

# It's Kuthumi Time

Featuring  
Kuthumi Lal Singh  
channeled through Marisa Calvi  
assisted by Joep Claessens

Recorded Valentine's Day  
February 14th, 2014



This channel was originally broadcast  
on [www.awakeningzone.com](http://www.awakeningzone.com)  
To listen to the audio of the entire show please go to  
<http://www.awakeningzone.com/Episode.aspx?EpisodeID=2834>

Marisa and Kuthumi are happy for this channel  
to be translated and shared, as long as no money  
or fee is charged for this, and that proper credit  
is given as to its source.

© Marisa Calvi 2014

**It's Kuthumi Time!- February 14, 2014**  
**Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi.**  
**Co-hosted by Joep Claessens.**

**This show was originally broadcast on  
[www.awakeningzone.com](http://www.awakeningzone.com)**

**To listen to the audio of the entire show please go to  
<http://www.awakeningzone.com/Episode.aspx?EpisodeID=2834>**

KUTHUMI: Namaste. Thank you Joep for that beautiful setting of energies to help my energies come in nice and close.

I am Kuthumi. I Am that I Am right here, right now so in love with myself, and this is as good as it gets. Right here, right now. No past, no future. Just this moment.

This moment to offer myself complete and absolute love to all that I am, to all that I have been and will be, but knowing that nothing is as important as who I am right here, right now, no matter what that looks like, feels like, smells like. (he giggles)  
This is as good as it gets.

This is self-love on your beautiful day of celebrating love. And I know so many of you have taken that moment to celebrate your self-love. So many of you are just doing such a fabulous job of embracing your self-love. You know that that is the key to your enlightenment. Accepting all that you are right here, right now and loving it with every core of your being.

It's beyond the word love as you know it as humans. It embraces acceptance, compassion and allowing. Yes! That's what we're going to do today. Let's take this little four letter word, this little four letter word. Let's make it something so much bigger.

You know how to love yourselves, and that love can evolve. And this is the joy of living your ascension now. It's not just about saying, "Yes, I am enlightened" and it being that one lightning bolt moment. It's about staying here and saying, "I want more. I want to dive in deeper. I want this connection

to grow and expand beyond all my mind and my senses can comprehend.” And so too, you can do that with your self-love.

So many of you know that self-love is not – it’s not ... I don’t want to say the word “wrong.” That sounds old, doesn’t it? But it’s not something to be ashamed of. And it’s okay in those moments when you forget that that’s what it’s about, because then you have the joy of coming back to it. You have the joy of these days – the 14, 2 – 2-14. Beautiful numbers set up to simply say here is the day when you can really focus on love. My self-love. Sharing my love with others. Sharing that love even bloody exists. How wonderful. Have we ever taken a moment to simply say how wonderful it is that this thing called love exists.

Imagine a world without love. Imagine your life constantly in self-judgment, without any respite, without any compassion or acceptance or allowing. And it’s not too hard to imagine, because most of you spent many years there. So I’m not really pressing your imaginations too hard there. You’ve been there. You’ve done that. (he giggles)

But how wonderful to say that now I can be in a lifetime of loving and accepting and allowing with absolute compassion for everything I’ve chosen to experience and will choose to experience.

So, yes, let’s celebrate love today, but let’s celebrate the fact that we have even created love to exist here in this realm.

Yes, because love doesn’t need to exist in any other realm. There is no word for love in the crystal realms. Well, there are no words in the crystal realms, which is kind of handy, because there are no words for anything. (he giggles) It’s here in the density of 3D with the beauty of duality to give you the richest of experience that this whole concept of love came about to remind you of your magnificence, to show you the depths of who you can be, to remind you that you are absolutely amazing as you are right now.

So today let's celebrate the creation of love. Let's celebrate the creation of love and let's take a big deep yes to saying yes to the experience of it. That's the fun part of life now. "Yes, I've created this. Now I experience it. Yes, I created duality. Now I experience it. But now I experience it with awareness and the choice of which parts of it I want in my reality."

Breathe with that. I Am that I Am right here, right now so in love with myself, and this is as good as it gets. I Am that I Am right here, right now so amazed at all I have created. I celebrate all of reality that I have taken part in creating and now I go and play with the experience.

That is enlightenment. Simply knowing these things, being aware. I have created, and now I choose the experience. And the wonderful thing is that when you do it with self-love, that experience becomes so much bigger and grander and magnificent.

And it's not to say that living without self-love is a lesser experience. But when you say, "I Am that I Am so in love with myself and all that I have created, and now I play with that experience," the potentials of life come flooding in.

It's like walking through a field with so many flowers that you don't know which one to pick first. Or maybe you just want to lie down and sniff up the pollen until you get hay fever. (he chuckles)

I Am that I Am. So in awe of all I have created, and now I have the joy of playing with the experience of it. That is enlightenment. And then to choose to do that with self-love. Ah! That is freedom. That is freedom.

Breathe with me now in celebration of all you have created, in awe of the experiences that lie ahead and with absolute commitment to your freedom. That would be the grandest valentine your soul would ever give you, and it offers you that every day. Every day.

The distractions of life – they're like ... I can't even create a

word to explain to you. The distractions of life, well, you created them. They're a little bit of fun. But your commitment to your freedom calls you back to balance. To know that, yes, if your knee is stopping you from dancing into freedom, that you can love that knee and accept it as it is and know that with your commitment, it can come back into balance.

And that doesn't mean that it might stop hurting. It might still hurt. But it's not going to stop you from that absolute love of yourself. It's not going to drag you back into that self-judgment. It's not going to wipe the flowers clear from your field. They come with me ... come with me.

I can dance a different way, but that doesn't mean I stop loving myself or say no to more freedom.

