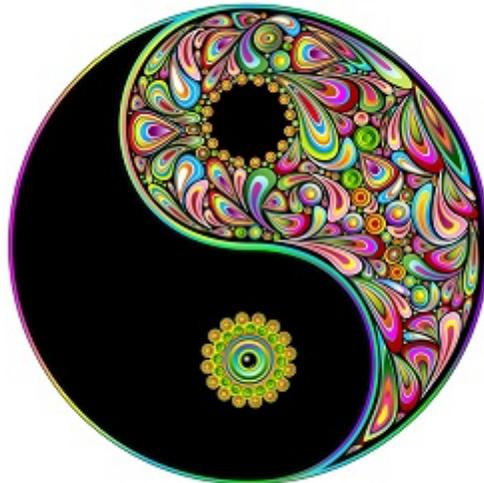


Beginnings and Endings

Featuring Kuthumi Lal Singh
as channelled by Marisa Calvi
Final show of Feeling Good, broadcast on
Awakening Zone- 12th December, 2014



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The Awakening Zone, It's Kuthumi Time!, "Feeling Good," December 12, 2014
Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

MARISA: Before we head into this very last episode of Feeling Good, let's all take some time to stop and take a deep breath. A deep breath to invite our soul in close, to welcome the God Self within us all. Each conscious breath a beautiful reminder of the joy and ease and grace, which is our right. To the grandeur we are worthy of. Each a breath a reminder of every aspect and part of ourselves that now is the time of enlightenment. Now is the time to be complete, and every time we stop and take that conscious breath, it lets this expand and become so much more.

Breathe in deep, into the majesty of the creators that you all are. Listening in here, joining me and Kuthumi for the joy of sharing with you.

Breathe in deep and remember that you are the creator of your experience. Breathe in deep and ask for more.

(pause)

I call this show Feeling Good, because that's what I want life to be about for me, and the more I come back to the simplicity of choosing that life and choosing the experiences within my life that allow me to feel the love and joy of being here and being a human with more soul, the more wondrous and amazing this time gets.

(pause)

So breathe in. Invite more of what feels good for you. Right here in this Now moment, the past is gone, the future does not exist. It's just this moment of you with your choice.

(pause)

And I choose feeling good.

So, yes, today is the last time I will be channeling Kuthumi here on Awakening Zone, but we will continue on after this month. So I'll tell you more about that later. But first, let's welcome for the last time the one has been such an important part of this. All the way from Colorado, we have Joep Claessens.

So, Joep, hello and welcome once more and thank you for helping us out.

Joep's been such a support – he put up his hand and said he was willing to help out on our shows, and it's what actually allowed me to do channeling, because when we first started I was channeling eyes closed. And I couldn't actually really run the studio with my eyes closed. So thank you so much for being here again to help us out with this. We really appreciate it.

JOEP: My pleasure.

MARISA: Yes. So Kuthumi finally got me off to India and it was a pretty huge experience for me personally. So we are going to share some of that within the channeling too.

JOEP: But maybe for people who didn't follow you on Facebook, all the pictures you posted there and the short update. Can you talk a little bit about the journey itself? When it took place? Where you went to?

MARISA: Sure, sure. That's a great idea. It was something that Kuthumi has kind of been pushing me for ages to go there, and I knew I needed to go to, because in this lifetime, to me, it was a place that I just knew I had to eventually go to some time. But it was always been a place I've been putting off. And eventually a lot of people had wanted me to organize tours there or to go there with Kuthumi and to channel Kuthumi there. I had decided with somebody else to plan that, and it was just almost – it was really hard to do from here in Australia.

And I got this realization that the only way I was going to be able to know what I was going to actually be able to do there with people was that I had to go there myself first. I needed to be there and find the people and talk to them

directly to be able to organize anything. And that was a concern for me hugely. Hugely.

It was really funny. I pride myself on being a very organized person. I'm incredibly practical, and I've traveled a lot. So to me organizing a travel journey, that's fine. I print out tickets. I have travel insurance. I've got my hotels organized. This was the one trip where anything that could have gone wrong kind of did beforehand.

It was just incredible. Even things like booking my parking at the airport, I couldn't even get that basic thing right. And little things led me to go and find I didn't book the right dates. It was just crazy stuff, and all the time I'm thinking, "Maybe I shouldn't go. Nothing feels right."

And even up until two days beforehand, if someone had rung me and said, "You can't go" or even if I had broken my leg, it would actually have been a relief. It was just incredible. And normally I'm just buzzing with excitement to go.

And I landed in the country and it was really funny. A lot of people said to me beforehand- Kuthumi tells this very funny story about he loved India. It was one of his most favorite places in all of his lifetimes, and he's chose to spend a lot of time there in his last lifetime of full embodied enlightenment.

And he tells a little story about how he got sick one day and he spent three days in his hotel room bathroom vomiting and having diarrhea. And people had jokingly said to me, "Do you think you'll have that experience too, because, you know, maybe Kuthumi wants you to see what that would be like?" And I was like I really hope not and I would really think he would allow me my own experience.

Well anyway, I suffer from pretty bad travel sickness, and over the years I've learned that to love myself fully is to medicate myself fully when I get on a plane so I don't get affected by the turbulence or the pressure drops. So my first journey leg from Sydney to Singapore, I took my medications like I knew I should and I was fine. And I got a bit cocky, so I didn't take them before I got on the leg from Singapore to India and got very ill. Very ill. And actually got to the point

of illness where I thought when I get off this plane, I'm actually going to need to throw up what bit of food I have left in me to help settle my stomach.

