

Soul Café with Kuthumi

Channeled by Marisa Calvi

“CHOOSE YOUR ADVENTURE”



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Soul Café with Kuthumi – January 24, 2020

Choose Your Adventure

Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hello everybody and welcome to the first Soul Café for 2020. My name is Marisa Calvi: I'm an author and channeler in Sydney, Australia. I work with the energies of Kuthumi Lal Singh, as well as Mary Magdalene and we generally do this podcast once a month but I gave myself December off. We get together to channel either Kuthumi or Mary and the invitation for you is to join us to breathe, to be with your soul, and to feel into your personal creativity and how you want to create your life.

So it's great to have you here and I really do hope you can join us again each month to play with your soul and to go deeper into the wonderful gifts that being with soul can bring into your life.

As well as doing this podcast, I've written books with Kuthumi and we also do online courses. We have a new course starting next Sunday February 2nd. That course is with Mary Magdalene and it's called "Meeting Your Soul". Mary is going to take us into the energies of what it means to commune with soul. She will be sharing with us some of the energies from when she was working with Yeshua, and then what she went on to teach following his ascension when she was in the south of France. So if you'd like to join that class, you can find out more and sign up at <http://newenergywriting.com>

That's also where you'll find the links to buy our books. Also at our website now, we've got our first big live event coming up in July in Glastonbury England. It's going to be on July 2nd to the 4th. The first day, July 2nd is actually a walking tour around Glastonbury into the energies of Avalon. It's going to be led by Rupert Davis: he's done this course a few times now and people absolutely adore it. It goes all day: it's a very gentle walk. There's stops along the way to do breathing and just feel into the energies there, as well as a beautiful foot washing ceremony at the Chalice Well: a place where Mother Mary and Mary Magdalene also visited. There's some amazing ancient energies there from the Druids as well as the beautiful energies of Merlin and all the Arthurian legends so it's a wonderful place to really dive into all those energies.

And then for two days after that, Norma and I are going to be exploring all that a bit deeper. We're going to do a Gathering of the Goddess Energies. Norma Delaney will be bringing Kuan Yin, I'll be bringing Mary Magdalene, but we'll also be inviting all the ancient goddess energies to join us for two days to dive into some beautiful conscious breathing: for you to dive deeper into your enlightenment and expand into your higher consciousness. So we really do hope that you'll join us.

So you can find out about both those events: the walking tour with Rupert, as well as the two day Goddess Energies event through <http://newenergywriting.com>

And one last thing...

If you are interested in taking online courses, I'm going to be retiring a lot of our older schools that we used to record on a different format and you can have those for half-price if you want to go in and have a look at those under Soul School as well. So they're only fifty dollars Australian which is a lot less than many other currencies thanks to the Australian dollar not being so strong at the moment. So have fun with all that on our website at <http://newenergywriting.com>

So now onwards today...

As I was setting up the first podcast Mary Magdalene came in and started talking about the school: she wanted the first school of the year, but today Kuthumi said no, I'm having the first podcast. And you know, really at this time of year a lot of people are wanting predictions: they're wanting to know what the year ahead is all about. And I said to Kuthumi: maybe we could play with setting our intentions for the year. And we've kind of both balked at that because really time is just a token energy isn't it? And to say that because it's a new year we have to have a new set of ideas or predictions or whatever because we can be doing that every day.

So I said: how do we bring that back into being about being with soul and about being connected with our creativity? So we're going to look at what it means to set your intentions for your experience, for life:

regardless of the date, regardless of where you are. So we thought we'd have the fun title of calling it, "Choose Your Adventure". You know those books where depending on how you'd like the outcome or the scene to be takes you into a different part of the story so you are actually choosing where the story goes by your choice in the moment. So that's why we called it that, and that's what we're going to play with today.

We did have one question that a dear friend has been waiting for a while and we'll see if we get to that a little bit later. So right now we're going to do some conscious breathing.

Now if you haven't done conscious breathing before: what does that mean because we breathe all the time. If we weren't breathing we wouldn't be here, we wouldn't be alive, we'd be dead.

