

Soul Café with Kuthumi

Let's Live Life! (Do you want to be a creator or a victim?)

Featuring KUTHUMI LAL SINGH
channeled by Marisa Calvi
assisted by Joep Claessens



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MARISA: Hello and welcome to Soul Café with Kuthumi. My name is Marisa Calvi and I'm broadcasting to you from a lovely wet autumn day in Sydney, Australia. So thank you for joining us. Thank you for joining us on this very special show where I welcome you all to our little energetic café. This is a little space where we can all just stop and relax, chill out, to have an etheric coffee, some angelic cake and to take that time to be in our soul center, to reconnect with our essence and to come back for the core of us.

I work with the Ascended Master Kuthumi Lal Singh and he comes in in a little while for a channel to share a message and to take us into experience. And when I talk about experience, to me that is about going into our feeling space where mind comes into balance, where we communicate with the essence of ourselves, with our truth, in absolute balance, in compassion, in love and in trust. When we go into this space, everything is clear. There's no struggle and there's this absolute knowing that we are creators.

I've had some fun this past week being made very aware of victim energy. It's really easy to get drawn into victim energy when we look at the events in the world around us and even more so when we start to look at the people around us and how they're choosing to interact in life.

Here in Sydney, as you all know, this show was actually rescheduled from last week because I lost my phone line thanks to a fallen tree in what they're calling the storm of the century here in Sydney where we had incredibly heavy rain along with wind, which caused some incredible damage mostly from fallen trees and from flooding. Unfortunately, lives were lost, but for most of us the worst thing that happened was being without power for some, well, luckily for me was only a few hours. I was also without phone and internet for a few days. But within that, I really took time to find the blessings.

There was one night when we lost power I couldn't watch Mad Men, which was a bit upsetting at the time. (she chuckles) Also unfortunately due to my eyesight, it's a bit hard to read by candlelight even with my glasses. So I thought I'd gift myself with an early night in bed. I thanked myself for not creating damage to my home, that I was still safe and warm, and I got into bed, it was about 7:30, 8:00, very early, even for me.

And I thought, "This is actually really beautiful to take this time to be, to just be still and quiet and talk to my soul." And even though I didn't do it for the few hours I was lying there, I admit I also got in my mind, it distracted me. I went into some fantasies and thought about some things and went into getting excited about some more travel that's happening next week. But I really embraced that I could gift myself within that.

That even though things were very soggy outside and I got my ride-on lawnmower stuck in mud twice and actually had to be towed out the second time, I really loved watching how the plants were thriving from all the extra water, how the trees had – my trees

thankfully – had only shed the dead wood that they needed to shed to make room for some new growth and just the rejuvenation that this big downpour had created for me within my experience. And that's the beauty of when we embrace the gifts of what we're going through is actually allowing those gifts to express. This is when we really acknowledge that this is just experience. The storm wasn't something that was bestowed upon me by an angry God. (she giggles)

I didn't even go into is this being some sort of energetic pattern that the world needs right now. I just stopped and really embraced the gifts that it had allowed for me and how willing I was to really experience them.

And down to a more personal level, I was really observing this week the people around me who were choosing to play with victim energy, and I think we all know it. They're the people who are the woe is me types: "Everything is wrong and I don't know what to do to change it" The ones who are unhappy in their lives but they really don't believe they have a choice to change. And then how that energy then goes out looking to feed and interact with other people.

As I was interacting with one of these people, Kuthumi came up with the question do you want to be a victim or a creator? It's a very simple question. It's also a very provocative question, because it brings up a lot more other questions for people to answer. And a lot of that has to do with how willing are you to take responsibility for what you are creating in your experience.

And that's probably one of the hardest things in New Energy to truly, truly take on board. I am responsible for everything in my experience. Kuthumi and I have talked about this before and there are some wonderful ways to play with that. But until you embrace that about yourself, yeah, it's kind of an ironic thing, because when we embrace that we've created even the crap and the garbage then there's a kind of remorse and regret – "Well, why would I have created that?" But if you flip that on its head, there's also the answer, "Well, if I can create the garbage, I can create all the wonderful things too."

So we're going to go a lot into that. That's why when that question came up he said, "Do you know there's a lot of people who are still playing with that energy." It's an incredible seductive energy, and any of you who have done the fabulous Sexual Energy School with Tobias will have been told that. And something I've really observed as a teacher of that school and even just as I've been trying to be aware of that energy within my life, it is so seductive and it can pull us into it so quickly and so easily.

And having that constant awareness of it is what brings us back into balance. Having that commitment to ourselves that we're not willing to play with that in any big way. Sure, we can understand that we're here in the density of Earth. We get pulled to it every now and then because we designed it to do that. But to really have that commitment to ourselves that I am a creator and I choose to live as a creator will continually pull that back into balance and to really let that energy know it really doesn't have much room to play within our experience.

