

**Soul Café with Kuthumi
Channeled by Marisa Calvi**

“Dancing With Life”



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Soul Café with Kuthumi – December 14, 2018

Dancing With Life

Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hi everybody, welcome to Soul Café. My name is Marisa Calvi, I'm an author and a channeler, coming to you from Sydney, Australia. I work with the energies of ascended master Kuthumi Lal Singh, sometimes with a dash of Kuan Yin thrown in: she loves to join us as well. And this show is about taking that time out to remember and connect with soul, to take that beautiful deep conscious breath to remember the essence of who we are: that we are creators playing and dancing with life – which is what today's show is going to be all about.

Before we get into playing with Kuthumi, we'll just do a little business: get the energy settled so I get back into the swing of things: it's been a while since we've done a Soul Café. I've been on a wonderful writing retreat. I stayed in one of my favourite places in the world, Udaipur in the beautiful state of Rajasthan, in the northwest of India – also one of Kuthumi's favourite places that he travelled through much in his lifetimes... most notably as Shah Jahan, the emperor best known for building the Taj Mahal. And it's his story that we're writing at the moment. So we had a wonderful time diving into that lifetime which is so grand, so majestic and so full of political intrigue as well as that amazing love story that you know. We got the framework of the story done but we've got a lot more to do and I'm having a lot of fun.

You know, I don't do a lot of research when I'm writing because I don't like the way history sometimes is written and can shape a story very much which is just reality. I always loved the quote from the movie Braveheart - "the winners write history". So that's how we get to know about history and sometimes that history gets rewritten too. I like to feel the story and connect with the actual storyteller to let them tell me the story with a new perspective; which is what is happening. But I also like to have things correct at least time wise and I know that sounds ironic given that I'm working with an ascended master who doesn't like linear time, but getting time lines right and things like that because I'm not wanting to refute history but offer another layer of understanding. Anyway, I'm finding the balance between being

historically correct and feeling into the story and I'm actually having a lot of fun reading up on the history.

And just yesterday I had my Christmas present to me arrive which is this amazing book with the history of the actual Taj Mahal: it's all about the architecture, the building materials, who worked on it and it's just got such a wonderful feel to it. It's written by a German professor, Ebba Koch, who was allowed to go and study the beautiful technical details but she's blended it with the history so it's like an encyclopedia completely dedicated to the Taj Mahal. And I sat up in bed last night just flicking through it and it's been so inspiring to give me a greater sense of why he chose this place he chose, why it looks the way it does, and then to infuse that with his personality and character and bring that story to you has been a wonderful and challenging experience at the same time. I've never had any of my books challenge me so much.

St. Francis was a challenge in that he was a very succinct: he didn't want to go and become overly flowery. He had a very simple message, he told it simply, and it took me a while to get used to that. While the others, especially Thutmose: Thutmose would talk his head off, others didn't want to talk so much. I found that Shah Jahan is a little bit more like Thutmose – that grand life of being an emperor was just so rich and so full, he's got a lot to tell me so we're going to take a bit longer writing that. So that's the update on my writing and my books.

We also have got a great Christmas special on with our Soul Schools. Our Soul Schools are wonderful little courses to dive deeper into a particular theme around living life with soul. You can usually join in live but we've left some recordings up for people who want to still experience the schools. We've got some ones about body, about being human, which is one of our favourites, the mind, one of our new ones which was a great experience, and a school on abundance and creativity as well. They're normally \$100.00 Australian and at the moment I've got them all at half-price, so \$50.00 until the end of January (2019).

So if you'd like to know more about my other books or if you'd like to take up that wonderful offer with the Soul Schools, go to our website

at <http://newenergywriting.com> There you can also sign up for a newsletter so you can know about shows coming up, new schools and when books eventually get released. (laughter) So please head off to there...

Also too, we once a month get to play with the wonderful Norma Delaney. She works with the energies of Kuan Yin and Ohamah and also dives in deep about living life connected with soul. She takes questions as well and if you'd like to know more about her, her website is <https://www.newbreath.net> You can sign up for her newsletter to find out about her upcoming events and private sessions and also get notified when shows with Norma are coming up as well.

Wonderful. Thank you so much.

Now I have got a stack of questions and they're all great. They're all very related to where we're going today and so I'm going to try and get to as many as I can. I would rather do quality over pushing to get the quantity out so please understand. I'm going to answer them in the order they were sent and if I don't get to yours, I truly am sorry and well, we can ask again next month.

We love taking questions as long as they're related to living with soul and exploring your creativity and you're always welcome to send them in whenever you like and we can kind of keep them aside for the next radio show so you don't have to wait for the invitation to ask a question. If you've got a question and you're happy to wait, you can send it along and we'll deal with that when we get to our next radio show. We do our show with Norma around the second Sunday/Monday of the month and Soul Café I kind of fit in when it feels right, but usually the middle of the month.

Without further adieu, let's get Kuthumi in. A little bit about Kuthumi if you've never listened before and you're wondering who is Kuthumi? Kuthumi lived his last human life in the late 1800's. He was born in the area of India now known as Kashmir down in the Punjabi region, the northwestern corner of India. He was born into a family that was quite well-to-do which afforded him the opportunity to study and travel. He dived into the philosophical side of spirituality with such

vigour, pushing himself to find answers that eventually he actually had a complete mental breakdown where his body closed down and he was bedridden for several years. And the wonderful thing about being in that space was he had to stop searching and go within. And as he turned within he realised that everything he'd been looking for was already right there within him. That yes, he was a god, he was a creator and if he just accepted that he could get on with living his life as an enlightened being.