But conscious breathing is when we slow down, and we're in the moment with our breath: when we really feel the rhythm of the breath moving in and moving out of us. It's a really simple thing to do but the energies it opens for us are profound. It takes us into a peace and a clarity. It takes us into the moment so we're not rehashing the past, we're not stressing about the future. We're in the moment with ourselves. It helps us connect to our body and it helps us really hear that beautiful inner wisdom within us.

For me it's been everything about how I've connected with my enlightenment, how I've allowed my consciousness to expand, opening up my awareness – all in this simple act of sitting and breathing. And when you first do it, it has to be something you would call quite humanly conscious: I'm going to sit and I'm going to breathe. I'm going to feel this rhythm. I'm going to feel the air moving in and moving out. And you make the time to do it, even if it's two minutes to start the day before you get out of bed or do last thing at night to check in on yourself.

But the wonderful thing is then after that, when you keep playing with this, when you keep inviting this beautiful energy of clarity and grace into your life, you can be sitting in a room full of people in chaos and you can take that breath and come back into your centre, come back to your clarity, your wisdom, your balance. Sitting in traffic, even in your workplace to bring you back to your centre.

So I'd love for you now to be comfortable: whether you want to lie down, sit down and it can help if you put your hand on your belly because when we're doing this breathing, we're going to breathe right down into your belly. Not just little short breaths: these beautiful deep long breaths that don't know time. And if your mind is saying am I doing this right? I don't think I'm breathing deep enough... just come back to the rhythm of your breath, whatever it is in this moment.

When we first start doing this it can take the body a while to adjust because a lot of us are used to shallow breathing. So it can feel funny sometimes to say: well, what does it even mean to breathe down to my belly, to make my belly fill up with as much air as my lungs?

And then slowly it becomes natural; it becomes so easy. We realise it's just our mind that didn't want us to let go and breathe down deep. Because sometimes that shallow breathing, that disconnection: it's keeping us in a place that we know. Even if it's not helpful – or loving, we stay there.

And the breath invites us into that love,
into that grace.
Breathing in and breathing out,
the beautiful rhythm that's always there.

It's always there.

This stillness, this quiet inside us: it's always there.
And so too the breath reminds us that within us
is always the clarity and the wisdom
and the love of our soul.

It's always there.

Moving in and moving out...
I'm almost putting myself to sleep. (laughter)

But just a few more breaths and in this space, I invite Kuthumi in, as you all do. In this space we listen to our inner voice but we can also hear

beyond that. And this is what I do to invite Kuthumi in, to say we're ready, we're here, share you wisdom. Remind us of the wisdom within us.

Breathing in and breathing out.

KUTHUMI: And I will say Namaste. I thought my channeler was never going to finish leading that breath today: it was quite delicious wasn't it? (laughter)

What a beautiful reminder. This energy that you're all searching for, this love that you're all aching for, this clarity that you want: it's there, it's always there. For so long we've convinced ourselves that the journey into enlightenment, in consciousness, is something to seek, to earn, to find, to attract to you when all it is: is it's right there. It's right there.

And this is what Yeshua always wanted to share with us: I am the way, the light and the truth. I am. Here I am. It's right here. You don't need to seek out the schools and the temples, you don't need people to tell you: it's right here because I am.

I am my soul.

I am my soul's love.

I am my soul's wisdom.

I am eternal life because with this consciousness, it can't ever be destroyed.

It continues on into a new adventure, on and on and on.

Because god is within me
because I was born of god.
I was born of god,
of All That Is.

And I was set free
because I was loved so much.
I was given the freedom to play
and know my creativity without bounds.

I was free to be evil or good,

I was free to be rich or poor,
I was free to be happy or sad:
it was always my adventure to choose
because god loved me so much.
He said you are granted the creativity
that you were born of.
You are no less than me,
And while you are birthed of me,
You are no less than me:
you are my equal.

