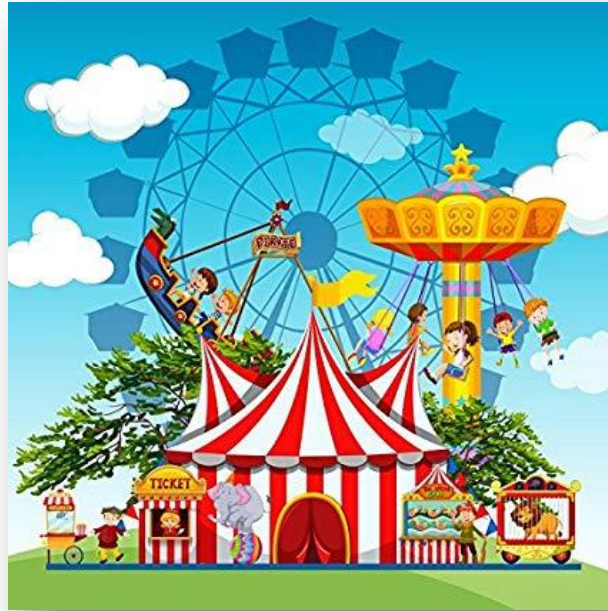


Soul Café with Kuthumi

Channeled by Marisa Calvi

“Here We Go Again”



Broadcast on www.spreaker.com, September 2019

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Soul Café with Kuthumi – September 15, 2019

Here We Go Again

Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hello everybody and welcome to Soul Café. My name is Marisa Calvi. I'm a channeler and author from Sydney, Australia and this is our first time back on Spreaker. We were here a few years ago so please bear with me as I'm getting used to the new technology and playing around with my sound equipment. So I do thank you for your patience today as we get all that sorted out.

If you haven't joined us before, if this is your first time, I work with the energy of ascended master Kuthumi Lal Singh. Kuthumi, an ascended master, a being who stepped into enlightenment and lived his last human life in the late 1800's. It was a lifetime where he accepted and chose his enlightenment and then stayed and lived his life. It's his absolute joy and passion now in guiding us and sharing with us the delights of what it's like to live with soul.

In the past, most often, when we realised our enlightenment we simply left or stayed out in the mystery schools, in the caves, in the monasteries and the hermitages, in the mountainsides. It was a very rare occurrence to take that enlightenment and that awakening back out into what we would call the everyday or mundane. And it can sometimes seem it's impossible to do that but it is entirely possible because as we step into our mastery, as we step into our sovereignty, then we get to create the life that we're choosing, and therefore we create the experience we choose. And that's my delight to share that with you too as it's my passion to be living life now outside of mass consciousness in my way and on my terms. Yay!

If you want to learn a bit more about the work that Kuthumi and I do together, we've written some books about his other lifetimes when he was Pharaoh, when he was Pythagoras, when he was one of the three wise men, when he was St. Francis of Assisi and we're currently working on his life as Shah Jahan of India, the emperor who built the beautiful Taj Mahal.

We also do Soul Schools which are now going to be hosted here on Spreaker as well. We do seven sessions over four weeks, we usually

explore a theme but the essence of each school is about connecting with soul and opening up your self love. Wonderful!

Today though, we're going to just play with Kuthumi and see what he's got to share. We have a few questions and I think we'll start and we'll see what happens. But as always we begin with the conscious breath: a beautiful way to be with yourself, to come back to your essence, and to feel that beautiful self love that's our natural way of being: that's always there waiting for us to allow its expression through life.

So how do we do that?

Well, we simply stop
and we be still
and we just feel the breath moving
in and out of us.

Just surrendering to that rhythm,
just feeling that beautiful rhythm:
breathing in and breathing out,
that brings us back to this now moment.
When we feel the breath
we realise that all that exists is this breath:
the breath before is gone,
the breath to come doesn't exist yet.

All there is, is this breath right now.

To be in the moment, without the stories of the past, and without the mind pushing and pulling us into the future: we're just here right now letting ourselves feel the beauty and majesty of all that we are in this moment. Loving ourselves right here.

