

Soul Café with Kuthumi

Channeled by Marisa Calvi

“Creating the Creator”



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Soul Café with Kuthumi – November 3, 2019

Creating the Creator

Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hi everybody. 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 we join together around once a month to just take some time out to feel into our soul connection and well, we do that more often but it's once a month that we invite you to join us to do that altogether here.

And it's a wonderful thing to play with soul, to feel soul, because we feel our essence and we feel our core creative energy which is something we're really going to go into today.

Before I do that though, I'm just going to invite you to take some time to visit our website at <http://newenergywriting.com> It's not only where you can find our books but also to learn more about our soul schools that we do. Our schools are online courses that we do over a span of four weeks: there's seven sessions and we usually have a theme and but it's always about going deeper into your soul connection and inviting soul and its wonders into your life.

At the moment the completed schools that are still accessible are half-price because we're going to be retiring those soon because, well, they were done at a different broadcaster. Here at Spreker we're looking forward to doing new schools in this beautiful fresh environment where we have a much better technology and audio. So up until December 31st you can get our past schools for half-price: that's fifty dollars Australian which is probably really good in other currencies because the Australian dollar isn't that great.

There are eight schools there and it's everything from Exploring the Goddess Energies, which is actually a school we did with Mary Magdalene. There's ones on The Body, The Mind and there's some beautiful – I'm not going to call them basic schools even though you could say it's a basic school – there's ones called Being Human and Walking With Enlightenment which are really great for a broader look at what it means to be enlightened and still be human. Yes, because that's the fun of enlightenment and still being here living and breathing in this beautiful human dimension.

We do have a new school starting next week called Stepping Into Grandeur which is all about looking at what's holding you back, what's keeping you limited and how you can open up and allow your soul energies, allow your abundance, allow your artistic creativity: just to let your expression be freer in your life. And we're really looking forward to that. So read more about all that and sign up on our website at <http://newenergywriting.com>

So today, what are we going to do?

If you haven't joined us before, if this is your first time listening: we'll do some conscious breathing. It's a way to balance our mind energies and come deeper into our feeling space and allow that beautiful space to open up and feel the wisdom that's already there. Because Kuthumi and I will be the first ones to admit it: you already know everything. Everything is already within you. We're just having a lot of fun forgetting about it so we can remember again. Anything Kuthumi shares with us is always just a reminder and an invitation to come back to that wisdom and essence and soul voice within us.

So we usually do some breathing to get into that beautiful space. It's also for me because you know, I've had a bit of fun playing with the technology and getting this show set up: I go into my feeling space to connect with Kuthumi and then to channel. And channeling is I simply let Kuthumi's voice blend with mine and we just remember and speak what we'd like to share today and what you'd like to hear because the channel gets created for those who gather as well.

Kuthumi, we call him an ascended master and what does that mean? Well, an ascended master is somebody who allowed their enlightenment, who allowed their soul, their aspects to be blended into their human form to live a life with an open awareness and an open consciousness. And even though he's crossed over, he still plays with a lot of humans and I'm delighted that we have a fabulous working relationship where we do shows like this, we create courses, and we write books together as well.

I adore working with Kuthumi because he has a wonderful sense of humour. He's always very practical and he's always very honouring of my personal experience as he is with yours because that beautiful compassion of allowing me my expression and my personal journey is a big part of what we want to share with everyone: with you to discover your personal connection to soul, your personal expression and your way of journeying onto enlightenment.

We sometimes take questions and although today isn't a question day, we do have a question that was a bit late last time. It was written with such vigor and passion and it raised a lot of things for me too like what does it mean to be a creator? And the ascended masters are always talking about us accepting our creativity: well, what does that mean? Why do I

want to be a creator? Who created me, and then allowed me to be a creator? There's a lot of questions within that and there's a lot of questions with what do I do with this creativity? What do I create? How do I create? So we're going to play with all of that today.

So Kuthumi might start with this question: I don't know. When I go into my space, then it's up to the Kuthumi energy to take us wherever we're going to go. So we'll channel for a while and then I'll come back as Marisa and just say goodbye to you all. How fantastic!

Okay, so let's get started. (laughter)

I've got my tea and I hope you're all comfortable too. And that's the wonderful thing even though we're live, you've also got the chance to come back and listen to this later because of course, this is all going to be recorded and archived within five minutes of us finishing. Oh, I love technology!

So thank you wherever you're joining us from all over the world.