Distractions are just that little bit of a magnet to pull you back to the duality, that pull you back into the depths of how strong this 3D experience can be. But you have awareness. It's kind of like, you know, you play the game rock, paper, scissors. Awareness beats all. (he giggles) No matter what distraction – physical, money, people. That awareness of I Am that I Am right here, right now so in love with myself is the call back to balance. It's the call to your soul that, yes, nothing is more important than my connection to you. Nothing is more important than that moment when I said, "Who am I," to go and play with experience, because now you're in the lifetime that says, "I will remember. I remember my choice to explore and play. I remember that I created the sandbox, this blank canvas on which to create experience, and now I have the joy of doing that and even more so the joy of doing it with freedom."

No more limits or boundaries. No more expectations or goals. In the moment, each moment – each moment perfect and amazing. Ahh!

Happy Valentine's Day to you all. I feel we have set a nice little tone there. (he giggles) So now we have said our reminder.

And you have to remember too that I didn't just make up this

stuff to say to you. I don't make up this stuff because, gee, I think this would be a nice thing for them to hear today. I say to Marisa before the show starts – we stop and we breathe and I say, “This is who is gathered today. This is what they want to hear. This is the reminder they would like to be reminded of today.” This is your message that you created for you.

There are no coincidences. This is where we're at – walking ahead as Masters into the New Earth, into the new consciousness. You are perfect. You are Masters right here, right now. It is just the constant expansion of that commitment to that choice.

I am not here as someone grander or more magnificent than you. I am no wiser. My experiences have not been bigger or better than yours, because most of my experiences here on Earth you walked by my side. Some of you listening have been my teacher, my parent, my guide, my guru. We made the promise to each other to be there to share. I will remind you when you forget, as you have reminded me when I forgot and will forget. It is now just the beauty of constantly coming back to that remembrance.

And it's beyond remembrance too. It's beyond remembrance. It's not learning these things so you can spout them as platitudes. It's not about having a catch phrase for the month. (he chuckles) It's not about anything. It's about just having that reminder to come back to the feeling – that feeling space that I know every single one of you listening in now or listening in the archives later that allowed in this moment when I took you deep into that feeling space. It's about you, so crave to have that feeling space, and we created it again now, because every time you go into that feeling space it expands. It's beyond catch phrases and artwork and books and channels. That's what you're creating – to be in the moment with your I Am Presence, with your soul connection.

These channels and the Shouds and your gatherings and your meditations, etc., etc., they're wonderful and amazing. Yes, it's hard to stay in that space 24-7, and as a human you can't be expected to, because you have traffic and bills to pay

and jobs to go to and children and parents, etc.

But in a heartbeat, in a half a breath, no matter where you are, you can take that breath and feel that connection. It doesn't have to be in this warm, fuzzy place that we're in right now all the time. But these warm, fuzzy places are great, because they're like anchor points. And they're not so much that you reconnect, because the minute you understand that you have a soul connection and you can call upon it, it's never gone. It's always there.

But these moments here when you breathe and you allow the remembrance in, it grows and it expands. I have created this, and now I have the joy of experiencing it. That is what enlightenment is. That is what this beautiful soul connection, this feeling space is.

Every time you consciously call it in, it expands. It's not about getting back to it. It's not about reconnecting. It's saying, "I want more. I want to experience this more. I want to know more of this. I want to feel more of it. I want it to be richer in my life. I don't want to get as distracted as I did yesterday." That's what it says every time you take that breath and say, "I Am that I Am. I want more of this beauty. I want more of this wonder and this joy and this ease and this grace. And no matter what the 3D reality throws at me, I'm safe and secure in my space. My consciousness is here to call upon, and I invite it in to be part of everything. My soul connection is not just when I take a breath and say, 'I Am that I Am.' It is just those moments when I do it with a human awareness, that it comes in grander and richer every time."

When I walked my enlightenment I knew that I had not had instant transformation. I'd had a pretty big transformation. It was grand. It was magnificent. It was enlightening. It was ... it was revelatory – if that's a word. I'm going to use it anyway. I think that's a great word. We should use that one more often. It was eye opening. It was senses busting. But it wasn't the end of my choice to say, "I am enlightened."

Enlightenment can evolve. Enlightenment does evolve. It

evolves with you. And the wonderful thing is as you choose to evolve your enlightenment within yourself, you see it reflected in the people around you and in the world around you.

But that is not why we do it. That is not why we choose enlightenment. We don't choose enlightenment to change the world. We choose it to change ourselves and our experience. And the wonderful thing is that the more people who choose it, well then of course reality, 3D consciousness will transform as well. Ah! But you do it for you.

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

I'm wondering shall we start to take questions Joep? Have I talked enough? Have I talked too much? I think I could keep going, but I would like to get into some questions, and we'll expand upon what I've said through the questions.

JOEP: Okay. That sounds like a good idea, as I've got a whole list of questions already.

KUTHUMI: Wonderful.

JOEP: Let's start with one from Jackie who is asking on behalf of her boyfriend. He wants to know what love is.

KUTHUMI: What a big question! Love can be – it's so interesting, because in the human consciousness love has come to mean many things. Love has become security. It's become connection. It's become acceptance of another or being accepted by another. It's about being acceptable. When you have someone who loves you that means you must be all right. (he laughs) I'm sorry I'm laughing because Marisa knows being a middle-aged woman and be single and see how people want to react to you, or at any age to be single and see how people react to you.

So love has become many things. It's become a very clouded word. So let's redefine it today. We kind of did it before, but let's redefine it today.



Love, as I said and Adamus has said too, it was created here in this realm. Love isn't needed anywhere else – this word love. Love is evolving. Love now is, as people are accepting they can love themselves, first and foremost, it's becoming about acceptance of all that you are.