After that time he went travelling simply to play with life in joy and ease and wonder. And it's his passion now to share with us that joy so that we in turn can have that joy within our lives. So let's begin now by inviting him to play with us more by taking a beautiful, deep conscious breath.

We connect with soul through the breath
because when we stop
and we take that breath,
when we feel the breath move within us,
we're reminded of the innate energies that are here,
that are ours.

This wonderful rhythm that's physical,
that keeps us in our body,
the body that keeps us playing with life,
connected with experience.

And yet that simple rhythm,
there's an energy there that reminds us
of the absolute beauty and majesty that is our creativity,
that is shaping every moment of our lives.

And when we surrender to the softness of that breath, and we let it come in deeper and deeper into our body – not just shallow little breaths up in our shoulders and our lungs, but deep down into our belly, we open up so much. We remember so much. And in that space we allow the energies that are ours to serve us in new ways: to serve us in ways where we are conscious, where we are choosing, where we're not reacting.

And with that I feel Kuthumi starting to speak through me so I will hand over into that beautiful space where his energies and mine blend, where we reflect back to you what you're ready to remember.

And we begin with the beautiful word...

KUTHUMI: Namaste.

I am that I am Kuthumi Lal Singh.

I am a grand creator.

I am a soul choosing experience.

I am full of wisdom and joy and wonder and ease and grace and abundant because that,

that is the very basis in which I left All That Is

to have my sovereign experience:

and that is the essence, the starting point of your experience.

You said: who am I?

And it wasn't so much a question but an invitation for All That Is to let you be separate, to let you be sovereign, to let you become your own All That Is, the you to become your own universe, the you to become the unique god that you are.

You were born of the energies of freedom: the freedom to create, the freedom to experience, the freedom to have your own flow of creativity, the freedom to have your own abundance.

Ah, that word triggers so much does it not?

It triggers so much because we take all those words and we give them stories and we look around us to see how does that become our reality? How do we manifest the truth of those words?

But what we're doing is we're chasing the story that humans have created that those words don't belong to our essence anymore. Those words belong to stories that have labels, that have a mass consciousness, that have expectations and goals and linear time shackled to them so that we chase our tails trying to become the stories we believe.

We see posts on Facebook, people writing blogs and newsletters that we get sent to our inboxes and they tell of their magic experience with opening their abundance and we read the words and we think there's something within there that's going to click, that's going to open up, and it's going to set me free. I'm missing something.

I'll write and ask Kuthumi. And that's not to make light of you asking the question, it's not to make light of you searching or looking. But the act of searching, the act of looking – that can become so seductive that it in turn becomes distraction.

We created this dance of distractions because we want the abundance of experience. Oh, how funny, those of you who are sitting there saying I can't live a life of ease because I don't have the financial abundance. But look at this abundance of distractions, the abundance of fun being on the search... it all comes back to the story we're telling ourselves. And for most of you that story comes back to this: I'm missing something.

Adamus said this, Kryon said that, Kuan Yin told me this but I must have misunderstood because what I wanted from that message is not manifesting in my life. I'm missing something. I'll keep looking. And in the meantime, life will keep confirming to you that you indeed are missing something. Whether it's a bad day at work, a bill that you're not sure you're going to pay, that child who's going to test you and push your boundaries yet again: if I am such a grand master, if I am this effortless creator, why the hell am I still dealing with this human shit? (laughter)

How many of you asked yourself that question yesterday, last week or even in this moment?

I know everything I need to know. I've been listening to channels for decades. I've read the books: I breathe, I choose. Why do I still have to deal with some jerk at the supermarket? Why do I get stuck in traffic? Why can't I lose that weight? Why do I still have that pain in my knee? I should be dashing through life like a goddess sent from the pantheon in the sky, sent on my quest with magnificence, slaying demons, manifesting instantaneously because Kuthumi, you just said

to me: I am born of All That Is, that I am now my own All That Is. Why don't things happen overnight? Why can I not just breathe and choose and that happens?

And there we have all that we need to know about why our creative energy does not flow with the ease and joy and wonder that we believe is our right, that we believe is our natural way of being. Because we're constantly reinforcing the story: I'm missing something and I'll keep searching and life will keep showing me that I'm missing something. So I'll keep searching because that is the fun of being spiritual. I'm on the search: I'm conscious and I'm awake and that's why I'm searching. Because while I'm searching, I'm reminding myself that I'm conscious and I'm awake.

See the fun we have of spinning into spirals?

And the irony is that the search does take us deeper into ourselves. It takes us deeper into consciousness, it takes us deeper into awareness so that we are becoming open, so that we are creating with more ease and grace. But the pattern, the pattern of the search lets mind tell us that we're not there yet.

Sometimes we don't want to be there yet because the fun of the search gives us momentum, gives us purpose, sets us apart from everyone else so that we can look down upon those stuck in mass consciousness and say: oh you poor things that are unconscious. Look at the terrible things you are choosing. It lifts us up just enough to placate the ache within us to be more. But we don't lift ourselves up enough to get our feet out of the mud, to really walk with that freedom that we're trying to convince ourselves that we want.

You see, earth is this playground that we created with an abundance of experiences. When you come here the first time you are so overwhelmed, it's like a little child going into a candy shop: where do you start?

