

Soul Café with Kuthumi

Channeled by Marisa Calvi

“In Your Own Skin”



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Soul Café with Kuthumi – March 19, 2018
In Your Own Skin
Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hi everybody. My name is Marisa Calvi; I'm coming to you from Sydney, Australia and I'm a channeler, an author and I work with the energies of ascended master Kuthumi Lal Singh who will be joining us very shortly. We call this Soul Café. It's our little retreat once a month where we invite you to join us to remember soul, to invite soul more into life and to remind yourself of the safe space that is always available to you.

We called it the Soul Café because we thought well, who doesn't love a good café? (laughter) And it's a wonderful way for us to picture a beautiful place that is comforting and nurturing. And if you want to take a moment just to take a breath with me now and imagine what your perfect café would be like: whether it's outdoors, indoors. Whether it's modern, traditional – if it's simple or if it's colourful. It's all perfect whatever space you want to create for yourself in this moment to remember the beauty, the safety and the love of soul that is always with you.

Thank you.

Now if you'd like to know more about my work with Kuthumi, you can go to my website at <http://newenergywriting.com> There you'll find all the links to buy the books we've written together and also we do some little online schools. We've got one that's about to start on April 15th and we're doing it on aspects and integration. This is one of our core schools and it really is a wonderful foundation for life. Integration is about remembering all of the beautiful parts of ourselves, welcoming them home, and allowing them to share their wisdom with us in balance and ease and grace.

We do this from the space of being the soul connected human and in this school we'll explore why we've created aspects: our aspects can be just little dynamics of our personality. They can be remnants of past lives, they can be just patterns and even beliefs that we have in our life that often just circle and repeat seemingly unconsciously

within us. So this is a wonderful opportunity at this school to become aware of who's making the decisions in your life, who's choosing how your life is created and to get some clarity on new choices from our soul connection.

Also too, once a month we've got the absolute honour now of hosting Norma Delaney, or Aandrah who is one of my greatest teachers who does wonderful work with guiding people with their soul connection. She works with the energies of Kuan Yin and Ohamah and once a month we invite her here to Soul Café: we hand it over to New Breath and we take questions and we discuss all wonderful things about living with soul. The next show for Norma will be on April 16th. This is Australian time. So if you'd like to know more about that you can always sign up to my newsletter or if you send an email to me if you want to just know about Norma and I'll pass it onto the people to put you on Norma's newsletter. You can do this at my website also at <http://newenergywriting.com>

Now another thing I wanted to remind you of is that we do transcripts of all of our radio shows. They're generally available around two weeks after the show and they're wonderful if you prefer reading: sometimes we get a whole other level of wisdom when we read things if we're visual. Now I know I'm Australian and I tend to default to a rather fast speaking speed and believe me I have slowed it down: if I'm still too fast for you I apologize but this is it.

I know some people read the channel and put words or phrases they don't understand into translators. Also too, if you are part of a group and you want to translate the transcripts into another language and share them: we love it when people do that and they are very much appreciated. So you can find that through our website as well: on the radio page there's a link to all the transcripts.

I think that's enough of business done and we've let the energies of the technology all settle... (laughter) We've got a few little questions but today the subject is "In Your Own Skin." I shortened it because Kuthumi really wants to talk about being comfortable in your own skin: so self-acceptance, compassion with who we are in the now moment and that seems like a really simple concept but that's quite huge.

Inviting our self love in in every moment regardless of what that moment looks like can be a great challenge for humans. We're always using the past to predict, we're using the future to plan, and those two things pull us out of the now moment. And we lose a lot of our joy because in reminiscing and regretting the past and in setting up goals and expectations for the future, we miss a lot in the now moment. I'm not going to say too much more because Kuthumi, I feel him slipping in, and I would rather get into that space.

Oh, what I did also want to talk about today was when I channel; I'm a conscious channeler. I'm well aware of where I am, what's going on in the immediate world around me and to me, channeling is just a space I go into to allow Kuthumi's words to come through in a way I can share with you. Kuthumi is an aspect of me, it's a beautiful aspect. Even though he is his own being, when I channel him we blend our energies. So he's always with me, I'm always (well, not always) chatting with him but it's not something I have to go into a trance to do. And even though I breathe before I go into channel, it's more to settle my human energies, my mind energies and my physical energies so that I can be in that beautiful feeling space of my soul energy and my soul love to then allow that part of me to express as beautifully as it can to you.

