

# **Soul Café with Kuthumi**

**Channeled by Marisa Calvi**

## **“Being With Soul”**



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## **Soul Café with Kuthumi – August 19, 2018**

### **Being With Soul**

**Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi**

Hi everybody and welcome to Soul Café. My name is Marisa Calvi, I'm a channeler, an author who works with the energies of Ascended Master Kuthumi Lal Singh and this is a little place where we gather once a month to explore being soul, to remind ourselves of the beauty of the deep conscious breath and to play with the wisdom of Kuthumi.

So today I think I'll begin by talking about who Kuthumi is. So Kuthumi in his last human lifetime was born in Kashmir, in the northern part of India. He was born into a family who was quite well educated and had reasonable wealth and this afforded him the opportunity to travel and to study. He ended up at Oxford University in England where he pushed his mind to the extreme: he loved gathering knowledge. He loved knowing the intricacies of the world as it was. But he also wanted to know more about the big picture: about what it was within him that he felt, what we call spirit.

He eventually actually had a physical collapse from pushing himself so hard and in that space very similar to Ramtha. In a state of being bedridden he was able to turn completely inwards: that gathering of knowledge from outside of him was finally done with so he could explore what was within him. And it was then that he truly, truly embraced his essence, his core, his soul, and the amazing love that offered him: to know that everything he'd been searching for was already right there with him. And that's probably the biggest thing that he's ever shared or that I've appreciated him sharing because when we can get to that space of knowing that everything is already

here, we don't have to search anymore: there's a wonderful peace that can come with that.

And we get addicted to the journey and it's a lot of fun exploring and searching for answers – and there's nothing wrong with that if that's what you want to do because it pushes you, it gives you momentum to know more about who you are.

You know like tonight, when I'm going to channel Kuthumi, what you're going to hear is nothing new (which isn't a very good advertisement) but it's about remembering. It's about us opening up what's within us and it's the same as when we played in the mystery schools of old: we went to the hermitages, we sat in silence, we fasted, we separated ourselves from family, from community so that we could finally shut off everything coming from outside of us to explore what's inside. And to feel that eternity, that limitlessness – I should say, infinite wisdom that's already right there.

The wonderful thing about Kuthumi was that when he had that revelation, and in our past lives many of us once we had the revelation everything is here, I am complete, I am god also, I am a creator: it was such a feeling of completion that often we did what they call old school ascension. We left this physical experience and went back to the spirit realm: we went back to our spirit being.

But Kuthumi stayed because he wanted to know what it would be like to walk on this earth with that wisdom, with that remembrance and with that love in every moment of every day. He stayed and he played. He embraced the joy of life and in return, life gave him incredible joy.

So thank you for letting me share a little bit about his story and why I love playing with him. We've been playing together now for twelve years consciously and it's a wonderful relationship in that as I'm more willing to know more of myself, he's shown me more of himself as well, which is in turn teaching me and sharing with me. And then together we get to go and share that with other people which is wonderful.

And if you enjoy the energy of today, or you'd like to come play with our energy in a deeper way, we do some online courses that we call Soul Schools. Now each school has a theme; for instance our next one is going to be on the body. But every school has a foundation, a core of exploring being with our soul and inviting its gifts into our life. So that school on the body begins Sunday September 9<sup>th</sup>. If you would like to read more about that and register you can come to our website at <http://newenergywriting.com>

There are some other schools that are complete now but the recordings are still available and you can go and have a read through those: so there's ones on abundance and creativity, aspects and integration: another one we just completed called Being Human which kind of covers all the themes so far. And actually my favourite that we've done this year was a brand new one called The Mind. And even when we repeat certain schools they're always changing and evolving so we have people who re-do them because it's just a great way for them to open up their awareness more.

The Body School we're doing used to be split over two schools: we'd do an introductory and then advanced but Kuthumi said it's time to combine them into one. So if you come and do the body school now you're going to get the whole package. So we'll cover basic things like why do we have a body, how to

deal with aging, how to deal with illness, finding support... but we're also going to go into some energetic work that we all did in the mystery schools: revisit those experiences and explore them with a new energy consciousness. And we'll talk about using those energies to ground ourselves and be more connected with body here on earth in this human experience. So thank you letting me share that with you. Once again our website is <http://newenergywriting.com> That's also where you can find the links to buy our books as well.

