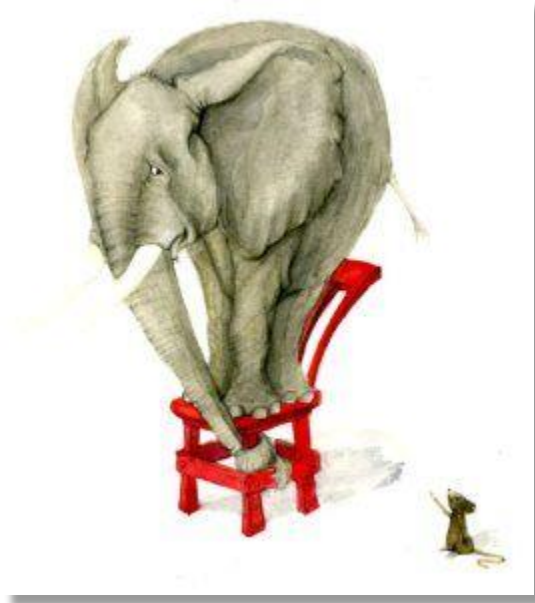


Soul Cafe with Kuthumi
Channeled by Marisa Calvi

“Here Comes the Fear Again”



Broadcast on www.blogtalkradio.com, July 2017

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Soul Café with Kuthumi – July 23, 2017

Here Comes the Fear Again

Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hi everybody. This is Marisa coming to you from Sydney, Australia. I'm an author and channeler of Kuthumi Lal Singh who will be joining us shortly and this is Soul Café. We meet usually once a month and spend an hour sharing the wisdom from Kuthumi and most of all, to create a safe space to reconnect with soul: to remember soul, to invite soul even more into life.

So if you'd like to take a breath with me now and just feeling into that beautiful space of the Soul Café. This beautiful safe space to come, forget about everyday life for a little while, to recharge so we can go out and dive back into it again.

If you would like to know more about my work with Kuthumi you can visit my website at <http://newenergywriting.com> There you can read more about our books, and we also do some online courses called Soul Schools where you can expand your connection to soul and invite that energy even deeper into life.

Each school generally has a theme: at the moment we're in the middle of our Body School which goes through all the basics of the physical energies and how to develop a new relationship with body.

Our next live school is going to be the Advanced Body School where we will go into that even deeper. We're actually going to go into the processes and ideas we dived into in the Ancient Mystery Schools. We're going to relive those to have an even deeper understanding of the energetics of body and how to infuse our soul energy even more into being here in the physical, in the 3-D. So if you want to know more about those, head over to <http://newenergywriting.com> and look under "Courses".

Kuthumi is going to come in and talk all about fear today and then I've got a bunch of great questions, so let's get into it. I'll do some breathing

first as always, Kuthumi will come in, when he's finished, I'll come in and say goodbye.

So please, get comfortable
and take that first really deep conscious breath.

And by the conscious breath we mean to stop
and really feel the energy in the rhythm of the breath
as it makes its way through our body.

And as we stop and do that with awareness, consciousness, we're also
allowing ourselves to feel beyond the little human, beyond the simple
physicality of the human body as well.

We start to feel something deeper within us.
We let mind settle and we go into our feeling state
and it's just so simply done by stopping and feeling
the breath move in and out of us.

And as you're doing this, just be aware:
is the breath making it all the way to your belly?
Is it stopping in your chest, or even in your shoulders?

Just feeling it and inviting the breath
to go all the way down, down to your belly,
just filling your lungs,
and it's filling you entirely.

If it's catching or you're starting to feel nauseous, that's okay. Just come
back to the rhythm of your breath however it is. There's no wrong or
right way to do this:
this is just surrendering to you.

And within each breath,
just inviting that beautiful love of soul in deeper,
through every cell of your body,
through every moment of your life.

And to know that anytime you can stop
and take that one conscious breath

to come back to this energy,
to come back to this feeling.

Breathe now, just feeling:
not just the beautiful wisdom within us
but the wonderful support
that's always there around us,
that we've created to guide us, to remind us,
and to reflect back to us our wisdom within.

And in this space, feeling Kuthumi so close, so close...

KUTHUMI: Namaste.

It's so good to be with you all again. I've got my channeler out of bed on a very brisk Sydney winter morning: the cat is settled (laughter) for now... and here we are all joined together in the beautiful Soul Café.

