

# ACROBATS OF AWARENESS



BY KUTHUMI LAL SINGH  
AS CHANNCELED BY MARISA CALVI  
ON AWAKENING ZONE RADIO  
OCTOBER 10<sup>TH</sup>, 2014

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MARISA: Oh, I love that music. It always gets me right into the moment to be here with you. Hello and welcome to the Awakening Zone. This is the radio network for new consciousness. My name is Marisa Calvi. I'm coming to you from a glorious, glorious spring morning here in Sydney, Australia with a show I call "Feeling Good" where we celebrate life in the New Energy, embracing being creative and creating a life we truly choose.

So join with me for a minute, as we stop and take a deep conscious breath.

I can slow my energy down a little bit more. I always get my adrenalin pumping those 15 minutes before airtime, but it's for you as well. To take that moment to be with your breath. That beautiful deep conscious breath, which brings us back to our center, that Kuthumi and Quan Yin and Adamus talk about time and time again and Tobias when he was here.

That beautiful gift they gave us of remembering – remembering that we have this simple, simple thing within us. This simple breath that seems like a human thing, but is so much more.

To stop and take that breath and be with our bodies, but more so to feel our truth. The truth of who we are – these embodied souls – having the joy of experience.

And now in this new consciousness, having that remembrance, that absolute awareness that we are creative and every moment of every day is our choice.

Breathe deep with that once more and breathe deep with that forever.

It's wonderful when we take those moments to stop and truly connect with that remembrance and that energy and that knowledge and that wisdom we have inside us. Kuthumi always calls it like little anchor points. Every time we do that, it's like we take another little vow to live this life with awareness and commitment and, you know, as embodied souls. So every time we take that breath, it's not about coming back to that connection. It's about saying I want more. I want more, no matter how long you've been doing this conscious breathing for. Lifetimes upon lifetimes we've been doing it. Within this lifetime it

doesn't matter if you've been doing it for a week, if you've been doing for ten years, twenty years. Every time we stop and take that breath we say we want more. We want more of this joy and this wonder of being creative with awareness and clarity. Ah! Wonderful. Thank you so much for joining me with that little reminder this morning. Another little anchor point to establish the energy of our show today.

Now it's time to welcome my right-hand man with whom these Kuthumi shows probably couldn't be possible at this time. So all the way from Colorado, U.S.A., would you please join me in welcoming Joep Claessens.

Hello, Joep. How are you this morning?

JOEP: Hello, Marisa. Good. Very good, indeed. Hi everyone. It's great to be on the show again.

MARISA: Thank you so much. Joep's here, and he herds the cat, so to speak. He'll keep an eye on questions in the chatroom, and he'll take care of all the questions coming through the phone line as well. I used to channel closed eye, so it was really quite crucial I had someone here who could actually see what was happening. But now it's still crucial, because it means I can just focus on being in Kuthumi's energy and speaking, rather than having to juggle questions and press buttons and worry about the technology. So thank you so much for being here with us.

We've got a couple of questions that have been sent in that are kind of going to get the discussion started today.

Well, Kuthumi, I – you know, I always have a little discussion with Kuthumi the night before, and actually we don't really so much talk the night before. It happens a lot in the shower just about an hour before the show starts. And I've kind of got a few key words, and one of them was truth. So we'll see if that does pop up.

I love being in the moment with Kuthumi to see what message comes up, and we always create – all of us together create – a wonderful little connection with our souls through him.

So I'm going to be quiet now. I'm going to let Joep do some breathing, and then Kuthumi will come in. We'll chat for just over an hour or so, take some questions, see what he's got to say, and then I'll come back to say goodbye.

So Joep, I'll hand it all over to you. Thank you.

JOEP: Okay. Here we go.

Let's just take a deep breath all the way into your belly. Just bring your energy back to you for a moment away from the chatroom. Just ground yourself in you.

(pause)

And breathe ...

(pause)

And from there you can connect with the energy of Kuthumi, of Marisa, of me and everyone that's listening in either now live or later in the archives.

(pause)

Just keep breathing ... entering yourself, while we wait for Kuthumi to make himself heard.

(pause)

KUTHUMI: Namaste. Thank you, Joep. Thank you, Joep ...

JOEP: Namaste.

KUTHUMI: ... and everyone. Thank you to everyone for being here in this moment or in whatever moment you're connecting with these words, whether it's through a recording or some transcripts later on. Isn't that wonderful that Marisa's doing transcripts for me. I love that. Thank you. (Kuthumi chuckles)

Just before the show started, I was doing some breathing with Marisa, and I actually gave her the image of a tightrope walker. You know in the circus when you stretch a rope out, and they walk along and it's so wonderful and amazing to watch them balancing. Sometimes they hold a pole to help them. Sometimes it's just them, and they walk along and everyone's below going, "Wow! Are they going to fall?"

Now, as you know, in modern times, we can't let people injure themselves. So the circus acts now they have them in harnesses and they have nets below. But imagine the tightrope walker without the harness to catch them if they fall, without the net to soften their fall, if their feet should slip.

I think you all know where I'm heading with this analogy in this visual, in this image. Kind of like living as an awakened being. Here I am on the tightrope and there's no harness. I told them to pack up the safety net the minute I said, "I Am that I Am, right here, right now, so in love with myself and this is as good as it gets."

I said to the guides and the angels take away the harness. Thank you for putting it there, so I could actually make the choice to step on to the high wire. But I am a creator, and I will do this with absolute knowing. There's no one to catch me. There's no one to swoop down with their wings and carry me to the other side.

Here I am one step at a time, coming closer to me. And at times there is doubt and everyone else seems so far away. And I'm wondering why they don't want to help me. (Kuthumi chuckles) But they do. But they're there in awe and wonder to see what's going to happen next.

Will that next footstep be the one that sends me crashing down? Will I wobble then regain my balance? Will I make it to the other side?

