

Soul Cafe with Kuthumi

Channeled by Marisa Calvi

“Let’s Get Started... Again!”



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Soul Café with Kuthumi – January 1, 2018

Let's Get Started... Again!

Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hi everybody and welcome to Soul Café. My name is Marisa Calvi; I'm coming to you from Sydney, Australia. I'm an author and I'm also a channeler who works with the energies of ascended master Kuthumi Lal Singh who will be with us shortly.

So, let's talk a little bit about what is channeling and I'll tell you what channeling is for me...

I connected with the energies of Kuthumi and we've been working together now for almost twelve years. And when I say I channel Kuthumi now, it's about going into that space maybe traditionally you'd call a meditative space – it's a space where I go into my feeling state and I allow a different communication to happen. It's a communication that isn't bound by human laws or three-dimensional laws: it's a communication which isn't always even in words. And with that I connect with Kuthumi's wisdom, and I connect with my wisdom, and we bring forward little stories and messages for people to connect with their own wisdom and for them to remember the gods and creators that they are.

It's also in this space that I communicate with soul: my soul, my unique expression of All That Is that is having its own beautiful unique expression and experience. And that's my passion and Kuthumi's passion is encouraging and supporting and guiding others to come into this space so that they can connect, communicate, share and feel the love of their own soul, their unique expression of All That Is and the infinite beauty and love that all of us, all of us are.

So that's the essence of what we do together and we call this Soul Café because we both love food. (laughter) We both love the atmosphere of cafes which is always kind of joyful, there's beautiful warm coffees and teas and all the cold drinks: there are all these wonderful cakes and pastries. And they're places where you usually gather with friends for some joyful sharing or even just to sit by yourself with a book – or your phone. (laughter) In essence, they're a beautiful safe space of nurturing.

So when we created this show we decided to call it Soul Café because we wanted this to be where you could feel safe to come and join with us to remember soul (I don't like using the word "re-connect" because we never disconnect from soul) to remember its beauty and its love and to refresh ourselves and nurture ourselves in this space.

So thank you so much for joining us. And we should also say: Happy New Year! It's no accident that we did this on today. Kuthumi and I said we wanted a fresh start for the New Year and this time of the year is a great time to revisit our choices; even our basic essential choices to live and be here, to be diving into this human experience. To remember, to revisit that beautiful feeling space: to remember it and to invite it even more into our lives. You see, that's what today is going to be essentially all about. We have a couple of questions as well that people have sent in.

We do this show about once a month: you are welcome to send questions anytime. We'll keep them aside though as we don't answer anything in-between radio shows. But if you do have a question and you want to send it in you can; you just have got

to be patient to wait for the next show. So thank you so much for that.

I don't want to talk too much at the end... after I finish channeling I will come back and say goodbye. But I'll also let you know if you want to know more about my work, we have a website: it's called <http://www.newenergywriting.com> So you can go there to listen to past shows, you can download transcripts of shows if your English isn't so good and you're better at reading it. You can buy our books: we've written some beautiful books about Kuthumi's life stories and you can find out about our Soul Schools.

These are schools we do over a four week period: they're generally about six sessions – four channels and two question and answer sessions. We've got one starting on January 7th and the general sense is to take the time to connect with soul and your wisdom and your creativity but we always have a bit of a theme. And they range from Aspects and Integration, we do an Abundance and Creativity one, a Body School which is fabulous, and this school is the first time we're doing one with this title: it's called "Breathe... Choose... Create."

When I first started working with Kuthumi we played with those words a lot and we kind of made a joke about it being the trinity of the new energy. Breathing is our bridge to our soul connection. It's our safe space, it's our pool of awareness, it's our consciousness. Breath, even though it's so simple is so profound. So we're going to go back into remembering that, revisiting that, and expanding that.

We're also going to look at choices: why do we want to make choices? Well, for the clarity of our experience. For giving ourselves a very clear sense of not just who we want to be but

how we want to be in this experience. And then create: allowing our creativity to express itself in our experience. So they're all the things we're going to be playing with. So you can go and look at our website: <http://newenergywriting.com> and that's where you can sign up and join the school there.