So I know sometimes my words speed up because he sends information through quite quickly, and then we kind of pause and let things settle, and that's all kind of the dance of letting his wisdom blend with mine as well as yours. Because when we channel we're not bringing any new information through: this is stuff we all know, we've all got this wisdom within us – we're letting ourselves remember it.

And to invite you to breathe with me beforehand so that you settle into that beautiful space of feeling and connecting to your beautiful innate eternal wisdom so that together we all create the words, but more importantly, we create that feeling space to simply allow our wisdom and our self love to open up and expand.

So with that, let's do some breathing.

The beautiful conscious breath that slows us down and takes us inside, that brings us into the now moment: settles down thoughts of the mind, the human mind, and lets us feel.

If you haven't done the conscious breath before I invite you to get as comfortable as you can. You can lie down, sit in a chair and maybe put your hands on your belly. And as you breathe to feel the breath move so deep within you that your belly expands and contracts: not just your chest, not just the lungs.

And just feeling the rhythm of the breath in and out: just being aware if mind is saying, "am I doing this right or wrong? Why am I doing this? This is silly."

That's okay.

Just observe the mind and come back to the rhythm of the breath...

This beautiful rhythm moving in and out:
that is the rhythm of our creative flow
and the reminder that
there's so much more to who we are.

Every conscious breath you take,
every aware breath you take,
is an invitation for soul to become more and more
a part of your experience.

And to think this is here all the time.

When we're stressed, confused, lacking clarity,
we can stop,
and just breathe,
and remember that we are god also.

We are creators in joy and ease and grace:
our very natural way of being.

Breathing in and breathing out...

KUTHUMI: Namaste.

I Am That I Am Kuthumi Lal Singh.
I Am That I Am a grand creator, as are you.

And I Am That I Am
right here, right now
so in love with myself,
and this is as good as it gets.

This moment now. And now this moment. And now this moment...

Imagine that this now moment
is all that matters
and is all that is important
because it's all that exists.

You aren't who you were ten minutes ago, and you aren't who you'll be ten minutes from now. One is gone, and one is yet to be. So why wouldn't you pour all your love into this one that you are right now?

The human mind loves to put energy into what doesn't exist – have you noticed? We regret the past, we worry about the future... imagine we could put all our human energy into celebration of the now?

Just take a breath in this beautiful space you've all created to imagine, to feel, to choose (whatever one of those fabulous words you choose) that all your energy, that all your love is here with you NOW. It's incredibly liberating because you haven't got ghosts draining it, and you haven't got plans pushing and pulling at it. Your creativity is here right now. You haven't left it in the past, it's not waiting for you in the future: it's here with you right now.

I use the term creativity and it's also your soul love, it's your awareness and it's your consciousness. It is the essence of who you are which is a creative being: a soul, the infinite universal energy, god, (whatever you want to call it) loved you so much it set you free to be your own universal energy and god.

You are as grand as your creator and you become grander because a god knows they are infinite. A god knows they are eternal and a god knows that the more they welcome their own love, the more they allow their own wisdom, then those very gifts become grander.

Can you imagine being born of an infinite love, an eternal love that simply wants to be more of what it is?

We've brought that energy here to human, but unfortunately along the way we made that more into something else. We made that more into—hmm, more suffering. More lack. More doubt. More duality. More restrictions and limits. More stories and games...

But feel that, celebrate that for a little while. You were so good at being in what you would call the downside of duality: your creativity was so amazing at creating those parts of experience that you surrendered, you surrendered to those things.

Yes, you still allow yourself a little taste of the wonder and the joy, but somehow along the way, why did we make what we would call the good parts of life seemingly like the hard ones to experience?

Why did we do that?

We did it because we loved ourselves so much that we wanted to know the depths of what we could create. We wanted to forget that we were creators: to know what it was like to create unconsciously. And to the human mind, creating unconsciously is a delightful thing. We don't have to constantly remind ourselves of being gods. We don't have to spend energy on celebrating who we are because in the depths of how strongly we chose to forget we are god, we've loved that choice, that decision, that commitment so much that we honour it by staying in lack, disease and imbalance.

So take a breath and really wonder and celebrate how wonderful it's been to do that. It brought with it a whole bag of other wonderful treats: doubt, self judgment and whatever the opposite of compassion is (laughter) which is judgment, and sympathy: oh, you poor thing!

Falling into the unconscious creativity, we created so many supports for that, that keep it held in place. We now think it's a battle to come back to what is our natural way of being. To be the conscious creator: to allow, to trust and to be in just joy.