This is what the breath can gift to us.
Or it can gift whatever you want.

In this moment just feeling that rhythm, we can communicate with body: what do you need? We can communicate with soul just to feel its voice – not necessarily hear it – and invite it deeper into life, to

speak to us in every moment. To feel it guiding us, opening up what you'd call our intuition, our greater sense of life as we know it.

Breathe now.

A few more deep breaths... we feel Kuthumi coming in.

KUTHUMI: Namaste.

I almost feel like I would like to stay in the silence with the breath.

It's so rare that we give ourselves silence and stillness because the world isn't quite designed like that is it? We want to be busy. We want it filled with something in every moment. Look now around you: when people have a moment to be still or to stop – what do they do? Pull out their phones because you have to check everything: got to check your social media, got to see if anyone's connecting with you. Got to check your connection with the world.

Imagine if those times when there wasn't something to fill the space, when you maybe had to wait for something – you stopped and checked your connection with yourself? With you, just you. Not this world around you, but the world within you. Your universe, your All That Is.

How often do we do that?
So rarely.

And yet, there's so much richness in that that we often deny ourselves because we're always on the search outside. Who will give me the answers? Where are the solutions? Where's that magic I've been looking for?

It was the greatest disappointment, but also the greatest elation of when we went on the search in all those lifetimes before. Separating from family, society – heading out to the schools, the temples, or just to be alone hoping we'd find the answer, that god would give it to us, that the elders would give it to us: I need to find out.

Nobody can give us anything to answer that yearning inside.

We'd get to the schools and they would say: go sit in that room, that cave, that temple, that mountaintop and be there. Sometimes they'd say five days, sometimes they'd say forty, sometimes they'd say ninety. And you'd sit with great excitement: ah, the answer is going to be gifted to me. An elder will come with the scroll. I'll finally hear the voice of god because this place where they've created for me to sit must be magical, must be blessed.

Time passes: hours, days, weeks.

You don't hear anything and frustration sets in: I'm being made a fool of. I'm not special enough. I'm doing this wrong. All those old voices coming up again with the same stories, the same stories. But underneath; the yearning, the yearning remains. Sometimes you gave up, you went back to your homes but the yearning was still there. When that yearning awakens, it never goes away.

So you start the search again. Maybe you went back to the same school, maybe you went to another because you thought that first school was doing it wrong. And you get there and it's the same thing. Sit, be still, be quiet.

When will you tell me?

We won't.

Ah, that's another game you think. All I have to do is stay here long enough – they'll have to tell me eventually if I'm here long enough. If I have the commitment, if I show the perseverance, I must be rewarded.

But the reward came with such a grace and majesty that you would laugh at the mind that had plans for you before. To finally sit and surrender to the stillness, to fall back into the silence. To realise that in that space that you felt was nothingness was everything: was eternity, was even more.

Because here in this space is the beauty of you: the richness of your soul. The glory of all the experiences you've allowed yourself, and the wonderful potentials of what was ahead.

You wanted to thank everything: to thank the elders, the schools, the parents who raised you but you realised the only thing to thank is that you allowed yourself to listen. To listen to that voice inside that said, that called out, that yearned, for more.

And for me, in my final lifetime when I said yes, I will search, I will get the answers and when I allowed myself that surrender, that surrender into me, into my silence, into my void and opened up all that I was: I didn't want to disappear with it, I didn't want to stay in hiding. I didn't want to stay in my bed where I'd been ill for years. I wanted to take it out and let it experience the glory of this human world.

When was the last time you looked at the world around you and said: my god, this place is magnificent. (laughter)

And I don't just mean when you go for a walk in the forest. I know a lot of you have very beautiful places you go where you commune with nature, and you travel, and all that – they're great ways. But when was the last time you turned on the news and thought: what a glorious, magnificent dimension I exist within?

It's getting harder because life will push many things to tell you it's not. Many, many things...

