

Kuthumi's Kernels of Kindness

Aquarian Keys to
Meeting Today's Challenges

David Christopher Lewis

Meru Press®

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and Saint Clare of Assisi***

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and Sultan Malik al-Kamil***

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***Kuthumi Playing Organ
at His Retreat***

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the Cathedral of Nature***

(See pages 199 to 206.)

Introduction

David Christopher Lewis

My first introduction to the Master Kuthumi was in Santa Barbara at a three-month Summit University class that began in January 1975 and was sponsored by the Master Hilarion. Students were tasked with reading transcripts of Jesus and Kuthumi's teachings on prayer and meditation, which were later published as a book with that same title. The readings from these two adepts of light were punctuated with verbiage that challenged and upgraded my understanding of personal prayer and meditative practices, introducing me to a much more mystical and profound wisdom. The sweetness of the Mahatma Kuthumi's words left deep impressions in my soul that seemed to quicken some inner ancient memories from past lifetimes.

Fast forward to April of 1976, when I was called to serve on the staff of The Summit Lighthouse in Colorado Springs, where Jesus and Kuthumi were sponsoring a three-month class together. At the end of that session, attended by at least fifty or sixty people, a student named Benton Wilcoxon composed a song to these two masters, which instantly became a favorite of all. This rhythmic, rhyming tone-poem prayer, ensconced within a sweet melody, opened with the lyrics "Enter, Jesus Dear; Enter, Kuthumi Dear."

After serving on the Summit staff in numerous positions for over twenty-five years, on June 6, 2004, while operating the A/V equipment during a Sunday service at Saint Mark's Church in Livingston, Montana, I was asked to pick a song to sing, and I chose that very song. While it was being played, I had a mystical experience of being raised in vibration, out of my body and in an ecstatic state of divine bliss and perfect union with God. Fortunately, I was able to return into my body before the song

ended! Interestingly, a day later a friend told me that a clairvoyant who was in attendance saw Jesus and Kuthumi entering the church in their light bodies to bless the congregation!

The day after this service, after my early morning new-age rosary and prayers, I sat down to begin writing about my mystical inner life, with all the amazing miracles and synchronicities that had occurred since I was a child. As I began to put pen to paper, a divine power overshadowed me and I began writing, in my pretty decent Catholic cursive, what was being telepathed to my mind by an unseen being. I could barely keep up with the words that were flowing through me and wrote feverishly for about fifteen minutes. At the end of the second page, I wrote "Jesus" and then the powerful light force left my aura and I put the pen down.

I was stunned, yet also gratified. For when I read the words, I began to weep for joy, reexperiencing the feeling of tremendous love and peace that had enveloped me during Jesus' dictation—a well-documented gift of the Holy Spirit experienced by numerous saints, which is called locution in the Catholic tradition. Jesus told me to arise early each day, meditate in silence and then receive a new message. The next day, the Master Kuthumi dictated his first message to me—just as personal and profound as Jesus' inspired words.

This began a new phase in my life, which as of this writing resulted in the receipt of nearly seven thousand messages (called HeartStreams by the Master Saint Germain) over the last twenty-one years and culminated in the creation of a beautiful movement called The Hearts Center Community, a name coined by the Divine Director, Saint Germain's guru and mentor. We began livestreaming free daily devotional prayer/meditation/song services and now broadcast regularly from over twenty different centers or homes around the world.

Many of the early HeartStreams by various ascended masters were for me personally, yet in September and October of 2024 the Master Lanello dictated thirty-three messages to me—one each day for thirty-three consecutive days—partly as an initiation and partly to comment on changes he saw as necessary in

both my own world and in the culture of the organization that he founded in 1958, The Summit Lighthouse. That's another story for another upcoming book!

The first message in Part Two of this book was dictated by Kuthumi on December 2, 2004, and is titled "If You Would Be Peace, Master the Art of Pure Silence." Nearly seven years later, on February 13, 2011, the Master began dictating short, pithy quips that he called his Kernels of Kindness—thus the title of this book and the first seven HeartStreams in Part One. One of Kuthumi's major virtues, which all who know him more intimately recognize, is the divine quality of loving-kindness that simply oozes from his aura and enfolds each devotee in its amazing grace and uplifting light.

As I reflect on the illustrious lifetimes of the Master Kuthumi, who has been acclaimed in new-age circles as a World Teacher with beloved Jesus, I am heartened by the threads of light woven through them within his illumined mind and courageous heart. The artist David Keil has created eight amazing images of the primary lifetimes of the Master, well-documented in both Theosophy and other mystical traditions. These are Thutmose III of Egypt; Pythagoras in Greece; the magus Balthazar, King of Ethiopia; Saint Francis of Assisi; the Shah Jahan of India; and, finally, the arhat Kuthumi Lal Singh, who lived throughout the nineteenth century and was instrumental, with El Morya, in founding Theosophy with Madame Helena Blavatsky and others.

