

Soul Cafe with Kuthumi

Channeled by Marisa Calvi

“ORDINARY ANGELS”



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Soul Café with Kuthumi – March 28, 2017
Ordinary Angels 2017
Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hi everybody and welcome to Soul Café. My name is Marisa Calvi. I'm coming to you from Sydney, Australia. I'm an author and a channeler who works with the energy of ascended master Kuthumi Lal Singh who will be joining us very shortly as we do a channel to talk about being ordinary angels.

Soul Café is a little safe space where we gather once a month; sometimes with my travelling and other commitments maybe we can't do that... but when Kuthumi and I began doing a radio show we started off on a wonderful network called The Awakening Zone and now we're just on our own and we decided to call it the Soul Café. Partly because Kuthumi and I both love food and we wanted a place you could imagine coming to to be nurtured, to feel safe and to just be connected with soul – to really feel your soul connection and invite it more and more to be a conscious part of your life.

The conscious breath is one of the most beautiful ways in which we invite soul to be a closer and more integrated part of life. But it's also too where we can feel that space within: that wonderful space of innate wisdom and even more so, that limitless love that we're born of.

So join with me now:

And every time I take a deep conscious breath:
just breathing in and breathing out...
I'm remembering that connection
and I'm feeling it closer and closer.

I'm letting mind come back into balance,
I'm remembering the truth of who I am:
I am a soul creating experience.
I am the little spark that left All That Is
to explore all that I could be
so that now I can be the grand inferno:

a beautiful collective wisdom,
but also the absolute remembrance that I am god also.

I love Kuthumi's words when he said:
I am that I am the grandest creator
who ever existed
as are you. (laughter)

So wonderful. Thank you for joining with me to do that beautiful
breath.

And it's something that Kuthumi and I both encourage you all to do
every day because the more we do it consciously, then the more that
that becomes a natural way of being. Those energies that we remind
ourselves of and connect within that space flow through all of life –
even those times that we forget to stop and think “breathe” – they
become more and more a natural part of how we interact with the
world.

Which is our theme for tonight...

We are going to talk about being ordinary angels: what it means to be
enlightened and aware and conscious in a world which seems
anything but. (laughter) How do we change who we are when the rest
of the world around us doesn't seem to be changing alongside us,
and in fact, sometimes seems to want to even resist how we've
decided to change?

So, thank you for that.

A few people have sent me in questions by email so that's how we'll
take them just to keep the flow of the show as otherwise we have to
deal with problems with phone calls and technical issues there.

So if you would like to know of upcoming shows, you can go to my
website which is at newenergywriting.com and while you're there you
can also check out the books that Kuthumi and I have written
together and some of the online courses that we do. They are six
sessions over a four week period and we have different themes:

we've just finished one on Aspects and Integration which was wonderful.

I love doing these schools because I get a refresher and the shows evolve all the time so it's a great experience for me: not just as the channeler but I get to be the student every time too. Our next course is coming up... it's on abundance and creative flow. It starts on Sunday April 9th and you can also register for that at newenergywriting.com. If you look on the front page you'll see a little picture that says Soul School or you can go to the menu across the top and you'll see the courses there.

And about the abundance and creative flow course: it is not just about finances even though we do cover that... it is really about that essential creative energy that we all have within us and just opening that up and freeing ourselves of a lot of the limits of our mind and mass consciousness so that creative energy can flow and really allow things within our life.

I resisted doing a school with the term "abundance" because I think it's a bit of a catch phrase, but Kuthumi insisted – and of course it's all evolved into much more. All of our Soul Schools are really about connecting with soul again and coming back to that trust of everything within us but with a theme on the side.

So with that I'm going to start channeling and I'll come and say a brief goodbye at the end and I look forward to seeing what Kuthumi has got to share about being an ordinary angel and some of the wonderful questions that have been sent in which I know a lot of people are going to relate to.

So once again, we're just going to take a deep breath while I go into my channeling space which has already opened up because the minute that music starts at the beginning of the show, Kuthumi is here with us. But I'll now (deep breath) just go into that space a little deeper so we can hear all of the wonderful things that Kuthumi has got to share.

So taking that beautiful deep conscious breath,
feeling it all the way into your belly,

and feeling all of your energy slow down...
breathing deeply...

And feeling Kuthumi joining us:
not just through my voice,
but with you in your space
whether you're listening live... or even if it's later on.