Also too I want to share with you that once a month in-between these little sessions with Kuthumi we have a wonderful time playing with a dear friend of ours called Norma Delaney who also goes by her spirit name of Aandrah: we call those episodes New Breath. Norma is a fabulous teacher of mine that helped me to open up my channeling and helped me connect and open up my soul connection. And we talk about being with soul, we do some wonderful breathing and we also answer questions. So if you have a question for Norma, you can email that in to us as well.

In-between shows if you've ever got a question, you're always welcome to email me and we'll put it aside for the next show. If you would like to sign up to my newsletter, that's also at <http://newenergywriting.com> ...just scroll down to the bottom and there's a little sign up form so you get reminders of when there's new schools and when the next radio show is going to be. So thank you for letting me share all those little logistics because I'd like to channel now. We'll do some breathing and that way at the end Kuthumi can just say his goodbye and I can give you a little farewell and we can float off in that wonderful energy that Kuthumi is now going to bring in and that we're all going to create together.

So taking that first beautiful, deep conscious breath  
just to get comfortable whether you're lying down,  
sitting in a chair, out in the sunshine,  
whether you're inside...

Just be really comfortable and really aware of where you are,  
how your body is feeling,  
and just feel that beautiful rhythm of your breath  
moving in and out.

Just feeling your body relax as mine just did (laughter)  
letting out a little bit of a yawn:  
that to me is a nice sign that my energy is slowing down,  
that I'm here, I'm present.

All that mind activity can slow  
because my focus now is just on my breath.  
A wonderful rhythm  
moving in, moving out.

Breathing in,  
breathing out,  
just here  
in this now moment.

No past, no future: just right here,  
right now with this breath.  
All that we are is the breath in the moment:  
the in and the out.

This wonderful natural rhythm that brings us back to ourselves  
in this moment. That takes us into our feeling state, that opens  
up our senses, that lets us feel that beautiful love inside.

As we feel Kuthumi's energy come in and he feels everyone's energy, everyone who's connected to this show. Whether it's live or whether it's later: if you're coming to experience this little time with us, you are part of creating this energy, this message. You are calling this wisdom back to your remembrance.

Another breath in, another breath out.

KUTHUMI: Namaste.

There's wonderful comfort in the silence when we breathe. There's a wonderful comfort because in that space where we're quiet, where we are just feeling that rhythm, we're feeling how much grander we are than our mind let's us believe, than the world is telling us of what we are.

If you're here, you've had that craving to know more of who you really are. How many of you when you were children had that moment where nothing seemed to make sense, that the way you were being told to be as a human somehow just didn't feel right? You knew there was something more but in that little child's mind you didn't know exactly what it was. Oh, some of you did. (laughter) I can hear some of you saying: hey, I did. I remembered. I knew exactly what it was. (more laughter)

And it slips away – or so it seems. We get distracted by school, studies, what our parents are telling us to be, the need to create money by working, relationships – you name it. We think we let it go but it's there. And it starts to call back to some of us. Some people are very good at completely letting it go, going back into that space of completely forgetting. A part

of our contract when we came here was to forget: to forget that truth, to forget what it is that actually makes sense.

And the whispering and that call from that grandness within you, that grandness that said to you: this crazy world doesn't make sense when you're a child and your human mind makes sense of it: well yes, it does make sense. I grow older, I gain knowledge, I gain skills and experience. I develop relationships. I explore who I can be in this human world by giving myself a title and a purpose. And for some, that's enough. But for some it's not because something underneath says there's more. Something underneath says: let's make sense of what is this nonsense of being an adult human.

We look around and we see the patterns of life and we see how they seem quite futile and with no true purpose for how we can exist. And it's a kind of irony because when we do make sense of it from a spiritual standpoint, we do see there is a futility in being human: to be born, to age, to die and what for? What for? We can have some fun in-between. We can try different parts of being human but what for? Why do we do it? And then we come back and we do it again.

I'll tell you why: because soul loves playing with human life. And I don't mean that in the sense that you're being played upon but your very soul, your very being loves playing with experience.