So here we go... let's do some conscious breathing. So I invite you to be comfortable: if you want to lay down, whatever. You don't even have to be still. If you're maybe listening to this while you're walking...

Just be present with where you are right now.

Be present with your body. Be aware of how your body is feeling. Be aware of how the atmosphere around you is connecting with your body: are you cold, are you warm? Would you like to have a drink of water right now? Just be really

aware of what will be loving and nurturing to you in this moment, and then take that first conscious breath.

Just really feel the breath move into you.

Whether it's through your nose,
coming down through your throat into your chest.
And then invite it down even deeper,
down into your belly.

And just feeling everything slow down:
everything slowing down.

And just feeling the rhythm of your breath:
if you are walking, just stop for a moment
and just allow a few deep breaths just to feel that rhythm
before you move on again.

If you're lying down or sitting,
I might invite you to put your hands on your belly
and just feel that breath.
Feel that breath just filling, filling your body.

And just feeling how there's a beautiful,
beautiful natural rhythm:
a beautiful natural rhythm.
And how gentle and loving that rhythm is.

Don't worry about if you're doing this right or wrong:
the fact that you're stopped
and you're willing to feel is everything.
And just feeling: how are you do you feel in this moment?

How are you feeling?

If your mind is distracting you: just come back to that rhythm.
Come back to that rhythm.
This beautiful breath that's always there
whether you're aware of it or not.

But how beautiful it is to stop
and feel it, really feel it.

Honour it, love it,
because here it is keeping your body alive,
feeding your body
and allowing you this human experience.

The breath: always the breath.
It's the beginning,
And it's the end.
And it's everything in between.

So we can come to this in any moment,
in any moment,
as a reminder, as a remedy,
or just for the delight and joy of it.

Just to experience the art of this human body
and how it interacts with this human dimension.

The breath.

And the more we come back to the breath,
the more we open up this awareness and consciousness,
and the more we feel what is our truth.
What is our essence, what there is going on inside us
that we can then allow to express

out into this world.

This beautiful rhythm.

KUTHUMI: Namaste. And I Am That I Am Kuthumi and I Am That I Am my rhythm of my breath, as you are the rhythm of yours. Unique. There is no replica of you and your breath. There never has been.

I don't know – many of you feel that you've lived many, many lifetimes and this rhythm of this breath that you have right now in this body has never existed before. Now that's an incredible thing to imagine, isn't it? What? My essence, my soul has stepped into a body lifetime after lifetime: dozens of times, hundreds of times, thousands of times and yet, this rhythm of this breath has never existed before and will never exist again?

Whew! Let's take a moment to breathe that in.

Mind wants to play with that, doesn't it? It wants to imagine how glorious that would be: I Am All That Is in this moment. How beautiful, how wonderful that I can never replicate this again because imagine if we could just replicate the same thing over and over and over: we'd be so bored because that isn't the truth of the creator.

Repeating something over and over and over: that's the truth of a puppet, of a program, of a belief. And you aren't a puppet. You aren't a program. And you're not a belief. You're a soul that's completely free. Completely free.

I've been invited today to talk about what it means to be a creator: creating the creator. What does it take to create a

creator because if you were created from something, then there was a creator who created you, and then you were told you were a creator – so we're getting into a lot of mind stuff here. But we have to delve into that because the human in understanding what it means to be a creator always has a lot of mind stuff to clear through and that's what we're going to do today.

So it's kind of funny that even though we have a theme about creativity and being a creator, we're actually going to clear a lot of mind stuff. We're going to look at some beliefs. We're going to look at how you've programmed yourself because let's take that on board: if you're a creator, no one gets to program you. You're programming yourself. And by programming, I mean owning beliefs or letting beliefs become bigger than your creativity.

Mmm. Isn't it amazing how we can often believe that our beliefs are bigger than our creativity?

And what is a belief? Well, a belief is a pattern that we're just buying into over and over again. Whether it's within one lifetime or another, or over many. Beliefs such as: well, as my body ages, it will become frail and need more support. It's beliefs that abundance is outside of me. It's beliefs that my aspects run my life.

Isn't it wonderful how as we open up our spirituality and we open up our awareness, we just replace old beliefs with new beliefs? Now some of those beliefs can serve you very well: I believe I'm a creator. (laughter) But then we like to downplay the new beliefs, don't we? I can't have medicines because if I'm a creator I should be healing myself. I can't interact with the

outside world because mass consciousness will infiltrate me again.

