

The Book of *Human* AWAKENING

A new understanding of everything we are
and came here to be

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Katie AND THE CHORUS 



This book corresponds to Season 1 of our podcast, *Our Next Existence*. Links to all providers of the podcast are available at KatieandtheChorus.com/Podcast.

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To all of you
From all of us

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The Chorus

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Introduction

This book came to me when I needed it. Likely, the same is true for you.

You've got questions, of course. I did too. Who is Katie? Who is The Chorus? What is this thing you're about to read?

I'll tell you some of it. But much like The Chorus themselves, I'll let the rest of it unfold for you as you go. It's too good to risk spoilers.

What I will tell you is that this is an introductory text, a magical story, a manifesto, a history, and a love letter. All those things, both alternately and all at once, and on some pages more obviously than others. It's what the title says it is: an invitation to wake up to all we agreed at one point to forget. And that, as it turns out, is a lot.

Many of us find ourselves ping ponging back and forth between going about our days as usual, bursting into brisk actions of hope, engaging in various means of overwhelmed distraction, and fending off a sort of muted existential despair. How did we get here? Is there a purpose, a point? Are we all as doomed as it sometimes seems? And is it even remotely possible that somehow everything could still turn out to be okay?

Okay, one spoiler. The answer to that last question is yes.

A book that purports to convey nothing less than humanity's origins and destiny could have been a pedantic slog. This is not that. The authors are patient, funny, personable, and loving. They are also, apparently, meticulous proofreaders. As a book editor, I don't think I've ever received a first draft manuscript as free from errors.

That's not to say there weren't things I got hung up on. I noticed that sometimes specific words were unexpectedly but not consistently capitalized. Sometimes numbers were spelled out and other times not. The vocabulary and style veered between casual and formal, even antiquated. I had to remind myself I was working with a *chorus* of

authors. They may have spoken in unison – just as a musical chorus sings – but they were each harmonizing on a different note in the chord.

I grew to like these small reminders that they were all there. And while I was initially resistant to what felt like random capitalization and inconsistent numbering, I came to appreciate The Chorus’s intentionality. If they unexpectedly capitalize a word, you can trust that they had a reason to do so.

I even came to find my own resistance interesting. I’d been digging in my heels at not just idiosyncratic grammar and punctuation but also over some of the concepts and ideas put forth in these pages. I noticed I was most resistant when I encountered the unexpected, or something I didn’t quite understand. Sometimes I came up against something I wasn’t sure I agreed with, and I’d find myself sort of arguing in the margin comments. “So what about ...!?” I’d type. “Okay, but ...” I’d write. “Something missing here???”

The answer was almost always something like, “Yes! That is a good question! More on this later!”

I am not the most patient of humans, and this was a little infuriating. How convenient, I thought, that the very thing I most want to know was something withheld, as if The Chorus were a cryptic Magic 8 ball.

It took me a while to get over myself. To set aside my ego, my need to *know* and be right. And, as time went on and my work with the manuscript deepened, I found my questions didn’t seem as important, as urgent. I saw that many of my queries were playing “gotcha,” as if I’d caught the authors out in an inconsistency or misstatement. I can be forgiven, perhaps, because this is what editors actually do. But there was something else going on too. I wanted whole-heartedly to believe The Chorus’s message to humanity, and yet I was fighting with it. I was afraid, I realized, of being disappointed. I was arguing for my own limitations. And once I saw that, much of the energy I’d had for querulous inquiry began to dissipate.

This book is an immersive experience, and intentionally so. Like learning a language by spending time with those who speak it, as opposed to engaging in analytic, step-by-step instruction. When you’re learning French, you don’t ask why the “s” is silent or how come the letter U sounds tight. It just does – it’s how it is. It’s not necessary to know why in order to learn the language, even if there were a reason. In fact, drilling down into the whys can even be counter-productive. While you’re busy demanding to know

the sense behind irregular verbs, everyone else has learned how to ask for *croissants* and *chocolat* and is happily being fed.

The Chorus sees this book as the very beginning of an ongoing conversation. Where we humans want fast, even instantaneous, light-bulb moments, they invite us to simply stretch into these ideas and accept our perhaps only partial understanding. There is, in their view, no right or wrong way of doing anything, whether that's being a human or reading this book. We are, they assure us, right where we are supposed to be.

And so see if you can notice, without judgment, when you find yourself feeling resistant to any of the points they put forth. Resistance is, after all, a form of energetic engagement, and questions can just as easily be playful curiosity as opposed to angry challenge. Do the examples given feel annoyingly vague? What if The Chorus had a reason for that? What if you didn't have to understand what that reason is?

Letting go of your what-about-isms and perceived need for microwave understanding allows you to relax into the authors' larger, broader perspective – like zooming out from Earth and seeing what a tiny and rather pretty blue planet we live on. Ahh. That's kind of a relief, in a world where everything feels urgent, desperate, frightening, on fire.

It's not necessary to resist your resistance. I didn't. I simply allowed it to exist but a little off to one side, resting on a comfy pillow. I could pick it back up any time I wanted to, but I didn't *have* to. I could just stay in the experience of reading the book.