It's our minds that tell us we should have an outcome. It's our minds that tell us there has to be an achievement, a resolution, a completion.

But soul: soul just says let's go and play.  
Let's go and play and see who we can be,



what we can be,  
and how we can be.

Soul comes here and it doesn't care if you're black, white, brown – whatever colour you want to be. Doesn't care which country you're born in. What gender you have, what sexuality you want to be. What career you choose. Whether you're successful in your studies – and what the hell does success mean anyway? Soul just says let's go and play.

And mind gets frustrated with that. We have to have a purpose and a passion. We have to have some sort of achievements. We have to learn about ourselves. See? We even turn the whole game of being spiritual into yet another set of achievements. And in the end, when spirit slips from the body and turns back to look at that life: it doesn't feel regret, it doesn't see anything incomplete. It sees another adventure that was. It feels all the wonderful emotions that you experienced: it celebrates. It celebrates.

You've been told that sometimes spirit slips away with a heaviness, with an attachment still to the life it's left – and to an extent that is true. Part of the energy of that is it creates a longing to return, to play with that energy more, to expand its wisdom. You see, religion has turned that into penance, having to repair karma. (laughter) Oh yes! Go back until you figure it out and you're fine and you're clear. But it's never been about punishment. It's never been about even resolution or reparation. It's always been about: I need to feel that more to understand it, to explore it, to play with it. It's the ache for wisdom which pulls soul back to play with human life over and over.

So to say to you now: what is the purpose of your being? That it's simply to play and create experience. It seems so simple. It seems so almost ridiculous that it can be hard to fathom. But I'll share this with you: when I embraced that All That I Was was a soul creating experience, I set myself free. I set myself free.

I set myself free of judging myself; whether I was doing things wrong or right, whether I would get there, (laughter) whether I would find that bit of wisdom which would release all of the pain, all the questions, all the searching, that would satisfy the ache in me to know more. I took that ache to know more and I turned that into my passion. I transformed the ache into a love that pulsed, that washed through me, that became my drive, my excitement, my anticipation because I knew that in every moment, I was creating life with absolute perfection, because everything I did contributed to the wealth of my soul.

You see, soul is not finite, soul is not linear.  
Soul is a pulsing, expanding, infinite being.  
I began as a little spark that separated from All That Is and went out to play. But I am now a grand inferno.

I pulse, I spark, I seethe, I ebb, I push out  
and all that fuels that fire is my love for creation.  
My love for creating with my soul  
and my absolute acceptance of All That I Am.

Can you accept that in every moment of your life,  
even what your mind deems failures,  
what your mind says were missed opportunities:  
everything adds up to absolute perfection.

Just breathe with me now. I want to breathe in some beautiful heart energy with you all. Not to heal, not to release, not to shift, but just inviting you in this moment to feel that infinite, amazing love within you.

To just feel that compassion from your soul who loves every aspect of you, who celebrates every experience you have ever created, who is so excited for what you'll do next.

The very essence of us is love, acceptance and compassion. These are things which if we search outside of ourselves, even if we seem to find it, they seem empty, fleeting, fragile. But when we explore them, and feel them within, they are dynamic, they are eternal and they are safe. Nothing can take the love, acceptance and compassion from within you. They are yours. They are yours and they're just ready for you to explore, to feel and to invite into life.

There's something aching in your heart right now,  
just to breathe and know you are love,  
you are acceptance  
and you are compassion.

You don't have to wait for anyone or anything to bring them to you.

Wonderful.

We should go on to our questions. So our first question...

"For two years I have had problems with my digestion which often means diarrhea. The doctor checked me and said there could be an inflammation in my bowel: maybe the cause is bad bacterium. So I tried good bacterium such as probiotics but it

doesn't really help. I talk with my body but it seems I don't understand clearly my body language. Sometimes I think well then, I just won't eat anymore. It sounds crazy I know. Honestly, I'm very frustrated because of my body. It takes a lot of joy. I don't really know anymore what to do."

And I think you kind of answered a big part of the energy that's going on here. A part of our human makeup, the way we designed life is that we love to have something rob us of joy. It keeps us small, it pushes us into experience in deep ways which can really serve us.

