

# Soul Cafe with Kuthumi

Channeled by Marisa Calvi

## “Holding Your Ground”



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## **Soul Café with Kuthumi – October 1, 2017**

### **Holding Your Ground**

**Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi**

Hi everybody. Welcome to Soul Café. My name is Marisa Calvi; I'm an author and a channeler who works with the energies of ascended master Kuthumi Lal Singh. I'm coming to you from Sydney, Australia. So welcome to Soul Café wherever you are around the world. Soul Café is usually a monthly broadcast where we just take some time to reconnect with soul or be with soul or expand our soul connection – however you want to word it.

If you'd like to know more about my work, you can go to my website at <http://newenergywriting.com>

There you can see both the radio shows and the transcripts from them and also you can also check out our online courses. We've got one starting just next week and it's pretty much on the topic that we're covering today: all about holding your ground, dealing with distractions and sort of keeping your balance or when you do lose your balance, coming back to it. So you can check that out on the website too.

So on with today...

And I called it "holding your ground" because last year (about eighteen months ago almost) I put myself into a pretty interesting situation. And it was a situation that at the time I felt part of and all of a sudden it was anything but that. (laughter) And I had kind of talked with Kuthumi for guidance along the way... and I know a lot of people might find this surprising but I really don't default to Kuthumi when I'm making personal choices. And because for me and this is what

Kuthumi has taught me and what my greatest teachers have told me: I have to take responsibility for my life and my choices and its direction because it's my experience. So I don't often ask him: should I or shouldn't I do this.

So it was actually when I was going into the situation and I said to him, you know, what do you think? And he said yeah, it's going to be a great learning experience – and that probably should have been the first red flag! (laughter) Because now in our experience I think oftentimes when we say well I really learned a lot from that it wasn't a terribly great experience human-wise was it? (laughter)

So anyway, I sort of headed right along and was a part of this experience and I was actually involved in international travel. I was offered a fairly beautiful location in the world and all of a sudden things weren't quite as I thought they were going to be – and “thought” is probably another key word too. And when it got really bad and I could feel myself getting pulled quite out of balance by the dynamics of the people around me, I actually did turn to Kuthumi and said: hang on a minute. You told me this was going to be an experience – oh you know and “good” you have to put in inverted commas too don't you?

And he just said to me some beautiful words that were very simple... he simply said: “hold your ground”. And I know you can take those words and interpret them in many ways, but I knew what he was offering to me in the time and that was: to stay in my space, to breathe with soul and to really not let the energy and energies of the people around me derail me or take me further into imbalance.

It was a really good reminder too to not succumb to being the victim because it would have been so easy in that situation.

And in that situation there was a lot of some quite old power playing. Not just with the people I was directly involved with but even in just the general situation of the experience. And really coming back to owning my choices, owning my role, owning my responsibility for being where I was shifted a lot of the dynamics; not necessarily of the behaviour of the people around me, but changed how I interacted with that behaviour so that I didn't go any deeper into the feeding than I was. And I admit there was still some feeding because it's kind of hard to stand out in the sun and say: gee, it's bright and gee, it's warm but I'll just close my eyes and that will shut that off. You're still a part of the sensory experience so those energies are going to seep their way in.

That's why I know when he said hold your ground how important it was to keep coming back to my centre, to keep coming back to my truth and my creativity so that what I was being subjected to or exposed to, it then became my choice how deeply I interacted and how willing I was to let those energies affect me.

And it was a really beautiful experience because in coming back to my centre and not holding the people around me responsible for how I was feeling: it let me really see that what I was being part of too was an incredibly old pattern that I had played out several times. It was very interesting when I did that, I was hearing comments or the discussions with other people around me and I could literally hear the script of that aspect and that pattern. I was actually having exact sentences repeated to me that other people have said to me when I've let myself go back into that experience again. And it was on some levels quite shocking and quite jarring, and in other ways it was astounding to see how well we can recreate something

expanding our soul connection and how we are wanting to change and be here.

