

## **Soul Café with Kuthumi**

# **RIGHT HERE, RIGHT NOW!**

**Channeled by Marisa Calvi  
assisted by Joep Claessens**



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**Soul Café with Kuthumi – July 11 2015**  
**Right here, right now!**  
**Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi**

MARISA: Hello and welcome to Soul Café. I'm Marisa Calvi. I'm an author and channeler of Ascended Master Kuthumi Lal Singh, and this is our little monthly radio show where we create a lovely little safe space to come in, grab a seat, have an etheric coffee or hot chocolate or even a frappé for those of you in summer. A beautiful piece of cake or a tart or something savory. A little escape, a little oasis where we can just be still and reconnect with soul.

Thanks for joining us. We'll have Kuthumi with us soon. Let's do some breathing now just to really step into this space and really connect with each other, whether you're listening in live or in the archives later or even just reading the transcript.

Let's stop and take a breath. That beautiful deep breath down into our bellies where we come back to the core of us, the essence, the truth, that we are simply a soul having experience. Picture yourself in this beautiful safe space.

You can imagine a crowd and you're surrounded by people or maybe you've got the place all to yourself. Regardless, you are safe. Every time we choose to take that breath and come back to soul, we're saying to every part of ourselves we are safe and we are nurtured, and we are ready for whatever lies ahead.

Still hovering outside wondering whether you want to come in? That's fine too. We've got some tables now for the ones who want to just sit outside and know that the space is there inside.

Take that breath and come back to you in this beautiful Now moment.

It's been fun this past month. We've had the beautiful conjunction of Venus and Jupiter. I hope all of you have had the opportunity to go outside and have a look. There's still kind of quite bright in the sky. They're moving apart, but you can still see them. And it's been so fun because that conjunction, that event was the one which led the three wise men to go to see the baby Yeshua.

There was another – other events in the sky that were part of it, but that was the main one, which helped them actually realize where he would be and what made them realize they wanted to actually travel to find the new teacher that the magi, the Zoroastrians had been waiting for. So it was quite fun now in this New Energy when we're all wakening and we're all becoming our own teachers to be able to just go out and enjoy the event just for the beauty that it is.

Kuthumi has been a great star gazer many lifetimes, as I'm sure most of us have been. We're watching the skies for messages and insights, and you know he's saying now just enjoy it for the beauty that it is to see an event like that and know that everything in the

universe is dancing and playing with itself perfectly, just as everything within you is playing perfectly. I think we've just started the channel for today. That was a little teaser.

But I did have one more fun thing, because being here in Sydney and surely it was for all of the east coast of Australia. But on Wednesday night just at dusk when the sun had just set, we were actually able to see the International Space Station go whizzing past the conjunction. It was one of the most amazing things. I was standing there waiting for it. They said it would take about seven minutes to cross from one horizon to the other, and I was standing there waiting wondering, "What is this event going to look like?" And all of a sudden it was like this beautiful bright star just suddenly appeared down low and just zoomed up into the sky past Venus and Jupiter and just flew across the sky. It moved so fast. I was actually quite concerned for the astronauts on board, because I'm just hoping they do a lot of training and have a lot of Dramamine on board, because I almost got dizzy just watching it. (Marisa chuckles)

But what a joy and a delight just to take part in something that people all over the world were just having fun with with the beauty of it. So, how wonderful.

So let's get on with the show, now that we've had our little teaser from Kuthumi. It's one of the fun parts about being a channeler for this long and having his energy so intimately within my life. But when I talk now, his wisdom and my wisdom are so blended that I feel I can talk and that's it. It's just the both of us now. Same as when I channel, it's me as well. So I do love when I can talk like that and that space just opens up within me. I do love it.

So we'll get on with the show and the first thing I have to do is from all the way across the other side of the world in Colorado, in the lush tropical Colorado thanks to their fabulous rainy season. Looks like they've decided to have monsoons over there. I'd like for you to please join me and welcoming our bouncer, our usher, our waiter. (Marisa laughs) He's the man who makes sure that everyone gets their orders right in the Soul Café, and make sure that I'm keeping up with all the cakes and coffees. So please welcome Joep Claessens all the way over in Colorado, U.S.A. Thank you for joining us again, Joep.

As you probably heard, Kuthumi's raring to go today. I had a little chat with him. I always breathe for the last few minutes just before we come on air and just connect with what we're talking about today, which is all about, you know, not putting off our enlightenment, about being here in the Now moment. And he said, you know, one of the beautiful side effects of that is the ease and grace that we can invite into our life, and I'm really looking forward to hearing more about that now.

