

**Soul Cafe with Kuthumi  
Channeled by Marisa Calvi**

**“THE GRAND RETURN TO SELF”**



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**Soul Café with Kuthumi – May 7, 2017**

**The Grand Return to Self**

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

Hi everybody and welcome to Soul Café. My name is Marisa Calvi and I'm coming to you from Sydney, Australia. I'm an author and a channeler who works with the energies of Ascended Master Kuthumi Lal Singh and this show that we do around once a month when we're not travelling is just a little retreat. We call it the Soul Café because we like for you to imagine that you're joining us at your favourite café with lots of wonderful treats and beverages, where you can feel comfortable and where you can just take some time out to breathe and connect with soul.

Each month when we do the show, Kuthumi and I (Kuthumi will come in later) we will talk about connecting with soul: letting soul into your life and truly stepping into being the grand creator that you know you are.

So thank you so much for joining us today. It's May 2017 and that is a wonderful marker for Kuthumi and I. We actually began channeling eleven years ago but this May is ten years since we published and released our first book together which was a huge milestone for me having wanted to write since I was a teenager and then finally doing that in my late thirties. And it's been a grand celebration.

It hasn't just been about writing books: we've been doing shows like this, we ran our beautiful schools together and most of all it's been a wonderful friendship where he's taught me so much about connecting with soul, coming back to my essence and shaping my life how I choose it to be.

And it's been great being able to share everything that Kuthumi shared with me; we share with you. So it's party time for us and we wanted to have a sort of celebration with all of you, so if you would like, you could go to our website at [newenergywriting.com](http://newenergywriting.com) – we have a birthday party

giveaway. You can win a Soul School, and then we'll be giving away ten copies of our first little book which was called "You Don't Have Problems, You're Just Bored!" We'll also be giving away ten postcards: it's a beautiful postcard which Kuthumi then writes a short message on to you that people really love: he always sends a lovely little reminder to inspire you and just to have some fun with him.

So please, [newenergywriting.com](http://newenergywriting.com) and that's where you can join the party and hopefully win one of our giveaways. Also while you're there, you might want to check out we've got our next Soul School starting next Sunday May 14<sup>th</sup>. The theme for this school is a new one that we haven't done before but it kind of runs through all of the schools anyway along with connecting with soul and expanding our soul connection: the theme this time is Self Love.

Self love is really a foundation to our enlightenment and our awakening. It the foundation of every school we do but I'm really looking forward to having one school with it being our absolute focus. We do six sessions over four weeks: it's four main channels and then we have two question and answer sessions so people can send in questions along the theme of the school or about connecting with soul. We have a lot of fun and move a lot of energy.

And the schools are always expanding and becoming even more wonderful for me (laughter) because I get to attend every school and you know, we have a great time with Kuthumi. And people have had some really beautiful clarity and awareness open up with them. So that's [newenergywriting.com](http://newenergywriting.com) for the birthday giveaway or if you want to check out our Soul School – or you could visit and buy a book, or if you go to the Soul Cafe page you'll find a link to where we have transcripts of the radio show as well – this one should be up in about three weeks.

So the transcripts are wonderful for anyone you know who's English isn't so good and might be better at reading it. And you're also welcome to

translate those if you want to share them with people in your country if English isn't the first language there. We love it when people do that.

So our theme for tonight is the Grand Return to Self. For me, enlightenment and my awakening is all about coming back to the essence of who I am and really feeling the beauty of soul. I'm going to let Kuthumi talk more about that but he did this wonderful thing in our Aspects and Integration School about how we started off as this pure energy that went off to explore and play and we wrote so many stories about who we are to have the depth of experience. And the irony of enlightenment is that it's simply to remember that basic truth and then feeling the essence of who we are. So I'm really looking forward to Kuthumi playing with that.

I've also got a couple of questions. A few people have been talking to me lately about anxiety. It kind of goes hand in hand with depression, but it seems to be something that a lot of people are now recognizing as another issue, an aspect so we'll talk about that too and then there's one more little question. So we'll hear Kuthumi's answers to these questions, and then I'll come back and say goodbye after that.

| So please get comfortable and take that first beautiful deep conscious breath...

