

Soul Café With Kuthumi

Featuring Kuthumi Lal Singh
channelled through Marisa Calvi
assisted by Joep Claessens



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Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

MARISA: Well, hello to you wherever you are in the world. My name is Marisa Calvi. I'm coming to you from Sydney, Australia with the very first episode of Soul Café radio! If you followed me across here from our time on Awakening Zone, thank you so much for finding us again here. If you're finding us for the very first time through BlogTalk Radio, a very special welcome to you as well. We're in for a fun hour or so of enlightened talk, conscious creating and hopefully a few laughs along the way.

Ascended Master Kuthumi Lal Singh is here. He's brewing some coffee and chai. He will also be joining us very soon with his wisdom and clarity to guide us to our own wisdom and clarity. I have baked up some amazing cakes and pastries, and I have them all sliced ready to serve. And joining us both is Joep Claessens from the U.S.A. Joep is here to make sure you all find a seat at a table and to make sure Kuthumi and I get your orders right. And let's get going for a nice big serve of our soul connection.

So take a deep breath with me now to get this Soul Café happening. Take a deep breath and picture yourself walking into this beautiful safe space. It is the place to stop and take that deep breath, to feel your soul connection and its infinite wisdom, love and compassion for you. This is the place to open your senses, to connect with life and all the joy it has to offer.

Breathe deep with me now. Beautiful deep breath. Breathe and let that beautiful expansion with your soul expand. Invite it more and more. Invite its love and compassion to be an intimate part of your life here right now.

Breathe and allow it in. Allow more of you. Allow more of experience, as you choose it to be.

So I hope you've all got a seat now. You've all got that lovely cake and your coffee or your chai or your hot chocolate or your nice frappé there. We're all settled in. We've all created the space together.

So, with that, I will welcome my fabulous cohost, Joep Claessens, all the way from Colorado in the U.S. Good morning, oh, good evening, good afternoon, Joep. How are you?

JOEP: (chuckling) Good morning, Marisa. I'm doing very well and a pleasure for me to be on your show again.

MARISA: Thank you so much. Joep was our cohost and cohort and coordinator over on the Awakening Zone, so it's an absolute pleasure and we're so glad that he has chosen to continue on with us, because we've had some great experiences together.

JOEP: Great. Yes.

So just take that first deep breath ... bring your energy back to you, to your body. Breathe all the way down into your belly.

Just feel the energy. Your energy.

Before you expand and feel the energy of the group of Kuthumi pouring in, ready to go, just breathe with that.

(pause)

KUTHUMI: Namaste. Namaste. (Kuthumi chuckles)

JOEP: Namaste, Kuthumi.

KUTHUMI: Yes, I am Kuthumi. Yes, I am enlightened, and yes, I Am that I Am right here, right now so in love with myself and this is as good as it gets.

So here we are in a fabulous new space – my beautiful Soul Café. Come in! Come in, if you haven't already got a seat. If you're hovering around outside wondering what it will be like to step through the door, come in! Don't be scared. There's room for everyone.

Come in. come in. Take a seat. Make yourself comfortable. It doesn't matter that it's a little bit crowded at the moment. There's always that one space for you that will be perfect, that one quiet space where you can look out and watch the world, where you can drink on the most delicious drink cold or hot. The most beautiful food, sweet or savory.

Everything here is designed to delight you, to make you welcome and to remind you that you are God also.

As you've probably already noticed, the service is immaculate. (Kuthumi chuckles) The food is exemplary, the décor outstanding and the ambiance just right. How could it be anything else other than what you truly desire, what you truly are worthy of and what you truly, truly from your heart and soul choose to experience.

This little haven to remind you of the grand creator that you are, and what a wonderful way to do this with so much joy and cake. (Kuthumi chuckles)

It's a wonderful thing when we create a new space, a new beginning. When we log off and log on again to refresh our space. What a wonderful way to reconnect.

We're always connected even when it seems we're not, but sometimes it's nice to actually disconnect so we can reconnect. To take that time out whether it's a walk in the forest, to sit by a beach or to just lie down and take a nap. To buy something new to eat, to read a new book, buy some new clothes, to clean out a cupboard. There are so many ways in life to clear some energy, to make some room for new.

When we start to do it in our little human ways, we invite it in the beautiful grand soul ways.

When I say I will stop and take the time to nurture my body, I'm also saying to every part of me I'm worthy of the love and nurturing that this experience can offer me. I'm worthy of the love and nurturing my compassion, my self-love can offer to me.

Take a deep breath. Take a sip of your hot chocolate, a bite of your cake. Mmm. A nice little top up of your soul.

(pause)

Your soul never leaves, even when you take these moments where you call it disconnect and reconnect. What you're actually saying is "Come closer to me. Be with me more. I Am that I Am, but I'm nothing without you."

(pause)

My beautiful soul here to support me. That piece of the God that went out to explore all that I could be. So now in this beautiful New Energy, this new consciousness, this lifetime of awareness, I can walk with you hand in hand. Hand in hand to experience everything this beautiful human experience has to offer.

The simplicity of our soul offers us the grandest gift. It offers us freedom. Freedom from the programming of the past. Freedom from the programming of the future. Freedom from all the beliefs that have been poured upon us.

(pause)

Freedom from what our mind expects of us.

