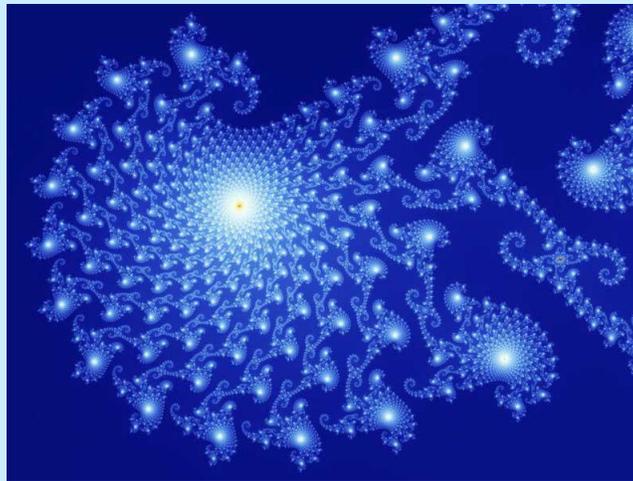


Patterns, Change, Acceptance, Trust and Allowing!

Featuring Kuthumi Lal Singh
channelled through Marisa Calvi
assisted by Joep Claessens
Recorded August 8th, 2014



This channel was originally broadcast
on www.awakeningzone.com

To listen to the audio of the entire show please go to
<http://www.awakeningzone.com/Episode.aspx?EpisodeID=3212>

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

MARISA: Hello to you wherever you are in the world. You are on the Awakening Zone. This is the international Internet radio network that's dedicated to the new consciousness and dedicated to helping you discover more of who you are. My name is Marisa Calvi. I'm coming to you from a lovely crisp Sydney winter morning, and this is a show that I call "Feeling Good," because this is where we celebrate life in the New Energy, embracing being creators and creating a life we truly choose, and in doing that with so much fun and ease and grace that it can't be anything but feel good.

So today my guest is Kuthumi and also that means I also have the joy of having my cohost, Joep Claessens, joining me all the way from Colorado. So good morning, Joep, or I should I say good evening to you.

JOEP: Yes. Good morning to you. Hi everyone. Great to be back on the show.

MARISA: Joep, I think we can get on with it. Kuthumi's got a lot to chat about. There was a very, kind of involved question in the chatroom today, and when I first looked at it, I'm going to be really honest with you. I didn't want to answer it, because we actually have kind of answered it the last time we channeled Kuthumi. But, you know, and the lovely lady, she's very wise – a lot wiser than she gives herself credit for – actually answered her own question.

But it actually brought up something for me that I've been looking at for several years, and I've been looking at it within myself because I was observing it in other people. And that is the way that we create patterns in our lives that will repeat themselves, and even though we don't like them, even though we know they're not serving our enlightenment or our awakening, we keep repeating them. And they often feel like there's something that we have – I'm going to use the word "control" – that we have no control over and that we actually can't change it. And sometimes even when we raise our awareness of the pattern, it still happens. That's kind of why we often feel we don't have the control of it as well.

So I've been talking a lot with Kuthumi about that within me and what I've been observing in others, and I thought when that question came up today, it was if you distill down the question, that was really the essence of the question. Why haven't I broken this pattern? What is it that I need to do to change?

So change is going to be another bit of our theme today. Patterns and change and resistance. They're going to be some big words today. I think that's going to be the title of the show.

So I'm going to breathe. We're going to go into that with Kuthumi. We'll find time for questions along the way. I would love it if the questions could actually reflect that. Of course, we're not going to, you know, if it's not quite to that, we're not going to throw you off the air. But I think you'll probably bring it back to that theme anyway. But I think we're going to have a great show, and this is going to be a great energy for us all to dive into to really, really go into ourselves and really look at patterns, change and resistance. Excellent.

So Joep, if you could lead some breathing for us and we'll see what Kuthumi's got to say.

JOEP: Sure. Here we go. Okay, guys.

Take a deep breath all the way into your belly. Just for a moment bring your energy back to yourself. Wherever you are, if you're sitting down somewhere, walking around or perhaps even lying, just feel for a moment into your energy.

(pause)

Feel the intensity of the energy that's going around right now these days. And just breathe yourself back to balance, back to your core.

(pause)

For that will allow you to open up – open up your senses, open up your feelings – and let the energy of Kuthumi come even closer and play with you.

KUTHUMI: Mm. Namaste. Thank you Master Joep. I could not have chosen the words you used more perfectly.

Namaste, everyone. I am Kuthumi. I am enlightened. I Am that I Am, right here, right now so in love with myself and this is as good as it gets. Ahh!

I am so excited that you have all invited the theme today. It was nice. Marisa was a bit worried. She's saying to me the last few days, Kuthumi, what will we talk about, and I wouldn't answer. Kuthumi, what will we talk about, and I wouldn't answer. And she finally got it. It will happen in the moment. It'll happen in the moment with the energy that we all create together here as a group today, whether you're listening in live or you're listening in later, attracted by the title of the show that will be added later.
(Kuthumi chuckles)

We're going to go in deep into ourselves today, because we're going to look at these patterns that we play with. Why do we create patterns? Why do we create even an awareness of the pattern? Why do we want to change them? Why do we resist change? And to be honest, the answer to those questions are quite deep and intimate and personal to each and every one of you, but there is an essence that goes across it all.

