

# Soul Café with Kuthumi

## *Rewrite Your Story*

Channeled by Marisa Calvi  
assisted by Joep Claessens



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**Soul Café with Kuthumi – June 2015**  
**Rewrite Your Story**  
**Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi**

MARISA: Hello and welcome to the June episode of Soul Café. I'm Marisa Calvi. I'm an author and channeler of Kuthumi Lal Singh, who shall be joining us shortly, and this is our time each month to just create this beautiful little space, this beautiful little retreat that we call Soul Café. A little space where you can come, get out of your mind and connect with soul, connect with that beautiful space of celebrating the amazing creator you are, the divine human that you are and to invite more of that magic into our lives.

So I'd like for you all now to just a little bit of breathing with that. So breathe in and let's create this space, as we do every month, this beautiful café. We like to have the image of the café as somewhere we can come in out of the cold or into the air conditioning, if it's hot outside. A beautiful safe, comfortable space full of friends to support and guide you or just to share a laugh. Big comfy seats. Couches to relax in. Beautiful nurturing food and drinks. A beautiful metaphor for the safe space we can create for ourselves in every day, in every moment.

Take a breath with that. Picture yourself with your favorite piece of cake or savoring your favorite hot or cold drink in your most comfortable clothes, surrounded by people just like you who are choosing a life of self-love and passion and absolute commitment to living a beautiful soul-lived life.

A deep breath.

Thank you everyone for creating that space with me, whether you're here live or listening on the archives. It's wonderful to have you.

I'm coming to you from Sydney, Australia, and I would like to welcome from across the other side of the world. I have a wonderful helper. So welcome to Joep Claessens from all the way over in Colorado in the U.S.A.

So good morning or good afternoon, Joep. How are you?

JOEP: Good, Marisa. Great to be on the show again.

MARISA: So thank you so much for having you here. Joep is our guardian angel, bodyguard and helps keep logistics running at the café. So he helps out with questions, and if you are in the chatroom and you do have a question, we can't promise we'll get to it. But, please, if you want to type it in, we've got a few questions already emailed in. If we do have time to get to you, we will try that as well. Okay.

So when I set up a show, I kind of have Kuthumi there with me because it's his show as well. Kuthumi is an Ascended Master who actually is one of the few that stayed on Earth to live his enlightenment within human form. He did that for around 30 years and traveled around the world mostly through the eastern world, spending a lot of his time in India, finally retiring up into the Ladakh region where he wrote most of his letters and helped found the Theosophical Society.

As I've been talking to him, one of the greatest things that he's always shared with me is that in choosing your enlightenment, we want it to be so much. But for him the real key to really, really experiencing here on Earth was the constant invitation for it to show him joy.

And so when we were setting up today's show and that theme came up, it's also been something I have been looking at especially in the last eight months or so, especially since I went to India. And recently we were about just over halfway through our first Soul School, and it's becoming a theme of that as well, that the more we want to invite soul in, we really want to do that hand-in-hand with joy as well.

So I'm not going to say too much more, because I'm going to actually start channeling and we may as well go into the channel space.

But it's so interesting because of the dynamics of this dimension and how we created it, that we've also created this duality of joy and then the distractions from the joy. I'm not going to call it joy and despair or anything like that. We're talking about distractions coming just from that space.

And so today we're going to look at that. We might cover some other things. We have got some great questions, which are going to go into that as well. I'm sure he's going to bring it all back to that.

It's so easy to go into this spiritual mind and have a lot of buzzwords and catch phrases. But at the end of the day if we're not loving ourselves and allowing that joy into our lives – oh! – then we may as well have just not even chosen enlightenment. That's my little human judgment

So, Joep, if you would like to do some breathing.

JOEP: Sure.

MARISA: I will see what Kuthumi has to say.

JOEP: Okay. Let's not waste any more time. (Marisa giggles)

Take a deep breath.

Bring your energies into this space that we are creating together. Connect with yourself and through you connect to the others.

Breathe all the way into your belly ... sinking deeper and deeper into you.

And invite Kuthumi into this space with each breath.

KUTHUMI: Namaste. And thank you, Joep, and indeed what poignant words that you started the breathing with. Let's not waste any more time.

I know each and every one of you who are listening, it's been like a bubbling energy. I'm sick of wasting time. I'm sick of searching. I'm sick of wondering when it's going to happen. When will

I be enlightened? When will I be happy? When will I be fulfilled? When will I have all the revelations that I've been searching for? Let's stop wasting time and let's just be what we want to be right now.

Which brings up a lot of questions, but the main question is- what is stopping you from bringing in the joyful enlightened being that you actually already are?

