

Soul Café with Kuthumi

Channeled by Marisa Calvi

THE BEAUTY OF BREATHING



Broadcast on www.blogtalkradio.com, March 2019

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Soul Café with Kuthumi – March 1, 2019

The Beauty of Breathing

Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hi everybody and welcome to Soul Café. My name is Marisa Calvi: I'm coming to you from Sydney, Australia. I'm a channeler and author who works with the energy of Ascended Master Kuthumi Lal Singh and we gather once a month here in this space to play with Kuthumi, to breathe, and to explore living life with soul.

It's great to have you here. We do take questions but we do that by email beforehand and I've got a couple here that we're going to do but I'm really looking forward to a time of getting really getting into the breath with Kuthumi today. But before we get on with that I'll do a little business...

If you would like to know more about my work with Kuthumi, then please come and check out our website at <http://newenergywriting.com> There you can find out all about our schools and we have a new school starting on Sunday called Conscious Breathing. It's a new school because we have themes with each school, and this time we are just going to explore the breath. We're going to be doing four weeks of this and I've got a special price of just fifty dollars – that's Australian dollars (which is terrible at the moment) so if you are joining in from overseas it will work out a bit better. And we're going to do two sessions a week of just breathing with Kuthumi.

And I'd like to also remind you too that once a month, here at Soul Café we join with Norma Delaney who is the Doctor of Breath and who is one of my grandest teachers. We'll join with her again on Monday March 11th, or Sunday the 10th for those

of you in later time zones and if you want to know more about her as well you can go to <https://www.newbreath.net>

Okay. So the conscious breath that we're going to be playing with in our school and also what we're going to be playing with today...

I first discovered the breath through my teacher Norma Delaney who found that the simple act of being in the moment and just feeling your breath move in and out of you can bring you back to a presence and an awareness that can open up your creativity, that can help you find peace, that can get you out of being a victim, (laughter) and so much more. For me, it was a wonderful step out of playing with depression, coming back to my god self and owning my creativity.

It seems almost bizarre that to simply stop and breathe, which is something we are doing constantly whether we're aware of it or not: the breath is our very link to living. Without the breath we're not alive and that's one of the other greatest keys to it: that when we stop and we breathe, we are re-affirming that we are choosing to live. And once we get back to that basic energy, then everything can open up. Opening up our awareness so that we're not sleepwalking through life, that we're making conscious choices, that we aren't just letting ourselves react to the others around us – we are creating a life we want, that we desire and that is filled with wisdom, joy, clarity and whatever else we want.

It's something that we have been using for millennia, so this isn't anything new, I know. The ancient mystery schools, the temple schools; you still see it in yoga and Buddhism which have been practiced for thousands and thousands of years. You use the breath to connect with the physical realm, to

consciously connect, to invite balance into our body, to balance our mental processes...

Kuthumi in a recent school started talking about the mind cloud: how we get so into a fog with our thoughts and our beliefs, the churning over of things. And the breath, when we sit with it – we used to call it meditation – just being in that space where you're by yourself, you're quiet and you're just feeling who you are.

It's something that is very simple to describe and yet once you start experiencing it and playing with it yourself, you become so aware of how much it can open up. And yet it can be so easy to simply forget to do the conscious breathing when we get unbalanced, when we get distracted, that all we need to do is take that time to stop and breathe.

The wonderful thing is every time we do it we open up our awareness more, we invite soul in more and we open up that relationship with the breath and what we are connecting to it for. Do you want to do it just because it gives you a time out? That's great. Do you want to do it because in that space you feel soul and you hear soul's wisdom – even better. (laughter) It's a beautiful relationship and it blossoms and grows every time we even take that one minute at traffic lights or you know, if you're working in an office job and you have to go to the bathroom: to sit in that cubicle maybe thirty seconds longer and just even take five deep breaths...

You don't have to hide in a cave and do it for hours upon hours – even that one conscious breath can invite so much wonderful energy into life. So with that, let's do some breathing. I'll invite you to make yourself comfortable: we are going to go to a nice

space now and then Kuthumi will come in and chat and take us in even deeper.

But if you haven't done this before... to put your hand on your belly, or both hands, and just feel that you want to pull your breath right down into your abdomen. I know, if any of you know anatomy, we breathe in our lungs so we feel sometimes that to breathe is to fill up our chest, to let our shoulders lift. But it's also wonderful too, to really feel that we're pulling that breath all the way down to our belly. Letting our diaphragm really expand our lungs so fully that we almost fill up entirely with breath.

