

Soul Cafe with Kuthumi

Channeled by Marisa Calvi

“Joy To The World (By Starting With Me)”



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Soul Café with Kuthumi – June 18, 2017
Joy To The World (By Starting With Me)
Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hello everybody. Welcome to Soul Café. My name is Marisa Calvi. I'm coming to you from Sydney, Australia. I'm an author and a channeler of Kuthumi Lal Singh – our wonderful, delightful, ascended master who's been working with humanity for quite a while now in many guises from pharaohs to Pythagoras, to emperors, and St. Francis among other stories that he's got to add to his list... and this little show that we do here about once a month when we're not travelling together is just to take a little time out and to be with soul and to invite the wonderful energies and love and joy of soul more into our lives.

I've been working with Kuthumi for around eleven years now. We just celebrated the tenth anniversary of our first book together and since then we've been writing up his stories and I'm currently working on his story as the emperor Shah Jahan of India and how he came to build the Taj Mahal. If you would like to learn more about our books and our work you can go to <http://newenergywriting.com>

We also run some beautiful little schools that we call Soul Schools and they're all about too expanding our soul connection and inviting more of its ease and grace into our life: well that's the foundation of every school. We also give each little school a theme and coming up on June 25th we are starting one which is all about the body. So we're going to go into the energies of the body: letting go of ancestral karma within our DNA, looking into the actual energetics of aging and illness. Looking into how we can play with diet and exercise

and basically just get a beautiful relationship with body but with that wonderful foundation of soul and its love for us.

So Kuthumi is going to be here very soon and today we're going to be talking about joy and why we want to choose joy. I know over the years in our spiritual path we were always told that you know if you're not choosing life then you're not really here engaged with experience. And one of the wonderful things that St. Germain and Kuthumi have shown to me was that it's a wonderful thing to really choose to be here, but something that we didn't really do was then choosing how to be here. So a lot of the times we're not dying, we think we're choosing to live, but we're actually just choosing to kind of exist and survive.

And when we truly choose to allow joy into our life and to really feel that love of soul which to me is just pure joy, then we invite so many different energies which really will serve us to have that wonderful life of enlightenment here in our bodies and here as soul humans.

Take a breath with me now
and just feel
where you're at
with your connection to life.

Are you just kind of hanging on hoping that something will change? Are you waiting for the next message of something meaningful to finally help you to become aware of what it's all about?

One of the beautiful things that Kuthumi has really shared is what it's like to choose enlightenment and then stay here and be human. And a really big part of us still believes that we can't have both: that we're one or the other or somehow it's just too

hard to reconcile one with the other. But Kuthumi did it and I'm sure he's going to share some stories about how he did it today too.

So let's take a breath. I've got a whole bunch of wonderful questions that people have sent as well that are going to really expand on how to be here and be enlightened once we've listened to Kuthumi's message about joy. And we called this show "Joy to the World" and in brackets, "By Starting With Me" because it always comes back to self. It always comes back to what we radiate out to the world: what we're experiencing is what we're gifting and choosing for ourselves.

With that, let's take another breath and bring in the wonderful energies of Kuthumi Lal Singh to see what he's got to share with us today.

So we take the beautiful deep conscious breath that is so rich because it brings us into the now moment. It takes us within and into our feeling space.

And with every breath we feel our soul energy: the very core of us, our essence, our truth. This beautiful, pure, dynamic energy.

When we surrender to the rhythm of our breath, mind comes into balance. The past becomes a whisper and the future – well, we realize it doesn't exist yet.

We're here in this now moment with self, with our energy

ready to create and remembering
that we are essentially creativity in action.

This beautiful space and all it takes is surrendering
to the rhythm of the breath: in and out.
There's no wrong or right way to do this,
it's just being with self,
being with the beautiful rhythm of the breath,
being with ourselves.

A few more deep breaths
as we feel Kuthumi coming in
ready to share and reflect back to us
our wisdom that's already there,
our enlightenment that's right here,
as we allow that wisdom to flow back through us in this breath.

KUTHUMI: Namaste.

I am that I am Kuthumi Lal Singh and I begin and end with the
Namaste because the Namaste is the celebration of my soul
connecting with your soul in this sacred space to share and
celebrate the truth of who we are. I finish with the Namaste to
remind you that it is your soul here: you and all that you've
allowed yourself to remember.

And I am that I am as you are that you are (laughter)
gods, creators, birthed from "all that is" to go and play so that
we could know the grandeur of what we were born of in a
whole new way. Separate, but complete and whole from the
beginning but we let ourselves forget so we could have the fun
of remembering.