So there was a lot of emotion and there were physical reactions because when you're in that sort of situation for over two weeks it got a bit physically draining so it took a lot to keep my physical balance as well. But to allow myself the beauty of seeing what I had created and how it was time for me to choose: was I ready to say goodbye to that energy and that pattern?

And I know those three words that Kuthumi gave me, 'hold your ground', were an incredible invitation to allow myself to open up my awareness and to really say goodbye to that beautiful pattern, to refine my awareness of feeding (and by feeding I mean when you're using somebody else to either feel more of the victim or to feel more powerful) to really refine that to choose to not have that at any level in my life and to really refine my awareness of going into that again. (laughter)

So I really thanked him for that beautiful, simple little sentence that held so much love. It also held so much compassion and so much wisdom to allow me my clarity, my wisdom and my compassion even deeper into my life. I love how every now and then he'll give me something simple and it just has such beautiful potentials within it that it continues to teach me well beyond the moment he shared it.

So thank you for letting me share that with you and why I'm so passionate about this topic, and why I'm actually making our next Soul School all about it. It's the one thing when people used to come for sessions (I don't do them anymore) and that frustration with being distracted, the frustration with knowing that they're a creator but why can't I tap into this creativity...

and it's a theme that I see and hear all the time around me with people who are... I'm not going to say on their journey, they're within their journey: they're opening up their awareness and the energies and gravity of this dimension are just so adept at distracting us. They're so powerful at making us believe, or letting us believe rather, that we're not the creators that we know we are.

And when we're opening up this awareness sometimes aspects will resist the changes we're going through because they're trying to protect us. And the energies of that can sometimes be so consuming and you can question your sanity, you can question your very choice to be here. And it becomes easy for people to even then further go into: well I'm not doing it right, maybe I'll just leave and come back again and do it better. It's this constant invitation from the energies and gravity of this dimension to not choose to really be connected to life.

And I think you can tell that I'm already beginning to channel Kuthumi because (laughter) I hadn't planned to say that. So I hadn't really planned to say anything, I'm just blurting it out anyway. But look, let's do some breathing, let's welcome Kuthumi in. I'll come back afterwards to say goodbye.

So I hope you're all comfortable... let's do the breathing.

Now breathing the conscious breath: we all breathe, we're constantly doing it or we'd be dead. But to stop and take the conscious breath is a beautiful powerful way to be in the moment, to be in our feeling space, to almost close off the world around us (laughter). It's our way to go within.

So anywhere and anyhow,  
it is just that moment to stop and be aware

of the movement of the breath  
going in, and going out.

You can place your hand on your belly  
to feel that rhythm  
and to really feel that breath come all the way down  
into your belly.

Down past your lungs,  
feeling your diaphragm expand and contract,  
your ribcage growing, falling,  
and just this beautiful rhythm of your breath.

And when we stop and we feel that  
and we allow our feeling space,  
we're also inviting soul to communicate  
and to be even closer with us in experience.

The most simplest of ways to reconnect,  
to remember,  
to allow,  
every lifetime of your enlightenment.

Every experience with the expansion of your truth,  
the search for your innate wisdom:  
every time you've done that  
through every lifetime, every lifetime.

To remind yourself of the grand creator you are:  
to invite more of that beautiful creativity,  
and to say yes to experience,  
to being here, to the wonder of life.

KUTHUMI: Namaste.

I am that I am Kuthumi lal Singh.  
I am the grandest creator who ever existed:  
as are you.

I was born of an infinite love,  
an infinite energy that some call God,  
that some call the universe:  
so many names for this beautiful energy  
that washes through every particle of existence,  
that dances through every dimension.

And that energy said to me, play.  
And I said, yes.  
And in that moment my soul was born.  
It was unique and is unique.

The universe set it free, and in setting me free to play and  
explore, I became my own god, my own universe, and my  
unique infinite creativity. I became my infinite love – and  
sovereign. What a grand word that is to be sovereign. To know  
that you are complete in yourself: to know that I have no need  
of anything outside of me. This is my truth and I know it's a  
story but it's a story filled with love and wonder and joy.  
And when I remember that I'm born of those things, then I  
remember that those things can be with me in every moment.

