

Soul Café with Kuthumi

Channeled by Marisa Calvi

“Energy Check Up”



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Energy Check Up

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 this is our podcast, broadcast, radio show – whatever you want to call it – where we take time out to be with soul, to breathe, and to feel into our creativity. We do that with the conscious breath, through Kuthumi's storytelling, (laughter) and in whatever way we can to invite you to invite soul deeper into life.

It's been quite a while...

I was kind of surprised, I'm going to admit a little bit embarrassed when I checked and saw that we haven't done a show since January. January seems so far away now, doesn't it? After that show, well we had some fun with the world kind of being turned up on its head. Even though we didn't do another show we did do one of our Soul Schools called Breathing With Soul. We did that one particularly with how crazy the energies were around the COVID-19 pandemic and it was free for anyone to access and is still available.

A lot of people were in isolation or lockdown and we wanted to create a space where three times a week people could take some time out just to breathe and remember they have soul there with them, they have an innate creativity and wisdom to access. And that when we stay in our balance, we can still make our individual sovereign choices no matter what's going on in the world around us. It's twelve sessions that you can listen to now at any pace that you like: we would suggest perhaps a session a day at the most to let some integration and some

energy movement happen and then listen to the next one. If you would like to access that you can go to our website at <http://newenergywriting.com> and find it under Courses. It will be near the top and you'll also see further down on that page our other completed courses. We had a special on those at half price and we're going to leave that indefinitely while people still need a little bit of extra support during these crazy times.

Also too we were very sad that because of the limitations on international travel I can't leave the country and we're not really sure when that's getting lifted so our event which was happening in Glastonbury has been cancelled for now. We were doing that with Norma Delaney and Rupert Davis. Norma was going to bring in the energies of Kuan Yin, I was bringing in the energies of Mary Magdalene and Rupert was going to take you into the energies of Avalon, the energies around Glastonbury. And we're still going to do that online.

That's going to be held over two weekends at the end of June. So the first weekend there'll be two sessions on the 19th of June, then another two on the 20th. And then the following weekend, on the 26th and 27th there'll be two sessions on each of those days. It's one hundred US dollars. You can find more information on the Courses page of my website. There's a picture of Glastonbury that you can click on and it will take you through. If you're having trouble finding any of the links just send me an email and I'll help you out.

So here we are and when I said to Kuthumi, what are we going to talk about today he said wouldn't it be great if we all did a little check in on our energies: where we're at, where we want to be, where we want to go. And then to really feel into our soul connection: not to make sure it's there because it's always there, but just to wake it all up.

We've had a lot of things thrown at us in the last few months from the bush fires here in Australia – who would have thought that something bigger than that would happen this year. And then as we went into the pandemic and everything was getting changed, unfortunately we're watching America who I don't even know how to begin describing it without being patronizing, without being insensitive to it but there they basically are – I don't want to call them riots, let's just call it some very intense energies that are now being exposed and that are really needing to be dealt with. It's such a charge around it because it is related to race: but it's related to segregation, a lack of compassion, a lack of empathy and just a lack of I'm going to say equality.

So we've got a lot of stuff going on in the world right now and it's easy to get distracted by it because we can access the information to it so quickly, so quickly and there's so much information being thrown at us about right and wrong. But let's always come back to our personal wisdom, our personal sovereignty and come back to our soul and our choices for our experience.

It doesn't mean we become apathetic or disconnected but it let's us contribute in a way which is much more balanced, much more graceful, and much more peaceful. So let's breathe now and we'll invite Kuthumi in and see what he has to share with us all today.

Taking a deep breath and really being here in this present moment – whether you've got a cat snoring next to you (laughter), whether it's in the nighttime, early morning – to be in the moment with you.

And we're taking that first conscious breath,
just feeling it go deep into our bodies,
just relaxing and feeling that beautiful peacefulness
that's always with us.

That part of us which can look out into the world
with compassion, acceptance,
and holds us in our balance:
in our grace, in our peace.

| KUTHUMI: Hmm, hmm, hmm. (laughter) I am clearing my
channeler's throat as it's been a while since we've shared some
broadcast time. I've missed you all, you've missed me:
everybody is missing a lot of stuff at the moment. We're
missing the freedom to do things that we used to take for
granted. We're missing the security of routine. We're missing
old leaders (laughter). We're looking around the world wishing
other leaders were our leaders and so on and so forth.

It's a great time to be disconnected.

Isn't it?