So what I'm going to do now is I'm going to invite you all to breathe with me and Kuthumi. I'll go into that space, invite you to go into that space as well, and then you'll hear Kuthumi speak through me. He's a part of me too so we're going to speak together to you about starting off this great new year and getting clarity on how we want to be.

So get comfortable now...

And when we talk about the conscious breath, it's when we stop and we feel the simple rhythm of our breath moving in and out of us. This isn't anything new. This is something we've been exploring for millennia. The simple breath that takes us inwards, that brings us into the now moment.

As we feel the rhythm of our breath moving in and out, we remember the wisdom within us.

We connect to the peace that is always there and we feel the love of soul.

Even just to stop and physically feel this beautiful gentle rhythm reminds us of the beauty that is inherent in every moment of our experience. We can feel mind slowing down... we can feel our energy soften... and we start to feel things deep within us that mind, mass consciousness and just the rhythm of the world outside of us makes it so easy to forget: this beautiful breath that's there always. Always. And it's waiting to take that moment to stop, to feel, to breathe.

Just feeling it now through your body,
down deep into your belly...
and as you breathe,
let's welcome Kuthumi.

KUTHUMI: Namaste. Happy New Year. Another orbit around the sun. It's so funny because the sun didn't rise any differently today, it won't set any differently, and yet because of some numbers we make it special.

Around the planet, people are making New Year resolutions: promises to themselves, setting goals and expectations because it's a new year and it's a new start. So we create a consciousness around the date....

So let's reclaim that beautiful consciousness of new beginnings, of a fresh start – of beginning again. Some of you have done this date many, many times. Some of you have done it not so many times. But I guarantee if you're listening you've done it at least ooh... twelve times. (laughter) I'm taking a guess at who my youngest listener might be. Is it you? (laughter)

I always liked once I had chosen my enlightenment, once I was living and walking as a soul-led being to use this date to refresh all my choices. The funny thing is, I kind of did it every day anyway because every day as I took a breath, as I stopped to consciously take a breath, I was remembering soul and I was remembering the beauty I invited into my life.

But human beings, we become complacent. You sometimes have to be jolted back into remembering that we can start things fresh. Some of us do it in ways where we might create illness, an accident, a confrontation or we look to dates on our

calendar. This date deep in a period of celebrations, some of you are on the edge of a whole string of celebrations... some being more simple. But everyone stops and remembers at the end of the year, the beginning of the year: it's all the same. There's no religion to this. It's simply numbers changing.
(laughter)

So with the energy of that,
the energy of what we can let go of
and what we can invite in:
let's breathe with that.

As we let go of the year ending in one-seven and we begin a new year ending in one-eight ...I know some of you are saying: Kuthumi, the numbers, what do they mean? I apologize that I was never truly fascinated with numbers except in my life as Pythagoras. (laughter) But even then, even then: to me numbers were like music and music was like numbers. Mathematics was like painting: it was like dancing. I didn't see numbers as definitions of anything: I saw them as energies playing with each other and in we as humans creating numbers, we created a way to simply play with energy in a different way.

Some people prefer colours, sounds and what you call art. Some prefer sciences and mathematics which seem factual and clear-cut, but to me they've always all been the same. It's a wonderful dance: the dates, the numbers so I never sought meaning in any of them. I saw them just as something else within my experience to play with.

How much fun do you have when you see a certain number repeat again and again in your life? What does it mean? It

means you're having some fun in a different way; your awareness is playing with you in a different way.

I'm being reminded of why I was invited to speak today: for the New Year so we can refresh and start again. Take a breath as you let go of the old year: what would you like to let go of? What would you like to invite in?

Now I'm not one to tell you what that should mean or be for any of you but what I would invite you to play with as we do this is: I don't want you to picture a new car. I don't want you to picture a certain amount of money in your bank. I don't want you to picture something you're suffering from physically being healed although that's very tempting....

