions*.

But I want to talk about this concept of 'The Land of Blue'.

It's really a creation of Atlantis. It's mass consciousness. It creates a gravity when a collective belief pool, a collection of Belief Boulders form. It's not – mass consciousness is not really a mass... is not really conscious. Mass consciousness is just a collective of belief systems.

So, I'm going to go through these slides and this is a screen ... (pointing to the white square/white box on the slide)... think of it like a movie screen or a stage where a play is happening. It's going to repeat itself, so if you see the white box, that's what that is.

So, here you have the collective screen. Sovereignty is missing because the collective was put before the individual when this next era of Earth was created.

In this - external reality is something different than you.

You try to alter your reality, it will alter you. You know, when you try to go in and mess with the mass, the mass is going to push back.

The dialogue here, the storyline is based on beliefs - a limited way of perceiving reality, a dualistic way.

'The Land of Blue' – the term for that in the Eastern World would be the 'Veils of Maya'.

And all this is actually, it's not all a bad thing - this is how you go about experiencing yourself as Consciousness.

The separation had to occur to have the experience of realizing you were *never* not whole... and knowing you are God, Also.

God can't experience God, it had to create something to be able to experience God. And then realization is the coming back together of this.

And for Mary Magdalene in her lifetime then, that happened in what she calls the *transfiguration*.

Going: "Oh wow, I was never not whole. I had this whole storyline about how I was fragmented. You know, I was a soul in need of redemption, and this Yeshua man saved me," ... and then to realizing she was never not whole. So, that's what we're all kind of doing.

(pause)

Atlantean Community

Mass consciousness was created in Atlantis (by the headbangers)

The Essenes were simply another gathering of those in Atlantis, trying to bring forth the Atlantean Dream (Shaumbra/ Crimson Scarf) in a new time and space...

Shaumbra are a group of souls traveling together...

Two things were missing in Atlantis (Ault):

- SOVEREIGNTY
- GNOST

It's a great thing that we pulled the plug!

And I talked about this more, the Atlantean Community.

So, Mary Magdalene comes in and you know - I had a lifetime with her in this, but we're not going into the details of that. That's something that's always been very clear to me since I was very small. That I wasn't going to go out there and tell this story of Yeshua. You know, I'd make a lot more money if I did.

But I was not going to tell my story of being a child in the time of Yeshua and Mary Magdalene. I didn't need to defend this story anymore, I was so beyond it.

I don't relate to Mary Magdalene in a way that is: "Oh, we shared a lifetime together and it was so special."

I shared lifetimes with Morya, I also don't relate in that way. It's more of a swirling - a coming together of two sovereign people, two sovereign beings, and sharing their consciousness... because I've moved beyond the stories.

So, it's less of that emotional: "Oh, it was such a great lifetime, I wish I could go back, or do it in a different way, or explain it to people in a way they'll get it."

Yeah, so I want to talk about this in a modern context.

So, the Essenes were simply another gathering of those in Atlantis. This is where the Shaumbra red scarf came in. When they had their meetings, they'd wear the red scarf. It's a crimson scarf and they were trying to bring forth the Atlantean Dream again.

One of the things that has to be done to experience the Atlantean Dream though is to move beyond the communality. Instead of putting the interest of the group ahead of your own, actually the best thing you can do for any kind of group and community is to put your sovereignty and yourself first. And then that has massive effects.

So, that's something that Mary Magdalene went through in her lifetime.

You know, Yeshua had his... what New Age people call his ascension. She continued on with her Essene community, they moved from Egypt and the Middle East into what we call France now, up into England and Wales and they kind of merged with the Celtic community, which was also a group of people in Atlantis. (laughing)

So, they found their community there and at some point, Mary Magdalene realized that... (pause)... she had the ability to experience not necessarily exactly what Yeshua went through, but to experience her own Consciousness.

And in doing so she had to walk away from her community.

There was *no way* in the confines of her community that she would be able to experience herself and her Consciousness and the God, Also in the way that she experienced.

And we talked about this - I just keep pointing it out – two things were missing in Atlantis: *Sovereignty* and *Gnost*. And it's not that we want to bring those missing pieces back in the way they were in Atlantis, but we should create something *new*.

Here, each of you viewing this, everybody who is experiencing their realization are rewriting *Sovereignty* and *Gnost* in a New Energy way.

At the bottom (of the slide) I say: "It's a great thing that we pulled the plug!"

I mean, when I started to remember my lifetimes in Atlantis, it's the only lifetimes where I felt like I still had a lot of fear, regret, guilt and... that all kind of came together, and I moved beyond it.

I wasn't worried about any other play I'd ever been in, but... Morya and I were there and if you've read my writing, you know that we were the people who actually did pull the plug. It was a group decision because everything was done as a group in Atlantis, but we're the ones that really pulled the plug. And it was a good thing, it was the right thing, but it was also heart wrenching.

Just like watching Yeshua on a cross. It was a good thing, the right thing and something that brought the attention to bringing the *knowingness* that the kingdom is *within* to a very large group of people and still has effects today. However, it doesn't make it any less heart wrenching when you're in that human experience.

(pause)

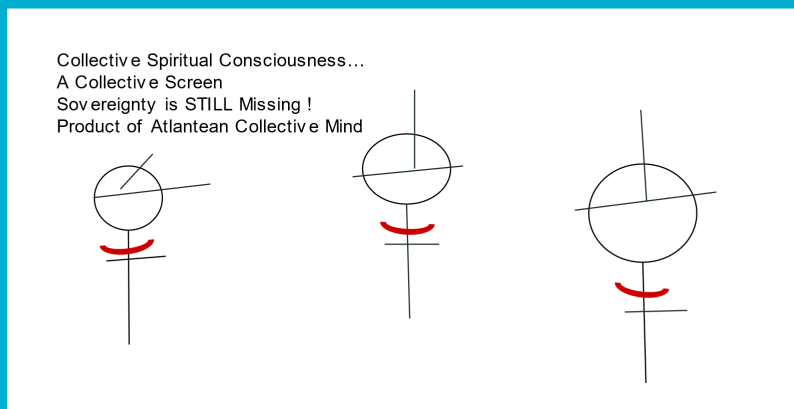
Slide #21

The Identity Play Continues on yet another screen... It's still blue/ veiled in maya...

One identity (basic human) is traded for another (spiritual identity)...

One set of belief systems (mass) are replaced with another (spiritual)...
Or in this case with Yeshua's words...
Or in this case with channeled words...

Beliefs into Perceptions!



So, what Mary Magdalene and I sat down and wanted to talk about is: the Identity Play continues on yet another screen.

Like when you move into awakening – this is putting all this stuff in a modern context.

Mary Magdalene can talk about her Essene community. You know, they had written down everything Yeshua had said, they told the stories, they went through all that he said, but they didn't necessarily apply it. They used it against each other: "You're a sinner and you're not," and there was a lot of internal fighting, and the point here is - the play repeated itself.

These were the headbands in Atlantis, and these were the red scarfs. The people are kind of repeating their pattern. With the creation of mass consciousness is this *gravity* in which patterns repeat.

So, you know, when an aspect is coming home it usually comes in the form of a repeating story.

And that's with the creation of mass - think of mass consciousness or the collective consciousness as like a hurricane. You know, if you walk outside of your house and you're wearing a hat, the hat is going to get swept up into the hurricane.

