

# **Soul Cafe with Kuthumi**

**Channeled by Marisa Calvi**

## **“Hello Soul, It’s Me”**



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## **Soul Café with Kuthumi – August 26, 2017**

### **Hello Soul, It's Me**

**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. And this is a show where once a month we get together with ascended master Kuthumi Lal Singh and we just reconnect, or rather spend a little time dedicated to our soul connection. I don't like using the word reconnect so much because it kind of implies that we disconnect from soul. But we're always connected with soul and it's really about how willing you are to let soul into your life, how willing you are to allow soul's love to fill your life; to communicate with soul which is kind of our thing today.

I'm also an author: I write books with Kuthumi and you can check those out at <http://www.newenergywriting.com> And if you go there too you'll see that we do some online courses which we call Soul School and we've got a new one starting next week. We're calling it at this stage the Advanced Body School. You do need to have done the Introductory Body School beforehand and I've still got that school available. But they're wonderful opportunities: we do them over a four-week period. They're usually around six or seven sessions for one hour at a time and we go into our soul connection with a little bit of a theme. So we're currently working through our issues and beliefs and patterns around body. And we're very excited about the Advanced School, it's the first one we've done.

And Kuthumi had recently spoken about our experiences in the ancient mystery schools and how we went into our hermitages and our caves and our retreats to cut off from the outside world so we could get back to ourselves and our essence and it was a pretty tough way to do it. And one of the things we

learned about in doing that was not just our awareness and ultimately achieving our enlightenment, but it was also too about really understanding and being aware more of the energetic essence of our body. And so he has kind of promised us that this school is where we're headed with that: we're going to go into a few of the experiences that we did in those schools and we're going to do it now in a new energy way, with a new awareness. And we don't have to go and fast or deprive ourselves of sleep: we can do it now in a nice warm comfortable home, not in a cave in some mountainside somewhere in some remote area. (laughter)

I did have fun recently: I had just gotten back from another adventure in India. I actually went up through the north of India into Kashmir and Ladakh. Kashmir was actually where Kuthumi was born in his last human life and Ladakh is the area where he spent his final years and, for those of you who have followed the Theosophical Society, from where he wrote the letters to A. P. Sinnett (which is now published in the Mahatma Letters) and where he basically just chilled out just being in love with life and himself, travelling and exploring and all the fun he had as a human.

So it was quite wonderful to go up there, and you know in reflection now for me, understanding that I'm not ready to sort of isolate and retire and do that. (laughter) I'm still having fun playing with life and with the dynamics of it. But yes, I can certainly see why he chose that as his final place.

I did do a wonderful little – I'll call it a ceremony. I had a beautiful little painted stone from someone who's very connected to him: Melinda in Hungary did it for us. And she sent it to me as a gift for my home and as I was packing to leave Kuthumi said: you know, I'd really like us to take that. And I

knew straight away I was going to leave it somewhere beautiful. And I left it as a little tribute to him and on behalf of everyone anywhere who has felt connected to Kuthumi in any way, who has felt loved by him, who has been inspired by his teachings: I just said thank you.

And we found a little river somewhere: it was near a village because well, I couldn't hike out too far away and I left it there with a beautiful little embroidered heart and just said thank you and yes, maybe someone will find it. Maybe a child will find it and just be enamoured by it... I don't know. Maybe it will get washed away with the next big down flow of the stream... who knows? But it was just really lovely to do that in a beautiful place knowing that that is near where he had been and that we truly honour and thank him and we carry on with the love of our teachers and their knowledge.

So I also want to take this time to say thank you and honour my dear teacher Garret Annofsky, also know as Ahn, who left his human life just this month. He was another incredible teacher who has inspired and been loved by so many. And I did thank him as well from myself personally as I left that little rock. I was invited to take part in his memorial by sending an email that would be read out and as I was thinking: what do you write to someone who was so pivotal in your journey, who allowed you so much of your own awareness simply by being authentic and being compassionate and by loving themselves?

And Kuthumi just reminded me that we never really lose our teachers because what they've taught us is part of us and lives on. So I know I honour Garret's memory and Garret's teachings by really embracing what I've allowed in myself and that I am willing to remember. But more so, to live now what he shared in me and what my awareness allowed into my life because of

our connection. So thank you Garret, thank you Ahn and I'll look forward to working with you even more. (laughter)

So thank you so much.