Imagine a little child going into a candy shop... and there's those big boxes of the candy and there's the scoops and bags to put them in. And someone leans down and says: you know what? Look at all this. Look at the abundance of experiences – the flavours, the tastes, the

colours, the textures – you get to have one. Not a scoop of one, one piece.

But you know what? It doesn't matter if you pick a piece you don't really like this time, you can come back. You can try that piece again and you'll have an awareness that you didn't like it and you'll have it again knowing you didn't like it but something will have shifted and changed so that experience, well, you get to be a little bit different with it.

And then you get to come back and try a different candy and you'll have that memory of that experience of the first candy so that will make this other experience with the next candy – well, it will change the way that you experience that candy because you've got an experience of another candy so you've got some kind of comparison.

And if that experience isn't so great, well that doesn't matter, you'll get to come back and you can choose another candy. You can do this as often as you want but you only get one piece of candy each time. So why wouldn't you stand there at the beginning and go: well, that's it. I'm going to come back until I've tried every candy. Because you'll come in and try one candy, but in the corner of your eye you'll see a different candy and you'll think: oh, I know I'm locked into this candy but I'm going to remember that one, to come back and try that one.

And this is what we've been doing with life. So overwhelmed by what's here that we just want to come back and do it again and again. And we kind of know it's not that great. We know that it doesn't matter if it doesn't turn out because we can do it again. But we come because we want the fun of choosing that candy regardless of the outcome.

Really! That sounds bizarre, but ultimately soul when it comes down to choosing experience, it doesn't care for the outcome. It doesn't care that maybe you'll get molested in one. It doesn't care that you'll be fabulously wealthy in another, that you will know love unconditionally, that you'll be rejected, homeless – it doesn't care about the outcome of how you die. Soul doesn't care how you die.

What soul celebrates with you is how willing are you to dance with that experience once you say that's the candy I choose this time. Are you going to let it sit on your tongue and slowly melt? Are you going to rub it against the roof of your mouth feeling the sugar coating on its outside rub against your skin? Are you going to bite it, chew on it, swallow it whole? Are you going to take tiny little bites? Soul doesn't care. And how you devour that candy doesn't matter. But how you are savouring that experience?

Are you eating that candy and looking about wishing for other candies or are you soaking up every part of what it's like to say this is what I choose: to hold it, first look at its colours, to feel it push through your lips. To feel its taste dissolving, going down into your body, feeling its sugars start to interact with the cells of your body?

What an analogy, huh?

I apologise to those without a sweet tooth. Maybe you chose a sour candy, I don't know. Or one of those salty licorices in the Netherlands. Oh, there's so many beautiful ways to be with life once we choose the experience. But are we savouring what we've chosen and allowing it to show us its gifts, its intricacies, its flavours, its textures, its colours? Or are we simply sitting there swallowing it whole and then saying I shouldn't have chosen that one?

When we get into that dynamic of comparing the two ways of being with experience: to savour and cherish and celebrate where we're at as opposed to pushing it down and looking around for something else. This is what we've chosen and I know some of you are saying: why in the world did I choose this? Because that was just one of the pieces of candy that was an option. But the wonderful thing is that when we're conscious creators, when we remember our creativity, when we celebrate that creativity, when we say: so this is what I've chosen but I still get to play with it how I choose. To let go of this sense of fate and destiny...

You see, when we choose that piece of candy – think about even now when you go into a store, you kind of know what it's going to taste like because you've had that experience before. You know that if you choose something that's kind of yellowish it's going to be like

banana flavour, maybe it's going to be lemon, maybe it's going to be pineapple. The shape might give you a hint as well. (laughter)

So we've got stories about our experiences before we even embrace them, before we taste them and take them into us. We've got these stories – well, the red one: that could be raspberry or strawberry. So we put it in our mouth and that's what we expect. And that expectation, because of that story gives us experience as well. But we're more dynamic than that because we are not set in stone. The essence of who we are: this soul, this creative energy is dynamic and shifting and changing in every breath. Your story, your experience is not set out for you. You've come to believe that because of the stories of karma. How many of you chose the karma candy? Well, we all did at one stage because it's within the stories of most religions. Even if you don't get to come back and pay out that karma, you get judged when you finish. So that story flavours the candy we taste.

But when we come back to the breath, we remember a deeper truth. We remember that our very essence is creative energy that flows, that ebbs, that wants to shift, that wants to change, that wants to dance with life.

The breath reminds us in every moment: we get to choose how we interact with experience because the grand creator can put that candy in their mouth and say, wow! It tastes like raspberry. And in the next breath you can choose for it to taste like banana because that's your creativity.

And I know it would be lovely if it was as simple as that: hello life. You taste like raspberry, but now I need you to taste like banana.

And then where we catch ourselves up with is we want that to manifest instantly. If I'm so grand and I'm a god, I should be able to conjure. There's a big difference between the kind of human manifesting and that magical conjuring: that's why we think magicians are so amazing because they've broken the physical boundaries and logistics of human experience. And I know a lot of you say well obviously they're all beliefs and yes they are. But we kind of have an agreement when we come here and be humans: we agree to have a body – some of us don't actually you know: that's why we can feel

stuff floating around and that's why ghosts have fun messing with people. (laughter)

You know, we agree that gravity keeps us here, and we want gravity, we want to be grounded. The whole idea was it would be fun to float around and fly but we also wanted that sense of being grounded, of being connected and that's why we created gravity.