I want you to feel into the grandness of your essence, of your creativity and I want you to invite in the very senses of that magnificence. Do you want to be vital and strong? Do you want more clarity? Would you love to let your artistic expression play in new ways?

My dear friend Tobias once said: paint in broad strokes. And this is what I'm inviting you to play with. The human mind loves to go to the small choices: the new car, a certain weight, to stop smoking. When you think about all the people who make resolutions: what are they all saying? They're all saying the same things...

But how many of them are saying: I want to invite in more of my self-love? I want to allow my mind more balance. (laughter) I can feel you all playing with these choices and can you hear mind saying: don't worry about that, let's just make some goals (laughter) ...and we'll do it by this date.

And so I don't want you to even imagine that it has to feel a certain way by a certain time. All that matters is the invitation because in this space that we've created now with your breath, with my breath, with this date: it's the invitation and it's also with that love that you're offering that invitation that matters.

How willing are you to love yourself so much to allow that vitality, that joy, even more love to become part of your experience? See, all the little human choices they just come in with that: they align with that.

When you start from the little human choices, you're often making choices which aren't necessarily (I'll say) good for you. You aren't necessarily making choices that will serve you because mind doesn't come from that space. Mind comes from the space of: this is what I need, this is what will make me feel happy, this is what will fix things.

But when you come from soul and you come from feelings, you know that everything falls into place perfectly. It does. I know because I did it. (laughter) Not that you have to be like me, but it would be a good start. (more laughter)

When you come from soul and you come from your feeling space, you also know too that looking to others to measure your experience becomes obsolete. Needing others to validate your experience is unsatisfying. We become so addicted to what is expected of us, what will appeal to others, what will make us fit in that we push aside what our soul is crying out for.

And it's so hard to believe as human that to simply breathe and feel that self-love and invite it more and more into life that everything else will come into place. Because a wonderful thing

happens when loving yourself is the most exciting thing you can be offering and inviting. You suddenly don't care about those other things. And you don't really care because you have such trust and anticipation of creating life with soul, you know that whatever is coming is going to be amazing.

Take a breath with that and feel into what parts of yourself are trying to convince you otherwise: the fears and the doubts – they're never truly yours. They're all things that have been created outside of you, outside of you to push you into a very limited human experience because that was our choice, that was the fun of what we wanted to play with. And they hang on because we told them to.

We said, make us scared so that we wouldn't try too much. Make us not trust: not just ourselves but other people so that our relationships stay small as well. We create physical limits, financial limits, geographical limits – all around us the world is constantly confirming to us that we are limited.

But you know what isn't limited? Your love of soul, the love that soul offers you and the beautiful creativity that you were born of. And it can be easy and tempting to get washed into a blissful state and then the world can come crashing down on us.

How many of you have had that?

I've had that blissful moment, I have my Zen moment and then something will come smacking you in the face to say: why were you so stupid to believe that you were grand? We designed the energies like that. We said: don't let us stray too far from being small and human. You came up with terms like "arrogant," "narcissistic" (laughter) ...and I'm not saying that there aren't

extremes of behaviour that warrant those titles, but we fear getting those titles put upon us if we stray too far from the crowds. But we designed all that. We designed it all.

So if we designed it all, we also get to design how we interact with it. We get to choose because when we remember that we are gods and we are creators, we let go of destiny and fate. There is no story written out ahead of you. The story is what you're writing in this moment, in this moment. The past is a page turned, the future is a blank page waiting for you to write it.

So what will you invite this year: what will you invite?

Be careful what you choose to invite because what you're also choosing is how you will be. How would you like to be? And how willing are you to let that choice become your reality? How willing are you? Because it's one thing to make the invitation, it's one thing to make the choice, but how willing are you to truly experience it?

Do you have to get to the point where you're fed up? Or can you do it with love, and ease and grace?

With that I'm going to answer our questions because I think the first one is going to expand upon that. It's a wonderful question that I think many of you are going to relate to and I'm going to have a lot of fun answering it. (laughter)

“Could you please tell us more about why it is so difficult and painful to be part of the enlightenment process especially with regards to pain of the body? And how do I deal with them?”