Isn't it wonderful how we're so creative in creating these beliefs and creating these programs, how we can clear some old ones and just replace them with new?

I loved in my lifetime as emperor Shah Jahan when my beautiful wife said to me some beautiful words: a cage is a cage. It's the joy of being human to gift ourselves with a constant awareness of where we want to keep putting ourselves in a cage because it's a very human thing to want to be in a cage. We like cages because cages have boundaries, they have expectation, they give us some structure to live our life.

And yet we crave freedom with such a ferocity that we will attend workshops, listen to ascended masters on podcasts (laughter) because we want that freedom. And yet we'll take that freedom and we'll put it back in another cage. It might be a bigger cage, it might be golden, it might have beautiful jewels encrusted around it – but it's still a cage. And then we turn that constant joy of being aware of how we're constantly limiting ourselves and we make that into a battle of: oh, it's never ending, I'll never get there, I'll never be enlightened because there's always something to deal with.

But that is enlightenment and that is awakening and that is consciousness. It is constantly exploring and knowing yourself deeper: constantly.

It's not a battle: it's the joy of knowing yourself.

Every day that I take that breath and say I am so in love with me, I'm also saying: life, you are free to show me anything I need to know to be freer. And so an aspect makes itself known.

“Oh, here's another aspect to deal with!”

How about instead we said, “oh, hello aspect. You're ready to come home. You're ready to be part of my soul family rather than some little rogue brat running around making decisions for me based on emotion, based on a past experience: here you are ready to be part of my orchestra, my soul orchestra. You want to be part of the melody. Welcome back. I loved you so much, I loved myself so much which is why I created you. You were created in love little aspect and I welcome you back with love.”

Much better than saying, “oh, there's another aspect coming up that's blocking me.”

Play with it, love it and nurture it. Ah, much grander. Much grander. And much more fun, huh? Much more fun.

Oh my goodness. Here's another pattern that's come up. How about celebrating that you're aware that that's a pattern!

How many humans go through life stuck in stories and patterns and they're not even aware that that's what's going on? Don't treat this awareness as some sort of punishment. I always make the joke that you know, the great thing about becoming awakened and enlightened and consciousness, you become so aware and so sensitive. And then we joke that the downside is that you become so aware and so sensitive.

But it's not a downside, is it?

You should be thanking every fibre of your being: oh my gosh, here's that pattern. This is at least the sixth time it's come up in my life. Why?

But instead of saying why, say thank you soul, thank you aspect, thank you pattern for making me aware. Because if I'm aware, this can change – because you're ready to change it. That's why you're aware of it.

Those aspects, those patterns, those beliefs that are serving you to stay small: if you're not ready to let go of that smallness, they will stay hidden and they will play out by default with no consciousness because they're keeping you right where you want to be.

An aspect, a pattern, a belief makes itself known, sets you up with a bit of fun for a few days – hell, sometimes it's a month, but you're getting quicker at them – that should be a celebration.

Thank you soul. Thank you me. Thank you my awareness because I chose and I'm ready to change and here we go: here's a part of me presenting itself to say yes, I'm wanting to come back and be part of the orchestra. Not the little brat running around the stalls, running up and down the aisles – I want to be part of the melody.

So what do you do with that once you're aware of it?

You don't have to do anything but say thank you and celebrate it. But there's another part of it too because if you're aware, then you can be aware to make different choices. Simplest way to break a pattern, simplest way to shift that belief: make a

different choice because that's what keeps the old patterns and beliefs in their holding patterns, repeat energy I should say. It's simply making the same choices. You have a pattern with your health, it's because you're making the same choices about it. And I don't just mean because you're taking the same supplements, you're seeing the same therapist: you're making the same energetic choices about it.

Hmm. Take a breath with that.

The same energetic choices because you're operating from the same beliefs that keep the patterns repeating. What are the energetic choices? They're the beliefs we have about ourselves: but I've been like this for so long, it will never change. I'm not really as grand as all these ascended masters tell me. I don't know how to do this. I need an answer. I need someone to come and show me how to do it. I'm broken and I'll never be fixed.

See, they're the energetic choices. Imagine if we made some different energetic choices?

I am so glorious and magnificent
in my perfection right now.
And yes, I can be different.
I'm not broken.

I'm not broken. I don't need a knight in shining armour. I don't need a horse to ride off into battle. I don't need a dragon although that would be cool, and fun, and I could go flying on it!