That scared the crap out of the people when Yeshua came and said that. That scared them because that undid all the structures of authority that society had so eagerly set up: some people need to be richer and some people need to be poor, and some people need to be powerful to run everything. And in that power comes great wealth, and the wealth creates more power.

And along came a simple man who walked around in simple robes and sandals who never owned anything, yet never wanted for anything. In a traditional sense he may have been called poor, but he was wealthy beyond any means that could be measured. And that too scared people incredibly.

It also made people excited to think that finally here was someone showing them the way, showing them the truth. It's no wonder that thousands of years later he has not been forgotten, as those who supported him and those who killed him (laughter) because this is what we've all been craving. We don't want to be limited by finances, we don't want to be limited by where we were born or our perceived role in society. We want the freedom to embrace our godself in every breath.

And our minds have created so many stories on top of that thanks to mass consciousness reinforcing them that we've taken the story of our enlightenment and our consciousness and put that into a story of how it should be. How many of you have a story on how you should be enlightened? How many of you are letting people tell you what that should look like? Why are you buying someone else's story for your experience – a channeler, an ascended master even? We are no greater

gods or creators than you are. I would never tell you how to create your experience. I would never choose your adventure for you because then I'm saying you are a less of a god than I am.

Namaste. I love that expression because it is saying the soul in me sees the soul in you: the god in me sees the god in you. Who am I to choose your adventure?

Who is choosing your adventure right now?

Who is choosing your adventure?

It can be fun too to blame others, to say: well, I would love to be doing this but I have children, I have elderly parents, I have a job I need to do, I have debts to pay. But look at who's choosing that adventure? Is it your mind choosing your adventure? Is it an aspect of you from long ago that said this is how life should be and so you're chasing that? A guru, a teacher, who tried to tell you this is how life should be?

Imagine now, right this minute: take a breath and we're going to wipe out any stories – any stories.

Now this doesn't mean life changes in an instant. But what can change is how you view it, how you approach it, and how you interact with it. And they are the things that change everything. The children won't disappear, your family won't disappear (though that could be nice), your finances might not change overnight but the way you interact with it all can change in a breath.

We put so much energy into demanding that human life reflects back to us some proof, some proof of just how well we're doing.

How do we do that?

By how we look, or how much money we have to spend, by how others view us: all these things that are outside of us... imagine if we brought it all back to within?

I am god also.

I am born of an infinite love
and that infinite love is always there available for me.
I was born of love.
I was born of abundance.
I was born of creative energy.

How do I want that to express in my life?
How?
Not what will that look like,
not what will that show to me.

What would that feel like?

Because the wonderful thing is: when we come back to that feeling,
when we come back to that sensation of freedom, it doesn't always look
like the story that everyone outside of us has convinced us it should
look like. Because for so many of us society has made it about how do
you look? Well, isn't it more important about how you feel?

How much money do you have? Well, what is it, why do I want that
much money? What do I feel like the possessions will provide for me?

How do you want life to feel?

It becomes so easy to convince ourselves of a story because it's being
sold to us. How do you want life to feel?

Let's take a breath.

Take a breath and in that breath: letting go of the stories. And let's not
replace old stories with new stories but to keep coming back to this
beautiful breath, to come back to this freedom.

Take a breath
and keep breathing.
I'm going to play a little bit of music:
just keep breathing through the music.

(Stillness by Peter Sandberg)

Breathing and just feeling
this beautiful stillness and grace that's always here.
And I bring you back to this space and wipe the board clean: wonderful
expression.
To reset your energies, to start new.
That energy is always available. Always available.

So when you come out of balance, when you get distracted, when you
realise you've just bought into another story that's been created by
someone else or something outside of you: to come back to this space
and start again.

And it can sometimes feel like- how enlightened do I have to be before I
have to come back to this space? And the joy of that is that it doesn't
matter. And it can feel like you're just as lost and it can feel like you need
that resetting as much as you ever did but the wonderful thing is you
don't have to come back to that complete resetting as often as you think
you used to. And you come back to the balance quicker because that
state of balance, that state of being free, becomes a very natural way of
being.