So in other words it's taking away the judgment, because if I Am that I Am right here, right now, then everything is all right. That's kind of the first layer of it. I Am that I Am right here, right now. There's nothing I need to change. There's nothing I've done that I have to be ashamed of. This is all perfect and amazing.

And you can kind of see how that gets reflected in how we socially want to define love, because if someone talks about a perfect relationship, the people aren't in judgment of each other. They're not upset with each other. They don't want to change each other. So imagine that for yourself.

And that kind of overlaps with what I call the compassion, which is just knowing that, you know, everything is perfect as it is. Everything is perfect as it is.

And in the other layer I would add to it in this New Energy is allowing. So that also means that, you know, you might not want to change something or something about yourself or change someone that you're with, but you've also got the freedom to allow them to change to however they want to be.

So when we're talking self-love it's about I will totally allow myself to evolve to whatever I will be next. See, a lot of you will get into the self-love and think, "Okay, I accept who I am now," but it kind of gets held back a bit because of that fear of, well, where do I go next? How is this enlightenment going to evolve me? Uh huh. But if you can say that absolute self-love I also allow myself to be whatever will be next, there's another layer of freedom in there. And even if we're in a relationship as well, you know, sometimes you are in that perfect relationship. I love them just the way they are. I don't

want them to change. I don't want them to leave me. I don't want them to love another. I don't want them to have that successful career, which might stop them from being with me, etc., etc. See how that brings in that level of fear too? Yes, I love them, but they better not change. They better always be here.

So love is also allowing the freedom in you to evolve, the freedom in you for whatever potential to occur, to occur. And it's kind of the contradictory part of love, because we think, you know, we're being sold that perfect thing that love is eternal. You've got to find that soul mate who's perfect and stays with you forever. If I love myself, I should be in that self-love all the time.

You know what, it's okay to get angry with yourself every now and then. Sometimes that little bit of, oh, frustration, whatever, can actually be the impetus to actually help break a pattern, to help bring an aspect home. "I've noticed this again. Why do I do that?"

Okay, so not to get caught up in beating yourself up too much, but it can actually raise an awareness about yourself. Staying in the relationship. That person is doing that thing again. Well, maybe stop and look at why are you letting that annoy you? What's it bringing up in you? What pattern is that repeating for you? Uh huh.

So these moments we fall out of that complete bliss that's being sold to us, you know, by Cupid and all the red hearts and red roses on Valentine's Day. It's okay for those little flutters, because they bring in more awareness. They bring in more awareness.

So I will say to you if I had to define love now in the new consciousness, it is about acceptance, compassion and allowing. I'm not going to say much more than that, because then we're going to get mental. But thank you for that question.

JOEP: Okay. Great answer. Along the same lines, Sapphira has a question.

QUESTION: Can you talk about boundaries and not losing one's self when we are so close to another human?

KUTHUMI: Oh fabulous, fabulous question! Thank you so much. And here we have one of the key distractions, because it is so easy when someone comes in and, you know, we'll call it feeding. When someone comes in and they're not even aware of what they're doing. How easy it is to get pulled back, because, you know, as humans we get conditioned to fall into those games. We get conditioned to want to listen to gossip, because sometimes we don't like someone, so we want to hear something bad about them.

We get, you know, caught up because with family when the old patterns come up, we are so entrenched in those patterns that we are lost in them before we're even aware that we're lost into them.

So here's the thing. The key thing is it's going to have to be awareness. So the very fact that you're aware that when you are with certain people or in certain situations or with anyone that you get called out of your balance, the very fact that you have that awareness that it happens is your key to keeping it in balance. The very fact that you were saying, "I don't choose to be pulled into those games so readily," is all you need to be saying to yourself for it to change.

So here's the thing. Sometimes you're still going to get lost in this, and that's absolutely fine. But Sapphira, I know too that you don't get lost in it for as long or as deep as you used to. So those of you who are listening now and nodding your heads going, "Ooh yeah. I sometimes still get caught in that," you sometimes still get caught in it, but I really want you all to stop and recognize you are not getting caught as deep or for as long. You're catching yourselves quicker and quicker all the time, simply because you are choosing to have the awareness and choosing not to go into it.

Now, sometimes you might have to do actual, let's say, humanly conscious things. That person always pulls me into

gossip at work. Avoid that person. This family member always wants to play this game. Avoid that person. Sometimes it might mean simply speaking up. "Look, thank you and I really don't want to take part in the gossip." "You know, dad, mom, auntie, whatever, I'm not playing this game with you anymore. Okay."

So if there are certain people and certain patterns that you're aware of, start making the choices to find ways to change that so you're not getting caught in that loop. But truly, just the fact that you're aware is already making changes. You're not getting caught as deep or for as long.

And the thing is that if you get caught in middle of it and suddenly you're talking to that person and you think, "Oh my god, here we go again." Well, straightaway, you've pulled yourself out of it. But you just take the breath. Stop and take a breath. Don't even listen to the words they're saying, because you don't need to. Because as you know it's not so much what they're saying or their actions, it's the energy behind it.

Come back to your safe space. Come back to your breath of balance, your breath of I Am, and you're kind of going to find that that will defuse a lot of things anyway. It can also make them worse, because that person can either (1) they get bored with you and they don't seek you out to play; (2) it can aggravate them like hell and they'll do their darnedest to pull you back in again. Take another breath. Take another breath.

But truly just the awareness you have that you don't want to be caught in those games anymore is already making changes that you're aware of, but much more is going on that you're not aware of. Thank you.

JOEP: Okay. Next question from Lena River has a question about her son. He's 15 years old. His name is Narek – I probably don't pronounce it right – and he's mostly interested in rap music and weed and freedom. And ... (Kuthumi chuckles) She wants some comments from you on that, I guess.

