

Soul Cafe with Kuthumi

Channeled by Marisa Calvi

“GETTING BACK ON TRACK”



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Soul Café with Kuthumi – October 30, 2017

Getting Back On Track

Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

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

If you'd like to find out more about our work you can do that at <http://newenergywriting.com> That's where you'll find the links to buy all our books through lulu.com – it's also where you can connect with our Soul Schools; they're little short online courses we do which are all about connecting with soul, connecting with your sovereign authenticity and really allowing the joy and creativity of life to be with you which is what these little shows are about as well.

And we call this time together Soul Café because we like you to imagine it as a beautiful little space that you've come to for some nurturing, for some rejuvenation even and just to be in a safe space to remind yourself that soul is always with you. And every time we breathe and reconnect, or just remember that wonderful energy that is our essence, that is the core of who we are, we can allow more of its beautiful gifts into our life.

I'm quite indebted to two wonderful teachers: Norma Delaney and Garret Annofsky who invited me to truly consciously breathe to feel my soul and invite it into my life. Recently dear Garret passed away and I'm actually supporting Norma Delaney in continuing with her broadcast and so if you go back into my archives here in Soul Café, you will see a few episodes with the title "New Breath" and I would really recommend you also explore and play with those broadcasts to really

experience Norma's beautiful wisdom and her wonderful style of conscious breathing as well.

Now as for today, it's me and Kuthumi and we've got some wonderful questions that we're going to get to later including re-doing one that was unfortunately cut off half way through last month. I do apologize for the technical issues we experienced: I had a few this morning which was kind of interesting... but we're back on track which is the theme for today.

If you would ever like to send in a question for Soul Café, we do this once a month so you are welcome to email it to me and I'll just put it aside for when we have a show. We do try to get to as many as we can so please understand we might not always get to you but we do try our best.

With that I'd like to begin and as always we start with some conscious breathing: just to be in the moment and create a beautiful little space for us to hear Kuthumi's wisdom.

So taking that first beautiful deep breath,
that we feel go down even deep into our belly
to even feel it go in to your toes:
and this can be hard to do at first
because it's not something that we're used to doing...
But it's not even about the physical breath,
it's just feeling the natural rhythm
of who we are in this moment.

If you feel you're struggling with it,
that's okay.
There's no wrong or right way to breathe:
it's just how you are in this moment.

And as we breathe,
We go into our feeling space
and we allow ourselves to feel our innate wisdom
which Kuthumi is going to reflect to us today.

KUTHUMI: Namaste.

I'm a bit impatient today. Impatience: not the best of virtues for us. (laughter) I should say it's more about the anticipation – I just want to get started because I know we're going to have a wonderful time together today.

I am that I am Kuthumi Lal Singh.
What is my story, the story that I like,
the story that I tell myself
as I create my experience?

I am an infinite being.
I was born of All That Is,
Born of so much love and creativity that said:
now you go and play
and know this love
and this creativity in your unique way.

I was born of freedom, so freedom is my essence:
freedom is my natural state.
Everything I have done since,
all the lifetimes I have played with,
all the dimensions I have dabbled in,
have all been about exploring and experiencing.

And I did all of that
with an infinite creativity

and an infinite love
that celebrated every moment and still does.

I shouldn't use the word "achieve" – I "accepted" my enlightenment many, many times in many, many lifetimes. I did it in the solitude of the mystery schools, in the disciplines of the temples, and I did it in the freedom of being a human aware and choosing how it would be – and that's where you all are now.

Parts of you still hang on to the disciplines and the memories of how we should be doing it but I know within you all is an ache for doing it with absolute freedom – and that you can gift yourself right now.

Right now.

Today's topic "Getting Back On Track," what a wonderful thing when we choose to be the enlightened human. When we say: I am that I Am. I am this god self, this creator, this energy that is free to play and explore. What a beautiful story that is – so free, so open and then we go and compress it all with the story of being human: to have abundance issues, to have problems with our body, to have the drama of family or working and sometimes just the crazy heaviness of this dimension downgrades our creativity. Because once you've remembered you're a creator, it's pretty hard to forget that.

