

Soul Café with Kuthumi

Channeled by Marisa Calvi

“Being Human”



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Being Human

Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hi everybody and welcome to Soul Café. My name is Marisa Calvi; I'm an author and channeler who works with the energies of ascended master Kuthumi Lal Singh and it's great to have you here. I was so enamored; I was putting together the questions that people had sent in and I was kind of reading them and feeling into them... I totally lost track of time and literally logged in with five seconds to spare (laughter) and all of a sudden said: hang on, now what are we doing? So it's kind of fitting that tonight's theme is going to be "Being Human".

But for those of you who haven't joined us before, this is a space that Kuthumi and I create around once a month where we can just be in a really safe space to connect with soul, to remind ourselves of the beauty of living with soul, to feel its love, and to invite more and more of its energy to be with us consciously. Soul is always with us but to have soul with us consciously, to have it in our lives with awareness changes everything as Kuthumi I'm sure is going to be speaking more about tonight.

So before we do some breathing and welcome in Kuthumi and let him talk through me I just want to let you know some of the other stuff that Kuthumi and I do. Now first of all, Kuthumi takes a break once a month when we get on air and I actually welcome in Norma Delaney, a wonderful channeler and teacher from California who works with the energies of Kuan Yin and Ohamah. And she's a wonderful guide to the conscious breath and inviting soul as well into life. We do that show around the second Sunday (or Monday depending on your

timing) of the month. They're always wonderful shows with a lot to share.

And also too, if you'd like to do some more work with Kuthumi and I and a bit more in depth, you can come and join us at our wonderful Soul School. We've got the next one starting next Sunday the 20th of May and that's going to be Abundance and Creative Flow. And while we do look at the energies of finance and money, it's way more than that. We look at basic creative flow, looking at how our beliefs can lock us into patterns and how to free ourselves from the limits and constraints of the mental world and the world around us.

And then on July 8th we're going to be actually doing a school called Being Human. It will be a wonderful school if you've been wondering about if you want to do a Soul School with Kuthumi or not. It's going to be all about being here, being awake, being present on the planet but we'll go through the kind of basics of every other school we do. So we're going to look at the mind, look at body, look at abundance and other stuff as well but it will be a great way to have a real good overview of what Kuthumi has shared in the other schools as well. So we'd love for you to join us for those.

And I'm making the recordings of our Aspects and Integration school (even though it's completed) available for a little while longer as well as the Mind school, which was amazing. It is among my favourite schools that we've done and it was the first Mind school we did so it was pretty powerful. So that's four schools that you can sign up for and experience and they're all at our website: <http://newenergywriting.com> You can go there to find all the links to our wonderful books too.

So with that let's get into the space to get ready for Kuthumi to come in. We've got a little handful of questions so as well as talking about being human, we're going to look at the energies of anxiety and depression. And we've got a couple of other questions: one about relationships and one about business. So we're going to have a good all around experience with Kuthumi this evening or wherever you are, whatever day or time you're listening.

So I think today I'll talk a little bit about my experience of channeling for those of you who maybe don't know a lot about channeling and are wondering what I'm about to do. Channeling to me is just a form of communication. It was amazing recently in the last school we did Kuthumi talked a lot about communication: how we created language to connect with each other. You know, as an energetic being, as a sovereign being, we come to this dimension and we want to connect and we want to interact with the world around us. And we did that. We developed a language of communication for our body which is our senses. We discovered language to help us communicate with other beings as well.

So we're always constantly having this wonderful energy of communication that we're playing with to interact even energetically with whatever dimension we're playing with. And to me, channeling is another layer of that communication where I connect with Kuthumi and his wisdom and he connects with mine and we just have this wonderful conversation. And when I go into my channeling space which is just that beautiful feeling state, almost like a meditative state: what I'm doing is just allowing that communication to be heard out loud for others to share as well.

The wonderful thing is when you tune into the show, when you send a question, then you become a part of that communication as well. I kind of let all your energies be here as well: I don't let it affect me personally – I used to, I'm getting better at that. (laughter) But we're all creating a dynamic just to have this beautiful energy of communication and on one level it's coming across as language, it's coming across as words, even information that we process, that we take in, that we listen... but for those of you who don't, I'm going to invite you to also feel beyond the words, in-between the words for the love and the wisdom that we're all allowing to express.