(pause)

Freedom.

Freedom is the space to create. Freedom is the space to allow. Freedom is coming back to the simplicity and the purity of our soul connection.

Breathe deep with that.

Have another slice of cake. (Kuthumi chuckles) Put a bit more sugar in your coffee or your tea, if you need to.

Kuthumi and I and Joep are walking around. We're clearing the tables and we're topping up anything that you need. If you feel like you're up to your second slice of cake, that's purely okay too. There's no calories in the Soul Café. (Kuthumi chuckles)

Take that breath in this beautiful space to embrace how magnificent you are in everything that you do.

I do not care if you're unemployed. I don't care if you're employed and earning great money. I don't care if you're doing a radio show or not. (Kuthumi chuckles) I don't care how much you weigh, what you look like. I don't care what your dreams were last night. All I care is that you are a soul having an experience, and how wonderful and amazing that is.

So as we sit in the café, I want you to look outside and just picture yourself walking past.

(pause)

Picture yourself walking past, and I want you to see yourself standing there and just hear what it is your voice has to say to you when you first see yourself.

(pause)

What's it telling you about that person standing there?

(pause)

I can hear some of you are wanting to scream out to them to tell them stuff. (Kuthumi chuckles) But that's okay. That's okay. Listen to what it is that you would like to share with them.

(pause)

Just listen to that voice. Is the story full of love? Is it judging?

(pause)

It's nice to step back from ourselves every now and then to listen to the story that we're telling ourselves, and to be aware where that's coming from. Is it still your parent's voice telling it what to do?

(pause)

Is it really offering that beautiful love and compassion and wonder of the experience that it's creating?

(pause)

Just take that breath and be aware of that person standing outside on the sidewalk, looking around, wondering if they should come into the café too. What story do you have about them?

(pause)

What story do you wish to have for them? Maybe they're the same.

(pause)

But remember, when your soul watches you walk by, your soul actually has no story to tell. Your soul will just look upon you and sigh ... and be celebrating everything that you're doing. What a wonderful freedom that is to not impose any story, any expectations or judgments. Just that awe and wonder and absolute compassion for who you are right here, right now.

Now, I want you to imagine that is your soul standing outside. Wouldn't you like to buy them a coffee and cake? So how about we invite our souls to come right in, because I know for many of you right now it's quite cold outside. So you're probably leaving them standing there in about three feet of snow. Or if it's somewhere here like in Australia where Marisa is, it's quite hot. You'd want to invite them into the air conditioning to have maybe an ice coffee.

So let's invite them in. Invite them in. Yes, it's a bit crowded, but you know what? All of a sudden, there's an extra seat right next to you where your soul can come and sit down and join you. And don't worry. We already know what your soul wants to eat and drink, and the order is on the way. That's the wonderful thing about soul. They always know straightaway. (Kuthumi chuckles)

Big deep breaths in this wonderful space.

(pause)

When we go back to this beautiful simplicity, this beautiful simplicity of this soul connection ... this beautiful simplicity of remembering that we are a spark of All That Is, that we're here to play with experience. Everything you have ever done was perfect and amazing. Everything you will do is perfect and amazing. Everything you are doing is perfect and amazing.

All else is distraction. And let's face it, it's very easy to create distractions. It's quite powerful to create distractions. And we've kind of gotten into a bit of a story with distractions, haven't we all? Distractions are wrong. Distractions are bad. Distractions are caused by our aspects. Distractions are there just to suck away the joy. And, you know, for the most part, that is actually quite correct. We do create distractions to take us from our joy, to forget that we are a beautiful soul-led God being, so that we can dive deeply into the experience of being small and being human.

What an amazing creation that was? I think we should all stop and actually really congratulate ourselves on what an amazing job we have done with what we have created in this dimension to help distract us, to help us forget that we are God also.

When you stop and look at it like that, what an amazing job we have all done. To think that we were powerful rulers, that we were victims of circumstance, that we deserved to be on the street begging for food, that we deserved to be killed for speaking our beliefs. (Kuthumi chuckles)

What fabulous creators we are. Stephen Spielberg has nothing on us. Nor does any moviemaker or book writer, not even my stories.

Let's take time to celebrate how successful we were at creating distractions.

Every distraction you have in your life right now is your creation to serve you. And when we can own every little piece of that, then they no longer have the power over us.

What's distracting you right now from loving yourself and truly giving yourself the freedom to create the life you choose? What beliefs are you holding on to? What stories are still there? They're all serving you. They are. They're all serving you.

(pause)

Let's breathe with them and thank them. Thank yourself for being so clever to create them. And some of you are incredibly creative. For some of you they're not the big grand ones they used to be, but they're still there.

And the wonderful thing is when we are so clever with creating distractions, they become so real. They become so real that we feel that they are a part of our experience that we cannot change, whether it's family, work, financial situations. But this outward creativity, this 3D manifestation is simply a reflection of the stories we are telling ourselves.

And now I'm hearing you say, "So what you're saying is that it's just what my mind is telling me is somehow making its way into an outward expression." Yes, because when you quiet your mind and you quiet the stories and you offer yourself unlimited, unconditional self-love, the outside begins to reflect that.

I Am that I Am, so in love with myself. I Am that I Am, so worthy of joy and love.

