

Soul Cafe with Kuthumi

Channeled by Marisa Calvi

"Creativity and Being You"



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Soul Café with Kuthumi – September 20, 2015
Creativity and Being You
Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hi, everybody and welcome to Soul Café. Our first edition here at Spreker.com. Thank you for having us, Spreker, and it's really great to be here. I'm Marisa Calvi. I'm a channeler of Kuthumi Lal Singh and an author, and I'm coming to you from Sydney, Australia. And so for the next, oh, let's say 45 to an hour, we're going to be going into a beautiful safe space with Ascended Master Kuthumi. We're going to do some breathing. We're going to come back to our soul essence and play with our soul connection. Kuthumi will be here in a little while and, yeah, we'll see what he's got to say.

I did give the show the title "Creativity and Being You," as that's what I've been talking to Kuthumi the last few days about and has been where we're going to. So we will play with some creativity today, which is what the essence of being here and experience is all about.

It's easy to think of creativity as being about art, about making something, about even physically manifesting something within our life. But even just the very act of experience, being here, going to work every day, having a family, these are all expressions of our creativity as well. But we'll dive into it a bit deeper and look at the energetic layers of it.

Before we do that, I'm just going to do a few little plugs so we can finish the show on a nice soft note. So my latest book, Saint Francis of Assisi, is out, and you can get that in paperback or eBook through lulu.com. But if you want the direct links to the book, please go to my website at newenergywriting.com and there you'll find the page for Saint Francis, which will have the direct links to the paperback and eBook for you. Also, too, there is our India tour. If you want to come and spend 15 amazing nights, 14 days touring through Agra, Jaipur and then around the countryside of Rajasthan with Kuthumi joining us along the way, that's on sale now, that it's for late January into February. So you can see the details of that as well at my website.

Also, if you want to work with Kuthumi a bit more in depth we have Soul School. The full Soul School is nine sessions over six weeks, including three questions and answers. That one's completed, but you're still welcome to sign up for that and we send you the downloads, which is as good as being there live anyway. We do a mini Soul School, which is just four sessions over four weeks. That's currently halfway through. You can still join that and catch up with the downloads, and that will be available for download after it's completed anyway, if you haven't got the time or money now. So for all the details for all those things please head to my website at newenergywriting.com.

So, with that, I think we can do some breathing and we can invite Kuthumi in. I'm looking forward to going back into that beautiful space with him. So let's see what he's got to say today. So join with me now.

For those of you listening in for the first time if you've just found me here on Spreker, we're going to do now what we call some conscious breathing. The breath, the deep conscious breath, is a wonderful way to come back to ourselves in this Now moment. It's a way of balancing out the mind energies and coming into our feeling space. It's also a beautiful way to remind

ourselves that we are safe. There are no energies outside of ourselves that can hurt us or harm us, that can attack us, make us weak, take away our power, take away our creativity or stop us on our journey to becoming the ascended enlightened beings that we're choosing to be.

It's simple and it's beautiful and sometimes the simplicity of it really makes people want to question just what it is that it does for us and just how beautiful and effective and I'm going to say powerful it is.

So we take that first deep breath and we feel it go right down deep into our belly. And straightaway you can feel that beautiful rhythm of your body. That beautiful rhythm that's always there just waiting for us to tune into. Like a wave just flowing in and out.

And as we surrender to it, we start to feel the truth of who we are. A beautiful soul here having experience. We can feel all the trust and love that's being granted to us from All That Is, from the God energy that we were born of and carry within us. A beautiful soft gentle rhythm, like a mother's hug, like a lover's caress. And within that space coming to this breath, we can feel the beauty of all that we are. We can feel the layers that we've put upon us can fall away, and we come into this beautiful safe space.

This beautiful safe space where we can now invite Kuthumi to reflect back to us all the wisdom we hold within.

(pause, as she takes a deep breath)

KUTHUMI: Namaste. Yes, I am Kuthumi. Thank you for joining me whether you're here in this moment. Well, you are in this moment, aren't you, because whichever moment you are choosing to be here listening is the moment, is the most important moment, is the only moment.

Take another breath with me now to feel into the beauty of all that you are right here, right now. In this breath we feel the I Am. We feel the grandeur of all that we are and the simplicity of it as well.

For so long as we search for enlightenment, our quest, our journey to be ascended, like the Masters before us. We want to study and study hard. We want to hear new truths. We want to find that person who is living the grandeur that we want to achieve as well. And in them they will give us the answers.