And just picturing yourself in your favourite beautiful café or anywhere you feel safe and comfortable, where you can remember that you are god also, you are safe, you are loved.

And just feeling that beautiful space within us all of clarity and ease and grace, of joy and wonder that is the very beauty of our soul.

And just feeling Kuthumi coming in close

to play with us and talk  
as we go into exploring returning to us,  
our truth, our essence.

Beautiful deep breaths:  
in the breath we slow everything down...  
we come back to the present moment,  
we give mind a rest, we feel.

And just feeling the beautiful rhythm of the body  
as the breath moves in and out,  
it's a wonderful reminder  
of the natural rhythm within you  
that wants to explore life,  
that wants to walk hand and hand with you in every moment.

Coming back to this beautiful space within  
and with every breath inviting it to radiate out as well.

KUTHUMI: Namaste.

I am that I am Kuthumi Lal Singh  
GRAND ascended master,  
the grandest creator who ever existed,  
as are you.

My beautiful ones playing with life, playing with being human: there's no greater adventure than being human. There is no tougher experience than being human here in these dense energies with so much energy flying around, it's no wonder some of you feel anxious and can't sleep. We're going to talk about that a bit later...

And yet here within you, in this moment right now,  
in that breath, that beautiful conscious breath,

the peace and joy that is of your essence  
and what you were born of:  
all that is, the universe, the grand god  
loved you so much, he set you free.

But he or she (laughter) didn't just set you free,  
that energy set you free with so much love  
that it didn't see you as being lesser:  
it set you free as its equal.

Born of god, you are god,  
Born of creation, you are creation.  
Born of love, you are love.  
The little spark that was never so small:  
the grand inferno  
embracing experience.

And here we are...

I'm going to tell you a story from my human lifetime, my last linear human lifetime when I decided I was enlightened. I was done with the search and done with the struggle: I looked up and I said, "I am enlightened" to the sky. I looked unto my hands and said, "I am enlightened" to my body. I said it to people, "I am enlightened" and some would laugh at me and think I was crazy and get away from me as soon as they could which was kind of nice actually.

Some would say "Tell me more," and then I really wouldn't know quite what to say. How do you explain what it means to be enlightened? And I took a breath one day when someone said this to me because sometimes I would downplay the words...

I'll try to make it simple: I would say I am one with my spirit.

Ah, isn't that wonderful, (laughter) but people get that. "Excellent," they would say and they would run off to put that water on their forehead and put a little wafer on their tongue.

I would see sadhus in India and I would say to them, "I am enlightened." And some would laugh but it was a laugh of love and wonder that I was so bold to declare myself. And some would say: who was your guru? Tell me the path. How far have you walked? What temples have you been to for pilgrimage? And then they would go off further on their own pilgrimage.

I walked one day up a mountain in the foothills of the Himalayas. I was done with my travelling and I knew I wanted the years I had left to be ones of peacefulness. I wanted space and quiet. I didn't want to travel anymore, I just wanted to be in a space where every day I could just contemplate how much I had gifted myself by returning to the love of my soul.

I found a wonderful home so far up north in India it was probably what you would call Tibet almost (laughter) or Nepal... I'm taking Marisa there in a few months.

And sitting there with the grandeur of the Himalayas above me, a wonderful cool air having escaped from the heat of most of India, and I could breathe so deep even there in the high altitude, and I felt at peace with myself, with the world and about what life just means. It was there I met a guru, a teacher. He'd been living in that area for thirty years. People said that he didn't even know how old he was anymore because he stopped counting and why would you count? I wasn't going to count my lifetimes, my days or years anymore.

I actually went to find him because I'd heard about him, I went to his cave. I took him a small bundle of food as you did to a guru, to honour their work, and I placed it at his feet. He could see by my face that I was Indian: I was not some foreigner from the West trying to get their grab of

enlightenment so they could travel back home and boast about it. He knew I was one of the people of this land but he could also sense that I wasn't exactly the traditional Indian.

He smiled at me and it was the smile that kind of said: I know there's more to you than your appearance. And then he invited me to sit and he said: "Tell me your story."