KUTHUMI: See, and this is where that part of allowing comes

into love, and it's kind of like, as a parent, you're told you have to have certain responsibilities and all that. But what a wonderful age the teenage years are where you're caught in that crossfire of, you know, I still have to answer to a parent, but I'm kind of pretty much an adult and I can feel what I want to do.

So here's the thing Lena. You're going to have to find that wonderful balance of I'm going to look out for him, but geez I'm going to allow him his experience as well, because who's to say that this experience in the moment isn't the perfect thing he needs to shape himself for where he's going. Who's to say that you coming down on him and trying to discipline him might actually push him into something even further that isn't beneficial to him.

So I'm really going to ask you right now, and it's kind of, oh, children. Teenagers. It's the catch-22. It's like- less discipline; let him go in deeper. More discipline; push him in deeper. (Kuthumi chuckles) You know, it's kind of like the thing of like if you find a kid smoking, do you go and give him a whole pack of cigarettes and say, "Right. Smoke the whole thing here now," and hope it puts them off it or it might make him an addict for life.

And the thing is you don't know either of the outcomes, because it's his choice because he's a sovereign being. He's a little Master creating in his own interesting way. And, yes, he's found a little lifestyle, which it's all about rebellion. It's all about rebellion and he's just finding himself. And he could get bored tomorrow or it could go on for another ten years.

I don't know, because he's having fun with it at the moment. So here's the thing. Can you allow him his experience? If he came to you tomorrow and said, "I'm sick of your spiritual work. You must give it up now and be the proper mother to me, because this is not working for me and it's not the contract we signed up for when I was born," what would be your reaction?

So it gets hard to sit back and watch someone make choices

we feel are not beneficial, supportive or nurturing. But you've got to get to that point where you respect that he is a Master creating his experience. And if that means he might get arrested and put in jail for a night somewhere down the track, that might be the perfect experience he needs to learn more about himself.

And, yes, I can hear you saying, "But what if it affects me? Then it is not a sovereign experience because I am involved." Well, then maybe you need to look at why you created a son to share that experience with! There is a little bit of old karma at play here, because as you know when he came in that there were still contracts being played out. But you can release yourself from the contract. It doesn't mean you release yourself from being tied into some of the consequences of some of his choices. But it doesn't have to affect you energetically. Uh huh, because I think that's the big thing at the moment that's draining you more. It's more you're upset and tense at watching him wondering where he's going to go with it. Release yourself from that. Release yourself from that tension and that worry, and it's going to actually change how you are involved with his choices.

But go have fun with it. I know that's probably not the thing you wanted to hear right now, but have fun with it. See where he's going to go with it. Stand behind the short wall. Get some popcorn and see what he's going to create next. And don't listen to too much of that music. Thank you.

JOEP: Thank you, Kuthumi. We actually have a caller from the U.K. I'm going to bring on right now.

KUTHUMI: Yeah.

JOEP: Let me see. There we go. Yes. Hello caller.

CALLER (woman): Hello there.

JOEP: Are you there?

CALLER: Hello, yes. Can you hear me?

JOEP: Yes, I hear you perfectly.

KUTHUMI: Yes.

CALLER: Marvelous. Hello Kuthumi!!

KUTHUMI: Hello!

CALLER: Hi. I have a question for you. What got you off your sick bed? What was that moment? What was that point?

KUTHUMI: (sighs deeply) I got completely exhausted with the struggle of trying to understand who I was. I got sick of thinking. I got sick of waiting. I got sick of waiting for someone to rescue me. I got sick of asking my guides for answers and hearing the same answer, and then I got sick of the fact that I wasn't listening. I just got sick of the whole damn thing, and I got to the point where I simply had to say either I accept who I am and step into my enlightenment or I die in the struggle. And in that moment that commitment to actually live my ascension won, because, as you know, we live many lifetimes. We live many lifetimes where we choose the opposite. We will die with the struggle, because the struggle is beautiful. The struggle is amazing, because in the struggle we become martyrs and saints. We die with a longing that pulls us back here, and that is so seductive. It's so seductive.

We know, you know, we've been back thousands and thousands and thousands and thousands of times, because there's so much beauty in the struggle. But there comes a time when you have to say, "I'm sick of the struggle. I want to walk this Earth embracing my divinity and knowing that I Am all that I Am. Everything I've done has been amazing. I don't need to judge myself or measure myself or wait for anyone to come down and tap me with a fairy wand and turn me into an angel. Everything I need to know is right here with me now."

And when you get sick of trying to wait for that answer, well, that's what happened, and that set me free. That set me free

from searching and studying. It set me free from holding my past lives and my guide and the gurus and the saints responsible for getting me the information. I just got goddamn sick of the struggle. That was it.

CALLER: Right. So then upon reaching that point after that then there is the distractions you were speaking of. And the ...

KUTHUMI: Did you say distractions?

CALLER: Distractions, yes.

KUTHUMI: Yes. Yes, yes, yes.

CALLER: Then after that point there are distractions, and then you're sort of, you know, you're remembering to love yourself. You're trusting. You're making your choices and then bang, the distractions come in again. And then the journey ...

KUTHUMI: Absolutely.

CALLER: ... appears to be rather difficult.

KUTHUMI: Oh! I have to tell you.

CALLER: Yes.

KUTHUMI: I never saw it as being dif- ... I never, I never saw it as being difficult after.

CALLER: Right.

KUTHUMI: I saw distractions as being difficult. I understood the distractions were part of the design of 3D density. Uh huh. I understood ...

CALLER: Uh huh.