Because there is so much to feed and justify being
disconnected. There is so much to distract us. There is so much
to pull on our physical, mental emotions. Yes, I'm calling them
physical and mental emotions because human emotions
coming from that mind space are very physical. They were
designed to take that higher feeling and pull it down into a
deep human experience. That we can watch something
happening on television and begin to weep, that you can see
something written on the internet and we can feel the heat in
our body rise as we get angry.

We are constantly being pulled into reaction: wear a mask, don't wear a mask. How do you react to that conversation when the very essence of it is about your survival? See, you have to have a reaction to that. A leader says something and suddenly we're all being told: how did you react? Because how you react is which side you are on. And how you react can be made right or wrong by somebody else. See, reactions are so base. They're mental, they're small and they're physical.

When we take part in this experience with higher consciousness, we're no longer reacting in that little human way because we see things differently. Instead of looking through our human eyes which measure, judge and react, we can take our eyes and our vision and make that vision one of higher consciousness. That we can look upon another being and not measure them by their appearance, their character even, their words, their clothes, their gait, their posture: we can look upon them as simply being a soul creating an experience.

And the human reaction to that is: oh, that's so simple and that can justify terrible people doing terrible things. But the mind knows terrible. Higher consciousness knows creativity: to look upon the world and see the craziness of this time as immense creativity. To feel into it and see it as simply being another pulse in the cycle of humanity.

You see, what's going on now is only new to the human you are now. But what's going on now to your soul, to your higher consciousness is just another opportunity to experience these energies in a new way. There have been pandemics before. There have been civil wars before. There have been uprisings of minorities before. There have been excessive leaders before.

You have all experienced these in some way, in some linear time, in another human form.

So why are you experiencing them again now – and all at once? (laughter) Because you can. Because there's a part of you that wants to. But most of all, you're ready to live through this.

If you want to leave, that's fine too. I know several of you have, more than several. It's a wonderful outpost when we create such immense waves of energy: collective energy I should say, or collective experience is probably even better. They become great exit points and indeed we often will do that. But for the ones who are done, for the ones that have had enough: here's an opportunity for you all.

So you're still here.

You didn't choose it as an exit point. Maybe you're still playing with that you know. But if you are playing with that idea of maybe I'll go too, maybe this is my time – but you're still here.

So you're here. You're breathing in whatever fashion you choose at the moment: whether it's deep and conscious, whether it's shallow and just a purely physical exercise right now to keep the human's body functioning – but you're still here. You still have senses. You still have awareness because that's why you're listening to me because people who listen to me have awareness. (laughter)

So, what are you going to do with yourselves now?
Hmm... big question.

How do you want to be here now? I know many of you are saying in your ease and your grace. You've had moments of

distraction and questioning and that's perfectly fine. And then you came back to the breath. And then you got distracted again and then you know, families have sort of been in a bit of turmoil at the moment and they've distracted you or perhaps the politics of now and the media and the stories and the theories and you go back down the rabbit hole of being human.

So I would like to invite you that if you are here now and you're listening to this radio show, you know that there's something else going on that you would like clarity with. That there's something that you want, not so much as escape what's going on in the world right now, but to remember your godself amongst all this.

Let's take a breath.

Let's take a breath
and let's just feel first of all into our physical bodies.
Are you comfortable right now?
Please be comfortable.

I don't care if you're listening later and you want to pause this to go and get a blanket or a glass of water or a hot drink: whatever you want to do, take that breath.

Take that breath
and just feel into if you are comfortable.
The very basic essence of being human: are you comfortable?
The physical self: are you comfortable?

And as we breathe a bit deeper,
just feeling where your body is at.

Does it feel restless:
had a bit too much sugar and caffeine lately? (laughter)

Or is that restlessness coming from something else?
Is it tired?
Would it like to just collapse into sleep for hours or days?
Is it crying out for some water?

Just feel into your body:
what does it need right now for it to be in its balance?
Perhaps it could just be that it wants you to stop and do this a
bit more often and to breathe.

But let's take it deeper than that.

You're sitting still, you're breathing. Let your body know that
you're taking this time to feel, to feel what it needs. And if right
now you need to turn this webcast off and go and lie down and
sleep, then please do it. If you want to keep this running while
you sleep, then do it.

If you really feel like I want to go for a walk, turn this off, go for
a walk. Come back, listen later.

If you're not feeling anything right now and you want to just
stay, then that's beautiful too. Just invite your body to be with
you in comfort, in balance and to know, for your body to know
that you're willing to hear what it needs.