I began with the sentence that I always began with these days, mostly to people such as him. I said "I am enlightened" and he nodded. And he said: "but there's more to the story is there not?"

And I was taken aback because to a guru to say that you were enlightened: that should be the beginning and the end of the story and I furrowed my brow. And I said: "Guruji, what do you mean? What more to a story is there than to remember your soul?"

And Guruji smiled wide and he said: "Your enlightenment is not the final destination. Your enlightenment is but one step on the journey."

And I smiled now because I knew that truth.

He said: "Your enlightenment is a story of its own. You have been writing a story since you became your own soul and you will continue to write that story."

And I nodded and I smiled because that was the truth. Now, (laughter) middle-aged, heading towards later years, it had been a big journey. Studying, asking questions, collapsing, being ill – so ill that all I had was my mind which then too shut down so that all I had was an ache inside me to find peace. When I finally chose to surrender, finally finished with the struggle and said: I am enlightened because I know I am god also. I hear my soul and I choose to live now.



With that remembrance, with that clarity and with that command, it had been a journey and a story because to be enlightened you have to remember. So this is part of the story which is forgetting.... (laughter).

I said to Guruji: "Why do you suppose we forget?"

I knew but I wanted his answer....

And Guruji said: "Because the grand return to soul is the most epic adventure the human can undertake. Within it they will find out – do they have commitment? Do they have belief? Do they have trust? But most of all, do they have enough love for themselves to complete the journey?"

And I smiled and I said: "But why would we test ourselves so?"

And Guruji smiled again and he said: "Because humans are stupid essentially. (laughter) They love to learn lessons. They love struggle because that is a dynamic that we have bought into for so long. And you know what? It makes the love that we find so much sweeter. It makes the trust in ourselves so much deeper. And it makes the commitment to ourselves even more rewarding."

I remember being back at my guest house that night lying in bed and part of me wanted to laugh at the silliness of setting up a struggle simply for the beauty of letting it go. And I know for many of you this enlightenment journey still seems like a struggle: that there's always something to deal with, that there's always another distraction, or there's something that you think you're just not getting right.

Take a breath with me now.

When I said I was enlightened, what I also said was I'm done with the struggle. I'm ready to accept all that I am, right here, right now, to be so in love with myself. To know, this is as good as it gets because I am perfect

in this moment. All the love and the peace and the joy are already right here and all I have to do is stop looking and breathe and those energies will be with me.

To not measure yourself by how much money is in the bank, to not judge yourself on the state of your body, to not be living in a state of hope that one day you'll get there.

Oh, hope. (laughter) I've told you before, hope is always just delaying what could be yours right now.

Trust: so hard to trust ourselves, is it not? Because you have history of times when things did not work according to mind. You have a society that tells you how things should be: even within your spiritual communities. You have ideals and beliefs that can still set up measurements and judgments for you.

The sovereign one, the grand one, the soul that is unique is of its own story and not bound by anything outside of it.

It's a very hard thing to trust that you are perfect and unique and as powerful as any other soul that is walking this earth right now – but you are. Everything laid on top of that is the illusion from this dimension. It's the design that we had to simply play with all of the energies here.

And every time I take a breath, I let go of another illusion. I let go of another story. I welcome another aspect home: these aspects that love to judge. These aspects that love to tell you you're doing it wrong.

“There must be something blocking me.” How many of you say that one? Oh, if this wasn't happening I'd be able to create something or if only this aspect wasn't blocking me.

Excuses, drama... (laughter) ...other people... and all I have to do is come back to my breath and that's all I need to do to remind me of my divinity and to let go of anything that is not truly of my essence.

That's a fabulous adventure, is it not? To finally be able to feel into what is mine and what isn't.

I know for many of you now, and this is going to go into this anxiety question we have too: we sometimes feel things and it doesn't feel balanced and clear as we know it does when we breathe with soul but we can't tell where it's coming from...