KUTHUMI: ... that we're here because this is how we designed the 3D world. We design it to be full of distractions, because it's the fun of remembering. So if you don't have distractions



here, then where's the fun in remembering! (Kuthumi and she chuckle) So that's what I saw the distractions as, because, you know, I tell the story that one day, you know, I love to travel. I wanted to walk the Earth, and I went back to my beloved India.

Now, anyone – India – the public transport system has not changed in hundreds of years. I was standing waiting for a train. The train was late. I got angry. So angry, I curled my hand into a fist. My heartbeat sped up. I was angry. And in a flash I thought, "How funny. How funny that a tube of metal on some tracks being not here in linear time when I expected it would cause all those emotions." How beautiful is that? How beautiful that one day my money didn't get transferred to the post office, so I had to sleep on the street. I never saw it as being a failing. I never saw it as being a challenge. I saw them as just being absolute beautiful parts of my experience. They were opportunities to say, "I Am that I Am," and call more of my soul connection in.

So, no. Difficult – difficult is a perspective. Beauty and joy are another perspective. Uh huh.

CALLER: Well ... uh huh.

KUTHUMI: It's perspective.

CALLER: Right. Okay, so it's a matter of awareness, isn't it, really. (she chuckles)

KUTHUMI: It's a matter of awareness, and it's a matter too of, you know, like when, you know, the other lady was asking about, you know, I get sucked into games with people. It's about saying, "Okay, okay. I got sucked in today," but not beating yourself up with, "Oh my god, I'm doing things wrong. Why did I let that happen?" It's just like, "Hey, I got sucked in today, but my awareness pulls me back to my balance." So I got sucked in. That's the design of reality. Sometimes I'm going to get sucked in. Sometimes I'm going to get distracted. I'm still human. I'm divine, but I'm human as well. Sometimes the human will win out a little bit. The emotions will rise up. Uh

huh.

CALLER: Right.

KUTHUMI: But the thing is when they do I don't go into that goddamn self-judgment, which takes me out of my self-love.

CALLER: Yeah.

KUTHUMI: I take that risk and say, "That was the experience I had today. I don't want to do it again."

CALLER: Yes. (they chuckle)

KUTHUMI: And, you know, and this is the thing too that I did – that I did and I invite you as well. When you say, "Yes, I am enlightened," you also can choose how you are going to be enlightened. So it can be how far do I want to get distracted? I accept that I'm here in this human physical 3D reality with these – a myriad of distractions are here. How much do I want to be distracted? Do I want to be distracted to the point that my health deteriorates till I get a heart attack?

CALLER: Hm.

KUTHUMI: Do I need to get fired from my job and be destitute to say, "Hang on, I've got to remember I Am that I Am, and this can be in balance." Do I want to have a ... you can do the corniest thing. If I'm starting to go out of balance, do I want a butterfly to appear? Do I want to see an image of a butterfly? Do I want a feather to float by me? Do I just want to have a little bit of a tummy upset or a headache that is my calling to come back and say, "Hey, you're getting distracted. Here's your calling card from your soul to say, 'Remember your choice to be enlightened.'"

CALLER: Yes.

KUTHUMI: Uh huh. So that was a thing too.

CALLER: Yes.

KUTHUMI: I made that choice, and that became my reality. This is how far I'm prepared to be distracted. If I had to give it to you in numbers, I would say, "I was not prepared to go more than two percent distracted." (Kuthumi chuckles) Some people go 98 percent distracted their whole life, which is perfect too. Do you want to go to 50 percent? Ten percent? Do you want to go up to one percent? Do you want to be zero percent like St. Germain? (they both laugh) That – that I will have to say takes ...

CALLER: That's a very good question!

KUTHUMI: It is a very good question. So, I mean, you can answer it. (caller chuckles) But, you know ...

CALLER: I will.

KUTHUMI: ... I have say, as you may know, he was a special kind of, you know – a lot of us once we get to that thing where we say, "That's it. Zero percent distractions," well, then we just want to go.

CALLER: Yes.

KUTHUMI: Because the distractions are, you know, they're here. They're here. It's part of the design. It's part of the fun of walking your ascension. So, you know, how far? How far are you prepared for, you know, this difficult to come in? None.

CALLER: Well ...

KUTHUMI: ... yes.

CALLER: ... I can answer you that right now then.

KUTHUMI: Yes. Thank you. I would like to hear your answer.

CALLER: I'm going to go for three percent distraction and that's it.

KUTHUMI: That's fantastic, and you have fun with that. And here's the wonderful thing too is you can negotiate with yourself and change that. (he chuckles) Okay.

CALLER: Okay! (she laughs)

KUTHUMI: But it's okay. So every time you say – so every time you want to say, "Yes, I am enlightened," you've got to god-damn remember. And this is how prepared I am that this is all I – this is how far I'm prepared to let distractions take me.

CALLER: Right.

KUTHUMI: Okay?

CALLER: Marvelous. Thank you.

KUTHUMI: Have wonderful, wonderful fun with that. Thank you, my dear.

CALLER: Thank you. Okay, bye.

JOEP: Thank you caller. Bye.

KUTHUMI: Bye, bye.

JOEP: There's a question from Knowing Star Woman, who ...

QUESTION: Right now I seem to be in a depression and not liking myself. I feel there is not much hope for me to lose my fear of moving forward. What will help? I would actually like to know what the heck my problem is."

KUTHUMI: Thank you. That's a beautiful question. There's a few people going through a similar energy at the moment with what you would call, what you used to call, depression. And, ohh, you know, it technically is a kind of depression, because your energy is kind of low at the moment. And it's going to sound, eh, probably not the best answer you want to hear, but you're going to have to just ride it out. And by ride it out, I mean, it's having patience with yourself.