I'd like you all to visualize the Café. We all have our ideas of what the perfect Café is that we would love to go to for our favourite beverage: whether it's a beautiful warm cocoa or coffee, whether it's a cool ice tea or an ice chocolate – a fabulous baked treat.

What's the setting of your café like?

Is it a little oasis in the hustle and bustle of the city? Is it by a river – somewhere to stop on a road trip? Is it set amongst a forest that you have to hike to?

This beautiful little creation, a symbol of your safe space where you're always welcome: there's always a table waiting just for you. They're always serving just what you feel like and you always have exactly the right amount of money in your pocket, purse or wallet.

This is perfection here because you are perfection.

So this creation, even though in the human sense is not real, it's completely real energetically. It's real spiritually because in this beautiful space of knowing you're safe with soul, you created it. Here

you are in your café. Maybe there are other people in it, but it's your space.

Every painting on the wall you chose, the colour of the floor, the temperature of the air conditioning or the temperature of the world it's within is perfect because it could be al fresco, you could have an outdoor café. There are no limits to how this can be because there are no limits to how you can be.

And in a way you've created this little café so quickly. I know so many as soon as I said create it: you see it, you feel it. This is the essence of your creativity. And you say: but Kuthumi, how do we make that real? How do we make our creativity manifest like this but in this 3-D reality?

Dear ones, it's in all your questions today...

You've forgotten how to play. You've forgotten the joy of just playing with life for the sheer joy of just playing with life. As humans we said this is how life should be and we separated from the joy of playing. You see that happen with children all the time: children know the joy of playing for the joy of playing. Then all of a sudden they're told it's time to grow up. There's no time for play anymore, now it's time for study. Now it's time for work, now it's time for caring and providing for family. Now it's time for caring and providing for parents. Do you have enough money in the bank? Are you clever enough?

And so all that joy of playing with life sucked away slowly but surely except for the ones who some day turn around and say: I want to remember the joy of playing. I want to remember the joy of my creativity. But then all this overlay of life, of mass consciousness keeps whispering back, does it not? Well, more like it yells back: "you're not good enough". "You're not clever enough." "That's not the way it works, you can't break out of the mold."

And you've all been so well trained in that that it feels like a struggle to step out of it, to remember: the same way that you created that little Soul Café, you created this world that you live in. You decided its design, how you interact – you chose the rules the same way you chose that painting on the wall in the Café. The same way you chose the music

that's playing, the setting, everything. You created this world and its rules and its energies, so you get to choose how you interact with them.

I know lots of cafés when you walk in they say: would you like to sit inside or outside? Here's a menu: what do you want to have today? Do you want to eat more or less? Shall you leave now? Will you leave a tip? So many choices – think about it.

I think you should all go to a café this week just to really experience how much choice you have: you can even choose which café it is? I'm sure a lot of you have many cafés and you have one that you decide that's the one I will go to today, this is the one I will go to tomorrow.

It's so inherent in us to choose that we've forgotten the joy of choosing. Choices become almost like a mundane ritual in our life. Some days I know some of you say: you choose for me. I don't want to have to think about it. But choice isn't about thinking.

Choice is about feeling how you want to interact and shape your life. There's no struggle in choice because choice is aligned with our flow and it's aligned with feeling what is nurturing and loving of self. If choice is a struggle, then it's not choosing: you're making a decision. And I love using those two words differently because decision comes from the mind. Decision makes small human choices.

And I love cafés because they are such wonderful way to make examples of this. So the difference between choosing what you will eat and deciding what you will eat... to look at a menu, take a breath with soul and say: what would be really loving and nurturing to put in my body today? And you will just be drawn to an item on that menu. It is much better than a decision, is it not where you say: hmm... I wonder how many calories are in that? And oh, oh that does have milk in it and I don't know if I want to have too much of that. I read an article the other day that says kale is good so maybe I should have something with kale... (laughter)

It's very different to breathe and look at that menu and say: what would be joyful and nurturing today?

So imagine every day in life you looked out
at the endless menu within this realm around you
and said: what would be joyful and nurturing today?
Soul, what will we go and experience today?

And you don't have to think
and you don't always have to decide either
because all the energies align with that ultimate choice
because I am choosing to play with life again.

I'm choosing to play for the joy of playing.

And can you trust soul to do that with you?
Can you know and allow that energy that you were born of?
You separated from All That Is,
the grand eternal, infinite energy
that loved you so much it said:
go and become your own All That Is.

I am that I am, right here, right now
so in love with myself
because I am the grandest creator who ever existed
as are you.