So why is it so hard to remember that we are gods?

Why is it so hard to accept this creativity that is essential to who we are?

Why? Why? Why?

Because it's so much fun to remember.

We forgot so we could have the richness of experience, so we could know all the dynamics of energies within this grand universe. We wanted to know how many facets of ourselves we could be. And we sit here now in this dimension of earth and it seems overwhelming: all these energies that are upon us, the craziness of the world around us.

So we seek solitude and peace and meditation to come back to that energy within us, that energy that wants to wrap us up in warmth and love, that will allow us the compassion to look at the world around us and see that it's perfect, absolutely perfect. Because when we breathe and we come back to soul, we see our perfection. And when we allow ourselves to see our perfection, then too we can see it in others. Then too we can see it in the world around us.

And then too we can feel the energies of anger and frustration and anxiety: we can see them for the illusion that they are. We can see them for the game that they are and how they want to keep us playing along with them so that we can feed all these energies of imbalance, hardship and fear.

Breathe and we come back to the love of soul.

We're saying: I see you because I see me. When we see our games, we see the games around us. And when we breathe and

say I'm done with my games, then we longer participate in the games in the world around us.

We become the sovereign beings we've been seeking simply by remembering we were sovereign all along. We chose to play the games and we choose when we end them: no different from playing your sports or performing on a concert stage. When the sportsman or the performer is done, they walk away and it's over.

But somewhere along the line we forgot that we have that ability: that we have that... I'm going to say "power" although that's been given a pretty bad rap, that word, in the spiritual world, has it not? (laughter) But we're going to use it in a very different energy today when I use the word power. We're going to talk about it as claiming your sovereign energy from seeing it as the complete dynamic that it is, no need for it to interact with anything else. And I know that is going to be a bit of an irony, isn't it? Because that's what we've been aching for and that's what really doesn't want to let us be completely engaged with the world once we're on our spiritual journey.

We remember that we're gods. We remember that we're these sovereign energies and then we want to wrap it up and keep it safe and not have it tarnished or damaged or dented by these other energies around the world that want to feed and want to have power games. They want to make us feel small and make us feel that this beautiful energy that is ours and ours alone is not strong enough: that it's weak, that it can't compete. But the breath reminds us: there is nothing I need outside of me and there is nothing that can take any of that energy away.

The energies of anxiety and depression – that's the game of believing that we are small, that we are vulnerable, that we

have nothing of value, that we're incomplete, that we're wounded. And those are very powerful games, very powerful games. They're a belief structure that we designed so that we would interact with each other, that we would believe we needed a partner to love us, that we need to know the secrets of someone who is successful so that we too can have their success. That we created illness so we believed we were doing something wrong with our bodies....

And I know this is all sounding very negative and heavy but taking you deep into the games and deep into the beliefs exposes them. It allows you an awareness and awareness is the most wonderful dynamic you can invite to your life because in awareness you expose the games: you realize what beliefs you're playing with. In awareness you show yourself what you've piled on top of this beautiful pure soul simply to play out roles and games that served you so well in the past when you were unconscious, when you were invested in playing in the games, when you had forgotten because that was a wonderful time.

But you're awake now. You've said: I want to remember. You felt that little whisper of soul coming to you saying: you are god also and I love you so much. It's time now to live in that grandeur.

And that's not to say that the hard lives, the sad lives, the depression, the anxiety was not grand because it was, because you were living out a fabulous expression of who you are. But to now choose a beautiful new dynamic here with soul knowing the truth of who you are to now go and play with the energies of this dimension on your terms – that's the big difference. You get to play now on your terms.

For so long and it's still happening in the world around you: people were puppets, they were victims, or they stepped into being abusers and martyrs. Every role we've played in every lifetime has had those energies and those archetypes (let's call them) within them of a victim of the politics of the world so having to be involved in wars. A victim of your gender so having to be provided for or having to provide for another. Playing in the power game and deciding that you're going to be an abuser taking advantage of those weaker than you.

But the awake human, the soul led human knows that those games are old. They've served you well and now you get to play with life in a whole new way and those energies can be so strong that they'll convince you over and over that you can't be free while you're here in this world. They'll say to you: you're not strong enough to step away. You don't know enough to step away.