It's a fabulous time of awakening to know that you are the creator of your reality, that you can go and create whatever life you choose. But yet when you look back upon your life, often that feeling of creativity disappears. You look at the hardships, the abuse, the difficult times and a little voice comes up, "How could I have created that? If I am so glorious and grand and amazing, why would I have created that? If I did create it, I must be a flawed creator. I mustn't know how to do this right, because if I was so grand as Kuthumi or Adamus or Tobias or the archangels" or whoever else that you aspire to, "If I was as grand as them with all that infinite wisdom that I've gathered from the ages, why would I have created that?" And the answer is simple. You create for the experience.

So to begin with today, I want us all to go into the compassion for all that you have created. The horrible times, the good times, the difficult times, the challenging, the rewarding.

Your soul doesn't sit here with you right now saying, "Wasn't that sad that we did that? Wouldn't it have been better if we done that a different way?" Your soul just puts its arms out and says, "Wow! Look at all you've created." The wonders of the depths, the contrast, the moments that actually made you go searching for something better.

See, a lot of you created those deep, dark times, the challenging times, because it actually pushed you to ask the question, "Surely, there has to be a better way. Surely, this is not why I came to this planet to experience this." It's that deep question that rose up within each and every one of you that's listening now.

I know. I've heard – I asked myself the same question. Why? And surely, when you say things like why, that creates an answer. And the answer has been a beautiful long journey to discover yourself, to have the remembrance that you are God also, that you are a creator.

Breathe with that now.

I want you all to picture and imagine your soul, this beautiful, infinite, graceful, wise, immaculate being. Imagine that soul watching the worst moment that you can imagine in this lifetime and imagine it watching it with awe and wonder and respect and compassion.

(pause)

Now, your soul isn't something outside of you. Your soul is you. So now offer yourself that, to look back upon everything you've created with that awe and wonder, that respect and that compassion. There's never been anything you have done that was wrong or flawed or incorrect. And that, my dears, is the greatest pattern you have all locked yourselves into. "I haven't been doing this right. I'm not doing this right." And those voices that keep repeating that to you are what keeps the energy in that holding pattern that stops the change.

If I ask Kuthumi how to do it right, then I'll know how to do it right. If Kuthumi tells us how to do it, then we'll know what to do. So I think, if you've noticed, the only thing I will ever tell you to do is to embrace your soul connection, to love yourself and to truly choose that life of ease and grace.

That when we distill the essence of why we keep a pattern, that is it, because for so long you've been telling yourself, "I'm doing this wrong. I have done it wrong, and so therefore, I will do it wrong." (Kuthumi chuckles) And if that is your base belief and that is your base energy, then your reality will simply reflect it back to you, because if that pattern rears its head again that makes you question yourself, then you've completed and validated all those thought processes. "Oh! See, I am still doing it wrong. If I was doing it right, this wouldn't have happened again." Hah!

It is a wonderful way to undermine your remembrance that you are God also. It's a wonderful way to have you keep doubting your creativity. It's part of the design of this Earth – and we've talked about this before – it's part of your design on this Earth that you came here and created this dimension with a whole bunch of energies that was purely designed to help you forget you're a creator. That takes you into the depths of experience, because without that you'd of come here and be shaman and priests and priestesses and healers and teachers. And imagine if the whole world was just full of shaman and teachers. Where would be the experience? That's a great experience. You've all had turns doing that, but then you wouldn't have had the lifetimes of being plunderers and despots. (Kuthumi chuckles)

But take that time to breathe now and really honor that energy of "I've done it wrong, I am doing it wrong, and therefore, I will do it wrong" isn't yours. It's not yours.

You spent lifetime after lifetime being made to believe it's yours, but it's not yours. And the wonderful thing is, the minute you allow yourself that remembrance, you can let it go. You can let it go. "That belief is not mine. That belief is simply the energy of the dimension I'm within. And while I respect it and honor it for what it has allowed me in another lifetimes, in this lifetime, I came in to remember that I am God also, that I Am that I Am. I am beyond those beliefs and those laws, because I know they're not mine."

How wonderful that it begins with that compassion and awe and wonder for all you have been and all that you are. That is what will set you free. That is what will set you free. And within that freedom, within that freedom, that is when you truly, truly, truly make choices, because when you make choices and you're still in that space of "I'm doing it wrong; I have done it wrong, therefore, I will do it wrong," your choices have no space to actually express and expand. Your choices will actually then be pushed into that energy and have to conform to that energy.

So that's why so many of you say, "But I made the choice. I chose for this to change. I chose for my abundance. I chose for my health." But if underlying all that is still "I've been doing it wrong, I am doing it wrong, and therefore, I will do it wrong," that choice will simply bend and fold until it validates that belief and that law.

Breathe with me again. I Am that I Am, right here right now so in love with myself, so in awe of all I have created, so in awe of who I am now with wonder and grace and respect and compassion, and that sets me free to be more of that. That sets me free to create a life of joy and ease and grace, and yes, abundance and balance.

Time to let go of the old story "I'm doing it wrong, I have done it wrong, therefore, I will do it wrong." There is no trust and acceptance and allowance in that. In fact, that's the very opposite. "I accept all that I have been. I trust all that I am and I allow all that I will be." That's a much nicer story and belief system to want to get going in your head.

But let's go a little bit deeper now. Let's go a little bit deeper. We've gone to the base energy of it now, which is wonderful. Let's step a little bit closer to what's going on with that beautiful energy now set there for us.