Take a breath with that while Marisa lets her cat into the room. See, even an ascended master cannot compete with a cat who knows its godself. (laughter)

When was the last time you looked at the world with its craziness and said: what a fabulous, majestic dimension I exist within? And I don't ask you to look at wars and famine and children suffering and say: oh, isn't that fantastic, isn't that great that this all exists? I don't expect you to look at those things and say yes, but to have the compassion for the world around you, for the richness of experience that people are choosing.

Do I tell you to sit back and maybe not be an activist or to enroll in an issue or a cause? I won't tell you that because your experience is your choice. You get to choose how you interact, how you contribute, how you are part of it all. Do it however you want, but do it with love for yourself. Love for your experience, and love for the world around you.

And by love I don't mean the oh, oh you know, moonbeams and flowers. I mean with an honour, with a compassion and with a knowing that there is a majesty that can be expressed in life because you are in your joy, loving yourself and accepting yourself.

Many of you know now what it's like to no longer push against life, but to dance with life. And as you're doing that a lot of those causes and rallying and lobbying: it can fall away, or you get to go and take part in a new way with a new consciousness.

Hmm. With that I'm going to do the questions because our first question kind of relates to all of this...

The first question is:

"Is there anything that I've promised to do in this lifetime that I am not aware of or am not doing? I've been given many gifts but do not feel that I'm not doing my utmost for humanity."

Now this sense that you come in with a purpose or a duty was something that you created. Often we did that with soul: we made a contract with our human expression to say in this lifetime you'll go in there and you'll do this. And it's not always a duty or a cause or a role that you play: it's about the flavour of your experience.

In this lifetime I will choose to be in this country where I'll choose this gender, and I will choose maybe this level of wealth because that gives you a flavour to your experience. So this sense of what you're feeling is along those lines.

I kind of chose the flavour of my experience and I'm not really sure: am I expressing that flavour right? And the simple answer to that is: it doesn't matter. If the flavour you chose isn't the flavour you're being

now: that doesn't matter. What matters is: are you expressing the flavour that you're choosing in this moment?

It's interesting with all the what you call non-binary and transgender individuals who are not feeling to tie into what society has told them their body should be or what the body that they've come into, how that should express. Because they're in the moment with their experience: this is who I feel I am. This is the flavour of experience I want to express.

So if you stop now and you breathe, and you breathe: what's the flavour you want to be right now?

And it can change tomorrow. It can change in a week, a month or a year, a decade. What's the flavour I want to be right now?

The most beautiful gift you can give to yourself is waking up every morning and saying: what is the day that I will create right now?

You don't owe anything to humanity except to be your truth, except to be authentic. Because in that truth and that authenticity you send ripples out into humanity: here I am in my balance, with love and compassion, choosing my flavour and my way to be in this world.

A lot of the disharmony we see in humanity is caused by inauthenticity and is by people sleepwalking through life. A lot of the waves of what you would call inhumanity are from people being sheep for leaders who are inauthentic and misleading, who are playing into power games which lead to hypnosis and people just follow along.

*The greatest thing you can do for humanity is just be yourself.
To think, to question, but to come back to your authenticity:
to your choice, to your self love, to your connection with soul.
To your flavour in this moment.*

That's all you've got to do.

This dear one had some other questions and that answer applies to all of them: choose your flavour, and lick it up! (laughter)

The next one was more of a topic but it did have a bit of a question to it – and the topic is about safety. So we're building on what we've been playing with so far...

“Could we talk about safety when travelling alone: safety for explorers, people that are loners, safety for women that travel alone?”

And this gets a bit bigger because I know the person asking it is actually asking a bit bigger question than simple physical safety. How do I take myself out into this world? How do I step out into this world and know I'm not going to be hurt? How do I take this beautiful authenticity, how do I be in my sovereignty and still go out into the world and know that no one's going to hurt it?