So I get off the plane, run to the bathroom, and I'm there fabulously on my knees throwing up-my first five minutes in India -actually ten minutes- was on my knees in front of a toilet vomiting. And I'm there and I'm kind of like, okay, this is what I needed to do to support and get my body back into balance. And Kuthumi just laughed and went, "Well, isn't it great that we got this out of the way already." (Marisa laughs)

So I thought that was my first little clue. And the minute we were even driving in the chaos of the traffic there, I just felt so at home straightaway. And the only other place I felt that was Scotland. And anyone who knows anything remotely about those two countries knows that they are polar opposites of each other. So I just didn't question it, because where we feel at home isn't about the surroundings. It's just something so much deeper.

So I did a channel – I had some friends that were there and we did a little channel, and he really invited us to go into our joy, to go to really take in those deep parts of ourselves that want to experience joy. And I got that straightaway. So for me, on the whole journey, every time I kept coming back to that beautiful breath I was reminded of that. And the other thing too he had done beforehand, he said to me really make this a soul adventure. Really take that time every day to really consciously call your soul in.

And I know it's easy to do when you're away from work and family and your main routine, but because I so deeply chose that even before I left and I constantly re-chose it as I was traveling, it became such a natural part of who I wanted to be. And it kept showing me so much joy and love that it hasn't gone since I've gotten home. (she chokes up)

JOEP: That's awesome.

MARISA: And I'll be honest with you, when I came home there was this deep fear it would leave me, there was this deep fear I didn't want to go back to work because I thought that's going to take my joy. I knew that was my mind

talking. I knew it, but I thought I'm just going to talk to Norma. Any of you who know Norma Delaney or Aandrah, I thought I'm just going to do a session with Norma and just to sit there in her presence and just to breathe and get that fear back into balance. And she just said the simple words to me, which I know, she said, "Nothing can consume you." And I thought thank you. To hear the words come from outside of me just reminded me of them inside of me.

You know, you don't have to go to India to open your heart. You don't have to go anywhere. But when we allow these experiences for ourselves, oh my god, hold on to them. (she chuckles) And don't let anything distract you.

If you were listening to the show with Rupert Davis just beforehand, I did ask her that question. Why do we create the resistance? Why do we create the distractions? And it's just all these lifetimes of conditioning and being around people who are still dedicated to living their lives in their minds, and that's great. That is great. You know, they're entitled to that.

But when we are truly stepping into these lives as joyful, loving creators, there is nothing to really take us away from that other than our choice to be distracted. And more and more those two weeks in India just showed me that more and more. How willing am I to be distracted from my self love. How willing am I to allow this beautiful heart energy to just become more and more part of my life. And the things that it invited in while we were traveling, that it invited since I've been home, have been oh, just ... Christmas started very early for me. (she giggles)

And I know it's not going to end on the 26th of December either. Yes. So that's what it's been for me. He did little conversations with me as we walked around, and he'll probably – he'll talk about that more in his channel.

It's a wonderful place because, like I said, if India had a motto it would be "Nothing goes to plan, but everything is perfect." And wouldn't that be a wonderful way to live our life just knowing that – just knowing that we don't have to plan. We don't have to have agenda. We can just be here in this self-love and this willingness to have this joy in our lives and just see what unfolds. And it

did mess with my organizer aspect, but I also came back and that organizer aspect now has kind of come into this wonderful balance where she's not so uptight anymore.

I share a home with my mother and we were rearranging our kitchen, and she was putting things back into the kitchen and said, "Should I put this in this shelf or that shelf?" And ordinarily I would have been, "Oh! I have to think about that. If I'm using that, where would it be easier to grab?" And I just looked at her and went, "I don't care." (she giggles)

So it's kind of really let me go of the little details, that hanging on to the details and if the details are right, the big picture's okay. Well, no. I finally got that.

I am going to go back. I'm going back a bit sooner because I need to do – I'm calling it research. I just need to go back and soak up a bit more of the beautiful energy there, because apart from the fact that I had an amazing soul experience, it is a truly beautiful country. It is filthy, it is chaotic, it is crazy and it is just beautiful and mesmerizing and, you know, the architecture and the art and the people are just beautiful.

I did allow also an incredible other dimension of the time there was. Being multidimensional and being present at the same time. And the best way I can explain that to you is one of the first places I went to that Kuthumi actually built in a past life when he was the Emperor was the Red Fort in New Delhi, which is the most – it's amazing. You're walking up to it and you feel like you're walking onto a scene from Game of Thrones. It is so spectacular and it's just amazing.

As I was walking along, all of a sudden I was seeing it when it was actually a functioning fort. I could see guards lined along the top of the building with their bow and arrows and swords by their sides. And as I was walking through the gardens, Kuthumi would show me this is what it used to look like. He would be giving me like, you know, when you go somewhere on a tour or an art gallery and you put the little headphones on and they give you a little audio guide as you're walking along, and that's kind of what it was like.

I'd be there in the moment. I'd see the tourists from now. I would see the reconstruction work that was going on. You'd see the wear and tear. But in a flash, I could just shift it and I would see it as it was. I imagined what it was like to walk through the gardens as royalty. It was just so perfect, to see that and to still be really present. So I didn't – maybe my travel mates might argue this, but I really felt I didn't lose my groundedness while I did that.

So that was another amazing dimension to it, that I would go into a lot of these places and he would take me right back to that moment.

I'm going to tell one more story before we channel. I'm sorry, but I love this story, and I'm going to have to tell it.

Years ago I was talking to Norma Delaney and we were talking about India, and she loved the Taj Mahal, which is the most beautiful monument I've ever seen in my entire life and is incredibly multidimensional. The only other place I felt that of a building was Queen Hatshepsut's temple in Egypt. And nearby is another fort that Shah Jahan built, which Kuthumi built, as Emperor, and it was also his residence there. And it was also the place where he was held captive by his son for the last eight years of his life.

