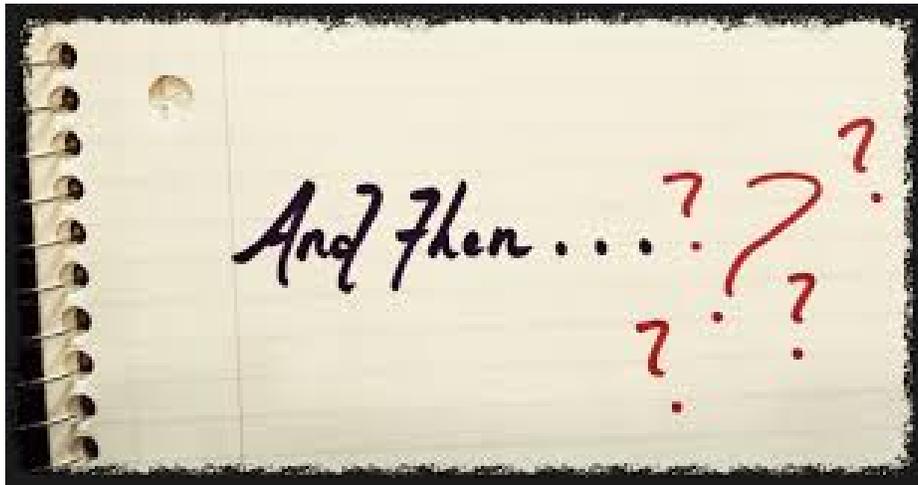


# Soul Café

## With Kuthumi

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

*“And Then What?”*



Broadcast on BlogTalkRadio March, 2015

Listen to the full audio recording at

<http://www.blogtalkradio.com/marisa-calvi/2015/03/20/soul-cafe-with-kuthumi-and-then-what>

Marisa and Kuthumi are happy for this channel to be translated and shared, as long as no money or fee is charged for this, and that proper credit is given as to its source.

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**Soul Café with Kuthumi – March 2015**  
**Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi**

MARISA: Hello to you wherever you are. Welcome to Soul Café with Kuthumi, with Marisa Calvi and Joep Claessens, although I think today we should change the title of the show to “skin-of-your-teeth” radio. (she chuckles) Kuthumi always has a lot of fun with me playing around with the idea that time isn’t linear. Don’t worry about linear time. Let your creativity flow. And I just had the fun of finding out that somehow my time zone settings in BlogTalkRadio weren’t quite with the time zones settings in my human world. So I’m afraid a few of you probably won’t be catching this live, because you would have been incredibly misled by what BlogTalkRadio is telling you when my show is being on.

I am eternally grateful to be joined by my cohost, Joep, who today is actually all the way over in the Netherlands, who managed to figure this out with barely two minutes left to go, and somehow my technical incompetence managed to come together and change the settings so that we could actually be here with you live. So my eternal gratitude to you, Joep. You are not just our cohost. I think today we can now promote you to guardian angel. How are you?

JOEP: Yeah, you’re welcome. I just arrived here yesterday, so I’m sort of in between time-wise. (he chuckles)

MARISA: So you’re not quite linear either, which is kind of incredible that even with jetlag you managed to actually figure that out for us! (she laughs)

So we might have a quiet show. It was a good thing I said we’re not going to take questions today, because I think we’ll be lucky if there are five people listening. Who knows? They could have all had questions anyway.

But thank you so much for joining us. This is Soul Café with Kuthumi. This is a time once a month where Joep and I set up this little radio show. We call in the energy of Kuthumi, who I channel. Kuthumi is an Ascended Master, who lived many incredible lifetimes from pharaohs, to Pythagoras, through to building the Taj Mahal. And with all the wisdom he gathered in those lifetimes culminated in the 1800s when he lived his life under the name of Kuthumi Lal Singh. He was an Oxford scholar. He was a traveler, but most of all he was a walking, living, enlightened, ascended being, and he shares that when he comes in to share that wisdom with us during these shows.

We call it Soul Café because together we like the idea of gathering in a beautiful safe space that’s nurturing, that’s comforting, that’s full of nourishment, where you can sit and really, really choose and commit to expanding our connection with soul. That beautiful accumulated wisdom, that eternal compassionate love that is there with us always, from that little spark of All That Is that went out to explore all that we could be. And here we are now in this beautiful lifetime in the New Energy in the new consciousness experiencing that in our bodies with all the joys that Earth has to offer.