It's so wonderful that we choose enlightenment, we live enlightenment, and the human parts of it just seem so wrong. (laughter) We create physical ailments and the truth is: they can take time to heal and shift. Sometimes they may never go and I think that's a horrible thing to have to say, but it's part of the dynamics of this dimension. If you break a bone, it takes time to heal. If you develop a cancer, it may require certain treatments. If you have an old injury, you've probably already learned to adapt to it.

It also comes down to: what are you expecting from enlightenment? Often we want enlightenment to be a cure-all: we want the lightning bolt and the sunbeams from heaven to come down and bestow us with magical powers. We want instantaneous change but enlightenment ultimately doesn't offer that. It's why in the past when many of us achieved enlightenment in our cave, in our schools, in our temples: when we had the realisation, we also realised it was very hard to reconcile that awareness with the reality of this dimension – so we left. “Poof!” We vaporized, we'd disappear – we called that ascension in the old days, didn't we? (laughter) Ooh... they ascended. No, they just checked out. Thank you. (more laughter)

We also too are carrying a lot of energies of suffering for our enlightenment. Look at your religions: the greatest saints (most of them) they suffered. They were even martyrs. Even the wonderful teachings of Yeshua: look what happened to him in the end! You just celebrated his birth but in just a few months you'll be celebrating the opposite of his experience. So a lot of us look at that and we think we need to suffer too.

You had to earn your way into the mystery schools. Then you had to be tested and pushed until you reached your own

opening of your awareness and your enlightenment. You know, the greatest disappointment that we all had at the mystery schools and the temples was the elders couldn't teach us. They were just there to guide us. How many of you remember that? Getting to the schools and saying: tell me.

And they would say: "there's nothing to tell."

What do you mean there's nothing to tell?

"Well, you just have to find your way."

That's why you had to find your way to the temples and the schools on your own because the first realisation of knowing you could find your way physically, that level of commitment, once you were there you weren't really going to give up, were you? You'd keep going. And that's why when you made it to the schools they would accept you in regardless because they knew that if you had pushed yourself that far, you could keep pushing yourself.

So we've bundled up enlightenment with suffering, commitment, servitude and martyrdom. And for a lot of you, you're hanging on to that fantastically. So take a breath, let's let go of that. We're in the new energy now. You can be enlightened and still go to the supermarket. You can be enlightened and still mix with your family. (laughter) Isn't there an old Buddhist saying: before enlightenment, chopping wood, carrying water. After enlightenment, chopping wood, carrying water. We expect things to change so much, but the truth is the only thing that changes is how willing you are to love and accept yourself.

Are you pushing against your physical ailments wanting to use them as a measure of your success, as a measure of your connection to your god self? Can you love them and love your body so much that you can let it talk to you about what it needs for its balance and support?

We talked about choices: if you want enlightenment to still be about suffering and servitude and martyrdom, then so be it. If you want to choose ease and grace, that is available too. But don't turn around and say I must be failing it because I woke up this morning and I'm still in pain. I would love to invite you all that when you have an ailment, an illness, a discomfort – we immediately go into: oh my god, something's wrong. What did I do? How am I going to fix it?

But what a wonderful thing it would be to have the fun of celebrating: ooh, a new pain. Oh, the old pain is back. Isn't it remarkable that your bodies can create these wonderful things? I can hear some of you getting quite angry with me, and some of you are laughing at yourself, but just take a breath.

Can you allow the beauty of your body?
Can you allow the amazing energies that soul weaves through every cell of your body?
To breathe with body and say:
what do you need?
How can I support you?

Bodies really are kind of one of the last bastions. We've concentrated so much on the spirit, on our emotions: bodies kind of got left to the end. (laughter) For some, it's already shifted. But for some of you now, you've got to take those principles that you've been applying with soul with your breathing, and take that to the energy of body, of the physical.