So when I originally called this “Let’s Live Life,” which was for the original show last week, Kuthumi and I really wanted to share with you just really embracing life as it is right now. To really celebrate it, to really see the gifts and to really allow even more of that beautiful joy of being a creator into our lives. But he said please subtitle it “Do you want to be a creator or a victim,” because that’s going to tie into it, and also when I use those words “creator victim,” they’re also going to make you aware of which one of those am I choosing in this moment? Which one of those do I want to embrace? Which one of those do I want to express in my experience right now?

It’s something I’ve had a lot of fun with these last few years. It’s something that once you make the commitment to play with, you will notice there are layers. You will knock off big layers first, and then there are the final layers as we keep going. It’s something that I think while we’re here in this experience ... I’m being wary of my words here, because it’s something – I’ll use the words that we’re never truly completely complete with while we’re here in this experience because it’s always there to interact with in some way.

But as living divine souled beings, we have the choice in how willing we are to let that into our lives. And the joy of constantly being aware of that and playing with it lets us evolve. And I really truly believe it lets our soul connection evolve. It lets that amazing collective soul wisdom evolve to be here in this density, to be aware of that energy and to be constantly choosing to let our awareness of that expand and to let our commitment to not interact with that expand, to live in this dimension in joy as absolute creators is something that we’ve been living for over lifetime after lifetime.

And what a wonderful thing that is to sit here now in this moment being here in my little bedroom with my computer all cozy and warm. And I picture you all in your homes safe and warm or trying to cool down, depending where you are, and you’re listening to these words. And I know that in this moment you’re creating these words with me.

We’re having this beautiful collective experience because we’re all these amazing souls who have gone out to play with experience, and we chose to come to this amazing lifetime to dive into it as deep as we can.

And with that, I think I’m going to move on because I think Kuthumi’s going to talk about why we would hold back on that. (she chuckles) Why would we? Good question to start by asking yourselves. Why would we stop that from actually being a beautiful full expression in our lives? Wonderful.

Ah! Let’s all take a deep breath with that.

Let’s get the energies for Kuthumi to come in. Our dear friend, Kuthumi, who is part of us. Kuthumi, who is just an aspect of us, ready to hear the words of someone that we truly trust and love, who we know has been through to this experience and even did it a little bit rougher than us, as he would like to remind me right now. (she giggles)

Breathe with that. Ask the questions of yourselves. I know we’re asking Kuthumi, but essentially we’re just asking ourselves. And to know that when Kuthumi speaks to us,

it's just a reflection of the wisdom within, but that we're ready and willing to allow ourselves to hear.

Take a deep breath.

Do you want to be a creator or a victim? What do those words mean to you in this moment? And how willing are you to be the grand creator?

Deep breath. Let the energies come in. Thank you so much.

And with that, I would like to welcome our dear friend and cohost, Joep Claessens, who is all the way over in Colorado. I'm here in autumn. He's there in spring, and we're kind of experiencing similar weather, although I don't have a 50 centimeter dump of snow around me, as Joep does.

So welcome, Joep. Thank you for taking time out from shoveling snow to be with us today.

JOEP: Yes. It's a pleasure, as always, to be on your show. And nice to have a break actually, because my back hurts. So. (they chuckle)

MARISA: So that's good. I'm glad we've provided you with a wonderful experience to have some rest and let your body rejuvenate. (she chuckles) So thank you so much for joining us and we do always really appreciate having you here. Joep is my bodyguard, my guardian angel. He's the doorman at the café. He also helps get you seated and make sure everyone's comfortable and make sure everyone gets their coffee and cake and tea also to them properly. So thank you for being here, Joep.

So I think, with that, if you would like to just do some breathing. I'll go into channel. Kuthumi, I'm sure we can all feel he's already been here, because he's already part of us. So, but I'll just get into my channel space and we'll see what he has to say today. So thank you, Joep.

JOEP: Okay! Here we go!

Yeah, just take that first deep breath all the way into your belly. Settle back into your chair. Or into whatever you're doing and just breathe. Bring your attention to yourself for a moment. Feel where you're at.

Mmmm ... as we welcome Kuthumi into this space. And just feel. Invite his energy in. It's very close. Just a breath away.

(pause)

KUTHUMI: Namaste. Thank you, Joep. Wonderful, as always.

JOEP: Namaste.

KUTHUMI: Thank you to everyone. Come in and I'm sure you all have a seat. You all look comfortable. A few of you aren't paying attention to me because the cake is so

good. And that is good, because quite frankly I would rather you be so involved with your life, so involved in your creation that perhaps you don't have time to listen to me. (he chuckles)

So eat away your cake. Enjoy it. Savor every little bit of it, but I will invite you to do this. Please acknowledge that every morsel of that cake is your creation. The very seat you sit upon is your creation. The walls around you, the roof, the coffee machine, even my voice tantalizing you, is all your creation. The hardest thing a human will ever come to grips with is that they are truly a creator.

There's been so many stories over so many lifetimes. God granted you this life. God placed you here. And even if you don't believe in God, that you are but a mere biological machine, dividing and multiplying within yourself till the day that that little body is done and leaves this life in being a human.

But if you're listening to this now, you know there's more. You granted yourself this life when you asked of yourself who am I and what can I be. And with that the little spark of your sovereign being went out to play, and it dived into experience here in this dimension.