Norma told me, yes, I stood in that place where he was held captive and it was actually a place where he could look out to the Taj Mahal. And I always said when I got to India, when I got to Agra, I was so going to experience that moment. I wanted to stand in that spot.

So I got to the fort and I'm looking for this room, which my mind had pictured as a prison cell. But it wasn't. So I'm looking for this room that basically didn't exist. So I circled through the fort and I came out and I met up with my friends again and they were all still happy looking around. I said, "I've got to go back in and find this room."

So I walked back in and the last time I had walked in, I turned right. So I thought, well this time I'm going to turn left. And when I turned left, there was an elderly woman sort of squatted down on the ground, and she was minding shoes for people who were going in and out of this doorway. I thought, "I wonder what

that is?" I walked over and there was a little sign and it said that through the doorway was the mosque for the women of the harem – for the Empress and the women of the harem. It was built specifically for the women. No men ever went in there when it was a functioning mosque.

I went wow! I took my shoes off, handed them to the little lady and I stepped through, and I'm so grateful there was no one else in there, because I was so overcome by the energies. I just started to sob. And the beauty and the energy of the divine feminine that all those women placed in there, apart from feeling and knowing that I've been in there before in another lifetime was just incredible. So I actually also shared that with Norma and thanked her, because if I hadn't been so hell bent on finding that room that I thought she told me about, I would have missed that.

Then I wandered back through and I actually found the space and it wasn't a prison cell. It was actually his everyday apartment that was just so grand. All this beautiful white marble inlaid with precious stones and colored stones. And he was actually held captive in this absolutely magnificent area of the fort. And he said to me, "Yes, this is where I spent my last eight years as a prisoner." I said, "It's so grand and wonderful!" He said, "Yes, but I didn't have my power and I didn't have my freedom." And I thought, "Oooh."

So we had lots of little moments like that as well. So, yes, it's just been the most wonderful experience, and every time, you know, I shared a lot of it on Facebook and with friends through little videos and photos. And I hate to break it to you. If you were following me on Facebook, I probably shared with you less than a tenth of what I was experiencing.

But I know now that when I go to write those books that are set in India, because after St. Francis, the next two books are both pretty much going to be set in India. And I'm actually planning on writing those books in India. I'll really share with you a lot more of what went on, but I think a lot of you felt beyond the words and the pictures that I shared anyway. So, yes.

JOEP: Yeah, it was really great.

MARISA: Yeah. I said we were only going to talk for about five minutes. It's now been almost 20 minutes. (they chuckle)

JOEP: But it's fascinating to hear, you know.

MARISA: I can just keep talking forever about the experience. I just – yeah. Every time I travel, I have a life changing experience. This was, oh, this was – I'm not even going to call this life changing. I'll put universe shattering. (she chuckles) I feel like I had like a spiritual growing up. It's like we all have that moment where we realize that we're not a child anymore.

JOEP: Yeah.

MARISA: This is kind of my moment where I realized that, hey, my soul and I have grown up together. Thank you. (she giggles)

JOEP: Yeah, I know it sounds like you picked up some big pieces of yourself and of your soul on the journey.

MARISA: Absolutely. Absolutely. Absolutely, and you know, and that was because I was willing. I accepted the invitation to do that. And that's really what this whole life is now about. You extend the invitation to your soul, but make sure you accept the invitation back when she offers stuff up to you to integrate. (she giggles)

JOEP: That's the challenging part.

MARISA: Yes that's the challenging part! It sure is! Accepting that invitation. Absolutely.

All right. Shall we do some breathing and we'll see what Kuthumi's got to say. I have said we might not get to too many questions today, especially after I just took up 20 minutes in talking about my trip. So we'll see what he's got to say. But if you do have a question please feel free. Pop it in the chatroom or you can call in and Joep will make sure that we shall look at answering that for you.

Okay. All right. I'm just clicking a few buttons to get myself sorted. So here we go. So Joep, if you wouldn't mind doing a little bit of breathing, and then Kuthumi's saying finally I'll get to say something. (she chuckles)

JOEP: I could feel him getting impatient. (they chuckle)

MARISA: Probably all the listeners was well.

JOEP: Yeah. It was great to hear your stories. It gave me shivers. The whole story about the fort. That was awesome.

MARISA: Thank you.

JOEP: So just sit back in your chair. Feel your feet on the floor and take a deep breath and just let the energies settle. All that energy that Marisa stirred up, just bring it back to you. Feel into you.

And invite your soul in to listen and connect. There's quite a group already of us, both listening live and all those that will be listening in the future or reading this. You're all here in this Now moment, so breathe that in.

(pause)

And welcome Kuthumi into this space.

KUTHUMI: Namaste, and thank you so much. Thank you so much.

JOEP: Namaste.

KUTHUMI: Beginning, ending. Namaste. Beginning and ending, but it all comes back to this. I Am that I Am, right here, right now, so in love with myself and this is as good as it gets.

Yes, I am Kuthumi. Yes, I am enlightened, and so are you. So are you.

Here we are in this grand experience all together in this fabulous dimension we call Earth. And yet you have this infinite soul choosing every second of experience. Right here, right now.

Listen to the call of your soul.

(pause)

They just want to embrace you and see you be complete and whole.

I gave Marisa notes of what we're going to talk about today, and it's all going to come back to that message. How willing are you to let your soul embrace you? How willing are you to receive that invitation that she echoes back to you?

We call out to our souls for the grandeur and the majesty of being a creator here with awareness, and how willing are you to accept that invitation from your soul to be that? Mm.