And, you know, at this stage with you all when you go through a bit of a depression, it's actually an aspect that's coming home, and it's a pretty heavy old aspect that's trying to come into balance, and it really can drag on your energy. And I'm not going to tell you what partic- ... you know, you don't need to know the particular aspect. It's more about just understanding the dynamics of the energies at the moment for you.

So first of all, I'm going to say to you please have patience. Please have patience. Secondly, you're going to have to pull out everything you know to support and nurture yourself in the moment. So, of course, the first and biggest thing is the breathing. So you're going to have to – well, you don't have to. You do whatever you want, but I would highly suggest and invite you to do a lot of conscious breathing. So it's setting aside, oh, a good five to ten minutes every day. Do five minutes in the morning, five minutes somewhere during the day, five minutes at the end of the day. If you can do even more than that, even better.

And it's not about saying, "I'm doing this to clear my depression." It's not about saying, "I do this to call the aspect home." Do it just to clear the energy in yourself to get yourself that beautiful feeling space so you can reconnect with your trust and your allowing.

Do what you need to do to nurture yourself, whether that's buying flowers and new clothes, whether it's staying in bed all day. Feel into what you need to do when you're breathing, to what you need to do to nurture yourself.

Have patience. This too shall pass. But please it is – it gets – it feels even heavier at these times when we feel like we've awakened so much and we're so aware and we are choosing to be here and we want our enlightenment. We've accepted our enlightenment, and then these sort of energetic patches come in, which make us feel like we've gone backwards.

And you're right. It's not about going backwards. It's simply about stopping from going forward, and that really is what this aspect is doing. It's an old fear about going forward.

And as soon as you know that, it brings it into balance. But the wonderful thing about the breathing is, the breathing reminds you that you're safe in the right here, right now. But it sends out that message to all of your aspects, especially the past life ones who are really scared because of what's happened to them.

Every time you breathe and just breathe for the joy of being in that safe, quiet, balanced space, you're saying to all of them, "We're safe. We can move forward, and I want you to come with me. I love all of you for all that you've experienced." All your past lives, they have just been there for the richness of experience, for the depth of knowing this reality and this duality. That's why we created duality – for the depth of experience.

But the fears and the longings, they sometimes still will whip up, especially when the more you're enlightened, the more you allow your enlightenment, the more conscious you are. Sometimes those fears can seem deeper than they ever did before. But they're not. It's all relative and its perspective once again.

This is knowing that you're not going backwards. You're not, you know – it's just a little speed bump. It's just the time to, you know, hibernate.

You know, in the past when we sort of got into these funks, when we were studying, when we were at our Mystery Schools, we knew those were what we called the cave times. They were times when, say, you were in a monastery or something like that or you would be sent to – they would have beautiful rooms, little solitary rooms and there'd be a slot in there, the others could just come and put some water and some food for you and take away your waste bucket. But it was the time for you to be alone to go deep inside just to get to that space again without the distractions.

In the Mystery Schools, you'd go up into a mountain. You'd find – you'd take a sack of food and you'd go and find a little cave to sleep in and be quiet and alone.

So here's the thing. Just a little bit of hibernation time. And I know many of you can't go and hide in a cave or have a little room to lock yourself in, but create that private time however you can. Even if for one hour at night, you know, into your room or a bathroom for a bath. Create that private time where you can truly go into the depths of yourself just to remind every part of you that you are safe and everything is wonderful.

Breathe deep, breathe deep, breathe deep and have patience with yourself. This too shall pass. Thank you.

JOEP: Thank you, Kuthumi. That was an answer that a lot of people needed to hear.

KUTHUMI: Hm.

JOEP: Next question is from Jay Tang, who is from Melbourne.

QUESTION: Hi Kuthumi. I chose to release the entities inside of me in 2010. Recently, I've commanded them to leave and asked my essence for the tools to deal with this. I'm still waiting for the tools. I truly want to integrate all of myself. Please comment. Thanks.

KUTHUMI: Well, first of all, releasing and integrating are kind of opposite. So you've got to understand that anything that's part of you is all perfect and amazing and doesn't need to be released. There are no entities that have been placed upon you. This is simply parts of yourself that are wanting to come into balance. So they won't be released until you accept that they are part of you, and they just want to remain but be in balance.

So it's now time to breathe, which is the only tool you need for integration, because as we just said in the breath you were saying that you love every part of yourself. There is noth-

ing you need to reject or release, no matter how dark they seem, no matter how detrimental they seem, no matter how self-sabotaging they seem. It's not about releasing. It's about welcoming them home. It's about loving and accepting and allowing every part of yourself. It's about standing here in the Now saying I Am that I Am and knowing that nothing is more powerful than you accepting who you are right now.

There's nothing to release. That is old. That is old. We don't do that.

In integration, it's about welcoming every part of you home and knowing it will come with you into your enlightenment and with you to your sovereign space. Stop fighting against these parts of you that you think aren't you. There is nothing that you can feel that isn't you.

And if you don't want it to be there and you don't want to feel it, then just choose it not to be yours. If you're feeling other energies around that you know are not aspects, choose not to feel them. Tell them they are not – that, you know, it's not part of your space. But I think we both know that these parts of you that you're feeling, they are you. They are you. And that's why you won't get them back into balance because you're trying to push them away. You've got to bring them home and love them and know that every part of you, even the darkest parts, are all perfect and amazing. They've all been created to experience experience.

Breathe, breathe, breathe. That is the only tool you need in the New Energy, because within the breath you accept yourself, you love yourself and you allow yourself. Breathe, breathe, breathe. Thank you.

JOEP: Thank you, Kuthumi. And I would like to add to that that the Aspectology School that is offered through Crimson Circle Teachers worldwide ...

KUTHUMI: Absolutely.