There's a wonderful saying I love to share with people which is this: when you choose enlightenment and awareness you become more sensitive – and that's a wonderful thing. But the downside of that is that with your enlightenment and awareness you become very sensitive. (laughter) So it can almost feel like a liability to be so clear with your energies, to be so sensitive to feeling where you're at in every moment. It's like all your filters are gone for you to feel yourself again where you spent so many lifetimes putting up filters to forget that you were god. So we let the filters go to remember we are god but then all of a sudden it's like: hang on, I can feel everything else as well!

But I know you don't want to go back to being numb, being unaware, being asleep and unconscious. So we want to balance these: we want to be open. We want to be aware. We want to feel things – we don't want to be machines or always in our minds, but we don't want to feel everything from outside of us as well. To be with sympathy, even compassion, but to not carry energies for anyone else.

You ain't got time for that. You ain't got the space in your energetic wheelbarrow for that. All you want in your energetic – let's call it a backpack: it's a bit more ergonomic and better for your posture too – the only thing you want to carry in your enlightenment backpack is a bottle of

water because you need to keep hydrated, maybe some chocolate, maybe something savory and you just want a little book that when you get distracted, you can sit down while your in your quiet space and you open it up and it says things like: you are god also, breathe, go for a walk...

Oh my goodness, if only such a book existed, which it does, which is called, "You Don't Have Problems, You're Just Bored!" (laughter) Sorry, a little bit of a shameless plug for my book which came out ten years ago this month. It doesn't have to be my book of course, but imagine that's what you carry: things to nurture you, things to sustain you, things that are loving of you and that energy to remind you when you're getting distracted.

And I know some of you are thinking: but I need to be in service. I have children, I work. You can do all those things interacting with life and interacting with other people without entertaining the energies of martyrdom, servitude or duty. Oh... to let go of duty: to take care of your children with love instead of duty.

I know some of you say you do that with love already: yes, but to take away the energy of duty... to be at your work and to be doing it as a joy and a passion rather than an exchange for money. To have pride in your work but not because you're scared of the reprimand if it doesn't get done: these are very different energies. To be able to interact with your family without feeling like you have to solve all their problems or that their problems are yours simply because you have some sort of DNA link. (laughter)

You can be the complete human: sovereign, energetically complete. I'm going to say the word "disconnected" because I want you to really picture that. You with your little energetic backpack (laughter) that doesn't have to carry anything for anyone else. You only carry what is loving and nurturing for you and something to remind you of where you're going and what your story is.

Guruji told me another thing that day sitting in his beautiful cave, the sun streaming in on us. He said: “What will you do with your enlightenment now?”

And I took a breath because I’ve made some very simple choices, but I hadn’t looked too far ahead, and I said: “I wish now to stay in this area and just be in my peace and my joy.

And he actually asked me: “Will you not teach?”

And I didn’t like the word “teach” anymore: I didn’t even want to be a guide. I certainly didn’t want to be a guru. And I smiled and said: “I will share what I have remembered as an invitation for others to remember as well.”

And that made Guruji smile the widest he had during my whole visit. He said: “You may not use the word teacher but the grandest of teachers are the ones who share from their heart of their own experience.”

And so I did. I wrote letters; people asked or wrote to me. I didn’t go seeking to be a prophet or a spiritual missionary.... (laughter) If people came to me and had the conversations and asked, I shared. And many did.

I seemed too ordinary for the ones seeking enlightenment – I watched them on their way to Guruji’s cave. I watched them walk out: some of them bewildered, some of them blinking getting their eyes back adjusted to the light. I saw some walk out with their heads down, knowing that they hadn’t felt what they thought they should feel when they were in his presence, some left with their heads held high, smiling, beaming... they walked more purposeful than ever before.

But I didn’t see some as being successful or some as failures, I just saw that each of them were at different stages of their story: maybe some of

them would never reach enlightenment in that lifetime, but you know, they sure set up the perfect foundation for the next time they're going to try. (laughter) The memories would not be so fuzzy.

I used to love to sit in front of my home and just look out to the valleys around me, up to the mountain peaks watching as the snow grew further down the mountain in the colder months: creeping back up again when it was warmer. And I breathed and I was so grateful and thankful that I had allowed my story to be what it was: to remember and know the grandness of my soul.

Thank you for letting me share that story.

Let's answer these two beautiful questions that were sent in. The first one is...