So I have this pattern and I know this pattern comes up, and I want to change it. And it really is getting to being truly honest with yourself. Years ago, we made you all really look at the question. Do you choose to live? And you know what, ask yourself that again right now. It's not a bad idea to re-ask yourself that question every now and then. I know so many of you really committed to the answer to that question, but it's really good to have a refresher. Do you choose to live? Because that's another base energy that your whole reality and life will reflect.

And you've all – and I know most of you listening now say, “Yes, when I chose that ten years ago, fifteen years ago, five years ago, I meant it. And you know what? The minute, Kuthumi, you asked me that question, I feel it again. I feel my answer is yes.”

So now go into asking you, how are you choosing to live?

That pattern – I know all of you have got one particular pattern. Let's just focus on one. That one pattern that asks- why can't I let it go? Why does it keep coming up? I know I'm God also. I'm choosing to live. I want a life of ease and grace and joy. Why is this pattern still coming up?

And, you know, the most wonderful thing is that a lot of these patterns, we tend to push them into – I'm going to use the phrase blind spot, and it's that phrase that – it's a driving phrase that many of you might know, which is there's always that spot when you're driving that even with the mirrors and even with all the windows, there is that one spot that you won't be able to see unless you actually turn and look straight at it.

So a lot of our patterns, we put them in that little blind spot. And we do that because it's a kind of that place of being unaware. It's that place of, “Well, I don't have to – if I'm not aware of it and I can't see it, I don't have to deal with it.”

So for many of you, the patterns that you're actually thinking of right now are actually just the patterns that you've been pulling into that awareness, that you've been pulling into your front vision, which is great, because that means they're the ones that you're ready to let go of.

So here's the wonderful thing too is, that as you bring a pattern into your awareness, there's probably a few other ones that are kind of still in the blind spot that are waiting for you to clear that one – waiting for you to clear that one so they can have their turn.

Don't let that kind of daunt you. Don't let that make you feel like, “Oh great, this is like integration. I integrate one of the aspects and there's twenty more lined up.” This is the fun now of the expansion of this awareness. This is the fun now of playing more and more with this awareness.

So the pattern that you've got in front of you now, can you really honestly look at that pattern and tell yourself, “This is how it's serving me?” You've been told many times that the only reason you hold on to a game or a pattern is because it serves you, and that is so true. If I keep creating this, how is it serving me?

Now, for a lot of you you're saying, "It doesn't serve me anymore, because I'm not choosing that life," and that's very true. That's very true. So those of you looking at it for the first time, you're going to see that the answer will be because it keeps me small. It keeps me from absolutely accepting and allowing all that I Am. It is basically just reinforcing that belief that I haven't been doing it right; I don't do it right; I will never do it right. It's simply keeping you from your trust and your acceptance and your allowance. That's what every pattern comes back to, no matter what it is.

So can you breathe with that pattern now and thank it? Thank it for being created in your reality. Thank you for serving you, in validating and enforcing and confirming those old beliefs. And that will set it free.

Now, I know a lot of you think that I have done that, so why is it still coming up? Now, a lot of times it will still come up. We talked the last time about the DNA in your body. It's there and it's patterned and programmed to do a certain thing for you. So a lot of these patterns are actually like little energetic programs, which you set up. It's almost like a program on the computer. You've kind of got to uninstall them.

And unfortunately, unlike a computer, you can't just uninstall it and it's gone. It will still want to pop up every now and then, and then you simply do the same thing. You breathe with it. "Okay, here it is again that I set you free, because I accept all that I have been. I trust all that I am and I will allow all that I can be." Much the same as when you feel an aspect come up, and really patterns are just aspects anyway. You breathe with it. You honor it for all that it has allowed you, for all that it has shown you, for all that it has taught you. And you breathe with it and just let it know that you're choosing to change. You're choosing to change.

Which brings us to our next little energetic parcel. Change. Why do we resist change so much? I know you will say you want to change, but do you truly want to change? So that's first of all.

Let's distill the energy right down. Choosing change and truly wanting change are often two very different things for a human. "I choose to change this," and then what little voice kicks in – "But if we change it, we don't know what it will be like. If we change this, I don't know who I will be. If we change this, what if it gets worse?"

Acceptance, trust and allowing. They are such grand, wondrous gifts to give to yourself. Why is it so hard to gift them to yourself? And we're going to come back to it's just the old programming.

I will recite one of Joep's favorite quotes of mine. "You've been Masters of the old crap for so long. Have some fun with being Masters of the new crap." And it really is. I've been playing with this stuff for so long. I know it's not quite right. I know it's not really resonant with who I want to be and I know it's not resonant with my absolute acceptance of the creator that I am. So why hang on to it? Why fear letting go of that, when it could be replaced with something even better?

See, the thing is that fear of “if I stop this pattern, what if it gets replaced with an even worse one.” But truly, when you’re coming from that place of awareness, when you’re coming from that place of “I choose to live and I truly choose change and I can breathe in deep and say ‘I Am that I Am,’” that commands the energies to serve you. Why the hell would they go and create something that isn’t resonant with that? Why would you as a Master step up and choose to create with that awareness and have it not serve you? And I can hear you all going, “Because I have done that and it didn’t work.”

And this is where your mind needs to come into balance. Your mind wants something to measure. Your mind wants a physical reflection of what you’re doing energetically, and sometimes that just ain’t going to happen. Sometimes you’re going to choose that new job and you’re going to go to the interview and think you did well, and you’re not going to get it. “Oh! I must have done something wrong. There we go again. I’m really not that grand a creator, because otherwise I would have had that job and it would have been quick and easy and blah, blah, blah.” Hey, maybe that job was not going to serve you. Maybe you cleared that space to allow the perfect job in.