So, that's what I mean – if you take it to an individual level, these stories that are repeating themselves are not really repeating themselves in *you*, they are repeating themselves in the collective Atlantean mind. Which is a collection of Belief Boulders.

So, that's where the stories play out, they are playing out on the surface of the water.

So, we have this repeating pattern with this group of people who were the leaders in Atlantis and the leaders in consciousness really around the time of Yeshua, these Essenes, and they're wearing their red scarves and they also have their headbands on. Sovereignty is still missing.

So, one identity, the basic human, Mary Magdalene born into a beautiful family, having a normal experience, expected to get married and have kids – she meets Yeshua, now she has got a spiritual identity, and we have all done this.

One set of belief systems, you know, right and wrong, women should be seen and not heard - this is for Mary Magdalene - one set of belief systems is replaced with another.

“Thy shall do this, thy shall not do this.”

Or, in this case with Yeshuas words - what he was trying to show as an example to be applied to oneself but instead making it just another doctrine.

So, you see this happening with Shaumbra right now. If you watch the shouds, someone wanted to make a standard book of what a Shaumbra should or shouldn't be. This is just Atlantis and the Essenes and all of these communities *repeating* themselves.

“Let's take this beautiful experience of pure Consciousness and try to put it through the blender of duality and communality and make it a standard.” Which would just make another bible.

So, if you're in Keahak, this is where Adamus is going, and what Mary Magdalene likes to bring and same with Morya, we are all kind of on the same “team”. I use the term as a kind of a joke - so, beliefs move into perceptions.

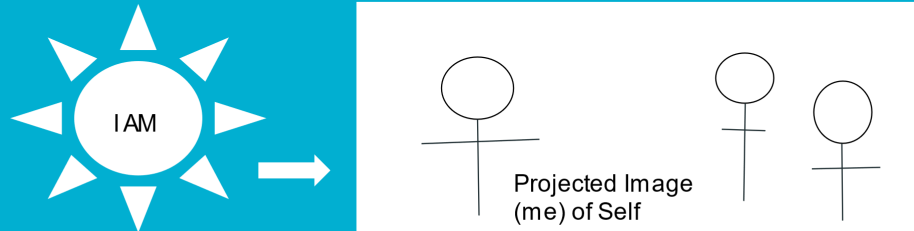
(pause)

Spiritual Facade

A projected identity on a collective 'consciousness' screen

Separation

continues...



So, if you took the *Art of Allowing*, we talk about this spiritual façade, you know: “I am a Shaumbra”, “I am an Essene”, “I am an Atlantean”, “I am an awake human being”... whatever.

The I Am is still *separate*.

The I Am Consciousness is *separate* from the energetic being and you are still on a collective screen. So, it’s a projected image of what I call “little me” of Self. The separation continues.

And this is necessary to experience yourself as Consciousness, you have to go through the separation. This is not wrong or bad. This is just - but you’re not meant to stay there. That is what this, *all* of this is about.

It’s like, okay, cool - have the experience of separation and then get to the point why you really, actually, truly came to Earth in the first place: to experience yourself as Consciousness.

(pause)

Multiple-Perspective Reality

This is where the wisdom of the soul comes in...

As Mary Magdalene, I started to understand why Yeshua had to be hung on the cross, why we had to make the play

Wisdom is a filter that removes the duality from an experience of the human in its projected image (aspect or identity) form.

Mary Magdalene was just a projection of SELF on the screen of yet another collective reality that was not mine...

Yet the wisdom of the soul is still in the play!!

So, then we move into Multiple Perspective Reality.

So, this is often where the wisdom of the soul comes in.

“As Mary Magdalene, I started to understand why Yeshua had to be hung on the cross, why we had to make the play. I realized why people in my community were mean to me. They were jealous of my relationship with Yeshua.”

You start to wisdomize everything. “I realized what I thought was a huge mistake ended up being the best lesson I have ever learned in life.”

So, wisdom is a filter that removes the duality from the experience of the human and its projected image - its aspect or identity form.

So, at this point Mary Magdalene, who is going through her transfiguration of experiencing herself as Consciousness, she realized it was just kind of a projection of *Self*, you know. She starts to realize there is an oversoul and this is a bit of her – this is an expression of herself on that collective screen, and in this case on a very big stage and yet another collective reality.

So, the wisdom of the soul is still in the play here, which is great. The wisdom - the wisdomizing gives a multiple perspective reality. And that moves you from only seeing Flat Earth.

So, very important for the experience.

(pause)

Slide #24

Beliefs vs. Perspectives

Beliefs are solid.

Perspectives are fluid.

The ability to look at experience from many different angles.

Rather than from a dualistic construct (illusion).

Moving from solid (belief boulders) to liquid (fluid, multiple perception).

A vital step that is mechanical as long as the mind is involved...

So, we talked about this: beliefs are solid, perspectives are fluid.

You have the ability to look at experience from many different angles. Again, soul wisdom rather than from a dualistic construct, which is an illusion.

We talked about how important that is, you have to make that step.

(pause)

The Mind and Identity are still involved...

The mind and various identities are still used to visit varying perspectives...

Example: The disciples, members of my community, who laughed at me and didn't take me seriously don't really mean what they say.

Human identity experience is then wisdomized (distilled into wisdom)...

The mind is still involved in the analyzation process and the soul inserts its wisdom

A necessary and worthwhile phase... A phase, not reality...

But the mind and identity are still involved here.

So, the mind and – the mind is... not yours. You know, 99.99% of what moves through the mind is not yours, it's a part of the collective.

Some people reported feeling a lot of chaos in the mind while preparing for this event or afterwards. And the inability to go in and *attach on* to anything. It just kind of flies by.

And you start to realize the thoughts aren't really *you*. And instead of the thoughts being *you*, you're a *souled being*.

And then you start to realize you're a *being of knowingness*.

And Gnost replaces - what the human thought it had to think, to figure things out, to analyze is replaced with Gnost, the knowingness.

(pause)

All right, the human identity experience is wisdomized, distilled into wisdom. We talked about this.

(pause)

So, having the mind involved in the analysis process is quite interesting, because you realize at some point that it's a kind of a collective voice that

starts to sound like Charlie Brown teacher: “Wah wah wah wah”... and then the soul inserts its wisdom.

So, you think about things, and then you have the wisdom of the soul, and you kind of gather them up and make a discernment into what you’re going to do in your life, or what you’re experiencing.

But this is a phase and not reality.

(pause)

Slide #26

Viewing life through the lens of a ‘conscious’ identity...

The words of Yeshua (or any teacher, including us!) are used as a filter to look at the experience that is still happening on a collective stage, and through identity...

Perhaps the identities or aspects become fluid, but it is still an experience that lacks sovereignty. Sovereignty is needed for Self-Realization/ Enlightenment

The I AM THAT I AM is still hanging back in witness mode as it has for eons.

How does one move from soul/ master to human/ ego communication into allowing the I AM THAT I AM to seep into its limited existence? Gnost...

I’m going to skip this (slide). I don’t feel like it’s important right now.

It’s there for the video and when you return to this, if you return to this.

(pause)

Slide # 27

'Conscious' Stage Reality **Playing out or imitating consciousness**

Disciple of Yeshua was also an act on the stage. It was a play to remind beings incarnating for eons to come what they were capable of...