"Do you mind talking about anxiety? Why am I awakened in the middle of the night with this horrendous feeling in my chest and throat and then it stays with me all day? I've tried breathing and integration but nothing seems to work? What is this aspect and how can I handle it?"

We've talked a little bit about anxiety already tonight: I'm going to go into the dynamics of it a little bit deeper now. Anxiety comes when we are not in the moment, pulling us away from the moment, because it almost feels threatened by how close you are to the peace and love within you. For so many of you, you have aspects that have been so invested in keeping you little human, keeping you away from your self love that they'll do anything to keep you away from it.

My darling, you in particular, made a very solemn vow many years ago, (laughter) many lifetimes ago – many of you did. You played with some dark energies and it's really interesting that those of you who played with dark energies will know that they're as powerful as playing with what

you would consider your light energies, or your more loving soul energies.

But the dark energies were a little bit more satisfying to the human because dark energies manifest in the moment without any regard for karma: I'm using "karma" in the sense of there are energetic consequences to your actions. If you choose a really dark lifetime, there are energies that will linger through, almost like (Marisa would say it's a terrible analogy) like maybe when you go to the bathroom and you catch a bit of toilet paper on your foot and end up trailing it back out to the party or your house or wherever you are. They sort of linger like a memory: almost like when you've eaten a meal and then you have a bit of reflux or burp later and you taste the meal again. And the meal is long gone: it's already moved on through your stomach but somehow the taste of it can still repeat on you. These dark energies do that.

So now all of you have played with dark energies at some point in your lifetimes. And those energies had so much fun with you: that's when some of you went into very dark alchemy, some of you were incredibly powerful healers but then you took that healing power and used it for evil instead of good. You were the witches and the warlocks; the ones making potions in little cottages out in the woods that people would travel for. You would take money to heal their baby, you would poison a lover who had spurned someone, you would beguile the rich to take their money and they were wonderful, dynamic, playful times.

You played with creativity, that wonderful basic creativity but in a way that was manipulative, that was controlling, that was dark and it carries on a little bit of it because the essence of playing with those dark energies. Even though a part of the story of it is that you're powerful and you're dynamic, they're also still very, very human because of the energies of control and power involved to poison another: there's no compassion for the choices that soul may have made.

And I know, we could say that they chose to be poisoned... okay, but you could have also chosen not to poison them and that doesn't mean somebody else would have poisoned them. (laughter) There's a dynamic of choices that interplay with each other: to choose the noble, the gentle, the loving way that has its energetic consequences, as too does choosing the controlling, manipulative and dark way.

So that little part of you that's lingered on, like that flavour coming back up in your throat: it truly is almost isn't it? It is almost energetically like that for you. That's why some of you feel it a certain way in your body: it will pull at your lower back, it will tighten your neck, it will come back to you with a stamp of energy it believes will lead you to come back to playing with it in its full again.

So it comes to you at nighttime because well, isn't that when all the witches used to play so well? And the moon with the fire in the darkness sending out ghosts? So it loves to grab you at nighttime when you're a little bit unaware because you're tired and you're in that free state where you're jumping around the dimensions with your dreams so it feels like it's got a little bit of an inroad there to come and talk to you. So it wakes you up.

And it was scary because when we used to surrender to those lifetimes there was always a fear, wasn't there? Because the religions told us the darkness would take you to hell – and then you played with that energy and most of you thought it will be worth it. (laughter) And for some of you it was worth it even where you went after that. (more laughter)

So this energy, it's not something that wants to make you feel scared –it's letting you feel its grandeur and its power but because you haven't got the memory of where it's coming from it's just scaring the bejesus out of you. (laughter) And you are feeling like: there's this energy, I don't understand where it's coming from, and what does it want from me?



It wants you to go back and play with it: that's what it wants. It wants you to surrender back to that other part of you that you've said no to now for several lifetimes. You've been choosing this quite opposite energy of love and balance and joy that doesn't want to feed off people, that doesn't want to control people and so it's coming back to you and saying: hey, we had so much fun. Come, let's do it again.