And I know it gets hard sometimes. Life gets distracting. The world gets distracting. So that's why we created Soul Café where you can come inside, take a seat, order your favorite drink, a superb piece of cake and just have that little time out to really remember the beauty of your soul connection.

If you have managed to tune in live, and of course, if you're tuning in later in the archives, you are as good as here live. The energy is the same, because you're contributing to this no matter where you are and when you are.

So thank you so much for joining us in whatever way possible. Even if it's reading the transcripts and even if it's reading the transcript translation.

All my shows, from now I actually get transcribed by a wonderful lady called Gail Neube in the United States. We generally have them up within two weeks after the show, and if you go to my website at [newenergywriting.com](http://newenergywriting.com) and go to the "Radio" page, you'll find a link there which will take you through to the transcripts. I'm also going to be expanding that to have links to the audio archive as well. And those transcripts are always free to download, and if you are a translator or if you wanted to translate it to share with friends and family, you're more than welcome to do so. We love to get this out in any way we can. So thank you so much for joining us.

Well, this show this month got a bit delayed, because I was off having another little adventure in India. So many of you know I had an incredible time there in November. Kuthumi invited me to make it a soul adventure, which I did, and I had an incredible time expanding my soul connection. But also I had a fabulous time opening up my heart energy, which has been absolutely transformative for me in the last three, four months.

India became a place for me that I felt so at home and so connected to the energies there, that even before I left the last time, I knew I had to return as soon as possible. So I did that last month. And part of the other reason I did it, well, the mind excuse – it is fabulous how you can have a soul passion and be driven to do something from your soul and your mind will make up the fabulous excuses to support that. It's very good at making up the excuses to sabotage you as well, but sometimes it can be great in actually creating the stories to support it as well.

And for me this time it was that I need to go back and do more research, because I want to take people on tours. I want to bring people there and with Kuthumi doing some channels, take them to all these beautiful places. But just doing some little meditations, some breathing and doing some questions and answers along the way to really bring in our soul connection and do it in this amazing place that's so sensual, that can be so confronting and yet so joyful as well.

So, of course, I headed back this time and it was quite interesting in that it was a very different experience for me energetically. And at one point I actually called out to my soul, because I was a little bit like a junky sort of chasing after that first rush, when you have that first rush of a new drug, as I imagine it would be. Not that I've tried those. And

the wonderful thing about it was that I had just come to a new relationship with my soul connection, so it couldn't be the same.

So it was a new space for me where I didn't have to call it in as consciously, because I had already committed to having her there with me. So a lot of times it was, for me, this time it was finding those quiet moments to have beautiful contemplation and conversation, even just for a minute, even just for one breath, one heartbeat.

One of those moments this time that I had was at one of my favorite places, because this time even though I started in Jaipur, I actually went and toured the whole of Rajasthan, which is the state that Jaipur is the capital of. It's a beautiful area of India up in the northwest just below Punjab and just south of Delhi, and it was beautiful. They love colors. Everywhere is colorful. You can drive through fields, and in the middle of a field there's a woman in the most glorious sari picking wheat. Just an absolute delight. They love their music, as all Indians do, and beautiful food. It was just incredible.

And I went through a whole different array of very simple towns with beautiful old havelis, which are the old mansions that they lived in and that most times hotels are styled on, through to their fantastic majestic forts up on the mountainsides.

And my absolute favorite place was in the middle of nowhere in what they call their jungle and there is the most amazing Jain temple. Jain is an order of the Hindus who are strict vegetarians, and there are some incredible temples up around in Rajasthan. And we went to one of the most magnificent, which was just huge. The only reason people go to Ranakpur is because of this temple. And this temple is so huge that it's not hard, even with all the tourists and actually with the Hindus who go there to worship to find a quiet spot to take some quiet contemplation.

So at the very back of the temple I sat and I was looking up and feeling into the energy of the people who created this temple. This temple was so amazing, all hand-carved and built by hand, of course. There's over 1,400 columns and different parts of it all engraved and nothing is repeated. Of the over 1,400 columns, there are no two that are exactly the same. I actually found some camels carved into one and I took a photo, but the light wasn't quite right. So I went looking for more to see if I could get them in better light. I could not find them anywhere.

So I took this moment to sit down and just really feel into the beauty of what those artists and those worshippers have created in building this temple. And I had a fantastic conversation with Kuthumi about human artistry, let alone what I shared with my soul, and it was just so amazing that I know I'll expand on that more today, because I've asked him to because I think that was quite incredible.