Now we're going to go in quite deep. So buckle up. (he chuckles) Take your last sip of coffee. As we sit here and acknowledge that we are but one lifetime and one experience of our soul, of our collective wisdom, feel across the other dimensions. This is but one dimension.

As you are but one life of a series of lifetimes to explore experience in this dimension, imagine all the other dimensions and all the other experiences that your human mind cannot comprehend.

Breathe with that.

Imagine the crystalline realms and the experiences that are there. Imagine Lemuria, which was another dimension of itself, and the experiences that are there.

Imagine Arcturus, where you truly taught yourself how to create roles. And by roles I mean identities, personalities, not the bread rolls. (he chuckles) Although some of you did create the roles of being a baker.

When we feel into how grand we have been, how limitless we are, all the endless possibilities we have explored, when we breathe with that in this beautiful soul space, in this beautiful place of balance where minds can rest, in this beautiful feeling state where we let go of personality and identity. When we feel the limitless, endless potentials that we have explored, that we have played with, then we remind ourselves that is how we can be now.

Oooh! Did you feel your mind coming up? Yes, but! (he chuckles) For many of you what a delicious feeling. If the mind is saying, "Yes, but," take another breath. Take another breath.

Imagine the crystalline realms. Now, for the sake of imagination I will describe them as simply being color with no physical density. Even the sound is made of color. Every sense you experience there is expressed as color. You interact with the dimensions via color, and the colors there are beyond the spectrum that you know in the human world.

I go dancing there every night and you're welcome to join me. You're dancing there within a breath, because I like to dive into that beautiful exploration of my creativity and my senses with the beautiful colors.

Have a little dance. Touch the colors. Taste the colors. Create some more colors.

Take a deep breath.

(pause)

Let's go to Arcturus.

Here you get to pick a costume, title, and how you play that role. One of you may choose a costume of a king, then decide to be a fair and just king or be a despot. You'll go out, commit a genocide.

Perhaps you'll be a humble servant, scientist, a beggar, a queen. Perhaps you'll be a person choosing to live with their soul.

Now let's just breathe together. Choose another dimension. Any one you like, because it's limitless. What comes to mind now?

If you want to go running back to the crystalline realms, that's fine. If you'd like to go and get a taste of your Third Circle. (Kuthumi laughs) The Third Circle of your sovereign state where you're complete and whole.

So we'll go there now. Now that I've mentioned it, you're all there, where you're safe and you're complete. Mind is in balance. There's no aspect struggling to be heard above the other. Complete and integrated.

You know all these dimensions well. I take you to them. I invite you to them and part of you says, "I know this part of me. I know this part of me and I want more of it now."

Okay. Let's head back to the crystalline realms and the part that we know, because you've been taught that you can't bring these parts of you, these experiences, these dimensions here to the human realm.

And that's okay. This is how we designed Earth. We wanted to forget. We wanted to forget. That's why when we go to the crystalline realms you can't use your mind and everything is just in color, because it would be silly to go there and create in the same way that we create in the Earth realm or Arcturus or Lemuria.

This has been a very specific dimension created for a very specific experience. To come here to forget that we are creators so that we could have the range of experiences. I'll be a grand performer. I'll be a destitute beggar. I will kill and I will be

killed. I will flourish and I will perish. All for the absolute belief that I am a puppet of destiny and fate. That a grand being designed my experience for me, that I had no choice as to how my life unfolds.

And as we buy that story we go into what I call default creator mode. (he chuckles) Like when you buy an appliance or even with your cars now with all the computers. There is a default setting set by the factory that has some automatic settings on it. But, as you know, you are now the owner of that appliance, of that machinery, and as the owner you get to go in and change those settings.

I don't want all my car doors to lock automatically. I don't want that radio to turn on at that station automatically.

So with a breath let's go in and clear those default settings of "I am a victim. I have no choice."

(pause)

And imagine yourself going into that human energy that came with those default settings and now reset them to what you choose.

I am a creator. I am limitless. I have every potential available to me. I celebrate life as it is right now, and I allow myself to live in joy and peace.

I do not have to interact with another's victim energy. I don't have to be part of anyone else's feeding. I am a creator. I can look at life around me and embrace the gifts. I can listen to my mind and know that is not how things have to be.

In one breath I come back to my soul connection. I remember the essence and truth of me, a place of balance, trust, love, compassion. That I know in this space there's no struggle, no hate. There's no doubt, no lack of trust. In this space when I breathe with my soul I'm at peace and balance. In this space allows all the gifts of life to come to me.

I chose to be here. I chose this experience. I chose to be aware. I chose to be awake. And though at times this has proved testing, I also see the delight and joy it's brought me. And I look for that joy and those delights and I renew my commitment to live this life with my soul connection so that I can experience this even more.

So here's the next little question. Do you want to just experience life or do you want to truly live your life?

Words sometimes become more than what we originally allow them to be, because when I use the word "experience" now for you, we kind of go into a sense of surrender. And even the word "surrender" has become more than what we originally used it for. And within surrender we talk about allowing and accepting, but I also feel that for many of you surrender has also become quite that Old Energy meaning of the word, which is just to lay down and give up.

