



The Lost Books of the Essene Message Five

The Lion Steps out of the Woods

*Originally Delivered February 29, 2009, The Lotus Temple, TOSA
Ranch, NM, USA*

Through Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa
...unlocked at TOSA Blue Mountain, Ecuador, November 15, 2021

The Essene Brethren in unification with the Benevolent Ones & the T-12, share through Master Lady Kira Raa:

BE-loved Ones. IT IS... a beauty-full time of Divine upliftment. IT IS... the time to arise in the energy of Divine upliftment at the time of great beauty. Indeed! Many have held back or let go of the gift of beauty.

Embracing Beauty

What is beauty? What is it to truly understand beauty...to be beauty-full...to be filled with the understanding and re-cognition of the Divine beauty that exists in ALL and in ALL-ness?

We wish for YOU to understand the beauty of ALLness. Indeed, this is a power-full lesson. Oneness is not a concept or a little thing you write down and make a diagram of.

*Oneness is the reunion of the precious gift, understanding, and
integration, of ALL beauty...Of ALL beauty.*

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As your world experience is one of words, when you hear the word beauty, you all-ready have a thought; do you not? Yes. As with each and all words, you have thoughts for ALL.

When we offer the word Oneness, a thought arises. When we offer the word ALLness, a thought arises.

To BE... thought-less IS to find true beauty.

To BE thought-less finds true beauty. Some perceive thoughtlessness selfishness. *We say to be thought-less...Less thought!*

There is great and powerful momentum as part of your evolutionary Divine Mastery up-liftment. Arising now as a profoundly beauty-full lion grace-fully exiting the forest. Coming forward to say, I AM HERE. I have grown up. Do you see my beauty?

The Lion Leaves the Woods

As the lion comes out of the forest for all to see, two energies are immediately experienced:

The energy of divine empowerment that KNOWS:
I am safe to come out of the woods. I am safe to be seen in my power.
And, the energy that says, I am here from the energy of Divine empowerment, and I offer my heart as the goal of your heart.

We wish to explain this. When a lion comes out of the woods, it is a courageous act indeed, is it not?



For a lion to come out of the woods means to expose it-self, to BE... seen. It must be in great power to do this. The Lion knows as it comes out of the safety of its den...its home... into full daylight, IT IS... offering it-self to ALL of the energies prepared to greet IT. Each energy carrying a different intent.

The Energies that Greet Us

There is the energy of the one who receives this gift. I will see the beauty of this gift and I will not run away. I wish to run up and pet the lion because I can see the Oneness I am with the lion, and the lion understands this energy and sits gently, saying: "Pet me, and I shall offer you my love in return."

There is the energy of the hidden one, who sits in the woods to catch the lion by surprise. To hunt it, and take it as the prize that IT IS.

The lion has no fear of the hunt! IT knows the hunter waits and does not shrink from that fear. Indeed, if the energy of the lion is meant to become one with the hunter, then the lion transcends and understands this as well.

Then there are those who are afraid of the lion and run away. A lion! I must run away. The lion will eat me; it will scratch me; it will hurt me. And the lion sits, witnesses and watches them run without the need to chase...*without the need to chase.*

Beloved Ones, YOU...ARE... at the power-full moment of the full energetic flow of In-lion-ment. Are you a cub or an adult?

How do you seek to be, and how do you offer this gift?



Seeking Understanding

How does this become a book of the Essene? We offer deeper understanding.

To understand and come out of the woods, only happens after preparing your-self through self-understanding and presence. Releasing all doubt that held you in many different journeys.

Sitting quietly at the edge of a woods to be seen by ALL... is a gift of mastery. The lion does not need to come out and roar. The lion walks while declaring, I AM HERE, through its presence. And, through great presence, you discover true beauty.

Through great presence you discover true beauty.

In this world experience, there is the perception of things that look funny or are funny looking. It could be a tree, a little dog, a person or a building; yet in your own heart you find beauty. Why? ***IT IS... standing with presence; because IT IS... aware; and radiates, I AM HERE, and I AM AWARE.***

To BE...AWARE... is to discover the beauty within and the beauty in ALL.

Beauty is a seed of Divine Mastery Presence illuminating for YOU...NOW... in a world that has sought to disrupt it, freeze it, characterize it, minimize it, and gather it into a disrupted manipulated expression.

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The Pristine Seed of your Heart

*Beauty, BE-Loved ONES, begins in the pristine energy
of your heart center.*

Deep within your heart center is pristine energy. Call forward before you the clearest mountain lake you have ever witnessed. As you drink the water, how does it feel? Gazing at the lake, what do you experience? Arriving at the lake, smile and simply sit in awe, feeling the beauty. A gift!