There was a question in the chatroom from someone who wanted a light body update. Here is your light body update to begin with everybody.

Your light body update is going perfectly and amazing. You are right where you are meant to be, because you are right where you are choosing in this moment. Your light body is already here with you. How willing are you to embrace it? How willing are you to let its energy in to be part of your experience?

(pause)

Breathe that in deep.

(pause)

We know to breathe in deep to invite our soul in. We know that beautiful infinite energy.

This is your light body. The blending of all that you are to be here in balance and majesty and that absolute awareness that you create your experience.

(pause)

There is no resistance from the light body or your soul. They are one and the same. They are just waiting for your willingness to receive and allow them in.

So, Joep, yes you were right. That is the hard part – accepting the invitation back. We are grand in offering out love. So why is it so hard to receive?

(pause)

Why is it hard to receive?

Let's be a little bit mindful for a while. Let's think about all those times when someone has offered you love, kindness, generosity, and you haven't been willing to receive it.

(pause)

The voices that come in saying there must be a catch. They want something. And even now with your spirituality, oh, they're feeding.

Take a breath with me for a moment and think about all those voices that so enjoy telling you that you're not worthy.

(pause)

The times in the past when you had been brave enough to accept the invitation, and it maybe didn't go so well. None of these are excuses now. None of these are barriers. None of these should be feeding that resistance. In every moment you are worthy and grand to receive so much love, to receive your soul, to receive your light body and all the gifts that it has to offer.

(pause)

We've spent so many lifetimes putting shackles on our heart, wrapping it up, protecting it, and layer by layer we let these off now. But still we want to keep it close and tight.

But just imagine your heart set free. So open and willing to receive. And you here with this grand awareness of you in this moment as the creator, as the soul-led being knowing there is nothing – nothing that will harm it. There is nothing that will ever make you need to shut it down again.

Feel that beautiful light from your soul. That light from your heart that glows so red and so bright and so warm. And when you let it out with no limits, with just the willingness to receive so much joy and love in return, there is nothing – nothing that will even dim it one touch.

(pause)

And that's why I built my grand monument in Agra, India. When I built that beautiful monument, people said to me it will get destroyed. The next emperor will tear it down for its stones and its jewels. And I said, "No, because they will know that when they do that they are destroying love, and nothing can destroy pure love. Nothing." No being on Earth would dare – would dare do that. And I was right. It's still there. (Kuthumi chuckles)

The ones that came after me looked upon it seeing the grandeur and they knew that if they were to touch one stone on that building, they would pay an eternity in every lifetime to come.

I laugh because sometimes it's good to believe in karma. Karma protected my beautiful Taj Mahal. Sometimes fear can be a good thing when it protects the things you love. (Kuthumi chuckles) Oh, I digress.

(pause)

People come and flock to that beautiful building and they feel the depth of the heart energy in it. I built that with no fear. I built that so open, my heart light glowing. But there's nothing on Earth that has ever replicated the love that it embraces.

(pause)

And people go there now and some see just a building, but others see much more. Much, much more.

(pause)

So, yes, how willing are you to truly let your heart open, to know that there's nothing you need to close it down. No more shackles. No more wrapping it in cotton wool. No more standing before it with your sword. Let your heart open. Let that light shine from it so brightly that it blinds anyone who dares to harm it.

You are safe and you are free because you choose to be so. This is what I choose. This is how I live. This is how I am.

(pause)

And I can feel people saying, "Oh, but, but, but ... I've tried that." Try it again. (Kuthumi chuckles) If you learn to ride a bike and you fall off and someone says, "Come and ride a bike," and you say, "But I fell off." That's okay. Get back on and ride again.

Because every time you choose, every time you say, "This is how I am," it becomes more. Every time you say that, another piece of you comes home to see the joy of that.

(pause)

Let's scrap the word "resistance." Let's replace it with stories. Every part of you that wants to resist this, that questions it, it's a story that you've written that served you and entertained you, that protected you, that helped you survive. Let's rewrite the story. Let's give them a new ending or even better yet, a new beginning.

I Am that I Am, right here, right now, so in love with myself and my heart is so open and free that there is nothing that will close it down ever again. And I do this first and foremost to love me, to show me joy for my experience. That is the true radiance of the enlightened being. The one who's heart is so open, so willing to radiate, so willing to receive.

(pause)

Nothing can ever harm that. Nothing. Ahh!

So thank you for asking that question, my dear Jeanine. Kind of took us into a lot more, didn't it?

We're going to talk a little bit more now about something else I showed Marisa in India. I gave her a new word to play with, well, it's an old word, but I gave it to her in a new way to play with.

You've all been so wonderful at choosing to be grounded. I choose to be here. I choose to live. I choose to interact with my experience. And I showed Marisa a new way of being that.

Yes, I know you want to be here, I said to her. I know you have flown to India because you want more of this experience. You want to play with me here and know more about my secrets. So I invited her to do something. I said how willing are you to engage in the experience?

It's one thing to walk and be grounded. It's one thing to walk and be aware. But truly engaging in this experience is another thing entirely. How willing are you to play with the opportunities that come your way? How willing are you to allow the potentials to unfold for the life that you choose?

See, in the past we had our enlightenment and we left, because once we had that knowingness that we are God and we create, we were satisfied. And I know that sounds ironic now because you've all chosen that and you're all choosing to stay here. And a lot of you are unsatisfied. Where is my abundance? Where is my lover? (Kuthumi giggles) Where is my freedom?