It's easy for us to take physical things and not realise that
they're actually being pushed by emotions. So some of this
restlessness can be our emotion: it can be anger that we're not
able to do the things we want to do right now. We can't go and
sit in a cinema and watch a movie. We can't go and visit the
friends that we want to. We can't go away on that holiday. We
can't get on that plane. So a lot of that restlessness is coming

from that energy. And it's not even the physical act of not being able to do it: it's just that craving for freedom.

Freedom has really taken a hit these last few months hasn't it? Because it shut us down on a human level and there's no greater way to really make people aware of how bound they are by limiting what they can do physically. What an affront: it almost makes you want to arm yourself with an automatic weapon and march on down to city hall. (laughter)

The soul led human, the creative human knows there are so many other ways to be free. So that very human emotional frustration can come back into balance because we know that true freedom is expressing our creativity and we can do that locked in a room with four blank walls, nothing on the floor, no window – I know because when I was St. Francis that's what I did. I had my human freedom taken away, I had my physical freedom taken away but they didn't take away the freedom of my soul, the freedom of my creativity: my freedom for me as a human to know my higher consciousness, to know that I was god, to know my expression – to the mind seems limited but it's never bound.

We think we're bound because of linear time, because of physicality: those are things like gravity, (laughter) but the more we tap into our higher consciousness, the more we trust our innate creativity. All those things become malleable, like rubber they can stretch, they can bend because when we come back to our base creativity, to our essence, we know all those things are illusion. They're just agreements we've made to participate in this dimension. So when we remember all these limitations are agreements we made to be human, we made those agreements from the space of being a god, well then we know we can change the agreements. Linear time: you are

mine to play with. This physical body: you are mine to transform. The world around me are people playing in their agreements: this world is mine to play within my agreements.

Every time we're getting overwhelmed by what's going on, every time we are being slammed with that mass consciousness energy of uncertainty and fragility and those concepts of control: are they your agreements or someone else's? Do you want to be busy playing wrong and right, dark energies, exposure, blah, blah, blah - all that other stuff that's going on around you right now OR do you want to invest all that beautiful energy in rewriting your agreements with this dimension?

Just feel into that...

That's the basis of an energy check up.

Where am I at?

Who do I want to be?

How do I want to get there?

And not to do it in a mental process of well, I want to be an author so I need to write a book. It's like: I want to be a dynamic creative being and I'm going to do that by taking the time to breathe with my higher consciousness and change my agreements with the illusion of this world around me.

That will see you through this pandemic, that will see you through the craziness of all this discussion of what media is right and true and clear and wrong and what is and what isn't. All that matters, all that is worth your time is this: to play with your higher consciousness, to be aware of the illusion of your agreements so you can have the freedom to write your story

through your agreements designed by soul, played with by the human, expressed as the soul led human.

I have got some wonderful questions today which are going to take us into all of this a little bit more.

Some of them are very similar and I don't care, we're going to answer them all because they're coming from different souls in different experiences so we'll play and interact in different ways. And this is going to show you: two people can ask the same question but they're coming from a very different place so I will give them possibly very different answers. Possibly. Who knows? Let's see what happens. (laughter)

Alright. My first dear friend asks:

"My question is: who is choosing – my soul or is it me? I'm still a little irritated with that. For example, dear soul, help me to find a new home where I can be in balance because where I am right now is very loud. I have loud neighbours, a lot of traffic and it really sucks since a long time."

(laughter) So... this is a little game we play. We choose things and we say soul, create with me. Let's create a new apartment. And then the apartment doesn't happen or the new house or whatever and so part of you says: wow! I mustn't have really made that choice with soul because if it was with soul then it would have happened now.

So what you're doing is you're taking this beautiful process of creating, of being with soul and then you're pulling it back into a mental process because your mind is saying it should have happened by now. I should be living like this, and if I'm not living like this, well then I mustn't be doing it properly.

So the first thing we have to do is say, give yourself a break. How do you know soul isn't putting all of that in place? Well, you don't know because it isn't happening in a way that your mind can measure it. But what if – what if all the things that you're truly choosing are slowly coming into place? What if they are happening? But as soon as you go oh, I don't think this is right, all the doubts come into play. And then as soon as doubts come into play all the little possibilities kind of pull back a little bit.

