

Soul Cafe with Kuthumi
Channeled by Marisa Calvi

“Great Expectations... and how to let them go!”



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Soul Café with Kuthumi – October 30, 2016
Great Expectations... and how to let them go!
Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hi everybody 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 of the ascended master Kuthumi Lal Singh who will be joining us shortly for his message and his sharing and to create an experience with us altogether.

We call this the Soul Café because this is all about just taking time out in a safe space to explore and play with our soul connection. Kuthumi and I are both kind of foodies so it was only natural that we created an image of that safe space as a café where you can come in and have your favourite drink and a piece of cake or savory in a beautiful, relaxed, comfortable, warm, fun place.

So let's set off by doing some breathing,
to go into our beautiful space,
into our feeling space where we really feel soul:
where we feel our truth and our essence.

Where we go beyond the limitations
and stories of being human,
and where we can be free to explore
and express as the creative beings that we are.

Walking through experiences as creators,
not as victims or puppets of fate and destiny
but as gods and as the artistic souls
that we truly are.

Thank you for that!

Just before we get started... because I like to finish in that lovely soft space with Kuthumi at the end...

If you want to know more about my work you can go and have a look at that on newenergywriting.com. There you can buy my books and also too, we've got a new Soul School coming up.

Anyway, thank you for that.

So tonight... sometimes I don't get a theme for a show or an idea but in the last week something kept popping into my mind and so I said: Kuthumi, let's explore this with everyone a bit more. I came up with the expression "great expectations" (and I know that's the name of a very, very famous old book).

But expectations in life often set us up for measurement, disappointment which are very human terms and which are all very much about being victim and not being a creator. Then we apply them to so many things: whether it's our career, our relationships... and where we can really get stuck on our spiritual journey is when we create expectations around even what we think our soul should be doing for us and even the fact of: what do we expect from enlightenment?

And all those things keep feeding that energy of we're not doing it right, we've still got more work to do. So I want to explore that with Kuthumi tonight because when we let go of the expectations, there's a huge freedom that we allow into our creative sphere which can be incredibly scary and daunting but only to our mind. So we're going to be playing a lot with mind tonight too with Kuthumi.

So let's do some breathing and get started and we'll welcome Kuthumi in and see what he's got to say.

So once more...

let's go into that beautiful breathing space
as we balance our mind:

we don't say we close down our mind
or block it out, or push it away
because mind is important.

It's part of our experience. It's part of who we are.

So we're going to call it into balance
and go into a beautiful space of feeling
to allow Kuthumi's wisdom,
which is our wisdom
to come through and see
what he's got to share about expectations.

So taking that beautiful, deep, conscious breath,
and feeling the rhythm of your breath
as it moves through you,
feeling your lungs fill and expand,
feeling the breath make its way all the way down to your belly...

Becoming aware of your body: how it's positioned
and feeling that beautiful rhythm of the breath
flow through every part of you:
every cell, every aspect, every part of you.

The beautiful, gentle rhythm
that sometimes feels like it's inviting sleep,
because of the beautiful, gentle peace
that we invite when we stop and consciously breathe.

Beautiful rhythm: in and out,
taking us deep into our innate wisdom
and inviting that wisdom to be reflected back to us
through our friend Kuthumi.

KUTHUMI: Namaste.

I am that I am Kuthumi Lal Singh.
And I am that I am
right here, right now
so in love with myself.

Breath: its gentle rhythm, its peace and its grace.
What a wonderful space to be in.

I always wish that maybe one day we'll do a channel where I won't speak: there won't be words. It'll feel like this... a problem with the show. (laughter)

But I'll invite you now even though my voice will continue to guide you, to anchor you, just to be willing to be silent.

How easy it's been to fill our lives with noise and visions, and smells: sometimes it feels odd to let everything go, to be silent. You all know that one person that just does not know how to stop talking...

When we're around others we feel it's like an obligation to interact – I know many of you, it's kind of a big sign of where you are in a relationship when you can sit together and not talk. To be in someone else's company and know just being present is enough of an interaction.

To have the TV or radio or computer on, to feel like we need music to fill our space. We don't enjoy that silence because when we let go of everything around us we have to face what's within us. I know many of you who have done the Vipassana meditation retreat to not talk for ten days – noble silence. No interaction: just you and what's going on within can be very confronting to people because you've been conditioned to push it down, ignore it or you get told that if you hear something from within you're crazy. So over time it becomes quite normal. We don't want to listen to what's within either because sometimes it will make us change: it will change our story too much.