JOEP: ... is a perfect way to do this. And if you don't want



to do the three-day school, there's also an "Ask Tobias" session that you can buy in the Crimson Circle store that explains all about aspects and the breathing and all of that. So that might be helpful to you too.

KUTHUMI: Absolutely.

JOEP: Okay, next question from Omiya. I think I pronounced it right.

QUESTION: Hi Kuthumi. I'm stuck in life. Nothing new is coming in and I've already financial issues. Thanks for your clarity.

KUTHUMI: It gets very easy to think that nothing is happening because things aren't manifesting physically. And here's a wonderful way that we get distracted from our self-trust. Uh huh, because, you know, it's kind of like, you know, this is memories of the old alchemist, because you could once turn a rock into gold. You're kind of frustrated now that you can't pay your credit card. And it gets really, really easy to want things to happen within a certain timeframe, and then when it doesn't, you must be doing some- ... I must be doing something wrong. Uh huh.

So here's the thing. Things are what they are right here, right now, but can you trust that they will change? Can you allow them to change in whatever time is absolutely perfect? It might be perfect for you right now to be in the financial situation you are. But unless you can come back to that trust that you're not doing anything wrong and have the patience to allow it to unfold, you know, it's not about the magic bullet. It's not about ...

You know, yes, people have the miracles of money coming to them overnight or appearing where they don't expect it. But while you're sitting there expecting something like that to save you, you're actually pushing it away, because while you, you know, and this is where I really want you to be focused on. Are you looking at one particular solution or one particular outcome, because so many times we get focused on "if I won the lottery everything would be okay", and we buy lot-

tery tickets. And it becomes this focus of the lottery will be the thing that will save us. If I get this job and it's high paying, that will be the thing that fixes everything. If I move to this different place, that will be thing that changes everything.

So I'd love for you to be really honest with yourself right now. Are you looking at things and thinking you need to create a human solution that will solve everything? Come back to the energetic state of things. Come back to your self-love and that trust, and that will show you things to do to get the energy moving. And it might not be anything logical or practical, but while at the moment it's kind of that struggle that you're thinking that there's something you need to do to change something or something needs to happen to change things. Come back to where you are energetically. Do you really want to be here? Are you choosing life? Can you say I Am that I Am and really feel that?

Come back to these base things. Stop judging yourself for where you are now, because that – that can be the biggest thing to release and open the potentials around things shifting and changing. But also too having the patience to say, “Well, look, here's the way things are now. They're taking a while to change, but I really truly trust that they can change.”

A lot of it's your mind that's coming in and saying all these things. Get back to your feeling state and get back to the energetic basics. Get back to the energetic basics. Thank you.

JOEP: Thank you, Kuthumi. A question from Rosebud, which is along the same lines.

QUESTION: Kuthumi, I want to dance into a new life, but my knee is not cooperating. Any insights, please. Thank you.

KUTHUMI: Yesss. Yes, knees are wonderful, aren't they? Legs are wonderful. You know, physical ailments are wonderful. I'm not going to insult you by calling it a distraction. Let's call it a focus, because so much of how we interact with life can be determined by our physical state. It can. And I'll concede to that. Okay.

I have said that, you know, when I came off my sick bed I had a residual limp, and I sometimes had a tremor. And admittedly, that didn't stop me terribly much, but I had a respect for those things. I had a respect for those things that some days I would need to stop and feel them, and there would be days when I wouldn't need to rest to support my body.

So a lot of this right now isn't – especially thinking about knees. What support are you giving your body? And I don't just mean support as in what are you doing physically for your body with supplements and diet and exercise, etc. What support are you giving it energetically?

See, it gets very easy too to say, "I Am that I Am. I'm enlightened," and you're great at the, hell, let's call it the etheric, the feelings and things like that. But you're not connected to your body.

So I'd love for you all to feel that right now. How connected are you to your bodies? I know you can feel pain. You can feel discomfort. You need to sleep. You get tired. But where's the love affair with your body?

When you bathe are you taking the time to lovingly wash yourself? Or is it simply just getting in there to rinse yourself off to wake up so you can get to work or just to get that feeling of being clean? Taking care of your clothes that adorn it. Buying yourself new clothes to adorn it.

Wouldn't it be wonderful if we could have a romance with our bodies the way we would have a romance with another person? Or even that energetic romance we are having with our Self. It's so easy to say, "Yes! I love myself and I accept myself," but our bodies become another bit of a separate issue.

So, my darling, I would invite you have a bit of romance with your body. And, yes, that can involve what many of you are thinking will involve, because making love with yourself and absolutely caressing and adorning your body with absolute wonder and, oh! passion. Most of you just throw clothes on

to hide it, exercise to keep it the shape that you think the world needs to accept you as. But when was the last time you said, "Thank you for being the vehicle here to experience this wonderful 3D reality. Yes, sometimes you hurt. Yes, sometimes you stop me from doing a few things I would like to do. But I still love you anyway. Thank you for being part of my experience." And here's how I will treat you today, with some beautiful food that I know will nourish you, with some beautiful clothes to adorn you, with a lovely new bed sheet to sleep in.

Wouldn't it be wonderful to have a romance with your body with all the passion and love and adoration with love for another to adorn upon us or for us to adorn upon someone else? Thank you.

JOEP: Thank you, Kuthumi. Along the same lines, kmsend52 has a question.

QUESTION: He or she has really severe headaches, like sharp shooting pains, and he or she wonders am I not grounded or it is simply receiving DNA codes? The head pains mostly start during sleep.

KUTHUMI: Hmm. (sighs) There's a, there's a ... (sighs again) You've got a few things going on here. And, you know, once again, I would actually give you the same answer where part of the pains is because you're thinking too much about where it's coming from and what's going on with you energetically. (sighs)

There is a few things physically you need to look at, and such as, oh, even if having a good massage to clear a lot of it. Yes, a lot of it is DNA resetting and body shifts and changes, but you need to do a few things physically to bring it back into balance.