I hate to break it to you. I'm not going to give you any answers today. I'm not going to give you any processes. I'm not going to fortune tell. I'm not going to explain what's happening in the world, because here right now I am enlightened. I love myself with the grandest of compassion that accepts All That Is.

So I look out upon you and the world and I say that all is as it should be. It's a deep acceptance I came to that allowed all that I could be.

In my last human life I struggled and I pushed and I pulled. I read as much as I could, because I felt my intelligence was going to be the key to allowing this love and compassion into my life. And then one day so ill and so close to escaping my body, I finally gifted myself the grandest

awareness of all, which was everything I wish to seek, everything I wish to unlock, everything I wish to express was already right there. I didn't have to search or work for it. All I simply had to do was choose to be the living embodiment of it.

And so I said out loud, "I am enlightened," and in that moment every part of me, every past life, every aspect I created within that human life to push me on took a deep breath with me and came into balance and said, "Yes, and we will support you."

I looked back at all that I had been with so much love and honor and thank them. I was in that moment, and I saw the absolute beauty and joy of everything that I was in that moment. And I imagined getting out of that bed and walking on into my life carrying that joy and love and grace with me in every moment. And so I did.

This life, this experience is just a story you write, and you choose the plot. You choose the characters. Makes you question sometimes the characters you choose to play and the characters you choose to write around you though doesn't it?

You've had some amazing storylines, some twists and turns that TV producers would love to write down, and it's all been fantastic. It's all been wonderful, because it's gotten you here to this Now moment, to this awareness to say, "I know I am much more than this simple human. I have been gifted a soul. And when I turn back to that soul to embrace it and say, 'Come with me now. I know you've always been with me.'"

Soul never leaves you. How can it? If soul left you then you would not be who you are. Soul simply sits and waits in awe and wonder watching you in experience. But when you turn and say, "Come with me now. Let me take your hand and let's do this together. I am aware. I am conscious and this is how I choose to be now with my soul so close to allow its purity, its energy, its love and its wisdom and compassion and ease and grace into my life."

Just breathe with that. And for some of you, your mind might be saying, "That's too hard. That's too simple. But what if I let go of all that is around me? What will happen then? Who will I be?" And the answer to that is whatever you choose.

How do you choose to be in this life now? What is the deep ultimate choice of how you wish to live?

I'm not talking what job, what partner, what financial status, what car you drive, where you live, but a deep ultimate choice of how you wish to be in this life.

Do you want to be the struggling little human drama after drama, still being the victim that we believe we should be? Do you just want to be a grand creator living an outrageous life, creating opportunities and potentials that your mind cannot even imagine? Do you want the gentility of living in ease and grace?

You see, there's nothing wrong with staying in the drama and staying in being the little human, because that is a very valid choice as well. But I know that those of you listening to this, you're tired of that. We're tired. We want it to change, and so it shall simply with a choice.

And I said I will not give you processes. I will not give you answers. But I will invite you to come back to your breath even now. Within that breath, I wrote something beautiful today. Each deep breath is a little love letter to your soul. It's a huge love letter to your soul. It comes back to the essence of you, every breath. Start your day to find a moment sitting in traffic, in the bathroom, as you lie in bed at night, even as you eat a meal, to take that conscious breath, that bridge to your soul that brings you back deep into your body.

It's the irony, really, this beautiful physical act, which actually pulls you into your body. And I'll say why would I need to come back into my body to connect with something that is so ethereal, not tangible? Because if you are not present here in the Now, then how can you be connected to creating your experience with that joy and awareness.

Take that breath now, and as you do, just gently touch yourself to be present in this moment. To not be flying off to other dimensions. You see, for so long we believed that to be enlightened, to be ascended, to be aware, to be the Ascended Master, you had to be so multidimensional. You had to be able to push across into different energies. Mm, yeah, that's been good. But how about now so grounded in your body, so aware of being here in this experience, that those energies come into you here.

I am God also and I am walking the Earth in this body. I am present and alive, because I have gifted myself this experience, so I want to experience it as deeply as I can. I want all of my senses to be alive, for my eyes to see the beauty of nature around me, of the smile of a child. For my ears to hear laughter and music, for my taste to experience the delicious foods ... for my touch to know the beauty of nurturing my own body or connecting with another or to feel the beautiful softness of a gorgeous silk or the leaves of a tree.

I want to be here in this experience as much as possible with that awareness so that I am so connected to this experience. To breathe it in deep so I don't miss it.

See, that's what happens a lot of the time. You're shaping your experience, but you're not connected to it, and you miss a lot of the beauty of it, because mind will always want you to see the questioning and judgments and measurements.