So with that, let's take a breath and I want you to just feel into being in this beautiful space with Kuthumi, and me, and everyone else connected to this session. We're all here because we have awareness, we're allowing consciousness to expand, we're welcoming in a different connection with our wisdom. It's more than an invitation because this wisdom is already here. Soul is already here. This beautiful love we were born of never, never leaves us. It's how willing we are to let it be an expression in our lives.

And one of the most beautiful ways to feel all this is so simple: it's to stop and simply feel the breath move in and out of us. Just feeling that rhythm of our body, how we feel the beauty of our body and in that space we can feel how much more we are than that simple human. There's a softness there, and a clarity, and it's a wonderful space for us to feel the grandeur of the truth of who we are. We're not what other people have told us we are; we're not even what we've let our minds believe that we are. We are love, and we are soul, and we are grand creators playing with experience.

It's a simple story but the magnitude, the grandeur of that simplicity is incredible. It's overwhelming but most of all it's exciting (laughter) to step away from the fears and doubts of mind and to surrender to the joy and anticipation of the freedom to create and that is there in every breath, in every breath.

And as I have been breathing with you now and saying these words, I've been feeling Kuthumi. I feel his joy and it reminds me of my joy. And with that, we'll just take a few breaths in silence and Mr. Kuthumi (laughter) will come and share with us.

Oh, Happy Mother's Day (laughter) to those celebrating today.
(more laughter)

KUTHUMI: I begin with a simple word. Namaste.

I, Kuthumi, the grand soul that I am,
sees and honours the grand soul that you are.
I, Kuthumi, the eternal creator, the free creator,
sees and celebrates you, the eternal creator, the free creator.

I have been invited tonight to talk about being human, amongst other things. (laughter) I am no longer human in that I don't have a life force that is playing with a body. I am in a realm, not so far from yours (because there's no linear distance)... (laughter) ...and yet I look back upon your dimension and it seems sometimes so far away, mostly because I have no interest in coming back and being human at this stage. Will I ever? I don't know because I live in the moment. Right now, all I know is I'm in my joy as I am.

I sometimes take a little peek at my past lives. I sometimes take a little peek at the state of the world as you know it now and I delight in its many pleasures but nothing is really there to tempt me to come back at this stage. (laughter)

So to be human: I want to talk to you about some of my memories of being human. Isn't it fascinating that we were so enamoured with this dimension of being human that we let it seduce us – and I think that's a bit of an ironic way to put it. We created the seductive nature of it to pull us in so that we would be totally committed to what we were doing once we were there. We didn't just want to dip our toe in the water; we wanted to be fully immersed.

But we also said we want to have some times when we can remember our truth: we'll have the lifetimes where we completely forget, but we want to have some ones where we remember our truth. And it's so fascinating that the lifetimes in which we said we'll remember and we'll play, we'll play with remembering that we are creators, somehow have seemed like the most difficult lives of all. The ones where you starve to death as a peasant in a famine – they were nowhere near as challenging as what it is to be a human who remembers.

Why is that? Why would we let ourselves remember and then seem to make that such a challenge? Why is it that it is so easy to be distracted, and yet somehow it seems so hard to stay in that beautiful space of remembering? Why don't things instantly align like our abundance and our physical selves to our choices to be spiritual and to be awake and to be aware and to embrace our creativity?

And I love it because I know some of you are saying: it has been easy Kuthumi, I don't get so distracted. And god bless you.

But doesn't that make you wonder why some of you have still made it such a challenge – that you're still looking for that piece of information which is going to open it all up and solve it all and set you free? And the simple answer is because there's a part of you so in love with the struggle of being human. And I know now a lot of you are saying: great. How do I balance that aspect? How do I integrate it? How do I bring it home?