And they're all there. They're all there. But how willing have you been to truly engage in the experience? How willing are you to really look into someone's eyes when you talk with them and acknowledge their soul? How willing are you when you walk into the supermarket to stop and take that breath and ask your body what do you need today? How willing are you to take off your shoes and let your feet feel the grass? How willing are you to indulge your senses and be that sensual being who can let the physical self be so overwhelmed by its connection to this dimension?

So, yes, you have opened up this beautiful soul connection, this beautiful spirituality, its awareness, the consciousness, all those words, blah, blah, blah. (Kuthumi chuckles) How willing are you now to really be the embodiment of that and be the embodied interaction?

I know many of you are saying I just want to go and hide in my cave and be with my I Am energy. My I Am energy. Isn't that wonderful? I can breathe and I feel I Am and I'm so intimate. Yes! Yes, you are. Now bring that energy back to experience life here as the embodied human in a new way.

(pause)

Marisa is saying to me, well, you really should tell us a bit more about how to do that. And, yes, I probably should, but a part of me is saying I would love for you to discover how is it that you would choose to truly engage in life. Is it about creating art? Is it about just getting out of the house? Is it about being aware of what you put into your body?

What is it in this moment of time that is stopping you from engaging in life? That will get you off Facebook or the computer, to actually start writing your own words?

(pause)

That will take you out of being the victim and finally living your life as a creator. What will it take for you to accept the invitation to engage in this life and in this dimension that you created?

(pause)

No more of this "I'm doing it wrong." How about now it becomes, "I engage so that I can allow."

It's kind of like stepping up that choice that you all made of "I choose to live and I'm going to be here." Now let's get into really how you're going to be here – walking as the embodied human and just continually inviting more joy and grandeur into your life.

Now, what upsets me about this sometimes with humans is that you get set into a bit of a mind pattern of, well, that means money, that means travel, that means being a certain body shape. I really want you to come back to the energetic engagement with life. I really want to engage with my self-love. I really want to receive it. I really want to engage with the joy of life. I want to engage with the abundance that's not about money. The abundance of love, the abundance of experience, the abundance of simply being willing to see what there is around me.

How willing are you to engage in this experience that you have constantly been calling in? How willing are you to take up the invitation that you sent out at the beginning of your awakening? I so loved that my dear friend Aandrah talked about that spiritual alarm clock that goes off after lifetimes of being unaware, of living mind-led lives, that pipes up and asks you the question "what is my truth?"

You've done it in other lifetimes where you've answered the question. You've sat in the caves in the Mystery Schools, and you've answered the question and you knew the truth. I Am that I Am.

And now you've got this wonderful opportunity to do this when you still interact and engage in life. I Am that I Am and I can still have a job. I still can pay my bills. But those things don't take me down and they don't diminish the experience of living as an embodied Master.

I can live with gentility and I can be strong when I need to. I know when to take time to be quiet and I know when to go out and party. (Kuthumi giggles)

Because every day I offer to myself the absolute love to know that who I am right now is perfect and amazing. And the more I accept that self-love, the more I feel the truth of who I am – a beautiful soul choosing experience.

I could just stay here in this dimension and engage with it and truly know the joy of being in that self-love and compassion. And no matter what is going on around me with wars, family problems, of bills due to pay, I can still come back to that love and that balance, because that is my right and I am worthy. I am worthy.

Breathe deep with that.

The simplicity of leading a soul-led life is just an invitation for more joy and love to come into your life. And there is nothing more important than that.

My soul is not here to fix me. It is not here to make amends. My soul is here to remind me that I am this pure piece of energy choosing experience, and it is all perfect and amazing because this is as good as it gets.

Breathe deep. Breathe deep with that self-love, and let it radiate through you as if your heart just wants to burst open. The shackles fall away and you know there's nothing – there is nothing more important than letting that heart light shine out.

Breathe deep. Breathe deep.

Thank you for that. Joep, do we have any questions we will take before we move on to our next little topic that we were going to talk about? I think this might be a nice time for us to take a question.

JOEP: Okay. We actually do have a caller that has a question, so I'm going to bring that one on. Caller with the last four numbers 6302. You're on the air. Are you there?

MELANIE: Hi Kuthumi! My name is Melanie.

JOEP: Hi Melanie. What's your question for Kuthumi?

MELANIE: Oh! Thank you so much. I would love to ask Kuthumi how I might best address my fear of driving my car.

KUTHUMI: Oooh! What a fabulous question. That's a very human question, but it's wonderful. Isn't it?

So, here's the thing. We talked about that we have lots of fabulous stories. So do you have a story in your head about what is going to happen to you when you get into that car?

MELANIE: I do. I have the impression that once I'm in the car and driving, my mind might take off on me and I won't have control of my mind, and that's not terribly safe while you're flying down the highway.

KUTHUMI: Okay. So here the wonderful thing is that your mind is actually just using your car as an excuse to engage you in that little bit of drama with it. (Kuthumi chuckles)

MELANIE: Yes, very much so.

KUTHUMI: Right. So what's happening is, and you'll find this happens a lot, and I showed this to Marisa in the last couple of months. Your mind loves to come in to distract you or to make you think that you're small and you don't have – I'm going to use the word power or control. And it's a wonderful way that it does this to distract you from being a true creator, because it's making you still believe that you are being a victim of something that you have no control over. And it does this in wonderful ways.

So for you what it does for everyone is, for you particularly it's your car. There are other things. Some people it will be that minute they walk through the door of their work. Other people it will be the minute they turn up to visit a parent. The mind will use that almost like as – it's like training a dog. You know when a dog does something good and you throw it a biscuit. (they chuckle) And maybe – oh maybe – you know, and also too they understand that this a time of day I get fed. So they'll turn up to their bowl ready for you to put the food in for them.