And if a knight in shining armour did appear: well maybe I could get them to take off their armour and we could just have some fun.

See how we can shift all of this? The old stories: we can change them. The damsel in distress waiting for the hero to come and rescue them: it's a beautiful romantic ideal of human life. But even those stories are shifting and changing in your arts and in your movies, aren't they? Aren't they?

The damsel in distress can rescue herself. The knight in shining armour has his flaws. And the dragons: oh, how much fun to just go flying for the fun of flying.

Think about that every time you see a movie, read a book and it's the same story over again: the hero, the rescue, the challenge.

Imagine that story differently...

Imagine if somebody wrote a book of a child who was born to a loving family with beautiful parents who were balanced, had no flaws, raised them in perfect love: constantly nurturing and honouring them as an individual, encouraging them to choose their personal experience.

They go on to explore many things: not to choose just one thing and then that's it for life. And every time they try something different, it's a success. It's wonderful. They're surrounded by people who support them, who reflect everything that they hold about themselves. They never have a health issue. They never have an abundance issue. Never.

They go on and live a long and prosperous life. And when the time comes and they're finished their human experience because they feel complete, and they say I am done. They lay

down and they close their eyes and they count... and when they're ready, they take their final breath.

Would you want to read that book? (laughter) I would, and I want to see that movie.

See, people tell you in the arts: oh, they've got to have a challenge. There's got to be some sort of threat. There's got to be character development. I think that's a fabulous character development: a soul chooses a wonderful life.

Oh, I'm going to just write that down now, "a soul chooses a wonderful life," because Marisa and I are going to write that book. I can tell you right now no publisher will touch it: we'll have to publish it ourselves. Where is the challenge? Where is the hero's journey?

Could you imagine your life as that?
It's not too late,
it's never too late.
Never.

Because you are the creator creating your experience. Yes, we overlap with some interesting people – but ultimately it's you.

So with that I'm going to read this question:

"I have a question about something that I still feel confused about. I am a creator and as such I can choose whatever I want in this human experience, right? But I also hear from you and others (to) not to drive the energy to a certain outcome. Just to open me for the energy to serve me. Why not ask for a specific result? If I have a choice to create, if I can command the energy to serve me, then why doesn't it serve me for a specific purpose

that I choose? Do you know that a part of the Lord's Prayer that says: thy will be done? What if I want my will to be done since I am god also? Very confusing, right? For example: I want to solve the financial issue in my life since I chose to stay on the planet. It makes no sense for me to be here without being financially abundant because I feel constrained in my freedom to come and go. It makes no sense to me to be on the planet just to pay basic bills. So I choose to receive a sudden cash inflow that would end this annoyance. Win the lottery? Yes, I play would be an immediate and effective solution. Then I remember you saying it's not about focusing on solutions overnight but am I not a creator? Why can't energy serve me in creating this magical solution overnight? I'm laughing as I write this because I am feeling in this confusing looping and it is funny but also very annoying. I believe I have integrated all aspects and liberated all beliefs that prevent me from having financial abundance. So can you help me understand this controversial idea that I am a creator but I can't create a specific result?"

My dear this is such a beautifully human question so humanly expressed. And I get it: it's the frustration of I have this limitless abundant creativity and yet I can't direct it to do what I want.

And I'm going to bring you back to something we've already talked about today and I might frustrate you a bit because we're going to backtrack, but then we're going to get into it a bit more. And it's true: I would never recommend you directing it to a specific outcome because here's why...

When you do that, you are constantly (and even within your question) you do have this beautiful big choice: I choose to be abundant. I choose to be free. I choose to have the option to do

whatever it is I want. Then you're taking that choice and you're putting it in a cage: I want to win the lottery and I want this cash inflow overnight.

So you're taking that creativity and you're controlling it. You're on a power trip and that's the wonderful thing about really remembering you're a god. It's so easy to go on a power trip. It's so easy to want to control everything.

Control isn't creativity.

Demanding energies of a certain outcome is not creativity.

It's not.

Take a breath.

Take a breath.

Do you know when you see those movies and Godzilla goes rampaging through the city? He's just being Godzilla. He's just being himself. But he's destroying everything in his path.

So the analogy I'm giving you, the Godzilla tramping through the city, is more to give you a sense of the energy because that's the kind of energy you've got at the moment. I want this life and I want it now and I should be able to do it. And how dare you tell me I can't do it.