There's a reason why your feet actually connect to the soil because that simple physical connection reminds you that you chose to be here as part of the 3D experience. That's why it's also wonderful to walk barefoot in nature because it gets you back to the beauty of that connection. It's why a lot of your shoes are abominations that disconnect you from that wonderful, essential way of being connected to this physical experience.

Go barefoot as often as you can even if it's in your home because it's a wonderful way to stimulate your physical senses. Go to the beach and get sand between your toes. Walk on beautiful grasses: don't let them get too hurt on things like gravel but go into the mulch of the forest – I know for some of you in winter that might be a bit hard but wouldn't it be fun to just dip your foot out of the door into the snow? Just for a minute, I don't want you to get frostbite: don't be silly. Don't go losing your feet. (laughter)

But stimulating these beautiful senses that sometimes you wish weren't opening up and becoming so sensitive with our consciousness and our enlightenment, but they are wonderful anchors into this dimension. This dimension that overwhelms us, that challenges us, that gives us stories that we don't want to stick with but somehow we feel obliged to so then we blame them for being distractions and holding us here and keeping us from our true mastery, from our true creativity because my father told me something twenty years ago and now it's stuck here in my belief system and how do I shift it? That's one of our questions later which is going to be great, we're going to add to that later.

Its all part of the dance with what we're choosing and we create all that shitty stuff because we wanted it: we wanted that dance. We wanted the richness, the abundance. We wanted to taste every candy

in that goddamn store. But what was wonderful was: every few hundred lifetimes or tens or dozens of lifetimes, we walked in and we picked that candy that tasted like our godself, that tasted like remembering soul, that tasted like consciousness, that tasted like enlightenment. And we put that candy in our mouth and we closed our eyes and we savoured it and we went and sat in caves and mystery schools and temples and we breathed because that candy was a wonderful reminder to come back to the simplicity of self.

And now we're here with the raspberry candy in our mouth saying: change to that goddamn enlightenment flavour that I remember from somewhere. But your tongue is enjoying that raspberry flavour so much it doesn't quite want to let go. (laughter)

But here's the thing...

Here's the thing... with all that wisdom, with all the flavours you've tasted, you have such a richness there that the flavour, to try and make it so simple and so straightforward: it's not satisfying you anymore. We're currently blending. We want raspberry flavoured enlightenment with a dash of banana and that sort of follow through taste of kiwi. (laughter) We're blending all those flavours together into a new taste that we don't know yet, that we can't picture, that we can't imagine, that we can't put a name to. And yet, part of us is still trying to make it taste like something we did five hundred lifetimes ago, that is trying to do it with the memory of every other flavour, wondering how do I put them altogether to make sense to my human self?

And here's something that I'm going to tell you that hopefully will give you much relief: your human self right now doesn't want you to make sense of it – it doesn't. That's a story you're telling yourself to keep your mind occupied. That's a story mind is getting you to constantly retell yourself so that you can believe you're doing something wrong.

Let's take a breath...

We've said a lot. We've said a lot and we've been feeling into a lot. And I can feel some of you now overwhelmed with all this sense of flavours and experience and memories: all the choices. It's

overwhelming. It's so overwhelming that when one of those little irritating things happens, it feels like it's more than we can deal with: I've got enough to do with what's going on inside of me and you've got come to me with your garbage? You've got to come and project your stuff on me? I have to now deal with this stupid mundane part of human life? That's too much... (laughter) ...and it is. It's too much and yet at the same time, it's not enough. It's this wonderful space where we're ready for everything and we don't want to deal with anything! (more laughter)

So take a breath...

Always take that breath because within the breath is the simplicity that sheds all the mind talk, that settles all the memories, that yes, brings peace and balance to all these aspects that you want to blame everything on. Keep coming back to that simplicity because in that simplicity you're going to remember: soul doesn't care about the outcome. Soul wants to know, wants to experience with you the joy of being in the moment with your creation. It can be a really hard space to get into, to be in joy with what you're creating when your mind is telling you: this isn't good enough. We should be doing it different.

But to breathe and simply say: wow. I am a soul creating this magnificent experience.

I'm going to go into our questions because we've used up a big chunk of time, which is great. As we go through the questions, we're going to go deeper into our theme today and what we've been talking about. So I thank those who were brave enough to formulate a question as we move on through this...

The first one, how wonderful.

"I think I am a creator and yet a victim of my own creation. Yes, I am conscious and aware but I still seem unable to create an easier life. Any thoughts?"

Oh, many. Many, many, many. I would love you dear one to look at the story of what you're telling yourself you believe a life of ease should be. It's fun when we say I'm conscious, I know I'm a creator

but things just aren't good enough. I'm a creator but I'm not a GOOD creator – that's the story you're telling yourself.

Because have you stopped to take responsibility for where you are? And see, the fun thing about being human is you can say: "but there are other people involved so it isn't entirely me". Well, yes it is because you chose those people to interact with. Yes, they've got their dynamic, so here's the thing too is that if you're interacting with other people: there's your children, your partner, your work colleagues: how much of their stuff are you carrying to reinforce your story of 'I'm not a good creator?'

Now the second part of this is: what do you think ease is? See, it gets very easy to put a story around what is ease. I shouldn't be working, I should have this amount of money, I should not have to deal with people... (laughter) ...and that's fine, you're more than welcome to choose all those things. But have you acknowledged where there actually is ease in your life? Do you have a roof over your head? Do you have all the nutrition that you need? Are you clothed?