Breathe with me now  
for as my soul was born, so was yours.  
To feel that moment when your soul was born:  
pure, infinite, loved.

Oh and how many other stories have we attached to that as we  
have gone on?



So many, so many come to this dimension and all of a sudden we're writing these stories to have different experiences so we can play with energy, so we can know how grand we are as creators. We're so adept, so clever, so powerful that along the way the stories have made us believe that they are our truth: that we're little humans, that we're puppets of fate and destiny.

God also,  
you are honoured,  
you are loved,  
you are celebrated.

And that whisper lets itself be heard: go into the temples to find out more about it and in this lifetime you said I'm going to do it again, I'm going to do it in a new way and the memories come back. The memories come back of the other times that you remembered. The memories come back of the times maybe you were hurt for remembering. But also too, all the stories that you believed about yourself, they're holding on. Go to a workshop or read another channel or hear another channel... you breathe some more, you meditate some more... you change your diet (laughter). You read another book...

And you say to that whisper: I'm trying to hear you. I want you to be louder. More than that, I want to live your truth.

But all these stories, all these stories: they try to get louder too, do they not? They'll try and drown out that whisper: it's hard. They want you to think that you need to learn more, suffer more, read more...

Enlightenment isn't a medal at the end of a race proving yourself. Enlightenment is your choice.

And I can hear parts of you saying: but I have chosen. Why isn't it happening? Because once again, another story comes into play.

What's the story you've given your enlightenment?

Are you waiting for enlightenment to prove itself to you?

It's funny ...sometimes it's funny, (laughter) sometimes it's not... but the simplicity of saying I am enlightened, to love and accept yourself in each moment and to be in anticipation of what lies ahead for you and your experience – isn't it funny how it just doesn't seem enough?

We'll give it a story: oh, I've heard a grand master channeled and he says I will be bathed in luxuries. Well, define luxury: a beautiful little cabin, growing your own vegetables? Perhaps it is flying first class around the world?

Define luxury.

Does it mean I'll eventually like myself? Well, why are you waiting to like yourself? Why are you waiting to love yourself? Just lose more weight, I just won't get angry, I won't be working: there's so many things that we say to our enlightenment. Just wait over there while I take care of these human things because then I'll be enlightened. When I've cured this illness and I'm not in pain... how many of you are waiting for body to show you that you're enlightened? How many of you are waiting for your bank account to show you that you're enlightened? How many of you are waiting for that guru or that master – even me to tell you that you're enlightened?

Waiting... waiting... waiting... for enlightenment.

Enlightenment waits for you to choose it, to be with it and be in it. Because enlightenment is just waiting for you to love yourself in this moment as you are in beauty and perfection.

It has a wonderful dynamic to it that likes to stir up resistance. Our aspects love to what seems to be challenge us. It becomes so easy to pull ourselves away from that simplicity of knowing that All That Is is about loving ourselves, nurturing ourselves, giving ourselves time to play with experience in joy and in wonder.

Wonderful how when you say “I choose abundance” that that month can be the month that every bill will push your bank balance to the limit or worse. That if you’re choosing balance in your body somehow something will just pop up to make you absolutely doubt that you even made the correct choice or that you made the choice right. That somebody can hurt you, upset you, even abuse you, that the one thing that you felt you were now at peace with can come back even bigger and grander to make you question everything you’ve ever done on your journey to know yourself.

I use the words “hold your ground” because when we’re challenged, when we’re distracted and when we’re out of balance – and let’s go into what does “out of balance” mean...

When we breathe and we’re in our feeling space, we’re also inviting a wonderful symphony of energies. It’s our natural state of being. I know I often talk about integration is like being the conductor of an orchestra: you never deny any parts of yourself, they’re all part of the grand collection of your soul wisdom. When a conductor stands in front of his orchestra, he doesn’t see the violins as more beautiful and graceful than the booming of the drums. Because the conductor knows with his

direction, with his grace or her grace (laughter) – with their grace, all those parts of the orchestra work together, play together, dance together to produce a beautiful symphony. But the drums don't choose the symphony; the violins don't either. It's the conductor.