The imbalances aren't that big. The reclaiming doesn't take as much
energy and time because the more we invite that beautiful space: this is
sovereignty. Knowing that you're complete, knowing that you don't
need anyone outside of you to tell you what to do. You can come and sit
with me and I'll remind you: I'll remind you of that beautiful space and
I'll encourage you to come back to your choices, to your adventure - not
being chosen by someone else, not succumbing to someone else's
judgments or projections. But this is my adventure and I'm playing it
this way because I want to, I choose to. Because I'm so in love with
myself that what other way is there to be?

Why would I want to live somebody else's expectations when I've got a
whole beautiful universe of potentials within me to play with? Why
would I go and limit that to somebody else's ideals, to somebody else's
story, or to an aspect's story? See that little girl who decided that this is
how my life should be but I don't have to follow that anymore. Yes, some

part of me may have chosen that so long ago, but I don't have to keep following that.

Take a breath.

Take a breath.

Here inside me, always there:
this universe of potentials that I can dive into
even when I've made choices from my soul,
I can come back into this little universe
and stir it all up
and find some new potentials to play with.

I can take that story I did choose with soul
that I am playing, that is wonderful
and say: let's make it richer.
Let's make it deeper.

Let's go into the breath
and invite even more potentials to come
and be a part of all this creativity,
to come and shape the next step of the adventure.

It's limitless.
It's abundant.
It's amazing.
All that energy right there.

Always there, always complete,
all ready for you to dip into.
Ready for you.
Always there.

It's wonderful because this question I'm going to answer now expands on this more because it goes into my personal adventure. And I tell my personal adventure, not because I want you to follow me, but because I want you to feel how I allowed my adventure to unfold with my soul love, with my sovereignty.

So...

“Dear Kuthumi. Beloved Kuthumi... (I love that even better, thank you) ...when you had lost yourself, what was it that enabled you to get off your sickbed after so many years? Did you awake one day and make a sudden conscious choice to get on with life or was it a slow dawning of realisation or something else? Having lost everything on the way to enlightenment, how did you find yourself again? Was it the complete surrender of the human aspects? How did you get your human on board to live again?”

I'm going to start at the end of that question and move back. (laughter)

How did I get my human on board to live again was when I realised my human wasn't separate from my spirit or my soul. My human was the expression of my soul love. I had loved myself so much I created this human form. It wasn't something to battle against or prove myself to: it was here as part of my creation.

It's much like saying: how do you get the canvas to sit upon the frame to make your painting? It's all part of the dance, it's all part of the wonder of creating the painting. What's more important: the paint or the canvas? Well, without the canvas, where do you put the paint? And without the paint, how much more beautiful can you make the canvas?

Do we idolize the soul so much that we've made the human so little that we think that it's not important? They're dancing together, they're part of the same creation, they're part of the same beauty and painting. That's how I got my human on board when I stopped seeing it as something that was an impediment and I saw it as being a vital part of my adventure.

Here is my human: me, my body, my expression, my story, my name, my beautiful brown skin and big dark eyes. My lanky legs and clumsy arms. (laughter) My little round belly, my rather attractive genitals... sorry, I had to add that in there. My channeler said no, but I wanted to go there...

Every little part of me, every little straight hair upon my chest: they were all marvelous and wonderful because they were part of my painting, they were part of my creation. Soul had made all this with me. I didn't have to get it on board; it was already on board. The choice now was: how much fun did I want to have with it? Did I want to listen to it, did I want to ignore it, did I want to see it as a burden?

Or did I want to see it as what it was – it was a vehicle for all these amazing senses which connected me to experience.

This beautiful amazing body: I could see things. I could touch things. I could taste things. I could hear things. This body was letting me have the richness of experience that I was craving. That's how body got on board because I realised that without it, there was no board to get on.