You see, my darlings, you come here to Earth. You choose this 3D dimension with this gravity of mass consciousness, with the design of duality. But you come here with the willingness and eagerness to play a role.

Every time you stepped into a body, every time you've let your soul breathe into a human form, all you've been doing is accepting the invitation to play with this dimension, with being human, and you chose a role.

Some lifetimes you chose to be the king or a queen or a slave or a beggar or a simple life or a grand elaborate life, and every one has been perfect and amazing. But breathe in and feel into all those times in how you chose a role, and take a breath and allow yourself the remembrance of choosing to live a life searching for enlightenment.

And now I can feel the programming coming in. All the depth of the gravity of this dimension, because one of the hugest beliefs that has been embedded upon you is that once you choose the role, you can't change it.

Well, guess what? In the New Energy, you can. In the Old Energy you could, but it was very difficult. You had to do things like I did. Have a nervous breakdown, lie in bed for months, go hide in a cave. It took that level of commitment and sometimes even trauma to allow yourself to change the role.

Some of you were clever enough to create the role of change. I will come into this life and show great change. So it wasn't that bad. But for the most part, it was with trauma and suffering and endurance. And it's now on you like a cloak made of lead.

Some of you have been slowly taking off the cloak. Sometimes you let it drag on one shoulder. Sometimes you let it slip down, but you still drag it behind you. (Kuthumi chuckles) Some of you have it in your cupboard for safekeeping in case you want to put it on again. "I'll just keep it there because it served me so well. We can't let it completely go." Time to fold up the cloak.

I was going to say give it to charity, but you don't want to give that to anybody else. Go burn it. (Kuthumi chuckles)

This gravity, this belief that I cannot change my role, we are done with it. If you are listening to this, you are done with it. And the simple realization that it was just part of the role you chose to come here means you can let it go.

Awareness is everything.

You chose this life to remember you are God also, to embody your enlightenment, to walk your ascension. Let's not waste any more time.

Not that the time you've spent doing this has been a waste. It's all been perfect and amazing. But how much longer do you want to do the search and the struggle or have to have the trauma to go into a shift?

You chose this role and with awareness you can re-choose the choice.

My role now is not the one of the searcher. My role now is the one of being enlightened and drinking in all the delights that that will bring with it. I love myself so much, because I have absolute compassion for all that I have been. I trust all that I am and I allow all that I can be. As my soul is, I am in awe of everything I have ever experienced, because I own the beauty of all that I have created. And in owning the beauty of everything, my creativity is set free.

I am the chooser. I am the creator, and I step forward with the freedom that that will give me.

But now here's another little cloak that we like to wear. It's the cloak of unworthiness. It's tied into that belief that to step into enlightenment we have to suffer or endure. We have to show great commitment. And you know what? I will go there with the commitment part, because you do need commitment to yourself, to that knowing and to allowing the love.

But for so long, for so many lifetimes we've been told that we're not worthy. You're not good enough yet, because you haven't studied enough. Your weight isn't perfect, so therefore your body isn't perfect, so therefore, you know if you were enlightened, your body would be perfect. (Kuthumi chuckles) Perfect by what measure and what means and whose judgment.

Every time you stop and judge yourself, put some measure upon yourself, feel into where that's come from. From society, from family, from old beliefs you're carrying from lifetimes. Those measurements and judgments aren't from you, from the truth of you.

Let them go.

The very fact that you're listening to this show and have a breath in your body, you are worthy of your enlightenment. And all it takes to live this life of enlightenment is to step into the love and glory and wonder of your soul. That beautiful space that is an integral part of you. It is your truth. It is your divine. It is your holiest of holies.

Breathe with that.

This beautiful soul, this bottomless well of wisdom, ever expanding glow of love, it was the gift you gave to yourself when you chose to step away from all that is, when you became that little spark of God that went out to explore all that you could be.

Just feel into the incredible love that little spark had for your experience and all you would go to explore. And here you are now in this lifetime with all the wisdom you have ever gathered, and you're no longer a little spark of God. You are the raging inferno of I Am that I Am. You glow and you burn. You radiate heat and warmth. Every lifetime added to that spark and made it so

much grander, and every time you breathe and say, “I Am that I Am, so in love with myself, right here, right now, and this is as good as it gets,” that inferno becomes more.

So long we’ve tried to keep that inferno so small for fear we might burn very our souls. It might go out of control. Our inferno couldn’t be bigger than anyone else’s. Stay small, to stay the little spark that doesn’t know anything yet. That inferno can’t be kept down, and it’s pushing and pulling, and it nudges you and says, “Let’s wake up. Come. Come and let me be alive”

Its calling some of you so deeply at the moment, it’s working its way into dreams. It’s showing you little symbols and signs, because soul has a wonderful way of playing with you, that knows that you’re really ready to listen. A snakeskin upon the path you walk through the woods reminding you that you’ve shed so much to become renewed.