So Joep, if you will do a little bit more breathing now.

JOEP: Sure.

MARISA: So I can just go into my channel, have one last sip of water and I'll go into my channel space and we'll see what Mr. Kuthumi has to say today. Thank you, Joep.

JOEP: Yes. Sounds interesting. So let's do it. Okay.

Everybody take a deep breath. Gather your energies and come fully into the Now and be with this group of awesome people listening in live or in the archives or even reading the transcript. Just breathe for a moment as you connect with the energies, connect with Kuthumi and invite him into this space.

KUTHUMI: Namaste. Thank you so much for having me.

Thank you, Joep. Thank you everyone for coming into the café, and it's okay. You don't have to stop drinking or eating, playing with your phones or iPads. Such wonderful things. You don't have to stop anything that you're doing to connect with me or connect with soul. There's nothing you need to do.

Everything you're doing is the perfect invitation for soul to be with you, because soul never leaves you. Soul doesn't abandon you, ignore you or hide. We are soul having experience, so how can soul ever leave?

Your soul is the essence that chooses experience. Your soul is that little gift from All That Is that said, "Go and play. Go and explore all that you can be. Drink up experience and know *everything* there is to know about every dimension in every way."

And yet here you sit and some of you wonder, "Why can't I hear my soul? How will I call my soul back? When will I be enlightened?"

It's been so easy to believe that you're a simple little human, that you have to struggle to come back to the grandness that is your soul; that was the acceptance of the invitation to go and play with All That Is, your own way as a sovereign being.

Take a breath and imagine that first moment, that immense energy that was limitless and infinite. That some call God, some call the universe. I like to call it All That Is. That infinite pool of energy that began every dimension.

And from that energy a little spark went out to play. I will know everything there is to know. I will be everything there is to be. And one of those grand adventures was to play as a human over and over.

Imagine an experience so glorious that you want to do it over and over again, and yet how are we going to change that? No, let's make karma happen. Let's make it so that coming back is punishment, coming back is service, coming back is because I have to learn another lesson. I have to right my wrong. What a fabulous program that was so that your mind somehow could understand why would I come back here to this heavy energy where there's abuse, wars, darkness, evil, power plays? Who in their right mind would choose that?

Because when you're here in the energy of duality, mind only knows right and wrong. So we created karma. Made sense then to come back, didn't it? (Kuthumi chuckles) Because if somehow we came back and we suffered abuse, imagine being able to

stand there in the middle of the abuse and going, “Oh, this is okay. It’s just an experience I’m choosing.”

Mind had to make sense of this all. So mind created a story of simple little human to help us keep our energy here. Otherwise, you’d be flitting in and out having five minute lifetimes. (Kuthumi chuckles) Or a thousand year lifetimes, because you want to hang on to the ones that you really like. Soul being a perfect and amazing design so you could have all the riches of experience that this dimension has to offer.

So when you’re here deep in its energies, yet also the grandness of our truth. Here just as a soul having experience.

Sometimes being completely in that space disconnects us from the human experience. In the past we hid in caves, monasteries, Mystery Schools, because it was simply too hard to know this truth and function within a society or a family, to converse with those who were still deep in the energy of duality and the belief of simple little human. Now we have this grand energy of the new consciousness and we can be all that, and we can still go to the supermarket and have a job, have a partner, have children.

And some days you do want to hide, and that’s okay. Sometimes it’s good to have a little cave day. (Kuthumi chuckles) But now we’re learning balance. We are. The balance can be testing and the balance can be frustrating, but it’s the core of living an enlightened life.

So many lifetimes enlightenment did mean hiding away or simply leaving this Earth. The good old fashioned form of ascension. Having the realization and just knowing it would be almost impossible to stay.

And you know what? If you want to realize your enlightenment and leave, that’s fine too. But why not stay now to be enlightened and enjoy the sensuous experience of being human.

To have the delights of being so aware of how your body interacts with this dimension. To be aware of how you interact with other humans so that your relationships are not based on the Old Energy default of feeding. That essentially you can be here in joy and ease and grace.

Breathe with that.

(pause)

All those old patterns and beliefs that it’s too hard to stay here when we’re enlightened, that it’s too hard to interact with others, you don’t understand me anymore. They can all go, because realization of enlightenment is also the realization that you are a creator and that this experience is your creation.

But you choose how you get to be here and even when those programmings, those heavy defaults when they come in, bring them back into balance with your awareness, the love and with your compassion.