And I know I can hear you say the words and part of you saying, "But I need to change this before that could actually happen." Just hear what you tell yourselves. Listen. Really take that time to listen to the voices that are coming up, that want to convince you that you're anything less than someone who deserves to be loved and who deserves joy in their life.

Just listen and hear where they come from.

(pause)

A deep breath, another sip of coffee, another bite of cake.

(pause)

Deep breath.

(pause)

And now I would like to go into the next sort layer of distractions, which is expectations.

It's one thing to be distracted by what's happening within your life now, but it's another thing to delay change because of expectations. How are you expecting joy and wonder to look in your life? Are you putting conditions upon it as to how much money that will bring in? What you will look like? What your new lover will look like? Where you will travel? That you won't work anymore.

(pause)

Let's breathe and let all those go too.

(pause)

Let's come back to right here, right now. The perfect love is that which you can have for yourself in this moment, regardless of any situation.

It's a wonderful freedom to let go of expectations, because expectations are really actually just limitations on your potentials. When you simply stop in this here now moment to be in your self love, to hold the hand of your soul and to trust in its infinite wisdom and love and compassion, you set the future free.

I laugh a little bit. I hate talking about linear time, but you're in the human dimension. I have to talk in linear time. See, to me, I can be here in my Third Circle, and I look upon you and I see your past, present and future, and they're not in a line. They're happening all at once.

So that kind of makes it a bit crazy to think that what you do today will actually influence what is going to happen in the future. And it does, because you're in linear time. But it doesn't happen in the way your mind imagines.

Yes, as soon as your mind wants to design what is going to happen, as soon as it sets up with expectations and limits and regulations and rules, it's constricting what can be allowed to come in. But at the same time that doesn't mean that your future, because of how you are in this moment, is already mapped out.

Every time you take that deep breath to come back to your soul connection, you shift potentials and possibilities that weave through your past, present and your future. That's the wonderful thing about breathing with your soul.

Yes, it's a wonderful way to get energy moving. It's a wonderful way to connect to your infinite wisdom.

(pause)

But when you allow soul the freedom to do what it needs to do, then it weaves through your energy in ways that you can never imagine. It unlocks potentials that you never even knew existed.

Breathe with that.

I think it's time we might have another bit of cake. The guitar player is here to play some music now, so we've got our little musical interlude. (Kuthumi chuckles) I'm not sure that we have any questions yet, Joep. If you are on the phone, I think they might just need to press "1" to put their hand up. But have we got any questions, otherwise I can keep going?

JOEP: I see there are no questions so far. So, yeah. Just keep going.

KUTHUMI: (chuckling) Well, let's go on. Let's go on and let's talk about my other favorite thing that I've been playing with Marisa at the moment, which is talking about our heart energy.

Now, you know, we did a bit of work there. We said let's all just breathe and we will connect with our soul connection. We did that rather nicely. It's a wonderful space in the Soul Café to do that, to remind yourselves of that.

So now we can get into party time, because the musicians have started on the stage. So if you want to get up and have a bit of a dance, you're welcome to do that. The music's quite gentle, but you can just stand there and sway. We don't have any rules on how you dance in the Soul Café. No rules in the Soul Café except to be respectful to each other and respectful to yourself. I think that's the only kind of outlines we need to have.

JOEP: Okay. Yes, we do have a caller with a question. Welcome. What's your name?

CALLER 0240: I wanted to use the chance. If there's nobody asking, well then I want to do that. (he chuckles) I would like to know how do I handle the desires, wishing, longing that come up, because the human mind wants to do them something in order to get there, to receive that. How do I handle that the best way?

KUTHUMI: Haah! What a fabulous question. Thank you so much for asking.

Now, the wonderful thing first is when a desire, this longing comes up, breathe with it. Feel where it's coming from. All the time it is real – it could be a soul desire, because they want to lead you on to a fabulous adventure. (Kuthumi chuckles) Sometimes it can be an aspect that wants a bit of resolution in this life like, "I didn't get to do it in that lifetime. Can you do it now for me so I can actually close that off?" (Kuthumi chuckles)

There is no wrong reason for a desire or a longing to come up. Sometimes it can simply be your mind wanting some intellectual stimulation. Sometimes it can get triggered because it sees other people doing it, and that inspires you to want to also be part of it. But the wonderful thing is when you stop and you breathe with it, sometimes that is enough to satisfy the longing and desire. Just having that beautiful connection, that aware conscious connection to the longing and desire that you're willing to stop and listen to it can often be enough to satisfy it or resolve it.

It's when we ignore them, we repress them, we push them aside and say, "No I can't – we can't – we can't take part in that. I can't do that. I don't have the money. I don't have the time." That's when we push and compress the energies and that's when we can really cut off potentials.

But when we stop and we breathe with that longing or that desire, no matter what it is, we're actually saying, "You know what, thank you. This is a part of me that is coming up and I'm willing and I have the love and compassion to give you my awareness, my time and my love to say that you are a worthy part of my experience because you have come up."

Now, the wonderful thing about this is when we just stop and whether it's fantasizing with it, breathing with it, indulging it in that way, it actually starts to move energy around it. So what can happen is it might be that for a few nights you breathe and you daydream whatever with it. All of a sudden, it will go. And I know, well if you had that – I had this really deep desire to travel to this place or I had this desire to do this thing or to go and do this class, and I kind of played with it for a little while and it went. So I don't understand why it went. Because you were willing to give it the time. That in itself can be enough to resolve that energy.