So we're going to talk a bit more about that today. It was quite incredible to sit there within the energy of that temple right there to really feel - Why we have artistic creativity? Why do we paint? Why do we sculpt? Why do we want to dance? Why do we want to make music? And he took me into a really deeper understanding of that. I know a lot of it is for the joy of just being here and experience, but he really helped me get it

on a much bigger level. So I really hope that we can share that with you today so you can all really tap into that energy as well.

But also too, the other beauty I love about that was that when we tap into that creative energy, we actually help break down a lot of our mind patterns and a lot of the old programming that we've brought here from many lifetimes, and not only that, the eras before here. Like when we talk about the Atlantean era, which was so mind-based.

So we're going to go into that and really help shift some energy around that. And even if you don't feel that you need to shift the energy around that, this will also just help you expand that energy within yourself too.

The other things we're going to go into today is around something Kuthumi spoke of in a session we did last week. He said, "So many people fear taking that big step or surrendering to their enlightenment or their self-love, because then there's the question, well, and then what?" We get so caught up in having this fun of being on a journey of exploring, of searching, that often that becomes the entertainment and the distraction in itself. Even though we think and we convince ourselves that that journey and that exploration is taking us to that freedom, we actually are still stuck in that because we actually have a great fear and mistrust of, well, what are we going to create if we actually allow this to happen. So we're going to go into a bit of that energy as well.

And then if we have time, and I'm sure we will, I'm sure we'll find at least one minute or two, we're going to go into our soul love.

This week I was a guest on Aandrah's and Ahn's radio show. That's Norma and Garret over in Colorado. If you go to [compassionatebreath.net](http://compassionatebreath.net), they have a wonderful archive of radio shows and webcasts. If you go into the radio show section, the March one, that was just this week, I was a very special guest. I was actually their first guest ever, and Norma and I took questions together.

I also spoke a lot more about my experiences in India both in November and now and I talked about how that opening up not just my self-love, but really stepping into my soul love, what that's brought into my life. So I really would love for you to go and have a listen to that. But for those who maybe can't do that; when I was contemplating what I would actually share on Norma's and Garret's show and I thought to distill it down to what I would really want to share is that the greatest gift I've given myself in the last six months as I continue on was that realization that, yes, I know how to love myself. But so many of us keep it at that level of being nice to ourselves. We're very good at not making the choices that don't support us. We're very good at not making the choices that make us uncomfortable or that we don't particularly want to do anymore, that compromise ourselves. We're good at saying, "I am going to have some chocolate today. I am going to have that nap," but that's kind of keeping it at a very simple human level of self-love.

When we actually allow our soul love in, we can show ourselves how much grander love can be. Our soul love is so infinite, so limitless, but most of all just so compassionate.

And I know when Kuthumi and I and Joep will take you in the breathing and we breathe with that soul love today, and we breathe in that space of our soul connection, that's the love that we really want to aspire to that doesn't judge us, that doesn't measure us, that is in constant celebration of our experience and that constant awe and wonder at everything we're doing.

And that's how we expand this self-love into our experience. Yes! Keep eating the chocolate. Have your naps. Don't go to those parties where you can't stand making small talk. They're all part of it too. But when we really go into that energetic self-love, that soul love that is just so adoring, so honoring, so respectful, so willing to offer more, it's a whole other dimension. And I know we're all ready for it, because if we weren't ready for it, I wouldn't be having this conversation and you wouldn't be listening. (she giggles)

So here's the thing. If you're listening to this, I know you're ready. I knew I was ready, and that's why I was willing to allow it when I traveled, even before I traveled. I don't want to say that India was the key for me to do it, because I simply was open for it. I was ready for it for a month beforehand. And this is the wonderful thing. I've had a friend also this week who at around the same time I did said, "You know, I'm really willing for more. I'm ready for the next step whatever that will be," and it unfolded in her life in a way she didn't imagine. But she's still in awe and wonder of how it's happening, and it's the same for me.

I didn't go to India with the plan that this is what I'm going to achieve here. I just went there with a willingness to walk hand-in-hand with my soul to have an adventure. And I really feel that that's such a wonderful gift to give yourself – the freedom to let your soul love just bring whatever it can into your life. And the wonderful thing about that is it's not limited by your imagination, which is really ruled by your mind, because your imagination can only pull up what your mind knows.