And even the lifetimes when you did play with spirituality in the ancient mystery schools, in the mystery schools of the Renaissance era in Europe – all those parts of spirituality where we remembered the mysteries, we allowed a little taste of those energies into our life, even now in this new energy you're still carrying memories of those times feeling that you're not doing it right because you're not repeating it the way you did then. That you haven't ascended, that you haven't let go, that you haven't suddenly miraculously become the alchemist that you thought you would be because here in the new energy enlightenment is all about being even more human than you've ever been before. It means truly connecting with life: not hiding in the cave, not suddenly disappearing into a sunbeam to go up into the clouds. It's staying here to play with life.

Now don't get me wrong, if you still want to do it in a cave or go up in a sunbeam, you're more than welcome. There is nothing wrong with doing enlightenment and ascension in the old school way. People are still doing that. They are and it's a wonderful experience for them.

But I'm going to invite you to consider another way: the way of the enlightened human who walks the earth and engages and interacts with life, who says: I look at this dimension around me. I know I created it. So if this is my creation, then I choose my experience with it and within it. I can see all the games of the power and abuse and victimhood and know that they are my creation also. So it's my choice how I interact with those energies. I know there are other souls on this earth and I understand that I created this dimension with them. But I remember too that within that collaboration, within that co-creation, I also have the agreement that how I interact with it is my choice.

And I want you to take a breath with that and on the days when people are trying to feed off you, when you see things in the news – and you don't have to turn off the news to be sovereign (laughter), to remember that this is your creation and you, you within that design have allowed the choice of how you interact.

This is a grand stage playing out the most fabulous stories. In the past it's felt like the roles you would play were chosen for you. Truly, truly, you have chosen every role, you have written every script. You decide the plot, you are the author of the story you are playing.

Now the first thing that will stop us from accepting this is that we straight away look backwards and say: if I am god also, why such a crappy story? (laughter) Why did I choose that? Why

did I choose this? Because you are perfect and amazing. You dived into this dimension so deeply that you let all its crappy, shitty energy create a story with you. It separates us from the trust of soul so that we truly believe that we aren't creators and this dimension is more powerful than us so we could know all the stories of how to be here because we wanted the fun of knowing.

I want you to imagine when you walk through a zoo and you see all those amazing animals and they're all different shapes and sizes. They're in different terrains, they're being fed different food and you walk along and you're on your path and there's a little wall separating you and you watch them all. And some of them are so intriguing and they're cute and you watch the way they're moving and I'm sure some of you have felt: oh, wouldn't it be fun to be that animal?

You watch a seal gliding through water and it takes your breath away to watch how dynamic they are when they swim. Watching a monkey jumping through trees like they defy gravity. All those beautiful different experiences: the wonderful tall giraffe. And for a moment you stand and watch them and you connect with their experience in absolute awe and wonder at the diversity of creation.

So now imagine a soul coming to this earth: all the beautiful different experiences of being human and soul ached to know what it would be like to go and play in so many different ways – to know what it would be like to be in the Middle East in the ancient world, to be in Europe in medieval times, to be in India in modern times, to be in poverty or grandeur (oh hang on, I'm going to reword that – poverty is grand) poverty or wealth. Every facet of this dimension is grand and rich but we have told ourselves that it is otherwise.

We've put judgment upon what is good or what is bad, what is happy, what is sad and that's how we disconnected from our joy. That is how we disconnected from the joy of experience and the joy of just being who we are in this moment because along the way we decided some things are good and some things are bad. Some people are weak, and some people are strong. And within that dynamic of creating this diversity, so too we decided to look upon ourselves and go: this lifetime I am weak and poor. And even when we chose to be rich and strong (and these are all human judgment words please [laughter] please remember that) we turned on ourselves and we took those energies and we made them about who we are as creators because suddenly we remembered that we are creators. But we carried all those dynamics of being human into our experience of remembering that we're god: I can't allow abundance because I must be doing something wrong. I don't understand about being a creator because sometimes I'm sad.

To be in this moment with your self and simply say:

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

Seems so unnatural...

The first time I uttered those words, "this is as good as it gets" people got very angry. I think I lost a few what you might term friends that day. I know people turned off the radio show: they were very upset. Because when we say this is as good as it gets, I'm loving myself right here, right now, just as I am, we lose the

fun of the journey. We lose the carrot dangling in front of us. We lose the struggle and the struggle is so much fun because within the struggle we're still playing with the old power dynamics.

Within the struggle we do have the fun of having a revelation and thinking: ah, hooray. I have found and remembered something new. (laughter) And this is what I did when I had my breakdown, lying in my bed, struggling against myself. I'd finally closed off the outside world, I'd shut off the searching outside of myself. I turned that struggle within. I battled against myself asking myself question after question until they too were exhausted.