Now, there is a point of surrendering to experience that that laying down and giving up is kind of good. It is good, because that's part of resetting all the default programming.

Why not just stop and just simply stop this pattern now when that allows the new to come in.

And for many of you there's been a lag or a period in which you feel that that surrender and that willing to allow the new in has not been heard. A lot of you. You can never truly make that commitment of yourself without it allowing the energy in. The mind that measures and tells you you're not worthy. You're doing something wrong.

Come back to trust. Come back to that self-love. Soul never fails. (he chuckles) Soul loves, soul trusts, soul allows; its the mind that wants to measure all of this, its the mind that loves to stop the energy flow.

So even now as we're breathing and some of you are getting a bit of resistance to this. You're feeling it in your stomach. You're getting an – oh! – ache in the shoulder. Maybe you're finding an excuse to leave the show to go to the bathroom, get something, and that's fine. If you truly need a break, go.

But just feel that resistance coming up. That's the default setting. They don't like to change because, well, hey, that's how the factory set us. If the factory set us like that, then surely the factory knows better. (Kuthumi chuckles) There is no factory. There's only you, the creator, deciding how this experience will be.

Stop measuring yourself. Stop giving yourself timeframes.

You know, goals and objectives, they're fine. But be aware when the mind is telling you how you're going to get there. Soul doesn't give you a roadmap. Soul says breathe and let it come to us.

If there is ever that feeling of struggle or working, then you're not allowing.

(pause)

So let's replace the word surrender with acceptance. I Am that I Am, right here right now so in love with myself and this is as good as it gets. I embrace life as it is right now, because I know it's perfect.

Every moment that is occurring now that is manifesting and expressing because of everything I have ever done, and that is all perfect and amazing, because I am a creator, and a creator never fails and a creator never does anything wrong. A creator simply creates.

When a child draws a picture and maybe draws a tree with a blue stem, you don't tell the child that they're wrong. They're creating. They're expressing. They're playing with color. They're playing with the crayons and the paper, and that is you with life. I am playing with this experience of being human and there's no wrong way to do it.

And the more we embrace that then the more we say to our creative soul, "I am willing to see what else you can show me." When we judge and we measure and we criticize ourselves, then we say to creativity, "I do not trust you, because we're not doing this right." That creativity will not share, will not flow.

If you tell a child that they are drawing wrong, will they want to draw again? Maybe. But if they do, what space will that creativity come from? It will come from trying to satisfy. It will come from trying to fit in. It won't be that beautiful natural expression to simply love themselves and to express.

Take a deep breath.

I am a creator and I create for the joy of creating. Wow! Can you feel the freedom in that? Feel the freedom in that. I don't create to reach a goal. I don't create to satisfy others and their expectations of me. I create for the joy of creating this experience right here, right now. I don't create for what will be in three years. I don't create for what will be in six months. I create because I'm so in love with this here and now moment and who I am in this here and now moment. And every time I take that breath and say, "I Am that I Am, right here, right now, so in love with myself and this is as good as it gets," I accept and love who I am in this moment.

And your creativity sighs and takes a deep breath and says, "Thank you for setting me free. I no longer have to validate why I did what I did. I don't have to be questioned on what I'm doing right now. I don't have to fear of what will come next. I am free to create with you. I am free to allow my full expression to come through in this dimension. I set myself free of the limits and stories and the programmings and the default settings that do not serve how I choose experience here in this Now moment."

And when I leave the café and I walk out onto the street, I see the headlines of another earthquake or a shooting, I know that those souls involved are simply creating their perfect experience in this Now moment. Because when I am in my compassion for myself, I am in compassion for all others as well. I honor their experience because I honor my experience.

I Am that I Am, right here, right now, so in love with myself and this is as good as it gets.

Deep breath. Deep.

How willing are you to live the life of a creator? And this is where a little bit of irony comes up, because the thing is you're always creating. Everything you're doing is your expression as a creator. But let's change the question a little bit. What sort of creator do you want to be? (Kuthumi chuckles) Do you want to be the default creator? Do you want to be an aware creator? Do you want to be a joyful creator? Do you want to be a struggling creator?

(pause)

Now, I'm going to indulge myself a little bit right now. I'm going to share with you now. Not all of you watch Game of Thrones, but as you know Marisa and I are quite addicted to it. Yes, I am too! I love that show. The story is incredible. It's set in another dimension, which is why people love watching it, because it reminds them of the other dimensions that they have had experience in.

Now, there's a fabulous storyline of a young girl call Arya. I'll share the story with you, because even if you don't know the rest of the whole story of Game of Thrones, this is a beautiful story in itself.

Arya is born a girl, but not willing to be limited to the role and story that the title "girl" would give her. So as a child she taught herself archery. She taught herself swordplay. And in staying with her truth, the others around her honor this as well. Her father gave her proper sword fighting lessons with a Master of sword fighting, and in that time she not only learned swordplay, but she also learned to connect with her inner creativity, with her inner balance.