But lifetime after lifetime those seeking enlightenment: that's exactly what we've done. We went into caves to close off the outside world. We fasted and all we did was breathe. And sometimes it was confronting, the voices we would hear. We would think they were demons to haunt us and we would end our retreats.

But somehow, somewhere, in some lifetime we pushed through. We understood the demons were just part of us and when we listened to them they weren't so scary. They just wanted to tell their story.

And we breathed with them, and we loved them. And their voice changed. It became a voice of love, a voice of compassion and a voice of

absolute wisdom. And that wisdom told us: you are god also. You are creators and you are the divine essence of all that is. And the gifts of that message came in a love that made us love every part of ourselves and every part of our experience. This beautiful state of enlightenment that was so blissful, so amazing, and so free that we couldn't comprehend how we would take that and still function within the human realm.

And so we left: left in that bliss to take our spirit, the essence of who we were in that life away with us into the soul realm in absolute purity: carrying no karma, no contracts, off into our soul realm. Bypassing all those heavy near-earth realms, bypassing even the gateways with the angels when you choose to come back that you go through – our own passage back. Unique and sovereign into our own energy, our own soul realm.

And from that space we came to play again and we came through the angels who said to us, “are you willing to forget?”

And you said, “yes, but I'm also willing to remember.”

And they smile and take you by the hand to bring you back... and then here you are again remembering now in this new consciousness far deeper than ever before.

And sometimes it seems harder because we don't have that cave to hide in. We find our people and we don't really want to be with them. (laughter) It gets easier to be on our own but we still want to connect because in this lifetime we have our enlightenment but we're staying.

And reconciling that with the human, especially the mind, has its own new challenges.

And I know them well. Very few masters stayed after their enlightenment was accepted because that blissful state was what they'd been searching for.

When I said I am enlightened,
the bliss and freedom it allowed me
I knew was not the end.

I knew that was not a finite state.
I knew I could be more.

There were no books to tell me how to do that. There were no gurus to say this is how you will walk the earth now. There were gurus to tell you how to get to that moment of accepting your enlightenment, but not one of them could tell you what to do afterwards. They would say, "just do more of the same" because that was what they had been doing. But that wasn't enough for me.

I wanted to walk this earth, interact with those who hadn't accepted their enlightenment. To look at them with compassion and honour their experience. To play with them and laugh with them, and love with them, and eat with them and to know that I could still be who I was and they could be who they were.

I was still in England when I first accepted my enlightenment. I remember the first time I walked outside: I'd been sick for so long, the sun seemed even brighter.

"Steady yourself," my sister said to me. "You haven't been out in the sunlight or fresh air for a long time. Your body will need to adjust."

And I smiled. If only she knew just how much it needed to adjust! (laughter) And the sun was brighter and the air was fresher, but it was not to do with my confinement. I had opened up my senses in such a way that I was sensually readjusting to this dimension. Colours seemed brighter, noises seemed sharper and I could not wait to see what food would taste like.

We found an Indian restaurant because my tongue was craving the spices of my homeland. Bread with my hand and scooped up some dhal and even the sensation of my hand upon the bread was new and exciting. The butter making my fingers slippery. The way the fibres of the bread pulled apart as I tore them... and then dipping it into the dhal. I held it up, that little scoopful, that mouthful of beautiful lentils and potato. And I could see every lentil and I loved every lentil. (laughter)

My sister grew frustrated. “Really? Is it going to take this long every time we have a meal with you?”

And I laughed. And I said, “I hope so. I hope that I will never ever sit down to another meal and take any mouthful for granted. I hope I would never take one lentil for granted. I will look and I will love that lentil and I will thank it for being part of my experience.”

“That’s a lot of thanking to do,” my sister said, “because I know how much you love your lentils.”

We laughed and we ate.

I slept that night and even the joy of sliding into sleep was fresh and exciting. I felt the rhythms of my body slow down, change – almost like shifting gears. And I felt that surrender of the mind as it gave into that state of sleep.

I dreamt that night I was upon a boat. I was heading back to India, my homeland. And as is wanting in dreams, not everything was realistic. (laughing) I sailed past every country that I’d explored thus far – even the ones that I had hated from a human mindful way. I now smiled and rejoiced in how they had been a part of my experience. I felt like I wanted to get off at every land to kiss its soil and thank it but I was too excited to be heading home to India because I knew there I was going to have the grandest of experiences. I did visit other countries and they were just as grand too.

On this boat the breeze as I stood upon the deck washed my face and went through my hair. You know how some dreams seem so real? I could feel the breeze but it did not make me feel cold, or warm. I just felt it.