And you know all the questions that your mind and your aspects are loving to ask you right now. Here you are saying, "I know I am God also. I know I'm a creator. I know this journey, this experience is wonderful and magnificent, because I choose to do it as this embodied soul."

Those aspects that sit down in the audience going seem to say “I don’t think she’s going to make it. Oh! She’s wobbling. That’s it. It’s all over. We should have told her not to take the harness anyway.” (Kuthumi chuckles)

But when you breathe in with your soul, your soul says, “This next step is going to be magnificent and grand. It doesn’t matter if we make it to the other side. It doesn’t matter if we fall and die. All that matters is I’m here with my awareness. I chose to be here, and whatever happens next is going to be perfect and amazing. I don’t need an angel to swoop in and carry me. I don’t need a safety net to catch me. Sometimes I’m nervous and scared about taking that next step. Sometimes I want to turn around and go back, but you know what. That’s just as hard as going forward. (Kuthumi chuckles) I stay in the moment. In this moment I am here and I am balanced, and I choose to go on.”

And when I do that with my soul, the voices below me and above me and around me, they fade out. They became background noise. They’re white noise, like the static on the radio. I’m here in the glory and the magnificence of knowing I’m out here on this high wire in this glorious experience that I chose. And whatever happens next, it is magnificent and wondrous and perfect.

It gets scary sometimes that feeling of being alone. That there is no net. There’s no harness. There’s no angel waiting to swoop down and catch you. It is so scary. But that fear is just from all the other times you fell.

But yet here you are back. Can’t be that bad if you came back for another go. (Kuthumi chuckles) The difference now is how, and the how is I do it with my awareness. I do it with so much love, that even if I fall, I can love myself in every moment of that fall until I crash and leave this experience to start again.

Imagine that. You could be falling to your death knowing it’s all over, and instead of in those split seconds saying, “Oh my god, I shouldn’t have taken that step; I did it wrong,” saying, “Wow! How glorious this is to create this ending. How glorious everything was to get to this moment. And I can dust myself off, climb back up that ladder and walk across again.”

It's not about getting to the other side. It's about how I am in this moment taking that next step, no matter what the outcome is.

Breathe with that. The glorious acrobats of consciousness. (Kuthumi chuckles)

You trapeze artists of awareness.

(pause)

Hm. Taking that step one at a time. And every time you take that step, with that beautiful self-love and acceptance and that awareness and the voices go, "Oooh." They come into balance. They don't question what you're doing anymore, because when you're there with that absolute self-love and that knowing and that trust and that acceptance, the voices then just want to see what you're going to do. They want to join in that wonder and that self-love.

They're not there to heckle you or question you or distract you anymore. They're there to support you and they're there to, actually just in silence, experience the wonder of what you're going through.

That's integration. I can be here in this moment taking this next step, not knowing what the hell's going to happen. But when I'm doing that with my self-love and that acceptance and that allowing and that trust in me, those voices can't distract me. Those aspects can't distract me. I can't be distracted from the memory of that last lifetime when I fell. I can't be distracted by that other lifetime when I knew the angels would come and rescue me. I know I'm here as a sovereign being, as a Master, having this experience.

And let all those aspects of those past lives with other experiences go quiet. They're no longer there to question you. They're no longer there to want to project what happened before to you. They are saying now, "Remember? Remember that time you did fall? Remember how you slipped? If only you'd just been focused on your footstep." Ah!

See, this is how all these aspects and past lives accumulate wisdom for us. And when we're in balance, when we're in balance, that's how we call that wisdom back. It's not distraction. It's the accumulated wisdom of our soul.

This is how the energies serve us. Aspects are not there as your enemies. They're not there to spoil your experience as a souled being. You created your aspects to protect you, to guide you, to gather wisdom, to survive. You created aspects so you could have the depth of experience.

But when I stand as a sovereign being, as a Master, as the creator that I know that I am, I respect and honor every experience, every aspect, because I know that they're there to share wisdom. But the only way they can share their wisdom with me is when I'm owning my Godself. When I'm in that moment loving and accepting and allowing all that I can be.

Breathe once more. Not so scary being up on the high wire when you know that, when you remember that. You put your hands out, breathe in deep. (Kuthumi breathes deep) Every step is glorious and wondrous while I'm standing here knowing I am God also. I accept all that have been. I trust all that I am, and I allow all that I can be.

Take another step. Yeah, the tight wire still wobbles. You still have to take that moment to get the balance. Sometimes you can be brave enough to take that second step while it's still wobbling, and that's cool too. It's all wonderful. It's all wonderful.

It's not about being special or amazing. Any tightrope walker will tell you that. We can ask them – we should actually – maybe one show I'll actually get an acrobat on. We'll talk to them about what it's like. And they will tell you, they are in the moment. They are focused on what they're doing. They can't be distracted by what happened before the performance or after. They have to be in the moment, because if they're not in the moment, they'll miss when that rope comes swinging back to them. They won't be focused on where to put their foot next.

They trust that everything they've learned – their training, their practice – will serve them on that day in that moment, whether there is one person in the crowd or a thousand.

I have gathered all the wisdom I need to serve me in this moment. I have gathered all the wisdom I need to create whatever I choose. Whatever I choose.

Breathe deep with that. Breathe deep with that.

And remember, you don't have to be a tightrope walker. You can also do this walking through a field with your feet firmly on the ground and no risk of falling. (Kuthumi chuckles) I just thought it would be fun to be a bit dramatic with you all today. (he chuckles again) But I know that's what it feels like, because I've been there. I've been there, and it's a wonderful analogy.

So now let's walk to the other side nice and confidently because that's who we are in this moment. Let's climb down the ladder. Ah! Let's go outside the big tent, the big top. Let's go and find a beautiful field. St. Francis is hanging around a lot because that's the story we're working on. He loved to sit outside in the fresh air. That's where he did a lot of his integration.