See, sometimes we have to come back to those basics of what a life of ease is about to acknowledge that we are creating it somewhere within our life. That we're not creating it to this ideal of travelling first class, having a certain car, not having to talk to people - is just our way of reinforcing the story of I'm not good enough, I'm doing something wrong, I need to keep searching.

So I'd love for you dear one to take a moment to acknowledge where there is actual ease in your life. It's a wonderful thing to do for all of you who are feeling like there is one aspect of my creativity or there's one choice that isn't manifesting – or I don't think it's manifesting to stop and reflect and acknowledge where it actually already is within your life. Whether it's even just in that awareness that you're a creator, because when we stop and we reflect and we acknowledge, within that allows the celebration and the awareness that that creativity is there, that you are doing it instead of beating yourself up for not doing it to the story that your mind is telling you it should be.

Yes, spirituality, awareness, consciousness, it's a wonderful thing because it sets you free but don't go and take it and let it put you into

yet another cage: into that cage of I'm enlightened but I'm not doing it right.

Just take a breath now all of you, the ones who are saying I don't have ease and grace in my life – it's there. It's there. You're just not acknowledging it and giving it the honour that it deserves. Because when you acknowledge and honour it where it is in your life, you're also saying too: yes, I am creating this and yes, I can create more. This isn't about looking back. I know people that say you shouldn't look back, we shouldn't. Will that keep me stuck? No it doesn't. It puts you in the moment. It stops you from jumping ahead to this is who I should be because I've got awareness. This is who I should be because I'm conscious.

“Should.” Oh my god, that word. “Should.” Should is always in the future and you're not in the future, you're here. I am. I am here. I am in this home. I am in this body. I am in this abundance. I am in this ease and grace. Not “I should.” Not “I was” because that's gone too.

I am.

I am. I am. I am.

I am because I am this moment.

I am the creator in this moment.

I am soul in this moment. The future is just another cage.

We see the future as being this intangible ethereal experience that's yet to be, that we're chasing after. You're always chasing after the future because that's why it's called the future – it's not now. You're never going to reach the future because it doesn't exist. All that exists is now so why wouldn't you stop, take a moment to cherish and honour and celebrate now because that's where all the energy is. The energy isn't out there waiting for you, the energy is here with you NOW.

Thank you. Keep playing.

You know, the one who asked this, you have a wonderful, wonderful sense of humour and there's an ease in that humour, and there's a flow in that humour that you would do much to play with. Even if it's

just watching some comedies, even if it's just laughing a little bit more – not at other people, not at yourself – just finding things to laugh about. Even if it's just the beauty of nature around you: you can laugh at nature. Nature is hilarious. Try it.

Okay. Next question...

“Since the past few days I've experienced a massive shift in my relationship and I feel very painful to handle it at times through which I've released much energy. I don't point at anybody for this: I know it's all my responsibility to create my new relationship with myself first. I need your insight with more clarity please to make my path filled with ease and grace.”

Relationships can be oh, a great test and challenge for us because as we spoke before, you're interacting with somebody else's choices. How do I stay in my sovereignty, in my knowledge that I'm a creator? I'm taking responsibility for everything and yet here's this other person who might not be as aware.

Because those situations when we're opening up our awareness and yet we're in a relationship with someone who might not be as aware: it triggers things in both of the people. It triggers things in you because you remember what you're letting go of and you would love for them to let go of it too and you would love it to be in tune with you. And at the same time they're saying to themselves: why can't you just stay how we are? Why do you need to change?

And sometimes relationships just dissolve, and sometimes they expand and they evolve and they become something new. And I know for you in this moment, you're in that wonderful transition stage of something new.

So how do we do this with ease and grace? Well, we bring in another component of ease and grace which is compassion. Compassion: the acceptance of all that is, that allows everything to be in its perfection. And you begin with yourself, that you honour and love and cherish your experience, your choice, your awareness. And in that compassion for self, you offer it to your partner that they are having their perfect experience. And they don't have to be choosing what

you choose; they don't have to change. But that compassion will keep you out of the judgment which often leads to arguments and friction, and will open up beautiful conversations of honour that you could openly talk about: I realise things are changing. These are my needs, what are yours?

I know things are changing and shifting. They're not what they used to be. How will we create this and allow it to become something new so that it's even more beautiful, more loving so that we can continue on? Or if the conversation becomes how do we separate? How do we create space so we can continue on with the experiences that we choose?

It's scary when we let go of relationships especially when we've had that person in our life for so long because we love our patterns, we love our habits and we get addicted to those patterns and habits and when they involve another person: oh, we don't want to let them go because who are we going to be without them? How do we function? We have to find a new way of being and who are we then? That's what's scary about letting relationships shift. If you change, if they change, then the patterns, the story changes. We don't know who we're going to be – that's scary.

So in that fear, we start to hurt people. We start to kind of want to hold onto people and keep them where they are, or we want to drag them along with us. But compassion dissolves the fear because compassion reminds us that we have soul and soul will always take care of us, even when that human part of us is hurting and aching, we can move on. We can find a new way of being.

Don't worry about what's to come because the future doesn't exist. In this moment you get to choose how to be with that person, but most of all you get to choose how you will be with yourself.

