

Soul Cafe with Kuthumi

Channeled by Marisa Calvi

“Hello 2017”



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Soul Café with Kuthumi – January 2, 2017

Hello 2017

Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hello to you wherever you are and welcome to Soul Café. My name is Marisa Calvi. 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 who will be joining us soon.

So it's the second of January 2017. Happy New Year! Thanks for joining us. It's been a while since we've had a Soul Café between travelling and then when I got home my beloved PC which had served me for eight years and that I'd written most of my books on decided it was time to rest and retire and it was time for me to let go and upgrade. So of course it happened just before Christmas, and in Australia if you want anything done within that first two weeks before Christmas, you're either incredibly lucky or incredibly optimistic. (laughter) So I was one of the former and I was very lucky to have a wonderful new system set up.

So it's where I'm coming to you from today. It was interesting having that symbolically happen to me at the end of the year. It was also a time where I tied up some other loose ends... one that I thought that I would never let go of and one that I was more than happy to let go of. But it gave me this wonderful sense that I was heading into the New Year clear and clean. (laughter)

I started doing a bit of Spring cleaning around my office area around the computer while I was waiting for the new system to

come and it gave me a real sense of moving into the New Year really fresh and ready for what's ahead.

I know we're in a Mercury retrograde and that could have been issue and most of you know how much fun I have making fun of that, but to me I could have been making those decisions and cutting those ties and setting up a new computer any other time and it still would have been as wonderful and as clearing for my energy. But to stop on a certain date, regardless of what it is, I think any opportunity that we can give ourselves to stop and consciously connect with soul to make an extra commitment to ourselves is a wonderful thing. So why not do that at the end of the year, and the beginning of the year?

So I wanted to do this as close to New Year as I could. I was going to do it yesterday, have a New Year's show right on New Year's Day, but I had a school session. My school had to come first (laughter) so I didn't delay my class. Then I thought the second today; well, that gives us a little bit more recovery time from all the parties and celebrating and can let a little bit more cheese from Christmas get digested...

So we're here. Yes, today. What a great time to sit and just take advantage of the date and the holidays to really consciously choose what we want for the year ahead: how we want to be, and how we want to create this next little part of our experience.

I was breathing with that yesterday and I thought: you know what? This year is going to be the year of loving me. And not that last year wasn't a year of loving me but to me, every time we say I choose to live with soul, I choose to return to my self love, we're actually saying to ourselves I'm ready for more. And that's what I was saying to myself yesterday: I'm ready for

more of what loving myself can bring to me and can offer me and can allow in my life.

So for those of you who haven't joined us before, we call this the Soul Café. It was actually Kuthumi's choice of names because Kuthumi and I are a bit of foodies but also the energy of a café where you can sit down and be comfortable and enjoy something that's joyful and nourishing and to do this in a space where we feel comfortable and safe. That's what we wanted to create with our little radio show and that's how we hope you come and join us: just step into a beautiful safe space to connect with your soul and have some clarity on how you want to be as a creator. And then you can take that away to breathe with it and invite it to flow through all of your life.

It's the wonderful thing when we stop and consciously step into this space: it's really not about stepping away from the distractions, quieting our minds – even though it is those things – it's about inviting this moment, this consciousness, this awareness to weave itself through the rest of our lives. When we're at work, with family, creating our art, we can let that beautiful energy of soul through everything.

So thank you for joining us. I think we'll do some breathing and we'll see what Kuthumi has to share with us about the year ahead and about being creators.

So, if you'd like to get comfortable and take that beautiful first deep breath. We do this breathing because it connects us back to our sovereign energy, our unique little pocket of energy: it brings us back to soul. It brings us back to our innate wisdom and the beautiful flow of creativity that we were actually born of.

The beautiful endless love, limitless love that's offered to us in every moment from all that is, but most of all from our unique sovereign energy of soul.

So taking a breath now
and coming back into that beautiful space
where mind slows down
and we can feel...

Not thinking, not needing words,
but that beautiful space within us
of flow and grace and harmony:
that beautiful place of balance, of deep trust in our truth, self.

Just feeling that beautiful natural rhythm
and feeling into the energies of the year
as we shed an old cycle of life
and we begin anew.

KUTHUMI: Namaste.

Happy New Year, and hello 2017.

Yes, it doesn't matter what day it is, what date it is: what matters is how willing you are to connect with your experience. How willing are you in this moment to embrace your god self, the creator that you are? How willing are you to allow the joys and wonders of life to be with you?