Take a breath now and I want you to feel: what is it that your mind is telling you that would allow joy into your life? Is it telling you that if only we had abundance? If only this was different about my body? If only I had someone? What stories are you telling yourself about what you need to be in your joy?

Do you have an image of what it means to be an enlightened being? Have you got a story about who you would be if you were integrated and enlightened? And it's very easy for us to trick ourselves into believing that we've created those ideals so that we have something to work towards, to journey for. But what it's doing is: it's putting you in a cage that is keeping you very very human.

Take a breath now and let's be here now in this moment. All those stories of "if I were like this, then I would be enlightened" are off in the future. And all they're doing is saying to you: stay in your cage. Stay in your cage and stay small. We've been small for so long, for so many lifetimes, it's easy.

But you know what's easier is every day waking up and saying today I choose to love myself... and then you can have the fun of sitting back and seeing what mind will throw at you to convince you otherwise!

Can you get up and know that if there's a pain or an ache, that's not some massive sign of your lack of connection or that you're doing something wrong? It just is what it is. If you're not making anymore money, if you're still in the same debt you were in a year ago, can you also let that go as a symbol of you're doing something wrong and just see it: that it is what it is.

Breathe with me now. I want you to come with me to the river. Yes! We're going to leave the café today: we're going for a field trip...

I want you to picture yourself by a beautiful river. It can be in a forest, it can be out in the field: it can be quite wide, it can be small – but the water is moving. I want you, wherever you're sitting, I know you've all created the perfect space, maybe there's a small waterfall nearby... but you can't see where the river begins and you can't see where it ends. And neither of those things matter because here you are in this moment, in this space, with this beautiful flowing water before you.

And it's beautiful. It's graceful, it's soothing – it's moving.

Nothing pains me more than hearing humans say they're stuck, they're blocked. They need to shift an aspect or clear a blockage in their energy. Your energy is always moving. Always, always moving.

You are never stuck or blocked. What you are simply doing is letting mind tell you: you are imperfect and that you are not a god. Because the god knows their energy is dynamic and constantly moving. Even if it's in the same patterns and beliefs and stories that it was yesterday: it's still moving. It is moving the energy round and round through that same pattern.

If you have a hose – you know a hose? Like a long tube that water goes through, you water your garden? Does the hose need to be straight for the water to flow? Sometimes it gets little kinks and twists that slow the water down but the water is still moving. If you have the hose coiled up, the water still moves through it.

We need to stop thinking of the flow of our energy as something linear, as something that is always on its way somewhere. But simply as a flow; simply as movement that is constant. The difference is that we as creators get to choose how that energy moves. We get to choose whether we leave it at default: circling round and round in the same patterns and stories and beliefs, or are we going to let it flow into new potentials and new stories that are of our conscious choosing?

Not that our parents chose for us, not that society chooses, not that our default beliefs choose. Not something that the little eight-year-old girl who was upset with her parents chose (laughter) and certainly not some past life which is has completed its choosing.

And the first key to that is remembering that you are a creator. And the second key to that is loving and accepting the creator that you are. Can you look back on all that you've done in this life and truly love all that you have created? It has all served you in some way: whether that was good or bad to the human mind, it has all served you because you are here now.

Can you celebrate the perfection of who you are in this moment? Because when we accept who we are, we're also saying to creativity: I trust you.

You know, this trust issue is a wonderful thing, isn't it? For so long all of you have been in default mode, not consciously choosing, (laughter) not even knowing that you could consciously choose, and your creativity went ahead and just created a life for you. So how hard would it be to trust your creativity now?

I see a lot of you saying now: well, if I did it before unconsciously and I did have that trust in my creativity to just do it without me thinking about it or being conscious or having clarity about it and look what it did...

That's right.

So imagine now with that same trust but in a deeper awareness, with clarity, and making choices from your soul connection – imagine now what that creativity can do.

I Am That I Am so excited for life
because here I am in my perfection:
I am breathing, I have my senses,
and I am connected to this experience.

What more could you ask for? What more could you ask for?

Many of us stopped praying because praying is simply asking for something outside of you to come and fulfill your expectations. We shifted that into meditation which was about being still and breathing and feeling our essence and then we took that further... we breathed

and felt the beautiful, infinite wisdom within. We felt the love of our soul and we felt how limiting our mind has been. The human mind loves to plan based on what it has experienced, but the soul mind, the soul mind is excited to allow you to be free so that it can experience new things.