So picture with me. We're going to go out into the open, maybe a little hillside. There's a beautiful – a big tree. Maybe it's an apple, or an olive tree like St. Francis had, because he was in Italy. You choose whatever beautiful tree, even a grand old oak.

We're going to walk up that little hillside. Maybe out of the sun, if you've got pale skin and don't want a tan, or you can sit out in the sun. There will be a gentle breeze, so it's not too hot, not too cold. It's just perfect.

And we're going to sit there, and then we're going to go into this beautiful space of today and we'll start with some questions. I'm actually going to start with the first question. My dear friend, Shirley, sent me a question, asked it to Marisa, and it's a wonderful question. A wonderful question to get things going.

She said could we please talk about whether we are able to access different potentials, good and bad ones and choose one as a Master?

Now, the simple answer to that is yes. Yes. Now, I really could just stop there. Yes. Of course, you are able to access different potentials, and of course you can choose whether they're good or bad, and of course you can choose them as a Master. You are a creator every moment. Every potential is there for you. Everything is your choice, because everything is your creation.

Keep it simple. I love you Shirley. You love to make things a little bit more complex than they need to be. Come back to the simplicity. I am God also. I choose every moment knowing that I am the creator of every moment. Then any potential is there.

See, the wonderful thing is you are all wonderfully embracing being Masters, being creators, knowing that you create. But when you fall down is when you forget to choose how you're going to create. I choose joy and balance and even grace. And if things aren't quite happening that way, it doesn't mean I'm a flawed creator. It just means I need to come back to my breath and back to my balance.

The simpler you keep this – much like the tightrope walker – the simpler you keep it, the easier it is to stay in your balance.

Imagine if the tightrope walker, you know they sometimes carry a pole, but imagine if they said, "Mm, maybe if I attach some more things onto this pole that will help me cross over. Maybe if it's my clothing. I need to wear different clothing. The clothing will help me get across. I'm going to do something to the rope so I can grip the rope better with my feet." You can make it so complex, but when you're being an acrobat of awareness it's all about being in the moment with your breath and that trust and that acceptance and that allowing to simply take the next step. I'll take this next step and whatever it brings to me in my mastery I can experience it in ease and grace and balance.

Keep it simple. Keep it simple.

With that, Joep, shall we go on to maybe some phone calls?

JOEP: Sure. We have two callers. So I'll bring on caller number 6900. Caller, you're on the air.

KUTHUMI: Hello.

MARY: Hi. It's Mary in Friday Harbor, Washington.

A while back my body did some releasing, which actually started the same day as I listened to the crystal caves DreamWalk. And then for a couple of weeks after the releasing, it seemed like I was extremely low energy, and I thought, well, that's an old pattern of chronic fatigue. But then I'm feeling much better. But the interesting thing is when Adamus talked this last weekend about the 21 days, I kind of went, "Ah ha!" The period of time that I was sick was three weeks. Oh! Twenty-one days.

Can you confirm with me if this is what that is?

KUTHUMI: Absolutely, and you know these periods of time that you all sort of join together as kind of like a collective consciousness, I don't want that to take away from your feeling that you're still actually experiencing things as a sovereign being, because you are. Your experience is still your experience.

The wonderful thing about these collective experiences when I confirmed to you yes, it was that 21 day period, we create these just as – they're kind of reminders that we're not in this alone. There were other people who contacted me who also had the exact same thing – the 21 days, three weeks, around the three-week mark. They had their own personal and sovereign experience. And it's wonderful that you kind of create these times together. They create support for each other, but always remember you're still having your personal experience.

I really want to commend you that you understood it was just a pattern. This is just something I'm going through at this moment. It's not mine. And that's what a lot of you come to with that theme of, - "Hang on. That's right. We were told there was going to be this 21-day period." It's actually been wonderful, because

a lot of you who are truly, truly embracing your creativity like you said- “I was a part of it, but that actually wasn’t mine. I still had this experience and I allowed it, and I allowed myself to come back out of it.”

So the main thing I really want for you to get from it was yes, I was part of a little collective experience where I was ready to release, and when I listened to that channel, part of me went, “Yes, it’s time now. It’s going to release, and I’m kind of going to do it in that safe space with that collective consciousness.” Uh huh.

So this is what I love about all of you too when you all kind of did it together. It wasn’t doing it as a group or as, what you would call, traditional mass consciousness experience. See, mass consciousness is very different from the collective consciousness. So, say here today when you’re joining with me, we’re not creating a mass consciousness experience. It’s kind of a bit too small for that anyway. But we’re creating a collective consciousness, and each one of you tuning in is not here to say, “Gee, we all had to have that message today from Kuthumi,” because I know that no matter who’s listening to this, who listened to that analogy of the tightrope walker, whoever had that 21-day experience, you’ve all had your own personal dynamic sovereign experience with it.

So these little periods of time where we kind of tune in together, you’re all still earning your sovereignty and your mastery, which is just wonderful.

So, yes, you had that little bit of down time, and just to come back to physical things at the moment. As much as you guys – I know you’re all talking about the light body. You’re all integrating your actual physical self at incredible speeds at the moment. And you’re also doing it – sometimes it feels very heavy and sometimes the changes are quite, what you would call, physically and humanly dramatic.

Just go with them. Breathe with them. Remember to come back to that feeling of what do I need to do now in this moment with self-love to nurture this integration, and that brings it all back into balance.

So I think I’ve answered a few things for you Maryanne plus some other things that you didn’t ask. Do you feel complete with that?

MARY: Oh yes. Thank you. Except just one. Is there anything specific that maybe that helps me with as far as it affected me? That releasing.

KUTHUMI: That releasing – look, it’s wonderful now. There’s kind of this Catch-22 with where we are with expanding and evolving now that ... even when you go through something physical now, it’s still feels quite as big as it would have ten years ago, even though you’re getting through it quicker and you’re doing it with much more, you know, much more balance and awareness.