You know you crammed your soul (laughter) into this sack of muscles and bones and liquids and organs... it's there in every cell, deep in your DNA. So now the same way we breathe with our choices for the new year, imagine you can breathe with every cell in your body?

Breathe with every cell in your body right now.

What would you like to let go of?

And what would you like to invite in to every cell of your body?

Okay, and I'll let you have the small ones with this. You can say I'd like to let go of pain. But would you like to invite balance, vitality and a very clear, a very very clear choice of how each of those cells will divide and replicate? You can use the word "healthy" because no matter how old you are, how ill you are, in your body cells are constantly dividing, replicating, decaying, getting replaced... it is constantly doing that. Okay, it slows down a bit as you get older: you can actually kick that up a notch if you want to.

Just breathing with that amazing energy. Every little cell in your body: millions upon millions upon millions upon millions of them... little universes all constantly working to be you. To be YOU!

Are you all feeling like body is something separate? That's why we breathe: it connects us to the body. It's not just about soul and feelings and energetics – it's also about the physicality of who we are in this moment. You are a human here on earth in this dimension and this amazing body: you created it. So if it's your creation, it's your story as well. And this isn't about creating miracles, it's about what will love and serve and

nurture me in this moment? What will support me to allow that balance and vitality to express again or to express even more?

Don't be scared to talk to your body because your body will answer. It might not be in words. It might not be in a plan but when you're willing to listen, when you're willing to communicate, it will find ways to let you know what it is that will be loving, supporting and nurturing. And those energies can wash through every part of this wonderful thing called enlightenment.

What is enlightenment?

It's remembering you are god also and remembering that beautiful love you were born of. Allowing that love, that awareness to wash through every part of life, every part of life.

It's not about becoming a spiritual magician. (laughter) It's not about having the answers to everything. It's not about being psychic or being a medium.

It's about knowing and remembering the love that you were born of and allowing that to be part of your life.

Thank you so much.

This next question: how wonderful! How topical! (laughter)
And another fabulous theme.

"I just made the decision of quitting my job and to live freely for some time. I have some savings and I have been considering playing with cryptocurrencies to keep the money flowing. Can

you give me any advice on playing with cryptos and other easy money flow ways of creation?"

How wonderful to play with your abundance. How wonderful to be so free to step away from your job without fear and with celebration and to do it at a time when the calendar is turning over. Congratulations.

There's nothing wrong with having a job by the way if it's a wonderful way for you to express yourself and interact with others. It creates money and abundance, but how wonderful when you know it's no longer serving you to step away. And how wonderful you were to have a little treasure stored up to support and nurture you in this moment. So congratulations. Let's have a little breath of celebration for you.

So now: cryptocurrencies. Oh they're big conversation at the moment and it's no wonder because technology is changing. How we interact with money is changing. We went from bartering, swapping things, exchanging things to having currency: coins pressed with the emperor or the king's or the queen's face upon it. It was a way to measure our productivity. It was a way for us to be taxed so we contributed to our society. Eventually we ended up with notes as well and paper money.

Then we had banking systems. We developed the processes of loans, investment, interest, and money suddenly became more than the coins and bits of paper that passed between our hands in exchange for goods. It became an energy of its own. There was always the wealthy, the not-so-wealthy, the poor, poverty: so money created another energy as well. It became a way of measuring who we were and how we interacted with experience.

Technology changed, society changed: money moved along with it, the energy of money. It became a way to be corrupt, it became a way to be generous, and it evolved with the technologies. How many of you now have a plastic card that you can tap or swipe and that pays for your goods? You don't even need to see a coin or a note. You can go onto computers and check how much money you have being stored somewhere that isn't even actually being stored as coins or notes. It's just stored as energy, as numbers. So it is no wonder that now we have money that is completely separated from the material or physical. And it's scaring the hell out of people because there's no physical way to measure it and the energies around deciding whether it's working or not are still evolving.

So I won't give you (how shall I put it) definite advice byon saying this is the money of the future, this is going to go sky high or this is going to crash, because all those things are getting decided in the moment. That's why it's so erratic, that's why it's so unpredictable right now because the people who are playing with it are creating its energy in every moment. So what I'm going to invite you to do is come back to this, before you play with this system of money in any way.