We downgrade it, we slip back into being victim and puppet and we say: I must be doing something wrong. If I was doing this right, then this wouldn't have happened. Oh, I love the other one you guys play with: why did I create and attract that? which simply takes us into the story of I mustn't have done enough work, I've allowed negative energies to attach to me. I

have an aspect that is blocking me. There's something energetically stuck. So we go back on to the quest to figure out how to clear the stuckness, how to balance that aspect and how to be better at being enlightened.

And then someone like me comes along, all high and mighty, off in my... what do you like to call it... my third circle? (laughter) My infinite sovereignty I shall call it instead, in my state of completeness and wholeness and I say: oh, but it is so simple. You just breathe and you just remember your god self. And you love yourself.

And part of you says: yes, yes.

And then a part of you says: are you kidding me? (laughter)

But know this, foremost,
enlightenment isn't a destination.
Integration is not an end point.
Being complete and whole
is simply the awareness
of the dynamic energies within you.

I have accepted that I am complete as I am in this moment: as I did when I was still human. There were energies to distract me – because I had created them: I created the distractions for the fun of interacting with energy. I created my aspects to survive and protect me and to write stories to play with my creative being.

How could I distress at them coming to play with me? How could I hate myself for the incredible creativity that allowed them into my experience? There's a fear that comes with that: if I look at this distraction which is hurtful, which is causing me physical issues, which is keeping me from my soul passion – if I

celebrate that, then am I actually giving it life and some power to continue on?

Breathe and remember this: no creation is grander than its creator unless it so chooses. When you were set free from All That Is, All That Is said: go and be as grand as you choose. Because you were born of me, you will be as grand as me.

And that's what we did with our aspects, with our distractions. We said: you can be as grand a creator that I am because I am so willing to play with experience, I will let you be as grand as you need to be to convince me that I am otherwise.

We had a lot of fun forgetting we were creators because when we forgot we were creators the possibilities of stories to play with became limitless. We got to play with all those storylines that had the foundation of victim. They let us forget that we are complete so that we could connect to others, have relationships.

And then we start to remember our creativity as it truly is.

But we've had conditioning upon conditioning, and story upon story, which truly wants us to go back to creating as we always did. The aspects that say: but we've never done that before, let's keep doing it the way we know. The aspects that say: remember the other time you tried to do this and it didn't work?

All these stories.

And you sit here and you breathe with me and you say: Kuthumi, I remember, I know, I want this. And tomorrow you'll get distracted again. Is that because you're weak? No. Is it

because you have more work to do? No. You're an amazing creator. And you created with such passion and such vigor that it will just want to come and play again.

But the conscious human, the aware human, the human who is choosing soul chooses to remember in every breath. It chooses that when the distractions come, that awareness, that consciousness will see it for what it is. Yes, I created you. So yes, I get to shape you and write your story.

It was wonderful. Aandrah yesterday shared with us all: an aspect, a belief, a pattern comes in and they seem so big despite how long you've been on your journey, how willing you are, how committed you are because they come in with all the passion and vigor in which you created them.

But you're not the small, little human that created them – that's the key. You're the aware creator, the conscious creator so their strength and their bluster: a bit like a gorilla beating its chest... I almost want to say you're kind of like the vet with the dart gun... (laughter) with your breath sedating them and reminding them who's the creator, who is the keeper.

You know Marisa is sitting here saying that's the most bizarre analogy to give somebody the idea of a rampant gorilla beating its chest and then being sedated by a tranquilizer dart... but for some of you, these stories and these patterns, that's what it feels like. They just come rampaging in, bellowing and seeming so strong and so powerful...

Breathe and remember we're the conductor of the orchestra (laughter) or the zoo keeper with the tranquilizer gun. (more laughter) Oh dear. It's good to laugh. It's good to laugh at these things because when we laugh and we can see the silliness of

the story, when we can see some humour in the story, it releases a lot of energy around it. It's so easy to have heavy processes and in the past you know, this is what we wanted. We went to the schools and you know, you had to prove yourself to find the school sometimes. If you found the school then that was considered proof that you were worthy to be there. And then you had to prove yourself worthy by starving yourselves, denying yourselves sleep. Pushing the boundaries of what was considered human to somehow be worthy of knowing that you were a soul having experience.

Can you celebrate now that in this lifetime you've done it easy to remember. And some of you are laughing at me and saying: come here, I'll show you how easy it was for me! (laughter)

But truly.