Imagination is great. You can push boundaries. You can imagine things that haven't happened yet. But when we go into it with the freedom to allow our energy to serve us in whatever way, then we allow far more than the imagination and the mind can ever put into a story or an image.

So we're not taking questions today. I really wanted to just focus on us having this experience with Kuthumi. We might not go the full hour though. Having said that, I have now spoken for 20 minutes, but we'll see how long we go for. It could be a short show, but I think that would be wonderful. I think it would be wonderful if we can allow these experiences within what we would call a relatively short space so that we can understand and take away with us that knowing that in one breath I can bring this energy back for me. I don't need to sit for hours in my cave anymore like we did all those lifetimes ago. I can just be here and in one breath I can come back to my soul love. I can invite that in.

And as I always say too, the wonderful thing about our soul connection, our soul love is that when we breathe, it's not about reminding ourselves that it's there anymore. We

know it's there all the time. It's about saying I want more of that connection. It's okay to ask for more. I've been doing that for years now, and it works for me.

And you are worthy to ask for more. You're entitled to it. It's your soul right. You are absolutely entitled to ask for more. That's what this experience is all about – bringing more and more in. Even when it sometimes it feels like that results in some bit of shitty energy coming into our lives, we breathe, put it back into balance and keep going because we know there's more wonder out there for us to experience. Yes! The freedom of knowing that we can have it all and we can have it whenever we want. How wonderful.

And with that, that's the energy I would love for us to go into channeling Kuthumi today. He's a bit excited, Joep. You know, that's kind of not surprising. He's always excited to talk to us all.

So what I'm going to do now is I'll go quiet. I'll have a sip of water. Joep is going to do some breathing for us. I'll go into channel and when I come out I'll see you on the other side. And, yeah, let's see what we can all create together in this wonderful safe space of Soul Café.

So thank you, Joep. Whenever you're ready, if you can just do some breathing for us.

JOEP: Yes. Great. Thanks Marisa. That was awesome. I really love hearing you talk about your adventures.

MARISA: Thank you.

JOEP: So much passion there.

Okay, well then let's bring in some more passion with Kuthumi and take a deep breath. See what the Master has to share with us. I think Marisa did a wonderful job at setting the energy. So just let's breathe that in ... all the way into your belly ...

Take that deep breath of compassion for yourself.

(pause)

And just feel for a moment, as the energy of Kuthumi moves in even more.

(pause)

And feel it shift and change, as you connect with your soul, with your Self, opening up, allowing this merging of energies between Masters to happen.

(pause)

Mmm.

(pause)

KUTHUMI: Mm. Namaste. Thank you, Joep. That was beautiful. Thank you everyone for joining me here in my beautiful café. My café of the soul. Come inside. Take a seat.

I don't need to invite you in. I don't need to, but I want to, because you have the choice of whether you enter or not, and I want you to remember that.

An invitation is not a demand. An invitation is not a command. An invitation is an opportunity.

So I invite you come join me in this beautiful safe space hand-in-hand with your soul, in this beautiful space that's always a comfort and nurture. To explore all that you are so you can answer I Am that I Am, right here, right now so in love with myself, and this is as good as it gets. I am grand and magnificent. I am infinite and compassionate. I am endless and timeless, and I am here delighting in experience so that I can know the joys of walking in this body as an enlightened being.

I walk with the glory of my soul so close that sometimes I look and think, "Where are they?" They are so close, they are within me.

I am my soul walking this Earth. I am this grand Master delving into experience ... and the delights that lay ahead will astound and amaze me and entertain me as well. It's good to have the option to entertain ourselves. (Kuthumi chuckles)

So, with that, I can see you're all comfortable. I've made some fabulous cakes today. The best quality ingredients ever, because you deserve that. You deserve it.

So let's have our first little experience. I'm going to talk to you all about creativity.

Now, we're going to start first by really looking at our human artistic creativity. Why do we paint? Why do I want to write a book? Why do I want to sing or make music? The wonderful part of our design when we created this dimension was to forget the magnificence that we are and to forget the creativity which is our soul right, which is our inherent essential energy. We are creative. Full stop.

When we say we are God, I am God also, you are saying I am a creator. The very essence of you came here to create experience. But the design of this dimension was so that we forget that as soon as we arrive, so we could have the fun of having the vast array of experience there are.

It's fun to be a victim. Victim is part of experience. But victim can become very boring, very tiring and very draining. (Kuthumi chuckles) Victim locks us into the cycle of fear and suffering, and the true Master steps out of that. The true Master, the enlightened one, says, "I am love. I am here to experience love and joy and have a deep sensual experience in this dimension. I am God. I am a creator."