The Essene woman in a community (Enlightenment could never occur here! Or in any community, which was the 'lesson' of Atlantis...)

A merging of their humanity and divinity into one vessel while staying embodied.

This was the Atlantean Dream.

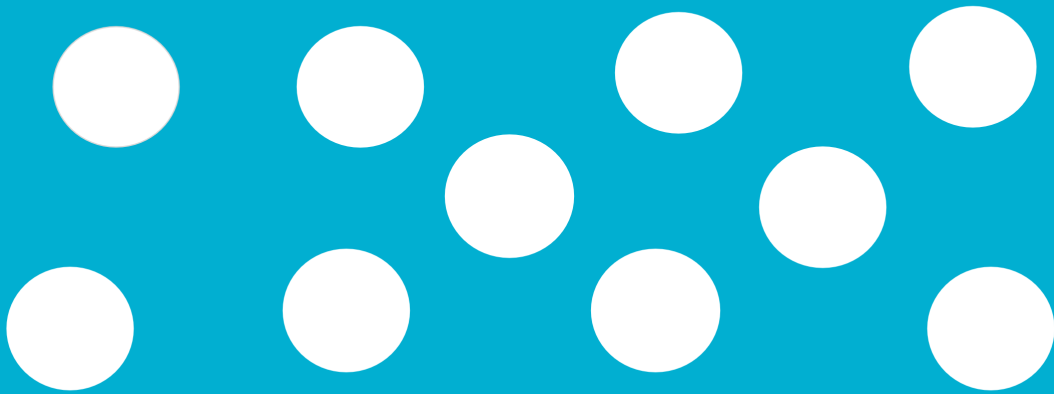
You cannot get stuck in the play if you want to experience IT.

Can only occur in spvereign wholeness...

We already did this.

(pause)

Multiple Perception Reality from a state of Separation...



Okay, Multiple Perception Reality.

So, there is, this is an - the awakening, right?

(moving the red pointer on the slide)

You have an experience, and then you can look at this one experience... from every different angle.

This is where the human choosing realization is still involved. So, the human choosing realization looks at an experience and it starts to look at it like it's a diamond.

“So, I’m going to look at every facet of the diamond.”

What appeared to be horrible... I’ll just say, like my father’s death, or in Mary Magdalene’s case, the death of her partner – you can look at it from a million ways, why it had to happen. You can also go into the sadness. You can go into the bigger picture.

So, you start to look at things from multiple realities and this is useful. But it’s still kind of from a state of separation.

So, you have the human part of you still looking at things in different ways: you have the soul perspective, the Higher Self perspective, the I-am-learning-a-lesson perspective, etc.

(pause)

Slide #29

Simultaneous Multiple Perspectives in an Integrated State...

No separation in self or view


Internal

And

External

Are the same.

You see things as you are



- No separation - Perspectives and Perceptions Turn into Sensations!

So, Simultaneous Multiple Perspectives in an Integrated State.

I'm going to change the word 'Perspectives' at some point.

But - so, here we have... you start to view everything from a state of *oneness*. It doesn't mean you don't have or can't see the different perspectives of everything. It happens simultaneously rather than mechanically, and the perspectives *actually become* sensations.

So, the human *dissolves* into the I Am That I Am, the All that I Am.

And you bring the best parts of humanity *with* you. Mary Magdalene talks about her relationship with – especially with of course with Yeshua, which she says is very private and none of your business, which I think is quite funny.

But, you know, after the death of... that illusory death of Yeshua, she had a very deep relationship with Joseph of Arimathea in France. And she says that's something she brought into her transfiguration.

You know, you take the parts that you truly loved, the parts that were *beyond* the surface level illusion, *beyond* the *dream*. What we would say that's *really* real. You take that with you. But you – I wouldn't say you lose, but you integrate, you bring *in* this human part of you. And that's where the death fear really comes in.

The human really *does* integrate.

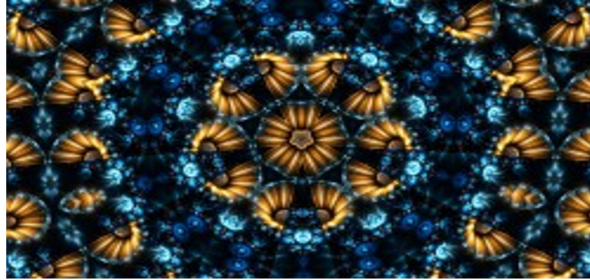
The human doesn't become an enlightened being. The human becomes a wave in the ocean, a drop in the ocean, a thread in the tapestry of Self.

So, there's no separation in Self or view. So, internal and external are the same. You start to – you're not looking at the collective screen anymore. You see things as you *are*, which is *not separated*.

Perspectives and perceptions turn into sensations.

(pause)

It's more like this...



So, I say it's more like this.

This isn't a great graphic, but it gets my point across.

This is a kaleidoscope. So, it's like looking through a kaleidoscope and all of these are senses happening simultaneously *and* the kaleidoscope is moving.

I don't have any movie making skills, but if I could, it would be an eye with a kaleidoscope and everything moving in all directions.

(pause)

A Kaleidoscope

An ever-changing view...

Each color and texture and are 'perspectives' running simultaneously.

You can look at something and simultaneously perceive (Turtle example).

The image projection of yourself is not experiencing a sense separately.

"Now I will experience beauty... now sadness. This turns into symphony of simultaneous sensation...beyond a mechanical viewing of varying perceptions..."

You are the sense you perceive. The perceiver and the energetic experience are not in combination with one another... You are simply the experience...

So, an ever-changing view.

Each color and texture are perspectives running simultaneously. The perspectives really become sensations.

You can look at something and simultaneously perceive or sense.

I have my, I'll give a Lauren personal example:

I live by an ocean shady, I live on the water, and I go out and check on the sea turtles that are out there. And sometimes they get stuck in the rocks. One day I went and one was stuck in the rocks, so I wedged him free and I let him go. And he swam off, he was fine. Then, the next day I found a turtle hanging by a fishing line, who was dead. And all at once... I realized I didn't have... a reaction to either. I felt the same about *both*.

I could go into the perceptions of, you know, the turtle who made it and the one I couldn't save. And these perceptions rolled through, but simultaneously I didn't have... I realized that I didn't have an emotion about it. It's really hard to describe what simultaneous sensations feel like.

So, the image projection of yourself is not experiencing a sense separately.

When you start to move into the no-separation you don't have: "I am the human choosing realization". You *are* the realization.

It's something to get used to in this New Life, this USARA.

So, what happens prior to that, which is a really awesome fun step is basically like: "Now I will experience beauty, now sadness." And this turns into you going to visit the different experiences and perceptions kind of mechanically or in linear order.

And this turns it to a symphony of simultaneous sensation, beyond the mechanical viewing of varying perceptions. You *are* the *sense* you perceive. So, there's not a division between... the perceiver and that which is perceived.

And Mary Magdalene, you know... people are wondering what she has to do with this. Well, that's really what she has experienced.

She left her community, you know? She went to what we're just going to call a proverbial cave in France, in Europe, and she allowed her transfiguration. And this is kind of what she experienced.

But there was no one to share with. No one in her Essene community was going to be able to understand what she was experiencing: moving into no-separation.