But there's another thing at play as well too is: are you actually participating with your choice? See, it's one thing to sit on your lounge and say I choose a new home. Are you looking? Are you opening up your expectations? And by that I mean sometimes we're looking for a home and we decide this is where it shall be and we only look in that area when maybe we need to change how we're participating as well. I'm not saying that you're sitting on the lounge expecting someone to knock on the door and say here is the lease for your new home which is quiet without any traffic. Okay? I don't want you to think that I think you're doing that. But sometimes in our act of participation, we keep the energies small as well. So it's a wonderful balance.

I know a long time ago a very dear friend of mine, and yours said it all comes to you. And it does – when you're participating, when you're loving yourself, when you're loving being here – then your creativity reflects that. So there are little parts of you that still don't think that you're worth somewhere to live peacefully, gracefully, without traffic.

Take a breath with me now because there's another thing at play as well which is this: can you find somehow in your situation a way to love and honour your creativity as it is now?

Rather than I need to fix this, everything is wrong. Because you see, we're creative and we can change our agreements with reality at any time but you could change the noise of the traffic, the noise of your neighbours by not thinking, THINKING, that where you are is bad and wrong. I know there's also a lot of things about where you are that are wonderful.

So all this energy of "I want to live somewhere else and am I choosing how to change that properly?" Let's start with: I really have honour for what I've created in this moment. I can trust that my soul's creativity won't always been seen by my mind, that things could be shifting and changing and happening.

See, we think that choice is sometimes this superpower: if I make a choice then it should happen just boom! Bang! And sometimes it does. Sometimes it does and sometimes it takes a while. One isn't better than the other. In fact sometimes the slower it happens the better it is because there may be a lot of things going into play to create that perfection that you're looking for. But – but you have to love yourself as you are now, where you are now.

Are you choosing with soul? Well, yes because I know you're wanting to live in peace and grace and balance. But don't bring that back to a mind choice that it should have happened by now, I don't like my neighbours and there's too much traffic.

Let's come back to that soul choice: I want to live in peace and grace and balance. And that might mean you don't move. It might mean your neighbours move. It might mean suddenly you just don't notice the traffic so much. There are many, many limitless, infinite ways for your choice to manifest.

So are you choosing with soul?

Yes, if you're choosing the essence of what you want.

If you're choosing a physical human reality of how that will be, well then it's your mind. And mind will still create and manifest too, don't worry about that. (laughter)

But when we do it from that beautiful foundation of soul: let's stop picturing when and how it's going to happen. Keep feeling into what it's going to feel like. What's it going to feel like to live in peace, in balance, in harmony?

Thank you.

Alright.

"I am finding the more that I relax and go deeper, the crazier I feel. Waves of the mind, body and emotions siphoning through way up to way down and everything in-between in a very short period of time. Any suggestions would be greatly appreciated."

Sometimes when we reset our energies, when we're discovering a new way of being, it's like renovating a house. And any of you who have renovated a house know that when you begin, you automatically regret it because there's mess and there's noise and it feels like it's never going to finish. And then all of a sudden one day, there is the house rebuilt, repainted with new furniture, new floors and everything is beautiful and immaculate.

So this is what happens. We start playing with energy, we become aware of the movement of energy and we think: oh my gosh, I almost wish I hadn't started this. I wish it were over. I wish I was at that point where I'm enlightened, realised,

whatever you want to call it, and everything is love and light and I've got my wings and my halo and there's a beam of light coming down from heaven. Why can't I just be there now where I'm happy every day and everything is always manifesting instantly?

And I'm exaggerating but it takes you to that feeling of where a lot of people go with this. I want to be enlightened; I want to be enlightened now. (laughter) And that is it. That's part of all this. You wanted awareness: hell, now you're aware. You were going through these cycles before but now you've taken off the blinkers, you've taken off the sunglasses, and you're seeing everything really clearly.

Wow! Emotions go up and down. My energies are sometimes fast, sometimes they're slow. So... where do we want to be? We want to be in balance. We don't need to be swinging from extremes, we want to come back to that balance.

We don't want to switch off that awareness. We want that awareness because we want to be aware of when we're distracted, when we are too up that we want to come back down a bit. When we're too down and we want to go up a little bit. So we keep breathing. And there's a weird little catch-22 with all this too that is you're not as out of balance as you used to be or that you weren't aware of, but it always feels as big as it ever did. But I want you to really be celebrating that one: you've got the awareness. And two: you've got your breath. In those times when you're either high or low, that you can do your little energy check in. And start with the body. To sit and be still is a huge thing for any human, especially when you're in these up and down cycles.