That absolute trust. That even when things don’t seem so graceful or so flowing, you come back to the energy of I Am and that acceptance, that trust and that allowing, then you’ll see it for what it really was.

Breathe in deep. The story of “I’ve been doing it wrong, I am doing it wrong, therefore, I will do it wrong” is not yours. It is not yours. Time now to breathe in as the Masters that you are and say, “I accept all that I have been. I trust all that I am and I allow all that I can be.”

The old programming is not yours, and yes, it will still want to pop up. It will still want to pop up and make you think that you’re not doing it right, and that’s when you take that breath again, “I Am that I Am, right here, right now so in love with myself and this is as good as it gets.”

Part of the fun of being human is feeling the resistance to being the grand God you are. Time to bring it into balance. Dismiss what is not yours. Own what is and let it go and create the most wondrous life for you.

And even when it doesn’t seem to reflect that grandeur and that majesty, come back to that remembrance that that is the joy of being the living divine human. I get the fun of coming back to me, coming back to all that I am to say to this dimension, to this reality, “I play by my rules. Your programming is not for me. I honor you, respect and admire all that you have brought into my life. But this is how I do it now – with acceptance for all that I have been, with trust of all that I am and with the allowing for all that I will be.”

Breathe deep, my darlings.

It gets so easy to make it more complex, that every time you choose to come back to that soul connection, to that glory and wonder of the God that you are that stepped away from All That Is to explore all that you could be. Ahh! There is nothing more

wonderful than that. No matter what your human world seems to want to throw at you or reflect to you or tell you that you are, there is nothing more wonderful than that.

Ahh! Breathe deep.

And I think with that, we might have a few questions. Joep, do we want to take those now?

JOEP: Sure.

CHERYL: Hi, this is Cheryl.

JOEP: Hi Cheryl.

KUTHUMI: Hey Cheryl!

CHERYL: I have question on antidepressants, if there's other – you know, I mean, I've heard some other, you know, enlightened beings about it, and I'm just wondering because I am on antidepressants and my family has a real history. My father committed suicide. My brother committed suicide. So there's a lot of mental illness in my family.

KUTHUMI: Sure.

CHERYL: And I'm wondering if it's ever appropriate to be on them.

KUTHUMI: You know, I always say that you create in your reality what you need to support you. So this is why I will never say to people to shun medicine completely, because you would not create it in your reality if it was not there to serve you in some way.

But it comes back down to the energies of how you engage with it. If you see antidepressants as something you take to love and support yourself to come back into balance, then that is a wonderful thing. It is when people see medicine as something to fix them, that they then become reliable upon or that they can hold a little tiny white pill and actually honestly say to that pill, "You are more powerful than me ..." then it is out of balance. But when you as an aware being can say, "I understand I have an imbalance within me at the moment and I want to come – and I choose to come back into balance with my awareness, with my connection to my divinity, and at this moment this is what feels that will support me to gain that balance," then it is wonderful.

CHERYL: Okay. Great. That's a relief for me, because it's something that – I mean, I feel like that it does keep me in balance and supports me on my growth and you know towards enlightenment. So, yeah.

KUTHUMI: Absolutely. That's beautiful. And as long as you're not doing it and still feeling like you're a victim to that little white pill. You know, every time – and every time you take the pill or whatever, the little capsule, whatever it is, to be able to just even hold it for that little moment and take a breath and say thank you.

Not just thank you to the pill, but thank you to yourself that I have this support. I know you're not more powerful than me, and I choose to take you with that love and support for my balance.

One other thing that I will go into is that the history of the family as well is too, is that as you're having your awareness and your growth, as you talk about, is that to really remember that you don't have to buy into their story now being your story.

CHERYL: Mm hmm. Right.

KUTHUMI: So that whole idea that's so ... you know, often we get – it's so easy to believe that because my mother had that cancer, then I shall have this cancer, because that is what medicine tells me. All right. Because everyone else in my family had that imbalance, I'm predisposed to it because I'm carrying their genetics. That actually becomes a bit of a story too.

So I would love also to suggest that as you're taking this to come into balance and you're having your growth that you say your family's story is not also my story. Because, you know, as part of your awakening, your DNA can reset, which is part of the imbalance at the moment actually within you too.

So, you can actually decide that I really honor my family for all they have chosen for experience, and I'm getting part of that experience too. But I can choose to let go of that part of the story now.

CHERYL: Right. And when would I know that I have let go of that story where I'm back in, you know, balance with my body?

KUTHUMI: You know, you're becoming so sensitive and in tune with that you will know. You won't even need to ask anyone. You'll feel that. And you might feel that you can come off the medication, but you'll feel that there are times when you need to go back on it temporarily.

And it is that constant checking in with your own energy. And the more you check in with yourself of how am I feeling today? How is this feeling? How is it changing?

And the wonderful thing is too, it's not just checking in to see, well, where is it, where is it at? Because every time you do that too, you're actually expanding your connection with that innate ability to communicate with yourself, which actually kind of tunes it even finer.

CHERYL: Mm hmm. Okay ... I got that.