She had no one to share with. It was quite lonely. She had to walk through the depth of aloneness, and - you know, Yeshua wasn't there, because you have to go through this on your *own*.

So, she was having all this and when she was having this transfiguration, this beautiful transfiguration experience, she had a moment and a true understanding, an aha-realization of the storylines and how they play out, and how she was no longer in those stories. And that she was never going to convince anybody of her worth. She just had to experience her worth on her own.

And *all* this runs simultaneously.

This understanding of no-separation, of not having a separation between the perceiver and the perceived - and my words are never going to do it

justice, her words are never going to do it justice - it's something that shifts the biological Atlantean body into a new state.

And you know, Mary Magdalene or Ahna'Ra more appropriately would say that it's so cool that we can do this here *now* and really stay in physical form, you know!

Even Morya when he went through... and Kuthumi, and Adamus has said this too. When they went through their realization, they had to keep about 1 to 6% of their humanity to keep from going out of the body, to stay on physical Earth.

And in USARA, in New Life, in the New Energy, we don't have to hang-on to that. It all goes in.

(pause)

Slide # 32

BON

The holographic fabric of TimeSpace upon which reality is projected.

Bon is the screen or stage upon which consciousness can experience itself.

(Credit: Crimson Circle) In radical SIMULTANEOUS SENSATIONS

So, Ahna'Ra is obsessed with this idea of the BON screen. She thinks it's brilliant. She does listen in on what's going on in the world, and in the world of consciousness, the world we all live in.

And I got to give credit to the Crimson Circle who is where the term came from, and I think it's brilliant.

BON is defined as the holographic fabric of TimeSpace upon which reality is projected.

BON is the screen or stage upon which Consciousness can experience itself. This is all that we've been talking about - and I added, these are my words: in radical Simultaneous Sensations.

Sitting, eating my breakfast this morning and *all* the sensations flew through me simultaneously and it's quite a show. It's quite a spectacle and there is no one there to *perceive* it.

Which... when that starts to happen, you don't have a perceiver in the experience. It's unnerving, it kind of feels like a death. And it is a death of - it's just a new way of being.

And it takes some getting used to, but it's worth it because then this (is) where true creation can really happen.

(pause)

Slide #33

Experience on a Sovereign Screen That's Realization - Enlightenment!

You move from

Stranger in a
strange land

To...

A Creator in his/
her Creation



The Human stops doing and starts being.

Diving into the INFINITE Mystery of the I AM THAT I AM.

Weaving into the tapestry of Self, the human changes form.

This is not a collective screen. It is you and you alone.

It's where you can answer: Who Am I? (True Abundance)

Everything is YOURS.

So, you get to experience life on a Sovereign Screen.

I know this is hard for the mind to understand.

We're not getting into how other sovereign beings interact with each other, because that's just a whole other presentation that will take hours.

So, here I have a little human ... (on the white box on the slide) ... diving in – this is the I Am That I Am BON screen, this white one. The human stops doing and starts being. And it dives into the Infinite Mystery of the I Am That I Am.

The human part of you weaves into the tapestry of Self and changes form to a *formless* form.

This is not a collective screen; it's *you and you alone*.

You've already *wisdomized*. You have already *discerned* beyond belief at this point and everything that you took with you into your realization is *you and you alone*. And the Self you brought kept the best parts of your human experience and the rest were left in the pool of the Atlantean mind mass consciousness.

You can actually ask the question: "Who am I?" for the very first time, which - I'll repeat again and again - is the *true Abundance*.

Right after realization this doesn't happen. This happens when you move into your full enlightenment where realization really takes hold. It doesn't happen all at once, it will send you to the funny farm if it did.

You're still allowing, and if you want to know more about this, I did a whole presentation on it on the August Satsang (2019). That's free, so I'm not going to go too far into it.

But even after realization, you so feel like a stranger in a strange land.

Mary Magdalene really didn't go back to her community, but she hung out in the world for a little bit after what she calls her transfiguration.

This is so odd: you know yourself in a state of no-separation and the world around you is *super* separated. Eventually this moves into a Creator in his or her Creation and that's where the BON Screen is.

And that's something that is available in the New Energy and has not really been widely available before. Because we're creating it. The more that people do this, the more the doorway opens.

But this takes some time, so I want to make sure to talk about how if you go through your realization and you still feel like a stranger in a strange land, there's nothing wrong with you. You didn't do it wrong.

(pause)

Yes, but how?

The Art of Allowing

Sacred Art of Surrender

The Final Let Go

Let Go, Let God

Human Free Will Perception moves from the Illusion into Ultimate Reality

Awakening from the Dream, from the Imaginary

So, you say: Yes, but how?

So, the how to have the human dive into the Infinite Mystery of the I Am That I Am would be the *Art of Allowing*, the 'Sacred Art of Surrender', or the 'Final Let Go'.

There's plenty of people writing about this, this will be the threshold event of the Crimson Circle.

All the Althar books are about this.

Let go, let God.

Human free will perception moves from the illusion into the ultimate reality. And you awaken from the *dream*, from the *imaginary*.

The stories still play out in the imaginary here.

(pause)

Separation to None...

I am a human being (image projection) experiencing consciousness in a strange world ruled by mass consciousness.

I am an energetic being experiencing the perception of consciousness within a group dynamic - yet I still feel like a stranger in a strange land. I still cannot see myself in this mirror. (Image projection is yet another mask).

I walk away from everything into the no -thing, and now I am able to know I AM consciousness. Not a 'me' experiencing something outside myself.

Separation to None.

I am a human being. This is like the three kind of stages I walked through, and I'm just doing it again to wrap it up:

"I am a human being experiencing consciousness in a strange world ruled by mass consciousness."

And then you move to: "I am an energetic being experiencing the perception of consciousness within a group dynamic."

And you don't have to belong to any group to have this, you don't have to be active in any group, because there are just enough people choosing realization on the planet to kind of create a collective. So, this doesn't have to be a tangible, physical thing or something you're active in. It just kind of exists right now.

"Yet I still feel like a stranger in a strange land."

"I walk away from everything into the no-thing, and now I am able to know I Am Consciousness."

"There is not a *me* experiencing something outside myself. I Am That I Am."

You start to really understand what I Am That I Am *truly* means. It's taken me a long time and I am still ... that's the beauty of it, you never come to a conclusion on the Infinite Mystery of the I Am That I Am, because it's *infinitely* mysterious.

And it's beautiful. And it's a simultaneous sensation. And then it's dynamic, not static. There is no finish lane.

(pause)

Slide #36

The Human Dynamic & Soul, even, take a bow!

“The wisdom of the discerning soul will deliver you direct to the threshold of your realization, yet it's the gnost of the I AM that walks you, the human expression, through its gateless gate into the realized state of being.

The soul's distillation and discernment role is complete, and so it integrates, dissolving into the All that is.

Gnost - It's what takes you into the state of no separation, which is a sensation of soul-less-ness and selfless-ness.”

So, I am going to skip this one (slide), but it's here in the recording for anybody who wants it.