The joy of hearing a bird singing its melody, making you feel the depth and the beauty of the creativity of All That Is, reminding you of the creativity within you. Or something within business that seemed impossible becoming more than possible.

In the faith that you’ve been carrying and the invitation to let your soul come into your life, you are changing the rules of how the basic dynamics of life work. Each of you listening have had something called to you, to show you, remind you, because you’re ready. You’re ready to let it happen. Let it happen.

Deep breath.

I Am that I Am, right here, right now, so in love with myself. That invitation to allow. Not just being nice to yourself. Not just, “I will have a nice meal to nurture myself,” but I will allow in this limitless, amazing expansive love of soul, because when I can love myself without limit, with the absolute knowing that I am worthy, then joy knows it has a place within my life.

So what is joy? (Kuthumi chuckles) I will share with you my experience of joy, because I want you to create your own experience.

For me, joy and enlightenment was that I never forgot the magic of my creativity. That I could look about me, even when I could stand on the train station in India, a crowded train station that didn’t smell particularly pleasant, and to have my train run hours late. But I did not go into questioning my creativity of why that train was not on time, why I was stuck on a smelly, crowded train platform. I could find the joy of being surrounded by all these people. That I could find the joy that I was still breathing and that I could just relax and be in the moment.

This isn’t about twisting things in your perspective so that you always have to find the good in things. You know, we have all those old sayings. Every cloud has a silver lining. Every dog has its day. We know the downs, so we know the ups. We know all that.

This is about just celebrating your creativity every day so that you can see the beauty in your experience.

So Kuthumi, “How can I find joy when I’m in pain? How can I find joy when I don’t think I’m going to be able to pay my bills this month? How can I find joy when I’m still not in a happy marriage?” Hmm.

So the question I ask you is why are you having so much fun in that situation? You see, joy isn’t just sunshine, lollipop and rainbows. A lot of you find joy in suffering. A lot of you find joy in being victim. A lot of you find joy in being an abuser. Joy is always there. It comes down to how you want to experience it.

For some of you there’s great joy in being the victim, because it keeps you small. I can stay the little tiny spot that thinks it still needs to gather experience. I have to suffer because the suffering would make my enlightenment even grander.

Yes, there were lifetimes when we did that. The more you suffered, the bigger your enlightenment. How many days did you spend in the cave? I spent five. Really, I spent fifteen. (Kuthumi chuckles) You think there wasn’t competition in the Mystery Schools. Think again.

My time as St. Francis I let my body fall into great illness. I let my body create stigmata, the wounds that I believed honored the suffering of Christ upon the cross. My badges of honor, because I believed that was God’s choice – to use my body in this way to teach others.

I had great joy in doing that. Would I have had joy with a healthy body being free to teach? Yes, I could have too. But in that lifetime I chose the role of suffering to teach and to express my joy of the love of God.

That was where I was at with choosing my experience. That was where consciousness was even though as St. Francis I was a great destroyer of consciousness within the church. There were still elements that were very heavily within me that I believed needed to be utilized to teach and for me to express my joy at knowing the limitless love of God.

It’s like I was one step to the left of knowing the truth of just celebrating my own self-love. But it was perfect and amazing, because even within that suffering, I still allowed many, many amazing things to be shared.

Done with your suffering. Done with the stigmata. Done with whatever cross it is that you’ve been bearing right now.

The suffering of Yeshua, of Jesus was wonderful for the era that it occurred in. It made his story more noteworthy and historic. Fabulous drama in it. Anyone who writes a movie or a book will tell you, you got to have some good drama to keep people engaged.

So it did all those things. It served his purpose as a teacher as well. But we can change his role now. We can take away the suffering and we can celebrate the absolute core of what it was that he wanted to share. That I am the truth and the light and the way to God, because I am God.

We can celebrate him as the teacher who stood up and said, “Love yourself as you would love others.”

Let's be done with the suffering as our Old Energy way of being joyful as a human. See, there is a lot of celebration in that because of sometimes you go back and you know it's like, "Wow! Did you see how much I suffered there! Look at that! I suffered so much. It was great. And then when I got to my enlightenment, oh! It made it seem even bigger and better." We're done with the drama of getting to enlightenment. Let's do it with ease and grace.

How much joy do you want? What sort of joy do you want? Do you want the joy that comes with ease and grace and keeps you continually in awe of the magic of the experience around you? Or do you want the joy of suffering to somehow prove something to yourself, but you're playing the old games so well once again?