And I'm going to tell you... in a way that might upset a few of you, but that's okay... and it's also actually going to be for a lot of you a way to look at this in a new way with a lot of freedom. It's not an aspect. It's not something from a past life. It's not even anything to do with mass consciousness. It's an energy within you of such deep commitment to being human. And it's nothing that is bad or wrong or that it's holding you back or that is defective in our design of coming and stepping into a human life: it's simply an energetic part of the experience that is actually keeping you grounded. It's keeping you alive in a way because if you slipped over into that pure state of your creativity, into that etheric being, that angelic being if you like that is your core energy, you would actually lose a lot of the sensibilities of living in this life. How many of you know people who are what you would call "airy fairy"? They're disconnected, they actually don't have a practical grasp on reality.

It's not about the mass consciousness of the world. It's not about duality that's challenging you. What is feeling hard is finding the balance between being conscious and being physical. It's finding the balance and the clarity in expressing that pure free creativity and having that interact in the world, having that make human decisions – not the soul choices, that sometimes feels out of whack with the remembrance that you

are a god also. I'm going to share some stories with you today (laughter) because I love them.

Now I know so many of you you've done meditation courses, you've breathed, you've listened to us etheric beings' channels and you have incredible epiphanies but to then take those and live a human life: it almost seems like one or the other has to become a lie: that being human, being physical seems like a joke or some sort of cosmic lie. Or we feel like this awareness of our etheric energy, of our soul energy is somehow leading us to insanity.

How do we balance both?

And the truth is there is nothing you need to do. There's no process... (laughter) Sorry, my channeler is laughing because she says you're about to tell them what they are going to do and what processes... (laughter) Anyway, yes I am.

But for this moment I want you to just feel these two parts of you and I want you to know that they want you to have them blend and be in harmony. They want you to know that it is not impossible to be human and to be the soul human. That believing in things such as some dead Indian guy talking to you doesn't mean that you're insane or weird. It just means you have a different communication with the world.

Take a breath.

Imagine a world without inventors: the ones who research and find new information about the world around us. Do you think of a laboratory or a scientist or an inventor or someone who is "clear cut". Things can be written down, measured. But there was a time when the things that we know today as what you

would call scientific fact, technological resources – there was a time when if someone had described them to people, they would have thought it was impossible or crazy. Could you imagine explaining to Pythagoras the workings of a rocket taking men to the moon and coming back? A part of him would have been thrilled and in wonder to know that this would one day happen but his human mind at that time wouldn't have been able to comprehend how that would even occur.

Could you imagine a time before modern surgery explaining to an apothecary (laughter) with all their wonders that one day a disease that they saw as incurable would one day be able to be corrected: that a severed limb could be reattached or replaced with robotics. Their mind wouldn't have been able to comprehend it because it would be so far in the realms of something like fantasy or what you would call science fiction that yes, they would wonder at its possibilities, but they would not have the basic knowledge to understand how it would be developed and executed and carried out.

And it becomes a bit the same with us as humans wondering how do we set ourselves free, and how do we let these creative energies express every day? And we know it because we hear of people doing things, we get little tastes of it in our own lives when things kind of miraculously happen, but our mind can't comprehend how it occurs. It wants to repeat it and it wants to make it like a scientific fact: I did this last time, so I'll do it again, so I should get the same result. And that's where we get caught up.

The beauty of science, medicine, research is the more we play with the information and the knowledge, it energetically expands and allows more discoveries. We started with simple mechanics: we played with the mechanics more and now we're

at computerization. And now look at the robotics and artificial intelligence which is being developed. It's not because we're getting cleverer – well, actually it is, but it is because we are letting our collective intelligence expand.

And so too it is with our soul expression. The more we play with it, the more we explore it, it expands and it becomes more. How we created yesterday is not how we'll create tomorrow because in this moment the creator that we are is shifting and changing and expanding while we are willing and committed to breathe, to welcome soul and to allow it to express. Can you be in the moment with who you are as a human and trust how your creativity will expand? That you are a dynamic being, shifting and changing and that how you will be as a human tomorrow, your mind can't comprehend that right now. What it sees challenges the mind: what the mind sees as challenges are just energies that you are playing with to understand, and to interact with, in new ways. (laughter)

You're like a research project that is never ending but what you're inventing and creating of yourself along the way is constantly growing and becoming more. And when we let mind measure that, when we let mind project and want it to tell us where we should be – that's what's challenging, that's what's hard.