KUTHUMI: Yeah. And so even though you'll have times when you have to consciously tune in, the more you do it consciously, then it actually becomes almost an automatic thing that you're just constantly aware of where you're at. But it is really good, no matter how conscious, no matter how much it's an automatic thing to be sensitive and to be aware of where you're at, when we consciously stop and tune in, it refines that

connection and that communication even more. So no matter how long people have been breathing and so aware, even when I was walking as my delightful enlightened being, I took time every day to stop and just really take that deep breath and feel who I was. The more you come back to yourself and your soul connection and that beautiful innate wisdom, the deeper that connection grows and the finer you tune it and the more automatic it becomes as part of your life.

Because within that space, you're constantly refining your feeling state, and you're refining your awareness and you're refining that beautiful connection. And you're also too, you're also creating a beautiful, stronger, solid foundation to be making those choices that will then reflect that beautiful flow of energy within you.

CHERYL: Okay, great. Yeah, that's what I feel like I've, you know, I've been going through. I have gotten off of it and on it this past year on my own.

KUTHUMI: Yes. Yes.

CHERYL: You know, on my own.

KUTHUMI: Yes.

CHERYL: And so recently started taking it again, you know, really small dosage. But, yeah, so I feel like that. I feel like I'm going to that where I'm almost there, you know. I'm almost like back in balance where I don't – I won't need that assistance.

KUTHUMI: Absolutely. But don't beat yourself up if you go off it for a period of time and all of a sudden you need it again. Okay.

CHERYL: Right.

KUTHUMI: That's where we catch ourselves – that's where we catch ourselves out too. We have those periods of everything's ease and grace and flow and balance and all of a sudden, oh, my health plays up again or my abundance doesn't match where I'm at. And people then go back into the "Oh my god, I'm doing it wrong because I did it wrong and now I will do it wrong." But when you just come back to, "Okay, this is what's happening now, but I Am that I Am. I accept it. I trust and I will allow." All right.

So if the time comes that I've got to go back on it, it's not, "Oh my god, I'm out of balance and gee what did I do wrong?" It's just like, "Okay, I'm out of balance, but I know what I need to do to come back to balance."

You can find out how to do that with the love. With the love and that beautiful connection. So thank you. That was a wonderful question to ask.

CHERYL: Thank you very much. That really helps me. Okay. Take care. Bye, bye.

KUTHUMI: Thank you, Cheryl.

JOEP: Bye, Cheryl. And then we got another caller area code 705. I'm going to bring you on.

MARIA: I'm Maria. Hi. Yeah, I've been on a hamster wheel, I guess, or all those. You've answered most of my questions before I even opened my mouth, which was nice.

KUTHUMI: I love that. Isn't that wonderful? Isn't it wonderful when you get the answer before you even ask the question? You've got to stop and think about what a wonderful way that is to create where I didn't even have to say it, but I created the answer. And I think you do that a lot, well, you know, we all do that. Everyone does that a lot. We create solutions before we even ask of them, and it's a wonderful thing to have when we can trust that that can happen all the time.

And, you know, when I was talking to Cheryl about the more you go into that state of being connected and really choosing and really feeling the I Am that I Am, that's when things kind of happen before, you know, that's when the solutions pop up sort of instantaneously or the answers pop up instantaneously, because that soul connection and that supportive energy is kind of always constantly there sort of reflecting where you're at.

But anyway, I digress, Maria. What was your question? (Kuthumi chuckles)

MARIA: Well, I guess I've been playing with guilt and brain noise and the mind and I will want to reach out to Marisa or to you, and the mind goes it's actually using my own enlightenment to beat me up and I'm allowing this. (Kuthumi laughs) Because, well, you know the answers. You've got them all. You don't need to talk to these people! (she chuckles)

KUTHUMI: Look, isn't that great when we sort of, you know, and that's a fabulous, fabulous energy, and thank you for bringing it up, because we get to this space where we say, "I understand that I'm responsible for everything I created." Right. And then part of you goes, you know, you create a car accident or something and you go, "Well, what sort of goddamn creator am I that went and did that?"

MARIA: Yeah.

KUTHUMI: Or, you know, you really want an answer and you can't quite get that clarity yourself, and then that mind comes in and goes, "Well, what sort of creator and awareness do you have if you need to ask someone else?" Isn't that fabulous? And that takes you straight back into "I'm doing it wrong, I am doing it wrong, so I will do it wrong."

MARIA: Exactly.

KUTHUMI: But the thing is within the density of where we are on Earth, and this is why I channel through people. This is why channelers choose to channel me and Adamus and et cetera, et cetera, is because we talked about the actual density of the energies here on Earth and how you designed them to take you into the depths of experience.

And one of the dynamics of that is- I'll give you the analogy of like a football game or a basketball game.

Now, imagine the energy of Earth is you're on the court and you're deep in the game. You are so deep in the game and let's add like three extra balls and twenty extra players to a basketball game. So you're deep in the game and you're holding a ball and you don't know who to throw it to next, because everyone's running around. And part of you goes, "Now, I've been trained to do this. I know how to play the game. Why the hell can't I figure out who to throw the ball to?" Because sometimes when you're so deep in the game, you lose track of the big picture.

So people like the energies. like me that come and reach out, I'm the one who's sitting up on the sideline and I can watch the game, and I can go, "Maria, just drop the ball and just run around and have fun." (Kuthumi chuckles) Okay. And so it's part of that. Sometimes the clarity is that it's great to have someone who's behind the short wall to tell you where you're at.