Take a breath.

As we're breathing I know some of you have heard voices saying yes, but... yes, but... my body still aches, I'm still in lack. How could I love myself in this moment when these things are hanging on? Does it mean I stop caring about my body? Does it mean I don't pay my bills?

It's not about disregard for your experience: it's about not fighting against it anymore. To just allow that tiniest bit of self love in: it becomes addictive. It's wonderful and you want more of it because if I can love who I am, I don't need anyone to love me from the outside. I don't need whatever that god is that I was taught at church to love me. I don't need a partner. I can offer myself all that I need, all that will nurture me and in offering that to myself, those energies become more.

And on some days it's going to be harder than others, but the more we breathe, the more we invite that energy into life, then it becomes an even more natural way of being. We open up communication with ourselves. We feel that beautiful, natural conversation with soul that is loving and accepting. We connect with our bodies differently because in loving ourselves we love our bodies as well. And that allows body to communicate with us so that we can nurture it, support it, and allow it its balance.

Breathe with me now.

Can you in this moment invite that love of soul,
invite its beauty, its grace, its honour to be with you
to let you feel the grandness
that is your natural way of being?

And listen: I don't mean grandness as in you have to be big and loud, or you have to be travelling, that you have to be doing something

spectacular. To just simply be loving yourself, accepting who you are: not feeling like you need to hide. That you know that you're safe and that you are excited about life unfolding.

That to me is grand.

Whether you're doing that in a cabin in a forest on your own or whether you're standing in front of groups of people talking and sharing: there are many ways to be grand. Don't let mind tell you what it thinks that should be.

Being comfortable in your own skin is about freedom.

It's freedom from
what your mind expects,
it's freedom from
what you've been telling yourself you should be.

It's the absolute acceptance
and compassion for who you are
in this moment because it is
grand and majestic and perfect.

Let's take some questions now... I've got just a few.

So the first one is this:

"I heard a voice two times this month: to whom does it belong? Am I channeling? Is it me or another being? I'm absolutely open to whatever this is?"

And the truth is: I don't know. (laughter) But what I would love for you to do is why don't you ask yourself: who was this? The more we practise communicating with ourselves, our soul or even just the parts of us, then the more we know who these beings are or aspects or whatever it is we're communicating with.

When I started working with Marisa, well actually, before she started working with me, she was working with Norma Delaney and Garret Annofsky and the most beautiful gift that they gave to her was:

channel yourself first. Talk to soul first. The more you know your energy, your voice, your essence, then you gain the discernment to know what isn't you.

I have no doubt this voice will pop up again and when these voices do pop up it may be a different one, ask it: who are you?

We use the term "channeling" but we're really just communicating. Who do you want to communicate with and how do you want to communicate with them? It's a wonderful part of when we open up our sensitivities and our awareness that we do open up our communication channels beyond simply talking from human to human. That feeling state, our instincts, they've always been a form of channeling because they're how we are connecting to our base instincts. And I know many of you have heard soul from when you were a child not realising that's who it was or what it was.

So if a voice comes to you, take a breath and with soul ask it...

This is a wonderful opportunity for you to know more about yourself and to gain the discernment of what is yours and what is not.

Thank you.

Okay. Next question...

"I used to love being outside watching the stars, walking in the forest and gardening. However lately I find that my mind is scared of EVERYTHING. It jolts my body and the mind stirs up the emotions. I guess it is normal when things are changing and expanding on the inside, but are there any recommendations?"

Yes. It's wonderful when you can feel and answer your own questions: so you've got the awareness that this is a time of change. And change stirs up fears. Fears are essentially an energy of protection. This change is happening and some part of you has said: we need to protect you because we don't know what's coming.

And a little part of you should also be excited about that fear because the fact that you're scared means some wonderful new energy is

coming in that you've never experienced before. It is shaking up the old ways... it's almost like it wanted you to let go of this part of your life that you loved so much, that you loved so much, to lessen your attachment to it almost so that you can go back to it with some new energy.

But please, for now just breathe. Know that yes, this is a wonderful period of change but let's, let's be alchemists with that energy of fear. Let's transform it. How about every time you feel that fear, that you feel scared, instead of letting the old pattern of it triggering some endorphins and the old physical patterns around it, if you can breathe and recognise it as "this is part of something new that is coming up, that is opening up" and that will shift the energy of it.