It's scary when we choose a new role, because all the roles we've been playing so far, they've all been written for us. We've written them ourselves, but we've played them over and over again that they are like second nature. It's like re-watching an old TV show. Oh, that character. I love that character. I know exactly what he's going to do now.

So when you come in and say, "I'm going to be a victim again; I'm going to be small again," your mind can go, "Oh! Thank God," because we know that role. We know how it turns out. (Kuthumi chuckles) And for some of you even within this lifetime, that role will be replaying patterns for you that you know have a timetable and a script.

Think about some of the things that have happened over and over again in your life that have kept you in suffering and as a victim, and you will see they almost have a perfect timeframe of every three years, every five years. The relationships that repeat with the same sort of person, the same issues that come up over and over again with friends, regardless of whether you've known them one year or ten years. The patterns with your finances.

All these games we play we have written over and over again, that our dynamic, our consciousness, our mind can slip into so quickly and so easily, because we know what's going to happen. And one of the greatest things that will ever keep you from just living as your enlightened being in your self-love and in your trust and with the allowing to unfold in a new way will simply be that your mind, your energy doesn't know the script.

So how about together we write a new script. So here's the script I wrote for myself. You can write your own. You can do it with a pen and paper. You can just do it while you breathe with me now.

When I stood up from my sickbed where many people believed I was going to die, I rewrote my story. And the first line was, "I am that I Am. I am enlightened." And that could have been the end of it, because within that is all you need to declare and choose for your story.

But we're here in this human world and we have the gravity of mass consciousness and all our past experiences. So then I realized I want to choose how I'll be here enlightened. I will be here in awe and wonder of the joy of my creativity.

Celebrate every day the beauty of not only what I create in this moment, but everything I've ever created, because when I celebrate everything that I have created, then I am truly owning that I am a creator. Everything I have played out with the role I chose.



So now as I step forward my role is 'I choose who I am in each moment'. So that even when I lapsed and would get angry and upset, I could still stop and celebrate that I allowed that in the moment.

I Am that I Am, a soul-led being, and I'm so committed to allowing the joy and glory of being with soul. No longer a victim of anything. I am safe and I am worthy of every glory this dimension can offer to me.

Every time my mind wants to pull out a story such as "things won't change unless you leave him". "I need more money to be happy". "If only I could lose weight." Sometimes they're so small and so trivial. Sometimes they're huge like they'll suffocate you.

(pause)

I am enlightened, and goddammit I get to choose how I'll be enlightened.

Deep breath

That is how I walked every day. Some days I would stop and breathe more with this. Some days I wouldn't even have to give it a second thought. But the more I consciously chose it, the more it became a natural part of how I was, because I wrote a new story. No longer bound by the rules of mass consciousness. I am no longer bound by the karma of my family. I am free. I am free of everything that I believed was my past. I'm free of everything that I believe is my future. I don't care what lies ahead. What I care is what I am in this moment. And I am enlightened. I am a soul having experience.

Write your story, your new story, by almost having no story. Choose how you want to be then trust that you are so worthy of that experience.

(pause)

Mind wants to come into balance. It does. Don't believe anything it tells you otherwise. (Kuthumi chuckles) If you are truly choosing to come into balance, mind will come with you. Sometimes it just takes a bit of adjusting. It likes its old routine. It likes its old stories. But the more you are consciously choosing the new story of no story, of simply being in this moment, mind will actually have more energy to work with you, rather than trying to pull you back to the old story.

Deep breath. Deep breath.

And with that, I think we can move into question time, Joep. So if you would like to start with the first question.

I'm actually excited about the questions today. Marisa was typing them up with me last night. I was starting to talk and she said, "No, quiet. We'll save it for tomorrow." So I'm very excited now to finally be able to answer them properly. So thank you, Joep. (Kuthumi chuckles)

JOEP: Okay. Here we go then. First question is from Sandy and it's short and sweet, and I'll just read it out.

QUESTION: What do I need to do and/or learn or remember to better serve?

KUTHUMI: The most wonderful thing you can do is embracing the wondrous nature of who you have become in this life.

Now, Sandy, I know a little bit of her story. I'll tell you the story. She suffered a great trauma, which created an incredible shift in her consciousness. It was an amazing story that has given her some great opportunities to share, and she is now living a life where she could have chosen to be a victim. And, indeed, Sandy's a wonderful example of someone who changed her story halfway, because Sandy originally chose to come into this life and play out the role of a grand victim. And when that opportunity came up, something deep inside her came up that said, "No. No. I won't be the victim. I'm going to stand up. I'm not even going to be a survivor. I'm simply going to stand up as a soul here by choice. Not out of obligation, not by default, but as an aware soul standing in the glory of being the human."