To be in this moment loving and trusting where you are, to simply be inviting that creativity to express and play: it's the grandest energetic laboratory one could ever play in.

With that, I want to get into the questions so I can give them all some good time. And we're going to open up a little bit more of what we've spoken about with the first two.

Okay. So the first one, a bit pertinent to what we've been speaking of...

"Is the dark night of the soul a real thing? Nowadays more and more young people are speaking openly about anxiety and depression and I'm wondering if these states might be more about awakening than mental health?"

Now there are two levels to this. And one is that yes, it can be about awakening. And two: it can be about mental health as well.

It's interesting... I want to start talking about mental health. These energies of anxiety and depression which are getting attention and are getting spoken about more openly: they are more prevalent than they were and a lot of that has to do with the interactivity of the world as it is today.

You know, life a few hundred years ago was simple. You grew up in the village, you learned how to cook, clean. You learned how to forage, hunt and gather. You learned how to feed yourself, how to support your family: perhaps you got a spouse and had your own family. Perhaps you learned a trade to interact with the rest of the village and provide a service.

Now contrast that to your average eighteen, twenty-year-old in this world. They're getting bombarded with information. They're getting bombarded with the pressures of success: what does it look like? How much money they should be earning, and that is creating a lot of mind energy.

A lot of mind energy. There is a lot more mind energy in this world now. You've got a lot more things to think about and the world is constantly throwing things at you to think about as

well. Especially the younger ones who are attached to a screen all day: how many of them could put away their phone for more than ten minutes without feeling anxious that they're not connected to the world around them? And yet, what it's doing is it's disconnecting them from their inner state.

And all those years ago when we began to awaken, when we started to play with feeling into something greater than being human, we walked away from the village, away from family: we might have chosen to become priests, go off to live in temples or monasteries which was seen as something quite noble and grand anyway. Perhaps we went even further and we went off to the mystery schools to study. We separated so we could feel that peace within.

But in the world as we know it now, that sense of being quiet is something that few people would even want to look for because we're teaching our children that's not how you are. You need to be connected because you need to know what you should look like, what are the cool jobs, what's the latest meme. We're not teaching children to stop and just breathe, that they're perfect the way they are and now some of them are rising up. They don't believe they're quite so binary anymore as in male or female. They're seeing the world that's created for them by the generation before and they're saying it's not good enough, we deserve better. But unfortunately through all that there's a lot of angst, there's a lot of anger and there's a lot of fear and those are the very food of anxiety and depression.

How easy is it to look around the world when we're hearing of tragedies in every corner of the globe – which we would have never had heard of before. Oh my goodness, you could have gone through a whole lifetime and not known of any atrocity, any famine. All you knew was what was happening within the

five kilometers around you. And now you can get up and within ten minutes you can read of a terrorist attack in Indonesia, a bombing in the Middle East, some famine in Africa: to a young mind that is opening up, that is becoming aware, that would be incredibly distressing. It's distressing to an adult, it can be. And because here we are with these phones, computers, we're constantly being told "stay connected". Stay connected to this world: be aware. What's the one term they all use? Woke. "You gotta be woke. You gotta be aware".

So isn't it interesting because I, as an ascended master and guide would say be aware, be awake, be conscious, be connected – but all those things are about turning within. All the terms as mass consciousness uses it is about turning outside. And as soon as we turn outside, we lose that beautiful sense of our self love. We go into judgment, we resort to feeding, and we start to look at being victims and being abusers so that the energies of bullying and all the different types of abuse happen, which in turn feeds the self judgment and separates us even further from our self love.

And when we are in that constant cycle of victim, and we're having the outside world reinforce that and then show us other victims: we almost feel a wonderful connection through our victimhood. The whole world is suffering and here I am suffering too – there's a wonderful nobility in that. That's the martyrdom: it's just a level of the victimhood, being a martyr. See? No wonder it's so easy to recruit in these terrible organizations...

When we take that sense of connection, awareness, being woke/awake and we're constantly looking outside for it, it will take us into what we would call some dark energies.

It's so fascinating, isn't it?