2017: a new date on our calendar. The old has gone and what a better time to truly refresh our contracts with soul and refresh our contracts with this dimension.

You see, many of you have forgotten because you chose to forget that: when you came in to this life and you crammed your soul into this body and you felt the weight of this dimension press down on you as you went from being a free energy to being an embodied human.

You came here with a very, very clear contract. You said I'll forget that I'm god so I can dive into experience. I'll forget that I'm a creator and I will forget that I am truly free. And for years many of you have been rewriting that contract. But that original energy has put some sub clauses in there, has it not? (laughter) It's been putting conditions and terms so that it hasn't always been as clear as that original contract. It's time we consciously rewrite that contract with self: all of those sub clauses, those conditions, those terms – they're becoming less and less are they not?

For many of you, you said my new contract is I will live with soul and remember I am a creator but I'll still hang on to a few of these aspects that have served me quite well in keeping me small and human. I might just hang on to this lack of abundance. I might just hang on to this sense of duty to family, hang on to this illness because that part of you that wrote that original contract often feels like it's betraying your very agreement to be here.

If I completely rewrite my contract now, what is that going to do to my experience because for so long we knew exactly what that experience would be. We'd conform, we'd follow the rules, believe in destiny and fate. We'd let the karma we came in with play out. We'd let our ancestral DNA express itself through our physical body. And all those things have been there – some of them for lifetimes, all part of that original agreement of what it would mean to be human.

But you see, in that original contract you forgot there was an asterisk at the top and then at the bottom in tiny, tiny writing, in tiny, tiny writing, a little footnote, a disclaimer and it said: *you are god also and at such time that you wish to embrace that, this contract shall be void.

You forgot that little bit at the bottom. So many humans, so many energies, we forget to read the fine print, don't we? (laughter) How many of you downloading new software of all things, you click that I agree to all terms and conditions without ever reading through them completely... and so we did when we came here. The minute you embrace your god self, the minute you own your creativity, all contracts are void and you are free.

We seem to write a new contract to limit ourselves. Okay, I am god also but I'd still like a little bit of struggle. I am god also but wow, I don't think I want to take on the compassion to allow others their freedom that I'm granting myself. I will expect things, I will judge myself... and I will keep searching for that answer that will maybe finally make that original contract void.

And yet there it was all along. All I had to do was remember that I am god and embrace my creativity and I would be free.

Just breathe with me now.

What is it that's stopping you from truly owning your god self and trusting your creativity? Are you waiting for something in your life to prove it to you, to tell you that it's done? Are you waiting for the money? The health? The relationship?

Are you waiting for a feeling that you believe will be the feeling that will let you know that you are enlightened? That you are truly awakened? That you are free?

And I will tell you this now: that freedom, that wiping of the contract can happen in a breath.

It can happen in one single breath
when you say - I am that I am,
so in love with myself,
and this is as good as it gets.

I am enlightened because that is my choice.
My enlightenment is my creation.
I alone am responsible for my experience,
my expression and my journey.

There is nothing outside of me
that shapes me,
affects me,
or determines when and how I am enlightened.

It is all my choice as it was when I lay upon my bed, fragile and frail, my mind collapsing in on itself, my body not allowing me to even move out of my bed...

I searched and searched: my past lives, my aspects, the doctors who came to my bedside. I was waiting for an answer and then one day when I was tired and there was no one left to ask, there was nowhere left to turn and I realized it was in the surrender to me, it was in setting myself free of every contract, of every belief, of every story.

And as soon as I allowed myself and gifted myself that freedom – I admit, that feeling I'd been searching for I finally felt. For me it was the feeling that I was done. (laughter) And it was a little bit scary and I called out to soul and I said: if I am done, then what is left?

And soul said: what would you like there to be left?

And my answer was this: I want to walk this earth with joy and wonder. I want to know life that is exciting and full of ease and grace. And I want to have that wonder, not for the world to show it to me, but for me to allow myself to experience it like that.

And I took another breath and I knew that that was truly my choice made from my essence then so it would be. I didn't have to wait for soul to say yes and this is how we will do it because I had already surrendered into the trust of my creativity, my trust of my soul love that it would be so.