This beauty-full gift, is the pristine seed of your heart. Do you awaken the seed or pollute the lake? That choice is yours; is it not?

Arriving at the beauty-full lake, do you discover the cup thrown by the side, or the cup that is full and inspiring? What do you do with the cup you find? This is an important understanding.

*Discovering beauty in ALL experiences and actions invites YOU to
swim in the pristine energy of your heart.*

*To swim in the pristine energy of your heart sustains consistent,
full-filling nourishment to the body, mind, soul, and spirit.
Illuminating your Divine Mastery Presence while witnessing
the need for less sleep.*

No longer requiring stimulation from external sources, you remember that deep within the Divine Presence of the lake of your heart is ALL of the restoration, abundance, nourishment, love, connection and beauty you could ever want, and... **to want implies an unmet need.**



*We are HERE...NOW... to share the divine remembrance that to be
thought-less is to discover beauty.
To be thought-less is to discover beauty.*

When the thought comes forward, we refer you back right now back to a book we have already offered¹.

Understanding Thought

The mind of the human form of this Gaia experience of consciousness, this cerebral experience of co-creation, is a great gift; is it not? This mind is designed to assist you to navigate this world. It does its best to keep you safe and offers suggestions and solutions, often when you do not ask for them. It will all-ways have a perception. This is most power-full to understand. Perceptions are thoughts of a mind that is born in density and working through the planetary experience of consciousness.

The experience of a superior thought is the first step in discovering true beauty. This is because the experience of the superior thought does not question IT-self. It would not ever leave you feeling less than in any way, nor would it encourage you to judge another, or share any-thing with another that would not uplift them.

*This is why to witness the thought,
is to understand the beauty that is within.*

¹ This is a reference to Lost Books of the Essene: Book four.



When the experience of the superior thought arises, YOU ARE READY to catapult beyond this world. Your thought expands beyond the planetary thought body and enters into the cosmic ocean of pure thought.

The cosmic ocean of pure thought is outside the realms of cerebral thought. It is a thought of up-liftment that forms an ocean of divine connection as the Sea of Neutrality, calling forward the true beauty that is ever present to nourish you.

A Divine Mastery Presence experience you may invite your-self to do, is to giggle, or laugh, at every experience of superior thought you consciously send into the cosmic ocean.

Aha! There went one. Look at it go, like a rocket! Yes! *The greater the consciousness you carry through sending thoughts to the cosmic ocean... the thoughts of planetary dissidence will no longer invade your Divine Mastery presence.*

The planetary cosmic connection is a power-full as you reclaim your Divine Mastery Presence through the Conscious release of hiding in the woods.

As YOU free your-self to be thought-less and consciously engage the cosmic ocean through the Sea of Neutrality, you effort-lessly leave the woods.

And! Until that moment, within the woods it is indeed beautiful; is it not? It can be quite lovely. Allow that to BE.

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The Divine Mastery Presence Virus

The day has arrived and you have found a path to the edge of the forest. This is a great gift. And, you can always camp along the way.

When YOU are ready, this gift of beauty propels YOU out of the woods! There is no longer any-thing to hide.

When you arise, do so as a lion. Come forward as a prepared lion, because you know *there are three potentialities of energy waiting:*

- 1. The energy of the embrace,*
- 2. The energy of the hunter, and*
- 3. The energy of the one who is afraid.*

ALL greet YOU with one of these three energies, BE-loved ONES. The question is if you are greeted in the woods or not? If you are greeted in the woods with these energies, then you are greeting each other at a consciousness experience that has not yet mastered beauty.

For most of your planet is very much in the woods. Some are closer to the edge than others. Indeed, there are big cats in the woods now, and this is good.

How and when are you greeted, and the opportunity to BE a lion in the greeting, is the gift of Divine Mastery Presence that restores through the re-cognition YOU ARE...NOW... connecting with a cosmic consciousness that frees the cerebrum from the doldrums of density.

Read that again and understand it more.



IT IS... important to pay attention. In your world experience, now, these three energies are causing Divine Mastery Presence to become a rampant lvirus. Yes!

What a great virus, indeed. The virus of Divine Mastery Presence. We do hope you catch it! And when you do, IT IS... a virus. There is no vaccine for IT.

Recognizing the Three Energies

When you decide, and IT IS... a decision YOU make, it cannot go two ways. As you make the decision to embrace your Divine Mastery Presence, to celebrate and move forward, YOU will face all three of the energies.