It’s kind of like tidying up. How can I put this? I love giving Marisa analogies, because it makes it very clear on kind of the energies. It’s kind of like if you cleaned your house today and you swept all the floors and then you went back and went, “I need to go and dust under the beds now.” And it’s kind of those dust bunnies that are under the bed. And this is kind of where you were at too. It’s kind of like that last little – it’s kind of getting to those last little bits that are just, it’s just like the last little fine bits of housecleaning.

So that’s what the release was for you. And for most people who are doing this now, it’s just that fine tuning. So that’s kind of what you were doing. That release was just that last of ... you’re getting down to the fine tuning of your energy.

MARY: Okay. Thank you.

JOEP: Thanks, Maryanne. And then we’ll go to the next caller with the last four numbers 1727. You’re on the air.

CALLER 1727 (woman): Hi Marisa, Kuthumi and Joep.

CALLER 1727: Mine is along the lines of the crystal caves too, but I also ... my body hasn’t felt well in years, and I’m wondering will it ever again? I mean, I’m really – it’s ridiculous, you know. And also I wanted to – I have the crystal cave thing. I was going to go in it, and I thought, well, am I really ready, because am I really holding up victim and things like that around it that would cause a problem. And I didn’t go in it and I’m holding it off. Although I do feel pretty much ready. There’s that little doubt, you know.

KUTHUMI: Okay, okay. You kind of answering your own question. (Kuthumi chuckles)

CALLER 1727: I know. (she chuckles too)

KUTHUMI: But that's okay. I'm going to guide you. Yeah, I'm going to guide you through it. And, you know, that's a pretty big pattern you've got on yourself with "I can't get there because there's something wrong with me, and I really don't deserve to have it because I'm not well enough to have it happen to me."

CALLER 1727: Well he said that if you have victim or any of that stuff around you, it will make it really hard on you, those energies. And so that's ...

KUTHUMI: I know. So then you could – so then you could ... I know, but see how you're cycling on to yourself, because it's now it's like I can be a victim of being a victim.

CALLER 1727: Yeah! (she giggles)

KUTHUMI: And that's a pretty big hole to dig yourself in, because if someone stands back and just goes, "Well, geez, I'm being a bit of a victim in this situation," it's kind of like one layer of energy that you have there. But if you've got that, "Oh, I know I'm a victim and oh my god, it's so hard to not be a victim," so then you're being a victim of victimhood. All you're doing is – it's kind of like if you built a brick wall and said, "Well, I can't get through there until I build a doorway, but oh my god, how am I going to build a doorway. I've got to have a hammer!"

CALLER 1727: Exactly!

KUTHUMI: All right. (they both chuckle) Okay. So what you're doing is – so it's like I've created this one barrier for me, but now I'm a victim of the barrier as well.

So all you're doing is you keep stepping back from just owning your Godself. And this is why I say "I Am that I Am, right here, right now so in love with myself and this is as good as it gets", because until you can embrace that whatever physical state you are now is grand and magnificent and glorious and there's

nothing you need to change, then you're continually running away from the mastery and the grandness that you are.

CALLER 1727: Yes, exactly.

KUTHUMI: Until you can breathe today and say, "Yeah, my body's up to shit, but you know what? Isn't it awesome that I've created that?" Yeah! Everyone who's listening has got some physical thing going on with them that they wished they didn't have. But the difference will be are they a victim to that? Are they letting it take them away from their self-love? Because that's what it is. At the moment now, all those physical ailments, all they're doing is serving you. It's taking you away from your joy and your self-love and keeping you in that victimhood. And then you get to be a victim of the victimhood.

CALLER 1727: So then you tell those aspects that are doing this to go away? Are you allowed to do that?

KUTHUMI: Not ... well, ohh! You can't tell an aspect to go away, because an aspect is part of you. It's something you created and it is part of your collective wisdom. But what you can tell them is "thank you. I love you. I understand why I created you. I created you for experience. I created you to deal with a certain situation in my life. But you know what, I Am that I Am. I am here as an embodied soul creating experience, and I choose now to do that with love and joy and ease."

Do you remember when I took you up on to that tightrope? Those voices want to distract you. They want to tell you you're doing it wrong. They want you to come back to the platform and not take that walk. They want you to question your clothing, and you're too fat to walk across there. You can't do that walk. Your knees aren't right. (the caller giggles) It's all those voices.

But when you stand in that moment and you take that single breath that says, "I Am that I Am and I choose this life with my awareness and the embodiment of my soul," that's when they go, "Ooh, that's a bit different."

Aspects are scared that they won't be needed. They're actually scared you're going to send them away, that you're going to reject them, that you're going to close them off. That when you ...

CALLER 1727: I consulted a friend that just told me to do it. I didn't think that was right, but I wasn't sure.

KUTHUMI: Who told you that?

CALLER 1727: A friend of mine who is a channeler.

KUTHUMI: You need to go and buy that friend some chocolate and maybe coffee and a cake. (the caller giggles) Because, but isn't it interesting. So often through life we'll create the answer so many times and in so many ways.

CALLER 1727: Yes.

KUTHUMI: And we won't hear it until we're ready or we decide that, hey, it's Kuthumi. He's pretty cool and wise. I'm going to actually listen to him. But I'm not going to listen to my friend who maybe listened to Kuthumi. (they chuckle) All right.

CALLER 1727: Yeah!

KUTHUMI: This is the thing. You've got to decide I'm ready and I'm going to take that next step regardless of what happens. And the voices that are calling out saying, "Don't do it because your body isn't ready," well, they just want to distract you. And they're coming from a time when they failed, because ... they failed. Marisa would say that's a terrible word to use.

They're coming from an experience when you did fall because there was something wrong with your body. And that doesn't matter. It doesn't matter. All that matters is I want to take that step now regardless of what happened before. And you can look down at that aspect and say, "Hey, thank you. Wasn't it amazing when we did it that way that time? Come with me now and let's see how we're going to do it differently." This is for you.