If you feel your body pushing against this, this is fine. Just relax into the rhythm of your breath. Just relax into the rhythm of your breath. Just feeling it move in through your nostrils, down into your lungs, and back out again. That's enough.

If you feel it catch every now and then, that's fine. Because the very act of doing this, we sometimes have to retrain our body because we get very used to shallow breathing: breathing just at the top of our lungs, up in our shoulders. So sometimes even pulling it down to our heart level can feel like it's unnatural.

So if you're starting this for the first time: be gentle with yourself.

Just feel that beautiful rhythm,
and celebrate that you're stopping
and being willing to feel this movement
in and out of you.

So for those of you who have been doing this for a long time: how wonderful it is to come back to feel that beautiful embrace of your soul love.

And for all of us: how distracting. We start to think what we've got to do after this... maybe I shouldn't be doing this now? Do I have the time?

Or those old memories want to come back and distract you because they own you so much, they don't want to lose you to this beautiful space. This beautiful space that's free, that's just full of love and creativity.

There's no wrong or right way to do this: there's just this beautiful love that you're offering yourself by stopping and being in the moment with your breath.

If you want to lie down while you do this: that's fine. If you fall asleep: that's wonderful. How wonderful to be so relaxed and feel so safe that your body will sleep.

Is your body itself distracting you? Is it saying I'm cold, I should have put some socks on. I should have opened a window – go and do those things. Sometimes our body tells us these things because it wants to be comfortable, not just to distract us. It's okay to stop and go and get a glass of water, to change your position because you're not comfortable.

The breath is there waiting for you to come back whenever you're ready, when you're comfortable.

It's a wonderful space to be aware of how easily we distract ourselves from this beautiful space within us.

And then there it is, always waiting...

The breath moving in, moving out,
like a tide on a beach,
like the moon rising and setting:
it's always there, always playing.

It's so simple
and yet it's so rich.
Always there;
doesn't cost anything. (laughter)

Remember there's no right or wrong way to do this:
This is your gift to you to simply be present,
to feel that rhythm that's yours and yours alone.
Your breath. Unique. And every breath you take is unique.

This isn't a program.
This isn't a conditioning or a belief:
it just is.
You. Here. Breathing.

Just feel that rhythm as we invite Kuthumi in with his wisdom...
I feel some stories coming on. (laughter)

More deep breaths...

Feeling your wisdom as we invite and allow Kuthumi's wisdom
here with us.

KUTHUMI: I Am That I Am Kuthumi lal Singh and I am my
breath in this moment, as are you.

We've been here before; we'll be here again. It always comes back to this simplicity. No matter the temples you studied at, no matter the schools that you trekked to, that you suffered for – it always came back to the breath. It came back to silence.

It's interesting because that's what we all craved when we start the search. We want silence, we want disconnect. We want to switch off the outside world so we can feel what's going on inside. We didn't know that when we began the search to know ourselves, we always start by looking outside, don't we? We look to religions, those around us because we gave up on believing that the answers were within or that we knew them already.

We searched. We walked. We asked questions. We starved ourselves. We put ourselves in isolation – and we put ourselves in isolation because we were told to. (laughter) Very few choose isolation and silence of their own accord. Most do it because they're so sick of being bombarded that they just want respite from the world. It's not necessarily about searching for truth – but we knew, something within us knew we needed to disconnect from the world to know its truth. What an irony.

I want to understand my place in this world. I want to understand why I'm here, what my purpose is, to make sense of all of this, and yet to do that I have to disconnect from the very thing I'm trying to understand. We let go of family because we can feel how they're pulling us away from the truth. We reject our culture and our society because we can feel that that's just patterns repeating over and over. We separated. We went to schools where we knew things were done differently because we knew there was something in us that was different.

And yet we sought out the schools hoping to find those that were the same as our different. (laughter) I love that irony in the search for meaning: I will separate from all that is because I am different but I'm going to go and find the people who are the same as me. It's one of the greatest disappointments of finding others on the search for understanding their differences, that when we find them we are appalled, (laughter) or we can be appalled at what they're reflecting back to us. How wonderful it is to find like-minded souls who show us where we're stuck, where we're in judgment and where we're holding on.

Then we find those who have a peace about them and a wisdom that we want to attain as well. So we listen, we listen to their directions, their sharings. They tell us to go and sit in a cave for forty days, forty nights with no food, no water (or minimal water) and we do it because we think they have the answers.