But the wonderful thing is if it persists – if it persists, start playing with it. I have one of my old sayings which is when you play with ideas, all those longings and desires, you move energy. When you move energy, you open potentials. Potentials create opportunities and opportunities lead to the adventure that is life.

So if there is that desire, let's just, for example, say it's to travel to a certain place. Start looking up information about that place. Start reading about it. Start maybe trying, even going within your local area, see if you can find some of the food from that area and eat it.

Start playing with the energy of it in some way.

Now, what this does is that it doesn't necessarily mean that, well, this is it. Then I'm going to book my air flight and I'm going there and blah, blah, blah. But when you're playing with that energy, you don't know what else is going to unfold. You don't know what potentials that's going to open up for you and what opportunities that will lead to.

So it's always been that desire, that longing, you just play with it. And you don't play with it to say, "Well I'm going to play with it because I have to create a certain outcome." It's "I'm playing with it because that is something that is coming up. I'm going to give it a little bit of time and energy. I'm going to let the potentials with it unfold, even though that could mean something completely different."

CALLER 0240: Yes.

KUTHUMI: Okay?

CALLER 0240: Mm hmm. Yeah. That was helpful. (he chuckles)

KUTHUMI: Thank you.

You know, this is where the mind always wants the outcome. The mind always wants to say, well, this is coming up and your mind loves to have a story of, well, this destination is coming up. There must be something I need to do about. Mmm, not always. Sometimes it's just I'm going to go play with that energy that came up, because it's something to entertain my mind, but it's coming from a place of my soul. It's coming from a place of deep connection, and you're just playing for the joy of playing without even putting limits on it because you're going to create expectations. As soon as you do that and you set the limits, all the potentials start to close down.

So have fun with that, and thank you. What a fabulous question.

You know, it gets so easy for our mind to want to make it linear. Play with something for the joy of playing with it without the expectation of an outcome always. Always. Always. Thank you. Thank you so much.

JOEP: We have another caller with a question. Caller 6114. You're on the air.

SANDRA: HI. My name is Sandra. Thank you so much for taking my call. Kuthumi, it's such a joy to talk to you. I love your words. I love your energy. I love how joyful you are. That just feeds me. And I love all information that you lovingly share with us. You're just so beautiful.

KUTHUMI: Thank you. And I think the same of you as well. I love you too, and wouldn't it be wonderful if we could all talk of ourselves the way THAT you talk about me.
(Kuthumi laughs)

SANDRA: Yes. Yes. Yes. Yes.

KUTHUMI: Thank you, my dear.

SANDRA: My question for you is there are times when I am completely connected with my soul and nothing bothers me. Nothing moves me. There's no – I have been there. It's a beautiful place. And sometimes I'm not there.

And, you know, I get sad and I get – I feel ... I don't feel the same way. However, is there – like you talked about distractions. So is that a distraction? Is that part of the process of the integration? What is happening? This kind of feeling has been with me for most of my life, and at times I don't want to be here. I don't want to be around, and I wonder why did I come here for? I have an idea now of why I came. I'm tasting it. But when I go back and forth, back and forth, it's a zigzag that wow! It's hard.

And is there anything, you know, I'm just allowing it. My mind doesn't understand it. It's fine. It just is. But I just have these moments of complete ecstasy, and then there are moments of deep sadness. So can you help me understand this? And is there anything I can do?

KUTHUMI: Absolutely, there is, and the thing is basically to keep doing what you're doing, because you're still here. So that's always a good sign that you're doing the right thing.

SANDRA: (laughing) Yes! I'm still here.

KUTHUMI: Okay. That's the first thing. We celebrate that. I'm still here so I'm doing something right. See, so many times when we're choosing an enlightened life, we think, "I'm still here. I must be doing something wrong."

Now, there's quite a few layers to this. So bear with me, we're going to go through them and hopefully I'll remember all of them as Marisa channels me.

Now, the first thing too is these wonderful moments when we actually lose that bliss, it's also – it's kind of to have the joy of finding it again. So it's a little bit of an addictive pattern. Oh! I'm back in this funk again, but I'll get back to that bliss. It's kind of like when a junkie comes down off a high. It's okay, because I know I'll get my fix soon. (Kuthumi chuckles)

So it kind of creates a little bit of a drive to keep going.

I'm going to sort this out. I'm going to figure it out. So that's a little bit of a game you're playing with yourself. It's kind of like, "Oh, I'm down again, because I'm going to have the joy of getting up again." All right.

SANDRA: Okay.

KUTHUMI: So I just want you to be aware of that. If I'm down again is it because I just want that fun of getting the high again? So sometimes we will do that to ourselves. We'll say, "I know my bliss. I know it's so fantastic. Maybe if I step away for a while, then I'll have the fun of coming back into how good it is, because a little part of our mind conditioning in this human realm is I can't be on a high all the time, because then I don't know the depths of experience.

There are sayings in your life. It's all swings and roundabouts. You know, life is a rollercoaster. It's a merry-go-round. We're conditioned to believe that we actually have to have the down time. And we created the down times because we wanted the depth of experience. If we came here and just had blissful lifetimes all the time, you know, we wouldn't have had the fun of knowing what it's like to be a despot or a victim.