But when we breathe with soul and say, "Soul, come with me here to experience. Don't take me away to other dimensions. Don't have me out of my body so I don't have to feel what I feel are the bad parts of this life. I will come deep into my body with my awareness to allow my senses to come alive, so I don't miss the joy and beauty that surround me as well. There becomes a fear that if I am so much in my body, I'll become even more aware of the hardships around me. I'm going to have to deal with that pain that I'm suffering just a little bit more. That I'll be aware of more news stories that upset me and hurt me."

It's so easy to want to put a cloud around who we are and what we're experiencing, to protect us and buffer us. So breathe with that fear that we've placed there from lifetime after lifetime, even within this life, if you don't believe in past lives. Even within this life, as a child suffering a hurt and putting up another layer, or as a teenager. Just feel back into all those times when there was hurt or disappointment. So you put up another layer to protect yourself, to say, "No more hurt."

This place is too harsh. And that beautiful soul created with you protection, and it was necessary to walk on, to get through those times.

But we're in a new era now, because your awareness creates the safe space. Your awareness now can consciously choose how you will be. The layers can fall away and sometimes they resist. They'll resist because you fought pretty hard to put them up in the first place. They'll say, "Are you sure? Are you sure you can do without me? I've taken care of you for so long." And you can breathe and say, "Yes. Together we are choosing the soul-led life, and within that is all the safety I need."

Will that make you immune to the energies of this world? Well, no, they won't. But with your awareness and with your breath, those times are less. They aren't so harsh, and you can bring them back into balance much quicker than you would have ever before. Be clear with the universe about how you choose to be here and the energies will align with that.

Don't worry about the resistance. You will step through it. Don't worry about those who want to question or ridicule that it's just their shields and their layers reflecting back their own resistance.

It is wonderful, isn't it? I know it's been a very old new age thing that people will say to you what they need to hear, and it's wonderful because when that happens, if you are in your soul space, take that breath when people come to confront you and that nasty energy they sometimes want to throw at you. Take that breath and come back to soul, and soul will remind you that this is not yours. This is theirs. This is their resistance. Their resistance to their consciousness, to their awareness, to their truth. It is their choice in how they choose to live, but don't make their choice your choice.

It's easy to feel that your choice is sometimes selfish. But when you come from that beautiful soul space, you know it's not. It's about love and honor and nurturing.

Take a deep breath and just listen. Are there any voices resisting? Are they trying to tell you you don't deserve this. You're not worthy. You haven't studied enough. You haven't done enough workshops, listened to enough channels. It can't simply be as easy as coming back to the breath. These are all resistance and distractions. And the wonderful thing is that you've created them all. You did it to protect you. You also created them so that you could forget that you are the creator. That you truly are.

If we came back into every lifetime with that full remembrance, we would not have the variety of experience. We wouldn't have got distracted by things in this life even. We choose to forget so we can go and play with as much as we can within this dimension.

It creates hardships. It creates beauty as well. It creates imbalances which drive us into crazy lifetimes. But the wonderful thing is that with awareness we can recognize that they are simply little parts of our creativity as well. Little parts that we created.

And when we change that perspective to say, "Well, look at that. That wasn't nice today. This isn't part of my journey and what I'm truly choosing." We can say, "Well, yeah, it is. Ultimately, when I stepped into physical form, I said I accept that I will be part of these distractions. They're here to serve me." And sometimes they forget that they're no longer part of your reality, as you

wish to have it now. (Kuthumi chuckles) These little default programs. But your awareness brings you back. Your awareness reminds them no longer do you truly serve how I'm choosing to be. And with the breath you remind them these wonderful things that we created and you can celebrate them.

Sometimes we are so clever. They are so dynamic and seem so powerful and controlling, but they are of our creation. They are of our creation. And when we take that perspective and remember that, then their power and their control are gone.

There was a wonderful scene in a movie recently where young people were tested. They were put into virtual realities to see the strength of their character, to see how resourceful they would be in these virtual realities of incredible stress and even physical danger. And this wonderful girl in the midst of it all did not get lost by the power of the imagery or the stress or the fear that those virtual realities wanted to put upon her, because in that moment she remembered the truth of who she was and where she was. And no matter how stressful the situation was, she would come back to the remembrance- "This is not real." And in that moment, she created the simplest of ways to dissipate the situation and move through it.

And that is how this dimension is. It is so powerful. It is so intense. The imagery, everything is so tangible that it can convince you that it is more than you are and more than your creativity. But it's not.

