

It's Kuthumi Time

Featuring

Kuthumi Lal Singh

channeled through Marisa Calvi

assisted by Joep Claessens

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To listen to the audio of the entire show please go to
<http://www.awakeningzone.com/Episode.aspx?EpisodeID=2998>

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JOEP: Let's take a deep breath. Just settle back into your chair or whatever you're doing. Take a pause, take a break and take that deep breath. Collect your energies. Connect with the energies of everybody listening in right now or later in the archives. There is a group energy here.

Breathe it in. Breathe in the energy of Kuthumi who's already here with all of us.

(pause)

Just take a deep breath all the way into your belly. Ground yourself, center yourself ... just enjoy this Now moment.

KUTHUMI: Namaste. Thank you, Joep, for that wonderful breathing.

And what a wonderful space to be in, and I'm not going to do my usual introduction. I'm just going to go straight into it, because as I sat there and I felt into all your energy, I didn't want to say anything. I wanted to say nothing. And at the same time I want to say everything. That's kind of going to be my theme for today. I am everything and yet nothing as well. I am Kuthumi. I Am that I Am right here, right now so in love with myself. I am everything and yet nothing, and that is how I am complete in knowing that there is nothing that limits me. There is nothing that defines me. There is no real belief as to how I am a creator. And yet at the same time, I know that I'm God also, and that is everything.

And I know many of you now tuning in, the only real – I'm not going to say difficulty. Let's say, I'm not going to say challenge either, because I don't like those words. They're very human and they're very limiting. I'm going to say the energy of you at the moment is reconciling knowing that you are everything, and yet trying to understand the freedom of nothing.

I am this grand limitless creator. I am this grand Godself. I know that I am a spark of All That Is that went out to explore who am I, that went out to explore what can I be, and I've answered that question. That answer is I Am that I Am. I am God also. And yet at the same time it's brought me back to nothing. The freedom of nothing.

And in a way, even putting that into words, it's probably going to make you even more confused, because the words themselves have limits and they have a charge to them that your minds are trying to put into order. So let's do what Adamus would call a merabh, but let's breathe with that. Let's breathe beyond the words.

Let's breathe into feeling the freedom of nothing, that comes from knowing I am everything.

(pause)

I am everything and within knowing that, I have the freedom of nothing. I am everything, and the freedom of knowing this ... is expansive and never ending. And yet it's filled with nothing.

There are no expectations. No goals. No stories. My beliefs evaporate and in the nothingness I know everything.

I have been through experience after experience, to gather knowledge and wisdom, only to get to this endpoint where I know none of them are true. None of them matter. All that matters is the everything of knowing that I am God also.

Breathe with that.

I have been through everything to remember I am everything. To have the freedom of nothing. Ahhh!

And, you see, this is where the moment as you integrate your Body of Consciousness, where you now have your soul and spirit so close with you to this experience, but now the body and the mind want to come into balance too. So for a lot of you, the mind is asking questions. Okay, I get it. The everything. We don't need the stories. We don't need the beliefs. But your mind wants to fill it in, doesn't it? Your mind wants to fill it in with the next project. What am I going to do with the human?

This is what the mind wants to do. The mind and your body want to fill it with human things, and that's fine. That's fine. Breathe with it.

Don't push so hard for the answers. Don't judge yourself when you can't find an answer or when you do start something that you felt was wonderful that seems to not be flowing, to not go back into the judgment. The judgment and the lack of self-love, they're just something to fill the nothing.

Ahh! Isn't that wonderful to know that if you do fall into that thing of questioning yourself, of judging yourself, measuring yourself, questioning yourself, it's just something your mind has created to put something into the nothing.

Ahh! We can take that breath and say, "I am everything. I don't need something to feel the nothing, because in my everything I have freedom to know that the nothing is perfect, no matter what my human side is telling me to fill it with." Ahh!

I think with that, now, Joep, thank you. We'll take a couple more deep breaths. But I'll just let my cohost have a little bit of time to get the first question ready. We had two questions in the chatroom, so we can begin with those.

So we'll begin with Begoña, because she was in bright and early. So I think that should be rewarded. (Kuthumi chuckles)

JOEP: Yes, I think so too.

KUTHUMI: Thank you.

JOEP: Yeah, her question, and I'll just read it out loud.

QUESTION: I would love to know about me teaching imagination, creativity and art creation. I stepped into it, but I'm receiving results very slowly. As now some adult students would love the kid student's option, because they really do fill my life with love and ignite my passion for creating the New Energy kindergarten here on Earth. Can you tell me anything I need to go faster? This is such a beautiful creation. I am so eager to live it fully. Hugs and love from Begoña.

KUTHUMI: Absolutely. Thank you, Begoña, my darling creator artist.

Here's the thing. You're not going to like this answer. If you want to go faster, go slower. (Kuthumi chuckles) See, the thing is if the more you're pushing, the more you're actually compressing the energy back.

So here's the wonderful thing. Things are unfolding. I want you to trust that they're unfolding at the most perfect and appropriate pace. You need to get into that space of acceptance. See, it's your mind wanting to push you forward saying, "Yeah! It's happening, but it could be happening bigger! I want it quicker!" (Kuthumi chuckles) This is the reconciliation of the human and the Spirit, and it is perfect.

Do you remember it was a few months ago Adamus was talking and he said, you know, you all know that you're creators and you're getting frustrated that you can't click your fingers and manifest and have things happen or bang it's there. And he said ...