And it's waking up energies in your body and it's sending you physical messages, but because you're so disconnected from even wanting to go there: that's where the confusion is coming from. Breathing and integrating –you know how to do it but it's kind of what triggers it... that's kind of the irony of stopping to breathe with it.

It's about saying: I feel you. I understand you – even if your story doesn't make sense to me and I don't really remember it – but I understand your wanting me to return to you. And it's actually doing it with a lot of love. It actually believes that it loves you so much that's why it can't let you go just yet. It's saying: come to me my darling. Remember the grandness we had.

And you can breathe now and say: thank you, but you can come with me, with my love for you and see how we can be now.

Now there's another layer to this: there's some crazy stuff going on in your world right now. A lot of the politics are really stirring up these energies as well in all of you. They're making you question the stability of life. They're making you question the very foundations of humanity and these are feeding these darker energies that then take you all into these energies of anxiety. They're not yours.

They're not yours.

It's getting harder to believe that there can be a safe space for the enlightened, awakened human. It feels like things are getting worse, and I

hate to tell you they probably will. But you, the enlightened ones, the ones who are choosing their experience will always be safe: even when things upset you, to come back to the compassion for others who are choosing their perfect experience. And that too is going to be getting harder as well.

Will the tide turn on it? Yes, it will.

Don't be afraid to engage and be active with this life. Don't be afraid to be part of the voices who are speaking up. Much the same way we don't ignore our aspects, we don't shun them, we don't cut them off, ignore them. We embrace every part of ourselves with love and acceptance and so too, I invite all of you to offer that to the world around you. Because let's face it: as a creator, you've got to take responsibility for what's going on around you as well. (laughter) And that seems as though okay, I didn't vote for the guy, I didn't vote for the woman – but you're still part of the dynamic. That's part of being this creator, you have to take responsibility for everything that's within your life but the grand one remembers they can be of the game, but not in the game. Ooh... that was a bit cryptic and big wasn't it?

You can be of this world, but the energies of the world don't own you. You can be of this world but mass consciousness is not the one who chooses your experience. You can be of this world with all its craziness, but you can live in peace and harmony because you return to self, you return to soul and you return to that beautiful intimate love that is within you.

This anxiety, the energies outside of you pulling you away from soul but you get to return because you choose to. And it can take some time: some of these aspects... ooh, they really want some convincing that this is what you are truly choosing for yourself. (laughter) Have patience with yourself and that will offer this energy patience as well.

And being aware every day too: you know it gets triggered at a certain time, you know there's a certain physical pattern around it. Talk to soul

about shifting that pattern so that aspect hasn't got its teeth in by simply creating a routine for you. Aspects love routines because they know that's a perfect way for them to sort of keep you in their holding pattern – literally.

So talk to soul. Maybe there's something that you can do to support yourself so it doesn't affect you during the night: a supplement, maybe a certain food before bedtime, maybe a beautiful new pillow or some new bed linen so that your environment is different. Maybe a short holiday away where you're sleep somewhere completely different. Maybe take a nap during the day, break up your sleep as well. I don't know, I'm just throwing things out there. You talk to soul because you've got to create your own little solution.

All of you: if there's a certain situation, a time of day where your anxiety or any particular thing – whether it's a mind pattern, whether it's a time of day you just get grumpy even, change what you're doing so that the aspect hasn't got a routine to get into where it knows that ooh, she's kind of quiet at this time of day, that's when I can get her attention. Um hmm. Have some fun with that. It's not yours, so if it's not yours then you know this can come back to balance.

It's a grand thing to breathe and talk to soul because then you're really all working on the discernment of what's mine and what's not. You knew straight away this particular anxiety is not yours. It's not yours unless you want to own it, but the more you breathe with soul, the more you'll have clarity on how to shift this.

Wonderful. Thank you so much.

Okay. Last little question for tonight...

“Is it true that we met in a past life and shared part of it in the time of Pythagoras? How come I do not feel a special attraction or even a rejection towards that important historical stage?”