Breathe with that with me now. Breathe in that ease and grace and the simplicity of balance. It's not difficult. It's not complex. It's simply a choice.

For so long we've believed that enlightenment was a destination that you had to work towards, that you had to suffer for. You know, the biggest thing that we've all bought into is that we need to change. All that had to change was your awareness. Your awareness is changed, so therefore, you are.

If you were aware that you can be enlightened, so you are. The choice now becomes just how much of this enlightenment would I like to allow into my life? You see the wonderful thing in the New Energy is you can be a little bit enlightened or a lot. (Kuthumi chuckles)

I think that's going against what some of you have been told, but I don't care. I'm giving you a new way to look at this, to connect with it. Will I just be enlightened once a month when I listen to Kuthumi or my other channeler or some other podcast, read some other channel? Will I just be enlightened when I stop for five minutes a day to do my breathing? Or will I allow this energy through every moment of my life? Will I allow this beautiful awareness to be with me while I'm at my job, when I'm at a family gathering? Or will I keep this enlightenment just to be one aspect of me?

Your enlightenment becomes all that you are willing to be aware of, because in that awareness that we are soul here exploring experience, then enlightenment is all that we can be.

How willing are you to allow this into your life? How willing are you to live this life with this awareness and with this invitation? The energy of I Am that I Am.

Deep breath.

The greatest thing that holds us back from enlightenment is what we expect enlightenment to be. For so long we wanted enlightenment to be that moment we turn into the golden angel with the halo, the fabulous wings. Everything will be perfect. They'll be riches. We'll look fabulous. We'll feel fabulous.

We've all got a sense of who we are when we're perfect. Then all the judgments can fall away and that is what we have come to believe enlightenment should be. I will be rich and travel the world. I won't have a job. I'll be thin. I'll have a wonderful partner.

What conditions have you put upon your enlightenment?

You know, not even just your enlightenment. What conditions have you put upon your actual physical existence? Your actually human physical condition. What beliefs are you

still buying into about how your life should be? Let's put even the words enlightenment, ascension and all that aside. So let's all forget about that.

Right now what story are you telling yourself that makes you believe that you are anything less than perfect? Is it your temper? That you're bored. You haven't found your passion. Haven't finished that book. You haven't started that book. You didn't finish that dance class. Still can't lose weight. Still have a credit card debt. What is it? What story are you still telling yourself to judge yourself?

Now, the wonderful thing is that in the past I said, "Don't judge yourself. Set yourselves free of the story. Just love yourself in this moment." But the wonderful thing is we can take those judgments, yes, we can let them go. We can realize how silly and tiny and human those judgments are or we can use them to heal.

We can use them to go into a new level of acceptance. Listen to the voices that are telling you those stories. Those little wounded parts of yourself that are holding on to being the small human. That are trying to protect you from hurting yourself again in the way that you have in the past; we will stay small because it's safe. And, no, we don't really like it but its familiar and the patterns, the energy are safe.

Even the abused person will stay in the abuse because they know what to expect. They know how hard it hurts. They know when it will happen. Most of all, it keeps them trapped. Sometimes it's good to be trapped. You don't have to try new things. You don't have to welcome a new person into your life.

You don't know what it's like to travel to new places and experience new things. So this won't be challenged with what that might do. (Kuthumi chuckles)

Feel into how all those stories you've been telling yourself are simply a cage, not just to keep you trapped, but to keep you safe. The same way as when we put a child into those little playpens. Here, you're stuck there, but at least we know you're safe.

Well, I can feel that it's making some tummies a bit queasy thinking about, well, what would it be like to step out of the cage? What would it open up? What might I have to learn about or experience?

So imagine we can take that fear and turn it into excitement and anticipation. But we can't do that until those voices that are telling us these stories that are judging us, they can't do that until they know they're safe and we're safe.

That's the beauty of the breath. I will go into this space with the joy of breathing. Feel my soul. Feel that infinite safety and love constantly offering me nurturing and compassion. That knows that every part of me – the sad little girl, the employee who never got a break – they're all safe, valued and I accept every part of me being this wonderful gathering of wisdom.

I know I'm safe and therefore every part of me is safe. And slowly, slowly their little stories start to quiet down. We'll see them for what they were. They're just the playpen

to keep us safe. That eventually that little child grows tall enough to step over the boundaries, don't they? Or they'll climb out, because that little child wants to play and explore and be free. Outside the playpen they're safe too, because when they climb out, they get out with the joy of one setting themselves free and the joy of knowing the world is theirs.