[TAPE WENT BLANK]

JOEP: Hi guys, it's me. It's Joep. I'm just coming on to tell you that Marisa has lost her connection. So that's why it went silent. And she's no doubt trying to call back in again, but you might have to have a little bit of patience before she can reconnect. So I'm inviting you to just keep breathing.

(pause)

And bring the energy back together.

(pause)

Yes, I think she's back.

MARISA: Right. Hello. I am – talk about reconciling the human with the spirit. I don't know what happened to my phone. (she laughs) But I'm going to take a breath. I'm going to get back into, while I'm still connected with that question, and we should keep going. But thank you, Joep. I assume you kept things going while I was gone.

JOEP: Yes, I tried to.

MARISA: I'm going to take a breath. (she's giggling) Thank you very much. All right. (she sighs)

JOEP: Okay guys. Just breathe with Marisa, as we go ...

MARISA: Yeah!

JOEP: ... back into channel mode.

MARISA: Ahhh!

KUTHUMI: Namaste. I am back. Ah, the fun of your human technology.

So Begoña, we were talking about making things faster by slowing down. By getting into that space now of accepting that the pace that you're going at is absolutely perfect, that things are unfolding exactly perfectly now.

Now, this doesn't mean that things can't change and suddenly, bang, it will change. But you have to get into that point where you're accepting how things are right now. Uh huh.

It is such a human thing, because you can feel so much space where there's so much energy able to come in. It's your mind saying, "But we can fill this space. We can get things happening so much more. We could – that's what we want

to happen, there's space for it!" And I was saying – I hope, I don't know if you heard it before this fabulous piece of machinery failed on us – that Adamus spoke of this months ago. You want to snap your fingers. But if you could snap your fingers and suddenly that would happen, quite frankly you would not be ready for it.

Now it's – I know you're saying, "But I am ready." Yes, you are ready, but you are ready for it to happen at the pace that it is unfolding. And it is unfolding, and it is happening and it is doing it. So, you know, it's just that human impatience that is telling you the story now – "I need to make it faster. I'm doing something wrong, because if I was doing it right, it would be happening faster."

So I want you to take a breath with that as the impatience aspect, which you all have. You all have it. "I want to be abundant. I want to be abundant now. So I must be doing something wrong if it isn't happening now." Okay.

It's a fabulous aspect that you've actually all created as you've awakened. It's a very new aspect. Very new.

So take a breath with it and say, "Hey, all is well in all of creation. This is perfect how it's happening." You've got to accept that. You've got to trust that, and that will allow the potentials to come in. Thank you so much. Thank you, Joep.

JOEP: Okay, next question. That's the one from Yanna that was posted in the chatroom.

KUTHUMI: Yes.

JOEP: And I'm going to read it out again.

QUESTION: I feel that I am wasting my time in a passionless and boring job with a feeling of security, which I do feel when I get my monthly paycheck. And even though my passion is clear for me and I am already living it, it's still not giving me the financial security that I am so craving for. I feel I can stop working there, but every time I did so in the past, I created chaos. I feel that now my soul is really

ready to give me what I have chosen already so many times. Could you share your insights with me more about this? Thank you. Yanna.

KUTHUMI: Absolutely, and this is such a fabulous question because there are so many people at this point. They want to shed everything that they feel is the mundane and the human, that isn't really resonant with their soul.

So the wonderful thing I'm going to invite you, Yanna and everyone who's listening who's part of that is you've kind of got to develop a respect for what you've created there. Yeah, it isn't the most satisfying, the soul satisfying part of your life, but having the respect for, yeah, well, that gives me that financial security now. And it's not that you're compromising yourself, but that's kind of part of the design of being human.

The most important thing for you, my darling, at the moment is that it's not compromising your passion. So you've kind of got to say, get to a point where you say, "I don't particularly like the job at the moment, but it's kind of what I needed to create so I've got the financial security; so I don't have the chaos." Uh huh. But the thing is that you're still playing with your passion, whether it's the music, writing, dancing, whatever. Don't let that part of your life compromise what you truly, truly love and desire.

So it's not throwing away one to make room for the other. It's about finding a balance point for the two together.

So don't hate the job because you've kind of got to honor that, you know, at least I didn't create a scenario where I have to ask others for money, that I'm destitute, that I'm homeless, that I can't have nice clothing. Okay. I honor that this is part of the human design that I kind of need to do this to create actual money.

Let's not even call it abundance. Let's call it money. You're humans. You need money to function within society, for the most part. Yes, I know, people are doing it without, but for the most part, that is where it is. It's a very deep story and belief and really deep part of your design and choice to be here.

But make sure that you take that time each day that even if it's for an hour that you're writing, playing music, dancing, singing, whatever it is, that whatever it is. You know, blogging, expressing yourself. Find the balance, because as long as you keep doing those other things in whatever way they are, even if they're not making money, it's still sending that message that I want this as part of my life. And as I said to Begoña, just trust that everything is unfolding perfectly.

And, you know, that little fear mechanism of, "I don't want to throw away the job because things have gone to chaos in the past," normally I would say to you you've got to let that go, because how it was, was not how it will be. But that is actually kind of a bit of a protection there for you so you don't go into it again.