That is the truth of the words You Are God Also.

You were born of god so that you could be god.
You were born of love so that you could know and be love.
And you were born of endless creation
because you are endless creation.

How can that ever be limited by some rules and regulations of a physical
dimension? But something stops that beautiful creativity. It jars against
this world through our design for good reason. And the reason being, so
that we could have the richness and depth of experience.

So why does it keep bumping and jarring when we remember and
accept our creativity? And I hear you all crying: there must still be an
aspect. There must be something I'm missing. There must be something

I haven't learnt yet. There's some energy holding me back. And dears, that mind game is the answer to every question. (laughter)

Every time you simply return to that love of soul you are allowing its energies more and more into your life. And mind, mind will want to play those games of: you don't know enough yet. This isn't how it should be – oh, isn't that a great one? I should be doing better, or something different, or all those questions.

And then that wonderful energy of fear comes in. But what if I do let go of all these limits, who will I be? If I break out of the game that I agreed to, well then, how will the game treat me? It's a bit like if you were on a football field and you've agreed to be part of a team and play a game and follow certain rules: well, what happens if you grab the ball and start running in the wrong direction for the fun of just seeing what it's like to run in the wrong direction? Players might reject you. I might get dispelled from the game when I'm not finished playing yet.

But you have to remember; this world has somehow convinced us all, because we wanted to, that it is limited and that its physical boundaries decide the game for us. But here's the thing: within the game you create your own game and it might still be bound by things such as gravity, death, eating (laughter) but the way you get to interact is by your choices. You create your own playground within the grand playground.

And fear will tell you many stories that that is wrong. That you won't survive because we designed fear to keep us in the game. That's all you really need to know about fear.

Why am I feeling fear?
To keep me in the game.

Fear doesn't want you to go to your own game through memories of what's happened in the past when you've broken free. But most of all, fear through the mind doesn't like the idea of absolute freedom because mind likes boundaries. Mind likes expectations and the absolute spiritual freedom that you're all working towards doesn't know how to work with that. (laughter)

So take a breath. How free do you want to be?
How free do you want to be?

Now this energy of fear: seeing as we created it, let's talk about how we can take it to serve us. Fear can be a wonderful energy when we take it and combine it with a new consciousness discernment. Discernment – what do I mean by that? It's one of my favourite words. Discernment is knowing what is yours, and what is not. But it's also knowing within you that if it is yours, then where is it coming from?

So this fear energy: is it mine or is it not when we feel it coming up. Is this mine, is it of mass consciousness? Is it of my parents? Is it of a part of me that is long gone?

If it is a part of me, is it a past life? I don't need to know its story but I just need to know. If you're here I understand you're trying to protect me. You're trying to stop me from harm, you want me to survive. But fear, I'm choosing to live and I live with Soul. I have absolute trust in this world that I live in because it is my creation.

But fear when it comes with that energy of protection can also be a wonderful service to us. That if you are about to embark on something, to take that breath if the fears are coming up: is it also kind of being like a little alarm to say let's stop and breathe and really feel is this the right choice for us in this moment?

Fear isn't always an enemy; it isn't always trying to stop us.

Sometimes too that energy is just a little call to say let's check in and see where we're making this choice from. Is it just because where we're heading is going to be a human challenge? But is it also just reminding me to stop and take that breath and check in: have I gotten distracted from Soul? Am I getting distracted by mind? To know when fear is actually coming through what we used to call intuition and instinct? And when we breathe, then we also have that discernment. Is this something trying to talk to me: not just to protect me through hiding or limits or are you protecting me by reminding me of my soul connection? To come back to that love and trust and check where we're making our choices from.

With that, let's get into some questions. First question...

"I'd like to get clarity about my integration as the physical body feels more unbalanced and uncomfortable than ever. I believe it's a natural part of transformation, yet at times this change seems impossible and is taking so damn long. I'd love to hear your view on that and maybe receive a hint on how to move out of any last physical limitation into complete freedom of self."

Well I would love for you to really listen to what you just said because you basically outlined a whole bunch of beliefs which are limiting you and holding you back. First of all, you're saying that you think imbalance is a natural part of transformation, so a part of you is actually kind of enjoying the imbalance as some proof of the fact that you're changing.

And then on from that, you said it seems to be taking so long: another belief and expectation, isn't it? Why does it have to be quick? Why do you think it's going to have an end point? Why can't you be enjoying integration as a journey?