So we sat alone in the quiet, in the dark and all we're left with is what's going on within us. And we realise all the voices we've got going on: the voices from our family, the voices from all the stories we've created to get through life, and we slowly, slowly realise how we've been carrying so much for the world around us. And we sat and we observed all these stories and we realised how much we've been owning them, truly believing that they are us.

Separated from family you can see how much we carried for them because of a sense of duty and because well, that's what you do. Your father tells you his beliefs, your mother displays a behaviour and we see that as natural and it's part of what we were born into. The voices of our teachers, our friends, and we take their stories and we carry them too. And soon we're

carrying so much for everyone else because that's what the world is about: we just carry each other's garbage.

And we become so heavy.

Some of us carry it physically, some of us carry it mentally and emotionally: is it any wonder you meet so many people who are so tired, so tired. And sometimes some of them, if you ask them, they're not doing terribly much. They're not doing terribly much in the physical sense but boy, are they carrying a lot of crap for everyone else. The world around us and the politics and religion: we carry so much and then, every now and then, some of us wake up.

We realise we're tired when we shouldn't be. We're heavy when we shouldn't be. And through all of it there's this whisper that comes through reminding us that there's a purity and an essence within us that is free, that is light and doesn't have to carry anything for anyone. And it starts to push through the stories. When we get that little taste, we want to set it free even more. But the weight of the world and everything we've been carrying makes us feel like it's impossible, makes us feel like it's buried: we want to uncover it, we want to dig it out. We start going to workshops, listening to podcasts (laughter) and there's a truth that comes through in all of them. And yet part of us still struggles: we want to know, how do I set this free?

The biggest questions that always come to me, the essence of every question that comes to me is: how do I set myself free?

So we decide to disconnect from all that clutter in the world around us. We put ourselves in isolation, in schools, in the hermitages, even in the old religions we took hermitage because those who were truly connected to god through their

religion knew it was about this purity: not about the rules and regulations and the frocks and the rituals – it was about that very soul essence connecting back to its freedom and love.

So we sat in the caves, in the little dark chapels. We were left alone, quiet, with the only distractions being becoming more and more aware of just how much we'd been carrying. We saw a beauty in how strong we'd been, how much we'd taken on, and we get to a moment of celebration. Dear god, imagine when you realise how much you'd been carrying that wasn't yours. How much you'd been carrying out of what you thought was obligation and duty. And we let them fall away – not shunning them, not pushing them aside, but simply thanking them for being part of your journey. Thanking them for what wisdom that allowed you to gather, what experience you had played with because as we sat there in the silence, in the dark, we truly felt the truth of who we were.

You know, this rhythm beneath everything and we realised that rhythm was the movement of our breath in and out: the very essence of life within us. Pulling in oxygen, pushing out what we didn't need. Nourishing every cell in our body, every cell carrying DNA that designs our life physically and that's it.

But this DNA that's within us is dynamic. I know most of you have seen diagrams of DNA – it's a spiral. It's not a straight, hard, flat line: it's curved. It's dancing and that curve is constantly in motion. It's a wave, a wave of energy. I know your scientists will tell you it's different little proteins and chemicals that are arranged and the way they are arranged is how you look: well, that's true but it doesn't decide how you experience life. And that's what we've decided. We've decided that our physical decides our experience but it doesn't. Our experience decides our physical. (laughter)

So who decides the experience?

You do. Your consciousness. Your awareness. Your story of who you with soul chose to be in this lifetime.

So this breath that moves in and out of you, that nourishes your physical, that keeps you connected to this very life: as we breathe with it we can turn it from something that's a simple physical act into something that is gloriously filled with awareness, with consciousness, and with choice. Not to breathe to push anything, not to breathe to conjure (laughter) but to breathe to realise this is the essence of who I am. This is the essence of my experience and within this space, I write my story. In this space I become aware of my truth, who I can be and what I desire.

But you don't have to push it into anything; just surrendering to this space is enough to let your very being know that you are remembering you're a creator, that you're remembering you choose, and remembering the very beauty of your soul, here, playing with you. And that can be enough. It is enough because it's everything.

Can you surrender to trusting that beautiful free creativity, to be in anticipation of what it will bring into life? Can you believe that what your mind wants to tell you you think you want and desire is so small compared to the potentials that soul can play with to bring to you?

With that, I'm going to answer a question because it ties in with this beautifully. This question from a dear one:

“My mother passed and circumstances are such that I have to make a decision now about where to live, what’s next, and maybe to leave all of my possessions. It feels more like a decision than a choice and there’s no visible place to land. Would you have any pointers or wisdom for me?”