Now, that's a pretty big revelation to have within the density of this dimension, within the heavy energies of mass consciousness and the incredible fear and programming that comes with that. So what to do? (Kuthumi chuckles)

Now, some of you along the way attended Mystery Schools and discovered I will breathe. I will breathe and within that breath and within my meditation and within my studies I will remember. I will remember. That was one way.

Another way that worked its way into consciousness was art. I will paint. I will write. I will sing, because within art there is freedom. And, yes, many of you began doing so for the kings, the pharaohs and in the temples.

It began in what you would call controlled ways, as a way to record history, stories, to show reverence to what we believed controlled us, to make ourselves think about things that were special and important. But then some were brave to take it further. I will paint for the joy of capturing the scenery. I will play my music for the joy of making people want to dance. I will dance for the fun of moving my body and feeling that energy.

And it was with a deep calling that was there ready to resurface, because within that calling, within that artistry was the whisper “you are a creator”. You are a creator. It planted the seed to remind people there is no destiny and fate. I shape every moment, because if I can shape a piece of stone into a beautiful carving, then what else can I change within my experience.

If I can take some colors and some paints and turn them into a scene on a rock wall, what else can I transform within my life? It began as a whisper so quiet, and as more delved into it, it became stronger.

We will gather together and build grand temples to worship the gods who will bequeath us grandness. And yet as you stood there tapping away at the stone, shaping a magnificent monument, part of you knew it was not God that bestowed that talent upon you. It was you allowing it to come forth.

The whisper grew louder. I Am that I Am, I am God also. I am a creator. And every time I create a carving, a painting, that I dance, that I sing, that I make music, that I write my stories, my poems, that whisper grows louder.

I Am that I Am. I can take colors and make pictures. I can tap upon a stone and pluck upon a string and make music. What else can I do? What else can I do?

And that energy and that remembrance as you create, as you play with your art and keep this energy into the creation. So that when another looks upon your work, they don't just see colors pushed into shapes and form. They don't just hear strings being plucked to make a melody. They feel your remembrance fused into your creation.

You stand and look at a temple and the carvings and think of the person who created it. You look at a painting and you see the skill and the talent. But also you feel the commitment and the drive to share and create and within you, you hear that first whisper, “I, too, can create. I, too, can.”

Now, for many of you, you look at grand paintings and listen to the music and part of you thinks, “They are so talented. I wish I could do that too.” Because such is the

programming and such is the density of this experience, that you truly forget that you have as much talent as any Rembrandt, van Gogh, Picasso, Spielberg, Mozart, any great artist from any great media. Any media at all. To the fashion designers, to the child who sits down with a crayon. It's all waking up the remembrance – I am a creator – and the ones who allow the whisper to take form, allow that energy to remind the ones who look upon their art or the ones who share their art.

It does not mean you have to go and paint or sing or dance or write, but to soak up art with that observation to allow that remembrance in you to change all that programming, shift that mass consciousness, because when we see others break free, they don't just give themselves the choice of breaking free. They also shift consciousness so that others remember.

It does not mean that your art is responsible for the shift in consciousness, because, of course, you always create for your own joy. But when we surrender to that creativity, when we allow that remembrance – I am a creator – then the mass consciousness and the programming around our beliefs of creativity, they shift too. They shift too, and they spin with all that consciousness so that others then can hear the whisper within themselves, "Yes, I am a creator."

How beautiful that we can do this with color, shapes, sounds, words. That beautiful allowing within ourselves that can then allow others. It was a wonderful design in Atlantis and so on from there, that we said our minds are grand and magnificent. We created them to interact with this dimension. We became clever. We created science.

Well we actually created science through art at first. Science has become a mindful thing, because we pushed it into that realm with the mind because we wanted to have it linear. We wanted it to have boundaries and we wanted it to be contained. We wanted it to be contained because science became a part of our experience that we could somehow control.

Now, the wonderful thing about science in the recent times is we've learned that science is completely unfixable. It is constantly shifting and changing, which is why this month the claims of what is a good die can be opposite in six months' time. It's also why there are so many paradigms and beliefs coexisting at the same time, because it's all shifting and changing.

Science is not cut and dried. Science is not definable, limited and it's not bound to any single belief. Yes, you have your physical laws. You have chemical laws as well, and there are certain things that they do follow upon.