But to sit and feel: am I comfortable? What do I need to do right now to feel in balance? Is it rest? Is it go for a walk? Is it have some water? What feels right now the best thing to do to feel more balanced?

And we take another breath... then another breath. And we'll feel resistance sometimes because those big energies they want to resist this peacefulness, this grace, this stillness. But we take another breath because in every breath we're saying I love myself enough to stop, to listen, to be another way: that my experience isn't at the hands of these cycles in energy.

The cycles you're feeling are actually very human. They're related to things going on chemically in your body reacting to the energies around you. And that's another thing to have a wonderful awareness of too is: is this mine or is this not? Am I responding to what's going on in the news? Am I responding to the energies of my family, my workmates? And remembering that you're not a victim of all those: you can be in whatever space you want, any way you choose.

Breathe now and know all this. And trust yourself that you aren't being held hostage by these cycles of energy. They're making themselves aware to you so you can know yourself deeper and that you've got the opportunity to know these energies in a new way. Hell, when those energies are up, make the most of them: go and do something physical. When they're down: rest.

But underneath that all: breathing, loving yourself and knowing this is all part of knowing yourself deeper and in a more loving way. This too shall pass but like we said to the last person, don't let mind get you frustrated if it's taking longer than your mind thinks it should. Everything is happening

perfectly. And like I said too, remember they still feel extreme but they're not.

You come back to your centre. You come back to your centre stronger and you don't get so distracted and pulled away. It feels like it is but it isn't. You have your awareness and when you have awareness you have everything, everything you need to know your balance.

Thank you.

Our next question...

"I feel my essence every day more and more. It is so so sweet, positive and perfect. I also feel my old energetic patterns in a more intense way. They don't change as fast as I would like and considering my health limitations I find I don't know where to start my new life. I know how I want to feel but I don't know the next practical step in my everyday life."

Going back to our last answer which is: I know you're feeling old energetic patterns but they do feel as strong as they did but they are not. They're not. Because first of all you're aware that they're a pattern. People live their lives not even being aware that they're living in these patterns. So first off, let's celebrate awareness. Let's celebrate that you are playing with your essence and knowing it more and more.

And you've got to remember: these old patterns are old agreements you had of how to interact with this dimension. You came in and you said I'm going to create this pattern. This is why I'm creating this pattern. I need this pattern, I want this pattern, and here it is. So then now you're changing those agreements: I'm going to know my spirit more. I'm going to

know my essence. I'm going to feel this beautiful balance and grace more and more which is making the old patterns somewhat redundant.

So the agreements come in and they say: are you sure you're done with me? Let's come and play a little bit more. We played so well together before, come back and play with me again. And we dive back into those old energies because they're familiar and they're comfortable.

It's like the difference between putting on old shoes and new shoes. We want new shoes because they're lovely and they're beautiful and they might be the new fashion. But you know the old shoes even with their worn heels, the cracks in the leather, the scuff mark, the holes starting at the edges: they don't really serve us anymore but something about slipping on those old shoes feels good and comfortable because we were in them for so long. Our skin knows them, our feet know them, the bones in our feet and our legs know how to walk with them...

We put on the new shoes which are solid and firm and supporting but it takes a little while to get to know how to walk in them and for them to stretch a bit to fit into us as well. And we can go and put the old shoes back on and ahh... even with their flaws and you know, falling apart, there's a familiarity. But you know you've got to let go of the old shoes and that's fine. And we thank them.

Imagine if every time you threw away an old pair of shoes you looked at them and you said thank you for all the steps you took with me. Thank you for that adventure we went on. Remember when we walked through the shopping centre to buy the new shoes: thank you for coming and helping me get the new shoes. Thank you for that time we went to visit my

friend. All those times we went to the movies and the restaurants together. Perhaps they're a different type of shoe: we wore them often to a different country.

Imagine every time you took off a piece of clothes you thanked it for what it helped you do that day. As we throw away old clothing: thank you for all of the adventures and experiences we had together. I so honour all we've done together and now I move on to some new clothes for new adventures: to look a new way, to be a new me.

See imagine when if when we did that every now and then the old shoes would walk back and say "Hey, c'mon. We had some great times together. Put me back on. C'mon. You know how I feel." (laughter) And that's what our old patterns do. But see, our old patterns when we let go of them we often just discard them and think okay, that's done. I'm done with that, I'm moving on.