See, I've always said this: enlightenment and integration, they're not final destinations. They continually expand with you. So instead of this thing of well, my body discomfort is just a sign of my transformation; it's taking too long, why am I not there yet? And that old question - what is holding me back from just stepping through?

How about you take a breath now and you decide that integration, enlightenment, and transformation are joyful. They're easy and they're graceful because you are the one choosing your experience, so you get to choose how it will be.

It's very easy to say I choose life, I choose to be here, but we all forget, you kind of need to go in and say: well, how am I going to do that? Am I going to do it joyfully or am I going to struggle? And we hold onto a lot of those energies from past lives where we did struggle, we've had to go to extremes and so a part of you thinks that if it's too easy, I'm not doing it right. Well, guess what? However way you want to do it is perfect. If

you want to take another three lifetimes to get it, that's perfect. If you want to have some physical stress with it, that is perfect too.

But hey, I had fun by choosing joyful, playful and graceful. And I think you can do that too. Thank you.

(second question)

"I've been travelling for about a year now and would like to find a soft place to land. But I feel suspended and unable to ground. I'm grateful for any clarity you could point me towards."

I am going to be very direct because that is what you want, and I'm going to say this: you need to actually be very clear on the fact that you still want to be here. And maybe you are, but I think we needed to say it out loud and I think you needed to hear it out loud, and I think you need to take a breath and really check into: is there still little parts of you that don't think it's worth even being here.

And right now as you're listening, I know a part of you is very clear on what the answer is so thank you.

Good.

So now, the other part too is, it's okay to be nomadic for a while. That's fine. So let's let go of that being an issue too. But I know a big part of you wants to be settled, you want to have your own space. And that is very important. That is very important. Even within the nomadic life, it is so important to have a sense of space that is yours and that is sovereign.

A breath with me now...

I want you to feel that absolute truth of your sovereignty that you can claim your little piece of this earth. And you don't have to have any fear about making a final decision because if you land somewhere, it might shift and change because you are and maybe it might just be for a year and you'll move on. But if you are truly craving that place that will be for longer, then what I want you to do is not picture it but to feel it. I want

you to feel much the same way as we created that little Café at the beginning. Feel its energies and let it know that you're ready.

And then I want you to just trust that by simply engaging with life and being out there because yes, you can sit back and maybe someone will come and hand you a pamphlet and say look at this house, but to keep engaging with life and to play: play with finding it. Go and look at places that are way out of your price range (laughter) just for the fun of looking. Places that you never would have looked at or go to places you would never have considered because in a way what that will help you to do is really reinforce what you really do want. But to start playing with actually finding a place will also invite its energies and will invite your energies to find it as well. But please, it's okay where you are right now, what you're doing right now is perfect. Just get very clear: yes, I want to be here and yes, I want my own space. Thank you.

Our next question...

"I've realised the other day I had no reasons to feel ashamed or afraid of my choice to live with soul and yet the fear of telling others about it is still here. It sounds ridiculous but when I meet a friend from the past or even new people, I kind of try to hide because I don't know what to say. How do you explain to them all what's happened to me? Maybe it's the fear of being called crazy or losing a friend because they may not understand or both. I'd be happy to hear your perspective."

And I will admit, when I lived my enlightened life I didn't share with everyone. I didn't because I knew that for some of them to simply even say I'm choosing to live with soul, I may as well have been speaking in a foreign language.

And there is a very genuine fear because when you are living your truth, and when you are living something that is quite outrageous to some and is so far removed from where most people are, it will trigger stuff in them that they will question you, some may ridicule you. But the fear of all that is that they will reflect something to you that you don't want to know of yourself (and I need to reword that). This is a bit hard to explain: I know we have a bit of a language barrier so I'm going to slow it down...

The greatest freedom that any of you can give yourselves is knowing that when anyone questions you or makes a judgment of you: IT'S NOT ABOUT YOU. They are actually exposing where they are stuck, where they are tied into a belief and where their fears are. And let's face it, when you're living with soul and you're living with your authenticity, having someone else dump their limitations, their fears, their agendas, their beliefs on you is not pleasant. So a lot of this not wanting to share comes from that (laughter).

And I have to admit: most of the time when I was talking to people, I wouldn't share simply because I knew the space they were in was not going to be a loving space for me to share in. Sometimes you just don't want to hear someone else's crap (laughter).

You know, you will find a way when you trust and remember that what they're going to reflect back at you is not about you. You'll just come to a place where you sense who to share with and how to share and it can come down to simply in that moment if someone says: hey, what have you been up to? You take the breath and you say: "not much. Life's simple. It's great." And that was a wonderful way I'd sometimes do it.