We always feel like we're going to be vulnerable if we're connected to soul, if we're loving ourselves, and yet the vulnerability of looking outside of ourselves makes us so ripe for feeding, makes us so ripe for these energies of anxiety and depression to be fed. All these children today: the pressure of feeling that they have to be connected to this world in a certain way and while it seems like rebellious energy that's coming up, please, step back and look at it with compassion because within it you'll still see there's a lot of feeding in that role of victimhood.

And it's sad in a way that in order for those energies to be cleared, they almost have to go to the extremes to do it. And this is another state that's also then seen as anxiety and depression energies at the moment is that as a collective, we need to do things in extremes. We're seeing that in politics, we're seeing it in religion, we're seeing it in gender.

Wouldn't it be nice if everything could sort of shift and change with ease?

But it's almost like we have to push against it for the collective to shift and change. So when you see those energies of the protesting, the terrorism, the war, the horrible bigotry that is getting expressed at times at the moment... take that breath and have compassion for those who are willing and are enjoying playing with the energies in that way.

But use it as a wonderful time to reflect inwards and see: is this what I'm doing with myself as well? Do I have to take things to extreme within myself to stop and listen to soul: to stop and listen to what my body needs? To just stop and listen to me?

So when we talk about the dark night of the soul that we often go through in awakening, it's the same energy. It's almost like I choose to remember but I'm just going to take all that crap that I've been hanging onto and I'm just going to let myself feel it all intensely so that it's almost going to be like a relief to let it go – because that's what it is.

You know, you get a despot who takes over a country and there has to be a huge rebellion and uprising to get rid of them, and they say: ah, what a relief we've got rid of him and look at this person here. Well, they're fantastic.

And they're probably hmm... okay. But then we find out they've got their power issues anyway.

So see how we do that?

We'll go through a dark night of the soul so when we come out of it we can go wow! This is amazing. At least we're not in that dark depressive state anymore. And this is okay. I'm kind of just getting by but at least I'm not in that dark state anymore.

So on the flipside energetically for those of us awakening, it can be a bit of that: well, at least I'm not dead. (laughter) See how the mind works? It's kind of like dangling a carrot in front of a donkey. Well, I got out of that really dark stage: I'm still not really abundant, I feel like I don't love myself all the time, I still let myself have these health issues, I don't really listen to what I should be eating and... but at least I'm not dead and I'm not depressed anymore.

So the dark night of the soul: yes, it can be a beautiful phase of clearing out energy, letting go of a lot of that heaviness, but it

can be all very tempting to simply use it as a bit of a game so that when we let go of it we can be grateful for still being here in whatever state that we are. Being grateful is very different from loving yourself in the here and now. I know we talk about gratitude but sometimes that's a little bit of a way for us to fool ourselves that we're doing better. When we can love ourselves in the dark times, then we really know the depth of self love.

The dark night of the soul
is your invitation to stop and breathe,
to remember that soul is there
no matter what state we're in,
and it's ready to love us, embrace us
and to bring us back to our joy.

It can serve us in closing off the world around us so that's all we can hear and feel is what's within as I did. I don't look at that three years I spent on my sickbed as the dark night of the soul, the dark three years of my soul: do I regret that I missed three years of interacting with the world? Well, a little part of me wished I'd had a bit more time but then again, it was all perfect. I got to the perfect place of remembering the truth of who I was and I left this life when I was complete, on my terms. So those three years, they were perfect and amazing. Would I do it like that again? No, I wouldn't because ultimately in choosing to live with soul I chose ease, and grace, and joy.

Ease, and grace, and joy.
We can't find those things outside of ourselves.
We need to look within.
We need to remember the love we were born of.

You're not going to find that on a computer screen, on a smartphone, not in a meme, not on Facebook.

You're not going to find it in a support group, a spiritual group: you're not even going to find it in an ascended master. There has to be the time when you stop, when you remember, and when you choose to listen.

No one can hand that to you, no one can tell you how to do it: it's got to be that beautiful deep passionate choice from so deep within you, from a place that you never imagined existed because mind had been telling you it was somewhere else.

You keep playing with your awareness, you keep welcoming that self love: it grows and grows and soon you're creating and playing with things that mind never imagined. Remember the inventors. Remember all the amazing things that have unfolded in the world around you in your lifetime now in technology and medicine. More has happened in the last thirty years than in the one hundred before it.