But, as you know, the more that people are researching and diving in, the more we're finding that science and that physical world is incredibly dynamic and shifting and changing with consciousness.

So do not accept anything as law. Not science, not your physical nature, certainly not your energetic nature. Everything is dynamic and shifting, because you are a creator.

If you are this grand creator to come in, play with experience, to play with energy the way a painter plays with color, then how can the laws and dynamics of this physical dimension ever be limited and defined by simple laws?

You are not bound to any law. You are not restricted by any rules. You are free.

For so long we have lived lives under the belief that we aren't, because that was a wonderful way that served us to create experience. But the minute you take that conscious breath, that all blows away.

I am God also. I take that deep, conscious and passionate breath and I set myself free.

Take a breath with that this moment. This is what art gifted you in a wonderful, wonderful way to remind ourselves that we are free. We can push the boundaries of what we believe. We can set ourselves free from the laws and regulations of the human experience.

I Am that I Am, right here, right now, so free to be the creator that I know that I am, and nothing can ever stop that unless I allow it. So why would you allow it?

Let's take a breath and just feel into that. See, I said I would take no questions today, because I am going to ask the questions. (Kuthumi chuckles) I will ask the questions. Maybe I should do a show where you call in and I'll ask you questions. But let's contemplate that question for now.

Why do you allow being limited and being regulated and following laws?

Now, some laws serve us. We're to stop at a red light. (Kuthumi chuckles) It's good to have consideration for others. I'm talking about the energetic ones. You don't deserve to be rich. Your body just has to suffer now. I've never really achieved anything, so I never will.

Think of all those simple, simple stories you tell yourself, which are tying you into those old programming, those old beliefs, the old dimensions of this human realm that are simply keeping you in that old programming space.

Now, part of why we also block this too is we also have stories about what being free is. It doesn't always mean you'll be ridiculously wealthy or attractive, though that would be nice. It doesn't mean that you have to be famous, travel the world. I mean, that's where we constantly come back to buying into these laws and regulations. I am small and insignificant. I don't really achieve anything, so this is how life must be.

How about in this moment simply love, soul love.

Marisa thought I was going to save the soul love, self-love till the end, but I think we need to do that now. We're going there. Let's get into it.

Can you accept who you are in this moment? Set yourself free.

Judgment of yourself, the measurements of yourself, they're not laws. They're things and stories given to you by mass consciousness. You're carrying around so many stories, so many expectations.

They're not yours. They're not yours. The only thing that is yours is your soul love. Anything else is a story that has been put upon you that you've carried here. Let it go.

I have nothing more to achieve. I have nothing to prove. I don't need to change, but that doesn't mean I don't want to change or that I can't change. But if you want change in your life, have it come from this place of your soul love.

Oh, my soul, I want to be balanced in my body. Come with me and let's do that together. Show me. Show me how we can do that – that love and compassion.

I want my abundance to flow. Not just with money. I want to be comfortable, safe in every moment. Come with me soul and show me how. Show me how I can allow it.

No longer coming from a place of fear, judgment, but that beautiful acceptance that this is where you are right now. There is nothing wrong or imperfect. There is just experience and where you are in this moment.

I upset people a lot when I started to say, "This is as good as it gets," because people felt that, well, this is all that's ever going to happen to me. This is who I am. And you know what? Yes, this is who you are. This is who you are, but you are a creator. I create this. I can create something else. I can look into a painting in awe and wonder of how they've created light and shadow and how the texture of it stands out.

I can take that energy, that creative energy, I can call it into my experience to serve me. And the only thing that truly blocks that from coming into your life is trust. Trust.

Can I trust myself to allow these energies in? And this goes into the title of our show and my other subject I wanted to talk about today.

If I trust myself, if I allow these energies to serve me, well, then what? Uncertainty, the fabulous trigger for our doubts and fears. What if I allow this energy in and everything gets worse? What if I allow this energy in and suddenly a dark aspect comes up and I can't control it? What if I take that leap? I've taken the leap before and everything went terrible.

Let's go into that one first, because I think that's coming up for a lot of you. I have dived into my soul love. I've surrendered. I called upon the angels and I did this and I did that, and I lost my job. My partner left me. And I know a lot of you have done that. A lot of you have done that. You've lost a lot of things that you didn't *think* you wanted to lose, and that's the key.

So many times our mind, which is so clever, can come into convince us that there are things we don't want to let go of, that there are things that would be bad if they happen. So in this moment, I want you to take that breath and let go of what was.