Let's take those fears, that protection and turn it into the excitement of exploring, the excitement of being limitless. The anticipation of seeing how much more we can be.

So it all begins with right here, right now.

I lay in my sickbed on the verge of death searching and searching within myself for the answers. All I wanted to do was be enlightened. All I wanted to do was be aware and have that amazing consciousness expansion the Ascended Masters before me had, that the gurus in the mountains lived.

And as I lay there I had the revelation. I didn't want to wait anymore. I didn't want to wait until my body was healed. I didn't want to wait for the next channel, the right message to find the right guru, the right book. I wanted my enlightenment now.

And in that moment I saw that the only thing stopping me was my belief that I wasn't, because if I wanted it so much, the only thing stopping me from having it was myself. And in that moment too I realized the only thing stopping me was my belief that I had to be different. The only thing that had to be different was my choice.

I had chosen to believe I needed to struggle and suffer, that I had to search; I had to heal; I had to integrate. When all I had to do was choose to be enlightened. And even now that sounds crazy, even now that sounds too simple, but I saw and felt in that moment that all I had to do was accept who I was in this moment.

And it was like shackles fell from my feet. It was like a heavy cloak fell from my shoulders. It was like a dark sky suddenly opened up and the light came through, because in that moment I truly loved myself. I felt the beauty of everything I'd ever done. I saw the beauty of who I was in that moment. Even lying decrepit in my sickbed I saw the beauty of my soul shining and offering me her love.

So simple and it was always right there. Right now I had it with me in all its glory, and it was so grand and magnificent that I promised myself I would never ever let it go.

And there were times that tried me. There were times when the distractions of Earth truly, truly, truly wanted to pull me away. But I had chosen so deeply, so strongly. I was so committed to loving myself that it could never truly take me away ever again.

What's the story you're telling yourself of why you cannot offer yourself that beautiful love? What is the story you're telling yourself about why you don't deserve to be enlightened just yet?



So it's easy to say one day I'll be enlightened, and that's when it will happen. It will happen one day, but one day is not today and one day is not now. The choice becomes now. Enlightenment becomes now.

I've said it before. Enlightenment is not a final destination. Enlightenment is a choice. Enlightenment is the joy of experiencing your self-love grow more and more every day. Along the way pieces of you come back home, and when they come back within this space, yeah, they'll kick up a little of a stink and throw a tantrum here and there. But they come back with ease and grace for the most part. And even when they don't, well, you have all that love and compassion to offer yourself, that they can do so with a few breaths.

I Am that I Am, right here, right now, so in love with myself, and this is as good as it gets. I don't wait for one day to bring me this love and compassion. I don't wait for one day to live my enlightenment, to walk this Earth hand in hand with my soul. I want it now. I choose it now, and therefore, it is now.

And the anticipation, the excitement that this offers me to walk this Earth knowing that each day will become richer and richer. No matter the difficulties and distractions that this human dimension will want to throw at me. No matter the fun of having people around me still playing in the Old Energy and duality. I am a sovereign being. I create my experience and ultimately nothing can affect that unless I so choose.

Breathe with me.

The distractions of life, celebrate them. You created them. (Kuthumi chuckles) They're all part of the grand design. Celebrate them. Celebrate every moment of you. Celebrate all you have been – the stupid decisions that weren't so stupid, the dark times which weren't so dark.

No matter what it is that's going on now that you feel you can't deal with, that you can't climb over, we're done with the struggle. We can offer ourselves this peace in this moment that comes from a beautiful trust that only soul can offer.

One of the wonderful things when we surrender to living the soul life is knowing that everything is perfect, has been perfect, is perfect, will be perfect. And all of a sudden you don't have to struggle so much. You don't have to work so hard. By work I mean that old school spiritual work. The processing. The having to understand.

Breathe in and imagine not having to try to understand anything again. Not having to search for another answer.

Even when you feel distracted by an aspect within you that is playing out, that is showing some resistance, you don't have to understand or know its story. All I have to do is breathe and offer it love. Ask it. Ask it what its story is. What does it want to tell you? Why is it scared? Why is it trying to protect you? Offer it that love and compassion so it knows that it's safe, because when you speak to it from that way, it knows you're safe too.

Integration continues on and on. It ebbs and flows. It's a dynamic energy. Yes, I speak to you from my sovereign domain where I am in balance and ease and grace. But my aspects weave and bob and ebb and flow within me. So some days I call upon one and then another, but they're all in harmony like an orchestra. We've got some fabulous questions about that too.