What a time to be alive! (laughter)

But this is what happens: it's exponential. And so too is your connection with soul and allowing your soul love to be with you in life. It's not linear. It's not even a spiral. It's like a pulsing flame with every colour, every sound and the more you play with it, the bigger and grander it gets. And all you have to do is stop and breathe and feel those energies within you.

And we need to get on to some other questions. (laughter)
Alright. Once again, another question that will take us a little bit more into this, we can play some more with this energy...

"Can you give us step by step suggestions for disconnecting from the mental patterns and loops that hold us in depression?"

Actual ways to consciously engage in the world, perhaps even with the heaviness of depression? It's not easy to follow the intuitive guidance from my soul when I'm so distracted by and absorbed in the energy of depression. I've always sat on my couch waiting and hoping that the depression will lift so that I can then hear my intuitive guidance. Waiting hasn't worked. I want to live freely even if this is as good as it gets."

Now my dear, if I gave you a step by step guide to separating from depression, you would take that and make it a mental process which you would then measure yourself by, and then you'd get depressed that it's not working. Having said that, I will tell you this... (laughter) if you want a simple step by step guide, the only guide I will give you is this: breathe, love yourself, repeat.

As I did, you kind of have got to get to a point where you've had enough. You have got to get to a point where you get tired of the games and the loops. And I know you wrote a lot more in your email and I want to say this to you: if you go back and read the rest of it, you're already actually quite aware of what is holding you there, how it's serving you and why. So the question is: when will you be ready to love yourself so much that you will change? And I know you've talked about waiting for something simple and big and singular to do it, and that simple singular thing is that you're ready.

And I know you're saying you're ready, but there's a part of you that has convinced you that you're not worth it. And a part of you too also needs to let go of what I've just said to you, what you've heard before and what you're hearing now so that you are willing to listen to the best counselor, the best source of wisdom that is always at your disposal, which is soul. Soul

loves you and soul wants you out of this pattern. But until you decide you're worth it, everything is going to stay the same.

There is support in the world around you and you can connect with it but you've got to do it from the energy of helping yourself rather than finding the help from outside of yourself. So let's change the conversation with: what am I looking for? And the conversation can now be: what do I need to hear from me?

When we're in depression it's very hard to want to listen to ourselves because we feel we're defective, we feel we're broken, that there's something wrong. So why would we listen to ourselves? We want to listen to the people that are okay, that are doing alright. (laughter) Let me tell you this: the only reason that they're doing kind of alright or a little bit better is: for one, you're projecting that onto them. They've probably got as many issues as you do (laughter) ...maybe they just hide it better.

But ultimately, if you talked to anyone who's let go of depression, they will all have one key thing – they were willing to let self love be part of their life. They were done and they were ready. I know you're ready, you just need to listen to yourself. There's really nothing else you need to know and there's not that person around the corner who is going to hand you the solution. It's already right there.

Breathe.

Love yourself.

Repeat.

And be ready. Thank you.

Alright.

“Since over six years I’m without a relationship and sometimes honestly, I would like to have a relationship again, just to share nice things. But it seems like a relationship is now more difficult for me to get. Has this something to do with enlightenment? And also I often experience that I don’t fit in so well when I’m together with other people. Well I can act like it for a while but then I need to stay away because I don’t feel so comfortable. I know my soul is with me and I talk a lot with her, but it would be nice again, wonderful hugs with a nice man and more. I smile. I’m here in a human body and it’s wonderful to hug another human body. We would have wonderful divine sex.”

Indeed it is. I’m going to tell you a little story about my time being human and being in love. When I, after my three years bedridden and I truly chose to look at the world differently, I realized that every part of my experience now needed a different approach. And that too became my experience with having relationships. I was open to having relationships with both sexes: I preferred women though. (laughter)

But what I also had to wonderfully do was see the beauty in being with someone for what you would call short term, or what you would call long term – that there was no measure of one being better than the other. That I could sit with a beautiful person, and by beautiful I mean attractive in that we connected intellectually, or we just shared a story – whatever it was, that I could sit with someone for one hour and have the most beautiful what you would call a relationship in that one hour and then walk away. Not with regret that they would not be with me anymore, not with any longing that I needed to spend more time with them. Sometimes I was with people for up to a

year or more and when we parted I didn't carry regrets for what we hadn't experienced yet: I celebrated what we had been able to experience together.