SANDRA: Right. Right.

KUTHUMI: They're all part of gathering experience.

Now, that sort of grieving that you've got now though and this is where a lot of you – a lot of you have this pattern as well. It's okay. I know I'm enlightened. I know I'm living my ascension. Why am I still not enjoying it so much? (Kuthumi chuckles) Why isn't everything just one big, you know, unicorn rainbow party? Okay. And part of that is

coming from the past lives where you achieved enlightenment and you sat in your cave nice and quiet. You didn't have to deal with your families, because you disconnected from them. You didn't have to deal with the rigors of modern-day work life, which are quite horrible for most of you.

SANDRA: Yeah. Yeah.

KUTHUMI: And those lifetimes where you sat in the Mystery School, then bang, you had the revelation and you left your body.

So you had the revelation. Or you achieved enlightenment, but you stayed up in the mountainside and then became a guru and people just came to you to say, "Oh wow. You're amazing. Can I be amazing too?" (they both chuckle) Kind of like how our conversation started. Okay.

So a lot of this grieving of why am I here doing it like this now? I did it so easily before. I just want to be in my mountain next to my waterfall. Okay. So you've got to come to that acceptance that, "I'm doing this now in a New Energy where I do it as an embodied human and I do it interacting with life as it is."

SANDRA: Yeah.

KUTHUMI: I'm not going to cloister myself. I can't go and hide. You still can go and hide if you want sometimes, but that ultimately won't be satisfying for you either.

Let's all take a breath with that. Let's take a breath for all those lifetimes where we were the gurus. Where we did spend the time in the Mystery Schools and everything was mystical and amazing and wonderful, and we just hung around people who were also mystical and amazing and wonderful. We didn't have to wait once a month for a webcast or a show. (Kuthumi chuckles)

Because they were amazing times. And they planted the seeds and they set up the energies for the lifetime now.

So I really want you to just be aware of those layers of that when you go into the funk, because a lot of the upset of why you're doing it like this now is just those aspects from the past coming up to say, "You know, we did it so much better before." Well, you know what. That's when you can turn around to them and say, "Yeah, you did. You did it amazing. You did it perfectly. But you know what, I'm doing it now and I'm staying connected with life. I'm going to stay connected with everything this experience has to offer, and I can do it with my awareness. I don't have to hide. I don't have to be scared of anyone knowing the truth of who I am. And I sure as hell don't want to be a guru so people come and try and feed off me, because they want my wisdom. My wisdom is for me. I have spent all these lifetimes opening it up."

So that's the other bit. But I want to say to you now, don't beat yourself up when you go into the funk either, when you go into those down spots, because that's also part of the

game of the energies of this dimension. It's kind of like, oh, you thought you had escaped all the crap. But you know what, I've still got you.

And so that's part of it too. It's that feeling like I'm never actually going to let go of this. And all that is doing is making you question your Godself. That's making you question your creativity and that's stopping you from loving yourself and having compassion for yourself. That's what that energy is designed to do.

So it's okay. It's okay to be in the down time, but don't, don't beat yourself up. Just go, "Okay. So here I am in this bit of a down time."

SANDRA: Mm hmm. Yeah.

KUTHUMI: That's fine. I understand that's part of the game of being here in the 3D. But you know what, I've got my breath and I've got the remembrance and the awareness to know that this is just a down time.

And that will balance the energies out a lot quicker. And that's when you say, "Right, I just amp up what I need to do to love myself." Come to the Soul Café. Have a piece of cake and a coffee. Go to an actual real café.

SANDRA: Right, right.

KUTHUMI: Have a piece of cake and coffee. Yeah, have some extra quiet time.

SANDRA: Yeah. I do. The energies are so strong and what I wondered is is it me creating it or is this the energy that I feel? Because sometimes, I mean, I just, the way I feel is just extraordinary. And so.

KUTHUMI: I would say for you, it's kind of a joke, but it's very real too is that the good news of being enlightened is that you become more sensitive. The bad news about being enlightened is you become more sensitive.

SANDRA: Yeah.

KUTHUMI: You are a very sensitive person, so you are picking up on waves of energy that are outside of you that aren't completely yours anyway. So a good thing when you just have that awareness, because if you beat yourself up and say, "I let myself go down again" is that means you would take ownership for energies that aren't yours.

SANDRA: Right. Right. Mm hmm.

KUTHUMI: Now, the other thing I want to let you know too is, which is where a lot of people allow the distraction and that energy to be even stronger is the belief that it's actually as strong as it is every time. But because of your sensitivity, it's actually not owning you as much as it ever did. And if you actually stop and reflect back on – people who suffer depression or things like that, when they go into their awareness, each time you're actually going into that little down time, you're actually getting out of it quicker

and you're actually not going into it, and you think that it feels as bad, it feels the same, because of your sensitivity and because we like to beat ourselves up. But truly, each time you're doing it, it is not the same. It is not as deep and it is not as linear time-wise as long.

So just kind of be aware of that too. Like, yeah, I'm here, but you know what. It's sure as hell not as bad as it was six months ago or two years ago or ten years ago.

SANDRA: Oh my goodness! Nothing like ... nothing.