(laughter)

Like the chicken and the egg: what comes first, the body or the experience? You know, the human or the experience – they both create each other. They both dance with each other to create my adventure. So that's how I got human on board by loving every aspect of me from my gross toenails up to my beautiful curly hair. To look at my body every day and see it as an amazing wonderful thing: to thank it for its way of connecting me to the world with these beautiful senses.

Oh my god, tasting food! Ah, touching another person. Hearing music. Seeing art, just seeing nature, just seeing chaos – cities! How many of you can stand in a city and just appreciate being able to see and hear and smell it?

To look at your body and see even your little pinky – what an amazing creation that is. That's how I got human on board by celebrating it as just a beautiful dynamic part of my creativity that was part of me choosing my adventure.

So when I had lost myself, when I had collapsed because I basically burnt out my mind from searching and asking questions and looking outside of myself that I had to lie upon a bed and I couldn't move because my body was exhausted: physically, emotionally, mentally. All I had left was feeling. That's what it took for me to get to my feeling state:

to switch everything off, to collapse the physical, to collapse the mind. But oh, I loved my mind so much that that was the last thing to go: lying in that bed and I still asked questions. I called out to past lives, I pleaded to every god and saint to give me the answers.

And when finally there were no answers to be heard from outside of me and I realised all I had left was what was inside, that scared me because I convinced myself over so many years that I wasn't complete, that I needed to know, I needed to understand, I needed that information: I had to find it, I had to gather it.

It never occurred to me that it was already there and that's why my past lives wouldn't answer me because their journey had been about turning inwards. Their journey had been about listening and feeling. St. Francis knew that god was not outside of him, that he had an intimate personal connection. Balthasar always knew this beautiful energy within: you had to start there to know the wonders of the world around you. I unfortunately had all settled on Pythagoras gathering wisdom, but truly his wisdom came not from what he saw outside but from what he understood by going within that gave him a deeper intimate connection to the physics of the world he was part of.

When all those voices didn't answer me I felt abandoned but I could still feel something. To be so abandoned, to be so shut off from the world, but there was still something I could feel. There was still something there. I didn't truly know what it was so when I finally said to that sensation who are you and it answered: I Am.

I Am.

I knew its voice because I'd been connected with it for eons. It was that voice that had been with me from the beginning.

I Am.

It was my voice, my soul. And then I realised, there it was. When I finally let myself hear that voice I felt how complete and whole and amazing my own personal unique energy was. So that took time.

But what was it that enabled me to get off the bed and participate in life?

That was the choice to want to know life with joy and love because I could have lain there and just listened to my soul. But I remembered before that bed (laughter) I had travelled, I had studied, I had interacted with amazing people and the human part of me craved that. But my soul did too. My soul said: yes, let's go. Let's go and play again. Let's go and see what else this life has to offer.

See, it's very tempting to stay in that space of: ooh, I'm cocooned, I'm safe. I'm cut off from all of these energies of the world because I have soul and that's all I need. And it's true. And in the past, and I know dear one you've done this too, this is why you're asking the question: because in the past what you did, what I did, what many of us did, we separated. We went to the schools, we went to the temples and we had the realisation. We got put in caves and locked in rooms to just breathe for forty days and forty nights, to fast until we heard that voice. Until we separated so completely that we realised here it was within us.

How do you take that back out to the world when most of the world doesn't even know about it, doesn't care about it, and would really rather you didn't know about it either so you can stay within its games of control and power? Well, that's why we stayed in the schools and the temples: we kept it safe. We knew that it probably wouldn't survive or we'd get distracted and get pulled back into the old games again. So we stayed hidden and disconnected until we chose to leave or we simply stayed there and guided those who were seeking onwards into their awakening.

But this time around when I felt into that, what I felt was what was I going to miss out on? Why would I not myself into this amazing world with all its different cultures and foods and people: why would I want to stay disconnected from that? I wanted to go out and play.