And I finally realized, I finally realized: turning off the search and going within, I'd grown so tired, so tired, that I'd forgot to just rest and allow myself to feel. And when I'd finally exhausted every part of myself, when I realized the answer I was trying to pull out of somewhere from a past life, from a remembrance of something I'd read in that life, I finally realized: if I'm a soul and I am here creating experience, then I create the experience of enlightenment too. And the relief that washed through me when I suddenly realized: enlightenment is also a choice. All I had to do was choose to finally be it. And so it was.

I had chosen to be kings and emperors. I had chosen to be humanitarians, mathematicians – so why could I not choose to be enlightened?

Ahhh, but see, that raises a whole lot of issues, does it not? For the ones still playing with the mind (which is okay) I choose enlightenment but now I don't really know how to be enlightened because being enlightened: does that mean I

should have money and my body should be perfect? See how quickly it is to go and push all that energy back down?

And I felt my mind, but I was too tired by then, it couldn't rush in and cloud over my choice. So I was quite grateful that I'd pushed myself into that space. But I knew that once I got out of my bed and interacted with life, it would try to do it again. It would say: Kuthumi, you're not doing this right. Kuthumi, why do you have food poisoning and have to spend three days in front of a toilet vomiting? Kuthumi, why did the money not get telegraphed from your family properly and now you have nowhere to stay tonight?

See what it will do to you?

Mind will try and tell you so many stories to convince you you're less, to convince you that you're not doing it right – it's all mind. Mind will tell you you're not worthy of joy. Mind will tell you you're doing it wrong.

But in this moment, you are absolute perfection because you are a soul expressing and creating. Your love of soul is celebrating you in your perfection.

So I knew that choosing enlightenment was one step, but the next step to walking this earth was choosing how I would be enlightened. I mean you can meet people who are enlightened who are very miserable. (laughter) I chose joy.

Why did I choose joy?

Because I wanted to see the magic of this dimension. I wanted to see the glory and wonder of this creation that I was now playing with. To me, I was an artist who had painted the most

magnificent masterpiece. We all are but then we go and put a blindfold on and listen to other voices tell us how to experience it. We let aspects and mass consciousness describe the painting to us but for me, being enlightened was taking off the blindfold and seeing my masterpiece for what it was. Its colours, its textures: to feel the amazing energy I put into it. To enjoy it completely with nothing to distract me and even if I did get distracted, I would come back to it quicker than I ever did before.

This grand masterpiece of life that you have created: it's time to take off the blindfold and enjoy it. If you want to take the blindfold off and sit there and critique it, go ahead. But to surrender to the joy and wonder of who I am and how this life can be just a glorious playground was always far more tempting. Always.

Take a breath.

I want you to imagine your masterpiece. Choose. Are you ready now to feel, touch and taste all its colours? To be engaged with this experience that you created? To know it in a way of joy and wonder, to celebrate it with the love of soul?

How wonderful.

With that, let's answer some questions. We've got a very beautiful range of questions that are going to take us into so much more about this choice of how we're living our lives.

It's interesting too; I always love how our questions tend to have a bit of a theme to them and a lot of this is about interacting with the world – as it should be. (laughter) And so let's see what comes up today.

So the first question... let me just have a sip of my coffee. Mmm, I like how Marisa thought she was making that for herself... (laughter)

“My nine year old son’s anger is now to the point that my thirteen year old son locked himself in the bathroom today to keep safe from him. I’ve said to this little boy that if he’s violent to any of us, I will need to ring the police. If he doesn’t get his way, the joy of our family is sucked right out of our home. I feel some issues are from a past life. I also feel that some foods may trigger this but also feel that it has gone beyond any simple fix.”

I want you to take a breath with me dear one because it is very hard to have clarity when we are deep in a situation which involves someone we love, and indeed many people that you love because this engulfs your family. And it’s also sending you into a bit of doubt around yourself as well. And I know you have tremendous honour for others and there’s a part of you that truly wants to honour this young one’s journey.

So here’s the first thing I want you to remember: he chose you as a mother and he did that quite knowingly because while he’s having a lot of fun playing in this experience, he also knows he has the support to lead him out of it.

And indeed you’re right: there is energy coming from a past life but it’s not in the way of old contracts as we would have normally imagined. There is nothing he has in particular against the particular family members that he has come to be with, but he has many times chosen to be the youngest of a group and within that energy has been a lot of frustration at being suppressed, of not being the leader and of having to follow. (laughter)

So, he is coming to the new energy and a big part of him has gone: wow, I'm the youngest but I have a freedom here to express myself and have it be known. There's a little bit of a dynamic of how he's being treated as a younger brother, and I don't think the older brother is being particularly disrespectful or trying to push him into the role of being smaller, or little, or less knowing but what is happening is he's just deciding to test what he can do with this.