KUTHUMI: Okay. Thank you. But it still affects you to the same degree because it's the distraction and because it's that energy of "oh I must be doing something wrong." Uh huh.

SANDRA: Right. Right.

KUTHUMI: So when we go into those times of saying, "All right. I'm here again. But you know what. I get the joy of going back to my soul connection. I've got my breath, and this energy isn't really mine, because it's not what I'm choosing anymore." And it will go into balance.

SANDRA: Okay

KUTHUMI: And that also will get that message to the aspects who are saying, "Wow! Remember that time we just went into a cave." Yeah, thanks. I like the cave too, but I get to do it with coffee and cake this time. (they both laugh)

SANDRA: Yeah! I'm enjoying the cake. It's fun.

KUTHUMI: That's right! Enjoy yourself. And that's a great way to do it like this. Take a hit. You know what. Let's go – I'm going to just go – today I'm going to go and show you how much I can enjoy this. (Kuthumi chuckles)

SANDRA: Right. Right.

KUTHUMI: Thank you so much, Sandra. Fabulous question. Thank you so much for calling.

JOEP: Thank you, Sandra. We have another caller that I'm going to bring on.

JOEP: We have a question in the chatroom from Jule. I'll read it out. And it's a question about her child, her girl ... her question is about the distraction of children.

QUESTION: Specifically, my girl who is appearing so in need at this time. A huge distraction. How do I handle that?

KUTHUMI: Ohhh. The hardest question to answer is that of a mother asking how to deal with a child. And the first thing that we have to say is to get to that place of accepting

that, you know, co-creation. Co-creation of situations are probably some of the most challenging on Earth.

Co-creation of a mother and child, even more so. But I don't mean to say that to make it daunting or to make it seem like it's impossible or hard to get through.

It's a time of first accepting that you both chose to be together here to create this experience together. But the big word I'm going to give you today is boundaries. And it's going to be hard, but to set up boundaries for yourself to say, "Even that from this time to this time each day is my private time where I don't get interrupted." To say that be willing that you can actually call a child out on their own games as well. I think sometimes as mothers we feel like infinite compassion is also infinite dumping on, and that's not the case.

You have to remember too that this child chose you to be the mother, so she is therefore actually wanting you to create the boundaries to minimize the distractions from your own experience, because in doing so, it will be the greatest standard and example for them. And truly if you're feeling that you need to set up some boundaries or to restrict the distraction of the child, then that child is actually wanting that experience as well.

It's also part of motherhood that the word selfish gets thrown around. But to lead by example and show a child that you can lead a life that is committed to you, first and foremost, but with consideration for others is also what that child is wanting to see.

And, yeah, it's going to be tough and there's going to be resistance. But I truly know that you are capable of doing this with grace and of balancing out those moments of imbalance.

With children when they go through these times as well when certain ages, they're actually craving for the revelations. They're craving for the insights and they're craving for the freedom that most adults have spent the last 10, 20 years actually coming to an understanding of. So a lot of you who are going through this awakening and this awareness that have children, you kind of feel sorry for the kids in a way, because they've kind of thrown themselves on to a treadmill that's already going at 20 kilometers an hour, and they've got to run to keep up. But you know what, these souls that come in, they know exactly what they were getting in for, and they know that this is what it was all about. And they're ready, and they will act like they aren't and they will act like they don't want to understand. But they will understand and they will get it eventually.

So here's the thing. In another ten years' time when that child is off making their own life, will it have been worth it to set up your boundaries? To have committed energy to yourself? I think you know the answer to that is yes, because that also too is going to help set them up for a life of owning their experience and for putting themselves first, with consideration for others.

With our mastery, I've noticed in the last year there's been a kind of movement of what I call slash and burn sovereignty, where it's kind of like, "I will be a sovereign being at all

costs.” Yeah, that’s fine. That’s a great way to choose experience. Wouldn’t it also be wonderful to choose an experience with “I can be a grand and graceful Master. I can interact with my family. I can interact with experience. And that won’t be at anyone else’s expense.” Even when they seem angry or they seem put out or it seems to affect them, it’s not going to be at their expense. Everything can be done with balance and ease and grace. Everything – dealing with children, quitting a job. Anything can be done with ease and grace.

What sort of Master do you want to be? The Master who continually compromises? The Master who bulldozes their energy through everything? Or the Master who stands in their grace and balance and makes choices with their infinite wisdom?

And wouldn’t it be wonderful to talk about that with your child so they can understand where you’re coming from, even when they screw up their face and act like they don’t want to and storm out of the room. Next time they’re back in the room, you can have the conversation again. (Kuthumi chuckles)

Remember, you chose each other. You also get to choose how you interact with each other. Thank you, my dear. Thank you.

JOEP: Thank you, Kuthumi. We have more callers. So I’m going to bring on caller 3774. You’re on the air.

SUSAN: Well, hey, Kuthumi, how are you today?

KUTHUMI: Well, hi!

SUSAN: (chuckling) I ...

JOEP: Who do we have the pleasure of talking to?

SUSAN: I’m Susan.

KUTHUMI: What is your question?

SUSAN: My question. I think I woke with a dream about you or with you in it or something this morning. I woke up with this great book idea. Very creative and I kind of started my morning laughing going, “Oh, I could do this with this and this – that! And, oh, this must be from Kuthumi. I’m so excited about this.” And, oh, went on with my day and went out and walked my dog, and did a face plant while walking my dog right on the sidewalk. My knee is hurting now. It’s swollen a little bit.