(pause)

Slide #37

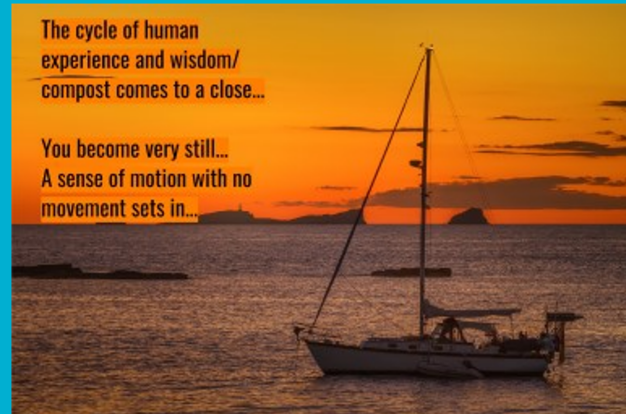
Done with the Collective Stage as a means to Experience Reality...

The Last Identity Integrates/
Dissolves... The one choosing
realization... that keeps you
separate from it...

There's no more experience to
distill into wisdom...

There's nothing left to discern...

The sense of motion with no
movement sets in...



The cycle of human
experience and wisdom/
compost comes to a close...

You become very still...
A sense of motion with no
movement sets in...

I'm going through this really quickly.

We did this in the *Art of Allowing*.

I've just put it in here for those who didn't take it. So, it's there.

The cycle of human experience and wisdom comes to a close and you become very still.

And I want to talk about how there is a sense of motion with no movement. To me that's the Gnost. It's like:

"I am sitting here very still, I am not creating any more identities or aspects."

You know, sometimes it gets – the mind chatter comes on. But then it goes off, and I get the peace.

But your human part is very still and kind of just observing... and this sense of: if you stay in this *space* and you stay in this *void*, eventually you start to get rid... even the most impatient of people, including myself, starts to become very patient because there is this quiet rumble that kind of comes in. The Gnost saying: "Okay, we're going, it's time."

And everything you're trying to get through so fast and be done with, when you hear the voice: "It's time"... there is a part of you that goes: "Oh wow, really? It's going to be over."

And it makes you cry so hard, but you know, it's time. You know, it's like it's really, really time.

(pause)

Slide #38

The Human Learns its role in Realization...

The IAm (that has always been there) begins to trickle into the perception of the human experience (and vice versa).

The human self begins to see it was only playing a role, imitating consciousness. No matter how real it felt, the human realizes this consciousness cannot be experienced through an identity/ aspect/ image.

The human realizes the old ways of experiencing through identity+mirror no longer work.

The HUMAN ability to perceive & experience begins to trickle into the Infinite Mystery of the IAm That I am.

I am just going to leave this here in the presentation for you to look at later.

The human role in realization.

(pause)

What's the role of the human?

It moves from being the doer - the manifestor - into be the observer.

It dives into the pool of consciousness that is the edge-less and center-less, belief free ocean of the Infinite Mystery of the I AM.

As the observer, the human integrates into the I AM THAT...

The Integration is the perception of Death. I will never be I AM THIS (image) again...

True Creation comes in observation and compassion (when you stop trying to change things, they actually change).

So, that will be in the slides.

(pause)

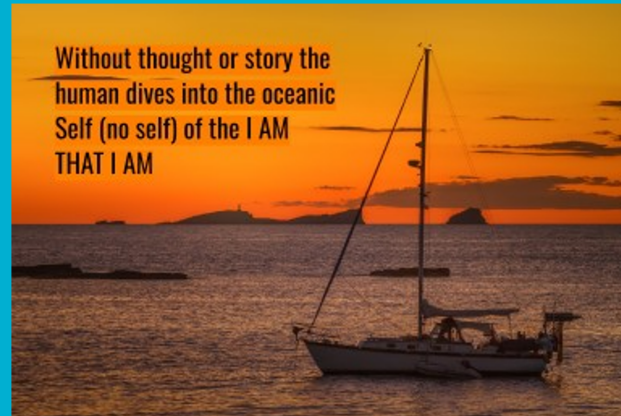
Soul Wisdom gives way to the Gnost of the I AM...

The soul takes a back seat.

The wisdom is not lost but is brought into the New experience of Creation.

Wisdom sows the seeds of Creation

The song of the soul delivers you to the Threshold of Realization...



So, without thought or story, the human dives into the Oceanic Self... into the I Am That I AM.

This is the *transfiguration* that Mary Magdalene is talking about. When the human dives into the ocean of the I Am That I Am, that's what her transfiguration... *is*, that's what she talks about.

Mary Magdalene integrated into Ahna'Ra. And she remembered who she was.

And who she was, was I Am That I AM.

Not I Am *who* I Am, but I Am *That!* I Am *That* - "*That*" is another word for God, Source, All-That-Is, I Am *That!*

And there is no perceiver, there is no I-am-a-human in the I Am *That*.
(laughing)

So, that's what she talks about in her transfiguration, that's what happened in the cave.

So, the wisdom of the soul is not lost, and the soul is not lost but it integrates *in*. Not just the human integrating in, but the soul, the soul does *too*.

And the wisdom comes with you and sows the seeds of creation, the song that the soul delivers you to the threshold of realization.

(pause)

Slide #41

Gnost (deep knowingness) knows the rest of the way...

GNOST...

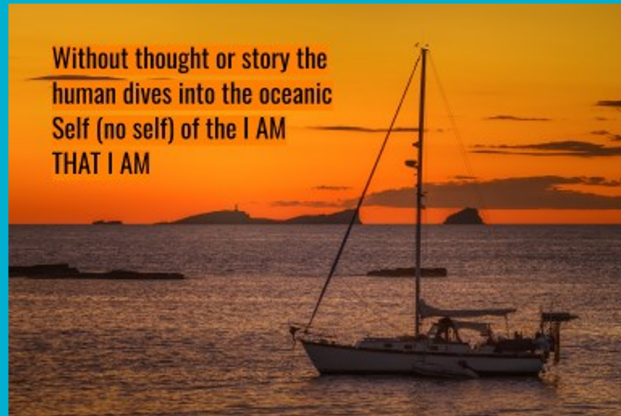
A silent whisper of the I AM THAT

It's not spirit. It's not the mind.

It is creativity, beyond the mind.

It's not intuition. It is knowingness...

Motion without movement



And Gnost knows the rest of the way.

(pause)

Slide #42

The Human Becomes the Observer... It integrates into THAT...

This is the 'God, Also' Experience.

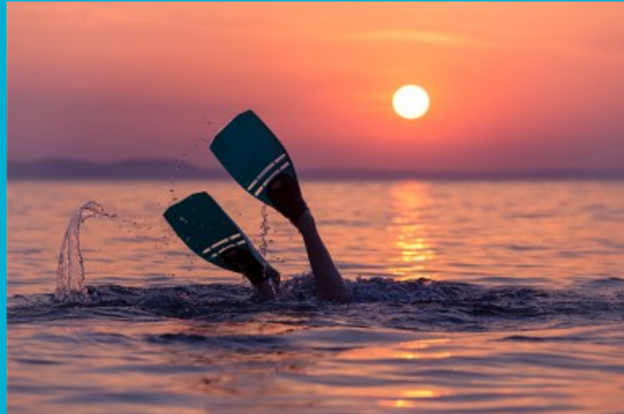
It cannot be experienced through an identity because the identity/ aspect holds you in a perception of illusory separation. Serves until it integrates and disintegrates the idea of separate identity...