But the way you can say I'm going to do this in a new way is, "I can change my perspective on it and I can simply invite more balance." And the wonderful thing is, even though these jobs seem to take up a lot of time and a lot of energy and a lot of your physical actual energy, all of a sudden that energy becomes a lot smaller so that you actually have the actual physical and emotional energy to put into your passion.

So take a little bit of extra time loving yourself at the moment and loving that you've created something that's kept you humanly safe, so that you actually have the freedom to go and play with that passion self. It's okay for both of them to be there. Just got to find the balance.

And, look, the wonderful thing is the more you're saying, "I love my experience. I honor what I'm creating. I do have this passion," the job will evolve. That might mean you lose the job and find something else, which is more balancing and more resonant or the job itself will just all of a sudden not take up that big chunk of your energy that you're putting into saying, "I don't want to be here." Uh huh. A little bit more extra time loving yourself and that will evolve. It will evolve.

And that's what you've got to choose now. It's not about "I need to change things". Instead its "I want how it is to evolve". It's a very different energy, because change has a sense of finalization, of completion of almost destroying. But when we say, "I want it to evolve," it's a very different thing where it's not an

energy that has to be cut away or released or pushed out so other energy can come in. It's almost like you have a ball of clay in your heads and it's like, "I don't like the shape of it at the moment. So if I just play with it a little, I can put it into the shape that I like."

And it's wonderful because what it's doing is it's not saying, "I need to pull in different energy. I need to cut this energy away." It's simply saying, "Look at what I've got and isn't it amazing. And if I play with it, I can change it to how I want it." Much more efficient energy-wise. Much more efficient. And that's where you give yourself a bit more freedom, because all of a sudden you're not using up so much energy trying to pull in new potentials, pushing some away. It's just, "Look at what I've got, and now I'm going to let it evolve. I'm going to change it with what's here," because you know you've got everything right there. So now it's like, "I can love myself so much that I can play with it and let it evolve."

There's nothing you need to let go of. There's nothing you need to call in. Let's work with what we've got right here, right now.

Ah! Thank you, my darling.

JOEP: Okay, thanks Kuthumi. That was really helpful.

We've got a few callers with questions, so I'm going to bring in one of the callers with the last four digits 1858. Caller, you're on line now.

CALLER 1858 (woman): Hi. Thank you. Hi Kuthumi.

KUTHUMI: Hello!

CALLER 1858: Hi. Well, I – the previous caller's question was good for me to hear. I'm one who unfortunately, I guess, left a job that could have supported me and was working on books. Anyway, I am real stressed about trying to sell the books, and what you said earlier helps about pushing so hard. Am I pushing too hard? I feel like I need to market them, but any advice on how to bring in the money.

KUTHUMI: Wonderful. For sure. For sure. And look it does become a bit pushing when you feel like your creations owe you an income. And it also too, it actually kind of compresses your creation's energy a bit when you make them responsible for your abundance.

So the first thing I'm going to ask you to do is, well, of course, there's a potential there that your creations can bring finances to you. But the first thing I'm going to invite you to do, and this is anyone who's got a creation, is release it from the expectation that it is responsible for bringing you money. Because when you started writing the books, did you write them purely to make money?

CALLER 1858: No.

KUTHUMI: No. Why did you write? Tell me why you wrote.

CALLER 1858: Well, part of it was to make money, but I just had this inner thing I just had to do. Just felt like I had to get the message out.

KUTHUMI: For sure. You've got to get back to that original energy, and that's the energy that will guide you with what to do with them, and that's the energy that people will feel. All right. So the wonderful thing is, yes, money can be a, let's call it a side effect. (Kuthumi chuckles) Some collateral benefit. But you've got to get back to the reason why you created it in the first place. And the wonderful thing is when you release that, you just got to allow more potentials there for it.

Now, the wonderful thing is this feeling of "I need to market them better," blah, blah, blah. That's great too. I say now because, you know, I would have said to you don't listen to those voices. But if those voices keep coming up, then there's obviously something that's saying to you there's potential for this to get to a bigger audience. There's potential for more people to know about it.

So play with that. But you've got to, you know, and this is the thing too with, especially when you go into sort of the business side of things with creations, your mind would love to jump you way ahead. Your mind wants you to already have the business deal sealed and sold and have ideas of how far it's going.

Stay in the moment with the books. Stay in the moment with them, but get back to that original energy of why you created them.

CALLER 1858: Okay.

KUTHUMI: I don't want the energy just – the energy just gets murky. And you know it's a beautiful book. You know you write beautifully. Uh huh. So listen and don't be put off if what you would perceive as a criticism. Try and take that and use it as feedback to help the book evolve. Uh huh. And don't be scared if you have to go and find a little part time job, even if it's a shitty one. (Kuthumi chuckles) Because, you know, this reconciliation of the human and the creator who, you know, the creator knows it can be all that it is, and, you know, it doesn't always match up with what goes on within the human experience.

So, you know, there are little shitty part-time jobs out there that you've all created to help you get by so, you know, you don't struggle and you can have, you know, you can have nice things. Okay.

It's not a failing because this is the unfortunate thing too where a lot of you let go of jobs, okay, because you're throwing caution to the wind. "I'm going to be, you know, this grand ... I'm going to make my own money," which is fantastic. And to a point, it really does that. It releases you from that old stranglehold of feeling where so many people in mass consciousness are that, "I have to have a job to make money. I have to work for someone else." So letting go of the jobs helps you break that pattern, helps you break that belief.