CALLER 1727: Oh, that's so much better.

KUTHUMI: It's about changing and breaking the habits and patterns.

You know, years ago you were told just change something, because when you change something, it shakes up your energy. So even if it's like, if you always get out of the left-hand side of your bed, tomorrow morning get out of the right side. Have your shower before you brush your teeth or vice versa. Whatever. When we do those little things within our daily habits, you know, the habits are the truly human habits of what we do. When we change those little human habits, we shake up our awareness. We get ourselves out of autopilot. And a lot of when you're talking about these really chronic things that are just set in time over time. You've so bought into I am a victim. I know I'm a victim, and now I'm a victim of being a victim. (caller chuckles) All those habits keep also those thought patterns in autopilot.

Shake things up. Change what you're doing, and then be really aware of the thought patterns so you can change the thought patterns. And you'll ...

CALLER 1727: How do you not feel the victim of a person? That person is constantly making your life miserable. How do you not feel a victim of them?

KUTHUMI: Well, first of all, you do the simple human thing, which is just get them out of your life, whether that means don't call them, don't answer their calls. If they invite you out for lunch, I'm busy. So you can do simple human things like that. Just don't interact with them.

But secondly, I know sometimes some of you say, "But I've got family. They're someone I work with."

CALLER 1727: Somebody I live with. (she chuckles)

KUTHUMI: It's someone you live with. Exactly.

CALLER 1727: Yes.

KUTHUMI: After a while you've got to realize that well first of all, the stuff they're throwing at you isn't yours. It's not yours. You've kind of got to own that you're allowing that situation to happen first, as well. Well, why am I allowing this to happen? Because I'm just allowing it to happen. So it might take a conversation with them to say "I really don't enjoy when you speak to me like that."

Even that is a pattern. That interaction with that person is a pattern and a habit.

CALLER 1727: Yes, it is.

KUTHUMI: Change the pattern and the habit. Even if it means that you know there's a certain time of the day when they will come and do that stuff to you, because I imagine it happens almost ... I imagine there's a timetable. There's a script for it. Guess what? You don't have to play along to that timetable and that script. Even shift that, and that's going to shift the dynamics of how this person can do that to you.

If there's a certain thing you always do in reply, change what your reply is. Change. Just change stuff.

CALLER 1727: Yeah. I did it once or twice and it was fabulous.

KUTHUMI: Yeah. But the thing is too, while you're still buying into being a victim, it actually makes you like a magnet for that energetic physical, emotional, whatever abuse it is that person feels comfortable to put upon you. The minute you start letting go of the fact that you're a victim, all of a sudden, you'll find that there's less and less you actually have to do to stop the interaction.

I know there's lots of people – if you talk to people who have stepped out of their victimhood, talked to the people who have done SES, all of a sudden it's almost like you have put up a sign on your forehead said, "No more BS."  
(Kuthumi chuckles)

It is. A lot of that – I'm telling you to do some outward stuff, as well. But the real change in this is going to come when it comes from within, because it's an energetic game that we're all set up to play here on Earth, and the minute you

can stop, change that energetic game in some way. But when you really own it from within that I am not going to be a victim of anyone or anything, because I am God also. It is – it's like you've got a flashing light on your head and that sign that says "No BS." on your forehead. (Kuthumi chuckles)

They'll go find someone else to play with or some other way to play and get – and feed. Because it just feeding. It's just I'm going to do this because I can and it builds up my energy. They'll have to go and get that from somewhere else. And they will.

Change. That's the biggest thing I want you to take away today is change. Change. Change your thoughts. Be aware of your patterns. Be aware of those patterns that your thought patterns. The human patterns. Just change stuff. That changes the energy and increases your awareness. Thank you, my dear.

CALLER 1727: Okay. Thank you. Thank you so much. You have cleared some things.

KUTHUMI: Please go take that friend out for a coffee and chocolate please. (they both laugh)

JOEP: That was good. Thanks so much.

KUTHUMI: I'll talk about that a little bit more. You know, so many times when we talk about these parts of ourselves, these aspects, these patterns and so many times there is this mindset of I have to get rid of them. I have to clear them. Integration isn't about closing everything off so you're just this fluffy marshmallow of soul connection. It's about embracing every part of you that you've created to interact with experience. Every part of you that you've created to survive being a human. All those voices underneath you, under the tightrope, that are yelling out. They don't really want to distract you. They truly believe they're helping you. They truly believe they're being a support.

And the wonderful thing is they can be, because no matter how dark they seem, no matter what sort of lifetime they came from or what experience they

came from, they all have a wisdom that you can draw upon that will support you.

The difference is in handing over your power to them to say, “You, as that little aspect from that one lifetime, knows more than me standing here as an aware soul being. I Am that I Am, and you are here as my support. I love you and thank you. Come with me to experience this in a new way.”

I’ve also given that beautiful analogy of the conductor in front of the orchestra. A conductor doesn’t stand in front of an orchestra and say the bass drum is not as important as my first violin. Every part of that orchestra is grand and magnificent and contributes to the most magnificent symphony. But without the conductor there before them, they would just be noise. (Kuthumi chuckles) The conductor turns all that into a glorious symphony.

And that is you now – the conductor before this orchestra of all your aspects that you get to guide, that you embrace, that you call upon to create your experience now.

Some days some will play louder than others, but it’s always coming back to that knowledge that you as the conductor and the creator are the one standing before them calling them, calling upon them.

It gets so easy when one little part of us wants to step up, “because I know how to do this!” We’ve done this before. And that’s fine. Invite them to come in with their wisdom, but they’re going to do it with the ease and grace and balance of doing it through you as an aware soul connected being.