You are God also. You are a creator, and you stand here within this reality and it can respond to you. And, yes, it can take a lot of convincing, doesn't it, because the programming around you is so strong, because you designed it that way. "I want it to be so deep and so strong, that when I'm here I will get so lost. I will forget my creativity. I will forget that I actually have a choice in how I get to be."

Breathe with that.

I know it's not so simple to say, "This isn't real." But it's getting simpler all the time. Every breath brings you closer to the remembrance. Every breath invites that remembrance to become bigger. But more importantly, every breath brings you back to soul connection to allow it to expand.

This is another part of our creativity I'd like to talk about. We so often go along this path of enlightenment because we want that lightning bolt moment where we become mystical and magical, where we become this grand being with a simple realization. When I said I am enlightened, I did not jump out of my sickbed. I took several more weeks to recuperate. I still had residual problems even years later from my time of being ill. But most importantly, I carried in my heart and in my belly with my breath the absolute love and compassion for myself.

And that is not a final destination. That is something that continually evolves and expands the more I am willing to explore and play with all that I am. I speak to you as an Ascended Master, as a sovereign being, complete and integrated. And yet that is not the finality of who I am, because I still every day play and breathe with that love and compassion so that the essence of who I am is always expanding and growing and, yes, still integrating, because I'm gathering more and more of me in every moment.

Yes, I've collected all the pieces, but now together those pieces in harmony grow and play together.

If you are looking for a magic fix, then I will give you this. It is to love yourself more and more each day. It is to know that the more I embrace that self-love, the grander my energies are and the more potentials I create to experience life here. That is the essence of creativity. That is the joy of being here on this Earth with your enlightenment.

For so many years enlightenment meant that realization and then to leave. But now you grand beings, you're still walking this Earth with that awareness. And, yes, some days you wonder why. Why didn't I just leave? Why didn't I just take this awareness and step away into something more? There is no more. Whether you're here in body, whether you're away in another dimension, it'll all be the same.

Have you collected all the pieces of you? Have you truly loved you? Death isn't an immediate key to knowing those things and to having them in your energies. Grant them to yourself now. Breathe deep. (Kuthumi takes a deep breath)

(pause)

Who do you want to be in this life? How do you want to be in this life?

This is your story and you get to write it.

(pause)

The illusion that you are not that grand and creative is part of the design so you can have the depths of experience. But the remembrance is right there waiting. You don't need to walk through walls or levitate to prove it to yourself, but just to love yourself and say, "I'm here for the joy of experience as a human with my senses alive and awake."

Breathe in deep. (Kuthumi takes another deep breath)

(pause)

These creative energies, you get told they are in dimensions, through portals, and they are. And part of you wants to seek them out and search them and do visualizations. But the wonderful thing is that every energy you seek is already within you. This creative dimension, I know you talk of crystalline realms. They're already within you. These beautiful realms, swirling energies that are just waiting to play. They swirl and they ebb and they flow. They expand and they contract.

As you come back to this self-love, I also invite you to feel into trusting your creativity. See, that's the big block with all of you to allowing it to flow is trusting it. There have been times when you set it free and it hasn't done what your mind thought it would do. So you close it back down again or simply your mind is worried about what lies ahead.

If I do become this creative being, what will change? What will I lose? Isn't that funny? We fear covering up our creativity and bringing more into our life and we will hold it back because we're scared of what we're actually going to lose. You might not have to lose anything. Your life could remain perfectly as it is and just invite more energies in.

What doesn't make way for it is if you're holding on to old stories of how you are. "I've never been successful, so I never will. Every time I try something, it doesn't work. What if I open this up and then I don't understand how it works?"

We have so many stories to hold us back, to keep us small. They've served us so well. They keep us the same as others. And for most of you that truly is the biggest fear. What if I'm so different I cannot relate to anyone around me? In truth, wouldn't that be fantastic. (he chuckles slightly) And in truth, those around you, they're waiting for the people to do things differently to trigger their little bit of courage that is festering up.

Every day people walk this Earth saying, "If only; one day; maybe tomorrow. I'll just wait." And all it takes is just doing that one little thing to get the energies moving. To breathe and then to not have the fear to act.

And, you know, by acting I don't mean that you have to go out and do something. But just to start to honor that that energy is within you. To just start to honor that you are a god and that you are a creator.

So just trust that will allow creativity to flow. And, yes, you'll start to feel the urge. You'll start to hear that it's time to go and do that art class, to do that dancing, to quit your job and look for another, to leave your partner, to maybe say yes to a date. And the difference now will be not to go into it with trepidation or fear, but to go with it in trust and anticipation, which will allow those beautiful creative energies to align with how you're choosing to be.