But then unfortunately a lot of you go too hard over to the other side, which is "I can't go back to it." Well, you can. You can go back to it with your new consciousness, with your evolved enlightenment, and you can find a perfect little job, which will just be wonderful to actually help your finances.

You know, it gets very easy to confuse finances with abundance, because you know you're still abundant. But, you know, you need finances, and you can actually go – it's okay to go and work for those finances in a beautiful balanced way. So just don't be scared of thinking that, "I'm going to go backwards if I do

find a job.” Okay. It’s not about that. You always have to look at what would actually help support your books. Uh huh.

CALLER 1858: Okay. All right. Thank you.

KUTHUMI: Thank you.

JOEP: Thank you caller. Collateral benefits. I like that one.

KUTHUMI: That was, yes, I do. I think that’s wonderful. We can talk about them a bit more. (Kuthumi and Joep chuckle)

JOEP: We’ve got another caller that I want to bring in with the last four digits 1727. Caller, you’re on the line.

CALLER 1727 (woman): Hi. I’ve been really moving forward recently and I wondered what your perspective is if I’m really doing as much with where it is I think I am.

KUTHUMI: Who am I to question your belief in yourself. (they both laugh) My darling, if you feel that’s what it is, that’s what it is. And, you know, I love it, because you bring me, because, you know, you talk to me. You ask Kuthumi, because if I say it is, then so it is. But you know that I’m just telling you what you already know anyway.

So here’s the wonderful thing. It’s, you know – I’m going to ask you a question, my dear.

CALLER 1727: Okay.

KUTHUMI: If you feel that you’re moving forward, why would you question that you’re not?

CALLER 1727: Because my history has been to always stop and sabotage myself over and over again.

KUTHUMI: See, we’re all loving going back to the past today. You know, it’s this funny thing where we think our history – oh, there’s a horrible saying; history

always repeats itself. Oh, what a terrible, terrible saying that is. How about – we need to make up a new saying today, and that saying will be “history was and shant be again,” because history is in the past. And, you know, if you want to repeat it again, then go ahead.

Because our experience isn’t linear, you actually have the joy of going back and reliving lifetimes, if you so choose. And I did it too, because I wanted to go back and do lifetimes in a different way for a different experience and perspective in what happened in that lifetime. My lifetime as the Three Wise Men, I did that. I did that several times to have a different perspective and experience within it.

So here’s the thing. Do you want to repeat what you’ve done in the past?

CALLER 1727: No way! (she giggles)

KUTHUMI: Fantastic, and I love it, because the way you said that it wasn’t like, “Mmmm.” It was like, “No way!” How beautiful. The conviction and commitment in that. And not everyone felt it. That was so clear. I would never question that you totally do not choose to repeat the past.

So here’s the thing. When that little voice comes up again and says, “Oh! But remember when it happened like that?” No way! The same way you said it to me, you’ve got to keep saying it to yourself. No way! (Kuthumi chuckles) All right.

CALLER 1727: Yeah!

KUTHUMI: Because we’ve gone back and we’ve relived lifetimes and experiences, and the very fact that we live this experience as human, and then we turn around and go, “Let’s go back and do it again.” We’re going to a different lifetime.

There’s a little part of us that thinks that we’re on this continual cycle and hamster wheel. All right

CALLER 1727: Mm hmm.

KUTHUMI: So it's like no way! No way. Your awareness is there to know that you can go on and do things differently. So when that feeling comes up again that, "I think I'm going to go back and do it the same way." No way!"

CALLER 1727: Yeah! I just there. I was just ready to step through ...

KUTHUMI: That was so perfect. Yeah, that was so perfect and amazing.

CALLER 1727: I think we're all a little hesitant to step through, because we don't know what's there. You know. I can't go through that again.

KUTHUMI: See, and that's ... yes. See, that's the other catch. What's that other stupid saying that humans have? Better the devil you know.

CALLER 1727: Yes! That's true.

KUTHUMI: Because, you know, I'll go and do the same shit because even if it turns out crappy again, at least I know the crap. (Kuthumi chuckles)

CALLER 1727: Right!

KUTHUMI: You know ...

CALLER 1727: And I, for one, am getting pretty tired of it though.

KUTHUMI: Yeah! Because, you know, you guys are so great at dealing with the same crap over and over. So you're masters of the old crap. Let's get masters of the new crap- because if I can deal with what I've dealt with in the past, I can deal with whatever's going to come up.

See, you've got to remember you've been a queen; you've been a peasant; you've been a conqueror; you've been a murderer. You've done everything. You've all done everything to get to this point to stand here in this lifetime and say, "I Am that I Am. I have been everything to know that I am nothing."
(Kuthumi chuckles)

So what on Earth could there be that you could not cope with or deal with now? Nothing! So invite everything in knowing that there is nothing that you

cannot deal with. No way am I going to fail! No way am I going to not get through this lifetime without loving myself more and more! No way am I going to cause more of what I did before! No way! Because I know I have done everything.

CALLER 1727: And along that line, another thing that may help someone else – today, I had pain all day long. I had this pain, and all of a sudden I said, “Body, I’m God! I want this gone now!” And it was instantly gone.

KUTHUMI: Yeah. Isn’t that fabulous?

CALLER 1727: Yeah! I loved it.

KUTHUMI: Were you a bit scared when you realize how powerful you were?