But my dear, as you know I think we're all done with that now. We've done the hard lifetimes, we've done the suffering, we've done the penance, we've done the martyrdom. But it's wonderful how our commitment to those energies will find a way to come back. And one of the most beautiful ways it will do it is through our bodies. We can be spiritually aware, we can know that we're god also, we can accept that we're creators, we're stepping out of victimhood (for the most part) and then body will come up with an issue and there goes all our defenses. Suddenly we are not able to communicate with body. We ask body what to do and we'll hear the answers and then we'll ignore them because the body is now providing us with a wonderful opportunity to be joyless. It's providing us with an avenue to judge ourselves, to separate us from our self love.

So first of all, I want you to take a breath. I want you to take a breath because all these questions about I mustn't be able to communicate with my body, I haven't found the answers, is all taking you into self judgment. So I want you to understand that that energy isn't truly yours. It's a lot of old stuff that you're hanging onto which is saying: wow. She's kind of loving herself

but let's give her this so that she can't get all the way there.  
(laughter)

And you know, that's part of the thing too – it's always this feeling that we're not all the way there. There'll always be something to make us feel as though we can't completely love ourselves. It's a little bit of a mind game. So I want you to understand that too; this is how mind is dragging you into it which is then compounding what is happening to you physically. (laughter)

Now the second layer of this too is: take a breath... we get very impatient with body. When we're spiritual, when we decide that we're whatever-you-want-to-call-yourself: creator, master, whatever it is, we suddenly think that we have to have superpowers to heal ourselves physically, to create beyond the limits of human. And those things can happen, but you've got to understand too that your human body plays to a dynamic that is very much part of this world.

It was kind of a tradeoff...

It was like: I want to go and explore this world and I want to be a human and the tradeoff was, well, you have to compress your energies into this thing called the human body. And you've got to understand too that before you were conscious, there was a lot of stuff going on in that body that is taking time to catch up.

Please be patient.

I know it's been two years and I can hear you saying surely I've been patient enough. Well, actually the answer is no. (laughter)  
You need to be more patient. You do need to do more breathing. And it's not about asking your body and demanding

answers of it: are you offering your body the wonderful love of soul? Are you simply asking for the removal of the symptoms or are you asking and saying that you're willing to be in balance?

We need to take this a bit deeper...

I know you've been exploring some human remedies but you need to support the roles of those remedies with this love, with this patience and with knowing that it can just take time for body to catch up. For a lot of you, bodies are catching up now. You've done so much work on spirit and mind and your emotions: we kind of left body to the last bit. (laughter) It's kind of been dragged along so for some of you it's now needing a bit of extra focus.

But for you my dear one, you need to soften that focus; you need to go to a bigger picture. Open up: go beyond the remedies, go beyond the symptoms and truly be offering your body love and inviting it to show you how it can be in balance.

That's the word you want to be breathing with:  
balance.

Not what will fix me, what will change this:  
what will bring me back to my balance?

You might not hear the answers, but as you breathe you're going to be inviting those answers to find their way to you. And yes, keep inviting soul to choose your foods and you know, a lot of these things with bowels and inflammation: they change on a daily basis. So what you hear today and what you feel today might not be what you need and feel tomorrow.

And I know that can sound like a bit of work: well, I've got to check in every day? Yes, you do. Because the thing is, when you consciously do it, and I mean from a really conscious mind way of doing this every day, it becomes such a wonderful habit that after a while it becomes an instinctive and a subconscious way of being. It becomes your natural way of being. You'll start to naturally, intuitively know what's going on, what you need and you won't get so out of balance that you have to sort of push against it like you are now – because that's the other thing too: you kind of pushing against it at the moment. You're telling it it needs to change instead of inviting it: inviting that balance and then being really open to what that could mean.

What am I going to play with to bring myself to balance?

Let's take all this body stuff and stop making it such hard work. It should be a way to play. It should be a way to play: another way to play. So a bit of breathing, remembering a lot of this is just old stuff but also too it's very much what you're inviting, and how you're inviting it to show you to come back to balance.

Thank you.

Okay. The next question...

“Can you please give me an insight about my current love life situation? An unexpected lover came into my life and at first I was reluctant and as soon as I fell for him, he shut down. Does this happen just for the experience of the soul and is there any purpose to this?”