Breathe compassion. Accept, allow: keep coming back to those words because within those words is the energy, the energy to remind you of the beauty that is in every moment and that truly reminds you that everything is okay and everything will be okay.

Thank you.

Okay, our next question...

“I feel all this energy in my body and around me and it feels good. But currently I have things in my life that I don't like or want like having a son with addictions and neighbours who are so bad that I put my house on sale. Now Adamus said that everything in my perception is mine...”

Yes.

“...and on the other side I feel it's not mine. It's their consciousness...”

Also true.

“...Moreover he always said we always choose what's ours and what's not...”

Also true.

“...I feel suffocated by this situation and would like to allow energies to serve me in order to change the actual situation and not to have more pain. So I feel my soul and my I Am and I feel these wonderful energies of mine and I choose freedom, balance, wealth, ease, grace, joy and feel it trusting myself.”

It's interesting sometimes when we get a situation like yours with these neighbours who actually helped you move on. It was time to move, it was time to change your location to help you change your story even more. Even though you're not saying the word “change,” ultimately what you're choosing is about changing how things are. And it's funny how sometimes that can manifest in a way that's seems not joyful or graceful, but it's creating the outcome that we were wanting, that we were choosing. Because for you, a new location as you open up will support all these grand choices you're making.

Sometimes in life we see these human things – and they're really just little human things – but they've actually got a dynamic that is helping

us manifest our grander choices. You know, you will have this happen as you go looking for a new home: you will find a house think that is the house for me. And the sale will fall through, or you'll miss out because maybe you didn't have just that little bit of money that was needed to get that particular house. But can you trust that that outcome is serving your grander choices?

I love that you said you're choosing to trust yourself because that is going to be so key in the next six months that whatever is happening, can you trust it is all serving your grander choices?

We get very caught in the smaller choices so I want you to really remember: you've made some grand choices here and if you trust with soul, it's going to constantly be showing you the opportunities for those grand choices to become more richer within your experience. That you can know that what's happening at the moment will all, all open up and flow because you are trusting soul to serve you.

The situation with your son on the other hand: well, that's a bit more different isn't it because that mother/child link sets up a lot of obligations. But your child is getting older now and those obligations are dissolving. Are you willing and ready to let them dissolve? The same as your ties to your neighbours: you've let them dissolve through the links with your house. Here's a wonderful opportunity to reset energies, and make a real declaration that this is how you want your life to be.

That compassion that we talked about in the last question, can you offer that to yourself while offering your son the compassion for what he's choosing? It doesn't have to compromise yours. It's going to take a while for that situation to shift and change but use the experience of selling your home and finding your new home as a grand way of declaring just what you're choosing for your new life now in a new location, in new surroundings, new opportunities, new potentials.

New boundaries that you can set for what you're willing to have within your life. Trusting for soul to reflect to you your grander choices – not the silly little human choices because that's what your neighbours are showing you. They're showing you what it's like to get stuck in silly little choices.

You are literally, physically moving on. And every time you breathe and you invite soul to be there with you, soul is going to show you just how these wonderful grand choices will become a natural part of your life.

It sounds horrible to think that you might have to say to your son if you are coming on to the new home with me, if he actually lives with you, this is what this home will be. If you don't think you can be that way in this home, then perhaps you need to find a new home.

Do you deserve these grand choices? And the answer to that we know is yes.

How willing are you to allow them into your life? That's the story you need to be writing now.

Thank you.

"I'm currently experiencing my past lives and my creation which is really beautiful and a crazily amazing story. How did we meet before and do we have a connection?"

If you feel we have a connection, then we have a connection. I often say I danced with all of you in some way: often as teacher and student. Sometimes you're my teacher, sometimes I'm your teacher. We've all had wonderful lives together in the mystery schools, in wonderful ways when I've travelled and we've interacted – I don't like telling those stories so much anymore because those stories are distractions from right now. The past doesn't exist anymore: it lingers in us as a wisdom that we collected because we tried all the different flavours of candy. But they don't matter. The candy we tried last lifetime: it's here with us as a wisdom but we don't need the story of what was the actual candy I chose. What matters is here and now.

I would like to know that you're playing with life because life is what it is now. You don't need stories of who was who in a past life: who do you want to be now? That's the story you need to be playing with. That's the story you want to write.

You don't owe your past lives anything except your gratitude for letting you play with experience more.

I don't want to give you another story to get caught up in because it's entertainment for your mind. So why not just be here now in the body you created, in the life you created and just celebrate and play with that?

Wonderful. Thank you.

We're going to keep going. Look at that: I'm glad I always book extra time for these radio shows. (laughter)

"I noticed I have this pattern of efforting and struggling. I know it comes from my father and his goddamn gender stereotypes. He used to say that a woman can never succeed and that she has to work many times harder than a man to get what she wants. Unfortunately I took that in and lived it my entire life. This pattern is also tied to my abundance issues. How can I let this go and live in ease and grace: just being aware of it doesn't seem to do the job."

Well actually the awareness does the job but the willingness to let go of that story is what keeps you held in it. So here's the thing: 'my father told me a story a long time ago. I took that on and now it won't let go of me.' That's what you think is happening. You think the story won't let go of you. That's how powerful your mind is right now and that's not a criticism.

I don't speak of mind as being this terrible thing. It's been a wonderful necessity of being human because it helps us make sense of our surroundings and interact and we create language so we can connect, and we have memories so that we know this is how I go to the bathroom because this is all stuff we need to remember.