Let's take the time when that old pattern comes back up and we feel drawn into it to say hey, alright. Here we are again. It's time to say goodbye. Thank you so much. The essence of you, your wisdom, what we shared – you'll always be with me. But I have a new way to be.

Because imagine that when we throw away old shoes: you're throwing away the physical shoe, but all the experiences you had together, they'll be with you forever. And that's what it's like with our patterns. We often forget to say thank you. And we often forget that they're still with us but in a new way. They're with us with awareness and they're with us playing in the new pattern because we're transforming the energies we invested in them into a new way of being. So once again, to the

mind this can seem to take a long time but to soul and your creativity it's all happening in perfection.

Don't put anymore limitations upon how your creativity can work by saying I'm not well, I have some health limitations so therefore you need to happen now. You don't need to do that. Can you trust that soul, your body, can work together to support each other? And to know and have compassion for what you feel are your health limitations.

All in perfection.

Thanking every part of you for being with you on this journey as you shift and change your arrangement.

Thank you.

Our last question... okay.

“How can I bring the new creativity into balancing body and breath? I managed to breathe and bring in the new awareness but lately harmony and creative flow seem to be eluding me. Could you breathe with me to open for the new that is here now? New energy is in the conscious moment so now how can I feel grounded to allow wisdom and joy in these unusual times?”

These are unusual times and there is a lot of information being thrown at you. I would highly suggest to a lot of you, if not all of you: disconnect from the mental information that is being thrown around right now. If you want to be informed because you feel that you want to take part in what is happening, that is your choice but I seriously suggest doing that after almost like an information fast. Because a lot of what you're convincing

yourself from your mind is that to be in the now I've got to know what's happening. You don't need to know what's happening. Seriously: all of you could turn off the news, you will all survive.

And I know you feel like you need information about the pandemic because you have to participate within the world: that information is there for you when you choose to participate in what you have to participate such as your grocery shopping. How many of you go to the grocery store without signs, without marks on the floor? It's all there for you in the moment. In the moment, it is.

Wherever you need to take part in, whatever you need to be doing, in the moment what you need to humanly know will present itself for you. You don't need to go searching for information, spiritually even: don't go searching out channels and things – says the channeler who is being channeled. (laughter) Oh, the irony!

In the moment, in the moment.

And you're right: it is about staying in the moment. But an information fast so that you will not be overwhelmed by those who are invested in being in drama, by those who are invested in control and power: you can disconnect from the energies and the information that is serving those agendas.

So part of you has convinced yourself that you are being alluded by harmony and creative flow. And sometimes what can happen too is that that harmony and that flow is shifting and changing: it's just different. It's just different now. You're creating a new way of being or it seems like you're creating a

new way of being so here's the thing: are you resisting your inner change or not allowing it to happen?

So who you are yesterday isn't who you are today so you've kind of caught yourself in a little bit of a catch-22. I want to be different but the difference feels bad, or the difference doesn't feel right. So I want to feel different but you're questioning the difference. How you breathed yesterday isn't always how you breath today.

So that's a lot of words, a lot of heady energy so I'm going to bring it back to this: imagine that every day all you did was love yourself? What would that look like and you really need to ask yourself that question every day. What does loving myself look like today? Doesn't matter what it looked like yesterday or what it will look like tomorrow – well that is of absolutely no consequence.

What does loving myself look like today?

Is that turning off the internet? Is it going for a walk? Is it sleeping? Is it breathing? What does loving myself look like today?

Because loving yourself doesn't care about if we're in unusual times. Loving yourself doesn't care about what your bank balance is. Loving yourself just cares about loving yourself and remembering that you are a sovereign being with a sovereign soul in your unique experience. If that unique experience is in unusual times, then that's part of your agreement on how you're going to experience that.

Let's all check in: how are our agreements playing out with us now and remember: agreements are fluid. You didn't carve

them in stone. They aren't bound by anyone else. You can rewrite them anytime you choose.

Namaste.

MARISA: Thank you all so much. It was good to be back. It was good to hear Kuthumi being cheeky and feisty as always. We hope we will join with all of you again soon.

Please go to our website <http://newenergywriting.com> to check out if you want to do some of our little online courses or to join us for the Glastonbury event that will be online at the end of June with Norma Delaney and Rupert Davis.

Thank you all so much for being with us here again. What a delight to be on air.

Stay safe. Keep breathing and remember you are god also.

Namaste.