"Sir, who are you? Where are you from?"

"Ah, I have been recovering from illness and I'm very lucky I have a family who support me and I'm travelling to explore the world."

And people had their judgments about that anyway. If you say I'm not doing so much these days: I'm playing with my art. I do a lot of meditating - you know, sometimes you just don't say breathing, you say meditating. You know, I do some conscious breathing and meditation.

So I don't mean for you to dumb down how you explain your life but in much the same way if you've been travelling and you know someone who you're talking to had a limited connection with your language how you would shift your language so that they would somehow be able to comprehend what you're sharing. So it's much the same thing.

And it's very easy sometimes when we're on this quest to kind of bulldoze our way and become oh gosh, almost like missionaries. You know, proselytizing because you found the light and you found the way. And how much would we hate if somebody who was devoutly religious came and preached to us? So it's also too about: am I just sharing from my heart for the joy of sharing? Am I preaching? Am I trying to convince this person I'm better than them? Because that's what they don't want to hear and a lot of times if you start talking too much in that preacher-missionary mode, that's what will trigger them. "Oh, they think they're better than me and they think they're doing things better, but my life is fine and I don't need to be changed."

So it becomes a wonderful balance of knowing how do you shape your language so that you don't trigger all that too. And I know we're getting into a bit of a minefield now of compromising yourself, but it's about knowing how to express yourself in the moment that won't be a compromise to you but will also be in a way that creates a joyful interaction so that you don't feel you have to isolate yourself. So that you don't feel that you have to be even ashamed of what you're doing...

When I was Saint Francis I was a master of doing this. I'd travel a lot and we'd walk; we didn't like to use horse and carriage. We loved to walk with my brotherhood and people would stop and they would want to ask us to explain the joy of letting Jesus and God into our life. I didn't say the same story every time. Sometimes I talked to noblemen, sometimes I talked to peasants who had never even read a bible or read anything. Do you think I had the same conversation?

I knew when someone was open to really wanting to have me express my beliefs and my joy to them and I knew when someone was just wanting an intellectual encounter. I would take a breath and know how will I share with them in this moment with absolute respect for their choice of where they're at in their life because Namaste: my soul saw their soul and honoured where they were at. And in doing that I honour where I'm at and knew how to express myself in that moment. Thank you.

Okay. Next question...

“I am blaming myself for this continuous lack of activity in my life. I feel stuck in all areas of my life. I had to let go of people, jobs and generally any situation that didn't serve my sovereignty. But since 2007 (wow, that's ten years!) since my awakening I feel stuck. I was inspired to do what I love which is to work with people as a facilitator and be creative with music and writing but something is keeping me. I don't know if I can't stand the thought of holding a corporate job again (that's understandable). So where is this stuckness coming from?”

You know, it is a wonderful part of awakening when we shed old things and we let things go. And sometimes we create so much space in our life that we become lost in that void and don't know how to actually create again, or create as a human.

So here's the thing: you just have to start.

And when we let go of so much, especially jobs and family and friends, it's also part of you don't know who you are now in this new space. But what you've forgotten to do my dear is, you've forgotten to choose who you're going to be now in this space.

See, the part of you that says I want to do this and I want to do that, it hasn't actually grounded those choices with who you are in the now because you don't know who you are in this now.

So take a breath with me. I want you to feel just your essence, just your soul love. And if the breath is catching because that just feels so wild and free: that's okay. And in this moment can you choose how do you want to be in this life? Not what you're going to do - how you're going to be. Will it be joyful and graceful? Will it be engaged with life? Peace and ease?

This is what I mean by choosing how will you be. How will you be?

And then in that next breath, I want you to call soul and invite soul to share with you: how do we begin? And it may not be what you expected to hear - you may not even hear anything. But just to say to soul: how do we begin? You might not hear anything but you might feel it in the

next few days and it might be something that you never expected... but can you be willing to just play with that to see what energies it moves?

I always say once you start playing with an idea or an energy or you know anything, energies start to move. And they open up potentials and possibilities that you never imagined. And within those potentials and possibilities are wonderful opportunities for you as a human to engage in life.

Soul, how do we start?

How do we start? What can I do to now live this life with joy and wonder that I am choosing? And then start.

This is still part of the same question. I'm going to go and answer that a little bit separate.