Breathe with me now.

What stories are you telling yourself so that you cannot love yourself completely and unconditionally? What story are you telling yourself about your enlightenment?

The soul just wants to hug and celebrate you and tell you that you're perfect in this Now moment. The soul wants you to have the ease and grace of enlightenment and also to have the awareness that when you're distracted, the simplicity to come back.

I Am that I Am. I am enlightened, and each day is another invitation for expansion of my self-love. I Am that I Am, in love with myself as I am in this moment.

There is nothing I need to change except my choice. My choice is I choose to be enlightened.

Breath with that.

I think with that we should start to do some questions, Joep. Thank you so much for holding the space with me. (Kuthumi chuckles)

JOEP: Okay!

KUTHUMI: It was such a delicious space, my channeler was starting to fall asleep. So I knew it was time to move on. (Kuthumi laugh)

JOEP: So that was what I was picking up when I fell asleep almost too, so.

KUTHUM I: Ooh! Yes, I think we all were. Time to wake up now. (Kuthumi chuckles)

JOEP: That would have made for a very interesting show all right. (they laugh) Well, we've got some great questions.

QUESTION 1: Is it possible that I am enlightened and my soul mate senses something different about me, and because of that somehow he got scared. It was wonderful when we were together, but I scared him away because of an aspect that I manifested a long time.

KUTHUMI: Mmm. (sighs) Relationships are so fabulous, and relationships are another thing that we've got a lot of stories around about how long they should last and, oh dear, this concept of the soul mate too. Well, you know, we do have soul mates, but the old story is that a soul mate is someone that you find that completes you, that is perfect and that you're together for the entire time of your human existence here.

I had many soul mates in my time when I was enlightened. I had some relationships that only lasted an hour over a coffee, and they were intense and they were beautiful and they were perfect, and then we parted ways. I had relationships which lasted years, and they were intense and they were perfect and then we parted ways.

It gets so easy to put expectations upon how long we should be with someone and how it should be, but first of all I'd love for you to offer yourself that the interaction was perfect as it was, that, yes, maybe you did scare them. But how wonderful it is to carry the guilt of that instead of honoring his choice that he wasn't ready to be with you as you were then. That's the simple, simple answer I'd love to give you.

Sometimes we need to understand why did the relationship end? What did I do wrong? Well, you never do anything wrong. It's always perfect in the moment.

It gets easy to want to be a victim to our aspects, that I created an aspect at the wrong time? No, I think you knew perfectly what you were doing when you let a part of you come forward. And even when that part of you wanted it to be self-destructive or to end the relationship, which on one level you think you didn't want to do, but clearly on another level you were wanting to do. Don't blame an aspect for that. You've got to own that as a creator.

We get very easily distracted by blaming aspects and then we want to become victims of our own aspects. Well, that's not a creator. Yes, understand maybe a part of you came up, but it still always was a perfect experience.

When we create these relationships now we do want to lapse into the old patterns of feeding, because intimate relationships are very easy to do that because we've got someone willing and ready to do that for us. (Kuthumi chuckles) Because that's the old stories about love, isn't it? We'll stick with each other and we'll put up with each other, because we love each other.

But, yes, be aware when you go into your next relationship or if this relationship comes back, yeah, be aware of how was I feeding? Am I letting them feed from me? And that is a part of the aspect that you were feeling. It wasn't an aspect that you just let come up. It was some old programming of feeding that you were still defaulting to.

And now you've got a wonderful opportunity to clear that energy and to really know that the next time you go into a relationship, I can just be aware of being in my soul space, being in my integrity, of not wanting to feed.

See, unfortunately too, we expect relationships to provide us with things – safety, comfort, sex, love. Make sure you're offering these things to yourself and that feeding won't have to raise its head when you are back into a new relationship. Thank you.

JOEP: Thank you, Kuthumi. Next question is about aspects as well.

QUESTION 2: Does one still hear voices, aspects, if they are already enlightened? I thought I was enlightened already.

KUTHUMI: Yes, you do. I wrote a beautiful story about this recently with Marisa about my time with a sadhu when I was in Udaipur in India. As enlightened as he was, as enlightened as I was, we still heard those voices and we still had aspects that want to come and play. The difference is when you're enlightened, remember you're the conductor of the orchestra. All your aspects play in harmony and balance.

And, yes, sometimes the violin needs some tuning. The bass player might forget and play a little bit louder than he should have been. But you come from a different space now. You come from a space of being connected with soul, knowing you're in a safe space. They come back into balance much quicker, much easier, much more gracefully.