Then they won’t be pushed away, because if you push them away, they’ll come back bigger and stronger because they’ll say, “Hang on a minute! You’re not listening to me. I’ve got something to offer.” They’ll say, “Hey, yeah, we can work as a team. I understand that I’m not running the show. I’m not the conductor. I’m part of the symphony and without me, the symphony would be less. But I’m not the conductor.” And they will come back into balance and that’s integration. It’s saying to these parts of you I love you and I honor you, and every bit of wisdom you’ve collected for me I want here with me now.

Integration. This beautiful balance of all that you have been to be all that you can be. To take all that wisdom you've gathered from every experience, every day still here on this planet. They can all come together in this grand symphony of balance and ease and grace.

No part of you is faulty or broken or needs to be rejected or cleared or released or pushed away. You created them for the depth of experience to collect this wisdom and knowledge. And now you can use them. (Kuthumi chuckles) You can use them. They're here. They're here for you to draw upon. This is how energy serves you. Why would you create all these experiences no matter how deep and dark and horrible, if they weren't to serve you? There is nothing of your experience, there is no part of you to be pushed away, cut away, released. It's about bringing it into balance. It's about taking that next step on the tightrope with that trust and that acceptance and that allowing and inviting those aspects to join in the wonder and awe of what that is like.

Thank you. Joep, we'll move on.

JOEP: We have a next question, which ties in with what Kuthumi was talking about before the break. It's a question from Cosmina, and I'm just going to read it the way she emailed it to us.

QUESTION: I've been feeling this evilness inside and around me. Heard that it was very projected and affected others. It is not the first time it happens. Sometimes I guess I get a bit angry or jealous at others because I feel they can do stuff I can't or couldn't do. It's not my conscious intention to hurt people on an energy level, and I am not using this as an excuse, but only to explain a bit what I'm talking about. Also, this thing, pattern, behavior, aspect is pushing away people, and it has been for a long time. This is only the tip of it, and I want to be honest because I'd like an honest response. What can I do in a situation like this when I feel this massive tearing apart of everything to the point I am not even sure that awakening is an option for me? Can I fake awakening? Although I have no clue if going back is an option either, because it doesn't feel like it is.

KUTHUMI: No. Going back isn't an option, because it's just as hard as going forward. (Kuthumi chuckles) It's on the tightrope. You're in the middle and it's like, okay, I want to go forward, but I can't go back. And you really can't go back. But, let's go back to this little, this aspect and pattern.

So, first of all, it's so wonderful when we gift ourselves the awareness that this is something that is not truly ours, because that's what's going on here. Cosmina has understood. She says, "This isn't my truth. This isn't who I really am. But why – why is it here?"

I know a lot of you feel that, and this is the times when you're the conductor in front of the orchestra, and all of a sudden, the trumpet player gets up out of turn and starts playing a solo that doesn't fit in with the symphony. And it's like all of a sudden you put the baton down and you go, "Okay, the trumpet's going off again. I wonder why that's happening? This always seems to happen at this time of the day or this time of the year or it's come back again. The trumpet player is out of whack again."

(pause)

These are just when aspects take over, when we know things are out of balance. And, you know, this aspect doesn't think it's doing anything wrong. It actually feels it's reacting perfectly to the situation, because in another time, maybe even earlier in this life, in another life, this is what actually worked for you – being angry. Being angry, being defensive, shutting yourself off. It worked. It kept you safe and protected. It kept you safe and protected before, but now it's costing you. It's costing you interactions. It's costing you balance, and it's taking you away from your self-love, which is the worst part of this at all that you're questioning yourself.

But the beautiful thing is that in questioning yourself, you're creating more awareness of what's going on. And the awareness is the first key to bringing this back into balance.

So the wonderful thing is it's not now to say, "I hate this part of me. I wish it wasn't there. I wish it wouldn't come up, because it's doing all these things in my

life that I don't like." It's actually about when you need to breathe and be with it even closer and more than before.

It's about sitting down and breathing and saying, "I understand why you're here. I understand you're here because you truly, truly believe you're helping me. But you're not. This is out of balance with how I'm choosing to live my life." But breathe with that aspect.

Sometimes it'll tell you a story. It'll show you where it came from, when it started. And that will allow you to love it and honor it even more.

Is it from a lifetime when you had to be that warrior? You had to fight. It was the only way you could be heard. Was there a time in your life when you had to be angry to step up to get attention?

(pause)

Is it just an aspect you've created out of the frustration of spiritual life? Yay! Isn't that a great one! I'm just going to be really angry with this, because I don't know how else to deal with my awakening. (Kuthumi chuckles)

Just take a breath now. Everybody has that dark part that loves to come back and play, that questions themselves, that looks around and says, "Everyone else is doing it better." You refer to it as jealousy. That anger, the darkness. You've all got it.

It's not something wrong with you. It's not something you need to shut off. Sometimes being angry can be good. Sometimes that is what you need to do to move a bit of energy or to declare yourself.

But when it becomes something ongoing, that becomes habit, almost a ritual to survive and to experience life, and as you say, it's not something you're enjoying, that's taking you away from your self-love. You need to breathe with it. Why are you here with me now? Are you actually mine? Am I just picking up a lot of the angst and drama that's going on in the world right now and letting it come through me and express through me?

Take that breath right now and remember how are you truly choosing to live. If you're truly choosing to live as someone who's angry and jealous and pushing people away, that's fine. That's a perfectly legitimate choice of experience. Lots of people do that. But I know that with your awareness that's not completely satisfying.

But come back to that self-love that in this moment it's perfect and fine. I'm going to breathe with this and I'm going to remind this trumpet player of my orchestra that he is but one part of my experience.

So you pick up your baton on the table, on the podium in front of you, and you look up and go, "Ahem, hello. Thank you. That was lovely. Now let's breathe together."