Now let's do some breathing and let's get into our soul space here in Soul Café. This little refuge, (laughter) this little reminder, playground, for us to come back to soul: to forget for a moment all the human distractions which are just a fun part of being human anyway.

Feeling into where you're at right now...

Let's do some breathing and we'll bring Kuthumi in, and then I'll say goodbye after.

So here we are...

Deep breath,  
beautiful deep conscious breath  
that says I am, I am here,  
and I am loved.

We called this Soul Café because it has the energetics of a beautiful café where you can sit by yourself, gather with friends with your beautiful, nurturing food or beverages: cafés are always little glorious places. They can be big and open: they can be small and intimate. It's wonderful how sometimes where we'll stop for that coffee or that tea, or that piece of cake can depend on our mood. So whichever little café you're stopping in right now, it's going to be unique to you: how it looks, how it feels, what's on the menu.

And as we breathe it's wonderful to remember that this too is our unique energy: it's our way of connecting with life, playing with our creativity and playing with our soul. There's no set way to be with soul: it's all our choice, our creation and how we choose to play.

Breathing here and remembering your safe space is always with you. You don't have to call it down, or imagine it like a white light: all you have to do is remember and breathe.

Every time we take that beautiful deep conscious breath we remind ourselves:  
I am here, I am safe,  
and I am loved.

The honour and joy of soul:  
always here, always ready  
and always willing  
to be part of your life.

And how willing are you to allow that to be part of your life?

KUTHUMI: Namaste.

I am that I am Kuthumi Lal Singh  
and I am that I am  
the grandest creator that ever existed,  
as are you.

As are you.

And it's hard to remember that sometimes. It's hard to remember that you are a glorious creator, set free from All That Is to go and play with being a god: to play with being a

creator. But you chose to come here to this crazy dimension (laughter) ...and let's stop and talk about that for a minute.

How glorious is this world we live in and it seems like things are just getting crazier and crazier. And let's celebrate the awareness that's opening within that.

This too shall pass.

And breathe deep and honour being stirred up from politics to the weather, to hardships and hate. And remember every time you choose your self-love: that's another little ripple of peace and joy that makes its way out into the world, that reminds others that this is possible, and this is happening as well. To be in that space of loving and honouring yourself so that you can love and honour the world around you is a grand gift: a grand, grand gift.

So, to today's theme: to talk to soul, to commune with soul, to play with soul. Why? And really the question should be: why not? (laughter)

Let's get some basics out of the way. Well what is soul? When I speak of soul, what am I talking about?

Soul is the essence of who you are. It is your basic energetic fabric. All the energy of the universe swirling, colliding, playing, creating: and a little spark from that said: I want to play.

And All That Is said: wonderful!

And set you free so that you could become your own universe of swirling, colliding, expanding and collapsing energy: fluidity,

creativity that is infinite, endless, that is always expanding and growing as it plays more. It's hard to imagine an energy so grand pressing itself into a simple human life, but it does. It kind of explains why sometimes it feels like nothing makes sense, why you feel like you're pushing against life sometimes. But it also explains why so many of you have constantly heard a whispering: you are god also. That urging, even as a child knowing: there's something much more going on than what I can taste, touch, see and smell. Then you and the other children looked around at the adults and thought: this is crazy and doesn't make any sense.

We pushed that aside and we conformed to life because as children we don't know what else we should be doing – though the young ones these days certainly know how to question that. And we pushed on into life and we forgot again. It made it a bit easier to be human when we forgot. It makes it easy to fit into all the mass consciousness beliefs. It makes it easier to succumb to the limitations of a physical body. It helps us make sense of the way humans interact.

And we also forgot because it's part of the fun of coming here. How else would we succumb to all of the incredible variety of experience here if we didn't forget about soul: its infinite love, its endless creativity? We wanted the depth of experience. We wanted dark as much as we wanted light. We wanted pain as much as we wanted joy.

And we come to this era of new energy and quite frankly, (laughter) we know we're done with all of the different experiences. We've collected and gathered so much experience: we know the depths, we know the heights – we know the width as well. We've done everything that we wanted to do.



We've even done enlightenment before.

Yes, we have. Every single one of you doing this – you've done enlightenment before. So many ways to do enlightenment: up on a mountaintop, hiding in a cave, a temple studying the ancient mysteries and we all remembered... for some of us many times over... that moment when you hear the words: I am god also. And then even grander is when you feel and know the words:

I am god also.