And one of the beautiful things she was taught by that Master was that when the god of death asked the question, "Do you want to die?" you answer with, "Not today." So carrying that question with her even when her Master was slaughtered, even when she saw her beloved father beheaded, she went out in the world disguised as a boy. She was still young enough to be able to do that. And each day she asked the question, "Do I want to die?" with "No." As you know, she was really asking the question, "Do I choose to live?" with "Yes."

Along the way she helped a man and saved his life. He explains to her that he is now in debt to her, to serve her by returning this favor, and he will do so by actually killing three people of her choice. But, hey, that's okay. We're talking about another dimension. Things are different, with different values, and which he does. But they form a fabulous connection through this sort of wonderful payback of saving each other's lives.

This man turns out to be what they call a faceless man. He's actually a professional assassin, and he invites her to come one day to the house where these people are trained to also become one.

So she finally makes it there and she's met at the door by another man who rejects her. But she doesn't give up. She stays within the city and continues on with the strength that she chose years ago.

Eventually, she's taken in to become one of the faceless men and to learn their ways. And she's struggling. She doesn't understand.

The man who she originally connected with appears again. He looks upon her and says, "You say you want to be a faceless man, that you want to recreate yourself, and yet there you stand still within the clothes of Arya, with the money of Arya, with the weapon of Arya." And she gets it.

She lets go of the clothes. She lets go of the money. She even let's go, kind of, of her precious sword, even though she hides it in case she might want it later. But she understands she had to shed her identity.

We spend so long creating an identity, creating parts of ourselves that we truly believe are going to protect us and that are going to serve us to get us to where we truly think we want to be. And they have served us well, because they have gotten us to this Now moment, which is perfect. But in each moment, how willing are you to shed all that you

know that you have been, all that you believe that you are to simply be a creator, to simply be this beautiful soul here having experience.

How willing are you to let go of the story of “I’ve suffered to get to this point. I can’t create money. I can’t lose weight. This is who I used to be, and I was happy then, and if I get back to that part of me then I’d be happy again.” How willing are you here right now to say, “I am nothing but a soul having experiencing.” Because when we can say to ourselves, “I am nothing but this soul,” then you say, “I am everything a creator can be.”

That’s the soul freedom that you’re all aching for. Every time you say, “Things aren’t going right. I’m doing things wrong,” you’re simply adding to the story. What story are you telling yourself now that is stopping you from saying I am everything that a creator can be?

Take that breath. Take that breath.

How willing are you to set yourself free?

(pause)

It’s a very provocative question, and the mind will have some fabulous answers – “But, but, but!” (Kuthumi chuckles) How willing are you to set yourself free to be everything that a creator can? How willing are you to say I am nothing but the story I grant upon my soul?

So here’s how simple it is. Replace the story you have now that’s stopping you from being creative with my story now is “I am everything that a creator can be and allow into my life.” It’s just a story. It’s just a role, just the costume you put on and a title. But we forget we get to choose how to play that role.

Have fun with the story. You are the author of your experience.

How do you want the story to end? Actually, don’t even worry about the ending. How do you want the next chapter to be? How do you even want this sentence to be? Don’t even worry about the next chapter. Just worry about the paragraph that you’re on. (Kuthumi chuckles)

How willing are you to set yourself free to be everything of the creator that you truly know you can be? Provocative question, one that only you can answer, because that is your experience.

Your choices shape your experience. Your choices write the story. You get to choose to be here. You get to choose how to be here. Its only your mind and distractions that will try and get that story back to the default factory settings.

Deep breath.

I am not the default programming that I came here believing. I am nothing but the story I choose for myself, because I am everything that a creator can be.

Deep breath. Ahh!

Now, we have a nice list of questions that were sent in, and I think we'll get through them, Joep. I think we can do it. We've only got about a half an hour or so. You know, I think we can do it, because I am a creator and I will create the space that we answer these questions. (Kuthumi chuckles)

So, Joep, I thank you so much for sitting there holding the energy beautifully as you always do. So now let us go on with the questions.

JOEP: Sure. Kuthumi, we actually have several people sending in questions by email, so we're going to go through those first. And the first one is from Christina.

QUESTION: Could you please tell us more about the communication with our soul?

KUTHUMI: Thank you. Fabulous question to lead into the questions after what we were discussing.

Communication with soul is everything to the embodied Ascended Master. It is everything to the human who chooses to be here with awareness and consciousness. It's everything, because within that communication with our soul is all the trust and love and compassion we need to allow our true expression as a creator.

When we go into our soul communication, we don't hear wrong or right. We get offered answers in joy and love. I have a wonderful friend who's traveling now who was a little bit lost. Not really lost, but wasn't clear on what to create next as a human. So she handed everything to soul. Soul, what will we eat? Soul, what will we do now? Soul will take you by the hand and walk you through life. Soul is comfort. It is nurturing. It is balance. It is clarity, and the more we choose to listen to soul, the more we invite those energies into our life.

When we speak with soul, it is from a place of balance and truth. It is not sullied with bad experiences and it certainly isn't sullied with the fear of what could be to come. Soul is in absolute trust and awe of everything you do. So the more you embrace your soul communication, the more you're willing to speak with soul, then the more that beautiful balance of joy and love will come into your life.