It was a feeling that was liberating, but more than anything it was exciting. That weight of dread, that weight of anticipation – it shifted. There was anticipation now but it wasn't one of when and hoping and praying and wishing for, it was an anticipation of: I just want to get out there and do it.

I cleared every contract I'd ever made with myself, every contract I'd made with karma, with beliefs, with religion, with my family. I said: I am enlightened and I am free and I cannot wait for the joy of walking this earth with that awareness.

Did I get distracted?

Certainly.

Did I get distracted for long?

No, certainly not.

Because I had a new contract and commitment to myself would life visit me with its troubles ever again?

Yes.

Would those troubles weigh on me and make me doubt myself and take me from my self love?

Only briefly.

Would I start to take on others' burdens and problems and believe that they were mine?

Never again.

I knew that to stay here there would be distractions. But they would never take me away from my love of self, from my trust in my creativity for too long because I had made that new contract to know that love and to explore that creativity every day more and more.

So for those of you who want to declare this year as the year of loving yourself, then go ahead. And I know it won't be the beginning of your self love but choose something you want more of. Is it more of knowing your beautiful soul love and the beautiful peace and grace that brings to you? Would you like a year of letting go, of letting go of more stories and patterns and beliefs? Do you want a year of more freedom in any way possible?

Will this be your year to know your abundance? And I'm not just talking money: to be abundant in your love and trust. To be abundant in your art and expression. Please, if you choose

abundance, don't just make it about money. With abundance, money is just a small part of embracing abundance.

Whatever choice you make, let your soul love weave through it and wrap you up in its arms and hold you so tight that you never want it to let you go. That if you get distracted, that soul love has permission to come and remind you of the new contract you have made with yourself.

Take a breath.

How do you choose to be now and what will this year do to show you more?

I know some of you would say: so what will the energies of 2017 be like? Is there a theme for the year for humanity? And I'll give you this...

The theme for this year for humanity will be as it always has been: grant yourself the gift of your self love and your connection to your unique soul energy. Nurture, heal, and support yourself and that will be the greatest gift you can give not just to yourself but to everyone around you. Because you see, when you set yourself free, when you let your contracts be rewritten, then so too are you helping others to clear their contracts.

If you're letting go of karma, then those others within your karma network – well, their contracts are going to have to shift too aren't they? (laughter) Your ancestral karma, your family ties, your belief in a destiny – let all those go. And just picture what you're setting free not just for yourself, but for others as well.

Kuthumi, will there be more celebrity deaths this year? Yes, because there are more celebrities so beloved on your social networks and media so it's going to continue. It really is. Maybe it won't be as disturbing as this year because you lost some incredibly big characters, but your sense of connection has grown so much because of the way we connect through technology so embrace that in celebration rather than in grief.

When you see stories in the news of your politicians don't buy into the fear. When you see stories of souls around the world caught up in wars, have empathy for them but honour their choice for their experience. There are still many coming in wanting to have the vast array of experiences this dimension offers. And for some that is hardship, and that includes war. Don't buy into the fear. These things are there to remind you that you're not safe if you buy into mass consciousness, but when you buy into your unique soul space, you know that you are always safe.

Breathe deep.

This beautiful dimension that is so rich and has so much to offer: it will be your choice, it will be your choice as to how you experience it.

A dear friend asked: what does it mean to experience this dimension as a sensual experience? What does sensuality mean to me Kuthumi?

Sensuality to me is the wonderful bridge between soul and being physical. You gifted yourself senses so you would connect with this world. Could you imagine if you came here and you put yourself into this body to have experience, but

how would you truly connect to the physical experience of being human?

So when we designed our bodies we created senses.

We created senses so we could see beauty around us, to touch another, to touch anything so we could feel the differences around us. To taste food and delight in the flavours, to listen to music and hear others speak, and all these things blend together so that we can interact with the world around us: with the other bodies with their souls inside.

Because you could program a robot to see things and hear things and touch things, sensuality is exploring your senses with awareness and with consciousness. And so to me sensuality is a deeply personal experience: when you see someone and they're truly enjoying food because they're allowing that level of their senses to open up or those who love music and can get lost in music for hours because they're feeling into the beautiful creativity of the artist and the musicians....

To stand in an art gallery and admire paintings... to walk in a forest and feel the leaves crunch under your feet – all these things are about connecting with this dimension but doing it with an awareness where you feel into so much more than what your mind would simply analyse and process as what there is in front of you.