I'll tell a little story... one day I was in the beautiful region of Rajasthan called Shekhawati: all the wonderful havelis of all the amazing traders who lived along the trade routes there, beautiful mansions. And one day I was invited into one and they had these wonderful rooftops. And I went up to one and as I looked down onto the street, this beautiful woman walked by. A young girl, so while she had a headdress on her face was not completely covered, and my heart just sang. And I watched her as she walked and somehow she looked up and our eyes met for a second and she gave this little smile and I was gone – that was love. Oh my goodness, what glorious love!

I ran back down through the house, quickly excusing myself to the family. I had to talk to her, I had to be closer to her. You know that feeling when you know that person is the one?

I saw her go up the laneway, turn, and I raced after her. And just as I turned the corner I saw her disappear into a home. I raced up to the door, was ready to knock when above me I heard the voice of a male: who are you and what is your business here?

I looked up. I used my birth name Rajneesh Kapoor...

The gentleman looked down at me and knew I was not of the same caste as his family. And he said: Rajneesh Kapoor, you do not need to tell me your business here for there is no business for you.

He had seen me follow his sister, he knew...

He said: turn around. What is here within is not for you.

It's the late 1880s; I knew there was no way I was going to be able to argue against the male of the family. I knew I couldn't push against the caste system. I nodded and I turned and I walked away. I would never see that girl again and a little part of me went: ugh. But another part of me went: ah. What joy that I had experienced her beauty, her demeanor and let my heart feel that for what had been mere minutes...

Did I walk away wondering what could have been? Yes, a little bit of me was. But the part of me that was choosing to live with soul celebrated the wonder of that brief moment together: just a glance, just a glance.

You see, in my enlightenment I had learned to set love free.

Her experience crossed over mine for a brief moment – it was glorious and magic and made my heart sing and my hormones rush. It was magic and amazing. To regret what could have been would have erased the beauty and magnificence of what was.

And in that energy of setting love free, I allowed myself to experience this beautiful, glorious human love in so many ways. I let go of that fancy notion of you meet your soul mate, you stay together until death do you part, and everything along the way is glorious and wonderful. There are so many ways to have a relationship. If your mind is telling you this is how your relationship would be, then you are locking down all those beautiful energies into that linear story which might never happen and so there's that yearning.

So can you in this wonderful energy of loving yourself have the compassion for these wonderful men around you that are probably just waiting to interact: can you give them the freedom to come and be with you in a way that your mind is not expecting but that your soul will cherish and celebrate that you could be with someone for a few weeks, that it might not be physical, but it can still be perfect and amazing?

Set love free and let love be free to come to you in all the glorious ways that it can. Without a story, without expectations...

That other story about not fitting in? Well, that's another thing altogether. Don't let that be a story to stop this wonder of being in love and sharing with another human. Even let the idea of love go. Just play with the idea of interacting with someone for the fun and joy of it. The physical stuff: have fun playing with that yourself. (laughter)

But truly, truly, set love free and then love, that human love becomes free to come to you in so many more ways than your mind can imagine. As I said to the other one beforehand: decide that you're worth it because you are.

But also let it be free.

With that I thank you all for a wonderful time. I apologize to those who've sent questions we didn't get time to get to but I think you all know the perfect answers to them anyway; we've kind of covered it along the way.

So I thank you all for this wonderful experience tonight. We've gone into some beautiful energies that are important because you're important.

You are the grandest creator who ever existed,
as am I.

Namaste.

MARISA: Thank you everybody for tuning in. So this is Marisa Calvi saying goodbye and we'll join again next month with Kuthumi.

Don't forget to tune in tomorrow morning: it's in about twelve hours time with Norma Delaney for some New Breath and some more wonderful insights to living with soul.

Until then, it's been beautiful to have you here with us. Don't forget if you want to look, find out more about our work together with Kuthumi, you can do that at <http://newenergywriting.com>

Until then, I shall also say farewell and Namaste.