There's a lot of old energy around that because in the past when we stepped out of mass consciousness, when we were a bit different, we were persecuted. We were hurt: from ridicule to physical torture, to death. When we expressed our more feminine attributes: because a long time ago we decided that feminine was weak and needed protection because to be masculine meant that you were strong and powerful. So we created that imbalance between the genders – which is leveling out now, is it not? (laughter)

So we've got a lot of dynamics to this. How do I go out when I'm either feminine or I don't embody the old mass consciousness ideals of masculine? How do I go out and know I'm going to be okay?

Because when we accept our godself, when we're in our love, we know we are in our safe space: we know. And the interesting thing about this is, you know I channel through a feminine body, and the feminine body knows there are certain elements of the human world to avoid unfortunately due to mass consciousness. And you do still have to function in mass consciousness so there's sensibilities as well. Do you walk somewhere late at night by yourself? And truly, you can be completely safe but when you're being guided by soul, when you're in your sovereignty, when you're loving yourself, you instinctively know where you can be as well.

This ripples through so many things. It's like if you have a health issue, if you're going to deal with that with your self love, with loving yourself, with choosing joy and ease and grace: then soul will guide you to the practitioners and therapists to support you.

If you're a woman and you want to travel alone, you'll be guided to find the right tour guide or the right way to do what you want to do. Same way if you even go out within your city: you'll be guided. The ones that want to cause trouble, well you just won't cross paths with them. It really comes back to trust.

Can you trust yourself to be out in this world?

And that can be a big issue because we have so much issue with just being in trust, in trust with ourselves – even before we leave our home.

Are we trusting that voice and inner guidance?
Are we trusting that the world isn't going to destroy us?

Trust.

It's a very hard issue for a lot of you humans to come to grips with. Can I trust in this beautiful being that I am? Can I trust this world that I was part of creating?

So you've got to remember that too. This world around you: you created it with everybody else. Okay, you created it as part of a mass consciousness, but you created it. So therefore, there are energies there to serve you in whatever way you wish. There are hurtful energies, but there are nurturing energies. Which ones do you want to tap into and be part of because everything is there ready to play with: what do you want to play with?

What do you want to play with?

And that's what it comes back down to. What energies do you want to play with? Because you know, we're gods and that's all gods are: they're beings that play with energy. What sort of god do you want to be? What energies do you want to play with? That's the question I'll

leave you with because the answer to that is how you get to play with life. Yay! (laughter)

Aha! Another topic.

This is a bit different and it's one that a lot of people are asking at the moment as mental health becomes something that we're much more open to discussing which is wonderful.

It's interesting: when people choose to play with this reality in a different way, it can often be seen as an issue with their mental health. And the essence of mental health dysfunction (as you would classify as a human) is that someone is just interacting with this dimension in a totally different way that doesn't serve them. It doesn't serve them because it is separating them from functioning with joy.

On a simple human level, it is the dysfunction of not fitting into mass consciousness, but there is also that soulful level where it's disconnecting them from experience and disconnecting them from joy. And that's the disturbing part of having someone with mental illness within your experience because we can't connect to them in any sense that's meaningful and then we also have what can be quite heartbreaking for the other when we watch them disconnected from their joy and from the delights that they could be experiencing in this dimension.

So I'm going to read the question so that we can go into the energy of this particular topic more.

"My mother is mentally ill and she refuses to accept it, or accept any kind of treatment, and she's a hoarder. She transformed her apartment into a giant pile of garbage and makes a mess of any place she comes into contact with such as a country house that we all share. She is driving all of us crazy in different ways. Could you please talk about mental illness and how the people around the mentally ill can deal with this?"

So first of all, we have to honour this dear one's experience. And I know deep down there's a part of you asking: why is she choosing to disconnect so much? And a lot of times it can be from a trauma, so

we disconnect from experience because the trauma of being human was so great. We just don't want to be part of being human anymore: I'll disconnect. I'll step so far out of mass consciousness, I'll be so disconnected that other humans can't interact with me in any way – then they can't hurt me.

I'll surround myself with physical things like a fortress. I'll just collect things because that will make me feel powerful as if I have some control over this world, this crazy world that makes no sense. But the space I'm in can make sense – even if it's full of things that are meaningless, that don't serve me – but they're mine. Mine. Mine. It gives me something to focus on, that person's new mind says. All these things keep her mind busy, and it keeps her mind fulfilled, and that's become her source of happiness.