CALLER 1727: A little. (they both chuckle) It might help somebody else, you know, to tell them that.

KUTHUMI: Yeah. Collateral benefits of knowing you are God also. (Kuthumi chuckles)

CALLER 1727: Yeah!

KUTHUMI: Wonderful. Thank you, my darling. No way! I love it. (they both chuckle)

CALLER 1727: Thank you. Bye.

KUTHUMI: Thank you.

JOEP: Thank you, caller. Masters of the new crap. I like that one too. (Kuthumi chuckles) Keep them coming. And it’s another caller that I want to bring in with the last four digits 9849. Yep. Caller, you’re online.

CHERYL: Hi. This is Cheryl. Hi Kuthumi.

JOEP: Hi Cheryl.

KUTHUMI: Hi Cheryl.

JOEP: What's your question?

CHERYL: Well, kind of along the same lines as everyone else that's here today. Financially, well especially just today something happened, and I mean it seems like I'm doing really well emotionally and we're in the energy of abundance. And then things happen and it just like takes me totally out of that space. So, you know, I don't know what you have – what you can see or have to offer regarding that.

KUTHUMI: Yeah. You know, that's a fabulous question and it's a fabulous scenario to bring up, because so many times you'll do something from that point of absolute trust and allowing and acceptance, and you'll be totally in that space where you know you're God also and you trust your creativity. You accept where you are right now and you're totally open to allowing things to come in, as long as that allowing is resonant with what you actually feel like you're choosing.

So this is the thing. Yeah, we get a bit of a hiccup or we get a distraction, and suddenly all the trust and acceptance goes. And it really is just your mind measuring that it didn't happen the way you humanly expected it to happen.

So here's the thing. You've kind of got to go back to, well, when everything was flowing. Just because it didn't keep flowing, doesn't mean it can't come back to that energy again. Uh huh. Because a lot of the times we feel like that we go backwards when that energy isn't flowing, when a distraction comes up.

CHERYL: Mm hmm.

KUTHUMI: And you haven't gone backwards. All it is, is it's just something different in that moment.

So the wonderful thing is you know that you have that little anchor point beforehand. So even though you're kind of linear, I'm saying to you go back a bit. Take a step back. I'm actually more wanting to invite you that you take that energy and you pull it to where you are now. All right.

And here's the thing too is it's not saying, okay, things didn't flow, so now I've got to reconnect with that energy. It's about saying, "I'm going to invite that energy in closer." It's about saying, "In this moment where things don't seem to be flowing, where things don't seem to be reflecting what I'm feeling inside," first of all, it's not questioning yourself that you've done something wrong. It's just saying, "Here's what's happening at the moment. But the wonderful thing is I have all the tools here to come back to my balance."

CHERYL: Mm hmm.

KUTHUMI: And the wonderful thing is I'm saying come back to my balance, but it's not about coming back to it. It's about saying, "Hey, here's my opportunity to let it evolve. Here's my opportunity to call it in closer and bigger and grander," because every time you say, "I come back to my balance," it's not about reconnecting. It's actually about making that connection bigger and stronger.

The same way that every time you take a breath, it's not saying, "I need to call my soul back, because my soul – I let my soul go away," because your soul never goes away. It's all about how close do I want it here with me right here, right now.

And that's what gets you through what you would call the harder times when things don't seem to be flowing. It's about saying, "I know everything is perfect now. I know things have been worse than this in the past." Because that's the thing too, it sets up a lot of triggers too of, "Oh my god, remember how bad it was years ago when I wasn't so awakened. Oh my god, what if I go back to that." See, it's a lot of that fear that comes up too.

CHERYL: Right.

KUTHUMI: But if you keep coming back to that point of – if you keep coming back to the I Am that I Am, that gets you back into that trust and acceptance that, "I'm not who I used to be." So the master of the old crap is gone. I'm now mastering the new crap. (Kuthumi chuckles)

CHERYL: Right.

KUTHUMI: Yeah, because there's always that ...

CHERYL: Okay, so just bring the energy ...

KUTHUMI: Yeah.

CHERYL: Right. I got it.

KUTHUMI: Yeah, just come back to that balance.

CHERYL: Yeah, just come in closer. It's not like it's gone. Yeah.

KUTHUMI: Absolutely not! No, no, no, no, no. You can't go back within enlightenment and awakening. And that's always I think the greatest fear that a lot of you have is that when the human side of life isn't reflecting that majesty and joy and ease and grace a hundred percent of time, that you all feel like you're stopped up and you're going back to who you were before you chose to awaken in this lifetime, before you chose to be conscious. And it can't happen. All that can happen is that you stagnate or you move on.

KUTHUMI: You know, this – yeah, and this is the thing where, you know, we choose enlightenment and, you know, just as I said, I was an enlightened being. I walked the Earth. That doesn't mean that things were rainbows and unicorns a hundred percent of the time. And I think that's where a lot of you feel like, "I mustn't be enlightened because it's not rainbows and unicorns a hundred percent of the time."

You know, there's still those things that aren't always nice. (Kuthumi chuckles) And I'm going to use the word crap again. But the thing that's different now is you have your awareness, you have your self-love and you have your choices. That is what balances it out, and that's what stops you being a victim to the distractions and the crap. And that's what you've got to remember. I'm the creator. Yeah, things aren't so great at the moment, but that doesn't mean I'm the victim again. That's doesn't mean I'm a puppet of destiny and fate

because I'm standing here with my awareness and my self-love, and that will get things moving again. Thank you.