So having a very, very, very gentle massage, even if it means doing it yourself. Have a look at a few things that you're doing physically to support what is going on energetically that you're downloading that is causing that physical shift as well, because, yes, the physical body can sometimes take a while

to catch up. But for you, my dear, you've got to stop and do some breathing with it so that you can create the solutions to what you need to support your physical self catching up with what's happening energetically. And I can also – I think you need to drink more water. Thank you.

JOEP: Thank you. That was short and sweet. Okay, I think we're ready for the last question.

KUTHUMI: Yes!

JOEP: It's actually a question from Heather and Michael, both of them. And Heather starts it off with ...

QUESTION: What about our Kuthumi café? Are you ready? Any thoughts or feelings? (Kuthumi is chuckling) I'm ready to make a bunch of artwork for our conscious walls. Michael would like to know if you care to share your vision of a potential Kuthumi café.

KUTHUMI: (sighs) You know, this is what I love about starting something in humor. When it started from a little ... I'll have to – I'll fill people in, because as you know the Crimson Circle in Colorado, that wonderful organization, are looking to have their own beautiful building to house the monthly meeting and their workshops in a beautiful little center for all that fabulous New Energy teaching for people to gather in a gorgeous, gorgeous space, and I wholeheartedly concur with that creation. And I highly recommend that if you are able to contribute to the building fund or the acquisition fund, then please do so. So I'm going to say go to [crimsoncircle.com](http://crimsoncircle.com), and there are banners everywhere for your donation. Please, please contribute. So thank you for letting me – to get that little plug in, because, of course, I would love to be there as part of it.

Now, I jokingly asked Marisa if she would create an image of a Kuthumi café, which would be an annex next to the building for people to gather to eat and take photographs of their food, as I know you humans are want to do in these times. And it's what a wonderful example that people have embraced it so much, and what a wonderful thing that to-

day the two of you would ask about bringing that into reality, because in doing so you create the potential for it to become that.

And here we have an action, some of the famous, most amazing dynamics that I tell everyone and I love for you to play with, and it goes a little like this. When you play with an idea, you create potentials. Potentials create opportunities, and opportunities lead to adventure.

So here's the thing. It's about playing with something and to do it even just with humor, just for the fun of doing it. The potentials that were created that people came in and said, "Yes, we want this to be a reality." Who knows what opportunities that now might arise, that yes when this building is actually acquired, that there would be a perfect space, that there would be a beautiful café that could be run by Shaumbra or people who are like-minded to create a delicious food and a beautiful social gathering space. So that next to and supporting the beautiful energies of the teaching space, there's a beautiful energy and social space to have nourishing food, to have gentle music, to maybe have even social events in there such as Shaumbra musicians playing.

That, yes, we could have the fun of having Shaumbra artwork upon the wall. And why wouldn't it be? Why would you not have New Energy artwork upon the walls of a beautiful New Energy space?

See how now even in just playing with that in the humor and fun that we have now created the possibility for that to become a reality. That maybe some of you could actually start another funding project to create the funds for that adjunct to be created. That, yes, you could ask that it be called the Kuthumi café. (Kuthumi chuckles) With respect for those who have the decisions to make that that might not be. But what fun to say could we have it called that.

See how already and even as I'm talking of it, I know there are those of you who are picturing it. You're picturing the food, the décor, the light. You're picturing how you'd feel

when you walk in there.

And so it is. And so it is that in a dimension reality somewhere that is already so. That the potentials of the universe are lining up saying, "We would love to come and be this for you now."

And so it is, and yes, I would put my energy there. Yes, I would support those who would want to create it. And Heather, if you wanted to be the manager, wouldn't that be wonderful? Michael, if you wanted to come and help take care of ordering the food, would that not be wonderful?

To the musicians listening, wouldn't you love to be able to travel to Colorado and sit and play your music and have Shaumbra smile upon you and have your beautiful New Energy music infuse their experience? Wouldn't you love to be the one who gathers the recipes? Who source the beautiful organic freshly grown food that you can then lace with sugar and fat? (Kuthumi laughs) The delicious coffees.

Oh! Let's just take a moment to just breathe in and already be there. Breathe and already be there. It's already created. It's already done. How wonderful to have a space where we could physically meet just to enjoy and indulge in the senses of being a human – the sounds, the sights, the taste. How wonderful and how wonderful to have that there to support a fabulous, fabulous teaching center.

And this is something you can take into your lives. If there's something you want to create, start playing with it now. Even if it's with humor and jest, play with it in some way, because it calls in the potentials. It says, "Yes, I'm willing to allow this into my life. I'm willing and I will allow it." Play with it in some way, because you might start out planning a café and it could turn into a concert hall. You could start out saying, "I'm going to build this teaching center that will house 100 people," and the next thing you know you need an auditorium.

Or you might need to build another one over on the east coast or one in Europe, or it might become something else altogether. Start playing with those feelings and the passion

that's coming up inside you. Start playing because when you start playing it tells the universe that I'm ready for the potentials of my creativity.

And then the human opportunities come along. The human opportunities come along, and as you choose them and indulge in them and experience them, then there's your experience and there's your adventure. The adventure of living here on Earth with love and awareness, compassion and allowing. With that wonderful self-trust that says, "No more judgment. I am free to have this experience."

I Am that I Am right here, right now so in love with myself, and this is as good as it gets. I Am that I Am right here, right now. I have created all that is around me, and now I have the joy of experiencing it.

I love you all so much. I love watching you love yourselves, and now go out and ask for more – more love, more awareness, more trust, more allowing.

Namaste. Thank you so much everyone. Namaste.