But it's so powerful that it can convince us that this is who we are and this is how we will interact with life: that we are powerless, that we are somehow tied to something that doesn't exist anymore. Because that moment in time when your father told you that story or I imagine he repeated it over and over, I imagine that there were flavours of that

story within everything he spoke about. I imagine it was in every way he interacted with women and the way he interacted with his own abundance, that he saw it as his right and privilege as someone with a penis so that you had it engrained in you – not just in that story, but in his very behaviour and in how women responded to it. I'm sure that women reacted to him in a certain way that also taught you how you needed to interact with life.

So now, in a way of honouring him you are carrying that story in your reality to make his memory continue on and be verified: almost to make it true for him because you feel you owe it to him. But more so too it's become a wonderful way of reminding yourself that you're not good enough. Because when he told those stories, it wasn't about the fact that you don't have a penis, what you really heard was: 'I'm not good enough and I'll never be good enough. And one of the most powerful people in my life, the person who should be protecting me, nurturing me, guiding me has literally told me because of the consequence of my birth, I will never be good enough.' If that's bringing up any tears and sadness: then good, cry the tears. If it's bringing up anger: good, because that's what's holding you back. It's the sadness and anger that someone you trusted so much, that was there to show you your way in the world said to you: you'll never be good enough.

And when you felt those words, something inside you screamed: but I am!

But then over and over you were shown that belief in his behaviour, in his attitude and you found ways in the world around you to have that reinforced so that it became a reality. But it's just a story.

I want you to go back to that first time if you can. Just breathe with me and just imagine that first time you felt I'm never going to be good enough because this is the body I chose. But I want you to hear that voice inside of you that said: but I am. I am. I am good enough. I am not the story this man, this soul has told me. I am this truth, I am this freedom, and I am this creativity that is not bound by the beliefs of another because of the body he was born into.

For all of you: you've got a story around abundance, those of you who are trying to set that free. Somewhere along the line you heard the story you'll never be good enough. And inside you there is that child, there is that essence that is saying: I am. I am good enough. I am worthy and I am not, I AM NOT defined by this body I was born into – this body that I chose, that for some reason some chemicals that combined decided what genitals I would have, that somehow defines my story and how I should exist within this world.

I am good enough.

I am not defined by anything within this human world.

I am defined by the story I tell myself, and that story is:

I am. It's the beginning and it's the end.

I am.

I am good enough because I am.

I am worthy because I am.

Come back to that child who heard that story – and you didn't believe it when you first heard it. You knew it wasn't true: you knew it was garbage, you knew it was rot. But there you were, your father, the most powerful man in your life with his authority said to you: this is the truth. And a part of you said well, then I have to believe it.

But you're not that little girl sitting in front of your father. You are a creator. You are a god – a goddess. You choose your experience. You don't have to carry his beliefs for him anymore to validate him because that's not your job.

Your job now if you care to accept it, is to love yourself, is to create the life that you choose because the little girl who thought this is garbage, she's still there and she's ready and waiting to play now: waiting for you as an adult to say that was garbage. Well, you have said that was garbage but get that little girl now, invite her to come and see just how wonderful life is and that you're ready to let her play. So have some fun with that. (laughter)

Aha. Here we go...

“Could you please tell us more about how to create, manifest financial abundance and I specifically say FINANCIAL abundance. During the years I thought that being spiritual you didn’t have to be concerned about money and to ask an ascended master about financial abundance is not quite appropriate...”

Yes it is.

“...but today I am courageous, and I dare to ask about financial abundance.”

I have no qualms with people asking me about financial abundance. It’s a big part of life, unfortunately. You need money to buy stuff. Money kind of defines who you are, what you can do, where you go, how you dress, what you eat... my god, we use money to define each other as to whether we’re successful, as to whether we can marry them or not – isn’t that wonderful? You people choose your partners based on how much money they have; that it decides where we are in the grand scheme of things. We created money for that very purpose because money helps give us a definition of story so that we know where we fit in in the world.

So that’s one thing I’d love you all to remember: why did we create money? It was a way of giving us interaction and connection with each other but it was also a big way for us to set up a way to measure ourselves, to judge ourselves and in that we can then measure and judge others. That’s why we have money in this world. Yeah, yeah, yeah, we did it so we could exchange because bartering got a bit hard and you know, we started to specialize and we needed something because sometimes what you have to offer that person isn’t what they need. So we created money so we all have something that everybody wants and needs of it. Uh huh?

And then we put more stories on it...

My dad told me women shouldn’t have a lot of money because they can’t be successful. You have to work hard to get money. Some people are lucky because they get money from their families. To make money you got to start with having money. I need that business idea which is going to create huge money overnight.

So I'm going to invite you right now, here's our Abundance and Creativity School, a little taster of it...

What is your story around money? Are you scared of it? Are you scared that if you have too much you won't know what to do with it, you'll lose control, you'll be taken advantage of, people will want to feed off you?

We talked before about how we get scared that if we change our situation we're not going to know who we are: we're not going to know who we are. You don't know who you'll be if you have too much money so if I stay the way I am I know who I am, I know my limits. I know that this is the car that I can afford: I don't have to worry about having an expensive car. My family won't come running to me for me to solve all their issues because I'm the one with the money. It might keep me in the pattern of needing other people to support me. It means I can't take care of my health, so I can hold onto this health issue which limits my experience.

What's so scary about money that means and feels like you don't want to let it in?