JOEP: Thank you, Kuthumi. Thank you, Cheryl.

A few more questions in the chatroom, and one from anonymous.

KUTHUMI: I love him.

JOEP: I'm going to read it out.

QUESTION: I'm working on connecting with feeling and integrating my light body. Any tips or insights would be most appreciated.

KUTHUMI: Oh! This is actually nice to talk about, because there's been a lot of talk about integrating light bodies at the moment. (he takes a sip of water)
Sorry, I just needed a sip of water, because the physical body I'm using at the moment needed that.

And the light body is wonderful, and you are all bringing it in closer, because what you're doing is it's ... ohh! The way I'm going to describe it is it's going to be a little bit mental, but bear with me because that's kind of how you need to hear the message.

You've done this wonderful thing of bringing in your soul, which is your – which is this beautiful consciousness. You're all starting to balance your mind where you're clearing out thoughts, and that mind now is actually serving your awakening where you're becoming aware of what thoughts are yours and what are not.

The third frontier is, of course, your body and your understanding now of that. Yes, your body is this physical density here. That's kind of a vehicle for you to come and have the human experience. It's what grounds you here to be in this dimension.

And what you're all now beautifully feeling is there's another dimension to your body, which is not limited by time and space. It is the energetic part of you that connects through your senses and through this actual physical being.

Now, for a long time like your soul, I mean, it's always there, but like your soul it was something that you kind of had at arm's length. It was something that you lived lifetimes without the awareness of it. So for a lot of you now talking about this light body thing, it's something that very few in the past have worked upon, have actually opened up an awareness of.

So a lot of you talking about this, you're on the kind of the forefront. You're on the first frontier of it. And so a lot of what you're doing now is actually changing the consciousness of it and how it will happen.

So a lot of how you're doing it now is you're creating a very intimate experience of integrating the light body, because that is what it's becoming, because as each of you do it, you're creating an individual template for how you're bringing that energy in.

So here it is. It's kind of like – your light body is kind of like this – ohh – energetic, I'm not going to say packet, because that makes it sound like it's complete. But it's this energy that made the choice to go into each physical body of each lifetime. It's kind of almost like a little subset of your soul, which is a terrible analogy, but that's kind of going to just help you understand it.

And it's that part of you that chooses the physical body each time. It's the part of you that goes into the DNA to shape how your body will look and how it will interact. It's that energetic part of you that actually allows your senses to also bridge across to your soul connection as well.

So the wonderful thing is it's kind of like the same way that you breathe and you feel that eternal wisdom of yourself, you can also breathe and feel that energetic side of your physical self, which comes down and becomes that little bit smaller to actually ground you into the experience of being the human body.

I can't tell you much more than that, because now it's up for you to all go and explore how you're doing this. Of course, the breath is one way. Listening to your body and the foods it wants and how much rest it needs, that's the other way.

So in those times when we're talking to you about communicating with your body, that's actually how you bring, that's part of how you bring your light body in closer and integrate it as well.

It's kind of like you've lived all these lifetimes where your soul seems to not be with you, because you have led lives without any soul connection. You've also led lives where you have no greater sense of your physical self. And you see the people do that all the time where they're locked into – they basically hand their physical self over to doctors and to medications and operations and things like that.

But when you have that beautiful light body and inviting it in closer saying, "Hi. Come on in. Enjoy your choice. Come in closer to see how this choice is manifesting into a physical body. Come and see how it's now experiencing this experience." Same way that you did that with your soul. Come in closer. See what it's like to come to the supermarket with me.

Hello, my beautiful light body. That beautiful energetic choice to come into this body. Come in closer now and see what it's like to be here within this dimension.

And even though the invitation is kind of redundant because it's always right there, it's about you consciously inviting it in closer, about allowing it to be part of the experience so that when you do say, "I want my body in balance," it's there so close to listen and help you and guide you.

I've talked before about, you know, nurturing this relationship with your body. You've been so good at calling in your soul connection about, you know, having this awareness, choosing enlightenment, and the body got left behind a bit. Well, now it's catching up, which is why so many of you are talking about this light body integration.

Have that renewed relationship with your body knowing that there's this other element to it, this energetic, oh, whole energetic layer to it, and you're going to discover wonderful things about being here in a physical body.

You're all the pioneers at the moment. All of it here in the New Energy. I'm so glad you have a group. I know that lovely Jean Tinder created a group to discuss this on Facebook. Seek it out, if you like, because it's a wonderful thing to share.

And remember just share, but know that it's deeply personal. So you can just share your experiences of it. You can't tell anyone else how to do it, but just share how you're doing it in your own way, because that will open up the potentials for other people to want to invite their experience in.

Have fun with it. It's wonderful. Thank you.

JOEP: There's a follow up question to that from Uvga Gale, and she's wondering if fluctuating blood pressure is a symptom of integrating your light body.

KUTHUMI: Yes and no. That's kind of – ahem, ahem, ahem – because I don't want to give medical advice, well, Marisa doesn't. But ... it's kind of yes and no. I think if you're kind of looking for physical signs to confirm your integration, you're going to make it a very mental process. If you can – but at the same time, it's kind of just sort of acknowledging that things are going on. As you choose to integrate it, just acknowledge that things might go on.