KUTHUMI: Awww.

SUSAN: So as I was lying there, I was thinking, “Mm, bump and fill. That must be what this is about.” And since then I’ve been dropping things. I dropped my yogurt. No problem.

I broke my necklace. No problem. I just fixed it while I was listening to the last caller. What is going on here?

KUTHUMI: So you fixed that very quickly then!

You know, this is the wonderful thing. This is when we kind of get into when the creative mind and the creative experience doesn't quite meet up with the human experience. And it's when we get into that place of being so creative and open and we've opened up the energies, we lose being grounded. And when we lose being grounded, that's when it's easy to physically do things like fall over, because we're not really completely connected into our physical.

You know, it's okay to do that, but I would actually prefer you do that while you're sitting down inside. Not on the sidewalk where you can break a bone.

When we want to go outside – I do this with Marisa. She'll be in the garden where we talk, but it's the fact that she's gardening that keeps her grounded. The fact is that she has for many years practiced been sort of playing with me but still walking keeps her grounded. I taught her a lot more about that in India as well, so I could talk to her and show her things while she didn't bump into people or fall down stairways.

You know, it is that thing of being, especially when you have that first fall and it shakes your energy, it's almost like a little bit of a "hang on, let's stop and check in with how grounded we are?", especially if it keeps happening.

Now once we start, yeah, you drop your yogurt, you break a necklace, they're kind of little things, but they're still showing you that hey I'm not quite here. So be aware of that.

And I also – I've shown Marisa too. She will see sometimes when her mind is off on a little bit of a rant, she'll drop something on her foot. She'll bump her head. It's like, "excuse me!" It's your body's way of saying, "You know, excuse me. Can you just sort of come back? Can I have a little bit more attention please?" All right. But it's also too, it's a little bit of a soul alarm to say, "You know what, let's just make sure we're grounded." Yeah. This is great. I'm so glad you brought that energy from the dream state, and you did, and that's also probably why you're still a little bit why you're not so grounded is because you're still in that energy of the dream state.

And it's a wonderful thing when you wake up and you feel that deep energy of the dream state is to stop and breathe and make sure (1) you're back in this dimension completely, and (2) you're actually in your body completely.

Now, the big fear is all that's going to shut off the energies I brought back from dream time. So part of this being ungrounded is if I stay ungrounded, I'll keep that energy flowing. Well, no you're not, because when you come back in this dimension and you actually take that time to breathe, you're actually going to actually integrate that energy you brought back with you.

So little bit of this junk is I'm scared if I'm totally log into my body, I'm going to lose that creative energy I brought with me from the crystal realms while I was sleeping. But I know you have a lot of trust in yourself to actually breathe and say, "I will be back here in my body especially when I walk on an icy footpath with my dog." Okay. But really trust that creative energy that you opened up while you slept isn't going to disappear just because you don't want to drop your yogurt. (they chuckle) All right.

SUSAN: Right.

KUTHUMI: And listen, like when we do these thing and we have like even like a little car accident or we have a health scare, a lot of those times they're things to shake up our energy to say, "Hang on. Let's just stop and check where we're at. Are we grounded? Are we choosing to be here? Have I got some flow of creative energy that just that I actually need to ground by stopping and breathing?"

A lot of times for you guys now you're not creating the car accidents to pull you back in your body. You're not creating the heart attacks anymore, for the most part. Okay. I know you're all truly choosing to be here and have this amazing experience, because it is. It's fantastic. Why would you want to leave? Especially now that you're doing it with your awareness.

So these little jarring moments or when we have these clumsy days, they're actually like little alarm clocks to say, "Let's just check in." Let's check in and make sure that, yeah, we are fully here and also too, if I've got this creative flow that's coming through, sometimes you need to stop what you're doing to actually sit down and journal. Breathe with it. All right. Just write it down. I actually think you need to start even just these little – I know you're good at journaling and blogging and things like that. Get it out, because at the moment it just needs to get out. (Kuthumi chuckles) Okay.

SUSAN: And actually I did. That was the first thing I did when I got up this morning was I wrote that down. I wanted to make sure that I didn't forget it, because it's such a great idea.

KUTHUMI: Absolutely.

SUSAN: So I did the journaling and I went on message board and put it on there. And also put on just made more notes to myself on my computer.

KUTHUMI: Yes.

SUSAN: So there's journaling and that sort of thing and breathing. I didn't do any breathing.

KUTHUMI: Do the breathing, because it'll ground the energies of it, but it'll also make sure you're actually in your body so that you can actually still interact with your experience here to eat and walk properly. (Kuthumi chuckles) All right.

JOEP: Thank you, Susan. Kuthumi, we have about 20 minutes left. Do you want to take another call?

KUTHUMI: We do. Oh, let's take that one more call so we can complete and they will feel that they have got paid attention to, and then I'll finish up.

JOEP: Okay, great. Caller 8581.

MARIA: Hello. Yeah, it's Maria,

I have a question. I had to put Spicy Cat down this week, and I was doing pretty good. I made the hard decision. And I was doing okay until I sat here to listen to you guys, and she didn't jump and get in my lap like she normally would when she heard your voice.