So now, I didn't exactly jump up off my bed because you can imagine how after being in bed for so long my body wasn't entirely as strong as it could have been – I did it gently, I did it lovingly. I didn't just get up and say “book me a flight, I'm out of here tomorrow”. (laughter) No, I gave myself time. I loved and respected myself. I gently increased my

foods, did some exercise, made plans, but even that was joyful to see that my body could recuperate. To enjoy seeing my family's delight and love now that I was finally out of that bed. To see my friends come to visit and the joy in their faces...

And I realised I could choose how this life would be. I got to choose not only the adventure but what it would feel like: would it be a joyful adventure? Will it be hard and will I have to think I'm on a quest? Will every day now be simply saying to soul: "you need to show me more?" Or will it be soul: "let's go and play?"

See it's so easy to take enlightenment and awareness and to think of it as endurance. Or we can think of it as just a delight to play with. And I know that kind of intersects with other people who aren't always so enlightened or balanced, but our time interacting with those can be so minimal. And it doesn't mean that even if we do interact with them that that has to have some bearing upon on how our adventure unfolds anyway. It's almost like vaccinating yourself against mass consciousness and you can go out into it, but you won't necessarily succumb to it. (laughter)

The breath is a wonderful vaccination against mass consciousness, a vaccination against distraction – it's like one of those multi-vaccinations all in one. Every time I breathe I'm saying: I'm coming back to me. I'm not going to be part of mass consciousness. I'm not going to allow my aspects to choose. I'm not going to be distracted by all that wonderful energy in the world around me.

See, it's an honouring. That stuff kind of needs to exist because it's part of the design of how we wanted to be human: we wanted to be distracted. We wanted to have the array of experiences and the only way we were going to do that is through that heaviness, that gravity of the 3-D world.

But this is the wonderful thing that you can vaccinate yourself against that and still go out and play with it and be not a part of it. Just by breathing, just by remembering that you are a soul complete and whole: a sovereign being choosing your adventure. And that's how I found my

self, my truth by coming back to that. I'm of this world but I don't have to play by its rules. I'm of this world but I choose my adventure.

The world has been so good at convincing us that we don't create, that we don't choose: that we're victims of fate and destiny. If you want to be a puppet, be a puppet. You can be an enlightened puppet... you can follow the gurus like me that will tell you this is what you've got to do and this is how life will be and ooh...

Do you want to be a sovereign being – a really free soul?
Free. Freedom.
Coming back to this core, this essence.
Coming back over and over.

Not because you're lost,
not because you're distracted
but because you are so in love with you
that you will gift yourself this reminder as often as you can.

Every day: every day I breathed with soul.
Every day I invited soul deeper into my experience
because I wanted to know myself more.
I wanted to love myself more and
I wanted to be on this adventure
deeper and deeper.

I think that's worth the choice to say I want to play with life, not endure it. I want to experience my adventure with ease and grace and delight – not I will carry on because I have more questions that need to be answered. I must continue on my search: will I ever get there?

My aspects: I can delight in because they're all part of my creation, they're all part of the painting. But they're not the whole painting. They're just a brush stroke here and there but they're all part of creating the bigger picture.

But remembering the creator,
the eternal artist who designed it all,
who put every brush stroke in place...

take a breath.

All those brush strokes were all perfect and amazing. But no brush stroke should decide the next: that should be for the creator, for the artist.

So my dear one, to all of you, taking that breath and remembering this beautiful consciousness you have of the painter: not the brushstrokes. Not the brush, not the canvas. It's all a dance together to create.

But who's choosing what that painting will look like and how it's getting done from your beautiful soul, from this beautiful, eternal creative love that you were born of?

And how wonderful that can begin and continue just by taking a beautiful breath. A beautiful breath. One after the other because you love yourself so much that you want to know life in its grandeur: that you remember you are the creator choosing your adventure.

Namaste. Farewell.

MARISA: Thank you everybody. It's Marisa back. Thank you to Kuthumi for a beautiful start to our new linear time year. (laughter)

Thank you all so much for joining us today whether you were here live, or you're listening in later. And a reminder that if you want to know more about our work, please check it out at <http://newenergywriting.com>

So thank you all once again and we look forward to joining with you again next month.

Namaste.