There is no sense of other people because of that retreat into her specific, unique dimension. So of course she can't accept where you're judgment is on “you're not fitting in” because she's in, “I don't need to fit in because I've got my dimension.”

So what I'm going to ask you to do first of all is: take a breath and accept her choices, and accept and show compassion for her experience because that's going to free you. You don't need to free her: she's already done it for herself. But this is about you – do you want to still carry that energy, or would you like to take that energy and use it for your godself to play with your energy?

And I know it can be hard because your experiences interact. There might be a level of dependence because they might be older, and you have that mass consciousness social obligation of caring for an elder, but you get to choose your reaction and how much of your energy you're going to have invested in this.

What are you choosing for yourself?

Are you letting how powerfully and connected she is to her own little unique dimension pull you into that dimension with her? Or are you going to stay in the flavour that you choose?

When you come back into your space, into your sovereignty, it's going to be much easier to create boundaries: not necessarily physically, but energetically. And this is the thing to remember too: that a lot of what we're seeing expressed as mental illness is a very real expression of hurt and trauma. It's these people creating an aspect from that trauma that is so powerful, that is so big, that it's eclipsing everything else.

And I know a part of you is saying I'm going to speak to her soul to soul and that's wonderful. When you're around her breathe, speak to her soul to soul, remind that aspect there's still a soul underneath there that can guide them back to healing and through the trauma. Because a lot of times that we direct that "oh, you can't keep putting this garbage here, we have to clean up," you're talking to the aspect that was created in the trauma, that was created in the imbalance, who's created all that to survive, to protect itself. So all you're doing is fuelling the trauma. It's saying: yes, see what happens? We need to keep doing this because they just want to hurt us.

But imagine if you went into that mess and you could sit there and breathe with your soul knowing that everything is in perfection. That you're safe, and that this being before you that you call mother: they can be safe too and they can know and remember that part of themselves.

And you're not going to go there and breathe to fix her. You're going to do it for yourself so that you can be in your peace, in your ease and your grace. And maybe allowing that energy to just be around her in some sense, she'll start to hear her own voice inside.

It might never happen because she could be so committed to this aspect that it's going to see her days out. And then you can have fun cleaning up. (laughter) Sorry. I do not mean to laugh to make fun of you. But if we can strip it back to that simplicity: because I know you've got a lot of emotion around this too, and the emotion is getting driven by your aspects. So you kind of have aspects playing off someone else's aspects and that really gets us all nowhere.

In your breath, in your sovereignty, in your choice of how you want to be: honouring her choice and how she wants to be even it that looks on the surface to be insane.

You'll both see your way through this, you will. Because you're breathing with me, and I know this part of you trusts yourself with your experience in the flavour that you're choosing.

Let's all breathe now.

I'm sure that all of us have someone in our life that drives us nuts, (laughter) that they think doesn't seem to make sense: they could be doing so much better if only they breathed, if only they chose soul. If only they did this, they would be fixed, they would be not affecting my life so much.

Just breathe and come back to you right now. Take that moment with me now. Breathe in your sovereignty with your soul, in your perfect experience. Let's just breathe with compassion for the world around us, for those around us and what they're choosing. That we can be in a storm, but we're calm. We can be in a mess, but we have perfect sense of who we are and how we're choosing and the flavour that we are. That's the beauty of the world around us.

Not that it's batshit crazy and we have to find our way through to make sense of all of this: the beauty of this world is that there is so much to choose from and we are absolutely free to be whoever we want, however we want, whenever we want in this moment.

What flavour do you want to be knowing that you can change that flavour anytime you want? It's been a long time coming to trust ourselves to know that we are creators: that this beautiful world around us is just an energetic playground. Because in our essence, that's all we are is energy.