With that, my darling, you know you opened so much more within yourself about compassion and love and knowingness. I would so love that that celebration continues on, because every time you celebrate that part of yourself that said, "No, I won't be the victim," be the divine human living a glorious life. Every time you celebrate that, that you consciously change the role that you came here, what that radiates out to others through your sharing, through your compassion in guiding them is beyond measure. But first and foremost, the celebration has to be for you for what that will allow in your life in the way of more self-love, more wonder and more glory.

Everything we do in our life, no matter how spiritual we want to think it is, we do it for ourselves first. It is like when you're on the plane and they do the safety message and they say if you're with a child when the masks drop down for the oxygen, you put the oxygen on yourself first and then you take care of the child, because if you are woozy and lightheaded, then how will you take care of the child.

Take care of yourself first. You lead the way. Nurture and honor yourself first and foremost always. And in serving yourself, you serve mass consciousness to shift and you serve the beautiful New Energy consciousness to expand. Thank you, my darling.

JOEP: Thank you, Kuthumi. Next question is from Grace and is along the same lines.

QUESTION: Is there anything we can do for a family who are suffering. One is very ill and another is taking care of her and this is taking a lot out of him. I live too far away to physically help and I have been asked to pray. In the past I was deeply religious. I would have prayed really hard and repeatedly. Now I'm different and when I go inside and go still, I feel that they would be okay. Still, I'm wondering can awakened or awakening humans ask for or send healing or strength or whatever spiritual help needed to others who cannot ask for them?

KUTHUMI: Can awakened or awakening human ask for healing or strength to be sent to others or on others' behalf and the answer is yes, of course, you can ask. But then the next question should be would it actually do anything (Kuthumi chuckles)

So here's the thing. When we get asked to send healing or prayers to someone else, what we're actually doing is we're allowing that person to give away their power. We're actually taking some power away from them, because when we think that we need to send healing energy to someone, we are completely out of compassion for what they are choosing to experience.

In the Old Energy we prayed because we believed God needed to hear us, to fix us, to send us some energy. In the New Energy, when we own that we are gods, we know that we create all that within ourselves for ourselves.

The greatest thing you can do for anyone who is going through some suffering is to honor their choice to suffer. And that sounds horrible and cold, but ultimately that is what we're here to do now. We're here to honor our experience and honor theirs.

Now, that doesn't mean that you have to switch off empathy or not care about people or not want to do things to support them. But it is so important that sometimes this cry for help can be a call for support. But understand that we don't want to be martyrs anymore. So there are many ways to support people without feeding and without dishonoring their choice of experience.

So at this moment for you Grace, it can be incredibly supportive that your family just knows that she is praying for us, because with their consciousness and awareness, that is their belief of how you are supporting them. So, yes, don't sit where you are praying to try to fix them or send them any energy. Go into that beautiful space of being still and silent and just honoring their experience. And that is the greatest thing you can do for them, because it also will invite more compassion and honor for your own experience.

Honor where they are. We're done with trying to fix each other, and we're done with rushing in to try and help others especially when they don't ask. But at the moment for your family for them to know I can't be there, but I can pray is all the wonderful nurturing that they need from you. It's actually happening in a beautiful and balanced way. And for you to still be recognizing that beautiful still space within you that is actually reminding you to just honor them and know that they'll be okay regardless of the outcome. It's just perfect.

So, yes, sometimes it's nice to say, "I'll be praying for you," when really what you'll be doing is breathing, offering them compassion and honoring their experience.

It's a wonderful place of balance we can get into to honor someone and support them without trying to rush in and fix them.

One of the greatest things that some of us get caught up in when we become enlightened, when we have our awareness opened up is trying to teach others, trying to fix them by sharing what we know. And truly if they haven't asked, they're not ready to hear. Your presence and the energy that you radiate to them simply by breathing and offering them compassion and offering yourself compassion will be the greatest service you can ever do for them. Thank you, Joep.

JOEP: Thank you, Kuthumi. Good to have you back.

KUTHUMI: Thank you. (Kuthumi chuckles) Good to be back.

JOEP: Third question is from Eileen and she wants to know ...

QUESTION: Is there much of a chance that I will become enlightened in this lifetime. I feel like a total mess.

KUTHUMI: Okay, my darling Eileen. Time to choose. Do you want to be enlightened or not? Because it becomes that simple. We have so much fun in the search of enlightenment, but some of us just that becomes the fun. I'll keep playing with this state because Monday I'll be enlightened. You know, it's the fun of sometimes, you know, Christmas for a child the anticipation is often more fun than the actual day of unwrapping the presents, because then it's over. Okay, I've unwrapped my presents. I've got some toys, and then the kids get bored with the toys within a few days.