The other thing too is you kind of need aspects to function as an enlightened being in this life. You need the aspect that knows how to drive. You need the aspect that knows how to function at your job. The aspect that knows how to enjoy food. You forget that there's all these subtle aspects around. We think aspects are stories, they're past lives, they're just wounds, but they're not. Most of your aspects are already working in harmony for all of you. It's just the naughty ones that get the attention. (Kuthumi chuckles) It's the naughty ones that need to be worked on.

So, yes, you'll never completely get rid of aspects and voices. But the difference is you get to work with them in balance. You get to work with them as the conductor of your orchestra, and you sure as hell don't stay being a victim of them. Thank you.

JOEP: Thank you, Kuthumi. Next question.

QUESTION 3: Kuthumi, could you please comment on allergies. As far as I know, there is some sort of emotional and psychological resistance that relates with allergies. So are the human games of victimness the only cause for the allergic symptoms? Or is it the excessive sensitivity of the body in some kind of food, pollen or other elements? Thank you.

KUTHUMI: Thank you. And you have kind of answered the question. Yes, some people create allergies so they can be a victim. They can be a victim of their bodies, what they conceive as shortcomings. It's something that locks them into medications and doctors and that sort of medical game. So, yes, a lot of people do create an allergy simply to be a victim and to stay small. And that's a wonderful experience and we can't deny them that.

That's the wonderful thing about compassion. I don't look at someone who's suffering or, what we would call, suffering from illness as anything less than me. They're simply choosing a different experience.

So, yes, you're absolutely right. Some people on some level that allergy is simply a wonderful way to play victim. It's a wonderful creativity too, because it's closing you off to a certain part of life, and this is where we go into the second energy of it, which is simply, yes, it's about sensitivity as well. So when you decide that you don't want to be a victim of it, it's actually a wonderful way that some people create to be much more highly in tune with their bodies, because for most people who don't suffer an allergy or a

sensitivity like that, they can kind of float through the physical existence without even having to be completely aware of it.

So on a different level, a lot of people create allergies simply so they can have a very heightened awareness of how their body is connecting with the world around them. “Oh, it’s summertime. I need to be careful because of the extra pollen around. Oh, no. I have a gluten tolerance. So when I go to the supermarket now, I have to stop and read every label because I need to know what I’m putting into my body. Oh, I can’t have caffeine. That means when I want a nice warm drink or a go to a café, I have to stop and think about, well, what will I have that’s not going to affect my sleep.”

When we create these little sensitivities, let’s not call them allergies. Let’s call them sensitivities. It’s actually been a wonderful invitation for us to heighten our awareness of how we’re connecting with the world around us, how we’re treating our bodies, because allergies, for the most part, are a little bit more dramatic as well.

But if you talk to mostly anyone, there will be something within their world that they know affects their body not in a good way, detrimentally. Some people know they can’t drink or eat a lot of dairy, because it will affect them. There are certain foods people don’t like because it just makes them feel uncomfortable. They don’t like the taste.

So there are different variations in the intensity of an allergy and sensitivity. So some people create it a little bit stronger, because they just want to play with that energy a bit more on how to be aware.

So it can often be a wonderful invitation to simply be really aware of how your body is interacting with this dimension. Yes, and some people take that and turn it into victimhood. Some people take it as a way to truly open up their awareness.

To take that and simply know that you’re being aware of what your body is sensitive to and keep that with joy rather than a discipline or a punishment, see how you can change that energy? Okay, I’m a bit sensitive to this. I’ll find other things to delight my body.

Thank it for actually opening up your awareness and thank it that you have some awareness of your connection of your body with the world around you. There are a lot of people who aren’t open to that and they’re continually bombarding their bodies with things that their bodies just don’t want to interact with. Uh huh, which is a wonderful way to create more victimhood, because then they become ill, and that’s a wonderful way to create some of the more serious illnesses in your society.

We’ve also been taught too to just eat what’s there. Be grateful for what you have. So see how these allergies and sensitivities really try and push through all those old patterns. So they really can be a blessing when you with the New Energy awareness play with them with acceptance and with celebration of the awareness that you’re allowing into your life. Thank you.

JOEP: Thank you, Kuthumi. Okay, next question.

QUESTION 4: My mom has had backaches since the beginning of time. Well, almost. That and on and off pressure coming into her head plus really bad muscle pain in her body every time she wakes up. Could you please give us some clarity on this?