But the truly great coach won't tell you what to do. I really wouldn't tell you to drop the ball. I would just say, "What does it feel like you should do now?" I would take you back into that feeling space or take you back into that trust of who you are, and I would take you back into that remembrance of that soul connection. And that really – if anyone is kind of telling you anything much more than that, that's why fortune telling doesn't work for people who are gaining awareness in the New Energy and why I will never tell or predict the future for people. Because if I did that, I would simply be telling you that you aren't a creator, because I'm going to tell you what you're going to do. And really, creativity is in the moment anyway.

So, yes, sometimes when that feeling is I want to talk to someone. I want someone to kind of give me a bit of direction, you've got to think of yourself as like deep in the game of basketball or football or whatever and that you want to call out to the coach on the sideline, "Hey, can you remind me what I'm doing here?"

And it's wonderful, because when you do that and – but it's when you go and ask the question of someone else, if you do it with, "You're going to fix my problem for me. You're going to solve my – you're going to solve this issue. You're going to tell me what to do." That's not going to support you as a creator. But if you stand there and say, "I Am that I Am and something within me is stopping me from getting this clarity. Please take me to my clarity." That's where people like me and Norma Delaney and others are really wonderful to support you in the New Energy.

But always, it's like I said with that lady taking the antidepressants, taking a pill. It's not about holding that pill before you and saying, "You are more powerful than me and you will fix me." It's about going to that pill or that person and saying, "I Am that I Am and I know that I created you to support me to come back to my balance and my awareness and my clarity." See, it's a very big difference. Isn't it?

It's okay sometimes to get lost in the energies of Earth, because you designed it. So you've kind of got to admire that every now and then you kind of get a bit lost. I kind of

lose my clarity. I get emotional. It's part of being human as well. Having that awareness and that joy of knowing balance and clarity is wonderful too. (Kuthumi chuckles)

Have I answered your question?

MARIA: Yes. You've answered my question. Thank you, and the connection felt good.

KUTHUMI: Fantastic. Of course, it's me Kuthumi. Why wouldn't it feel good? (they both laugh)

MARIA: Definitely!

JOEP: And we have another caller. Area code 760, you're on the air.

JASON : Hello, Kuthumi.

KUTHUMI: Hello.

JASON: Yes. My question was is for Shaumbra that have a hard time for actually choosing to want to be here, because to me it kind of feels like an insane asylum and not very fun at all. I was wondering what are the ramifications for Shaumbra that don't want to stay and don't want to live here on Earth. Like, a lot of the Ascended Masters that left immediately had a choice. I was wondering what the ramifications are in the New Energy for that. Thank you.

KUTHUMI: Okay, my dear one, Jason. Thank you so much. That is such an important question. It is such an important question because just because you're awakened and just because you've chosen enlightenment doesn't mean you have to like being here. Doesn't mean you have to stay. I chose to stay because I did it with that absolute awe and wonder. But you know what? There's some really heavy shit going on in your world right now. (Jason chuckles) Oh my goodness. And it's really easy too, because thanks to your media because your media at the moment especially too is really hell-bent on really focusing on the negative. It is hell-bent on focusing on the conflict, and it is spreading some filthy propaganda. Really, honestly, Marisa has been resisting me talking about the conflict in the Middle East and the plane crash and everything. But there is so much misinformation being spread around that my greatest advice to any of you at the moment is to disconnect from the news, because it is feeding a – it is really feeding that disenchantment with what you've all created here on the planet. It's feeding that sense of being a victim. It's feeding that sense that there is nothing we can do to change, that no matter how enlightened we are, no matter how more people choose awareness, that this darkness and this, you know, this dankness, this horrible energy is still going to be around on the planet.

So, first of all, I'm going to have to ask you to really stand behind your short wall. Really step back in that compassion to really honor where those conflicts and those horrible things are happening, because those people really chose that experience. And it might seem like why the hell would someone choose that experience? Well, they choose it for just the experience.

What would it be like to come in as a young child and then die in a plane crash? Someone chose that experience, because that is part of what they wanted to do to add to their collective wisdom. They want to be part of that conflict in the Middle East, which, by the way, guys is so deep in that Earth that it will never be resolved in any of the lifetimes that you guys will probably experience here on Earth.

So it is really a good time to try and go and find those wonderful things that can actually remind you that there is some wonderful stuff to experience here on the planet. So Jason, that would be part of my first thing to you. It's kind of like, well, you know, there is some good stuff there if you want to go and find it. But it really comes down to, if we distill down the energy of what you're asking is, it is a simple choice. Do you want to be here?

JASON: No.

KUTHUMI: (chuckles) Then you'll create a way to leave. So it's kind of either I don't want to be here, I create a way to leave or I'm going to find a way to somehow, you know, remind me of the joy of being here.

Can I ask you what is it about being here that you find so distasteful?

JASON: To be honest, years and years ago when I first woke up after an amazing experience, I had written a list of all the things about life that sucks and it was so long that I never even got to the end of it. And the things that were wonderful were so short. It was so imbalanced, I couldn't even, like just the realization of that is like my god! Life here really, really sucks. And it seems like a meaningless pain in the ass to nowhere. And like the struggle and the pain involved. It's just like I don't even understand how there's people waiting in line to come experience this. (Kuthumi chuckles) So ...

KUTHUMI: Yes.

JASON: So what I'm saying is that it sounds like it would be so much more enjoyable just to finally let it go. I guess what I'm really asking is, is if I found a way to leave, would I have to come back again?