In this moment that you're listening,
feeling Kuthumi,
his wonderful wisdom which is our wisdom, your wisdom
which is about to be reflected so beautifully back to us.

KUTHUMI: Namaste.

I am that I am right here right now, Kuthumi Lal Singh
because I am that I am
the grandest creator whoever existed:
indeed that is true, and as are you.

A grand soul who sits, stands, or maybe is even lying down listening
to my words, who has come to join here not because you want to
hear something new, not because you need to be here, but because
you just want to remember a little bit more.

All of you who have been listening, you've been on a journey to know
who you are and to know even more of who you are and that's why
you come here tonight to play with opening up some more of your
truth, to expand your enlightenment, to allow more integration and to
celebrate the grand god that you are.

Take a breath now.

How do I be enlightened and stay in this dimension?

How do I still be human when I've remembered I'm a god?

When I've remembered I am this eternal free energy that we call a
soul, that somehow needs a story to stay here.

Because that's the energy of this dimension here on earth: when you come here you have to agree to create a story. So for some of you the story was to be a grand king, for some you chose to be a soldier in incredible battles. Perhaps you were a priestess, a farmer, a warlock... the stories were endless.

And each one of you played with all different experiences because when you choose a story, it confines your energies and helps them fit in with the dynamics of this dimension. It creates the limits that you need to dive into duality because when you came here you made a commitment to self to forget about just how creative you were. To forget that you're a free and dynamic spirit that essentially has no story because if you'd remembered that each time you came here you would have denied yourself the wealth of experience that this dimension has to offer.

And so now we're here in this lifetime, this consciousness, where we're remembering and part of us feels like we still shouldn't be here because there were times when you've remembered before and you've remembered more dramatically, where it's been that great epiphany after a forty day fast in a cave, just breathing, because your guru sent you there, because you studied so hard you were chosen to be part of schools... until finally you remembered: I am god also.

And for some, the remembrance was so powerful that "poof", you just evaporated then and there. Done with your body, done with this dimension – you wanted desperately to return to the ethers where that freedom of spirit you'd been craving so much, well part of you knew that's the only place where it could be truly free. But part of you also knew that wasn't true and that's why you've come back again to have enlightenment in this era, in this age, in this consciousness where you don't need to head off to the caves, you don't need to prove yourself in a mystery school, you don't need a guru – all you need to do is to allow yourself to remember.

And for some of you that ache to leave now that you've remembered, that one little ache that's saying we shouldn't be here anymore. Let's go to that dimension, that other place away from here where we can be free, where we don't have the pressures – literally, of a body. A

part of you too is saying let's stay and play and explore and let's experience that joy that we know we're entitled to: that wonder that we want to experience with all our physical senses.

And then you interact with others and you think meh, maybe it's not worth it! (laughter)

Why still be human when you've remembered?

And I'll tell you why...

Because you know there's so much joy and wonder to be experienced here. But the very human parts of us keep wanting to test us: the old stories and beliefs want us to forget again. They want us to go back to being just human but the thing is, once you've remembered, there's no going back. But they'll still try: they'll come up with the stories of judgment, they'll come forward wanting to keep showing you reasons why you shouldn't be here – another illness, another conflict with family, limited finances... but the wonderful thing is, that whisper will still be there, "you are god also."

And your choice my dear ones as the enlightened humans is: who do you choose to listen to?

Do you want to listen to the whispers of your soul?
Or do you want to listen to the babble of your aspects,
to the chanting of mass consciousness,
to the mantras of beliefs that no longer serve you?

Because the more you choose the whisper of your soul, then it becomes louder and it's no longer a whisper: it's a declaration of how you choose to be here.

I am god also and I choose to be here in joy and wonder.

I know for many of you, you were handed that choice long ago: do you choose to live? And so many of you boldly declared: yes, I choose to live.

It is one thing to choose to live, but it takes a lot of honesty for that simply to be an alternative wording for “I don’t choose to die” because choosing to stay here is not always choosing to live. So listen to your words carefully.... are you saying I choose to survive? I choose to remain here and struggle?

Or can it really be a declaration: I choose to live in joy and wonder. Don’t just choose to stay here, choose HOW you are going to stay here, HOW you are choosing to shape your life, create your experience because THAT declaration is what will weave its energies through your experience, through your opportunities and through the potentials you allow into your life.

I choose to live in joy and wonder
because I am embracing the creator that I know that I am.
I will take full responsibility for EVERY second of MY existence, past and present – even the past I cannot remember.