It's a wonderful thing when we have an aspect play up. It's a fantastic thing to not only take us out of our self-love, but also to take us back into that victimhood. I have this aspect. It just comes up and it takes over. No, no, no, no, no. You're letting it do it because it's serving you in some way. And it's all part of that programming we have to just allow ourselves to be distracted so we can have the fun of being human.

But with all of you with your awareness now, you know when you're being distracted from that balance and that grace and that ease. We're going to stop and take that breath right now together. Let's take that breath of integration. The breath that says I am the conductor of my orchestra. I Am that I Am, the Master of my domain. I am the sovereign being that stepped away from All That Is to have my own unique experience. To collect wisdom in whatever way I could. To answer the question who am I, and I know I Am that I Am, right here, right now so in love with myself.

And that declaration goes out to every part of me. Every part of my collective wisdom to every aspect and pattern and habit to say, "I am the conductor of my orchestra. I love you and thank you for all you have done. I love you and thank you for all that you are doing and all that you will do for me. But you do it with me in balance."

It's all about coming back to that soul connection, to that choice to be this enlightened awakened Master. And sometimes it's harder to come back. Sometimes it takes that little bit of extra effort. I really have to take the time out to sit and breathe for five, ten minutes. I have to go away for two, three days and have that solace and solitude.

What do you need to do for you to come back to that balance? Do I need to look at my food a bit better? Is my food in balance and in harmony? Am I paying attention? Do I need to go for that walk? Do I need that time to myself? Have I been neglecting my creativity, such as my art? What am I doing to nurture my Self, to bring my soul closer, to send out that message to every part of me that they are beautiful and wondrous and loved, and together we create experience in a new way in joy and ease and grace and balance.

These dark parts, they're so scary because we're so scared that they seem so powerful. That's what scares people the most about them. They seem so powerful and that's how they work. If you look at a bully – the kids who bully each other – they do it through fear, because that seems bigger and stronger and more powerful. That's all part of the energetic abuse cycle.

This darkness seems so strong and so overwhelming, but it is no stronger than any other part of you.

It's the fear that gives them their strength, and as soon as you can step through that fear into the self-love and acceptance that they are just a part of you you created for experience, they will be no bigger or stronger than any other part of you.

Breathe with that.

This darkness within me that we've been taught for so long is not ours. That's the devil. (Kuthumi chuckles) That is the rejection of our light. It's not. It's just another part of us that we created for the depth of experience. Its only strength is in the power we give it through how much fear we have of it. Abolish the fear; replace it with love. They have no power. They come back into balance. But thank you

and I love you. You are just as an important part of me as the fluffy marshmallow enlightened part.

Cosmina also raised another great, great question about can I fake awakening? Absolutely! It's fantastic! You know, I've always loved when Adamus started telling everyone fake it till you make it. Walk like a Master, you become a Master.

Every part of experience here on Earth is an act. Every part of it. We get sold into this idea that the enlightened ones are the only ones who are genuine and everyone else is just playing a different role. Sorry guys. Walking this Earth as an enlightened being is as big an act as the extremists who are doing that silly religious war at the moment.

You are all here playing a part in a fantastic soap opera. (Kuthumi chuckles) The wonderful thing though about choosing to play the role of the enlightened and awakened embodied Master on Earth, the benefits are a bit more ... how can I put it? Rewarding. (Kuthumi chuckles) And they're rewarding in that the energy that they create for you serves you in the most wondrous amazing ways, that then will serve you when you step out of the body as well.

So, yes, fake it till you make it, because the minute I say, "I am enlightened ..." This is why I was able to step into my enlightenment so easy. Because when I realized I am just playing a role, so I can play this role of being a victim, being this broken down mentally despaired man lying in a bed, which is a fantastic act, for several years. Or I can choose to sit up and say, "I am enlightened."

The big difference between being the creator and the victim is knowing that you are simply choosing a role. And you can choose the role of victim. Oh, wouldn't it be so much more fun to just choose the role of being a creator, which I did.

It's the simple choice. So if you want to call that faking it, call it faking it, because if you fake it for long enough, all of a sudden it becomes enough of a habit that it'll actually sort of start to work its way into your energy. But the thing

is there's always going to be that feeling of I'm not truly awakened, and that means you're choosing to be a fake awakened Master.

How about we skip that step? How about we skip the step of faking and make the step of conscious choice – conscious empowered choice, embracing that creativity, embracing that Godself, so that it's not going to happen by default eventually. I'm not going to trip upon something which will actually then maybe give me the key to conscious choice. Let's skip the faking till we make it. Let's go straight to I Am that I Am. I am enlightened. I am awake. I am awakened. Because every time we say, "I'll just fake it until it happens," that's kind of still standing before that brick wall saying, "I know I can step through that wall, but I don't have the hammer to break the bricks. But I'll just stand here knowing that I can step through that wall."

Take the next step on the tightrope with that self-love and that awareness and that absolute joy of knowing you are creator.

I've often given people a wonderful exercise to really step into their creativity and their mastery, and I'd love for you all to do it sometime. So you can either do it where you're sitting or you can take a walk later, but to look around and know that absolutely everything that you can see, you created. We so often get caught up in that what we create is only simply the result of something we've done. I created an art piece or a book or I applied for the job so that's why I got the job. That's how I created it.

But imagine you could walk down the street and look at a tree and go, "I created that." Crack in the pavement – "I created that." Spend a little time, even walking around your home. Look at the lamp maybe next to you, like Marisa is now, "I created that. I created the Awakening Zone so I could hear this message. I created the sun in the sky. I created the birds that are singing."

If you can walk for even five minutes and absolutely own that everything within your scope of experience is your creation, that is going to change something deep inside you. Because when you can own everything around you, you can understand you can own everything within you as well. "I can own this darkness

within me that wants to play. I can own this frustration that I'm halfway across the tightrope and I want to go back, but it's going to be just as hard as going forward. I can own all the bad things I've done, but it means I can own all the good things as well." Because when you can own absolutely everything that's inside of you, as well as everything outside of you, then you can also offer yourself the choice to remember now I get to choose how I own all that. I can own it as the creator. I can own it as the victim. And that will define then how you get to interact with it all.