I know if you're all truly honest with yourself, you would feel that everything that has happened has ultimately served you in an amazing way, because it's got you to the here and now, which is amazing and magnificent. (Kuthumi chuckles)

But here's the thing. I know many of you have done it with suffering involved. You've done it in ways that you don't think in retrospect to be balanced or joyful. But you are a creator and that means create in any way that you choose.

Now, the freedom of that is daunting. That's where the mind comes in and says, "But then what?" Because when we go into our soul space with that creativity, with that allowing for whatever the future – our human future – can bring, the mind wants to know it. The mind wants the story and the outcome and the goal.

The mind doesn't understand the limitless potentials of your soul energy. But you know what? It wants to. It wants to because your mind wants to comfort you with some knowing and some predictability.

So when your mind asks, "And then what?" let's shift the dynamic of that. It's not to question you. It's not to feed your fears and doubts. It's simply to ask are you safe? Are you safe?

And your soul, as loud as the roar of a lion, will say ultimately with your soul connection, when you breathe with that energy, you're safe.

Come back to that. Whenever the mind wants to comfort you by asking, "And then what?" take the breath of your soul and its instant love and hear, "And if I am safe and in this connection with this soul love, I know whatever lies ahead is grand and magnificent."

Ahhh! Deep breath. Deep.

I Am that I Am, right here, right now, so grand and magnificent, because I am a creator. I am God also. I chose to be here to create experience. And I remember not only that but that I get to choose how I create experience. I get to choose how that experience is.

The creativity doesn't just mean creating in joy and balance and ease and grace. Creativity can be dark. It can be unbalanced. It can be what appears sometimes to be stagnant or stuck. We love those words, don't we? My energy is stuck. Things aren't flowing. No, they're always flowing. (Kuthumi chuckles) It's whether they're flowing in balance and ease.

I always love that saying, "You are God also." When you own that saying, you are taking full responsibility for who you are in your experience. And that's a very daunting thing to accept, because when I accept that I am God and I am a creator, then I kind of have to accept all the crap that's in my life too as being my doing.

See, when you're a creator you're never creating wrong. You're just creating. You're just creating. So whatever you're doing at the moment, you are creating, whether you like it or not, whether you accept it or not. You are creating every moment in your life.

It's a big, tough responsibility to step into. But the minute you do, the minute you can accept with absolute passion everything that has been is mine. Everything that is mine. Everything that will be is mine. You allow such freedom into your space, into your creativity, and that can be scary. That can be scary.

You've come from lifetimes of great power where you've abused that power. We see people in the world even now abusing their power. What if I become so grand and magnificent that I don't even know how to control that power? What if it overtakes me? Well, how can your creativity overtake you? You created your creativity.

The key is you're doing it from a place of awareness. No part of you is more grand or powerful than your choice to breathe and live with your soul.

If I become grand and power and then what? Then what? (Kuthumi chuckles) You give yourself the ultimate freedom of allowing anything into your life. Have plans, aspire. Have dreams. Wish for things. This is all fabulous. But do it from that space of saying, "Yes, this is what I would love in my life. But you know what? I am willing to allow something even more beautiful and grand. I can feel the amazing dynamics of my creativity, because I've invited my soul in. And when I invite my soul in to create with me, it is free from the laws and boundaries of this human experience."

It sings and dances with no care. It gathers colors I've never seen before. It cooks me food that tastes magnificent. I look out upon the Earth. I see it with fresh eyes, because my senses are alive and awake.

I understand the darkness within me is there for the joy of experience, for the depth of experience, so I could know the absolute infinite possibilities upon this Earth. And when I accept those parts of me, then I also accept that I am free to allow the grandness as well.

My darkness has been there to serve me. It is part of me. I love it. I love it. But its time to express is done. It's existed in me as my gathered wisdom to be part of my balance. But every time I take my breath of my soul, every time I take that deep conscious breath and invite that infinite love, then I create in a new way.

So part of me will rise up and take over, because I walk hand-in-hand with my soul. And every time I invite its love in my life, I feel awe and its wonder and its compassion, and that allows me the awe and wonder and compassion of experience, and that creates potentials that my mind has never known.

When my mind asks, "And then what?" I can answer with absolute joy. I Am that I Am. I am a creator and all that lies ahead will be grand and magnificent, because this is how I choose to live as a creator.