You with soul are the conductor.

When you take a breath every aspect looks to you to say what symphony are we playing now? And this human life is designed beautifully to make you forget, to let you forget, to invite you forget that you're the conductor. The energies of this dimension will lead you to believe that the violins are choosing the experience of this life. Other times they will make you believe it's the drums or the clarinet. (laughter) And we have created these energies so convincingly that we can get so lost that we will be down there with that violin in our hand, believing that is the sum of who I am.

The unconscious human lets the stories choose their experience. The conscious human knows that with soul they write the stories to shape their experience. And it's an irony that the unconscious human is our default setting (laughter) which we designed on purpose. We said we're willing to be unconscious, we're willing to forget because that will let us have all the depths of experience of being human. If you hadn't been unconscious for so many lifetimes, you wouldn't have known the grandeur of being a king, or a noble. You wouldn't have known the magnificence of being a beggar, of being murdered. You wouldn't have known all those flavours of this universe we call the earth dimension.

But here's the thing: you chose to remember you are God, to remember your creativity, so with the breath now we can

embrace that more. The aware soul led human knows that they designed the distractions, they designed the imbalances, designed the very energies with which other people will want to come and pull us out of that balance. (laughter)

To be aware that the energies of distraction are designed by you with a beautiful purpose: to serve us in forgetting. They don't truly want us to suffer as such, they don't want us to be in pain or even to be upset and angry. They just want us to have the fun of that experience of being upset and angry: to have the fun of saying that person burnt me (laughter), I had my heart broken...

I know I'm laughing. And I know all those things, you're all saying: these were painful and horrible times, I hated being part of that. Hey, that hate is part of the choosing of the experience as well: to get to that point where you can celebrate the very nature of the distractions as a celebration of your creativity.

Can you feel the shift in the energies? Can you feel how that changes the hold that the energies of those distractions have over you as the creator?

Now for those of you who I know are listening, you've all been on what you call your journey. Studying. You've been searching and you've been going within so deeply. You know your truth. You know the simplicity, beauty and the wonder of soul.

You know you get distracted and well then you have the fun of coming back to soul. But in that distraction is an incredible energy and for those who have been on the search, it plays with us in a whole different way. It doesn't just take you into being victim, to being angry with another person: there's this

fabulous dynamic once you're an aware human because you turn it all on yourself.

If I'm a God I should know better. I haven't studied enough, I didn't go deep enough, I didn't separate enough: how could I let this happen after I've allowed all that I am choosing. To turn this back on ourselves and question the very choice of our enlightenment, to question that we're not doing it right: I know I'm a god, but I'm not a very good god. (laughter) I must have missed something along the way because this is not how an enlightened human should be. And the story sucks us back in.

Let's put it this way: if you know you're a god but you question what sort of god you are, then are you really embracing being a god? If I am a god and I am distracted, then I'm simply a distracted god. I'm not a faulty god, (laughter) I'm not a god that hasn't completed his apprenticeship.

A god is a god in absolute perfection  
in every moment  
and to hold your ground  
is to come back to you as a perfect god.

There is no such thing as a god who needs to know more, (laughter) there is just the human choosing to remember. And every time I embrace the perfect god that I am, I'm allowing my love, my acceptance – and yes, the energies of allowing more into my life. Enlightenment is that moment when you breathe and remember you are the perfect god and every moment is in its perfection.

The distractions...

The distractions are fine. It's the mindset when you are distracted that lets you downgrade your godself and that story of I haven't earned my enlightenment diploma yet. And I know those energies are absolutely consuming for some of you and it's incredibly powerful when you're there in the time. But hold your ground to come back to your truth, to remember to simply stop and breathe even when that feels like the most senseless, invaluable, impractical thing to do.

But with all of this going on, how is stopping to breathe going to do that?

Stopping and taking that conscious breath brings you back to the simplicity and purity of your truth. And it's in that energy that the distractions, the imbalance, the stories come into balance.