And so for a lot of you it's like if I just keep that thing that I might get enlightened, it's kind of like the present waiting to get unwrapped. There's the anticipation and the excitement of what lies ahead. And – *haaah!* – what will be the surprise when it finally happens, because we don't want to get there and then be disappointed that maybe the present isn't as big as we thought it would be. It's not the Barbie doll. It's the Cindy doll instead. (Kuthumi chuckles) I didn't get the big red truck. I got a smaller green one.

We have so much expectations around what enlightenment will be and what it will do for us, as well as the fear of the unknown, that for some of us it just becomes more of a joy to keep it wrapped up and over there waiting for us for one day.

So at the moment, my darling, that's the fun for you. Oh! I might be. I'm a mess at the moment. Oh! But it's a glorious mess. It's fantastic. You're incredibly creative. And it's a lot of joy in being a mess, because it's stopping you from going and unwrapping the present. I'll stay here in the anticipation and the hope – oh, my god, the hope. The hope you all have. I hope I get enlightened. I hope I'll be integrated. I hope I'll balance this aspect.

Hope is for schmucks, okay. Hope is always that sense that it might happen. Hope is always, you know, it's still riddled with doubt.

Just make the choice and just choose to be in your self-love more and more each day. And then listen to the story your mind is telling you about why you aren't enlightened, because your life is a mess. That's the biggest story your mind's got at the moment. Everything's a mess, so I mustn't be enlightened. When I sort the mess out, then I'll be enlightened.

It's kind of like saying, "Oh, my present is in the next room, but I have to actually open the door. I don't know how to open the door." You know how to open the door. You know what's waiting in the box and you know it's all wonderful. So the choice is regardless of where I am right now and how things are, I'm either enlightened or I'm not.

When I was lying in my deathbed did you think I said to myself, "I'll just wait till I feel better." (Kuthumi chuckles) I played that game for so many years – "I'll just wait till I graduate, because once I've got the wisdom, then I'll feel it."

“I need to go with the yogis in India”. “God would have sent me a sign by now if I was enlightened. Something magical and mystical would have happened.”

We have so many stories around what we believe enlightenment to be. We don't want to be disappointed by the fact that all it is is stopping here in this Now and saying, “I Am that I Am, right here, right now so in love with myself and this is as good as it gets.” No. Let's wait till we're thinner, richer, more powerful, have a partner, don't work. Oh, isn't that a fabulous one. “Oh, I still have job, therefore, I'm not enlightened.” Oh, dear god! (Kuthumi laughs)

All the fabulous excuses and stories you have that keep you in the story I am not enlightened. Change the story, Eileen, because you changed the role. You can choose to be enlightened right now. Right now. And the only thing stopping you is the stories, the expectations, the beliefs and the fears and the doubts. And, dear god, aren't we done with those. They're not real. They're not real! They're just energy that we've created to have the depth of experience here.

Everything – think about it. What is fear? It's an energy. What is doubt? It's an energy. Now you are a grand creator. Energies align to serve you. But they can't align to serve you unless you're choosing how you want to be in this life. What is the role you are choosing? What is the story you are writing for that role?

Choose now. Will you be enlightened in this lifetime? Only you know that, because that is your choice that is waiting to be made. Right now it kind of feels like the answer is no, but that doesn't mean you can't change it. But you just go to the side. Is the joy of not being enlightened and being a myth more appealing than the joy of being enlightened and having a lot more wonderful ease and grace in your life. Isn't it wonderful? And you get to choose. You get to choose. How fantastic. Thank you, Joep.

JOEP: Okay. Thank you, Kuthumi.

Last question from Eva.

QUESTION: I really don't see exactly clear and I would like to ask you to answer me honestly. Really honestly.

KUTHUMI: Oh, that's brave.

JOEP: Yeah! (they both chuckle)

QUESTION (continuing): I know you can and you know the answer, so please answer me what to do. Am I going into a certain death in that what is my main task? Or will there be that kind of person who will bring me out of that?

JOEP: That's it. That's the question.

KUTHUMI: Well, you know, am I going into a certain death. I think she's speaking metaphorically, but I'm going to answer it literally as well, because I think that's a really good question.

We are all going to a certain death, because we do find a time when we are done with this experience and we are done with this body. That is always your choice. I don't care whether people say there was an accident; they got a disease.

You all choose and create how you leave. How you leave and when you leave. Okay. Good. We've got that out of the way. So Eva, if that was your question – am I heading to a certain death with the way you are now? Well, possibly, yes, because eventually. But you still got the choice of how you're going to get there.