An experience of Source and Self (infinity symbol) without a collective stage or screen

From I am This (image)...

To..

I am THAT (Source & Self)



So, here are all the stories happening on the surface of the water. *All* the lifetimes you've ever had... everything else, it's all happening on the surface of the water.

So, *all* the stories, everything else that is happening on the surface of the water you're bringing. The part of you that goes – and this is the I Am That I Am, the ocean of the I Am That I Am – you bring the best parts of your humanity with you. You bring all your wisdom with you into the *depth* of the I Am That I Am. And the stories still play out up there (on the surface).

And in New Life, if you stay in your physical form and you want to go into those stories – I mean this can happen whether you leave the body or not, but for those of you here – you can go back into those stories and you put forth the facet rather than an aspect. Because you're not fragmenting yourself into an aspect.

So, the facet can go back up there like a wave rising up out of the ocean to hang out in storyland... illusory reality, the dream state. You know, the wave rises up, that's your facet, but you take everything with you in that. You don't just like *project* yourself into this.

That's what the aspect did: here is the I Am That I Am, and a projected image was put into the story.

The facet is the ocean that rises up, a wave comes up... interacts in a storyline... impacts the storyline with *no* agenda because the human is already integrated. The only thing that ever had the agenda was this weird human persona image projection.

And in the I Am That I Am there is no agenda. It creates for the sake of creation. But when this wave rises up and interacts in the story world, the history of Earth, the future of Earth... And it has no agenda, it changes the storyline here. But it's just a story.

So, that's the best way I can describe, and that's really what the *Tales of Aspect Integrated* is.

"When I become *whole*, how do I interact *here*?" And you'll know.

(pause)

Slide #43

What Happens to the Stories?

The stories still go on. They occur in a collective Atlantean mind. Mass 'consciousness' (not really a consciousness...)

The stories go on without little you. Because you are beyond the mind now.

The projected image of yourself in the story is brought back home to Self. The plays, the movies, the stories still occur on the Surface of the Water. But your awareness lays in the Depth of the Oceanic Self.

It is silent under the surface of the water, but perhaps you can hear a muffled word or two. ~~You~~ are no longer in the story!

The illusory separated version (holographic projection) was only the thing that was ever in the story.

What happens to the stories?

The stories still go on. They occur in this collective Atlantean mind, this dream mind, this mass consciousness.

Stories go – just like I said, I am repeating myself here – the stories go on *without* that image projection of *you*.

You're beyond the mind now, you don't project yourself in that way. You interact with everything else on your BON screen. And that's a little bit... that's never going to be figured out by the mind.

So, the projected image of yourself is brought back home, and I even won't say brought back home, but you expand out to meet it. The plays, the movies, the stories still occur on the surface of the water.

You know, after you've done all this you can go out and play again.

I'm all for people making movies and writing books. And you could do it before – it doesn't matter, you can do it before you're integrated. Or you can wait till you're integrated and have your facet go out and create in the world.

How cool would *that* be?

You know, to me that's like: "How cool would that be!"

But your awareness is always laying in the depth of the Oceanic Self, and you bring that Consciousness *with* you as the facet's wave rises up to interact on that surface.

So, it's silent under the surface of the water, but perhaps you can hear a muffled word or two below. You're no longer in the stories.

So, if you have your mind going crazy, your awareness is in the depth of the ocean and what you are hearing is the chatter on the surface of the water.

So, the illusory separated version, this holographic projection was the *only* thing that was ever in the story. And that's, you know - suffering is a human creation.

Mary Magdalene realized all the suffering she experienced in her life, it was hard. It was a hard, hard life. It was only this holographic projection of herself. And the good parts, I don't want to use the word "good", but the very conscious, very real parts were aware she had gone *deeper* than this holographic perception.

(pause)

Slide #44

Creator in his/ her Creation

As an energetic being, I experience my own reality, my consciousness on my own BON screen.

I no longer find myself in a collective consciousness.

A Blank Screen for your Conscious Creation

AGIFT OF THE I AM THAT I AM

Can never be experienced by the I am this (image/ aspect/ identity) because of the illusory perception of separation.

It cannot be experienced by the aspect choosing realization and acting out That's on the surface of the water!

So, you have the Creator in his or her Creation. And this is the blank screen, the blank canvas for your Conscious Creation. This is the gift of the I Am That I Am.

Can never be experienced by the I am this (image/ aspect/ identity) because of the illusory perception of separation.

It cannot be experienced by the aspect choosing realization and acting it out, although that aspect is very, very important. But once it integrates then you can really go into this next experience.

(pause)

I am Creation

I am not a human
choosing realization
and seeing it outside
of myself.

There is no image on a
screen. Just the
screen that is all mine.



And instead of being, eventually, instead of being I am a Creator in my Creation you simply *are* Creation!

I Am Creation.

I am not a human choosing realization and seeing it outside of myself. There is no image on a screen. Just the screen; it's all mine.

So, you're not in a play anymore. Or you kind of are, because if you stay on Earth you kind of have to go – not have to, but you go back in the game but you're experiencing it in a way that is completely and totally different.

I'm not going to go too far into this. Crimson Circle has a great class – the Masters' life series *I Am Creation* – and that goes into this further. And I don't take a lot of that stuff, but I took that course and I really loved it.

(pause)

What's it like when the human lets go?

The Final Let Go is a leap in which the human and its imaging ability integrate into the Oceanic Self of the I AM THAT.

Instead of experiencing sensations and energy for example, that is good or bad energy and I am going to remove myself from it or dive into it you become the sensations or energy.

In the separated state, that you are perceiving energy and sensations and discerning them at the soul level. There is a division between subject (me) and energy or sensation or consciousness ...

When the 'me' entity (human and soul) integrate and are no longer there, there is just perception in itself without the subject/ object division. The ability to experience comes with you in realization but the me does not. It's just perception, or experience, rather, in itself, without the object/subject division.

There's seeing but no seer.

There's hearing but no hear-er. - NO INNER DIALOGUE

So, what's it like when the human lets go?

This is more *Art of Allowing*, I added this stuff in. I didn't realize that *Art of Allowing* would be kind of a... not a prerequisite, but a highly recommended thing to take this course. So, I put in a lot of that stuff for people who hadn't taken it.

The part that I'll focus on is - eventually there is, this is what I'm talking about - there is no division between the perceiver and the perception.

And I like these words: "There is seeing but no seer. There's hearing but no hear-er."

And this is again just notes if you want to come back and look at it. We've done the bulk here.

(pause)

Thoughts and Stories...

The concept that you were ever a character in a story dissolves.

You move beyond the mind where the stories take place in a collective dream state

The collective dream state is the Atlantean Mind which created Mass Consciousness

When the leap happens, the thought stops repeating itself and taking over your screen of reality. You move beyond it. It's still going on somewhere out there in another's reality because you left an energetic imprint.

Experience and wisdom comes with you but there is no longer a 'you' playing out in the thought stories.

Instead of experiencing energy, you become energy.

That is the leap from I am this (image of a man choosing realization) to I AM THAT.

That --- all/ nothing/ god/ source/ the infinite mystery

So, I'm just going to go through these...

I feel like it's pretty complete with the ocean and what's going on on the surface... (pause)... but I'm going through these slides just so you have them in your record.