Well, it doesn't matter really. You're not your past lives anymore: you're simply your soul having the most perfect experience in this now moment. We want to make our stories grand and wonderful. So I know that all of you listening, all of you who feel a connection to me: we crossed paths at some time or other. It may have been in a noble lifetime where I was Pythagoras the fantastic and well-respected philosopher and mathematician, or perhaps it was in some dank cave in the Carmel mountain ridge in Israel. Perhaps it was in one of the mystery schools in Europe. Perhaps it was in the temples in Egypt. We've all interacted in some way. If you feel a connection to me, if you're listening to me: we've had an interaction in some way.

I don't like telling people what they were. I used to, I don't do it anymore because I feel now that you should be doing it for yourself: explore and play by yourself. You don't need me to tell you. (laughter)

So why do you not feel a connection or a rejection of this lifetime? Probably because you feel complete with it. But also too, the more that we come back to self, the less we're going to feel anything about these past lives other than they were simply a story. Much like reading a book and you enjoy the story but you put the book away and that adventure is over and you can move on to the next book. So right now, I would love it if the only book you're wanting to read and the only story you're wanting to tell was I am enlightened right here, right now in this beautiful lifetime of the new energy remembering that I am god also, the grandest creator who ever existed. That should be the only thing that you feel an attraction to: a commitment and passion about anyway.

I know some of you feel you want to travel to certain places because you know you have a past life connection, and sometimes that can be wonderful, and sometimes that can be horrible.

Being in the moment with soul is the most important moment and experience you will ever have, ever want, or should ever seek.

So there is a little aspect of you that is yearning to know the answer about what happened then. Was I a teacher? Well yes, we were all teachers in that space. Was I a student? Well yes because we all understood that to be teachers we had to never stop being a student. Were you male or female? I know you can feel the answer to that straight away. Were you respected or questioned? Ask yourself those sorts of questions and just feel the answer. Just feel.

Yes, you understand too that the time of Pythagoras we were very pragmatic and clear. (laughter) We believed in soul but we also believed in numbers. We were philosophical, we understood psychology. So a little part of you, that aspect doesn't want you to remember because it wants you to keep moving on. It would almost feel like it was distracting you if you went back there. (laughter) So it's kind of interesting that you'd have no acceptance or intrigue or deep connection or rejection because the very aspect that you created in that lifetime would hate for you to have either. It would want you to simply reflect upon the time and just understand that that's what it was. (more laughter)

So my dear one and to all of you listening, these past lives, stories that were written are complete and done. And yes, we carry the energies through but it's time to carry them in a new way: not to distract us. Let's release them from their contracts. When we create lifetimes we make a little contract: this is what we will be and this is how we will be and the wonderful thing is you came into this lifetime and you're constantly re-writing your contracts.

The grand return to self: the most wonderful contract and commitment you could make and all the other stories fall away.

I like to talk about how you started off as a pure essential energy and then you went through lifetime after lifetime writing story after story. And our integration is just walking back through those stories to get back to that beautiful initial energy. And as we walk through some of the stories that don't want to let go of us: some of them are inconsequential and some of them will hold onto us like a child who would never let go of its mother.

And we breathe and we say to them: come and return with me. I'm going to take you back to the energy you were born of. And we're going to do this with love.

Walking along remembering these stories, loving them and thanking them for all of the experience and wisdom they gathered so you come back to a simplicity that is free and ready to create and experience the next adventure with you.

I am that I am  
the grandest creator who ever existed.  
I was born of a love so grand that it set me free  
and I return to that freedom in every breath  
while I say: I am god also and I love myself  
with absolute completion in this moment as I am.  
I am free, I am safe and I am loved  
and that is the grandest adventure I will ever choose.

Namaste.

MARISA: Wonderful. Thank you all so much.

Kuthumi and I just want to finish too by saying to all of you who have been listening to our radio show over the years, if you've ever bought a

book or a postcard, done a soul school, come to India or ever just written us an email, we thank you all so much for your love and support for the work we do. You inspire us to keep going and you make what we do an absolute joy.

And I really want to thank you all from the bottom of my heart; it's been an amazing ten years of doing something I'm so passionate about and truly love because it's been my grand return to self and my story continues on and grows every day with it.

So thank you all so much. So hopefully we'll see you again next month on Soul Café.

Thank you once more and goodnight everyone.