Your mind kind of does that with you energetically. It's this time of the day – this is when I usually send those thoughts to her. She's about to get in the car. This is my way in to go and mess with her a little bit.

MELANIE: A lot, actually.

KUTHUMI: Yes, a lot. Absolutely. And it's wonderful that I'm so glad you asked the question because it gets to a point where you get to peak capacity where all of a sudden you are so – because you're an aware person, you're aware of now this is just crazy and out of balance because it's every time. It's kind of a great

place to get too, because it's like that little kick to say I've got to do something about this because it's not rational and it's out of balance.

So here's the thing. That little story that's going on, it takes up a lot of energy too, doesn't it?

MELANIE: Oh, it does! It does, and it's blocking so many other aspects of my life.

KUTHUMI: It's quite tiring.

MELANIE: Yes, very tiring.

KUTHUMI: Absolutely. And so that's what it does. This is the conditioning that we've been through over lifetimes where mind says, "Wow, she's kind of doing pretty good without me. She's gotten rid of a lot of story, but geez, I've got this one spot I can get in." (Kuthumi chuckles) And it does that to everybody in some way. There will be one part that it'll say, "This is my way to get in, to connect."

So even you having this conversation with me with that awareness, that little story is going, "Oh! Ohh! She kind of knows what's going on now."

MELANIE: Actually, my solar plexus is saying that.

KUTHUMI: Absolutely.

MELANIE: My solar plexus is having a fit.

KUTHUMI: Absolutely, because that's where it'll block you there for sure. Because it's blocking you from going down and breathing down deeper to just release it. That's where you'll hit – that's kind of like a little resistance point.

So here's the thing. Every time you want to get in the car or you think about the car and that story pops up – "Oh dear, this is dangerous. Oh my god; oh my god; oh my god." And "you shouldn't be doing that and shouldn't go here." You've got to take that breath down and that solar plexus will probably go, "Ekk!" because it wants to, it's saying, "But hey, we like this story. We play with this story all the time."

And you just have to take that breath and say, “You know, thank you. This has been a really great story. I totally understand why you keep coming up, because it’s the last bastion of my mind trying to hold me back and being a small human.” And just thank the story.

And then you take the breath and just remind yourself I Am that I Am. I am the creator. I choose my experience.

I would like to imagine that you don’t truly choose to have a bad car accident or even a minor one. Would you agree with me?

MELANIE: Oh yes! I don’t need that. I don’t need that to move energy at all.

KUTHUMI: Thank you. You don’t need that. No, you don’t need that to move energy at all. But here’s the thing, because a lot of people would use a car accident as the impetus to move the energy. But also too for you unfortunately, a car accident would just reinforce the story. (they chuckle) Taking that breath – it’s taking that breath and saying, “I don’t choose a car accident. I choose to be Self.”

MELANIE: And the insane thing about it has been I’m fully aware that I’m an excellent driver.

KUTHUMI: That’s good.

MELANIE: I actually am not afraid of my car. I’m just afraid of what my mind has its way with me while I’m driving the car.

KUTHUMI: Yes.

MELANIE: And it’s like I don’t have enough focus to control my mind at the same time that I’m paying attention to driving.

KUTHUMI: So we’re going to do lots of breathing while we drive and also too it’s just finding little ways to when those little thoughts kick in, it’s kind of like, hang on. We’re done with that story. This is my new story.

It can take some time, but it's often sometimes too where – I did this with Marisa – where the thought would come up and she was like, “Really?! We're still doing that. Come on. I thought we'd let that go.” So you actually have a little conversation with it, and let it go, just having an awareness that it's not really the truth of you.

It's just the old story popping up.

And it can take some time because the mind loves its conditioning, loves its stories. For a lot of people there's a certain time of the day – I'm talking to everyone in general now. They'll be certain times of the day where the same thoughts come in.

MELANIE: Why is that?

KUTHUMI: Because it just knows that that's the time to come and disturb you.

MELANIE: Okay.

KUTHUMI: And as humans we tend to get – as humans we get very habitual. Habits are comforting because we know them as patterns and routines, and we get very scared to change patterns and routines because it invites the unknown in. So sometimes even having these stupid thought patterns that love to mess with us, there's a certain comfort in that to the human because at least you know them and you can predict them and you know how they work.

So a little bit too is like if I let go of this thought pattern, what the hell am I going to invite to replace it? Well, the answer to that is whatever you want to replace it, which could just be, “Gee, I'm going to take that deep breath and just remind myself that I'm a loving, balanced, grand being that doesn't need to be distracted by these silly little stories.” (Kuthumi chuckles) How does that sound?

MELANIE: Okay.

KUTHUMI: So just be aware. When the thoughts come up it's just remembering- “Hang on a minute. You don't really serve me and how I'm choosing my

experience. Thank you for thinking you do. Thank you for how you served me in the past by entertaining me, but we're done."

Sometimes it's like breaking up with a really needy partner. And then two days later they send you a text message. (Kuthumi chuckles)

MELANIE: Mm hmm. Okay.

KUTHUMI: So you can send them a message and it's actually listen, we broke up. We had a great time ...

MELANIE: Yeah, we're doing the new thing now.

KUTHUMI: We're doing a new thing, thank you. And thank you for – that is the most perfect thing you can say. I'm so glad that you said it yourself. But it's like I'm choosing different.

And we forget that we can choose that.

MELANIE: Yeah. I want to replace patterns all over my life, and I'm becoming very aware of patterns. And I get to be the ... I get to be the pattern maker now.

KUTHUMI: You are the pattern maker because you're the conductor of the orchestra. You're the director of the movie. And it's so wonderful when you start to become aware of patterns, it is also daunting, but it's so liberating, because these patterns are such shackles to our freedom. They're such shackles to our creativity. So the more we recognize the patterns which aren't serving our choice to be the conductor, to be the pattern maker, to be the director, they start to fall away. And then you just gently replace them.