And really I know you're asking about financial abundance but you're also asking about the very essence of abundance too. Because within the essence of abundance is freedom. So what is it about freedom that scares you?

In your head you have an image of who you'll be when you have the money – I want you to let go of that too. Because when we have that story of the future which will never exist, we're setting ourselves up on a very linear path. And financial abundance is very tied to linearity.

But when we come back to the essence of abundance which is just creative flow, well that doesn't want to know an outcome because creative flow is just so enamoured in this moment it doesn't care about the future. It doesn't care because creative flow knows that what happened in the past doesn't define what it does now. It just wants to be in the joy of creativity – that's what lets it flow.

The stories you have, the fears you have are keeping that abundant energy locked into a linear flow. The essence of creativity isn't linear. The essence of you isn't linear: it's dynamic, it is shifting, it is changing all the time. While you have it locked to a story, you lock it down.

Remember the story,
see it for the beautiful thing it is
and see it for the cage that it is.
And then set yourself free.

Breathe.
Feel the essence of your abundance,
the essence of your creative flow
which is here now in the moment.

I always like to say, Kuan Yin and I, we love to invite you to come and sit by a river with us. It can be out in a meadow, in a forest, down the side of a mountain... you choose whatever it is that you feel would be beautiful.

We sit by the river and we just watch the water moving...

We don't know where the water has come from, we don't know where it's going to but we just sit there and we delight in the water that's moving before us. And it reminds us of this beautiful flow within us. It's constantly moving. There's no blocks: there's rocks and things that the water bubbles around and pushes over... sometimes it pools and there are little places where it stills and slows but it's always moving. Even when it looks like it's not, the river is always moving. And that's your creative flow.

So come and sit with Kuan Yin and I whenever you like and you'll be reminded of that flow.

Don't worry about the future – doesn't exist. So too, your story does not exist even though your mind will tell you over and over – it doesn't exist. Your fears about money – they don't exist. They don't exist. They're just some entertainment now to justify why you're not setting yourself free.

Our last question-

“I have a wonderful new feeling and I feel old constraints too. I want to jump forward full of joy and then I stop and think it would be easier to do baby steps. But wouldn't baby steps be a compromise? “

The only compromise in life is believing you're less than what you are, is believing that you're less of a creator than you are, that is believing that this mass consciousness, these dynamics of earth somehow define you. Baby steps, big steps – they're all at least steps. Sometimes it's wonderful to slow down and do things in small stages.

Why do you need to do things in big steps? Sometimes life happens in big steps. Wow! Look at that! and then on blog posts, Facebook posts, people share about that because they want to say 'look at me, I'm so dynamic. Look at this: I changed something overnight.' They're great. But sometimes things happen in baby steps. It's all beautiful and amazing because you're moving. You're letting that creative flow happen. Sometimes it's slow, sometimes it's fast, sometimes it's big, sometimes it's small: it's all the wonderful candy shop of life and experience – the fruit salad of experience. Sometimes you put the fork in and you get a chunk of pineapple, sometimes you get a blueberry. You know, even look at fruit: watermelons, blueberries. Big, small – all delicious. Sometimes you get a big piece, sometimes you get a small piece – it's all energy moving.

In this moment, in this I Am, I am feeling with compassion what is perfect and right for me right now. Trusting that soul will show me the way. Sometimes it's big, sometimes it's small but it's all my choice to dance with life.

Take that bloody pressure off you. Yeah, it's big and it's dynamic and it's magical and mystical sometimes and we defy the laws of physics and human beliefs, and other times, jeez, you've got to go and sign a lawyer's document because you're selling your house. But it's all energy moving. Let's get rid of this expectation that we have to be these mystical, magical beings to prove our mastery, our creativity, our dynamic beings. We're human as well and this dance of life is

amazing whether it happens slow or whether it happens fast, big, small, first class, up the back row in economy – it's all amazing because you're flying, you're moving, you're doing stuff.

This pressure, this expectation that everything has to be spectacular – it's not how life is. Life is this dance, it's the candy shop, it's the fruit salad, it's this myriad of experiences. But while we stay in the moment, cherishing, honouring and celebrating and trusting soul, it's all perfect. It's all perfect.

Namaste everyone. I wish you all a beautiful, delightful Christmas and an amazing New Year. Thank you for being with us. Thank you for your questions and how wonderful that we're going to take up every single minute of time that we chose to be together today.

I love you all dearly because I love and honour myself. And in loving and honouring me, in compassion for me, I see and honour and celebrate the beautiful soul that you are.

And that is what Namaste means: a greeting, an honouring, a celebration.

Namaste.

MARISA: Thank you everybody. What a wonderful big huge end to the year with a session with fabulous questions. Thank you to everybody who wrote in.

Thank you Kuthumi.

Wow. We did a lot today. (laughter) Some great reminders in there. Thank you so much. We'll join again in the New Year. Once again, if you want to sign up to our newsletter so you can know about upcoming shows and schools and books, please do that at our website at <http://newenergywriting.com>

I will just finish by wishing you all a very Merry Christmas. I hope you have a happy and safe one whether it's with family or by yourself: whether you're in the heat of the Southern Hemisphere or the

beautiful snow of the Northern Hemisphere. I hope it's a beautiful time and wishing you all an amazing 2019.

I just want to pause for a moment and take a breath with you as I feel all your wonderful love and your celebration of you.

Namaste everybody.