YOU will face those who run to you and say: “Let me hold you. Let me gaze into your eyes. Let me acknowledge you.” Spend as much time as you can with those who have no reason to treat you otherwise.

YOU will greet those who say: “Let me hunt you. I wish for you to not exist in this form.” And there are many ways they will do this.

In this worldly experience, an acceptable way to hunt is with words. Words are very good at stopping you from BEing who YOU...ARE..., if you let them. They are the tool of the hunter in a world of density who seeks to stop a lion who has found their power.

Words are meaning-less, unless trapped in the thought of density. If you have this experience, and you start feeling less than, then this, too,



is part of your path of mastery. YOU have met the energy and YOU ARE AWARE. Practice again. Sometimes a retreat into the woods can be rejuvenating; can it not? Yes.

Then there are those who will seek to run away from you, and of course it will be your fault! This is important to understand! If they are running, understand that people who run, animals who run...ALL run for one reason: ***They are afraid!***

An animal that runs from another only runs because it is afraid. It is afraid at a cellular level it does not even understand. It just knows it must run. If you are a mouse and see a hawk in the sky, you run away.

If you are an empowered BEing of Light coming out of the woods in your power, and there are those around you who cannot experience that power, they will run away because they are afraid.

The beauty in this gift is that your witnessing offers Divine Mastery Presence reassurance with the energy propelled from your heart. This ignites your heart to even greater mastery and extra-ordinary presence, manifested abundance, and Divine understanding.

Or...

you can choose to engage in the run, which is exhausting; is it not?

BE-Loved ONES, this is very important to understand. To come out of the woods and see the beauty in ALL... is a freedom that can only be called into you by you. **Only you know.**



Dance with it. The three energies will greet YOU. Here is the blessing of those energies.

The Blessing of the Three Energies: True Soul Nourishment

When YOU remember the beauty in ALL experiences...you find that beauty exists in the endless, divine, pristine lake that is within your heart. When you dive into this endless ocean, often and regularly... YOU no longer succumb to the experience of being tired, overwhelmed, depressed, scared or worried. Fully embodying the Law of Instantaneous Manifestation, you fully release the experience of the lack of affluence.

There are so many words we could offer from a thought pool that is doing its best to perpetuate the energy that keeps you in the woods.

BE-loved Ones, there is a co-creative state that propagates Divine Mastery Presence energy very quickly. We wish to ask this: *How do you nourish your bodies?*

Step number one

There is much we can share. Books revealed on your planet by the Essene contain much on this knowledge and say plenty about this. We ask again, *how do you nourish your body?* Pay attention to this.

*Do you eat fear, or do you eat light?
Do you eat love, or do you eat death?
Do you drink water that is pure crystalline and clear,
or do you drink bubbles that irritate your stomach?
Choices! BE-Loved ONES.*

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Start with these choices. *Gaze at your food. Lift it in the hand. Hold it as a baby and say: "Look how beauty-full YOU...ARE! Thank you. Thank you. Thank you for offering me this gift, in this moment, now."* Then, slowly ingest this blessing with peace, love, joy and patience.

You have teeth for one reason; to liquefy food. YOU ARE... predominantly water. If you do not liquefy food, you are putting hard matter into a water substance. Like a rock thrown into a pond, it is heavy and sinks.

As you chew food, with each bite say, "Thank you. I love you." Chew. Thank you. Chew. I love you. Chew. Thank you. Chew. I love you. Chew. Thank you. Chew. I love you. Chew until all that is left is water and then the water can lovingly assimilate into a body without any -- without any -- discomfort.

*If nourishment brings your body discomfort, there is not enough love in the nourishment. IT IS... that simple.
Thank you. I love you. Thank you. I love you.*

Slowly chew your food, and we encourage you REMEMBER that **these bodies were never meant to drive and eat.** A wondrous concept of a density-based world, one hand with a sandwich and one hand with a wheel. Your bodies were never designed for this. When horses were transportation, it was nearly impossible -- and many tried. As transportation advances were co-created, it was to connect more people, frequently and quickly and not to eat along the way.



If you need to eat along the way, consider ingesting the nourishment of the Divine.

Move your mouth in sacred mantra. Sing to beautiful music. Uplift your heart and soul and rejuvenate. Drink water. YOU will arrive uplifted, feeling light and fresh. Your energy field delight-full, and that beauty-full pristine lake in your heart over-flowing with extra-ordinary energy. We invite you to consider this.

Your world, indeed, moves faster now.