Many of us who grew up Catholic were inspired by the life of Saint Francis of Assisi and love his prayer that begins, "Lord, make me an instrument of thy peace." I recall that when I was a teenager in high school, the movie *Brother Sun, Sister Moon* was released, with music by Donovan. Although it wasn't completely historically accurate, it spurred some interest in Francis and Clare and the brother/sisterhood that resulted from their unique lives of self-abnegation, meditation, prayer and sacrificial giving.

One amazing incident in Saint Francis' life was his long barefoot trek from Italy to Jerusalem to speak with the Muslim sultan Malik al-Kamil to win peace between the Christian crusaders and the Islamists of that day. David Keil has captured the aura of their meeting, as well as K.H.'s other lives, in his wonderful illustrations in the center of this tome.

In 2007 I conducted a Hearts Center pilgrimage to Greece and Italy, during which we touched upon two of Kuthumi's lives—one as Pythagoras, who formed a mystery school at Crotona in Greece; and another as Saint Francis, who made Assisi, Italy, famous. I had many mystical experiences during our two weeks together, highlighted by a visit to an underground crypt area near the humble church where Francis worshiped with his holy brothers. Having contacted the akashic records of this place, I was shown that I was one of the friars that served in his company—thus my direct connection with this great master of wisdom and peace long ago!

During another Hearts Center pilgrimage to India in October 2008 with sixty-eight devotees, we visited the world-famous Taj Mahal in Agra, which Kuthumi, as the Shah Jahan, had constructed in remembrance of his beloved wife, Mumtaz Mahai, who died in 1631. This could be one reason he was then known as Shah Jahan the Magnificent.

Previously, in 2006 during Ramadan, ninety-nine students of the light took part in our first major pilgrimage to Egypt, where we learned that Kuthumi had been embodied as Thutmose III. The historian Richard Gabriel has called him the “Napoleon of Egypt,” as he led about twenty victorious military campaigns and forged what is considered to be the first navy of the ancient world during his fifty-four-year reign.

Kuthumi has two etheric retreats in Asia—his primary retreat in Kashmir in northern India and another in Shigatse, Tibet, where he often plays an organ to emanate the comforting energy of peace and brother/sisterhood to beings around the world who are passing from one life to the beyond. During the sixty-plus soul-raising sessions that I've provided since 2023 overshadowed

by beloved Kuthumi—the Master Psychologist—each devotee has been taken in his/her finer body to Kashmir to experience the profound peace of his retreat and receive assistance in resolving what have often been deep-seated quirks or issues so that they may lead a more balanced and harmonious life. The profundity of the peace that I feel during these sessions has been life-changing for me too!

One of my favorites in our large compilation of prayers and songs is the one I composed while overshadowed by Kuthumi—“I AM the Master of My Psychology” (60.012). I always find something within these words to latch onto to help me through life’s daily initiations and challenging or eventful interpersonal relationship dynamics! I am always moved by the breadth of Kuthumi’s mind and his ability to relate to each of us in a most personal and yet highly skilled way to help us refine and elevate our thoughts, feelings, words, actions and emanations!

Before the formation of The Hearts Center, two advanced souls and I sat down together in early December 2004 to meditate on and with Kuthumi in one of their homes in Wheaton, Illinois, which is the American headquarters of Theosophy. Within one minute, the Master appeared, radiating a cosmic aura that lit up the entire room in a golden sun of perfect peace and joy. I was carried off in bliss to universes untold, and my entire mission as an amanuensis for the ascended masters was downloaded to my higher mind. I recently realized that this miracle was exactly six months from the date that Kuthumi appeared with Jesus at Saint Mark’s Church in Livingston to begin a solar journey of light for me that is still manifesting day by day!

One of my favorite HeartStreams from the Master is number 22 in this book, which I received at the Denver International Airport on April 5, 2007, while waiting for a flight. I was sitting at the end of one terminal, trying to be still to “hear” the Master’s voice within me. During the twenty to thirty minutes of writing Kuthumi’s words, he dictated a beautiful poem titled “I AM the Song of Life,” which was subsequently put to music by Maria Min, with Carol Wells playing the piano. Here it is for you to contemplate while you absorb the Master’s loving radiation:

I AM the song of life, a sacred melody sublime,
 Releasing chords of destiny throughout all space and time.
 I rise to heights of consciousness within the heart of God,
 His flaming Presence I now know ensconced in flaming Yod.

My heart imbibes the essence of pure love in every way;
 For when its streams flow freely, I AM raised by sacred ray.
 God's choral glee surrounds me as his angels chant in rhyme.
 Their lilting voices soothe my soul;
 their crystal tones now chime.