First of all, sending you love for the loss of a parent although there’s a beautiful peace knowing she picked the perfect time to leave. We all do. We all leave in the most perfect time, in the most perfect way. And in that compassion, we have the compassion to say: I am in the perfect place, at the perfect time, in the perfect way.

Freedom can seem like a very daunting thing. To say you are now free of your home, you may soon be free of your possessions, and you really have no plan ahead which means you are free to create whatever you want. Imagine if you had been given one option. Imagine that. That someone came to you and said: your dear one has left, life has changed, this is what’s going to happen for you now, whether you like it or not. There’d be a little part of you wondering what else would there have been, what else might I have created if I had had choice? If I had had my creativity in alignment?

You see, our mind can be so conditioned to take what is actually quite an amazing situation and make you feel like I’m not choosing properly. I don’t know what to do.

So let’s change the perspective a little. Instead of being in the space of- this is so open I have no idea what’s going to happen to saying: wow! I have everything so open, I don’t know what’s going to happen which means I am so open to every potential and possibility. In this space if you can truly, truly surrender to trusting yourself, you will allow things that you haven’t been

able to imagine. Can you trust that all will happen in ease and grace? Can you trust that even when it seems like something has gone what you humans call “wrong” it’s actually just energy shifting and shaping to bring you the perfect solution?

Can you in every moment trust yourself to create? Can you trust your creativity through this because that will allow the energies to truly unfold and serve you. This sense of freedom – oh gosh, revel in it. (laughter) Revel in it!

And then you start playing... imagine the home you would like. Don’t imagine it as: I want it to be a white house with a red roof or anything like that. Feel into how do you want that home to be? How do you want to feel there? And then everything will align.

Trust, trust, trust, trust. And feel, feel, feel.
To surrender into your breath,
to say to soul: come play with me
to create this new phase of my life.

Everything is so open, I trust you.
Everything is so open,
so mind you can’t close me down to one option
or scare me into thinking that this is where I should be.

Oh, how wonderful to be so free
and be human. (laughter)

There are a lot of people right now probably listening to that question thinking oh, how jealous they are. (laughter) And I know when you’re in the depths of it, it doesn’t seem like it’s clear. It doesn’t seem like it’s serving you, but come back to the breath. In your breath to trust yourself, in your breath to invite

soul with its limitless potentials who loves you so much. It's just excited to be creating this new time with you.

Thank you.

Let's go on: we've only got one more question and it's another wonderful one which will take us into this space of the breath.

"I would love to receive insights from you on the greater way to be in total compassion and clearing repeated hurts, fears, and doubts."

So if you know there's something you want to clear and you feel you can't clear it: the hard thing, but the most productive thing to do is to really be honest with yourself as to why are you hanging on to them? How are these fears, these doubts, these past hurts – how are they serving you?

And I'll tell you how they're serving you so we can get there a bit quicker...

They're keeping you in this space of being victim so you don't believe that you're a creator. Classic human, classic human. (laughter) We will do whatever we can to make us feel like we're not creators. We'll create a space that is so free and open that we will say that we're not good creators because we can't make a good choice. We will say we're not good creators because people don't treat me well. I doubt myself, I don't trust myself therefore I'm flawed. We love to create this pattern of being flawed, imperfect, so that we separate from our creativity.

So the compassion you're seeking, that we all are, is simply to surrender to loving yourself in this moment. To know that

everything you've done has been in perfection, everything is in perfection, and everything always will be in perfection. Even when you're not particularly happy with someone (laughter) but the wonderful thing is every time we come back to self love, every time we come back to self love, we are reminding ourselves that we are creators in perfection. We say to our creativity: I honour you, I trust you and I'm ready to play.

You see, this sense of being imperfect and in being flawed: it's this wonderful way to keep us in this holding pattern so we don't try anything new. Because we've done it wrong in the past, we'll do it wrong again so we'll just stay as we are. So it's a wonderful way to feel an excuse for not trying anything.

So, are you tired of being in the same space in the same way? Are you tired of telling yourself the same stories, replaying the same hurts? Because you know when you do that what you're actually doing also is you're constantly reminding yourself and replaying those stories so that your creativity says: well, she's really enjoying this, let's keep doing that again. So the patterns repeat.

In the breath, in allowing ourselves to feel our love, we're saying we're ready for new. So with that, let's keep breathing.

And for those of you listening: if there's something you're tired of, if there's something you want to create but there's this sense that you're being held where you are, that things can't move on... what's the story you're telling yourself? And then with that, just breathe.