Well, yes. As we said before, some of this stuff just happens for the experience, but a lot of what we attract is what we're telling ourselves what we're worth. How interesting that at

first you didn't feel like you wanted to interact or play, and a little part of you said maybe I should be playing to see what happens, and then it was over.

I would invite you to not look at this as something you did wrong, not look at this as that person was wrong as well: it was what it was. But I think the real question you're asking right now is: how do I stop this happening again? (laughter) And it comes to this: what do you feel that you're worthy of attracting? Do you feel that you need to have someone or would you love to just explore what it means to have someone to play with?

We have such big ideals when we're human about what love is and what a relationship is, but in the space of time you were together you had a perfect relationship. You connected, then you disconnected. Sometimes a relationship can be for one hour: have a wonderful connection you meet with someone in a café, you have a coffee, you talk and you go your separate ways. Is that less worthy than a relationship that lasts twenty, thirty, forty years? If it's genuine, if it's authentic, if it's respectful, if you're respecting yourself: then it's perfect.

It's all perfect. It's mind that has told you perhaps this could have happened a different way, perhaps one of us did something wrong because if you breathe, if you breathe, like you said it was just a wonderful connection that was in human terms temporary.

Hell, let's face it: all relationships are temporary! (laughter) Because even if you're together forever, one day one of you will end up passing away first. Sure you can probably reunite on the other side if one of you hasn't gone off to explore a different dimension – but that's not important either. Everything in our



experience is temporary except for the love of our soul. So that begs the question: what would you want to invest most of your time and energy in? (laughter)

When we stop seeing other humans as necessary for our completion, as necessary for our experience in general – which I know seems really hard to comprehend – we have to be with other humans all the time. We designed ourselves to need other genders to reproduce. It's nice to have someone to support us and protect us: and these are all wonderful parts of interacting with other humans, but when we can let go of making other humans responsible for how we are choosing our experience, how we are shaping our experience, they come and play with us in different ways. We lose that sense of attachment, we also lose that sense of our responsibility to them as well.

Now I'm not saying that this means you disregard other people's feelings or their wellbeing, but it means that we don't all owe each other something. We're just souls all creating experience and every now and then we intersect. We intersect, we have a little dance: sometimes that dance goes on for what you call in human terms a very long time, and other times in human terms, it's brief. But to just see the beauty, the beauty of every moment: the beauty of that man's soul to come and play and then say he was complete and to dance away leaving you free for a new experience.

And the human emotions linger and play and dance and affect your physiology sometimes... but when we can breathe and know it's all in perfection, then we can dance on and maybe find someone else to dance with in a new way, in a conscious way, that's loving and respectful to us first. What do you want to attract because that's how you dance. Think about it:

someone doing a waltz doesn't attract someone who wants to do hip hop dancing, do they? (laughter)

Choose your tempo, your rhythm, and the perfect dance partner will come along. Thank you.

Alright...

“Could you tell me from your perspective what happens when someone you like leaves you? (Oh, another little question along the lines of relationships.) I mean they just walk out of your life in 3D when your feelings change but the communication between you seems to go on in other more expanded levels of consciousness. The person may not contact you or even remember you anymore, but you can feel their presence in certain moments and then you wonder: is it just me imagining or are you really here sharing energies with me now? It's intriguing because in the physical reality they seem to shut off while on other levels a lot seems to be going on.”

Well my dear, sometimes you might feel them remembering you, or maybe it's just you remembering them and just letting the energies of that connection linger on. It's like you can hear a song be played and years later you can hear it in your head without necessarily it being played on the radio or on a cd or whatever it is. You remember what it felt like to hear the song: you remember the words, the rhythm, the melody even though the song actually isn't there being played anymore. And it's not even there as a recording: it's your memory.

And we hang on to some memories because they serve us. We might remember a lover because there was a beauty in that connection that we want to still feel: the same way we remember the song because it reminds us of a time of our life,

it makes us feel happy, it makes us want to sing. So every now and then the human you replays a memory, a connection to feed us a little bit of emotion that's connected to us.

Perhaps you remember past lovers because they remind you that you can be loved by others. That can be a comforting thought: I've done it before, I can do it again. Perhaps you do have a karmic connection that is lingering even though the connection in this life has been complete.