This physical world has been so great at convincing us that it is fixed, that it has laws and rules. And there's certain things we play with because it gives us a connection to this dimension: gravity, a human body. Red lights, so we don't smash into each other. They're wonderful, they serve us: it serves us. They don't always control us –

that's a choice. It's not about being controlled: it's about having these energies serve us so that we're physically safe.

That every single thing
in this human experience is energy:
think about it.
Better yet, feel into it.

Everything in this physical existence is atoms dancing with each other. Sometimes the atoms dance really close to each other and tightly, and things are more solid. And you know, just wave your hand in front of you now: you're pushing your hand through millions of atoms that are dancing loosely as a gas.

Now think about the atom: what is the atom itself? Little protons bunched together, electrons dancing around it. Some neutrons in there to balance it all out. And then I think that there's some other things in there too they're just discovering. And you know, we only knew about these little bits inside barely more than fifty years ago. We're still understanding the physical dynamics of this world: we've been here for tens and tens of thousands of years.

Little electrons and protons and neutrons and neutrinos and whatever else there is in there. We don't even know what they're made up of. They're just little bundles of charges and things just dancing around together and then they in turn dance around with others that are different and make other stuff and then we've arranged them into animals and plants and gases and rocks. Liquids, the oceans. And that in turn plays with the energies of the sun so some parts are cold, some parts are warm... and they're getting warmer... (laughter)

Because of these big dancing things called planets and stars. And we all interact in this amazing thing that we call a physical universe that's all driven by our personal energetic universe. And that's a lot for the mind to take in. So forget all about that big stuff – come back to inside here. That's why it's good to come back to the breath because our mind wants to analyse all that scientific stuff, but when we come back to the breath and we just feel...

Here we are.

Energy dancing and playing together.
Dancing, dancing...
You don't have to push against it.

We can just fall back into it,
into the surrender of this beautiful,
beautiful magnificent energetic playground
we're part of.

To look around you and you can see chairs, beds, lamps,
computers... and know that's all just energy dancing together to be
part of this experience. And those things around me don't define who
I am.

That definition, that choice: what flavour do I want to be?
What flavour do you want to be?
Take a breath and feel into that.
Playful? Serious? Scientific? Artistic?

The titles don't really matter.
Go underneath.
What does it feel like?
What does it feel like that, flavour that you want to be?

Because when we feel into it: what's it going to feel like? We can skip
all the mind stories of what we think it looks like, what role we have to
play, who do we have to be with, where do we have to be?

What does it feel like?

And that shows our creativity to come and play in any way it wants. It
opens up potentials rather than locking it into a mind story. We're
telling our potentials they're free.

How free do you want to be?
And what flavour do you want to be?

Thank you so much for joining us for this glorious return to our new
home. I look forward to playing with you soon.

I am that I am Kuthumi Lal Singh.

I love you for eternity because I love myself for eternity, and as you are part of my experience, I love you as much as I love myself. I accept you for all that you are, as I hope that you accept me for all that I am, in this glorious energetic playground.

What a delight to play with you all in this amazing existence that we have all created.

Namaste.

MARISA: Thank you everybody. That was a wonderful return to channeling with Kuthumi. I've had a little bit of time off as I've been involved in filming a documentary which was very exciting for us both: it's called Rude Awakening. Google that and you'll find a beautiful website where you can read more about that. It will be coming out in June 2020 and we'll be talking more about its release as that gets closer.

We look forward to joining you again. We do that around the middle of the month, sometimes it changes. But if you want to sign up to our newsletter where you can see when new shows and new schools and et cetera are coming up, you can do that through our website at <http://newenergywriting.com>

So thank you so much for joining us. I think we sorted out the technical stuff this month so we're good to go from now on.
(laughter)

Soul schools will be returning in around six weeks time. We're doing a test school at the moment just so I can sort out my technologies and things, and then we'll be back to do definitely at least one before the end of the year.

But thank you so much for joining us here at Spreaker. We're very excited to be back using their technology again: it's just wonderful.

So thank you again, and we'll catch up with all of you soon. So from me Marisa, I shall say farewell and Namaste.