So what a wonderful place you're in. This is an exciting time. How wonderful, and I really want to congratulate you on even being aware that you had that story about the fear of driving, that you knew it wasn't your truth. So have fun with those when they come up and just be aware they'll be ones that really want to hang around, and you just keep sending the message – "We're choosing different. We're choosing different now."

MELANIE: Well, it may be hard to teach an old dog new trick, but it can be done.

KUTHUMI: Sometimes it's best to just put the dog down and get a new puppy. (they chuckle) And my St. Francis aspect is horrified at that, but that's what I just felt I needed to say in this moment. Sometimes you just got to say stuff and that's how they needed to hear it. Maybe not you, maybe someone else. (Kuthumi chuckles)

MELANIE: So that actually had meaning to me. So thank you.

KUTHUMI: Okay. Well, there you go. Thank you, Melanie, for your call.

MELANIE: Thank you, Marisa. Thank you, Kuthumi.

KUTHUMI: Thank you. Good bye.

JOEP: Thank you, Melanie. Kuthumi, you want another question?

KUTHUMI: Yeah, we'll do another question. But that was such – yeah that was such a great question, so let's move on. Next question.

JOEP: Okay. I got a question from Michaela that you sort of answered, but maybe you can look into her energy and give her some specifics.

QUESTION: I've been feeling that my soul would like to welcome more joy, laughter and playfulness into my life. Kuthumi, you are my radiant standard for that. Would you offer some insight how I can open up to and embody these lighter states of being?

KUTHUMI: Oh! What you said that you feel your soul is inviting. That's all your soul wants for you. Your soul just wants you to live a life of joy and experience and wonder and awe at who you are, because that's how your soul sees you. Your soul is in constant joy and awe and wonder of all that you are, even when you're having a shitty day, even when you're questioning yourself.

So, how to let more of this in? How to be willing to let it in? Be willing. And that's where we all get caught. It's like, well, I am willing, so why isn't it here? And, you know, that is just you questioning your creativity.

As soon as you question your creativity, you're actually kind of pushing it away. So when you say to me, "I am your standard of joy and radiance," it's because in every moment I'm constantly offering myself love and compassion. Like Marisa said even on the floor of that bathroom, and I questioned myself. But I was so committed to living this life of embodied ascension, that the only choice I had was to come back to offering myself the love and compassion to say, "In this moment everything is perfect." And in that moment I was able to allow the joy of seeing how funny it was that I had gotten sick. (Kuthumi chuckles) I allowed myself the wonder of remembering that my body knew how to come back into balance.

In every moment that you offer yourself love and compassion, you are stepping out of being the victim of circumstance. You are saying to yourself, "I am the grand creator." I am the grand creator. And in other lives that has invited evil and darkness and wealth beyond your means and power and control. But in this life it can be the invitation for joy and love.

And the wonderful thing is the radiance that you all see from me, I do for me, I don't offer that to you. But I am so – so full of my love and joy at who I am and what I have ever created and what I am creating and what I will create, that that is how you see my energy.

Do not choose radiance for what others will see of you. Choose radiance for the gifts that it will continually offer you.

I Am that I Am, so in love with myself, because it constantly gives me the gifts of joy and wonder and awe at my experience.

And I know some days it's hard when you're human, because you have designed this fantastic dimension with so many distractions. So many distractions. Oh! You should all come to India with me and see all the distractions there.

But if you stay underneath the distractions, see through the distractions to see this intricate weave, this amazing mosaic of energies that create this dimension, you can select which bits you want for yourself.

It is like looking at a huge picture. It's a jigsaw puzzle. You don't need every piece of the puzzle for your joy and your amazing time here. Pick out the pieces you want.

(pause)

To allow joy and wonder into your life, offer it to yourself first. Everything you've ever done or been or will be is perfect and amazing. As I see myself, I look back upon my past lives, I do not see any of them as flawed. I see each of them as a mesmerizing experience where I gathered more knowledge and wisdom to know more of me. To know more of me, and that set me free.

I was free of the dogmas and the karma. I was free of the belief. But most of all I was free of the expectations I had upon myself. I was free of needing another person's words to heal me.

Instead, what I chose was this. I choose every moment of my life to be a reminder of the love that is ready and willing to be part of my experience. In every moment, no matter what is before me, I will see the gift of living my life with my soul here and close.

I know I am worthy of every gift that this experience has to offer, and each gift will be filled with joy, because that is what I am worthy of.

Listen closely to any of the stories that want to come in to tell you that you're not worthy. Thank them for their time. Thank them for the part they have to play, and then remember to say, "This is how I choose to live now. I am loving myself more and more every day, and I am willing to receive the gifts that that will give to me." Thank you.

JOEP: Thank you, Kuthumi.

We got more questions, unless you want to go into another topic.

KUTHUMI: I want to go into this other little topic, because it's something that Marisa was asking about. It might just be very quick, and we might get back to some more questions. We shall see how we go.

JOEP: Okay.

KUTHUMI: There has been a few questions coming up lately and the same has been around what you – a lot of you would know as the Wound of Isis or the separation of the feminine and the masculine. For a lot of women at the moment there's been a lot of questioning about their identity as female.

So I'd love everyone to take a breath with me. Even if you are male, I want us all to just breathe into our beliefs around the identity of our genders. Let's not even just make this about the divine feminine. Let's make this about our identities as genders.

For so long we've been told that this is what a female is and this is what a male is, and those parts play very well. There are differences. There are strengths and weaknesses in both, both are there to complement each other.