For you, maybe the blood pressure is showing that things are moving, but it is part of the integration. For someone else, it could be completely different. At the same time, you've got to have some sensibilities about your health as well. You have created medical and natural therapies to support your body to be in balance. So make sure that no matter what's going on, you're listening to that to when you need support as well, apart from what you're doing.

Integrating your light body is not about being a martyr to symptoms and suffering. Okay. All right. I don't want to – please, I do not want to see people

saying, “Oh, I broke my leg because that was part of integrating my light body.” Maybe it was, maybe it wasn’t, but please don’t go all mental with it.

Feel into it. I really can’t answer that for you. If you feel that that is part of the, let’s call it, collateral benefits of integrating your light body, then so be it. But at the same time, please don’t lose your sensibilities about your physical health as well. Thank you.

JOEP: It seems to be the second topic for today all the physical stuff, because there’s a few more questions about that.

KUTHUMI: It does. It does.

JOEP: Yeah.

KUTHUMI: Let’s do it, because if that’s the energy of today, then that’s what we need to do.

JOEP: Okay. One question from Jason1133, and I hope I pronounce it correctly, and he’s wondering if marijuana is a roadblock to enlightenment.

KUTHUMI: Ohh! (Kuthumi sighs deeply) Look, anything which alters your mind state, in the past I would have said no, because in the past, yeah, the drugs, especially when you’re talking about the 60s and 70s. They were a wonderful way for people to shift consciousness, because it helped them break out of mass consciousness. And it was done with a sense of rebellion. It wasn’t actually the effects of the drug, which helped people expand their minds and break down barriers. It was simply the fact that we’re going to do this, because it’s naughty and it sets us apart.

So here’s the wonderful thing. Marijuana, even – remember years ago Tobias talked about things that people feel they are addicted to, it’s their choice to become addicted. And then he said nicotine in particular was one thing that basically becomes what you want it to become. If you want it to be highly addictive, then so it will be. If you want it to be cancerous to you, so it will be.

Marijuana is very similar to that. If you see it as a sense of escape, that's what it provides you with. If you want to use it to expand your mind, then it can be that too. But the thing is if you are choosing enlightenment and you know that you have all the answers within you that you can access within a half a breath, then that marijuana becomes makyo. Never thought I would say that, but there you go.

Anything that you think that you need to take from outside of you to somehow help you become enlightened is makyo, whether it's crystals, marijuana, I don't care what – even me. Don't make me your makyo to enlightenment. I'm here to help you awaken your inner wisdom, your clarity, your remembrances. I'm here to remind you how grand you are. Make me more than that and then I, too, become your makyo.

So, yes, marijuana can be a roadblock to enlightenment if you think that you need anything outside of yourself to get back to your eternal wisdom and the I Am that I Am. Thank you.

JOEP: Thank you. Question from Zeppor posted in the chatroom who talks about the energies of May 10th back in 2012. Adamus said that there will be strong energies coming in on that day, and that day Zeppor had strong spasms for more than an hour, followed by three days with high fever, and since then he has been feeling ill. He was wondering if you have any comments for him about that.

KUTHUMI: Which ... I didn't hear quite – can I just hear about which date it was?

JOEP: May 10, 2012. So that's a little less than two years ago.

KUTHUMI: Right. You know, when we put this focus on dates, it's wonderful because you can often decide that you want to focus a lot of energy on that date for yourself to make something shift or something move, which is what's happened here. You gave a focus and you called in a big lump of energy, because you kind of bought into the belief that that's when it had to happen. Uh huh.

So here's the thing. The date's been and gone, and you had a pretty intense experience because that's how you chose it to be. So here's the wonderful thing. If you want that to finally be over, then it can. And I think the unfortunate thing is that you might be waiting for another date so I can say to you, you will be complete on this date. Let's make that date today. Wouldn't that be fun? Wouldn't it be fun if you listening to me here now can say, "I feel complete with whatever needed to shift from that date till now. I feel complete and I call myself back into balance right here, right now. I am done with the way it was, and I want it now a new way. I want it now in ease and grace and balance, in trusting that my body can do that and in trusting that I can make that choice and I don't even need someone to tell me when to do it."

So here's the choice you have now. Are you complete with it? Or do you still want it to carry on? That's your choice, and it can happen as soon as you're ready for it to happen. Thank you.

JOEP: Along the same lines, Melina asks the following question:

QUESTION: I've been coughing for two years now. I wonder what I cannot let go of. What can I do outside breathing? Thank you.

KUTHUMI: Outside of breathing its kind of going to have to be listening, because I think the thing is if you're kind of caught now in a pattern of, "Oh my god. I've had this cough. I can't let it go. I wonder what I need to do." But the breathing is also where you have to stop and actually listen to what's going on. And in the breathing, you kind of need to ask yourself what do I need to do? Do I need to get to a natural therapist? Is there something I keep doing or that's in my environment that's keeping this pattern going?

I think at the moment now you're kind of caught up in it being something energetic, and it was to begin with. But now it's actually just become a physical habit.

So to break a physical habit, you've kind of got to do some physical things, and that would be for you to discover. But here's the thing, it is about, like I said to the last person, are you truly done with it? Is it serving you in some way? And I'll

tell you how it is serving you, because it's giving your mind a lot of fun questioning what is this aspect? What haven't I let go of? What do I need to shift? Which a lot of you love doing. You love having something to sink your teeth into, because it keeps your mind occupied and it makes you feel like you're still achieving something, because the greatest fear of letting go of something physical, of letting go of something even spiritual is going into the nothing.