Now, if you're waiting for someone to save you, oh dear. I think you're going to be sorely disappointed, because even if they do come and save you, all that's going to do is reinforce the story that you're not a creator because someone else rescued you.

And I supposed we can get into some really stupid pedantics of, "Well, if I create, if that person does come to save me, but then didn't I create them to come and save me?" And then we're going to get into a lot of mental bullshit. Okay. You asked for honesty, you're getting it.

So do you want to create someone to rescue you? Yes, you can. Do you want to do that from a sense of them guiding you and supporting you? Or do you want to do it because you want to hand over your power to them to save you from a situation that you don't think you want to be part of?

Okay. We're not just talking about just health here anyway. We're talking about your finances – anybody who's listening to this. If you think someone is going to come along who's going to rescue you, you're giving away your power and you're telling your creativity, "I don't believe I'm a god."

Now, really? At this stage of the game do we want to be doing that? Do we want to stand in our Godself owning our creativity? And then we can create people around us who will support us? Who don't feed off us? Who see us as equal? Who don't see us as a victim that they're going to rescue so that they can be the martyr?

A lot of times I see people going so far the other way, they will be ill or in a bad situation. But they're so determined from their spiritual mind that, "Well, I'm a creator. I will create the solution and I can't let anyone feed off me" that they close off the potentials of interactions with others that could support and guide them. Especially when it comes to your health. Some of you get so stubborn with your health. "Oh! I will have to create a balance in myself. I can't take medication! I can't go and see a doctor."

Can you not believe that you could create a doctor who will support you for your body to come back into balance? Do you truly believe that medications are more powerful than you that by taking them, you give your power to them? Which is possible. Or can you change the whole energy around the situation that I can create the support and guidance I need to come back into balance.

We're done with the days of going to the fortunetellers to give them the power to tell us what our story is. We're done with the days of the doctors who decide our medical care or who don't even connect with us on a human level, let alone a spiritual level.

We're done with all that. We walk through this life now aware and conscious. We choose our enlightenment, and when things are out of balance, we know first and foremost we come back to our breath and we own our creativity. And we invite our body, our mind, our spirit to come back into balance with us with ease and grace. And within that space we create the support we need to do that without feeding, without giving away our power.

So I hope that when you say, "Will I find that person to pull me out of this," that it's not with the sense of I need to be rescued, but I am God. I am a creator. I choose balance and ease and grace. And within that space you create the support that you need to make that a reality.

We are done with handing over our power and believing we need to be fixed. I do not stand here today or sit here rather and speak to you all as someone who is grander or mightier than you or more wise or more enlightened. We are equals. I don't see you as someone who is suffering and a mess. I see you as a grand soul having an amazing experience.

I say some words that I hope will invite you to come into this beautiful space that I am in now for eternity. In the glory of my soul love, loving myself more and more each day. So amazed at everything I've ever experienced. Trusting with every fiber of my being who I am in this moment. And that beautiful delightful, delicious sense of everything that could be ahead.

I have no space for doubt and fear, because they are not energies that serve me or align with my choice to be enlightened and know the joy and beauty of my creativity in every moment. And I know fear and doubt come up when I change my story, because fear and doubt are of the mind. I do not know where the story is going when I step into New Energy and I choose enlightenment.

Enlightenment's only story is I will love myself more and more each day. I will want so much joy in my life, because every moment I will see the beauty of everything around me in this amazing dimension.

I Am that I Am. I am enlightened, and I am here in this moment so full of joy for all that I have ever created and with absolute wonder at what lies ahead.

Time to rewrite our stories. Time to decide- do you want the joy of suffering or the joy of ease and grace. Your story is no longer set out before you. It is waiting for you to write it in every moment.

I am worthy. I am majestic and grand. I'm no longer that little spark. I am the incredible inferno that wants to devour experience.

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

Namaste.

JOEP: Namaste, Kuthumi.

I guess Kuthumi won't be taking any more questions. So there's a few posted in the chatroom.

KUTHUMI: Were there more questions, Joep?

JOEP: Yeah, there were two people who posted something in the chatroom after I said it was the last question. You want to go ahead and answer those?

KUTHUMI: I'm enjoying the space here today. I feel like I'm provoking people a little bit, but that's always good. So let's keep going. We might provoke a few more people. (Kuthumi chuckles)

JOEP: Okay.

KUTHUMI: Provoking is good. And let's remember, if you feel you're being provoked, you invited it, because there's something in you that wants to shift and change. So let's keep going. I feel like we can do that to a few more people.

JOEP: Okay. I'm game.