Those of you who are holding onto struggle, lack of abundance – it's still that story: I'll have to suffer for this. And how much of a gorilla is the story of suffer? And I know some of you said: you know, I've shot it with the dart gun. It pulls the dart out and seems to just laugh at it.

And it will.

Shoot another dart.

Keep breathing,

keep choosing.

And you know, that tranquilizer dart,

send it with love and honour to say:

you're so beautiful and I know you can do this easy.

And I'll bring you all of the bananas you want. (laughter)

The remembrance of our essence and to know that no aspect, no energy, no feeding is more powerful than you choosing to be the graceful creator. And when the aspects and beliefs come blustering in, just say: wow! Here's my creativity come to play. Here's my creativity so willing to show me another part of me that's ready to shift into ease and grace.

Look: if the gorilla wasn't truly ready to be sedated, it would stay hiding in the shrubbery. (laughter) That it is out, it is saying to you: here I am. What are you going to do about it? (more laughter)

So what are you going to do about it?

What are you going to do about it? Are you going to go and hide and let the rampage continue? Or throw bananas from around the corner? Or would you like to set that gorilla free from its cage: come and explore and experience the beauty of life by your side, with no fear of you or the world – and you having no fear of it.

There's always that thing: what if I integrate this aspect? What if I love it and welcome it and then we go for a walk and it just basically takes over. Again. Hurts me.

No need. No need.

In my space of accepting who I am, I also embrace the trust of my creativity. And often when these aspects come blustering in, the patterns, the distractions, it's also another opportunity to come back to that trust. They'll do that because they want to take you away from trust and keep you in mind and keep you in that fear space. Choose and say: hang on, no. I don't create in fear. I create in trust.

Getting back on track: let's not look at that as something that's a chore, that's a duty. And not as a measure of where we are in our enlightenment. See, the wonderful thing is that you are aware that you're off track: wow! I'm distracted. Wow! I can feel an aspect really wanting to challenge me. And then celebrating you have everything within you to come back to your balance and to take these energies and bring them into the ease and grace that you're choosing.

And some days, oh my goodness, that will seem like it's impossible. And it will seem like you want to give up. But you can't give up anymore and you know that this too shall pass because you are choosing a new way of being. No matter how distracting it seems, no matter how powerful and loud that gorilla is beating its chest, that tranquilizer dart full of love and compassion (laughter)... see? That's the thing. Tranquilizer darts don't kill the animal. What do they do? They give it a little bit of a time out. Often you know, let's have a time out so you can sort of slow down... you can feel what it's like to relax! (laughter)

And they wake up a bit groggy but imagine they wake up and you're there holding their hand, with a big pile of bananas beside you saying: hey, everything's okay. Now let's go and play. How wonderful!

Let's get on with some questions... alright.

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

Well, we created our teenage years with some incredibly dynamic energies: physical changes, social changes and the big key here for your son (for all children that age) is that sense of stepping away from that space of being a small child where I was being nurtured to the awareness of I can nurture myself and the brutal teenage social energies where that can really be challenged.

There's a lot of gorillas in teenagers, are there not? Beating their chests: I'm bigger and stronger and it can make those who are doing it in a gentler way feel incredibly vulnerable. Because as they're coming into their own, as they're becoming an adult and that feeling they will soon have to be completely self-sufficient, there's a lot of judgmental energies around well, can you be self-sufficient? Are you weak; are you strong? Are you good enough? Do you look the right way? Will you have the foundation to be a good adult, a strong adult?

So a lot of these thoughts are playing out and if there's a doubt, or there's energies flying around from outside, they will manifest physically as well of course, on top of the already dynamic changing energies that are happening physically.

So we always say that children choose their parents for a reason: so as you stay in your balance, in your awareness, you'll invite him to see the way he can be. To remind him that energies of others are not crucial in the shaping of who he is as an adult, as a human, and as a soul. To encourage him to find activities outside of school that are nurturing, that are loving to him and that will also show him that that high school is not his complete universe. At the moment his definition of who he is is very small, so invite him to experience there is more of life and in seeing there is a world outside of his school, and even

outside of family, he'll discover that there's much more to him than he is thinking he is at the moment.

Have open conversations. Share with him your awareness, your experience and what you're aware of – and a lot of it he's going to reject (laughter)...possibly. But there'll be in there space for him to come to his own understanding, his own awareness and his own consciousness.