He has a big rush of knowledge that has come in that he doesn't know how to deal with which is wanting to express itself in the new energy and the frustration is coming out of being trapped in the body of a young child. He is remembering... so he's finding a frustration in how to express it verbally, so the only way he knows how to express the frustration is physically – hence the anger.

So it is very precarious in its balance in that yes, some foods will effect it a bit but they'll effect him in pretty much the way that they would effect anyone. So it can be good to keep an eye on those physical things as well because like you said: it's coming out as a physical imbalance essentially so diet will play a part in that. But the big key for this will be, as all of us, it's finding a way to express essentially feeling trapped and then getting expressed through frustration in other ways.

So – and this is just suggestions because you're very good at feeling into this and I know as I've said these things, you're getting some realisations anyway. But I'm going to say some things to just get energy moving and for those who are listening who are wondering: if I were in this situation, what would I do?

Because many of us, even as adults, we will get this frustration when we get a big dump of remembrance of wisdom and then we don't know how to express it. And our default setting is to go into frustration and anger and unfortunately for children who don't know boundaries quite yet, and some adults who don't know their boundaries, it will come out as violence and abuse.

So in remembering that he has chosen you and your family which is why he actually allowed that wisdom back in, is to find ways for him to be able to express himself without the violence and without it going to the frustration that will lead to the violence.

So first of all, it was very good that you set up boundaries whereby he knows that the violence won't get tolerated because unfortunately it's going to take him into a cycle where it's going to separate him. And that's not what he really wants but unfortunately the human reactions are going to create that and they're also going to reinforce his belief that he's misunderstood and that he doesn't fit in.

Your teaching, because I know you teach so many beautiful things, and a little bit of this is sensing the school that you've got coming up. So he's kind of giving you an opportunity to really know that teaching on a deeper level. But this is really going to come down to letting him understand that you understand he can't express what he needs to express.

I would look at things like... you'd probably call them colour therapies where he can do art, where it doesn't need to be a verbal expression, where he can actually draw what he's feeling or what he's remembering.

That he gets a lot of physical exercise so that energies that are coming out in a different physical way can get released in a balanced way. But basically, ask him: what do you need for us to understand what is going on. And it doesn't have to be in words. And to somehow give him a reassurance that his body and his mind will catch up with what he's feeling. (laughter)

I feel this will come into balance beautifully because there's a part of him that really wants that balance. It wants to know the love of his family, it wants to know that everything will be okay.

So while it was good to set up boundaries, please be wary of being threatening or trying to match his aggression with that high energy. Breathing because within the breath you will keep getting more clarity but also too, while he sees the balance of the people around him without compromising their safety, then he too will realise that he can see his way out of this with love and with honour and he can come back to that joy that he is craving as well.

This aspect of him that is telling him that you need to be angry, you need to be violent is nowhere near as strong as it's letting itself believe and make everyone else believe it is.

So thank you my dear one and we will stay in touch, okay, in whatever way you need. So just breathe with soul, talk to Kuan Yin: we are all parts of you, parts of your wisdom. But most of all remember, this little one chose you for a reason. Thank you.

Our next question...

"I was pondering the potential of creating a platform for conscious people that would support and facilitate owning

money for us and allow us to avoid using old existing systems. But honestly, I have no clue what it can be. What do you feel about that?"

What do I feel about that is that you shouldn't be creating a platform for anyone, except yourself. These dynamics of conscious communities very rarely work because they really require people to be kind of at the same level with the same absolute choices. And you know my dear one, that just because someone says "oh yes, this is what I'm choosing" – that is not necessarily what they are truly choosing. They might be choosing the words because they think their words will serve them but the words don't. They really have to be choosing this at a deep, deep level.

When we set up platforms like this, unfortunately it becomes an absolute feeding ground for people's insecurities, and it also becomes what people will see as: this will fix me, this will save me.

So my dear one, for you at the moment I would truly suggest that you focus on your abundance, on your flow and your creativity. There is no need to provide for anyone else because that in itself is feeding as well. Be complete in yourself because that is the platform that then radiates out to the world around you to show people that they can create their own, they can support themselves.

It's a bit like trying to replace an old energy system with what you think you are calling a new energy system, but until people become self-reliant and embrace their abundance, their flow, their creativity then platforms like this won't serve anything because they'll come to the platform wanting that to serve them. Until they're serving themselves, it just won't.