When we come back to the breath
and we stay in this moment,
we're also remembering

the past doesn't exist anymore,
the future doesn't exist either.
All I am is the breath in this moment.

All I am is me with soul
in this moment.
This is all that exists.
This breath, and then this breath.

The breath that I was even one second ago
doesn't exist anymore.
The breath that I will be in two seconds
hasn't even arrived yet.

All I am is this breath in this moment.

And as we did in the schools,
we feel the past is just stories.
The voices that want to distract us,
they're stories that we've been carrying as well.

Coming back to this breath, to the creator that I am,
in this breath, in this moment,
this is all that I am.
All that I am.

Are you tired of carrying?
Are you tired of dragging around the past?
It's gone. It's mind that keeps it here with us.
The breath sets it free.

And the breath brings us back into this beautiful space.

The wonderful thing is that the more we do this breathing, the more in one breath we remember. The more in one breath we allow to come back to this space. It's delicious, isn't it? I know you're feeling it, those who have been playing with us now and there's that sense you want more. You want more. You want more.

And it's always here.
It's always waiting.
Breathe in, and breathe out:
it's that simple. So simple.

If there's something inside of you telling you it's too hard, or a part of you is still saying you're not worth it – you're not worth it? You know you are. That's why you're here. If you didn't think you were worth it, if you didn't truly believe you were worth it, you wouldn't be here. You wouldn't have found this radio show. You wouldn't have taken the time for yourself.

It's all stories.

Any story that tells you that you are less than a glorious soul creating a wonderful, perfect experience is just a story. It's a belief that somehow you picked up from somewhere or created yourself and you've been carrying it around.

And see now, now it's easy to get into the story of why do I let myself beat myself? So you beat yourself up about beating yourself up. How wonderful a creator you are if you are doing that: glory to you. (laughter)

But here it is underneath: just waiting, just waiting...

It can be a moment of frustration as much as it can be exhilarating when we sat in those schools in the quiet: some of you it took a few days, some of you it took months... and we suddenly felt the truth of who we were. We suddenly realised the simplicity that had been waiting there all along. That we hadn't needed to suffer and leave family and society to hide in these schools, to starve ourselves, deprive ourselves of sleep – but at the same time, it was the only way to get there. To disconnect so we could reconnect with what was within us. We knew it was there. We knew we just had to get through the layers, but we didn't have to do it with struggle.

We don't have to sacrifice. It's not a service or a duty that we earn anymore. It's here and it can be a part of everyday life. We can stop in the supermarket and take a breath: a wonderful place to do it to connect with what is it that I want to treat my body to now?

Because the real beauty of the breath is that we wake up and we let ourselves be loved: first by loving ourselves and then by letting life love us. Loving life changes its dynamics. It changes what we allow ourselves to interact with and how we do it. How willing are you to love yourself and let those gifts be part of your life?

A deep breath in,
and a deep breath out:
begins and ends,
so simple, so beautiful.

Breathing in and breathing out,
this loving glorious space,
just waiting for us.
Always there, always there.

Imagine beginning your day with this to wake up instead of reaching for your phone or jumping out of bed in a rush: to take just one minute to feel the beauty of your breath and to remind you that this glorious life you have chosen – it's yours, and there's love there. At the end of the day to close your eyes and thank soul for another beautiful day of experience, and then to just breathe and feel that space.

Are you worth taking that time for yourself?
Well, yes you are.

Is life full of glorious things ready to share with you?
Yes, it is.

Are you willing to allow them?

Here it is in the breath. The breath. The breath.

Let's play some music: we're just going to do maybe thirty seconds worth... just breathe and feel and I'll come back and say farewell to you.

So breathing in, breathing out and just feeling this glorious, glorious place within you as the music washes through you. If you get distracted, you come back to the breath. Come back to the breath.

(music)

Breathe.
Breathe.

That was a minute, over a minute. Wasn't that long, huh?

You want to put some beautiful music on, do so if it helps you breathe. You want to go sit out in the woods, by the ocean and just listen to the waves, do that too. But just have these moments where you will just give time to yourself, give time to loving you.

Give time to inviting soul to be part of life.

The breath is just your anchor:
it's just your bridge to get there.
And it's always there,
always ready, always willing,
and always loving you.

Until we meet again,
Namaste.

MARISA: Thank you everybody.

If you want to come join us to play with some more conscious breathing you can do that through our website at <http://newenergywriting.com/> So our new school starts this Sunday.

Thank you all so much for joining with us today. I hope you've had a wonderful time with the breath and I hope you keep playing with it as well.

So from me now, I too shall say,

Namaste.