KUTHUMI: Oh god, no. But the question ... the issue is going to come up that I will remind you of is this. You've kind of got to leave with that level of awareness that that is it. I'm done and I'm not coming back. But oh, this is going to upset you a bit. Okay, I'm going to be really honest.

JASON: Thank you.

KUTHUMI: But the thing about it is too, even in the harshest of lifetimes when you do leave, you will step away from the Earth. You will step away from the density of being a human. You will go back to that beautiful souled being and part of you will say, "Oh my god, that was so much fun. I want to do it again." (Kuthumi chuckles)

JASON: That's another thing I noticed about things. Everybody seems to be happier with the idea of it being better somewhere else than where they are. People on this side want to be here; people here want to be there. It seems like an impetus to keep life going, but nobody ever gets there. And even Adamus says that. Even the Masters aren't even happy. It's just like an unattainable space. So what are we trying to attain here with all this effort?

KUTHUMI: Adamus says that he's not happy?

JASON: No, no, no. He said that even the Masters aren't necessarily happy. He said it's an unattainable state.

KUTHUMI: Ohhh! I disagree with that, because I'm there and I'm loving it. I think this is when you have to be really careful with Adamus and channelers like that is that he will say something in the moment to provoke an emotion or a reaction to get you to go into that energy. All right.

JASON: That's right. I forgot about that. Right.

KUTHUMI: And he admits that. He admits that too. But hey, I'm here in my Third Circle. I'm having a ball. And it is attainable, because if it wasn't attainable, I wouldn't have done it. (they chuckle)

So here's the thing. Now, here's the thing, and let's get real honest with it, because it gets really easy to get caught into that energetic pattern, which you have which is "life sucks". And, you know, and I wrote a pros and cons list and my cons list was longer than my pros list.

What's on the bad list are actually kind of little human things. Oh, the climate, the, you know, the wars, the plane crashes, blah, blah, blah. But if they actually go and they're really honest with themselves, over on the pro list there are things that are so much bigger and dynamic, that you just, you know, you might write, you know, going for a walk. They're more energetic. If you go and look at the bad list, they're kind of little human things. But if you go to that list of what is good, they're much bigger than what is actually the title you would give it.

I would really love for you to go back and revise that list. But then you know what I would really love for you to do? I'd love for you to just throw out the bad list and just focus on the good list. I think that's the thing you keep giving yourself this imbalance by saying there's this bad stuff and I don't like the bad stuff. So somehow that bad stuff is, what would you call it? Zeroing out my good stuff.

JASON: But even more important than that, Kuthumi, is the fact that I don't enjoy anything anymore. So there's no impetus to move forward.

KUTHUMI: What would make you enjoy something?

JASON: Enlightenment. If you're saying, if it's happy and the Third Circle is awesome, that will. Nothing else. Nothing.

KUTHUMI: Okay. And I think this is a bit of a thing that we get caught up in that we want our enlightenment to provide us with things. We want our enlightenment to give us that happy state, that magical state. And it's not always going to do that, because enlightenment is just awareness. And then enlightenment becomes the freedom from being caught up in the patterns and beliefs of the Earth.

Are you still believing that that enlightenment is going to make you this magical fluffy being that just loves everything?

JASON: I could care less. The only thing I was hoping is I could finally feel loved. That's it.

KUTHUMI: You know that's going to begin and end with yourself – love – though.

JASON: (pausing) Okay.

KUTHUMI: How's the self-love going?

JASON: Well, ugh – *bleghhh!* – self-love.

KUTHUMI: Yeah, that ... that answered everything.

JASON: Go ahead.

KUTHUMI: The fact that you had to pause and go, "Well ..." That answers everything. How about your focus on feeling now is how much of my self-love am I feeling? How much am I feeling of the honor for what I've created? Even the crap that I'm seeing around me and even when I think it's hard, how much love and honor am I having – am I allowing for that?

JASON: I do some of the time ... to be completely honest. But I find myself fantasizing about suicide all the time, and it's ... to be honest, I've been using marijuana to try to cover up those feelings so I don't kill myself, because I can't stand it here. And then it really becomes acute when I don't.

KUTHUMI: It becomes even worse when you don't. See, that's unfortunately the thing is that you're using the marijuana as an escape and then you're wondering why you're not connecting with the experience. I've talked about that before. And marijuana is great to have a little bit of fun time. But when it becomes that thing "I'm going to escape from what I'm feeling," it's almost like that feeling can become so acute. But the feeling becomes more acute so that you can go into it to actually move through it.

So at that moment it's kind of like you're not taking that marijuana out of any level in order to come back into balance or to have the connection. It's just an escape, and that's what's keeping you from that connection that you're craving. And you probably won't leave until you actually resolve that connection.

JASON: Okay. That's very good to know. Thank you for that. And I have one more important question. If for Shaumbra that actually commits suicide, is there any negative ramifications for that? For Shaumbra who actually commits suicide?

KUTHUMI: For Shaumbra who actually do there will be, because you're going to leave with the energy of knowing that you left with that kind of energy around you. And, you know, traditionally Adamus has talked about that in the DreamWalker Death* class that often when people do commit suicide, it will be – they will kind of stay in the closer realms because they haven't resolved that energy about themselves. So they'll come back to resolve it in another lifetime.