To remember the world for the illusion that it is, for the playground that it is and to embrace and know: I chose this. This is my creation. I was not born into this; it was born of me. I am now here to play with it.

And then comes the question: so how do I play with this? And in the past we found many ways to do that. We stayed in the mystery schools (laughter) ...it was safer and easier. Some of us went to teach because in teaching it allowed even more of the awareness into our life. Some of us went crazy because that was a delightful way to break through the illusion. I know some of you right now think you're going crazy while you're breaking through the illusion...

But in each choice, there was something familiar and that was the wonder and joy of knowing our truth and allowing its love and that joy to be part of our life. To no longer sit back and let life happen to you: instead to go and choose and shape how life will interact with you.

That's why we want to remember soul. And that's why we choose enlightenment because we don't want to be puppets of fate and destiny. We want to be grand creators commanding life around us. And in commanding, we make simple choices. Beautiful simple choices that leave life open, that leave our potentials free to create life and let it flow to us: no pushing, no controlling. Just a wonderful surrender that is not about giving up, that is not about going with the flow even – it's about trusting that the purity of life will support your choice to live in the love and joy of soul.

Soul essence of you:  
the endless creativity,  
the infinite love that's collected wisdom,  
that's collected even more love,  
that's expanded its awareness  
to become its own grand universe.

Your All That Is, that needs nothing from outside of itself, that doesn't need anything or anyone, that is not just complete and whole but expanding and playing and becoming even grander as you sit here with me and breathe.

Your enlightenment, your soul, your soul love: they are not finite measures, they are not a destination. They are alive and dynamic and growing and every moment you choose that awareness, every moment you choose self-love, in every moment that you trust in that absolute creativity, then your essence dances and sings and becomes more.

Every time I talk to soul and say "hi" (laughter) ...it can be as simple as that but the most glorious way to communicate with soul is in your breath. So simple. This beautiful simple breath: the grandest gift that we created with body, that we created as

human. I will connect with this dimension you said when you came here to be human. I will do it through my senses: I'll be able to see things and hear things and touch things and taste things and smell things. And those very simple physical acts bind you to this dimension, that help you interact and appreciate everything around you.

But we added another sense: the breath.

So essential to our survival in a physical way that we literally need to take in the atmosphere around us to survive: that we breathe it in and transform it within our body so that it becomes part of our body. And then we breathe out, and then we breathe in again. But every time I stop and consciously do that, I'm doing so much more than simply pulling oxygen into my body to feed every cell in my body. When I stop and do it consciously, I'm honouring the amazing dynamics of life. I'm honouring the very experience of being here as human but having my awareness as well.

I breathe in and I feel the glory of all that I am as a physical being and as an energetic being. And as I let myself feel that glory, I'm also saying to soul: I honour all that you have done for me and I welcome all that you will do for me.

To breathe in  
is to celebrate life,  
and to breathe out  
is so that I can do that again by breathing in.

This simple, sweet miracle:  
the bridge between human and divine.  
And in that space I can use words to talk to soul.  
I can ask soul: what would delight you to experience now?

Sometimes the answer can surprise you!  
But how glorious it is  
to make soul the first person or energy or thing  
that you talk to.

I would hope that if you had a question, it would be your soul that you would ask before even me. If you're wondering about something or making a decision - that you could ask soul. You've felt soul many times. It's that whisper of your intuition, that feeling in your gut: it's been wanting to talk to you for so long and so many of you have opened up and it's wonderful, is it not?

When we start, we doubt because we don't want to trust ourselves. We don't believe that we can even communicate with this part of ourselves: breathe and just feel soul. The more you breathe and just allow yourself to feel, then the more you know soul's energy. It's like anything: you get to know somebody, (laughter) you get to understand them, you get to know their truth and so it is with soul.

And the more you breathe and just allow yourself into that beautiful feeling space of love and trust and allowing: then the more you know soul. You'll know when it's soul speaking or whether it's an aspect: An aspect, a little part of you that has learned a lesson and has learned a way of being to survive. And they love to come in and tell you what to do and shape you because they will say: hey, we can't do that again because it didn't work last time. Or when you decide to let go of a pattern, they'll say: hmm... are you sure? (laughter) Aspects love playing in doubt and fear and mental analysis to make a decision instead of a choice.

And it's a wonderful feeling you'll learn, you'll know, the more you breathe because you'll feel the difference in energy: whether you're in mind or whether you're in that beautiful feeling space.

Ask a question to soul right now, whatever you like. And don't wait for an answer because the answer doesn't always come in words. It can reveal itself over days or even weeks...