I looked up at the sun and I saw its truth: you nurture me, you bathe me in light, you enrich my food and all this you do every day without asking anything of me. And yet, if you were to leave my life, I would have no life.

The sun began to set and I did not have to fear that it was gone. I knew it would return the next day, go through its cycle regardless of whether I was thankful or grateful. Whether I enjoyed its light, whether I acknowledged how it contributed to my food and to my experience. And yet it gave me everything.

I woke the next day and I breathed. I breathed with soul: I wanted to know why I'd dreamt of the sun like that. Why, after all these years had I never acknowledged the sun as being part of my experience.

I felt soul almost start to laugh. And I understood. As the sun every day blessed my life, so too did my soul. Even if I did not acknowledge it, if I was not aware of it, it was serving me, it was nurturing me, and it was loving me. Some days I appreciated it more than others. Some days I forgot it even existed. But it was always there. Even in those moments when I felt that it disappeared and it went away. It never truly was. I just let it move away so I could have the joy of calling it back closer.

Our soul expects nothing of us.

It's there as part of us and it's our choice
how much we choose to acknowledge it,
to show gratitude,
and to truly allow it to be part of our experience.

I can hide indoors from the sun as I can hide in my mind away from my soul. I can walk outside on a cloudy day and question the very existence of the sun. (laughter) As too I can when I get distracted by drama or fall prey to believing I am the victim and not a creator.

At night when the sun goes down I can go into despair and grief or I can trust that tomorrow the sun will come up as it always has. And so too, I can trust in my soul even when my mind is telling me otherwise: I can trust soul is there supporting and nurturing me and ready to come back even closer.

Soul expects nothing from us. Soul is just continually loving us, nurturing us and supporting our experience.

Expectations come completely from our mind. They're an energy based in mass consciousness and the stories of being human. They come from the energies of conforming. They come from the energies of linearity.

We created goals and ideals to give us motivation to move forward, to give us motivation to interact with life. If we didn't have goals and expectations, then what would we have to do with ourselves in a human sense? (laughter) In a beautiful, human creative sense we want to interact with this dimension. We want to interact and create experience here.

We created temptations within life: study hard to get into the better courses at university which will then in turn give you the better career with more money. Exercise, take care of yourself to be attractive and have a wonderful spouse who is equally attractive. Write a book: you might become famous. Make a painting because you want to create a certain scene or tableaux. These things push us into interaction and experience and engaging with life.

But we've taken that motivation, that initiative and, as it is our human want, we put upon it judgment and measurement as is the practice with linear life: part of the Atlantean mindset and conformity. Because do you not even have a law, a scientific law that all actions have consequences?

So in that expectation, we have put a measurement upon the outcome, good/bad, the laws of duality that we bought into as being human. I will study for this exam and hopefully I will get a good result because if I don't study hard enough, I will get a bad result. I'm writing this book and I will finish it, and if I don't finish it that will be bad. But if I do finish it, that will be good.

I will take this job because I will earn this much money and that is good because if I take this other job there is not as much money and that is bad. All these choices that we have in our life that are constantly compressed energetically by how our mind will perceive the outcome.

And so too, we've taken that with our enlightenment. I am enlightened, but I am not wealthy, therefore I am not abundant and a master is

abundant. So therefore I am not enlightened because I'm not acting as a master should.

I am enlightened but I still get distracted by feeding from my co-workers or my family and getting sucked into their drama and therefore I'm not as enlightened as I should be. I have more work to do.

Every time we pander to these expectations of who we should be, we're forgetting the truth of who we truly are. We are a grand soul having experience, a grand soul that was born of a limitless love.

An energy of all that is that loved us so much it said, "be free to go and explore and play as you please."

"You are of me, but you are not mine," the grandest of energy said to each and every god as it set them free.

And you went off to play in so many realms, and this is the greatest one there is. You have a physical body and senses and other energies to interact and play with. You can be tortured and hurt or you can do it back to other people. But as part of that fun and that dynamic and that agreement to come here, you also have that linearity and that fear of the future and the outcomes. Let's breathe with living a life with absolutely no fear of the future.

Ooh, that's hard to do isn't it? Because even though I know I've used the word fear, there's the questioning isn't there? What will happen next? When will my spouse die: when will I die? Will I ever go to that country I want to visit? Will my children marry: will they be successful in their careers and studies?

So many questions, so many questions...

And those questions drive our choices and they drive our expectations.

So to breathe in this moment,
right here, right now,
forgetting anything that has happened in the past
as being responsible for what happens next.

That in itself is a huge thing: let's start with that!