But the key really is for him to stop believing that that the high school world is his complete universe because as soon as we decide that whether we do it with our workplace, our families, whatever: as soon as we do that then we say my personal universe is this size also. And it's not. So encourage him to find ways to experience, explore and become aware of how grand his personal universe is. Thank you.

Our next question...

“I would like to know why I often get badly treated by men. This makes me very sad and the last time when it happened was only five weeks ago. After that I drank for three days because of the pain. I was in such a despair I went to a mental hospital and I stayed there for four weeks, but I'm thinking and thinking: did I do anything bad, wrong? How can I be a better woman?”

Questions come from mind and as we talked before: mind loves you to judge yourself and measure yourself: what did I do wrong? I need to be better. And it's also too; the whole pattern around this is keeping you beautifully in victim. And when we're truly resigned and accepting of being a victim, it's almost like you have a flashing sign on your head, “come and get it.” It's almost like, you know, if you lived amongst vampires and

you walked around with your neck bare and extended, ready, with arrows pointing to where your veins are...

So my dear, these are very, very, very old energies. It is to do with healing a lot of your feminine energy and we've seen recently this is coming to light and it's all shifting so you're choosing a wonderful time to open your awareness. The energies around simply being a female means you're open to being a victim of men.

Hear that for a minute: just listen to that story.

Really go into the story of what does it mean for you, a woman, to be female, to be feminine... and how you have to interact with men. Are you carrying stories from your family? Have you seen others around you with that pattern that men dominate, that men are free to treat you badly simply for the fact of your story of being female and woman?

Now I want you to celebrate that you're at least aware that this is happening. And I want you to celebrate that there is at some level a choice for this to end. Often we'll choose something so big that wow, I'll rush and I'll actually harm myself for three days by consuming too much alcohol and then I'll let that spiral into such despair that I have to surrender to being victim so much I had to go to hospital. Now nothing of that story I'm saying to you as a criticism of your experience. But often we will create the biggest drama around the pattern, almost like a kick in the butt to say: are we done yet?

And I know at this point, that's what you're saying. But I want you to really breathe with the commitment for that to be over. I also want you to look at: what is it about having a relationship that you think you need? Because we will attract in our

relationship what we think we need. There's almost a little part of you that says I want men to protect me – do it in such a state of victim that they come in and take that to a whole different degree.

Can you now in this moment breathe and know that you are complete and no one is going to protect and love you and nurture you more than you will.

Breathe with that.

This is an old story, an old energy, an old belief that truly came in like a gorilla beating its chest. (Sorry. I'm going to go back there again.) So take a breath, send off the tranquilizer dart and then maybe get yourself some bananas. (laughter)

Set yourself free from the cage and really, really go and love yourself how you would love another to. You don't need anyone. And if they do come into your life, then at the first sign of disrespect or imbalance, you walk away. But let's not even go there, let's not imagine that it will happen again. Because when your energy is clear, that flashing sign on your head that says, "Victim. Please come, take some energy," it will turn off.

Can you truly love yourself so that you don't need another to come in and just confirm the story that you don't deserve love? That you don't deserve to be treated well? That this is how it will be because it's how it always has been?

Let's change the story.

I am that I am right here, right now
so in love with myself.
I don't need love from another

because I have it here with me.

If you're wanting, if you're craving the physical interaction, give that to yourself. I would love for you to play with seeing how much you can love and nurture yourself. It's addictive in a wonderful way because it's nurturing and it is inviting of soul to be even closer with you.

Are you done with that story? Are you done with being treated badly? And I can hear you shouting YES! Which is wonderful! Then take that yes and love yourself. Thank you.

Next question...

"I am depressed and have been for my entire adult life. I keep thinking that when I choose higher vibrational beliefs, the depression will leave. But despite the hundreds of times I have had amazing experiences of the new energy, I still wake up each morning feeling anxious and depressed. And I think of all the times I come up with some new idea or plan to try and find some relief or happiness. I'm sixty-two and as I look at this lifetime and my pattern of depression, I feel that after everything I've studied and tried, what I'd hoped for which is freedom and joy probably won't happen and maybe it will next time. So can I just go back on anti-depressant medication and then go along with the ride of what's left of this lifetime? It makes me sad and I feel like a failure."