There's a question from Simone, and I'm going to try to read it out of the chatroom.

QUESTION: Kuthumi, now how about when you have been a support but opening up to be my own truth will free both the unfamily connection. All the shedding is done ...

KUTHUMI: Absolutely.

JOEP: She created some grand potentials and feels it's time to take them up and any suggestions you have for her.

KUTHUMI: Just do it, just start, because this is the thing about potentials. Potentials just want to be played with because potentials are energy as well. So the more you play with them, you're going to move that energy around and allow the potential to expand. So you start playing in whatever way you can because it's going to create more dynamics around that potential.

And it might even seem to your mind that that potential closes down. But what it's doing is it could be opening up ten more. The greatest thing as soon as you feel anything that you want to play with is start playing with it. You could be done with it within an hour, but it's going to open up things that your mind can't measure.

So just get started. Get started. Thank you, Joep.

JOEP: Thank you. And the last question, as far as I can tell, is from Peter G.

KUTHUMI: Uh huh.

JOEP: And he has a question for you, Kuthumi.

QUESTION: Did you have to choose your new role story after leaving that bed in each moment and every day for the remainder of the entire duration you remained on Earth before your final choice to leave?

KUTHUMI: Fabulous question, and I suppose energetically yes. So it wasn't so much that in each day I said, "Today, I'm going to be the traveler." It was choosing the role of being



enlightened mindfully and consciously every day. Yes, it was. It was a connection I made every day.

So some days it wasn't as mindful or as conscious as it was the other days. Some days I worked with it a bit more consciously and that I would sit and breathe with that a bit more to feel into other potentials, to just invite more of the energy in.

So there were times when I decided to move, when I moved to Ladakh, it was a case of, yes, I'm done with the human role of traveling. Now I will play the human role of being retired and writing.

So you do play with it on those other levels as well. So there's always that base energy of I am enlightened. That's the first role you choose. Okay. It's kind of like – I'm going to be a little bit mindful here, but I think I need to do this so people can play with this a bit and understand it a bit more.

So the first role I chose when I was lying in the bed before I got up was I am enlightened. And then from that it was, "And I'm done with suffering, and I choose to live my life in ease and grace and allow the joys of that to come in."

So that was the first thing. I had no grand plan, because that was what was so important at the time.

So then I got up and I started playing with that. It's like I said to Simone. I have this grand potential to live my enlightenment. I'm going to go play with that. So then in each moment I did choose. Today, I will be the traveler. Today, I will be the meditator. Today, I will be someone – I will be a cook. I will spend the day cooking with someone.

But at the base of it all was always that ultimate choice- I am enlightened, and I choose my life of ease and grace and all the joys that will invite in.

So, you see, there's that deep soul choice, and once we've made that, we get to play with what seems like the smaller human choices on top of it. And you can have fun playing with that every day. Today I will be writing. Today I will be out in nature. But the most important thing is that underneath it all that ultimate choice of living your enlightenment.

Start with the grandest things first, which are eternal and ever expanding and allow their energies to come into the more human choices of what will I do today.

When we first start, we have to be very aware. We have to kind of do it a lot more consciously. But then it becomes our nature so that towards the end I barely had to think about it. It was such a natural part of who I was.

I would still take time – days at a time. I had a beautiful waterfall and lake that I would go to and I would sit there for days just being quiet. Just so I could really, really celebrate the beauty of that beautiful wisdom that is my soul. It was at that lake where I decided to leave because it was quiet and no one was there.

And I left because I was so complete with my experience here as human. I knew my body was done. But more importantly, I was complete as the divine human.

When I climbed into the boat and pushed with the oar to push it to the middle of the lake, I laid back and I took that moment to celebrate everything I had ever, ever done. In one breath I did that. I thanked that little spark that went out to become the inferno. I felt every aspect of me and how they were all there celebrating with me in balance, and then I was gone.

I know there are moments that you all allow that beautiful sense of completion and integration into your life. Not that you're ready to leave yet. You're playing. Have fun. But I know that sense that I'm sharing with you about my final moment, and I've had it many times during my experience as well. I know you have. Some of you, they're fleeting moments. Some of you they're longer. But the more you allow them into your experience, the deeper they become.

Choose your enlightenment not because of what you expect it will do to serve you, but because it will be a continual invitation for that inferno to grow, for that love to expand and for more joy with ease and grace.

And, yes, you might have to work on that every day. But the joy of working on that every day far outweighs the sense of commitment and heaviness that your old mind will tell you that that requires.

I don't need anyone to rescue me, because I am God. I am creator, and I am enlightened.

And, with that, I shall say adieu and Namaste. Namaste.