Now this is not to say that as you create your own platform, serve yourself, open your abundance, your creativity, your flow that something might open up, but it doesn't mean that everyone who comes to it is going to allow those energies into their life. And are you ready for that? Are you ready that it won't be the answer for everyone? Are you ready that people will come along with their judgments and try to dump their judgments on you? But then why would you want to do all that when you could be in your own energy and your own flow?

When I chose my enlightenment, the greatest gift I gave to myself was the choice that my enlightenment was for me. I wasn't going to go out and fix or rescue anyone. I wasn't going to teach. I wasn't going to go around telling everyone that I'd found the marvels of the universe because I was enlightened.

Sure, sometimes people came to me and I shared with them: I shared with others who were on their enlightenment but just for the joy of sharing and connecting with someone who was like-minded, like-souled. And yes, I left teachings and writings because someone came to ask me... I actually never knew that those would be published so internationally (laughter) ...but I shared from a place of just loving myself and because I was in the joy of life.

And I know a part of you, there is a joy of life that you want to share and you want to support others who you believe are on the same journey – but they don't need it. They don't need it. Actually the platform isn't necessary because when people are ready to allow flow, and abundance, and creativity into their life, they'll find a way for it to be there. They don't need anyone else to set it up for them and they don't even really need a

teacher. (laughter) They will choose the experiences where they can allow those energies into their life.

So my dear one, enlightenment is of you and for you and no one else. So this platform: how about just play with it on your own and create it for yourself, and allow others the journey to create theirs. Now yes, it's wonderful to interact and you can do all those things, but I want you to keep the awareness that it's for your joy and your creativity and your flow. And no one needs, no one needs anything or anyone. They'll create their perfect experience, in their perfect time, in their perfect way. Thank you.

Oh, nice simple question here...

“Please speak about fears and how to release them.”

I think I should actually do our next radio show all on these fears because it is such a huge topic. There are so many layers to this so I'm going to give you a quick point-by-point rundown on how to deal with fears. (laughter)

So the first one is to realise that fears are always coming from the past... which kind of seems ironic Marisa is saying to me. She's saying: well surely fears are about not being comfortable with what lies ahead. Well, that's another dynamic of it, but they essentially come from the past because what is there to fear apart from things that we have learnt or things that we've experienced? If we had not experienced loss and pain, why would we fear that they would end up in our life? If we have not experienced hurt and betrayal, why would we be scared of them coming into our life?

So this is the first realisation: fear always comes from the past. It's from an experience that has been.

To take the breath and realise that just because what has been, does not mean that is how it will be. We carry so much of this to judge ourselves and say: we did it wrong before, we'll do it wrong again. Somebody betrayed me before so I'll probably get betrayed again. So the first wonderful release of that is to be here in this moment and to remember that as creators we choose the journey ahead. So we can take the past experiences, and instead of making them like a scoreboard, or making them as a predictor for the future, we simply take them and we integrate them into our discernment.

One of the biggest judgments we can carry is: why wasn't I more aware of what was going on so I could prevent what happened. So one of the greatest gifts of past experience is to say: I will never let my discernment be so low that I'm not aware of the truth of what is happening. To take a breath and to really be feeling: what is in this now moment? To go to soul and say: yes or no? And to not hear an answer but to feel what will perfectly serve you in this moment?

If you're interacting with someone and something doesn't feel right, to take that breath with soul and say: is it time to disconnect? When we have to make what we think is a human decision, to breathe with soul and just feel: what is the right choice in this moment?

See, that's where the difference comes between decision and choice – decision is which movie will I go and see? Choice is what feels right now? What will be loving? What will be nurturing of me? Because as we move ahead, that fear of doing the wrong thing, making the wrong choice, the wrong decision,

dissolves into a wonderful anticipation because we're moving ahead and making those choices with the beauty of soul.

Fears serve us in so many ways. They keep us small and limited. They make us feel that we can't make a choice, that we can't create. So too, I want you to remember that: fears are essentially not truly ours. They belong to a past experience or they belong to the world around us. They actually came from a beautiful dynamic within us which is survival. It was a very basic human energy as an animal to have fear because fear kept us safe, it made us be wary so we didn't go rushing into things but along the way that became much, much more.

So fear or that anxiety or that hesitation – don't always completely dismiss it. Feel where it's coming from: is this because of something someone else told me that I should be scared, that I should be small, because I don't trust myself to move ahead? Or is it my discernment saying: hang on a minute. We need to stop and feel in to this because it actually isn't right. (laughter)

So there's quite a few layers to fear. So you take a breath when you're feeling it and you ask: where are you coming from? Why are you here? And how do you feel that you are serving me?