But what I would love you to do as you ask is to let yourself fall into complete trust of what soul will share with you. And a complete trust that if you do follow, if you do listen, it will never lead you astray. It is always going to guide you with love and compassion and honour.

But soul wants to take you into more joy and ease and grace and that's why I always listened to soul. That's why I always wanted to play with soul because the more I communed with that part of me, the more I allowed its love and creativity into my life: then the more joy, balance and clarity I allowed into my life.

How willing are you to be playing with that?  
Can you do it every day – can you?

How willing are you to even let soul join you in the supermarket (laughter) to buy foods that will nourish and love you? How willing are you to let soul be with you at work so that you don't slip into old habits and anger and victimhood? How willing are you for soul to be with you at a family gathering so that you aren't so drawn into the games or the old patterns and interactions? How willing are you to transform life: to let it expand and evolve by just playing with soul?

It gets scary because you head into the unknown and mind loves knowing and predicting. It's why it's so easy to fall back into the games, habits with diet and exercise, how we talk to family, how we are at work, our beliefs around money because the way we have been with these things is known and measurable.

How do we know what to do? What will we lose? What will we gain? What will change?

But take a breath with soul and trust that all that will be beautiful. You won't lose anything you truly value. You won't lose anything that is serving you for a higher good. You will gain love and honour and compassion because you will offer those things to yourself. And the things you were scared of losing you realize had no value anyway once they're gone. And the things that stay you'll realize are all that you need. But you will gain so much, you won't miss what is gone and you'll just be so excited about what else you can create.

With soul love we're always looking ahead in anticipation, with excitement and with so much joy to see what could happen next. No regrets, no shackles to the past – just wonder at what creativity and life will bring to us.

Every time I breathe,  
every time I welcome soul, every time I trust soul,  
every time I allow soul its freedom to create with me:  
the joy and wonder  
and anticipation of what lies ahead  
becomes grander than ever.

And every time I breathe,  
I'm saying yes please, more:

more of this joy and love,  
more of this ease and grace,  
more of the wonder  
of the essence and truth of what I am.

We have a wonderful question that I'm going to answer now. And we have a bit of time so we can go into this quite deeply because there are some themes that we're all going to have a great time with...

"Kuthumi, the closer realisation comes to me, the deeper my breathing has become but I feel more stuck in my mind than ever. I've become frightened of my thoughts because as soon as I even consider a negative possibility, it happens. This is a new one for me. I didn't seem to have a lot of negative thoughts before. Does a mind with previous drug abuse need a different kind of unwinding similar to what you did in your breakdown?"

I'm going to do this in two parts because we need to talk first about this seemingly powerful mind of yours that is incredibly creative. When we give power to our mind; it will show us just how powerful it is. In this state that you're in when you are truly saying I'm done with mind: isn't it wonderful when we say we're done with something how that part of us will say are you sure, it will rise up and make itself seem even more powerful than it ever did?

How many of you have seen a pattern in your life and have said I'm done with this and then it will come back with a vengeance? (laughter) How many of you have said I'm done with my lack of abundance and the next month your bank account is worse than ever? These patterns and these parts of ourselves are so invested in hanging on to you because you are

their means of survival. So they will do something to say: you are more powerful than me? Well, let me show you just how powerful I am!

That your mind can insinuate a scenario, push itself into your head with a thought and then that thought becomes a reality: I cannot imagine a more powerful way for your mind to say “you need me”, and it isn’t true. Your creativity is actually showing you how powerful it is, not your mind. (laughter)

So imagine, imagine...

If you were so powerful that you can do this, imagine how powerful it would be to breathe and call soul?

A little part of you hasn’t actually owned that it is you creating these things because a part of you has truly believed that it is some force within you that you have no control over. And this is where we’re getting back to the nitty gritty of it. This is actually all about control: a part of you is wanting to control the creativity and control all of these parts of you so they’re coming back and saying sure, we’ll show you just how powerful you are by – being powerful.

I know I’m kind of talking in loops and a bit of mental stuff here but we need to go into that. It’s part of the “unwinding.” (laughter) I love that, it’s a fabulous word. We are unraveling. I know many of you listening to this are saying I think my brain is about to melt and certainly the dear one asking the question: it’s messing with you a bit too.

I’m going into the complexity of it because the complexity and the mentalness of this – well, that is the complexity. And that’s how mind will get you. It will make you think this is so



complicated, so convoluted, so tangled... but how the hell do I see my way out of this?