Impressing patterns perfect deep within my soul and mind,
 I see the glory of creation shining, pure, divine.
 O Lord, your light is everywhere; I see your Spirit true.
 Your luminescent mindfulness my nature does imbue.

As Muses speak, a light-elixir fills my prayerful heart.
 I AM pure being, song sublime; I feel God's blazing start.
 My aura, filled with liquid gold; our minds now merge as one.
 No shadow lingers where I AM. I AM a flaming sun.

I AM the song of life, a sacred melody sublime.
 O Lord, infuse your grace within me. Through me ever shine.

I am eternally grateful to this kind, gracious and humble yet
 powerful master, who, when appearing to many, is often mistak-
 en for Jesus due to the same universal love and peace that he
 emanates. May this picture-perfect peace overshine and bless
 you always!

Lovingly, I AM,

David Christopher Lewis

Co-founder, The Hearts Center Community
 and Meru University



If You Would Be Peace, Master the Art of Pure Silence

*December 2, 2004
Livingston, Montana*

Peace be with you. I am come to initiate you in the presence of the Master Jesus, who comes with me this day to confer blessings untold to all who are faithful to the Word and the work of the Lord. We come to begin new spirals of light for the teaching and the preaching of the gospel of truth of the Aquarian Age to many souls who have been prepared on inner planes by us, as they have already received our instruction and tutoring in our retreats.

We look to those who will carry on our work. And although Earth's schoolroom is, in some arenas, becoming more aligned with the etheric plane, there is also much error being promulgated to the Children of the Sun. We come to bring an exposition of light, revealing the mysteries to those who are ready and accelerating you who have allowed the stream of light from us to flow through you.

I AM Kuthumi. I am your advocate for the resolution of the two faces, or sides, of being. For you do wobble back and forth between being within the glory of your divine reality and within the infamy of your human unreality. Balance at all levels through walking the Middle Way, the way of peace, the way of comfort is our way.

Much has been taught about being centered. We would bring a new focus on this subject this day. Being centered is being seated in the presence of Christ-peace. Being centered is being

seated in the lotus of the heart. Being centered is being in the equidistant point of the Libra scales so that you do not wobble as a top that has lost its spin. Instead, the spinning is so true and fast that from an outer point of observation, there is no spinning at all, simply the pure image of being.

Thus, you are both active and passive, yin and yang, God and man/woman—complete, undisturbed, real. This centering requires the resolution of the known and the unknown. It requires the identification with the all and the nothing simultaneously so that you have no ties to either, no strings attached to hold you down, to bind you to the not-self. In this nonreactive mode of being, there is resolution, ablution and the 100 percent solution to all your dilemmas, which no longer are so daunting; they simply are your opportunities for being who you are.

As masters of silence, we move in peace. As masters of peace, we silence all. If you would be peace, master the art of pure silence. For in the Presence of God, the Awe-Commanding All, there is nothing except pure love, pure being, pure light.

I AM light—and I did provide you with my mantram because light is the alchemical key to God. If you would be God, be pure light.

Initiating the golden-ratio spiral of light within you is our mission. We initiate it at the core of self and then observe how the spiral does turn and the full expression comes forth. As you become the observant one, you know light, its spiraling, its expression, its fullness within.

Periods of complete silence are necessary for you to disengage from the noise of self and the din of the mass consciousness to become the self-observant one, dwelling in and on the point of True North, True Self. Awaken early, when all is still, and feel our presence with you. Become light. Become stable. Center in our oneness, and you shall know.

I have come. Jesus has come. We shall continue our discourse if you would have us be with you always in the silence of true Selfhood in God.

Peace, beloved, all-ways.



Kuthumi Exhorts Us to Discern More Refined Ways of Conflict Resolution

**Our Personal Harmony
Will Augment the Greater Harmony
of Our Communities and Hearts Centers**

*Detroit, Michigan
April 3, 2005*

Blessings flow unto you who love God! I AM K.H., and I come to inaugurate a coil of fire in this city for the resolution of conflict.

What is conflict save the interaction of auras that creates the friction of the unresolved energies within that are not gracious and understanding of every aspect of the self as God-in-the-becoming. When your auras are in close proximity, there is a natural process whereby darkness surfaces unto the light of day for resolution. This resolution does not always flow freely and amicably, and so the amount of friction and the intensity of the conflict is in direct proportion to the sum of the variables or quotients of the darkest darkness and the lightest light within your collective consciousness.

When there is a wide variance in these quotients, the conflict may be great and cause an intense reaction—verily, a chemical reaction, as of an explosion. For the elements of self within various parties may be those that, when combined, are the exact components that cause the release of energies that must be resolved before harmony may ensue. For every atom of self and