And to feel...

We just don't want to do that same mistake with this person. Maybe you need to stop and feel into their motivations and how they're feeding from you.

Stop and feel into: where are you coming from?
How do you think you're serving me in this moment?

And you'll feel the truth of where it's coming from and you'll be doing it from a place of soul so that you can let it dissolve or you can truly listen to how it wants to serve you. Is it to keep me small? Is it to protect me? Is it just to open my awareness?

Each time that energy comes up to feel into it: where are you coming from? How do you believe you are serving me in this moment? And with soul to have that discussion and bring it back into balance.

Thank you.

“Kuthumi, would you speak a little about trust and allowing. It seems at times that the distance between trusting and the resistance to trust is a fine, fine line. And at the same time it feels as though there are insurmountable obstacles to allowing trust.”

It's so true. We have built so many walls up and so many games and reasons and beliefs to not trust ourselves. And we take the breath and we feel it so close – it's mind that makes it feel distant. That's the simple, simplest answer. It's mind that will convince you that trust, being able to trust yourself is so far away. And this is the dynamic of being human. We tend to fade in and out of being soul connected: we kind of dance with being very, very human and then being aware of soul. And that's the dynamic of sometimes it feels close: sometimes it feels far away.

And I knew this when I was my enlightened human, I knew that dance. And I knew the dance also was my choice. I knew the dance, I set the tempo, I set the music. I chose how far I wanted my trust to be, chose how willing I was to be distracted and then I consciously connected with it every day. Every day

to breathe and feel soul. I knew it was all I needed to do to let trust into my life.

I made a contract with soul of how willing I was to be separated or unaware of her love, her compassion and her commitment to me. It was my choice. So that when I did get a little bit distracted, it was only moments that I would remind myself of the glory and beauty of my soul and its love and creativity.

How willing are you to keep distance from your trust? How willing are you to not allow soul to flow through you and into your life? It sets your relationship with trust and allowing.

And I can hear people saying oh but, but, but: that's your mind telling you you can't choose this. That's your mind saying: oh, but you have so much work to do, you can't allow this. You're doing it wrong.

But in every breath you say to the mind:
I am worthy, I am loved,
and I can allow these energies in.
Come, let me show you how.

Every breath is that invitation for trust and that distance to become smaller and smaller. And it becomes your natural way of being because you are consciously connecting with it and choosing. Thank you.

"I've heard a lot over the past ten years about timelines shifting and splitting: that there's two worlds, a new earth and an old earth and that everything is described as coming. Now from what I'm hearing from clients and friends, et cetera I think that transition time is here now. People are dying, divorcing, getting

new jobs, new houses, having to move, getting distressing diagnoses – can you say anything about the transition time we seem to be in now?”

Well, I’m going to put it to you this way: humans are always in transition. We are always searching to push and change consciousness and how we interact with the world. And certainly the world around you is showing you this through your politics, through breakthroughs in science, to the debates over climate change... so yes, you are right. There is an incredible shift in consciousness at the moment that at times feels like its taking two steps back to take one step forward.

There’s a lot of clearing of old stuff: old, old, old stuff. It’s going to take a bit of time and it’s going to really fight it and resist it as you are all seeing so beautifully. But it’s happening. This is a dynamic that the world has played with over and over again. Look at the shifts and changes and upheavals in politics and culture around the time of Yeshua – that is still getting some resistance to it.

When we see cultures changing rapidly as in China, when we see the old energies of fear choosing leaders – yes USA, I’m looking at you... (laughter) ...but what it does is, it exposes the old energies so that the new can really come in and express and have a new way of being. So a lot of people who are still really invested in old energies will go through a lot of upheaval and they’ll try and drag those in the new consciousness in with them.

So this is a wonderful time for you to observe that yeah, people are shifting and changing but kind of see it as a mirror to what you’re allowing into your life. Are you becoming more aware of the more dramatic changes around you because you’re coming

more and more to a peace and balance within you? Are you focusing on that dynamic around you because you truly want to see change so you're allowing yourself to see where the changes are happening?

This is one of the dynamics of being the enlightened human, being so aware of the world around you. You're not in your cave: you're interacting, you're engaging so as you choose for the world to crumble around you, you're actually seeing which and where the cracks are showing first. For the unaware human, the unconscious human who doesn't believe in change: they won't see the cracks, they won't see where it's starting to fall apart. They'll focus on what's still hanging in there, what's still holding together.