KUTHUMI: Well, doesn't that tie in beautifully with our last question. (Kuthumi chuckles) I don't mean to laugh at your continual chronic pain. I'm just laughing at the synchronicity of how often our questions interact and relate to each other.

You know, first of all it gets very easy when we've been suffering from something for a long time to make that the story of "there is something wrong with me and I need it to be fixed." Our bodies have a wonderful way of doing that. We recreate fabulous issues with our body that are long term and ongoing, and they become who we are. We think they become the very definition of who we are as a human and as a physical human.

So the first level I want you to get, would like to invite this lady to, is simply to accept that this is who she is in this Now moment as her experience stands. And that's very hard, isn't it? And they'll say, "Kuthumi, that's fine, but you're not the one in pain." No, I'm not. But I was in pain for a long time. I almost died. I was in a sickbed. So that's okay. I can lecture you on this.

You know, when I accepted my enlightenment, I think a lot of you imagine me as jumping out of bed and being bright and vibrant and ready to go. I still had many months of physical rehabilitation. I didn't just get up and go traveling straightaway. I had to rest my body and let it recuperate. I still had a slight limp even for the rest of my life and a slight shake in my hand. But I didn't see that as being a fault or anything that lessened who I was.

If you in this moment, no matter how your body feels, no matter your allergies, sensitivities, can you see the perfection of the experience you're creating in this moment, that's going to set a huge part of your energy free.

For the most part now for this lovely lady, it is about being stuck in an energetic pattern. Not just the physical pattern, it's the etheric pattern of it as well. This is how I've always been for so long. Will it ever end? What is it that I'm not paying attention to or finding out that it's changing me? What is wrong with me?

I know the stories you've been saying in your head over and over again, because I said them to myself. And pretty much everybody who is here is saying it to themselves about something within their life, whether its finances, their body, an emotional pattern, a relationship. Set that story free. Feel the beauty and essence of you in this moment.

Now, the wonderful thing is when we stand back from the story and we come back to that beautiful energy of ourselves, we actually allow that pattern, those thoughts to heal. We allow them to rest, and if they rest, the new energies can come up within us to seek solution, to bring balance back to the pattern, to let us hear a new way.

My darling, you've been with this for so long, and I know. I can feel it. But you're not letting yourself hear the new way for you to be. And within that new way you may allow a new healer in you or simply to accept that this is how you are.

But the shackles around you that have been the old way of seeing it and feeling it and experiencing it, that's all that needs to shift. Accept who you are in this moment and love yourself and love every pain and ache.

And, yeah, it might get worse, because that's going to have a bit of resistance because you've been dealing with it for so long. It is like the little child in the playpen that has suddenly believed that that is as big as its world is. So sometimes when you lift that child out of the playpen, they don't know what to do. So they'll actually want to go back in. (Kuthumi chuckles) That's okay. Love it. It'll be ready to step out. Love and accept who you are in his moment, no matter the pain. Love who you are, accept who you are, and that will set some energies free to create a new way to be. Thank you.

JOEP: Thank you, Kuthumi.

Okay, this is the last question we received by email. So if there are any questions in the chatroom, feel free to post. The question ...

QUESTION 5: I remember you saying that after your enlightenment during your travels you remained in contact with your family. Also because they gave you money and that was nice. Could you please comment on that? Receiving money from family, feeding and they feeding on the son, daughter, feeling guilt, wanting to earn money by one's self. Receive in perfect joy and abundance.

KUTHUMI: Ah. Family karma and playing out old contracts. One of the most beautiful things I did in choosing my enlightenment was setting my family free, because when I set myself free, I set them free. They came and sat by my bedside when I was ill. They cared for me. They found therapists and healers and doctors to come and try to cure me. And the wonderful thing was my sisters and my mother would sit there wailing and crying, and my father would sit in the corner reading a newspaper. Some days he wouldn't even look at me, even though he was there.

When I did get out of bed finally and I was able to talk and I said to him, "Why did you not weep? Why did you not come by my bed and call out to me and ask me, beg me to be better?" And he said, "Because I knew you were making your own choice, and I knew you would make that choice when you were ready. I did not want you to die, but I knew that my wailing, my begging would not change any of that." And I thanked him, because his compassion for me allowed my compassion for myself and then back to my family.

I set myself free when I chose enlightenment, and I was in such joy and radiance from that choice, that everyone around me followed that. Admittedly, my family were just so relieved that I hadn't died, that they celebrated my life in whatever way I chose to live it. They did.