This is the wonderful dynamic energy of depression. It loves to grab you and hold you in its grip and make you think that you have to struggle against it, push against it and somehow heal it. It's now become a beautiful dynamic aspect of your life that it's woven itself within your chemistry and your physical reality, changing your eyesight.

Depression does that.

It will literally change how you see the world around you. It will change how you hear someone's words. And I know when you're in it, it will seem overwhelming and that's how it keeps you there. Because it's the creation telling you that it is more dynamic and powerful than you.

So it knows how to get you.

Those of you who play with depression will know it has certain times of the day it will get you or a day of the week: for you, it's the morning.

"Hi. You know what? I'll get her first thing in the morning because when she believes she should be fresh and clear for the day: that's going to make it seem like it's never going to go. Oh look - she's trying something new. I'll just come back in even a bit louder because if she goes and does that and starts to see that she's actually a creator, she's not going to need me anymore."

It has gotten so insidious and so clever finding it's way into every little detail. And I know that sounds really despairing but I want to go into that to let you feel just how clever you've been at allowing it to become this insidious.

And yes, it can take time...

But you know, the first thing with depression is it's a wonderful energy that says: you know what, let's be here but let's not really be here. I'll exist by surviving life so you feel like you're kind of doing okay, but I'm going to suck all the joy out

of it so that you feel every day is a struggle and that you're not worthy.

I want you to take a breath with me now and I want you to come back to that moment when you as a clear energy, as a beautiful soul that had gathered so much wisdom, chose this lifetime. Not from a sense of duty; you chose it from an anticipation to come and play. And somewhere along the way, you created a part of yourself that said: I need to stay small. I'm not worth being grand – maybe you can feel when that happened as a child, as a young adult. Maybe you carried it from another life.

Just feeling when that aspect got created. Yes, we're here and things could be great but let's just stay like this: it's safe here when we hide in this fog.

And feeling that whisper that said: let's go and play and see if we can get out of this fog.

And you found spirituality and that gave you something to hang onto. But then you took that spirituality and you gave it a measure: if I was doing it right I wouldn't feel like this.

Bang! The depression is there again.

And I know that as I'm telling you to breathe with this, it's almost like you can feel a weight on your chest that it's fighting it... but to breathe and remember and choose your truth. To really want to be here – without the excuses: I'm sixty-two so maybe it's too late. Hell, a minute before you die you could choose enlightenment and choose joy: it's never too late.

And what's time anyway?

That's one of the reasons why I have no interest in coming back and being human. I respect time, I understand the illusion of time – I have no interest in playing with linear time anymore. But you are having fun with it...

But instead of looking at all the story and the excuses and is it worth it: am I worth it? Am I worth to allow joy into my life? Am I worth to be able to play with life in a way that isn't clouded by this fog? Am I worth loving myself?

And about the antidepressants: I know within the spiritual world medication has some wonderful conversations around it... it's almost as bad as the vaccination debates that go on between the scientific community and the spiritual community. Here's the thing: in this moment if you truly feel it would be loving to yourself to seek medical support in whatever way that would be, then that is right for you.

I can't tell you what to take, how long to take it for, how much to take because that will all be in your feeling space. Maybe it will be good to go back on it, even temporarily, to help you have it balanced physically so that you can keep breathing and allow more of that love in.

When we make blanket judgments upon things, we're simply creating a cage. We're creating a belief and as soon as we create a belief, it's a limit. What feels right in this moment for me that will be loving and nurturing of me: and don't just apply that to taking medication, do it for everything in your life right now. Can you be willing to do that for the food you put in your body, when you choose to exercise, when you choose to rest: what would be loving and nurturing of me in this moment?

Depression doesn't want to hear that question because depression is actually all about what will keep me in the fog?

So in this space with me now, depression is starting to drift away... take a step back...

I don't know. A part of you is saying it doesn't even trust listening to soul to what will be nurturing for you – it's going to take a bit of work. But are you worth it? Are you worth the time? Are you worth being aware of who's talking to you?

I know that you know when the depression is talking. And isn't it interesting that you can trust that you know when the depression is talking, but not when your soul is talking? Because you've invested in the story "I'm not worth it."

But my dear, you are worth it. You're here with me. You're willing to hear – I do hope you're willing to hear, and you're ready. And all those things line up to a wonderful yes. And every time you take a breath, that wonderful yes will bring the clarity and clear the fog.

Last question...