How willing are you to accept that while you are here playing in this world, you're still going to have opportunity to play with distractions. And the very design of how we set that up means that we often unconsciously fall back into the habit of playing with those distractions no matter how much we're choosing our awareness, our enlightenment.

But the joy is: you get to choose: do you want to get distracted by a TV show? That's pretty harmless, isn't it? Do you want to get distracted by that person who constantly comes and feeds off you making you feel small, making you forget your godself, your love. There's so many levels that we get to play with distraction. There's so many levels to get away from your self love. And in those moments when we doubt ourselves, when we say we haven't done enough, to just come back to soul and say: love me.

Love me, guide me, nurture me,  
because you are me.  
Together we were born of an infinite love:  
an invitation to play.

Why would I ever want to be so far from that?  
I can be here and be human and play,  
being with soul  
of embracing my love.

And the voices and the patterns and the aspects: they'll try and  
tell me louder and bigger stories. And I'll breathe and I'll  
remember no matter how much pain I am in physically,  
mentally, emotionally I always have this breath, this anchor,  
this reminder that takes my life and its stories back to the  
podium with the conductor.

I am a glorious symphony and no matter how much a part of  
that orchestra will try and tell me otherwise, my breath brings  
me back. And even while I breathe I can feel the stories  
swirling around me, I can feel the aspects screaming: don't let  
us go, you need us. You'll die, you'll be hurt.

But I breathe because when I breathe  
I remember I am safe,  
I am infinitely safe.  
My safe space is as infinite as my love.  
I am a glorious universe of energy.  
I am a creator because I am god also.

That is why I return to my soul. And all this energy around me  
that makes me think otherwise – think: that's the key word.  
You think otherwise. The breath takes us back into feeling



because when we feel, then we feel our truth. We don't think our truth, we don't know our truth: we feel our truth.

Thinking is for aspects. Thinking is for patterns. And thinking is the story that wants us to not believe or feel that we are god also.

Remember you are a soul. Remember the energies that was born of. Breathe and feel that truth. Breathe and feel that truth even when you feel you're going crazy. Even when you feel that the story of being a god is not true. Breathe and remember it again. Breathe and invite the energies around you to play with you as a god. Not as a victim, not as a puppet.

I am a god walking this earth choosing experience.

I am not a victim reacting to its energies – which I created anyway – the creator or the reactor,, the creator or the victim, the author or the reader, the conductor or the musician. Every breath we remember no matter how crazy the energies seem that are getting thrown to us I can come back to that. And things might not shift humanly or immediately. Energies realign, our emotions rebalance, all the chemicals within our body reset: every part of us comes into alignment with the remembrance that we are god also.

We have a few questions today so let's do that. (laughter)

The first question...

"I'm just wondering if there is something I am missing. I've been doing my best to relax and allow divine will for the last few years after decades on a conscious path. However nothing external has shifted as far as physical energy and positive cash

flow. I realized a few years ago that my human will was no longer in charge or even able to create much of anything anymore so I have been focusing on the relaxing and allowing things to show up in my awareness of life.”

It’s a wonderful state that we get into when we realise we don’t have to push against life anymore. So my dear one, you have done a wonderful job of this. You’ve reset your energies, but now the energies don’t know what to do: I understand I don’t have to do this, I understand I don’t have to do that. I can breathe and I can allow.

I know many of you were told by a wonderful angel many years ago that everything comes to you. And that has set up a wonderful dynamic and along with the word “allow” (laughter) which the mind will take as saying: I can just sit here and stuff will happen.

And don’t get me wrong: that is entirely possible. I know many of you are saying I have just relaxed. I have let everything just unfold: things have come to me. But my dear one: be here in this life. It is one thing to accept you don’t have to fight against the energies of the world. I can you know, relax. But are you engaging with life?

And this is where a lot of people come unstuck too: well what does engaging with life mean? I’m breathing. I’ve accepted I’m god. I’m not pushing against life. I’m accepting who I am. But the wonderful thing about this world is it is the most incredible playground of energies. You have these beautiful senses, physical senses that ground you here and which connect you to the world. Are you letting all those senses truly play with life?