So a lot of what you're seeing is actually reflecting to you what you've allowed to shift and let go. And for you to be in celebration that yes, this earth is a wonderful dynamic place where energies can shift and flow and change and alter because you are a dynamic being and you can shift and change and alter. And as more people embrace that they are, they're seeing that the foundations of the old consciousness are nowhere near as stable and solid as they thought they were: they're allowing changes within their life too.

So you attract around you what resonates but also too what validates how you're choosing to see the world. Much the same as choosing a joyful life: the ones who are really invested in misery start to fall away so you validate and you embrace even more of your own joy. You're having a wonderful time playing with the dynamics of change and really exposing how energies within this earth are so dynamic. So you're really having the world reflect that back to you.

Wonderful.

Okay. One last question: I didn't think I'd get to it but we are! And it will be a wonderful note to finish on and that's a pun intended when you hear this question. (laughter)

"I've begun doing healing with sound using science and technology. Some of my clients who have participated in this fully have had remarkable results and I'm amazed by how it works. So the question is: what else do I need to know about this. Is there anything I can add to what I'm already doing that would make the work even more effective? Is it really the medicine of the future as I believe is?"

It is a medicine of the future because it's using some incredibly ancient healing techniques where we understood that part of the dynamics of the human body is vibration because we worked on vibrational energies to even come into this world and be a human. We compressed energies down if you like, into a human body and into a human form.

So in the past with toning in the old mystery schools, in singing we understood that we played with vibration in a way that freed up the expression of the physical energies of our body. We used toning and sound as groups to move massive blocks of stone to help us create some of those incredible ancient monuments. You know your old movies when you hear that people do that "heave ho" and they chant while they're working? Well, there was a beautiful reality in that because within the singing and the sound it created a different dynamic in energy in which the groups could work together to do what they needed to do. It also alleviated the sense of servitude and the hardship of the physical work: just even energetically and

emotionally before it even effected what the groups were able to do physically.

So yes, going back to sound as a technique in healing is a wonderful way to let the vibrations within our body come back to a much more natural state of being because the world around us with chemicals and beliefs and just mass consciousness shifts and changes alters our vibrations: the actual vibrational nature of our cells, of our DNA, because often we lock them into a vibration that's been passed onto us by our ancestors, our parents.

So yes, this is a wonderful dynamic to play with but as you know those who come to you for healing, for resolution of the physical: you could have the most miraculous cure on the planet but if they're not choosing to truly be in their dynamic energy, in their balanced state, it will not serve them.

I have a wonderful saying:

You can lead the soul to consciousness,
but you can't make it expand or enlighten.

And so too the human body: you can throw at it the most organic of foods, the most wonderful therapies, the most wonderful awarenesses but if that person isn't truly choosing joy in life, balance, harmony, flow, then there is nothing that will shift that until something within them wants to accept the love of soul, the love of self and to allow all of the wonders there are on this planet to serve them.

So yes, it is a wonderful modality that you are incredibly attuned to (ha, another pun!) and aligned with and you are truly attracting those who are wanting to know that balance

and that joy and that is why you will see remarkable results with it. But also too it is attracting people who essentially understand this nature of vibration as allowing energies to balance and it is one layer of their journey to having a joyful life.

But keep playing with it. As you play with it from that wonderful dynamic, you're going to allow yourself a new way with it that will serve you first, and then serve those who want to come and allow that energy within their life also.

With that, I shall say my Namaste. Thank you so much for coming to play, for coming to be a part of this wonderful time with us. I will say my farewells and then allow Marisa to come and say hers.

I am that I am
the grandest creator who ever existed.
I choose life with joy and wonder because this is my creation:
this dimension, this body that I once walked the earth upon.

All my creations:
and they are all free to be as I choose them to be.
And I choose to know the love of soul through my life
and to bring with it the joy and wonder of all that I am.

Namaste.

MARISA: Thank you everyone. This is Marisa back.

You know I always plan for one hour, but I always set the time for ninety minutes in case we run a little bit over and I'm so glad I did because we've almost used up completely that time.

Thank you to everyone who listened in at whatever time, whether it's live or in the archives, and to all those who were generous to share their questions and take us even deeper into choosing this wonderful soul led life. Thank you all so much.

So once again if you want to look up any of my books or come and play with Kuthumi a bit more over a little four week course, you can do that through my website at <http://newenergywriting.com>

We'll see you again next month. Thank you all so much for tuning in.

Big love to you all,
Namaste.