(pause)

Slide #48

Gnost exists beyond the separation illusion...

GNOST of the I AM is the creator fluid.

It is not the soul that creates. The soul provides the wisdom for creation.

The human provides the ability to experience.

The biology provides the vessel for embodiment.

Yet, the soul, human and biology all integrate into *Nothing*... No image...

GNOST is then the ability to experience consciousness without the division of image and movie screen or stage...

GNOST is the creative ability to create your own reality, where you are the reality, not someone experiencing it as something else.

So, how do you move into this 'I Am Creation' experience?

Gnost leads you there. I think it's like some people envision this 'I Am Creation' like I am on my own BON screen.

It's like: "Okay, I am in nothingness, I am in blackness, and I have no identity left, so what is left?"

And your Gnost is going to show up and walk you through all of it. And you basically become the Gnost. And it's really an interesting experience.

The human provides the ability to experience. It's how we got here, because we knew what life was like in a separation. So now we have the experience of no-separation. But we bring that experiencing part of the human with us, we bring the *wisdom* with us of the soul.

The biology provides the best vessel for embodiment. The funny thing is the biology integrates and then you're a *light being*.

That hasn't happened to me yet, so I don't talk too much about it.

Gnost is then the ability to experience Consciousness without the division of image and movie screen or stage.

You *become* the reality. You *are* the expression of the I Am.

(pause)

Slide #49

Walking beyond the stories...

The play, the movie, the act served its purpose and continues to serve others who will walk the path of choosing consciousness over automation. Energetic imprints with potentials and possibilities are left behind.

Yet, those stories are given their sovereignty. And anyone walking through the story will also have the ability to choose and to perceive in a way to support their chosen experience on the collective movie screen.

The human was the one who tried to control and manipulate the narrative on a collective screen.

Your relationship with everything changes because nothing is not you; nothing is not yours. This doesn't have to make your external reality change. You don't need that mirror. There is no mirror because there is no separation anymore.

This is something you guys really don't need to hear. But I'll keep it in here for your records if you want to come back and look at this.

(pause)

Even your relationship to Earth...

One of the last mirrors to walk away from is nature. You release nature and your biological prison starts to integrate too. It's not that you lose nature, yet your relationship with it changes into a sovereign one.

I am always a Creator in my Creation. In fact, I simply am Creation.



I've put this photo in, not to be vain. I'm not trying to be vain, but I want to show it because... the picture captures what I've experienced being a Creator in my Creation.

This is my BON screen, and I am not a perceiver of myself in the screen. It's all... it sounds really touchy feely to say it's all connected.

But my expression of my I Am is *on* the screen. We use that white blank canvas, well this is how I filled mine in. I'd love to see how you guys fill yours in.

Another person might walk on this beach and find it hot and trash all over the beach and drunk people driving their trucks around.

And this is how I experience... my reality.

Everything is mine, nothing is *not* mine and this even includes nature. I'm just kind of dropping a little bit of wisdom in here.

One of the last mirrors to walk away from is *nature*. And it was difficult for me. But in releasing the biology, or integrating the biology rather, you have to release your connection to nature. And you never lose anything, your relationship with it changes.

And that was one thing that was a huge step for me. It took about a year. Moving on from using nature to kind of fill myself up. Or having to go be in nature compared to being in a city.

Now, I still prefer nature, but my relationship with it became a sovereign one rather than a codependent one.

So, other people have had to work hard to leave collective group consciousness. Mass consciousness was a problem for them, ancestral freedom was a problem for them... we all have things that hang us up. This was my biggest hang up - was nature.

Mary Magdalene as well when she left her Essene community, she found her comfort in walking in the forest in nature. It's where she wasn't condemned for being a woman and... there's a relationship change that happens there.

So, I am just adding that in for anybody who may have had that.

(pause)

Slide #51

If I am energy and I look at my relationship to energy, that's really about my relationship with myself.

So, this is just taking this no-separation idea and applying it to yourself.

If you're trying to work things out in your life, or work on your relationship with energy, you're just working on your relationship with yourself. Tapping into this I Am That I Am and inviting it in with the Gnost that comes with it is one way to start to really understand yourself as an energetic being.

(pause)

Parting words from Ahna'Ra

A story to “end” all stories from the image projection of Mary Magdalene

Into her state of being/ consciousness we will call here:

Ahna'Ra (Knowing God/ God Knowingness): Ahna'Ma (God Creation)

I AM GOD, TOO and that's not a static thing...

All right, parting words:

So, a story to “end” all stories – she has “end” in quotes.

So, last time she had a lot to say here, but it's because I didn't get everything in here. She wanted to get in and Ahna'Ra is just saying, you

I am energy. I am creation.

If I am energy and I look at my relationship to energy, that is really about my relationship with myself. Energy is not seen as something outside myself anymore.

There is no image, identity, or aspect to perceive energy separately anymore.

If you stay post-realization, into embodiment (two different experiences, per say), consciousness will come into this vessel.

New Energy - integration of duality between human and divine, the coming together of energy and consciousness into the vessel that feels selfless and soulless.

know: “Thank you for being here!”

The bulk of what she wants to say is in the images and the sensations that all of you have tapped into. If you are still having a story going on, knowing that it's happening on the surface of the water and mainly an invitation to dive into the Infinite Mystery of the I Am That I Am. And knowing you'll never get lost because of this knowingness, this Gnost.

(pause)

So, this is what I added at the end, and I added a quote. It's so funny, I used to hate quotes and now I feel them in sensations. So, I actually really like them.

So, I leave you with this Rumi one.

Morya was a teacher of Rumi, so there we go, it's all tied together. And it's really about tapping into the I Am *That*.

There's nothing for me... I haven't had anything more rewarding than truly understanding the I Am *That*!

Someone once told me I was – you know, when I had my awakening, I asked for spiritual advice from people. And someone told me the best advice was: “As often as you can think about God.”

And at the time I was like: that's totally useless. Okay, I'll think about God, I even didn't believe in God, or whatever else (laughing). And it turned out to be the best advice. “As often as you can think about God.” And obviously not an external God.

But - you know, I did so much seeking in all my lifetimes and I realized what I was truly seeking was the experience of God or... myself, my own Consciousness.

So those are my parting words:

(pause)

Slide #53

Parting words from Sar'h

Enlightenment occurs when you take the 'we' and 'me' out of your experiencing. You become the experience!

"The living word of pure consciousness you are That. The reflection in the King's face you are That. There is nothing outside yourself, Look within, Everything you want is there you are That."- Rumi

(pause)

Slide #54

Self-Realization is Delectably Simple.

Realization is simple. Easy. Breezy.

Working out the stories in your collective mind screen is complicated.

Relax and allow the stories to tell their own tales.

The story will never feel complete, and you've been at it for a very long time.

The human will never be able to solve/ complete/ work everything out

Isn't it time to relax and allow...?

That is the TRUEST tale of an aspect integrated.

And I think you guys already know this:

The story is never going to be complete, you've been in it for a very long time.

A lot of people are still trying to get everything in order before they allow their realization. "I've just got one more thing to do"... because they think after realization they're not going to have anything, they won't be able to do those things.

The thing is, you still have plenty of opportunities to do all sorts of stuff. You just won't have the ability to get *stuck* in a view of separation.