I got so much more out of the book when I simply let it flow, and me along with it.

The message here is fascinating – and deeply reassuring. We – you – came here for a reason. All is unfolding as intended. There is no way to screw it up. We are, and have always been, more than okay.

I don't know about you, but that's a message I badly needed to hear right now.

So get a breath – get several – and settle in. You're about to go on a very joyful ride.

Maggie McReynolds, Editor
Boulder, Colorado, September 2021

Before You Begin

Know that:

- You came here with specific purpose
- to experience limitation, which we call disallowance of energy, and
- by way of that disallowance, you would know, would experience, and would expand into your emotional array.

There are none who exist here, for any length of time, who did not gloriously, lovingly, and purposefully agree to these principles.

And simply by your existence here – no matter what you end up doing (or not doing), saying, building, creating, moving, or any of the many other words you have for “action” on your Earth plane – what you set out to accomplish is gloriously, lovingly, simply achieved.

This you must know first, for all other knowing stems from this simple fact. You wanted to be here. And by your being here, all you ever desired is achieved.

Know this: you are complete.

Part 1

What You Have Been Experiencing



There have been five great epochs or eras of civilization in your history, spanning billions of your “years.”

Through these epochs, you were able to experience – in radiant detail – vast regions of your emotional array, or as you call it today, your emotional spectrum. Each epoch, therefore, is characterized by a kind – a category – of *disallowance*, for in disallowing energy, you *feel* it. You call these feelings *emotions*. We call it your ability to perceive an *infinite* variety of ways to disallow energy. Let us explain.

Before you came “here,” you existed in the pure flow of energy that is the source of all creation. In this pure flow, there is infinite love, energy, light, and life. All that you desire is instantly granted, in an endless flow of marvelous expansion.

In this pure stream of energy, you developed the desire to know parts of yourself more fully. These parts of you are able to demonstrate, to reflect, disallowance of energy.

Since disallowance is not the natural order of creation, in order to experience these things, you needed to create an environment in which to do so, where the rules of engagement could be different.

Out of pure love, you were given the energy to create this environment of disallowance. And you have been constantly creating it all these many years. For it is your desire that has energized this environment of disallowance. Without it, you would – and will – naturally, perfectly, and completely return to pure flow.

As you have surmised, your desire to experience limitation is evolving to the next step, a new step, on your path of greatest expansion. Which is why you, dear reader, are able to perceive this book today.

Chapter 1

What You Built

It is no small thing to create an environment that disallows the pure flow of all creation! Yet, you have done it. And as you continue to awaken to what you created, you will marvel at it all. This vast machine of disallowance, of limitation, is so complete and so powerful. There are many more than you can yet imagine who have enjoyed the opportunity to participate here.

One way to think about this environment is with the concept of the egg. Outside the egg is the pure flow of all energy. However, as energy hits the egg it is modified or molded into the creation of limitation. Therefore, it is important to remember that there is *not* limitation within the egg because of a *lack* of energy. That would be impossible. You cannot cut yourself off from what you are, which is energy (although that would be an interesting experience).

As much energy flows in here as in any other part of the universe. It is this energy that is used to create disallowance, limitation, and lack.

Your field of perception – of conscious awareness – has been limited to only those energies within the egg. Else it would ruin the experience. You cannot experience disallowance while being aware of pure flow! To you, in this perception, limitation was the way of all life, of creation. Your perception was perfectly constrained so that you would experience this environment to its fullest.

“What is the egg made out of?” you might wonder. What powerful construction

re-shapes the energy of creation in an unbroken line of disallowance going back millennia?

It is your beliefs.

A vast matrix of intertwining, connected, and powerful beliefs that together filter the flow of energy into a very potent experience of the seeming lack of energy. Each belief was constructed, piece by piece, by every participant who ever shared these wavelengths.

If you took all the water, in all the oceans, in all the galaxies, from the deepest depths to the highest waves – and every single drop was a belief – it would still not come close to adequately describing the vastness of this matrix.

We call this amazing creation your Belief System Complex, or BSC.

This Belief System Complex (BSC) is fluid, dynamic, and ever evolving. Though from the inside, we understand that beliefs may seem static or slow-moving, in actuality the BSC is updated billions of times per second by every single participant who, by their energetic presence here, contribute to its creation.

A balance is always carefully struck between new energies flowing in and beliefs that constrain these things into the perception of limitation and lack. It is the combination of all life here that energizes this construction. You came here to play – you contributed your energy, while here, to maintaining the game field.

You are, of course, unaware of your participation in the Belief System Complex (BSC). You do not name – consciously, billions of times per second – all the beliefs you have just created. Or that all the others have created, for that matter!

Rather your focus has been narrowed, by choice, to the game itself. To the experience of limitation and all the corresponding emotions you feel, second by second, day by day, all your life.

You are constantly being “birthed” into this Belief System Complex (BSC).

THE CONCEPT OF "THE EGG"

Beliefs mold energy into the experience of limitation



Illustration 1: The Concept of "The Eggs"