Can you in this moment embrace that what you have done in the past does not affect what will happen next? Which is a lot of fun for the chocoholics. (laughter)

Can you imagine that each moment is a brand new start
full of potentials
that are free to create
without the shackles of the past?

That argument you had three years ago, while in this moment you're seeing consequences of it, those consequences don't have to carry on for your experience from now. The decision you made about your health, you can set that free too. That pattern you have around relationships does not own you anymore either.

This is all about setting ourselves free
in the moment.
To embrace your freedom now in this moment
sets your future free as well.

So stop dragging around the past: the past has taught you to expect. That's why we hang onto our past as much as we sometimes we don't like it, or it's painful, or it's sad – it's also a comfort because it says: well, this is what you can expect. Remember that time you did this and that happened? Well, that's what's going to happen if you ever do that again.

But a creator doesn't believe that. A creator knows they can go and do something they've done before with a completely new outcome. Because when I experience again and I do it with a new awareness, and I do it with absolute trust in my creativity, then that will change the dynamics of how I create. Set the past free, you set the future free.

Expectations were created to motivate us, but more than ever, to keep us in fear, to keep us small and to keep our creativity limited.

Take a breath

and breathe with that limitless creativity
that is your truth and your essence.
Can you trust that in this moment?

Can you trust and dive into creating
for the joy of creating
without any worry of how that will look?
By all means, have a dream, have an ideal.

Say yes, I want to travel for the joy of travelling, for the fun of travelling
and feel how much support your creativity will have with that.

This isn't about just saying "I choose to travel". It's about setting free
how you expect that to manifest within your human experience.
Choosing is so 2014! (laughter) I don't even want to use the word
"allow" for you anymore. We need to change the words a bit because
we've been hanging onto them in a very old way, with very old beliefs
and stories around it. Just yelling "I choose": you know it doesn't work.
Sometimes it did, you got lucky. (laughter)

But if you say "I choose" without the absolute trust in your creativity,
without absolutely embracing your soul love – then why would anything
align with those choices?

Embracing our soul love, simply embracing the joy of just being here
and creating an experience, and now you get to do that with awareness.
You get to do that with knowing the truth of who you are.

And in this moment to step forward and say "I am enlightened" – not
just to say the words hoping that if you say them it will be true – but to
truly know that you've done everything, there's nothing more you need
to do. There was nothing you ever needed to do.

The minute you knew about what enlightenment was, you were
enlightened. The fun is: how willing are you to play with it and to allow
those beautiful energies of self-love and trust and creativity into your
life?

It's okay if you get distracted. It's okay if you expect grand things to happen to you. But to lapse back into self-loathing, judgment and believing that you're anything less than a grand, majestic soul – and boy, it's easy to do that, isn't it?

Well, then you can celebrate the fun of coming back to that love, of celebrating your truth.

I told the story a while ago: sitting on a mountainside with a priest and we talked about the voices inside... how we could still hear them after we'd chosen to be enlightened. And my Sadhu friend turned to me and he said, "but isn't it wonderful that we have so many parts of who we are? Imagine if we were just one note – that would be a very boring melody."

All this richness of who we are: even when these parts of us distract us and want to take over, we're still so grand. There is nothing grander than coming back to our soul. There is nothing grander than owning this beautiful, majestic creativity that we were born of. That creativity has never expected anything of us. It did not say, "go out and play and unless you do things like this, then you haven't done creativity properly."

Everything you've done has been perfect and continues to be so.

Expectations are from your mind: part of the fun of how we measure ourselves as humans. But they are not the love of soul.

As we step more and more into enlightenment as I did, I also embraced stepping more and more out of linearity. That does not mean I time travelled (laughter) but what it means is: each moment I created for the joy of creating. I did not smile at another for the hope of friendship: I smiled for the joy of expressing and radiating my love. When was the last time you did something purely for the joy of doing it without the mind worrying about the consequence, the outcome?

When will you embrace yourself
in this moment as the grandest creator?

Breathe with me now.

Let us set the past free
so that life ahead is free also.
Expectations are great but they are not grand,
and they are not in alignment with the beauty of our soul.

Enlightenment is the freedom
to be the truth of who you are
without the limits of the world
to shape you.

Breathe with me now.

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

But it will get even better.

Because each day I invite more of my love into my life.
I embrace more of my creativity
and I know the sun will return to nurture, support
and love me as my soul is always with me to do the same.

Soul expects nothing of me,
so in return,
I expect nothing from soul.
My days of prayers being answered are over. (laughter)

But my days of breathing with the joy
and the truth of my soul are eternal.
Within them is all the love and support
I will ever need for me to shape my experience.

Namaste everybody.
Namaste.