And the beautiful part about it is mind doesn't go away. We need mind. But mind comes into balance too and mind can rest. It's a wonderful way just to relax and live life. Thank you, Christina.

JOEP: Next question is from Jutta, and I'll just read it out.

QUESTION: Is an embodied Master also a creator or does he always accept life as it is?

KUTHUMI: That's a great question, because we kind of covered it already, but I'm going to say it again so we have more clarity.

Now, everyone is a creator regardless of whether they're choosing to be an embodied Master or not, because like I said you can create in default or you can create with consciousness and awareness. So the difference is an embodied Master creates with awareness and consciousness and the aware choice of how they are creating. Uh huh.

Does an embodied Master always accept life as it is? Yes, because an embodied Master is in absolute love with themselves and know that everything they're doing is perfect and amazing. So I hope that answers the question. It gives it a bit deeper through the channel, but yes, an embodied Master is a creator, because we are all creators. And yes, they do accept life as it is, because they know it's perfect and amazing. Thank you, Jutta.

JOEP: Okay. Next question from Victoria.

QUESTION: She and her husband Klaus have been working together for eleven years and helped each other in the healing and clearing, and the last three years we had the impression that whatever we're doing that we do not experience much change, much differences. It's just like the same old stuff again and again. We both are really great healers and channelers for other people, but we ourselves feel stuck. Can you give us some hints, some information about that?

KUTHUMI: Mmm. The mind loves for things to be moving on and for life to be proving itself to us. This is where we can really, really get stuck as aware creators, because we want life to somehow to reward us, to be handing us something bigger and better.

Also, too, along the way we've all kind of, oh, bought into this thing that the more aware and the more conscious and the more enlightened we are, the more magical and mystical and angelic we will become and where are our wings and where's the gold halo? We constantly are expecting some sort of reward.

So the first thing is just give up on having the reward. What is truly important is- are you loving yourself in this Now moment? Are you accepting who you are in this moment?

Now, it gets hard for that to be satisfying to the mind and to the aspects who in past lives when they chose enlightenment had huge changes to their lives. It gets very hard to think that to simply to take that time to talk with our soul each day, to be choosing that simplicity, it doesn't become satisfying to the mind and their aspects.

So at the moment that stuck feeling is simply the mind judging and measuring you, and that's what stuck always is. Anything that's a measurement, that is telling you that I should be doing something else, it's the mind measuring you.

Come back to that self-love and that trust. And also too it gets very easy to forget how far we've come. Thank you for acknowledging how long you've been working with each other and how much you have let go of and how much you've learned, but you need to celebrate that a little bit more.

And also too it doesn't mean that just because you've cleared that much means that you have to clear more. Maybe this is all that needs to be done for this time.

But here's the other layer to this as well, and I think the next question might go into it too is that when things do feel stagnant and you truly feel that something needs to shift and change, well then shift and change something. (Kuthumi chuckles)

Often, we'll wait for spirit or soul to create that shift and change. Sometimes you, as a human, need to actually go and do it. So that can be changing your actual physical routine, quitting your job, moving out, even changing your diet, starting a new class. Sometimes when there is that stagnant energy it is because you are truly stagnant as a human.

Now, it's okay to sometimes bend to the whim of the human side of ourselves and do something different for the experience of being human. But, my darling, please do it from your soul space. Talk to soul. What is it that we can change? Oh! Okay, fine. Let's start with the diet.

Soul might offer you something pretty big to change that can be seemingly challenging at first. But if you're willing to play with that in some way, that will move energy.

So, yes, please be in that space of self-love. Make sure this isn't your mind just setting up expectations. But as you breathe – I know the two of you are very sensitive and aware – you will feel is there something else we actually need to change within our human experience to get things moving.

A lot of you go into that space – I'm stuck, I'm stagnant, I need to change. Come back to that self-love and trust first. Come back to that place so that it's not just your mind wanting to measure you and judge you and take you from your self-love and to make you think there's no joy. But then talk to soul. Is there something we can change? What can we do now to get things flowing? Do it from that beautiful space first.

Plus, Victoria, you're doing beautiful work. You've been doing such wonderful things. Please celebrate yourselves. Please come back and really embrace that self-love and also to release yourselves from service.

I'm going to say that for all of you as well. Release yourselves from service. Choosing the spiritual life does not mean that you have to use it to serve others. And you know what? You don't even have to use it to serve yourself. (Kuthumi chuckles) Make it playful. Make this a joy. Be like the child with the crayons drawing a picture.

You've done the hard times of being in the Mystery Schools, hiding in caves, starving yourselves, not even drinking water. This is the time to play with being spiritually aware. You can do this in a new way. And the wonderful thing is that you can do it with joy and ease and grace.

Release yourselves from service. Thank you.

QUESTION: Dear Kuthumi, I seem to be stuck in a terrible rut. I have absolutely no money and a burden to my family as a result. I've been unable to find a solution to this misery. I believe I and my husband should part company, and everybody is deeply

unhappy in the family. What is wrong and how do I change this reality and move on with my life? Thank you. Ronka.