"It is easier for me to give my energy away to let's say a job where I am being told what to do, or to my own distractions that keep me in a state of non-abundance and fear, than to give myself the gift of working for myself and allowing all my gifts and talents to serve me for my own joy. It seems hard to accept my own joy and to allow it. How can I let go and allow?"

Take a breath with me everyone.

Fear doesn't like trust. Fear doesn't like the unknown. Fear loves mind because mind loves fear just in the space of: you know, when I work for someone I know what's going to happen. I know how much money I will get each week and I know what's expected of me. Isn't there that wonderful saying: better the devil you know? I'll stay here where I know even if I know it's horrible...

...and this goes back to all of the questions beforehand too.

Even though it's horrible, I know what my routine will be every day. Letting ourselves step outside the cage of that is terrifying to the mind, terrifying to the fabric of the human who wants outcomes, has expectations: how will I pay my bills? What if I die?

You know, it's the little questions "how will I pay my bills?" to "what if I explode and die because I've allowed so much creative freedom into my life?" (laughter)

So my dear, I'm going to put to you as well: are you worth it?

And there's a little part of you saying no, I don't deserve it: I shouldn't, I'm not clever enough. So hear all those stories you're telling yourself. And then you take it into that spiritual one: I'm not brave enough, I'm not clear enough. I surely must need to do more work or otherwise this would have all opened up...

So I'm going to give you some fun to play with: how willing are you to play with just starting?

See, there's a part of you too that thinks when you stop one thing, the next thing should open up immediately. But it's okay

for there to be a transition point. It's okay for energies to play and go into each other. Maybe you will still keep a job for the human stability which is fine; there's nothing wrong with doing that. There's nothing wrong with saying: I will hang onto this job which is kind of serving me okay to provide me money (let's not talk about abundance) but I can start playing with my own ventures as well.

This isn't a black and white situation and mind loves to tell you that situations like this, especially around money and these human aspects of life, that they're black and white: I'll stop and then this will happen, or if I stop then this should happen to replace that. It's okay for things to blend and shift within each other... perhaps you can reduce your time at your job while you go and play at creating this next episode and next aspect of your life...

The key here is just to start playing with it in some way, to allow those energies to come in. If you're staying as you are in the routine that you are, then that's keeping energies – I'm not going to say stuck because they're always there in a dynamic state – but they stay in a kind of holding pattern. Unless you're willing to play and start to let things change, then the new potentials will kind of sit off in the distance just waiting for the space and the opportunity to come in.

The minute you start with anything: whether it's just doing the work that you want to do for the fun of doing it in a way that might not necessarily create income, but it's just sending out a message to all the potentials of I'm willing to play and I'm willing for you to be here.

Take a breath with that. Is that worth playing with?

And if some fears are coming up around that – just feel where they're coming from. They're not yours. And you know what? They're not even from your aspects. There's a lot of stuff going on around you that you're still holding onto from expectations of the people around you, the worry of backlash from even your current employers... I'm just kind of saying these. Not exact things of what's going on, but just for you to feel into: what is the true story for you? Is it mass consciousness? Is it just stuff your family has taught you about how you should be? Is it your fear that there's maybe people that rely on you, that you'll let them down?

When we come from a space of really honouring ourselves: we actually don't let people down and we don't cause disruptions. Because when we're coming from that space of our sovereign creativity, there's an essence of ease and grace that allows it to shift with that dynamic.

So my dear one, are you ready to start? Are you willing to play? I know you're loving yourself, and that's the frustration that you're just not allowing that love to come in even closer and deeper and grander. And the minute you say yes, I'm willing to play, that will allow all these beautiful potentials and opportunities to open up. Thank you so much.

Thank you so much to everyone for tuning in. I will say my farewell.

Namaste.

MARISA: Thank you so much everyone. This is Marisa just coming to say goodbye. We'll join again next month. If you would like to know when upcoming shows are – they're not always on a regular basis because I travel: you can come and

sign up to our my newsletter at my website
<http://newenergywriting.com> We send out emails on updates
about schools and radio shows coming up.

Thanks so much for joining us. Thank you everyone for your
beautiful questions which really took us into that theme of
getting back on track and for self: what is nurturing and
honouring of me in the moment.

That is the real essence of what is also my farewell, which is
Namaste.

Thank you everyone so much.