Humans never get to be able to solve, complete, or work everything out.

And that's the truest *Tale of an Aspect Integrated*.

(pause)

Slide #55

Thank you!

- Biology Break
- Questions and Answers
- Sharing

All right, so I'm going to take my biology break and then we'll do questions, answers, and sharing. Be sure that you're breathing, drinking water, and taking care of yourself, please!

~ SARAH and Lauren Hutton

Transcription: Juliane Fischer

Editor: Jess Bearer

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www.becomingsarh.com

www.patreon.com/laurenhutton



Tales of an Aspect Integrated

Video Part Three

Hi friends, this is Video Three from *Tales of an Aspect Integrated* with Ahna’Ra or Mary Magdalene and Sar’h.

I hope you had a great experience with the materials.

I just wanted to bring in an experience here.

So many words were said. So much energy was between the words and so much consciousness lied underneath the words.

So, this is just a way to kind of bring it all home, back to Self. And so, if you choose – and it’s not for everybody – but if you choose and you feel called to, you can close your eyes and take a really nice juicy deep breath... (breathing in and out)... and continue to breathe.

Just start to feel into where you still find little parts and pieces of yourself really interacting in the storylines that are happening on the surface of the water.

Perhaps it's a relationship, perhaps it's a past life that you once had or a previous life... perhaps it's something that happened in another reality... but just become aware of yourself and the story.

It may feel like you're running, you're busy. There's multiple stories going on, like you're trying to get from one to the other. Anything that has repeated itself in your life. Patterns or stories. Going from expansion to constriction is a story...

So, just kind of feel into that without judging yourself, without trying to get out of it – allow yourself to kind of just run wild in the stories.

And while you're running wild in these stories that are happening on the surface of the water... whether they be conflicts, romantic relationships, issues with money or abundance. Or even, "I'm not doing my realization right" is a story. Or "I doubt my realization" is a story...

Just allow yourself to be in those stories *and* at the same time also feel into the part of you that's deep within the Oceanic Self... that part of you that's in the Oceanic Self of the I Am That I Am.

(pause)

And then, when you're ready, just walk out of *all* those stories.

Maybe there's just one you've kind of focused on, or two, or three... Some are going to be easier to walk out than others, but just kind of see yourself walking out of the stories.

You're not trying to fix the story. You're not trying to change or alter the outcome of the story. You're not trying to write a conclusion to the story, you just... (breathing) – take a deep breath – and walk out of the story.

And all of those little human projections of yourself that have been playing in these storylines – imagine them, all of them, jumping into the Oceanic Self, diving off that sailboat *into* the depth of Consciousness, of awareness.

And maybe there were five or six stories going on, and so you've got five or six versions of yourself that have just dove into the ocean. And then really *allow* those parts and pieces of yourself to form into *one*.

Stand in the *one*.

Allow yourself to sink beneath the waves. There's no worry about: is there enough oxygen, can I swim, will I sink, will I drown? All of that. You're in your own sovereign space, your ultimate reality.

So, just find yourself in that space taking a few deep breaths, if you'd like to. Feeling what it's like to be *one* with yourself in the calm depths of the I Am That I Am.

There may still be chaos on the surface of the water. The stories never complete or conclude themselves but you're no longer in them. And you realize you're always here, you're always this *one sovereign being* completely and totally relaxed under the surface of the water.

And allow yourself to be here in this oneness, in this emptiness. And feel what it feels like to allow yourself to go empty, to release the storylines that have been repeating from lifetimes, and lifetimes, and lifetimes. Wearing you out so much you forgot who you truly were: God, Also.

And that no one on the surface of the water was going to reflect back to you who you *truly are*. You had to discover that on your own.

Sitting here in the depth of your beingness you can start to feel how... Each lifetime, whether it will be the time around Yeshua, Atlantis, a lifetime in which you had a regular human life, maybe a lifetime in which you did something you perceived as wrong... Start to see how those were just waves in the ocean of Self.

The wave rose up an expression, had an experience, and then the wave returned to the Oceanic Self. You were *never* not here this whole time, you had just forgotten.

(pause)

As you find yourself in the calm waters of the Oceanic Self, maybe you find that it's a bit dark or it feels a bit foreign. That's just because you haven't been here with this part of your awareness for quite some time. So, allow yourself to be comfortable in the empty without the storylines.

Allow yourself to feel free to move *about* in the oceanic waters that are *you*. Feeling freedom of movement. You don't have to freeze, you can relax, even allowing that relaxation to go into your physical body now...

Begin to feel into – you don't answer this with words, but you begin to feel into... "Who am I?"

And that's never going to be answered with an identity or with a story... "Who am I?" is going to be a *sensation* that's unique to *you* and *you alone*. It's not something you have to explain to anybody else, it's not something you have to be able to put in words or even a painting – it's a deep knowingness.

(pause)

And in choosing to stay connected to the I Am That I Am, you can go back and experience the surface of the water, day to day human life interaction with other people, but you never lose this connection to your I Am That I Am.

It becomes simultaneous. I'm in the depths of my I Am That I Am. And I'm even so far into the depths of my I Am That I Am, I realize I can see even though there is no *seer* anymore.

I can *experience* even if I don't have a separate *experiencer* anymore.

(pause)

If any fear or resistance comes up, that's okay. You can acknowledge it... (pause)... And this is just the beginning, a beginning way to start to explore the Oceanic Self.

Some of you have already come into this space of the Oceanic Self. And you go back from the depths, the calm depths, back up to the surface then back down again... just adjusting to this new layer of awareness.

And soon... you're always in both places at once.

Or, if you want to shut off everything and just be in only your Oceanic Self, you can do that too. (breathing)

The BON screen - experiencing your sovereignty in your day to day life... Your projection of your Consciousness on your *own* sovereign screen means you get to play on the surface of the water while staying in the I Am That I Am.

Soon you won't even have to stay in the I Am That I Am, you'll simply *be* I Am *That*.

And life will change forever into New Life.

If you have your eyes closed, take a few more deep breaths and when you're ready you can open them.

I just want to say thank you to everyone who took a chance on this course, especially the people who took it in the beginning. And to let you know I am always here for you, you can always email me.

And I just want to tell you for those in the 'final let go', in the 'void', in the 'deep dive into the I Am That I Am' – I want to say it's no small *task*. It's the greatest adventure you can go on on planet Earth, ending the cycle of lifetimes on Earth and it's not to be diminished.

You are amazing!

You're doing it in your own way and I'm your biggest fan, one hundred percent. And Ahna'Ra and Morya and myself are always here to support you in whatever you need.

So, make sure that you have this in-call information. If you can't make it, let us know and we'll make sure to get you another date. I think it's really important to have to sit down, to talk to other people - to share.

You may not have any questions, or you may have a lot. But even if you don't have any questions or you don't feel like you have something to share, just come and sit in the energy.

Something about it makes it really real, I get a lot of good feedback about that.

So, I'm here for you and I cannot wait to see you on the zoom call.

Do not hesitate to reach out and if you missed scheduling the zoom call, email me again. I'll make sure to get that to you and that I get you in a group that is supportive.

Deep reverence, deep honor for you and your inimitable, not able to be copied, unique experience.

Thank you so much.

~ SARAH and Lauren Hutton

Transcription: Juliane Fischer

Editor: Jess Bearer

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