Well, she kind of still did anyway. Didn't she?

MARIA: Yeah. With the DreamWalking I understand. I know she's not in her body and I know she's better now and okay. But she's not here with me.

KUTHUMI: I know. I know. And you know what, it's okay to grieve. It's okay to feel sad and to miss someone who was a big part of your life, whether it was an animal or a person. It's a natural part of our human expression to want to grieve someone.

I'm glad you're remembering that it all happened in the perfect way and her little soul is going on. She may come back to you again or she may not. You know, but it's okay to feel sad. And this is what I was saying to that lady before when she was down. Just because you're enlightened and you're awakened, you don't have to be happy and blissful and positive all the time. You know, it is okay to be angry at stuff. It's okay to be sad, because that moves energy as well.

But please come back to that absolute remembrance of the wonder of experience and to thank her for being part of your experience, because you had a wonderful connection and she was a wonderful part of your home energy. And really honor that and that it is all fine. But it's okay to be sad.

MARIA: Thank you.

KUTHUMI: That's okay. And you don't need me to give you permission for that. You can yourselves permission all the time for what you're feeling.

And, the wonderful thing about the contradiction of grieving is that we grieve because we remember the joy so much, and the remembrance of joy makes us sad, because we want to still have those joyful experiences with us.

We can also change the dynamics of grief a little bit. We change the dynamics to be a bit more of a celebration to say, "Look at the wonderful joy I created in this beautiful connection with this animal," and really invite that to come back in.

So, yes mourn, yes grieve, but always celebrate what you created so that will invite more of that energy in whatever way that's going to happen for you now.

MARIA: That makes sense.

KUTHUMI: Yeah.

JOEP: Thank you, Maria.

I guess that wraps – for all the callers and questions for today.

KUTHUMI: Fantastic. Now I can get back to what I was going to talk about, I think, it was 45 minutes ago. (they both chuckle)

So, thank you for all those wonderful questions.

So now let's take a deep breath.

We've had some party time. We've had some dancing, and let's wind things down now. Everyone's back at their table. One more round of coffee and cake for everyone.

Take your soul by the hand. Your soul's had enough to eat now. They seem to survive on very little, which is wonderful.

And just breathing with your soul ... and I invite you to put your hand upon your heart. We've had a wonderful experience today not just in connecting with our soul, but in opening up our heart energy.

When we open up our heart, we say, "Yes I'm willing to receive. Yes, I am worthy to receive."

For so long we've conditioned ourselves not to just forget that we are God also, but to close down our hearts, to protect them from the hurt and the anguish of human life.

And in that wonderful active protection, we've also closed ourselves off from a lot of the joy and wonder that life has to offer us. Yes, we can open our hearts and we can get hurt still. But the wonderful thing is when we do it without fear, without worry that it will happen again, we invite in so much more. So much more.

A breath with me now in this beautiful safe space that will continue on with you, because you know you all have your own Soul Café within you anyway. You are safe and protected. There is nothing to fear anymore. People can try and hurt you, but they'll only hurt you as much as you allow them. The dangers of life are still there, but they don't have to be part of your experience.

Imagine if it was just as simple as all I need to do is open my heart to receive, to come from that place of love and compassion that invites every potential of this experience in.

(pause)

Thank you all so much for joining me today to our first Soul Café. We have many more adventures way ahead. I thank you for your messages in the chatroom. I thank you for your calls. I thank you for listening now live or later in the archives.

Say it with me here. Put down your forks. Put down your cups. Let's take a moment to take that deep breath and declare to every part of ourselves: I Am that I Am, right here, right now so in love with myself and this is as good as it gets.

Namaste. Namaste.

JOEP: Namaste, Kuthumi, and thank you for your beautiful sharing.

Let's take a deep breath. Breathe Kuthumi's words in. Breathe in the energy of this safe space we created together.

MARISA: Thank you so much, Joep, for all your help. Thank you to everyone who has tuned in and called in and asked questions via the chatroom. It's been a great first time for all of us here. Ahhh!

So this will be archived with the same link. If you want to listen again. Please head to newenergywriting.com. If you go under "Radio," you'll find a link to transcripts from our past shows as well.

Also, if you head there, I have a special on my English paperback version of "You Don't Have Problems, You're Just Bored," which was the very first book that I wrote with Kuthumi. And I've reduced that now to just \$15.00 including postage anywhere in the world. So a few people are grabbing copies of that. It's actually, it's a beautifully printed book. It's in complete full color and illustrated with the engravings from the Taj Mahal, which Kuthumi built from one of his lifetimes. So please drop by and grab that now, if you haven't got it yet or if you'd like an extra to send to a friend.

At the website too, you can also book private sessions with me and find the links to buy my books. And the person who asked, I am working on the new book. It is coming together slowly, but it is happening.

If you want to follow any updates, I have a newsletter that will come out to announce new shows and specials and what's happening with me and my books. Just go to the website and if you scroll down the Home page or pretty much any page, there's a link at the bottom where you can sign up for my newsletter or you can come across and like my Facebook page, which is Marisa Calvi Author, if you want to follow us on Facebook. So come and join me either there or through the newsletter.

Thank you all so much for joining me. Thank you, Joep and ciao to you as well. So bye everybody and Namaste.