I am choosing to be in joy and ease and grace. Am I taking my breath with that choice? I feel the answers. I feel the energy of what lies ahead. I can go and make a choice not as a decision from mind, but because it felt like a yes. It felt like something that would honor my choice.

It's a wonderful space to come to when we get to the difference between choice and decision. Decisions I like to call like a mind choice. Decisions we often weigh out the pros and cons. We make the decision because of what we believe the outcome will be. But a beautiful soul choice is much different. It's simply yes or no. Soul doesn't tell you you should do this because then this will happen. Soul says, "Yes! That feels great right now. Let's go and do it!"

And the wonderful thing is when you go and make a choice to do something from that space of simply this feels what will be loving and nurturing to me right now, this is what feels joyful, you actually leave all the potentials and possibilities that could unfold wide open. When you come from choice to say, "I will do this because it will lead to that." Can you feel how that closes the creativity down? Because if you go to create with a limited sense of what will be, then the energies will simply say, "Fine. We'll stick to that plan." And all the other possibilities start to disappear. They won't so much disappear, but they'll stand back. They'll say, "They're not ready for us. They are going down that linear path."

That's the beautiful thing about soul choice. It's not linear. It's open. It's limitless. To come from that space to choose simply because it's loving and nurturing and joyful without expectation or limit of what you expect.

You make the choice. Be free. You make its energies free. And so, too, you become free.

I will go to this dance class for the joy of going, to be in the moment. Not because after ten weeks I expect to be a professional dancer or I expect to be a perfect dancer, but for the joy of going. And who knows what possibilities and potentials that will open up beyond the very joy of learning to dance.

I will start to write my book, not because I expect to finish it and publish it and have it be wildly successful and to make me money. I will write for the joy of creating and playing with my writing, and who knows what other possibilities and potentials that will open up.

Mind wants things to be linear. Mind wants things to progress. Mind wants an endpoint and goals and mind wants an outcome. Soul says, "Let's play for the joy of playing" and that is always in the moment. See, mind will want you to push ahead to go to the future. Your creativity, its very essence is always in the moment. It is always in the moment simply ebbing and flowing, expanding and contracting.

The essence of creativity is simply the joy of playing with experience, the joy of moving energy and the joy of simply being with you and soul. Set that free. Allow it to be free.

So breathe. Who do you choose to be? How do you choose to be? And in this moment can you set all your expectations free so that your creativity can just play with you in this moment, to allow all its possibilities and potentials to be free to open up and explore and expand with you.

Come back to your breath now within that beautiful simple breath, the joy of you, the truth of you, the freedom of being just you. Not the layers that you've put upon yourself to survive, to protect you. We don't need them anymore, because within this breath is all that I need to support me and love me and nurture me.

It's a very different energy to being closed down and protected. We've been taught for so long to be scared of opening right up, of opening right up, because we're vulnerable then. We're not vulnerable anymore. We're grand enlightened beings walking hand-in-hand with soul.

Beautiful deep breath.

Thank you so much for joining me today and creating this beautiful space. I look forward to connecting with you again soon. But until then I say this beautiful word, which means my soul sees and honors your soul, as your soul sees you with joy and honor and love. Do not be scared to turn around and embrace soul, to embrace yourself in the truth of who you are, because just like me, I Am that I Am, I am enlightened. I am a grand creator free to create in any expression I choose.

I am so in love with myself right here, right now, and that gives me all the freedom I need to be everything I choose without fear, without trepidation, with the knowing that I am always safe because I have an eternal trust within me that was gifted from All That Is.

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

Namaste, everybody. Namaste.

MARISA: Thank you so much, everyone. This is Marisa come back to say goodbye. Thank you everyone for joining in for a beautiful session today, to play with our creativity.

I haven't set a date for our next show, as I will be traveling in India. So I'm not sure if and how I'm even going to be able to do that. So it may be towards the end of November. But if you want to keep an eye on when I will be doing the next show, you can always sign up to my newsletter, which you can do at my website newenergywriting.com. And please go and check out my books there, the upcoming India tour or if you want to join and experience Soul School.

Thank you everyone so much for joining me. I hope you've enjoyed being here at Spreaker. It's been great to be here. It's a wonderful way to broadcast, and thank you so much all once again for being here with me.

So until next time, I will just simply say, as Kuthumi said his favorite word, my soul sees and honors your soul.

Namaste, everybody. Namaste.