So let's take Godzilla on his rampage. Let's take him out of the city because first of all, that's a very unnatural place for Godzilla to be. (laughter) Let's take him back out to a tropical island. And he is Godzilla and he's on this beautiful island now. There's no humans tormenting him and he settles down and he's calm again because well, here's the setting that he knows and loves. So we just wanted to calm Godzilla down a bit and that's the end of that analogy too. (laughter)

But do you see the difference in the feeling which is: Godzilla probably didn't even know that he could return to the island and just was doing the best with what he had before him.

And that's a bit of what mind is doing with you my darling. Mind is saying: right, well we want money, we want it now and we want it overnight so the only way that that's going to happen is the lottery. So you've gone and given yourself a very specific cage with expectations and goals and outcomes. Because the way you're choosing for this abundance to happen – you're going to hate me for saying it – it's all mental and it's mind created. See, that's the difference.

We need to let go of the mind creation. Mind creation gives you the story, the outcome, the expectations, the timeframe.

But if you came back to the breath: if you came back to the breath, if you breathed, if you were loving yourself, you would know that money is not going to make you happy or freer. And you'd also know that it is just silly mental energy trying to win the lottery. Trying: that's the thing too. See, when you play the lottery you could shift this, and you could win. Okay. It happens. People win the lottery all the time. Why not you?

But if the underlying energies are I want this to happen now, it's going to be fixed, I'm the creator and it's still coming from that push and shove energy, it's not going to happen.

Imagine if that abundance: you actually gave it a rest from the expectations of it being about money, for a start. See, that's the first step that you've gone and limited your abundance is by making it about money. Have you celebrated the abundance of

other things in your life? Because at the moment it's just the focus on I can't do this and I can't do that.

There's a lot of things you can do. You can breathe. You can talk with soul. There's probably a lot of other things in your life that you can do right now. But instead of seeing them as not good enough, not amazing enough: you need to be in the moment now with who you are, and to be in love with who you are in this moment. Because if you don't love yourself as you are now, do you think you are going to love yourself more with money? You'll just find another way to not love yourself with the money.

And I know some of you are saying: you know what? I could probably live with who I am as long as I had the money to buy stuff. That's not enlightenment, that's consumerism. (laughter)

You're also trying to use life around you as some sort of proof of how enlightened, how amazing you are. And that's the other thing that we have to let go of. See, I did that too. I thought the more books I read, the more knowledge I had, the more quotes I could quote: that was what enlightenment was going to be about. Because you read the books and these people: we say this amazing stuff, and then you know, our channelers go and turn them into memes and put them on the internet and then people share them. And there's this amazing quote and it's like: wow, if I was enlightened, I'd be saying that stuff too.

No. You know, a lot of my original quotes from when I was alive: you don't see them anywhere. I've got letters that were published as books – there's very few quotes you could take out from them and make them viable or even interesting to the world today. Do I love myself less for who I was then? Absolutely not.

Was I outrageously abundant in my life when I was an ascended master? And honestly, I would say to you, yes. I wasn't a billionaire though. I wasn't even a millionaire but everything I wanted to support my human experience was always there because the basis of my life everyday was I simply wanted to know and love myself more. Was money going to let me do that? No. Abundance let me do that, but it wasn't the money. I didn't always stay in five-star hotels. I wasn't always in the first class carriage of the trains I rode. Not even the boats I took passage on.

Did I love myself less? No. Was I always comfortable and safe? Yes. Because the basis of my experience everyday, the basis of my abundance was I wanted to know and love myself more.

Mind could have said you should have been doing this better. Mind could have said this is what life will look like in enlightenment – but I'd had enough of that. I'd had enough of that. The pressure of choosing how life should look like and my expectations of enlightenment had put me into a sick bed. Releasing the expectations set me free.

So yes, you keep telling your creativity this is what I want from you because this is what will prove my creativity, and this is how I want life to look because that's what I should be doing and it's going to push back on you. It is. It has to begin with the love that you were born of. Why were you allowed to be a creator?

All of you: why were you allowed to be creators?

Because that beautiful, limitless creative energy that you were born of, All That Is, God, the Universe – whatever you want to

call it – it had so much love for itself that it let each one of us free. So we were born of love. We were born of creativity and we were born of love. That is our essence. Not money, not travelling, not possessions. That's the abundance we should be craving. And that's the abundance you are free to demand of the universe and your soul.

I want to know my limitless creativity.

I want to know the limitless love that I was born of.