Having said that, if you did it with absolute honor and love for yourself to say, "I'm done with this experience; I will now leave," that will change the dynamics of it. But there will be that sense, because no matter how much you convince yourself that you're leaving in honor and respect and truly choosing, there's always going to be that little thing of what if I had stayed and worked it out. And that's what will keep you to come back and resolve it, because you've got that awareness. Whatever awareness you leave with is what you're going to have to resolve. And whether you do it here or you do it in the Near Realms just without a body, and you could resolve it there and then move back on to your Third Circle. But you're kind of setting yourself up for even a little bit more work anyway.

Because, you know, how can I put it? In my last lifetime as an enlightened being, you probably, in a sense, could say that I committed suicide because I decided I was done and I was ready to leave. But I did it in a very different energy. It was on my terms. It was with so much love and so much honor for my experience, and I was so complete in my experience here. I understood, I knew myself. I loved myself and I felt like I had done everything I wanted to do and there was nothing I felt that needed to be resolved. I did it because I was so complete with my experience. So complete, and that is a very different energy to choose to leave in as opposed to "I can't handle this anymore because I'm doing it wrong and I can't figure out how to do it right, and I've created this reality, but I hate it." That's a very different energy.

But really, Jason, really come back to that self-love, my darling. No matter how horrible it feels, keep going with it. And just use the marijuana for fun, not escape, please. Thank you. (Kuthumi chuckles)

JASON: You got it. Thank you, Kuthumi. We love you.

KUTHUMI: Thank you for a great conversation.

JOEP: Thanks, Jason. And like Kuthumi said, if you're interested, I would really advise you to take the DreamWalker Death* class school from Adamus.

He goes into great depth about what happens after you die, and specifically addresses suicide too. So, and it doesn't solve your issues. You take all your issues with you. That's all I have to say.

KUTHUMI: Yep. That is ...

JOEP: Okay ...

KUTHUMI: ... yeah, thank you. It's a really good point to say, because, you know, we feel like death is going to be a resolution point, and it really isn't. All it means is you let go of your body. (Kuthumi chuckles)

JOEP: Exactly. And if you are interested in self-love, that's something that the Sexual Energy School really can help you with to go to the bottom of why you have no joy in your life. And so I can recommend that one too.

KUTHUMI: Yes.

JOEP: I don't know what part of the world you live in, but you can find on the Crimson Circle website classes in your area or even bring teachers to your area if there's nobody around. Okay.

I think we've got one last question that was posted in the chatroom. And are you still there?

Yeah. It's a question from Odina Madd, and I will just read it out.

QUESTION: Hi Kuthumi. Would you speak about self-forgiveness and guilty feelings?

KUTHUMI: Oh, absolutely. And this comes back to the whole theme of today. Guilt is always comes back to "I did it wrong". And, you know, but to go into it a little bit more. When we have that guilt because we feel like we haven't done something right. But guilt is more – the energy of guilt is more tied into that we've wronged somebody, because generally if we've done something wrong to ourselves, it's more that we beat ourselves up and go out of our self-love. But guilt, really the energy of guilt is around I did something wrong to someone.

So forgiveness, of course, first of all let's change the word "forgiveness" to acceptance. So it's accepting that in that moment that's what you did, and it might ... guilt really too goes into often because you've got to deal with the ramifications or the consequences of what you did. But especially so when you have wronged somebody and you want to actually balance out that energy, that connection with that person. It really has to start with you first, that you accepted what you did and that you can't change it.

But when you come back to that self-love and honor yourself, that that was simply what happened at the time and then you can go and ... you know, reconciliation with the person. But when you do it from that point of – and it really is about you. I did this. I wish that I – I kind of ... it's okay to wish that you hadn't done it. But to go to that person with that energy to say that you want to reconcile those energies with them, that can be a bit hard because they might still be really pissed and want to have a go with you. And that's okay, because that's kind of the consequence of what you've done.

But it's sometimes good to let that person be angry with you. It's sometimes good to let that person express their anger at you. But when you can step back and do it from behind your short wall with the acceptance of what you did and accept that that is where they're at, that will actually let the energies come back into balance.

You know, forgiving yourself is really just about acceptance, and that is what will help balance out that guilt. Thank you.

There is one last little question that I can see, that someone says the difference between enlightenment and entitlement. (he sighs) You know, entitlement – you're entitled to anything that you choose. Enlightenment, though, gives you the freedom to let go of the expectations of what life is about.

One of the greatest things which closes down our energy and which closes down our self-love is how we expect life to be. And even more so, how we expect enlightenment to be. But every time we can take that breath and say, "I accept all that I have been. I trust all that I am, and I allow all that I will be," that is when enlightenment and entitlement blend.

Enlightenment doesn't owe you anything other than the freedom to live a life of joy and ease and grace and to have the remembrance when things are out of balance to come back to I Am that I Am, right here, right now so in love with myself. Nothing is greater or grander than the gift of self-love.

Within self-love you have all the acceptance and the trust and the allowing that you could ever want. Within those three simple words, you set yourself free of the patterns and beliefs that are locking you into where you are right now, whether it's that life sucks, that I can't change my abundance, that I will never find love.

When you offer yourself the acceptance and the trust and the allowing that comes with the grandest of self-love, there is nothing outside of yourself that you need. There's nothing that anything, any energy or person or being has to offer you or to owe you.

I Am that I Am, right here, right now so in love with myself, in awe of all I have created, in wonder of what is right now and with absolute excitement for what lies ahead, because this is as good as it gets.

Namaste, everyone. Namaste.

*For more information about Adamus' DreamWalker Death and Tobias' Sexual Energies School please go to <http://www.crimsoncircle.com/Events/AdvancedStudies.aspx>