KUTHUMI: This kind of goes back to the last question too, and that is please come back to your self-love and trust. It gets very easy when the human experience seems to be reflecting to us futility, cycles that seem unbreakable, relationships that seem impossible to be released from. It can almost seem like it's impossible to get out of.

And if I say to you please just trust in yourself, part of you will say, "Well, how is trust going to make me money? How is trust going to sort my relationship?" But when you come back to that self-love and the trust, things can start flowing. Things can start reflecting how you truly want to live your life.

Get clear on how you want to live your life. Talk with your soul, but then be brave enough to act on what you truly feel you need to do.

There are many times people ask the question, "I know I should do this but I can't do it now." Well, yes you can. Sometimes it will feel like things are impossible to do, but be brave and do the things you know you should do, that you need do. Come back to how you're truly choosing to live life.

Keep breathing. Keep trusting. And even when things seem to be getting worse, trust yourself. They can come back to balance. Thank you, Ronka.

QUESTION: This new fifth dimensional energy has come to ground, and I feel very peaceful. It's like being in a permanent meditation. I understand now how everything around you can stay the same, but it doesn't affect you at all and a sense of knowingness just flows. It's been a long journey to get to this point and I find myself in a place of not being bothered to do anything. I'm in a bad relationship, but a part of me knows that it will evolve in its own time and I can't be bothered with the drama. I know I should be doing more productive things with my time, but I just don't feel any focus towards anything. I literally feel like I have died and can't seem to find anything new to live for. I feel done. I have two young girls. I want to have a co-creative experience of joy with them also, but I just don't feel it. Any insights and any guidance specific to me regarding relationships, work and passion would be really gratefully received. And thanks for all the work and devotion.

KUTHUMI: Thank you. It's a wonderful thing when we disconnect from the old ways and then we have to find a new way of being, which is where you are right now, Rachel. And it's also a kind of ironic revelation of "I am at peace with myself. I have created this beautiful soul connection. I'm allowing it within my life." And you do get to this feeling of, well, there's nothing left to do as a human.

I've realized what I came here to have in this experience of this life. And it's often why the relationships don't seem to be important anymore, even those children, because part of you has said, "I am complete. This is what I came here to do. I came here to realize and remember my soul connection and to live with it here in this life."

So what many of you do – it's what you are doing now, Rachel – is you go into kind of a transition period, which is this space where life just doesn't seem satisfying anymore, because all the things from the past that your mind told you you needed to create it – create a relationship, children, hobbies, careers – are all completely irrelevant now. (Kuthumi chuckles)

And I see so many of you go through that. I used to have a passion for dancing, but now that passion is gone. I need to find the next passion. And that really is the Old Energy passion and satisfaction that wants to be satisfied.

If you can now in this moment, in this period of time find that satisfaction and make that passion to simply be in your soul connection, all these human things around you will come back into balance.

And you are right. That relationship will find a point of balance at some time while you stay in that space. It could be that eventually it'll just naturally end or it could come back into a beautiful space where it is loving and sharing.

Everything is possible from this point. Every potential can be realized from this point while you stay in this soul connection.

It's a really brave thing to admit that you're done, and there is nothing wrong with leaving experience when it is done with awareness and consciousness and in peace and balance. But here's what I'm going to pose for you, my dear.

Can you embrace truly wanting to be here? And can you allow that to now manifest?

Now, I know that is a very wishy-washy kind of proposal to you. A lot of this is going to come down to just accepting that this is a transition period, but at some point that's not going to satisfy you anymore. You're going to have to need to make the choice to end or to keep going.

And I'd hope you choose to keep going, because that's what I did. I didn't have so much of this transition point, so I find it kind of a bit entertaining now when I see you all go through it. I understand it. When I simply accepted my enlightenment and chose to still be here with this joy and this passion, I knew that things were different. I knew life couldn't be the same again. I knew the old things were not going to satisfy me anymore. So I let go of the study. I let go of the past social interactions that I felt I needed in my life. I shed my circle of friends.

I didn't completely let go of my family, because they were giving me money and that was really nice. But I shed the old expectations of who I would be for them, and in return they shed their expectations of who I would be for them as well. And then I simply said to myself, "I choose to be here in joy." And I did that with such self-love and trust in my soul connection and in what life and my creativity could give to me, and then it did.

I'm going to invite you, Rachel, too to look into what do you believe the role of mother should be, what do you believe the role of partner should be, and set yourself free of those stories.

At the moment now what will set you really free to be the creator in joy, to be really looking at what is the story I've tied myself into? What expectations do I have upon myself? How willing am I to set them back to the settings that I want and not those default factory settings?

Now here's the beautiful thing. When you set yourself free as a mother, you also set free your children from their role as children. And that will create a beautiful new relationship that is going to really serve them to be creators as well. See, you've got to honor that they chose you as a mother, but they're choosing that experience to have with you. Maybe they don't want to, and that's fine too. They are many children who create experience without their parents.