And, you see, you don't have to be on your deathbed to choose life. A lot of you are on a deathbed right now, even though you're walking around and functioning in society. A lot of you haven't chosen to live.

You've chosen to exist. I think that's become another catchphrase, hasn't it? I exist. Yeah, you exist, but are you living? Are you truly here? Because when you make that choice, all the karma and all connections fall away, because they're irrelevant. Yes, I was blessed with a family that honored my choice, but they honored my choice because I lived it with such radiance and such depth and such passion.

Soul walking this Earth as an aware human truly in their joy and their passion will be honored. Sometimes that might mean relationships and family fall away. But truly, truly, you're living in that joy and that wonder. You'll honor that and have the compassion.

Did I enjoy taking their money? Yes, I did. Did I ever feel like that was feeding? No. I honored that creation. They offered the money to me in love, and I accepted it with love, because I knew I created this lifetime with a family with wealth to support me.

Do I feel like I should have earned my own money? Sometimes. But I created a family who wanted to provide for me, and that was fine too.

If I had created my own money, that would have been wonderful too, but I couldn't play the game of what if and should I or should I not. I played the game of I am enlightened. I'm so in love with myself, and here is life just as I have created it.

You have to remember too that I lived my life in the late 1800s. There wasn't PayPal or bank transfers or credit cards. Money had to be wired to me, and given that I spent most of my time in India in the late 1800s, can you imagine the reliability of a money wire service to a post office in remote villages in India? There were many times when that money just didn't make it to me. Did I let that send me into a spin, pull me out of my enlightenment, make me question myself? There was one time when I did. But with one breath I came back to my self-love and knew that everything was perfect. I created an opportunity to sleep out in the open under the stars instead of a hotel.

I created a family to provide me a simple dhal and chapati, that was as wonderful as any meal cooked in a restaurant.

Some nights I would be cold. Some nights I would go hungry, but I knew that all would come back into balance. I was just offering myself a different experience for that moment.

If you feel that family is still all about feeding, then that's because you're still buying into the story and there's still some element of that feeding which is serving you.

So here's your choice. Choose to step away from that feeding, because when you stop the feeding from your side, it has to alter it from both ways.



I never once saw my family as feeding from me by providing me money, and they knew it too. They knew that by sending me money that it was no guarantee of how I would behave or how I would interact with them. They did know this: I had love and self-respect and compassion for myself. And while I had those for myself, I would offer it to them.

What you are seeing and feeling from them is what you are reflecting to yourself right now. So look at yourself and step into that beautiful space of acceptance, love and you'll have it to offer to them. The wonderful thing is they start to offer it to you. It starts with you.

Climb in your sovereign space and be clear on how you want to be for then they can know how to interact with you. I always begins and ends with you.

I set myself free and in doing so, I set my family free. And we loved and honored each other in a whole new way that I still cherish to this moment. Thank you.

JOEP: Thank you, Kuthumi. That was a wonderful story about family.

We've come to the end of the questions and there are no more questions in the chatroom. So ...

KUTHUMI: That's fine. We'll do one little bit more and then we can finish up. Isn't that wonderful?

JOEP: Yes.

KUTHUMI: We've crammed a lot of energy in today, which is always wonderful. I am loving that the people who come to connect with us know they're ready for more. They want more. They want it big and they want it bold and they want it deep (Kuthumi chuckles), which is how we should all be choosing to have our lives.

So take a breath with me now. Let's all get off our deathbeds. Let's all walk and live. When was the last time you asked yourself do I really want to be here? Do I really choose to live? Will I shuffle through this life content with what I feel will be offered to me? Or am I ready to sit here now, take that breath and choose that beautiful self-love and really be open to the joy and wonder of all that is around me?

I can hear the stories inside me that want to pull me away from that. And I know they're old and they're tired. They're tired, those stories. There are parts of us that are constantly creating stories to distract us, and they're tired. Let them free and we'll open up some beautiful New Energy in you that just wants to play and explore and be loved and to know joy.

And that's how we'll finish today. How do you truly want to be here? It's not good enough to just be here walking and talking and breathing. Really breathe. Really breathe in the beautiful experience that we've created here in this dimension. Make it as amazing as we can. Let's start by accepting who we are right here, right now. I am so in

love with myself, in awe of wonder of all that I am, all that I have been, and with so much excitement and anticipation for what lies ahead. God damn it, I'm amazing. God damn it, I'm glorious and I just want to be here to have every bit of this experience as rich and amazing as it can be.

Namaste, everybody. Namaste.