You're always wanting to fill the nothing with something, and for a lot of you its physical ailments. For others, it's ... or whatever it is in your life – the abundance issues – because it gives your mind something to latch onto to be working on. Are you sick of working on things? Are you sick of questioning and asking questions of yourself and waiting for another aspect to integrate and blaming things on aspects and wondering when you'll be integrated?

It's the same with me in my – I was on my deathbed. Yeah, top that. See, Adamus had his crystal. I had my deathbed. And when I finally got sick of the struggle and I finally got sick of questioning and asking myself and wondering when things are going to change, when I finally said, "I'm done." No way. Just like the lovely caller. Do I want to keep doing this? No way! And the minute you really make that commitment to yourself to actually let yourself hear the answers.

It's time to stop and listen to that deep inner wisdom which just says I Am that I Am right here, right now so in love with myself and all that I have created, and this is as good as it gets. And when you can breathe that, then you'll let yourself actually hear what you need to do. Thank you.

JOEP: Thank you, Kuthumi. Something completely different. Question from B. Joanita.

QUESTION: My son is soon to be 23 and he is still living at home. No work, no school. He's not interested in doing anything. How can I help him to live more and move out?

KUTHUMI: Wow. So someone's living a true life of nothing and you want to go fill it up with something for him. (Kuthumi chuckles) Oh, isn't that wonderful?!

I'm going to be pretty tough with you, because I want to say – oh, this is going to sound old – but gee, what is it about his life that is scaring you so much?

(Kuthumi chuckles) And, you know, I'm sorry. I'm not going to – this is not about him at all. He's living a perfect life at the moment. His life is perfect for him, but you've got to look at is he reflecting something to you that you're scared to look at in yourself? But also too, I'm not going to be completely tough. If he is a drain on you financially, if he is a drain on you emotionally, because maybe if he's depressed and he's dumping on you or feeding off you in any way, then you need to get some tough love happening. Cut off the money. Cut off the food, whatever. You don't have to throw him out and make him homeless, but that is an option too.

If it's affecting your life, if it's feeding off you, then you have every right to end it. And respect that that is his choice for whatever the circumstances will come out of it.

Collateral benefits, my darling. Do what you need to do no matter how tough it seems. But you've got to do it with it being about you, for the honor for you. You can't change his life. You can't change his life, but the wonderful thing is in declaring your boundaries in saying you will not be fed off and saying that you will not tolerate his behavior affecting your life, that will actually let him decide if he wants to make any changes in himself.

Look at yourself first. Make it about yourself first. Thank you.

JOEP: Thank you, Kuthumi. One more question, and if you want to it can be the last one.

KUTHUMI: Sure.

JOEP: From Aria2012.

QUESTION: Hi all. Adamus and others have talked about big events in April. Could you, Kuthumi, add some clarity on what these potentials might be? Just curious.

KUTHUMI: Just curious. It's wonderful. Here's the potentials. The potentials are how involved do you want to be? How involved do you want to be? If I could say there would be a war to break out, how involved do you want to be? How much are you prepared to have this affect your energy? How much of everything do you want of that in your nothing?

You know, it becomes fun when we find something to fill our nothing and that can be focusing on a date. But here's the thing, and it's wonderful. Adamus did do it. Just to have an awareness, to have a readiness, that there could some significant events about to happen towards the end of April. But he also gave you the choice, and I do too, to say how involved do you want to be? Are you in your safe space? Because he gave you plenty of heads up to get your safe space in order. It's kind of like in Australia at the moment there are cyclone warnings, and they said to people, you know, get ready. How involved do you want to be?

Do you want to pack up your belongings and move somewhere safer? Do you want to stay there and see if you can weather the storm? Do you want to leave your belongings out and see if fate will take them off in the wind? Do you want to die? All those people up there in that area have their absolute choice of how they choose to be involved in that situation that's happening right now as we speak.

So, yes, Adamus said there are some things coming up. How involved do you want to be? Are you in your safe space? Are you breathing? Do you trust that all is well in all of creation? Do you trust your Godself to keep you safe and fed and housed? Do you trust that you can sit back as an observer and watch it from behind your short wall?

How involved do you want to be? Any situation in life, anything that's coming up, how involved do you want to be? That is your ultimate choice, and that's

the potential, that's all the potentials there are for what's going to come up. You can get caught up in the absolute midst of it and forget yourself. You can sit back and breathe and say, "I Am that I Am" and watch it all unfold before you. How involved do you want to be? Thank you.

And that, Joep, I think that will be a wonderful, wonderful note to finish on, as we finish our day of discovering everything and nothing and being aware of when we try to fill it with something.

I thank you all for a wonderful array of questions today. We got deep. We got funny. We cleared a lot of makyo out, and, I think, we got real. We got real in remembering that we are everything. I Am that I Am God also. I am everything and in that everything I have the freedom of knowing there is nothing.

There are no stories, no beliefs, no limits, and I just need to be aware when I try and go fill that nothing with something, because something does not serve me. Everything serves me in my freedom of nothing.

I don't need something to distract me. I don't need something to make me take me away from my self-love, because when I do, I take that deep breath. I Am that I Am right here, right now so in love with myself. This is as good as it gets. Thank you all.

Namaste.