...it makes winning the lottery seem somewhat trivial.

Hmm. Can you see the difference now between Godzilla stamping through the city and Godzilla swinging on a hammock (laughter) under the palm trees? Next to a beach! (more laughter)

Which Godzilla is happier – the one with all the five-star hotels underneath these feet, or the one walking along the sands collecting seashells? Which Godzilla is the most loving? Which Godzilla is the most abundant?

So really I'm inviting you: do you want to be the rampaging god? It's like when we imagine the god of you know, the old stories – the man up on the cloud looking down in judgment, warning us to be living our lives in fear of him, throwing down thunderbolts, lightning bolts when he's not happy? Decimating cities, turning women into pillars of salt because we're not doing the right thing...

That's kind of what you've been like with your aspects and your creativity and your soul love. Remember how wonderful it was to remember that god was loving? God created us in his image because he loved himself so much he said: let's make

tons of little gods to go and play and be creators. Remember the difference between that?

So how about instead of being thunderbolt and lightning god to your aspects, to your abundance, to your creativity, to your love – be the loving god who remembers where all these parts of you were created from.

But yes, you're free to create however you want, but if it's not coming from love and honour, it won't matter how much you demand of those energies to do what you want to do. If it's coming from mind, if it's coming from fear, if it's coming from expectations, if you've set up a timeframe for it – it's not coming from love. Because if you're creating from love, it trusts implicitly that the energies will always serve you to allow you a life of creativity that's free, and of abundance that's always flowing. It doesn't give a hoot if it's one million dollars or ten dollars because every cent is glorious and amazing because it's here to support you in loving yourself and knowing yourself more and more every day.

Let's breathe with that. Let's breathe with our abundance. But before that: let's breathe with that soul love, that universal love that All That Is god love that we were born of. That said: look at me, this limitless energy that is so wondrous and I can be more by sending off little parts of me to become their own gods, to become their own universes, to become their own creative energy, to become their own abundance.

And you want to go and tell that how it should be? That this is how I want you to look like, this is your timeframe and this is my demand.

I would love for you to win that lottery – I truly would. I would love for you to have all the human abundance in the world which is absolutely accessible, and free for you to come to, but to do that with loving yourself, with trusting yourself and taking those demands and that mental energy out of it.

Just breathe with me now.

Do you want to be a rampaging god?
Do you want to be a loving, graceful god?

Because life can shift and change in a heartbeat, it can. Things can happen overnight. But how do you want that to happen overnight? With ease and grace? With DRAMA? (laughter) And yes, you are a creator so you could create it and have a lot of fun with that drama. I'm not going to stop you from that. How do we want to be?

Why be gifted this creativity if it can't serve you as you want it?

Well, it's because you've taken that beautiful soul energy of creativity and you've gone and turned it into a rampaging mental energy. Which is very creative by the way, so hats off to all of us, we've all done it. I've done it too. I've taken that beautiful soul energy and I've turned it into rampant mental energy too. And that's a fun thing; it's a fun experience to have.

But you're aware of it. You know. That's why you asked the question. That's why you've written out all this pattern of what it's like and why you can't control it and why isn't it happening and why can't I direct it. Because you know there's something in the essence of how you're doing it that isn't quite in balance, that isn't quite flowing, that isn't really supportive of the bigger

choices you've made for yourself. Isn't that right? Yes, yes.
(laughter)

So let's breathe with being the graceful god, the Godzilla in a hammock god. (laughter)

Let's just remind our creativity, remind ourselves, of where that creativity was born from and it can return to that beautiful, beautiful place in any moment. That here it can be free to flow with no expectations, no timeframes because we're in our perfection in this moment. Because the greatest gift we can give to ourselves is to simply be open to knowing and loving ourselves more and more everyday.

Namaste everybody.

I Am That I Am Kuthumi Lal Singh, the grandest creator who ever existed, and as are you.

Namaste.

MARISA: Thank you everybody for playing with Kuthumi, playing with our essential creativity, and for that beautiful reminder to be Godzilla in a hammock. (laughter)

We'll join again next month.

Thank you so much for being with us today and just once again: if you'd like to know more about our online courses or our books you can do that at our website at <http://newenergywriting.com>

Until next time, I now will say Namaste. And for those of you that don't know what that essentially means: it means the soul,

the god in me sees and honours the soul and god in you as you go on to experience your personal journey with your awareness into enlightenment.

Namaste. Bye everybody.