That's the next step. I own that I'm here in the middle of this tightrope. Now I get to own how I take that next step. Am I going to take that next step with fear and trepidation and wondering how the world is going to judge me if I fall? Or am I going to just take that next step for the joy, the fact that I can take that next step and damn what anyone else thinks, because I'm doing that with so much self-love and so much wonder as to what that next step is going to be.

Own everything within you; own everything outside of you and then choose how you want to play with that.

There's nothing to fear or hate about yourself, but there's everything to love. That brings this all back into balance.

Thank you, Cosmina, for that wonderful question and thank you for that wonderful energy we all created together in answering it. Thank you, Joep.

JOEP: Thank you, Kuthumi.

We have two more questions that were post in the chatroom.

There's a question from Water Lilly.

QUESTION: Dear Kuthumi, I feel stuck in patterns from medications I did long ago. May I please have your perspective? I want more life. Hugs and thanks.

KUTHUMI: Can I just clarify, because they're still feeling the residue of medications they had a long time ago?

JOEP: Yeah. I feel stuck in patterns from medications I did long ago.

KUTHUMI: Right. Fabulous. And, you know, that's a very valid point, because our bodies react to what we do to them physically. You all know that if you go for a bit of a walk and you move your body, it feels different than if you were just sitting around all day.

The biggest thing I would say to you though, my darling, is you've got to come into the moment, because when you come into the moment with your body, that's going to release the energetic patterns that the drugs set up in your body. And it really is simple as saying really choosing that you're no longer the victim of what they did for you, because realistically, chemically, your body has cleared out those drugs.

So, first of all, I want you to picture that as cleared out. Secondly, it's really just choose not to be a victim of what happened in the past anymore, because if you can stop and breathe in I Am that I Am, right here, right now, you will know that those little tiny pills you took long ago have no power over you.

So there's a big belief there. We are talking beliefs as well. So this belief there that they are still affecting you is what's keeping them there as well. When you come into the moment and that absolute trust that your body knows exactly what to do to come back into balance now, it'll clear that belief and it's actually going to clear that pattern that the belief is then holding there for your body.

So take a breath with that.

(pause)

A few months ago we did a light body exercise where we went deep into our bodies. We went down into the DNA. We cleared out everything that we didn't want any more from that little library of information that programs our bodies.

Years ago too we got given Standard Technology where we talked to the cells of our bodies, and you can do that still too. And I'd love for you to do that. Talk

to the cells of your body because your cells renew all the time. The cells that are in you now never even experienced those drugs. But the belief that they are still somehow there is affecting those new cells.

Talk to your cells. Let them know that they're free to be clear and balanced and in harmony with you, as you choose to live.

This is the wonderful thing about all this light body integration. You're connecting with your bodies more, and part of you even asking this question is simply that you want more of that integration and that connection.

So just talk to your body and say, "We are what we are right here, right now. We are clear of the past and we are free to go on however we choose." Keep it simple. Keep it simple. The past is no longer here. You're free to go on and be clear and balanced, and the more you breathe with that and remind your body of that, the more it's going to communicate with you for what it needs to truly be nurtured and integrated. Thank you.

JOEP: And one last question, and I think that's the last question anyway for today.

KUTHUMI: Yes.

JOEP: It's from Maria Rose. And her question is ...

QUESTION: Can you address trusting the inner voice knowingness?

JOEP: Which I guess ties in with the previous one.

KUTHUMI: Sure. You know, trusting this inner voice ... (Kuthumi chuckles) The wonderful thing about this— this takes me into one of my favorite topics, which is discernment. Discernment. Doesn't that sound like a heavy word?

Discernment is that absolute knowing of what is your inner voice and where is it coming from, because we have lots of voices going on inside and they're not always that absolute pure wisdom. (Kuthumi chuckles) Sometimes they're aspects. Sometimes they're something from someone else.

But the wonderful thing is the more you take that time to breathe and listen to what those voices, that's when your discernment gets fine-tuned and you know is that my ego? Is it a past life? Is it an aspect? Is that my absolute soul connection?

And they all have something to offer, which is wonderful. But every time you communicate with whatever voice that is coming up from within you, are you doing it from that place where you're inviting more of that love and that balance and that ease and grace? Because when you take that breath and say, "I want to hear my truth; I want the truth of my soul with all its wisdom to call to me and share with me," you won't even need the discernment because there's no other voice that can come through but your absolute essence and truth.

(pause)

And sometimes it'll whisper to you in the most gorgeous words, and other times it'll be like the embrace of angel's wings.

This is about going back to your feeling state where your mind is in balance, and most days you won't even need the words. It'll be a sensation and a rush through you that is so warm and so beautiful and embracing you will wonder why you don't have it with you all the time. But you do have it with you all the time.

But these moments when we stop and we allow that beautiful pure connection, that warmth and that grace to be so huge within our experience, that it comes to us quicker and easier and even more than before.

I can take that single breath and feel the warmth within me. I will know that is my essence and my truth. And if you want to call that an inner voice, then so be it. If you want to call that your soul, so be it.

Every time we take that breath and invite that inner wisdom, that grace, that truth of who we are, it becomes grander and grander.

Breathe with me now and thank yourself that you're even aware that you have an inner voice. (Kuthumi chuckles)

So many lifetimes you have refined how you connected to it. I think sometimes you guys get distracted because you have memories come up of I did it a different way that lifetime. I don't need to sit in a cave this time. Do I need to do that again?

Your truth is so simple and amazing and all it takes is that moment of choice, that moment with the breath to breathe in deep and say, "I Am that I Am, right here, right now, so in love with myself and this is as good as it gets."

Namaste and thank you everyone. Namaste.