Set yourself free of your story, you set them free of theirs, and that's going to create the beautiful relationship that I know you really want to have with them.

So honor this little transition time, but remember this transition time is as long as you choose it to be. Come back to that love and that trust. Let go of the old stories, the old expectation, because you're now stepping into a new story, and that new story is clear and free for whatever you want it to be.

And I can feel all of you when we say that, is all this energy bubbling up. Bubbling up. You can feel all the new potentials coming to you. Now just breathe and let them be. Thank you for that, Rachel. Thank you, Joep.

CALLER 7407: All right! So Kuthumi, I really identified with the last caller, the last question that you answered, and I think I'm kind of moving out of that stage myself now, because I've been in this transition having moved to where I wanted to move to for the last five years. Finally moved here and landed on kind of an okay, now what? And I've been not doing a whole lot. I've just been answering the "now what?" question.

KUTHUMI: Yes.

CALLER 7407: Now I'm getting up in the morning and saying how grateful I am and anyway. My question I've been really feeling the Earth changes, oh, a couple of days before they're happening. I think that's what this body sensitivity is. Could you say something? And now I heard a report that my grandson has been getting sick the last couple of days and they're going to come visit me tomorrow. And I told them it's just the Earth changes. Not to worry about it. They're not contagious. It's fine. Is that what's really going on? And is that something that happens to us as we start to make this transition to the new spaces?

KUTHUMI: Absolutely. I always say that the good part about becoming aware and conscious is that you become more sensitive. The down side of becoming aware and conscious is that you become more sensitive. Okay. (they chuckle) So for some of you, you are going to tune into those Earth changes. You're going to tune into the big events that happen, such as the earthquake. But I want you to remember that's also your choice.

Sensitivity can be directed. It can be – I'm not going to say controlled. That's a horrible word. We don't like that word anymore, do we? It can be shifted. So the point is a long time ago I talked about how involved do you want to be. So for you if it's something you – I know you're very connected with the Earth anyway, so it's something quite natural for you to be sensitive to. But if it's starting to affect your experience and distract you from your journey, then I would think that's something you don't terribly want to have strongly within your life.

So it's simply about getting clear on what you want to be aware and sensitive to. It's the same with people who are very sensitive to the people around them, whether it's their family or their workplace. They become very sensitive to the people within their life. Some people become very sensitive to the needs of their pets. Some people become very sensitive to the political energies of the world.

But all of this you have to remember comes back to what are you choosing for your experience. So if you want to be tuned into these Earth changes, fine. You do that. (they chuckle) For the child too who's very connected to you energetically, they can be picking it up through the adults around them who are also energetically predisposed to feeling those things.

So if it's starting to really affect the child, then that might be a really good time for the adults to look into well how willing am I to let this affect the child through me.

So with the child, too, you don't want to close down their sensitivities. That's what we don't want to do, because that's what we all spent our lifetimes doing. But getting them involved in art and something else creative, then they can tune their sensitivity to other things which are more related to how they're shaping their experience rather than outside of themselves.

So that's what I'll leave you with. Yes, it is, because that is your natural sensitivity, as you are becoming more aware. But remember you always have the choice of how much you want to be involved and aware and sensitive of those things.

QUESTION: Why does the left side of my body, shoulder, arm, leg hurt so much? Is it something to do with my feminine energy? Thank you and big hearts.

KUTHUMI: What a fabulous question to finish on. When something goes wrong in our lives or something goes out of balance, our mind wants the story, because a story rationalizes what's going on. It gives us an excuse. It gives us reason, and that somehow gives our mind something to latch on to and work with.

So here's the thing, Guillam, I could give you a fabulous story about how this relates to a past life where you were a woman and you were flogged to death on your left side. That's how you died. And that part of you is now coming up to be healed and integrated. (Kuthumi chuckles)

So your mind will have something to cling onto, and that's fine. Maybe that is what you need in this Now moment for you to balance that. But what if something happens within our life; we get a pain, we have a discomfort. Our money stops flowing. We have an

altercation with another person. What if we just say, "There's imbalance in my life and I choose it to come back to balance, because I am a creator choosing to live in joy and peace and grace." If you still want to play with the stories, that is fine. But wouldn't life be much simpler and much more free if we simply recognize it as an imbalance that we want to come back into balance.

So yes, it is something to do with your feminine side, because you felt that and you should trust that what you're feeling is absolutely right. But to simply breathe and come back to your self-love and choose to come back into balance, that is what will let this heal and integrate.

We don't need the story. We don't need to make this is that this part of my body therefore relates to this dimension or whatever. Let's skip all that here. Let's skip all the distractions, the mind entertainment. Let's just come back to the simplicity of soul which simply says, "I choose to be in balance in ease and grace and love," because the more we remind ourselves of that, then so it is.

So let's finish on that. I Am that I Am, because I am not my story. I Am that I Am, because I am a creator. I Am that I Am, because there is nothing about me that needs to hold on to the past and who I have been. I Am that I Am, everything that a creator can be, because I Am that I Am, right here, right now, so in love with myself, and this is as good as it gets.

Namaste, everyone. Namaste.