There are those who live their lives with those balanced. There are those who live their lives with those more unbalanced.

But I want you to feel into what we were taught of what it means to be within this gender. Feeling into where some limits are in your life and how they possibly are linked to some very old stories around what your gender is entitled to, what is expected of them, how they should behave. It's a very deep restriction on our freedom to live here and be who we are.

Some of you are blowing away a lot of those limitations. I just want to open up the invitation. We might have to go into this a bit deeper with another channel, another day. But I just want people to invite, to really be aware there are still some deep stories there, some deep, deep stories there around any limitations, creating any limitations you have now in this life. And just with me now, just invite them to be free.

Some women have limitations on their abundance because of fears that it'll be taken off them from past lives when women did not have the right to be abundant. Men have the fear that they are not truly living up to their gender if they're not providing as much as they should, that they can't have a softness in their lives, that women can't be strong and speak up.

There's been a lot of focus on this in the world in the last year or so and things are getting shaken up. But let's not focus upon those bigger pictures. Focus upon any stories that might be hanging on within you.

I'll leave it at that for now. We'll maybe see if we can take one or two more quick questions. Our time has gotten away from us today, Joep, but that's all good. We've covered some big stuff.

JOEP: Okay, we've got another caller. Last four digits 1313. You're on the air.

CALLER 1313 (woman): Oh my goodness, Kuthumi! How are you doing?

KUTHUMI: Very well.

CALLER 1313: So my question is you know that for years I've been wanting to move to Oregon, and now I'm here. Oh my goodness! I'm really here!

KUTHUMI: Well, congratulations.

CALLER 1313: And then my house is beautiful! And it's almost like it's too nice where I'm at. And my question was – the first thing you were talking about was, okay, so I'm here and it's all worked out and it's wonderful! And I don't have a job. What do I do next? (caller chuckles)

KUTHUMI: This is it. So first of all, things unfold perfectly to put you in the perfect place at the perfect time at the right time. So just trust that's going to happen with the job as well, because the more you trust in your creativity, the more the creativity will serve you. And it's really hard to get out of that mindset of, well, it needs to happen in this timeframe; this is how I imagine it to be. It's coming back to that trust all the time. This will unfold perfectly, because I am choosing different. I am choosing life in the New Energy. So what other way can life be?

It's kind of just getting to that mindset. It is part of that thing. What's that old saying – waiting for the other shoe to drop.

And it's like this is the conditioning that we've all got to over lifetimes. There has to be a catch. This can't go on forever. Life is in cycles. There are peaks and troughs, and we have the good, so we have to have the bad so we can appreciate the good.

Well, how about we just say, "How about I just choose more and more of this joy and wonder and this amazing unfolding and just be willing to receive that."

CALLER 1313: That works for me.

KUTHUMI: Does that sound too – does it sound too simple? (caller chuckles)
Because the thing is the way you've let things unfold, you can just invite more of it in. I think this is where we get caught up with this allowing is, we think we have limits on what we can actually invite and allow into our lives, because we we've got the words greedy and selfish. And you know what? Screw those words, because in the New Energy they don't really exist. In the New Energy it's what do I choose to really experience? More of this love and this joy and this wonder! And so screw not being worthy of any more, screw being selfish and screw feeling guilty about having something. It's really about embracing I am worthy and I am willing and I want more. It's okay to ask for more when it's about a life of joy and wonder.

So keep embracing that burst of energy you came on with. Oh! There's so much radiance in your voice and in your energy. Harness that. Just keep letting that flow. And if you get distracted from it, it's like just remind yourself, "I have allowed that into my life and it can be here forever. And I can experience it more and I can allow it to expand, because I am free. I've freed myself of so much and there really is nothing to put those shackles back on to my heart and life. Nothing."

Thank you, my dear. Keep creating and keep sharing your creativity.

So we won't take any more questions Joep. I will finish up now so Marisa and you can say your goodbyes with plenty of time.

So the last thing I want to finish on today, which I promised I would speak about, and I know we've talked so much about you creating, you allowing. So when do you get to ask for help? It's not just for me on the radio show, because you can ask me any time. I know you don't have your guides and your runners anymore. But there are elements of you, there are aspects of you that are the Ascended Masters. There's an aspect of you that is me that is listening right now saying, "I remember everything Kuthumi says. I love his wisdom and his joy and his radiance and his good looks." (Kuthumi chuckles) Because that is the part of you that is also me that is talking to you now through someone else- that is your aspect.

We so believe that things outside of us, these grand things, can create and support and provide us things, and they can when you stop and realize that when I speak to Quan Yin that is the part of me that is the endless compassion that just wants to support me and allow my soul in. The part of me that when I connect with Archangel Raphael that says, "I have no fear, for I am grand and mystical."

Call out to these beings, but do not see them as someone outside of you. Recognize the qualities you believe that they possess and understand it is simply a part of you.

Call out to me. I will come and we will giggle together. I will remind you of the joy and the love that you have within you. Call out to St. Germain and feel his majesty and alchemy and know that that is already within you just willing and ready to let that energy flow.

Ask for help, but remember it is just the part of you that you are opening and willing to receive, because no matter who you ask, it all comes back to this. How willing are you to receive the love and joy that you ask of your soul? How committed are you to living this life of the embodied ascended being?

Declare it out to the universe with your heart so open, that there is nothing it can do but receive.

I Am that I Am, right here, right now, so in love with myself, so willing and ready to receive, that there is nothing that will stand in my way. Scream it out to every aspect. Declare it to the universe and so it shall be.

Yes, I am Kuthumi. Yes, I am saying goodbye and yes, I am enlightened.

Namaste.