*The body seeks stillness in a fast world.
Eating fast de-programs your bliss.*

Carry water all the time. With the Water of Life, all the time, YOU will never go hungry, ever. As you breathe the Breath of Life with a smile and connect it into your heart, you will never feel a loss.

As you chew food with Thank you, I love you, discover the joy and bliss in food. Witness that your body has had more than it needed and has not known what to do with the waste product.

BE-Loved ONES, beauty begins when you honor the vessel YOU brought forward to sustain your Divine Mastery Presence expression on this planet.

Love your body. Keep it clean. This is more than taking shower or bath. It begins with the inside nourishment. Keeping your body clean activates your joy to come forward. The co-creation of your beautiful

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lake of Divine Presence. BE-loved ONES, the hair of the lion is silky, beauty-full and fragrant. The eyes are clear, muscles and bones strong. The cells harmonize as the blood glows. The heart pumps as you step out of the woods and declare:

I AM HERE. I AM READY. No-thing can interfere with my Divine Mastery Presence. I meet your Divine Mastery Presence with my Divine Mastery Presence in beauty, harmony, synergy and understanding.

May you ingest this book slowly, drink the water of life often, and know that the beauty is you. IT IS...YOU. IT IS... in your heart. IT IS... all-ways in your heart.

If the mind seeks to rob you of that great gift, smile. As you meet one of the energies along the road, whether in the forest or in clear view of the meadow, offer loving reassurance. Loving reassurance.

Any who greet you in fear simply want reassurance. It is only the fear that acts out. In your Divine Mastery Presence you will get to practice often.

We will take a few questions.

Question: "I have two teenage children and their energy is very strong. The example with the lion being strong and coming out of the woods, I think I've been standing by the edge scared to death to go outside. If I go through that change as a mother, is that enough of an example for my kids? They're my practice, because they're wanting to do their thing, eat



their food, and think their way. They look at me with the feeling they have the power and right to choose what they're choosing. I've taught them that, and I know it's true, and I feel maybe I taught them wrong."

Breathe first. Your question is asked by many. Every parent in the world of Gaia, not one is excluded, has the opportunity to free their children by their own example.

Your children will not respond to your words. They will only respond to your consistent action. When you hide, you teach them to hide. When you are afraid, you teach them to be afraid.

We share more as this is an important question. Each child selects the extra-ordinary parents that bring them forward. Therefore, you cannot have taught them wrong. You must hear this. Only the mind of density would believe you could have taught them wrong. A wonder-full step along your path of Divine Mastery Presence.

Their strength is offering YOU a mirror of your strength. Stand in your clarity and power as you free them to have their own. Therefore, many families have beliefs about the cycles of diseases. One mother has cancer, the daughter has the cancer, then the granddaughter has the cancer. This is not genetic. **IT IS... energetic.**

To BE the ONE, the lineage holder that stands and declares: ***I will break the cycle***, has not been openly supported in this world experience. For many, it has been very hard.



Commonly, when you stand in your power, children rebel like 2-year-olds -- tantrum, tantrum...tantrum. Hold your power in the tantrum. Sometimes, separation comes forward, and even then, hold gift of you Divine Mastery Presence.

We offer this in many ways for ALL that ask this question. To be a parent, is to love enough to let the child have their life, while refraining from compromising your own.

In this worldly experience, *especially the role of mother which has been greatly out of balance for many hundreds of years*, the role of mother is commonly the role of enabler. A self-sacrificing role that perpetuates as a gift to the children, who then become enablers, who then perpetuate the gift.

***YOU ARE... at a moment of great freedom because
YOU ARE... aware.***

It takes great strength to do this and is the gift of the three energies we speak of today. When you become the lion and step out of the woods, remember the first energy we mentioned.

There are those waiting to come hold you. There are those waiting to support you. They are ALL out of the woods. Unless YOU come out of the woods, they cannot see you, because they are free of the woods. This is the first energy...the ones who will run to you, understand your journey and stand by your side. They are also out of the woods.

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If one in the woods, seeks to get out when they are still in the woods themselves, you will never break through.

Yes? (responding to another question)

"I am called to make an affirmation. I now affirm I AM safe in my empowerment. I AM ready to be totally empowered to teach, heal, and bring this healing about to others."

**Welcome out of the woods! In-joy the sunlight. Remember, three energies will greet you. Send them ALL reassurance.
WE ARE... COMPLETE.**

**BE-Loved ONES, welcome out of the woods.
We love you dearly.
IT IS... a very power-full time in your world.
We celebrate your presence on this planet... now.
YOU chose this planet and this planet simultaneously chose YOU.
Many blessings.**



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