So I'm going to ask you, this is another layer to it, do you feel like you would like to clear those energies to leave your creative energies to open up for creating new connections? Our energies can be a bit cluttered when we don't let go: memories are okay but hanging on just clutters up your space. And sometimes we want that clutter because it makes us feel full, it makes us feel like we've done enough. (laughter) That we've played enough with experience: oh, I can remember this, I can feel that guy. Oh I can feel that one too. I can feel this, I can feel that: I'm feeling so much because I'm so open and so feeling. Wow! Look at me so open and feeling all the feeling stuff. (more laughter) I'm so spiritual because I'm feeling all the stuff.

And that's fine. I'm not making fun of you, I'm just trying to give you a sense of what it is that we can play with when we're doing that. We sometimes get scared: you know part of why we create relationships, we don't want to be alone. So then when we are alone, we have all this feeling stuff to make us feel that we're complete, that we're full, that we're rich, that we're wise.

It's so hard sometimes to just be clear. It's why a lot of people hang on to their stuff: they hoard, they have clutter in their homes, they have cupboards so full of things that they don't

even touch or need, or can't even remember that are there but it's there. My life is full because my house is full. My life is full because my feelings are full.

So I want to ask you: is there a reason why you want to keep feeling these people? Is there a reason why if they want to keep pushing into your energy that you would let them? Because that's another part of this too. Your energy can only get pushed into and connected with if you are letting it.

So taking a breath, if you want to have these energies filling up your feelings that's fine. But can you be honest with why you're wanting that? How is it serving you? And maybe think about what it would be like to give yourself a bit more energetic space.

Thank you.

And onto our last question... nothing to do with relationships here I don't think...

"Can you please share that the work I saw many years ago has come back into my focus. Will this be able to go out into consciousness now and is the world ready because I'm choosing to step up for this work."

So, the question is not whether the world is ready, it's whether you are and that's why your focus is back and that's why you can say "I am choosing to step up this work." It didn't matter that it took time, it didn't matter if you needed to be a different person: all that it needed was for you to be ready. And when you're ready and you're doing this, loving yourself and so excited, then it will be ready and those who want to play with it are certainly ready.

I'm going to invite you to look at this though: don't worry about the outcomes such as income, how many people will find it... I want you to play with this work for yourself first and foremost. For your experience, for knowing yourself more, for loving yourself more and for just the fun of playing with whatever it is that you're going to play with. Just be excited about playing because when we let go of all of the expectations, what it will look like, what you want to achieve: what you're going to do is you're going to set it free and it's going to come and play with you even bigger and grander. Because in setting it free, you open up the potentials and possibilities beyond what your mind is kind of telling you at the moment.

And I know you're very open and you can feel that there's stuff there that's ready to bubble up and really let loose with it, so keep playing. But play with it for you first and foremost. Don't worry about who out there is ready: you're ready and that readiness is going to open it up even more and it is going to be so much fun. It's going to take you places you didn't expect and it's going to show you it in itself is going to be more than you can imagine with your mind right now.

Play for the sake of playing. Let go of the expectations and the outcome. Let it free, let it be, let it play with you while you play with it.

"Are you ready?" That's the only question you have to ask and we know the answer to that is YES! (laughter) Wonderful.

Thank you all so much. What a delightful time to spend with you all. Thank you for those who sent in questions. I look forward to playing with you another month.

I'm taking Marisa off to Japan for two weeks – boy, are we going to have fun there! (laughter) The polar opposite of India. (more laughter) It's going to be a wonderful... well, I'm not going to say too much, I'd like her to find out while we're there.

So thank you all for coming to play. And remember:

I Am That I Am Kuthumi Lal Singh.

I am the grandest creator – and explorer who ever existed, as are you.

And I Am That I Am

Right here, right now

So in love with myself

And this is as good as it gets.

I say Namaste because it means “the soul in me sees and recognizes the soul in you” and I invite you to let its love, its love that you were born of that is within you right now, to breathe it and feel it and let it be in your life every day.

Namaste.

MARISA: This is Marisa back. I say thank you so much for joining us. What a wonderful, playful session.

I look forward to joining with you all next month.

Until then, Namaste from me as well.