Now this doesn't mean you have to run out and do something huge and dynamic – but are you engaging with life? Are you indulging those senses? Are you letting your eyes see some beauty? Are you letting your ears hear beauty like music, or even the beautiful toning of your own voice? Are you letting yourself eat beautiful foods? Going out and even walking in nature to touch and feel the wonderful world? Are you going to an art gallery just for the joy of the art?

When we separate from the distracting energies of the world (which is what we've been talking about. Finally I've got rid of the feeders in my life, . . . You know, how many of us have all cleared out vampires? And I imagine being on the journey you have cleared out some wonderful vampires from your life. I've cleared out what doesn't serve me in remembering I'm a god, I'm loving myself: it becomes very easy then to forget to reconnect with life from this new place that we are in.

You don't have to go out and be a social butterfly. You don't have to write books or perform or anything like that... but are you engaging with life with this joy and wonder and love of knowing that you're a god?

And yes, part of that can be that now that we're in this beautiful place of awareness with our soul so close we can feel incredibly vulnerable too. If I take this beauty that I've finally reconnected with out into the world, will it be safe? And the answer is yes. When you breathe and you remember your safe space you are safe.

Do you want to go to the art gallery? You might have to take public transport or drive and that can have some little human challenges. But if you're breathing and choosing joy and a wonderful experience: even if those things do come up they'll

be minimal: well, they are an opportunity to play victim or you can just observe them as part of the fun of being human.

Don't be scared now to reconnect with the world and to experience life as a human. You are a human: you're here in a body. But you're an aware human. That aware human is safe and it really is ready to go play with life.

You can sit on your couch and wait for things to come to you... and some things will. I know that some things have. But wouldn't you love to dance and play with life so your expression, your senses and your joy and wonder can know this world in a new way?

Breathe with me now all of you.

It's been so easy to separate, and we needed to do that. We needed to disconnect from a lot of the world. Some of you gave up work, some of you have given up family, relationships. You've let go of all of your stories, but you've forgotten to write the new story.

Who do you want to be now?

How do you want to be here in this life?

Stay and hide in your home?

Do you want to go out and experience the world?

Even in a small way. Look, it can even be just getting out of the house and getting into the garden. Okay? I never have a set plan for what anyone should do to reconnect with life because it's your choice. You're a soul choosing experience and so it is.

But don't be scared to reconnect with life. It's wonderful to have time to breathe and be quiet and alone but you know, is

that enough? You're here in this dimension, make the most of it while you're here. (laughter) You won't get so distracted that you'll forget your balance. That's such a big fear, isn't it? I'll forget who I am if I go back out into this world.

It's the fear a lot of you have about finances too because you don't want to go back into the workforce and to be honest: that can be a very testing part of who we are as soul led humans. But if you trust yourself, if you know that as a god you create wonderful things which will serve your choice to live in freedom and abundance and balance, you could create the perfect way to create income.

How willing are you to actually be engaged with life and to create the opportunity for things to come to you?

See that's the thing... if you want things to come to you and you want this allowing energy, well, you've got to be playing with energy in some way for it to play with you. Breathing and choosing: it allows those energies in a balanced and a harmonious way but ultimately you're here in a dimension which was an open invitation to play.

So time to start playing a little bit more, but doing it holding your ground and remembering you're safe and with absolute trust in what you can create with soul. Thank you.

Now, next question...

"Can you help my son overcome the psychosomatic manifestation that he had recently in the morning when he has to go to high school and what can I do in order to help him?"

The high school age is such a volatile age physically, is it not? We have new physical processes coming in. We're also finding a new way to interact socially. It's an incredibly vulnerable time because we're stepping out of that phase of "I'm a child with a parent who decides who I am and how I will be and nurtures me and provides for me" and you're in this transition period of going to the full-blown adult who chooses and provides and nurtures themselves.

So a lot of this is to do with that vulnerability of this age – of letting go of who they thought they were and choosing

(Apologies that is all that could be transcribed as audio cut off the rest of the recording due to technical difficulties)