In our recent school on the mind we talked about the wonderful way we ground our mental energies, our human mind energies into the very neural pathways of our body: into our nervous system, into the nerve cells as they connect with each other. They become their own patterns and stories within our body so certain emotions trigger certain pathways that create a physical response.

But as conscious creators, as aware creators, when we feel those old patterns coming up we can breathe and we can invite them to change. We can invite the old pathways to dissolve and we can invite new pathways to be created.

So when the fear comes up, we breathe and we remember we're safe. That energy of fear is just there to protect us and in a way, it actually has supported you in allowing the new. It allowed to you be aware of it, which is a wonderful thing. When you're aware of a pattern, a story, a sensation, a belief, whatever it is: when you're aware of it, that means it's ready and allowing you to change it, to transform it.

And sometimes it can feel like it's resisting and it's fighting you, but it's not. Because if it really didn't want to change, if it didn't want to flow or alchemize into a new way of being, it would stay hidden. It would stay well out of your conscious awareness.

Every time we become conscious and aware of a pattern in any way, we really need to celebrate that it's time to bring it home: that it's time, that it's ready. And with love and compassion and the breath, we can do that with ease and grace.

Thank you.

Okay. Next question, our last one...

“Before when I didn't know what to do about a matter I would say: Dear God, I surrender this matter to you. Please fix it. I really don't know what to do. And I would stop thinking about it because it was in the hands of God. Now as I know that I am god also I can't do that anymore...”

KUTHUMI: That's right.

“Or I just choose to solve the thing, but that is a different process. I read or heard somewhere that soul is not supposed to solve our problems but I keep reading people saying ask your soul to take care of this.”

So I think that the language of this whole concept, or let's call it a way of playing with soul has kind of confused you and made it a bit more mental. You're right: in the old energy when we believed that god was something outside of us we would pray to God. We would pray: come and fix this. Bestow your gifts upon us. Use your magical powers... whatever. And oftentimes through the faith of people in that transaction, these things would transform and we would see that as a sign that we were blessed or chosen. And if we weren't, we would see that as a sign that we were possibly cursed, we were forgotten or we hadn't served god well enough to be rewarded.

See, that was a wonderful system, was it not? To put measure into how connected we were to god and how worthy we were: all a wonderful way for us to set up self-judgment, distrust and keep us out of the now moment.

But when we say I am god also, it's wonderful because it can take away that feeling of: am I connected to god? Because soul is always

here with us so we're always connected. But then the wonderful thing about mind is when things don't manifest physically as a solution, mind will then say you aren't connected properly, you didn't communicate, you did something wrong. There's something blocked in your energy.

See how we took that energy that we played with in prayer and we simply brought it home to play with us in another way?

Soul is always working with you, playing with your creativity.

Fixing things is a human concept because fixing things sets up an expectation of how that will occur and then we start to give it a timeframe and we want it to happen in a certain way. All those things allow more judgment, more pressure, and don't give your creativity the freedom to do whatever it can do.

It's not so much about giving things to soul for it to fix, it's not about handing things to soul so that you don't have to be part of the solution: we will call it a solution.

It's about surrendering to the trust in your soul and your innate creativity.

It's about saying: I hand it to soul because I know my mind is so limited that I'm willing for whatever it will take to create this change. I am willing for whatever it will take to allow this story to dissolve: this neural pathway to shift and change. For this story and this pattern, this belief to integrate so that it no longer chooses my experience but that I can choose my experience from my soul consciousness.

It's about: can you simply surrender your creativity to soul? Can you let the mind stories, the expectations dissolve so that all the potentials and possibilities are open? Can you be in anticipation of what will come ahead?

It's about setting yourself free.

It's about choosing which part of you do you want to create experience? The mind with its stories and beliefs, or your soul with infinite love and creativity?

When you hand things to soul, what you're actually saying is: I'm willing for this to be free. I'm willing for me to be free. And freedom... oh, freedom really is the greatest joy of enlightenment.

Thank you.

Thank you all so much for another wonderful gathering together. I look forward to joining with you all again sometime very soon.

Namaste.

MARISA: Okay. Thank you everybody. Thank you all for joining us today.

We'll be joining again in about another month's time, so once again, if you'd like to know more about our courses or if you want to sign up for the newsletter to know when the next radio show will be, you can do that at our website at <http://newenergywriting.com>

Until then: breathe, choose, and create.

And don't forget, let's hand everything to soul like Kuthumi said but in that beautiful love and trust and excitement for our creativity to be free.

Namaste everybody. Namaste.