The moment we step into that grandeur of our creativity, that we trust that it will unfold, we set free the old programming. We let our minds rest and come into balance to serve the creativity.

For so long, creativity has been serving the mind. The mind says, "I wish to create this," and the creativity says, "Well, let's see how we're going to do that." Let's turn it around now. Let's start with the creative and then ask the mind to come join us.

Mind can serve creativity. It just takes the willingness to let go of the limits of the old laws and restrictions. Be free of that. For so long, for so many lifetimes, we have carried the belief that mind begins and all else follows. Imagine now we start with soul and all else follows.

Ohhh! Isn't that a wonderful relief?! (Kuthumi chuckles) I hope you can feel the relief of all your aspects when you say that.

See, when mind leads, aspects have to scurry into place. They have to pull up their stories. They have to work a bit harder, because they're constantly on guard. When we lead with soul, there's relief. Nothing has to work so hard, because with soul comes ease and grace.

Mind loves to struggle. It loves to work. It loves to process. It loves to analyze. That all takes up a lot of energy. Soul goes into trust, surrender, allowing and love. There is no effort in those.

If you want to stay with a mind-lived life, that's perfectly okay. That is one taste of experience here in the human realm.

Just let me invite you while you're sitting here in the café in a safe space. Can I tempt you? Can I tempt you to come to a soul-lived life? We have great cakes here. (Kuthumi chuckles)

Breathe with that. Breathe with the energy of grace. Breathe with the energy of joy and wonder. Most of all breathe with that energy of that infinite passionate love.

It's not just about being kind or nice to yourself. This is about having your heart so open, so open that its warmth and light can do nothing but attract more of that radiance.

Now, I can hear some of you saying, "If I open too far, it'll get hurt." That's okay. Those stories have been there for so long. They're so deep. They're so strong. It can take a little bit of time, take a little bit of time and a lot of breathing for them to shift.

Just invite them to. Just invite them to come and see what it would be like to change the energies for being soul led, because every time you choose to come from soul and expand your safe space, those stories, those aspects, those dynamics, they'll feel that safety. They'll know they're safe. But most of all, they know *you're* safe. Because when you choose to be in your safe space, then that mind and those aspects, they don't have to work so hard. They can rest.

Breathe deep. Deep.

I Am that I Am. I am a creator, and I am safe as a creator. For so long we were taught being a creator was not safe. How many of you know the story that artists have to suffer? The suffering artist dies penniless and starving. What a wonderful way to reinforce that belief that it is wrong to create. Let's shift that now.

We've been taught we don't challenge the laws and regulations of experience. We get punished. That is no longer the case.

I Am that I Am, and I choose my creativity, because I am a creator. It is my soul right. It's the essence of who I am here in this experience.

The irony is that even though you've been told you don't create, you are creating everything there is. So let's own that. I am God also. I am a creator. Everything I have created – good, bad, ugly, pretty, mean, nice, dark, light – I've created everything. But now with the awareness that I am the creator, I can choose how. And how wonderful that we have the option that I will be soul-led.

Breathe with that.

It is a wonderful energy today. I thank you all so, so much for your willingness to go there, for allowing me to create this space. How wonderful to allow this creativity.

Thank you for creating me. Thank you for creating the Soul Café with me, for creating technology which allows me to join you around the world at any time.

Thank you for creating the words that Marisa channeled to share this energy with you. Thank you for having a body with ease to listen.

See how this works. Every little part of this experience is your creation. I love the journey ... Everything you see you created. It's a wonderful way to express every part of your experience, part of your creation.

I invite you to go to an art gallery. Go to a church or a temple or something nearby that was created for that specific energy. Feel into this manmade art and feel how they allowed the creative energy for it.

Feel into the energy of people as they look upon the artwork, how they're allowing their energy to wake up their own remembrance. But they are having allowing even that moment to be outside of their mind to simply enjoy the beautiful creative energy.

Have fun playing with your own art. And as you play, delight and revel in that creative space. Have fun this week, next period of time, whatever you choose. Again, this is only an invitation.

Feel into those creative energies, and as you do, remember the essence of you as a creator.

I Am that I Am, right here, right now. I am a creator, and what a joy it is to allow that into my life. To allow my mind a bit of ease and respite. (Kuthumi chuckles) To allow my soul to come into its ease, joy and grace.

I surrender to my creativity, because when I do I am reminded that there are no limits and laws which bind me. And if mind asks, "And then what?" I say whatever I will create, for it is all grand and magnificent.

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

Namaste.