It's about being clear on: are you trying to tap into their abundance, or are you simply choosing to play with and express your innate abundance? Let me say that again: it's the same as when people go gambling in casinos. Are you trying to tap into the game of abundance that is the casino or are you walking in as a complete sovereign being playing with your abundance? Same as when you buy a lottery ticket.

It's not about the cryptocurrency, it's not about the casino, it's not about the lottery: it's about what you're choosing for your self and your innate abundance.

Take a breath with me everyone.

Abundance after the physical is the big kicker here on being a human. It's a thing... well, we use it to measure and it does affect how we interact with this experience. People get caught in patterns of poverty: some people just have the absolute knack of letting it flow. Your abundance is implicitly connected to your willingness to connect and express with life and experience. So in no way is your level of abundance ever right or wrong: it just is what it is. It's just another story you're writing.

So when it comes to cryptocurrencies: do you want to go and have some fun and see what will happen? Do you want to do it in fear and doubt for where it might go, or are you going to just go and play and see what happens and know that even if you do lose money, it will come back somehow because you're just playing with your creative energy flow.

When we do our abundance school, I like to invite people to come and sit by the river with me and Kuan Yin. Let's do that now to finish up...

I invite people to come and sit with me by the river with Kuan Yin because Kuan Yin with her beautiful, infinite, compassionate love reminds us to be compassionate first and foremost to ourselves. I'm there because I'm fun to be with and you've invited me. (laughter)

I hang out with Kuan Yin by the river a lot. We like to sit: sometimes we paddle our feet in the water and we breathe and we giggle and laugh. We don't need to talk because we know there's nothing we need to say. We're in our joy, we're in our love and we breathe that with each other.

We sit by a river because its flow reminds me of the beautiful creative flow that is within me in every moment. I don't need to know where the water has been or where it's going to... I just know it's moving along in absolute perfection.

Sometimes it bounces over rocks: it might pool a little bit around some other rocks and some reeds, stopping for a little while before it moves on. It reminds me of the beautiful creative flow that's within me.

I don't need to know
where my creativity has been
or where it's going.
I know in this moment,
it's in its perfection
and that's the very essence of my abundance.

I don't need to trust
that the water will keep moving
because it just does.
And that's how I trust my abundance.

I don't need to tell it to flow,
I don't need to tell it how to flow:
I just need to trust that it will flow
and it IS flowing.

How willing am I to let myself feel that flow?

How willing am I to be in joy
with my creativity, my abundance
in this moment as it is?

I invite all of you to come and sit with us by the river with me
and Kuan Yin when you need to be reminded of your very
creative essence. I get so sad when I hear you all talk about
“stuck energy”. Your very essence is never stuck. Never.

You might feel like there’s something not moving or changing
in life, but your energy is never stuck. There may be situations,
sensations, emotions that need to be acted on: that need you to
make a choice so they can change – but your energy is never
stuck.

Your energy is the river:
always moving,
always moving,
always moving.

And when we breathe
and we feel the rhythm of the breath
moving in and out:
that’s what we remind ourselves of as well.
We are constantly energy in motion:
expressing, expanding and becoming more.

What will you let go of?
What will you invite in?
The breath in: the invitation.
The breath out: the release.

The flow of me in constant motion.
I don’t need to direct it or tell it:

I just need to feel it,
to accept it and allow it.

And with that, I wish you all the grandest of years ahead.
Namaste.

MARISA: Thank you all everyone so much. I too wish you a
very happy 2018.

Thank you to everyone that joined us for channels and shows
and schools last year. I'll look forward to doing them all again
with you this year.

So like I said, you can come along to
<http://newenergywriting.com> if you want to join in our next
school starting on Sunday.

Thank you all for a beautiful session tonight. Thank you for our
wonderful questions and we look forward to joining you all
again at the beginning of next month.

Namaste everybody.
Namaste.