"My love for singing, music and how sound can be used to move energy has been something I had inside since I was small but I was afraid to really allow it into my life. So how do I overcome these fears and this stuckness?

I think you've had an idea of how to play with that music and that sound which is very tied to past experiences from past lives. Now, the stuckness and the fear is coming from worrying that you won't do it right again. But what I want you to do is, this is the fun of playing with it with soul, is to simply say: I remember that past wisdom that I have collected and I'm now willing to play with it in a new way. And that's where the stuckness is coming from, this fear to just start because the fear is I'm not going to play with it in the right way and remember the energies in the right way.

And that's a big thing with all of us with enlightenment too. We knew how to do it, we've done it in ways in the past: in the mystery schools, in the monasteries, in the sisterhoods, in the temples. We achieved enlightenment and remembrance. Part of us thinks if we don't do it the same way again, we're going to do it wrong. But we're not the people we used to be. We're not even the souls we used to be because soul has expanded and evolved as it has gathered wisdom.

In this moment you are an entirely new being with a soul at its absolute perfection in this moment. You can call upon all those past experiences to now play in the new way. All of you. We get the fear of going back and revisiting old things: whether it's going back to an old job, an old lifestyle, even an old place we lived – do all that now in a new way with a new consciousness, with a new awareness and with new choices.

The fear will want to make us feel we're going to do things wrong, but every time we breathe and come back to soul, we're also saying I'm willing to allow this beautiful new trust into my life and to express and play and explore with me. Thank you.

Alright. And now, the last question...

“Can you please clarify a bit what is it about me and the United States? I have had other places that make me feel a similar joy and this is very good; now I have the possibility to go there again. Part of me is scared to reopen that door: I don't want to get into the struggle of I would like to live there but can't because of visa. Part of me feels that now I could also not go. Going without expectations like another journey – this would be good.”

So in this moment, can you take that breath with me and as we've talked about all this, to understand that fear is anchoring you to the past, that mind is anchoring you to the past but this is now a new and open experience for you to have. This isn't about the place: this is simply about stepping into new experience. This is about you being willing to now travel with a new energy and a new awareness.

To also have that discernment, is the fear also too just saying: hang on a minute. Is mind telling you that you need to go there to resolve something? Is mind telling you that you need to travel there because it has special energies there? Is there an aspect that says let's go back because I didn't finish what I was playing with last time?

Clear all that. It's just you in this moment as a soul being choosing: do I want to go and play in this country? Will that serve me in my choice to live with soul and to love myself? That's the only question you need to

be asking yourself now and to have the courage to be answering that honestly and openly with the absolute clarity on who you are choosing to be now.

Yes, certain places have wonderful energies. Yes, certain places can help you open and expand certain parts of yourself. But you chose and designed that little piece of the puzzle and that part of the game. So in this moment to breathe and know that anything you need to know, expand, clear, shift is already available to you right where you are. So let's clear out any sense of needing to go there. Let's simply now choose to go there for the joy of going there to play with life. And hopefully that's cleared a bit of the mind debris. Thank you so much for your wonderful question.

What a joy it's been to be with you. So fear: what is it good for? It's good as a reminder of who we are choosing to be. To know that it's coming from mind and the design of the way we set up limits and boundaries within our life. We also planted it there to protect us but we can shift that energy now. It's not there to anchor us to the past. It can be there as an energy to simply stop us in the now so we check in: where am I making my choices and decisions from? Are they from loving myself?

In every moment, in every breath, am I choosing to love myself? And within that, choosing the joy of playing with life? I'm not the little child, I'm the grown adult but I can still play for the joy of playing. Those energies of my childhood, the joy and wonder of life and discovering and exploration: they can be mine again.

And fear, you can come with me. You can come with me as that little alarm to remind me of when I'm getting distracted and when I'm not with the love of my soul.

I am that I am Kuthumi Lal Singh,
and I am that I am right here, right now,
so in love with myself,
and this is as good as it gets.

Namaste.

MARISA: thank you so much everybody. So that's it again for this month. If you would like to know of upcoming schools or radio shows you can sign up to our newsletter over at <http://newenergywriting.com> just scroll down to the bottom of the page and there's a sign up form there.

I'm heading off to explore in India; going up to the north where Kuthumi spent his final human years along with El Morya where they did most of their writing that was kept by the Theosophical Society. So I look forward to sharing many more stories with you from his time there when I return.

So thank you all for being with us and I'll catch up with you again towards the end of next month.

Namaste everybody.