And it's also this belief that there's this dark energy there and as soon as we start playing with that concept of darkness, we also feel that there is something that we need from outside to come in and have to shape that and control it.

So now that we've gotten into all that, let's take a step back from all of this. If you like, I want you to imagine yourself as now kind of football coach or basketball coach sitting on the sidelines. And you're watching this dynamic of your mind play out on the field or on the court...

I know if you step back you can see the whole pattern of how it happens. That time of day where those thoughts come in, that wave of energy that suddenly says "you're not god, I am, me, this part of you. I shape your life. I'm telling you how it will be". And you can almost watch that like a game playing out or even like a play on a stage but just sit back and be the observer for now...

Because when we step back, we allow ourselves a clarity in that distance where we can start to see not just the energetic pattern of what happens as in "I get the thought, then the thought manifests" but we get to see what triggers the thought. And yes, I'm taking you into a process. For some of you it's a great way of seeing your patterns for what they truly are.

This is why we go and do sessions because we get someone to be that coach on the sideline who as we talk about it, they see the pattern. But there's nothing greater than figuring out the pattern for yourself: getting the awareness of the story behind

the pattern. Because once we have that story, then we also have the means and awareness to shift it.

So as you sit back now, there is something that always triggers those thoughts. It can be something as simple as the time of day. It can be when you maybe even see a certain person and these energetic habits keep these patterns entrenched, that keep the mind patterns entrenched that then keep the creative reality of that pattern active. And as soon as we have some physical manifestation of the pattern, it's validated. And that's what gives it its power.

As we look into its story, and we look into its actual physical pattern, we then too get the keys to shift it. And it's looking back at this with compassion for yourself and compassion for the aspect who is playing with it – to realize, while I'm doing the same things over and over, I'm handing this pattern everything it needs to create this imbalance that is not serving me.

Now don't stress if you think I can't understand, or I don't recognise what the trigger is: just be open to being aware of that the thought is there now. Even that can be the point where you shift. But remember: you have to be choosing to really want to shift this. To really, really know it's not serving me, it's not part of who I am anymore: I'm choosing to be a soul led human.

And we take that breath  
and we just breathe with soul.  
And that thought can get bigger and louder  
and it will distract us...

You will start to breathe with soul and you will be so committed to doing that and two minutes later you'll be distracted back into the thought...

That's okay, we breathe again.

Because as we breathe,  
we're also saying  
to all these aspects of ourselves:  
you are loved and you are honoured.

And I thank you,  
I thank you for trying to protect me and  
I thank you for the wisdom you have gathered  
with your experience.

But soul is my conductor of my orchestra.  
Soul is the coach of my football team  
and soul is my guide.  
And in soul's love and creativity I trust.

So does the drug-abused mind need a different sort of unwinding? From one that hasn't had such, and the ultimate answer to that is: that is your choice. Do you label yourself as such to create more barriers to simply living with soul? What are you ultimately choosing for you is all that matters.

For every one of you: what do you ultimately choose for you in your experience? And soul will guide you in your perfect journey to be that. So maybe you do need a little bit of support physically: soul will guide you through that.

Remember, this all comes back to:  
what are you choosing for you?

And how willing are you  
to allow soul to be part of that?

It's very simple, and if it gets complicated and complex then  
you know mind is having a little bit of fun with you! (laughter)

Breathe with me now everybody.

Thank you for your wonderful question. If any parts of you are  
having fun trying to convince you that they are more powerful  
than the joy and love of your soul, it's always your choice:

Always your choice to transform your life,  
to become bigger and grander  
and to allow that joy and wonder  
back into your life.

Why do I talk with soul?  
Why have I chosen my soul connection?

Because I am excited  
about who I am as a creator  
and I want that creativity free.  
Because I am that I am  
the grandest creator who ever existed.  
As are you.

Namaste.

MARISA: Okay. Thank you all so much everybody. We'll join  
with you again next month. If you'd like to keep track of when  
we do radio shows you can sign up to our newsletter if you go  
to the website at <http://newenergywriting.com>

Scroll down to the bottom of any page: there's a little sign up form to join our newsletter so you can keep up-to-date on new shows and when new schools are starting.

Thank you all so much for joining Kuthumi and I again today.

Take care, keep breathing and remember that beautiful love of soul that's always right there ready and waiting to be a part of our lives.

Namaste.