How many of you know or have experienced one person cooks a certain dish and another person cooks it too; both exactly the same ingredients. And one will be delicious and one will be satisfactory because the person actually had a sensual experience as they were cooking: feeling into how things

would go together, smelling the food, tasting the food, seasoning it.

How many of you have seen people take photos of the same place and yet the one photo will connect with you or inspire something in you?

So that's the wonderful other part of our senses: when one person dives into their senses with a beautiful connection and is allowing their creativity to flow through in their expression as they create something, and then another person's senses will experience that creation in a whole different way.

Sensuality is about what you're willing to feel and how you're willing to feel and how you are choosing to experience that in this dimension. Will you look around this world and see beauty or hardship? Will you find beautiful music to listen to, wonderful food, wonderful comforts? Sensuality is a deeply personal experience about how you choose to allow your senses to interact with this dimension and when you do that with soul along for the ride, well then our senses become a whole different thing. (laughter)

I can feel more questions bubbling up... I love when this happens.

Kuthumi: will I get there? Will this be the year that I embrace and allow my enlightenment?

Feel into: why would you have to wait any longer? Why are you waiting? There's still that disclaimer in your contract that's telling you you need to wait, there's something else you need to do. There's nothing you need to do except love yourself. Love yourself and let the energy of soul in now.

I've said it before and I'll say it again: enlightenment is not a moment that comes upon you and suddenly opens up your creativity. You don't get a halo and wings. You get a wonderful sense of love, and trust, and anticipation for what lies ahead and you can grant yourself that right now in one breath.

It doesn't matter what's gone before. In fact, so many of you don't trust your creativity because of what has been before. The minute you choose to be different all those patterns and beliefs can fall away.

And yes, the old contract might say: are you sure? (laughter) and maybe test you: a little bit of resistance or have an old pattern come back to visit. But the wonderful thing is you breathe, you breathe with soul and you remind every part of yourself of your new choice and the new contract that you have written – all other contracts are void. The only contract is the one that you are choosing to live in this moment.

And don't put in any disclaimers: no disclaimers, no footnotes. Clear and simple and clean.

Okay.

And Kuthumi: where is my money? Where is my abundance? And I'm going to tell you all this too – the money, the abundance, it's all waiting right there within you. It's saying: when will you set me free?

Breathe with me now.

Let's have a mini abundance workshop for the beginning of the year. I want you to picture... yes, let's picture it as money

(laughter) all locked up. It's there inside you and all that's holding it back is a belief.

You know, it all comes back down to very simple logistic mindful beliefs: that you need to earn more, that something miraculous needs to happen like winning the lottery. Some of you too have put such conditions upon it as in "I will be a millionaire and I'll be flying first class" that what abundance is there is too scared to come out because it's got conditions on how it will be.

For many of you your abundance has already opened up but you're not even celebrating it or acknowledging that you've done it. You know, there's a difference between saying, I'm ready for more, and this isn't enough. So for a lot of you that energy around abundance is that you're not celebrating what's already there. When continually saying to yourself, this isn't enough, then you're also saying to your creativity, you're not doing your job properly.

Now creativity is always working perfectly in the moment because it's working in accordance with your willingness to receive.

And that doesn't mean that you have to go into judgment about oh great, I'm not being willing enough and that's why it's not coming but just to recognise that all it takes is being truly willing to receive. Many of you are saying that over and over: I'm willing, I'm willing, I'm willing, but there's also a part of you saying it's not enough, it's going to be hard and I don't know what I need to do.

How about you take a breath and just feel into:
if I am born of a love that is so infinite,

of a creativity that knows no limits,
then so too my abundance can be.

With no questions, no doubts, no limits, no expectations but
just that you're ready to feel that energy within you express
itself.

(deep breath)

Your abundance is just your creativity.
Your creativity is your abundance.

If you can trust that and simply allow it to work as it needs to
do, as it should be free to do, without compressing it with your
beliefs and doubts, then this too shall open up. But please,
celebrate what's there. Let's get out of this energy that this isn't
enough and go into I'm ready and willing for more.

So my dear ones, what a wonderful start to the new year. I
thank you all so much for joining me. And remember, you are a
soul choosing experience. Every moment, no matter the date,
no matter which part of your life, it's all up to you. That's a big
responsibility but it's also a big freedom.

2017. This is the time as we step further and further into the
new energy consciousness to embrace and allow that freedom
to now be your truth and your expression.

Namaste.