Because when I do that, when I accept the creator that I am, when I take full responsibility for everything that’s ever been within my experience, then I celebrate the essence of who I am as a soul creating experience.

When I am in celebration of who I am
then my creativity is free.
It is not being limited, shaped and directed by my fears
and my doubts and my regrets.
It is expanding and exploding in celebration
of the truth of who I am.

I am god also,
the grandest creator who ever existed
and my creativity is free to serve me
without any beliefs or limits.

Take a breath with that.

I own everything that’s ever been, is and will be
because with compassion,
with full acceptance of my truth,

then I too accept and have compassion
for all that I have been,
all that I am, and all that I will be.

The voices that come in to say you can't be enlightened because you only have a certain amount of money, you can't be enlightened because your body is this way, you can't be enlightened because you don't have a partner or your family don't approve of you – think of all the excuses you have, and not just what you put upon your enlightenment but life in general – all those voices which aren't yours. They've come from past experiences, past lives. They've come from others, they've come from mass consciousness. **THEY'RE NOT YOURS.**

Breathe with soul and feel its endless, limitless love.

The one that whispers to you: you are a grand being and I love you and celebrate you in every moment. Feel that voice and feel what that wants to offer you and what that can allow into your life.

In my last human lifetime as Kuthumi Lal Singh, I was born in the northwest of India in a state called Punjab that was also known as Kashmir then too. I was born into a Sikh family: centuries old religion, traditions, beliefs. But I felt that I had a freedom because my parents were intellectuals: they encouraged study, they encouraged curiosity and exploration of the mind.

I was also lucky that we were quite abundant which allowed me to travel to England and study at the prestigious Oxford University. And there I felt free of my religion, of my culture and even of my family so I dived deep into my mind. I studied and I read, but the wonderful thing about being encouraged to be curious and explore from a young age meant that I was also curious to explore the grander things that I felt within me of spirit and consciousness.

Because I was an intellectual I liked to look at the more artistic realms of study: philosophy – oh wonderful! Theosophy as well – wonderful too! All the mechanics behind religion – how fantastic! And the history... and all that dynamic culture. And somewhere within there I

felt that by understanding all these dynamics of the world around me, I was going to understand the dynamics within me as well.

I kept searching.

I wanted to see the patterns of how religions were created, how mind concepts were created and how people fell into them and followed them and played out their lives because of these amazing dynamics. There had to be a reason why so many people would follow a religion. There had to be a reason why so many people follow a certain psychological pattern as well. For us all to follow these patterns, there must be something within us that craves and is almost like a natural instinctive default to go to them. There must be something in us which drives us to all fall into the same way.

So I kept reading and reading.

Reading and reading, and asking and talking. Sitting around in cafés smoking: pushing my fellow students with questions, having them push me with their questions. Having epiphanies and revelations that we would soon find out had being reached many times over and by many people eons before us. (laughter) That feeling of hearing them like they were new and still it wasn't enough. I would spend hours within the library, often being thrown out by the librarians at closing. One night I even fell asleep in a very quiet part of the library and they missed me; I ended up having to sleep there all night until the library was opened again in the morning.

This passion and drive to search and search and search finally exhausted my body. But that's okay. When I couldn't leave my room, I would organize people to bring books to me. And then finally, finally my mind couldn't take any more and it too stopped.

I was set adrift into a void that I could never have predicted and that I had no way of knowing how to get out of. I lay upon my bed and my family rushed from India and surrounded me crying. A stream of doctors, a parade of them – one after the other who would walk in and press me and prod me, take blood from me to test, and all they came up with was the same answer – we do not know. Perhaps he will simply sleep it away because that's all I could do: lie in my bed

and sleep occasionally opening my eyes to eat a little when my mother or somebody would push some food into my mouth.

And then something wonderful happened: the outside world closed off. With my mind finally in collapse I felt something new. I felt this energy within me and I felt remembrances of every experience I'd had. I felt my noble lifetimes as Pharaoh, as a goddess, as Saint Francis and I called out to them hoping that they would tell me what I needed to do to be better but I felt nothing but a warmth. I felt no judgment, no information – just a soothing energy from them.

And then the energy within me changed again. Its nurturing and love within me and I wondered who it could be: which lifetime it was. Was it an angel or such that had finally come to grant me some clemency from what I was suffering? And I called out to it: who are you?

And it answered with the most beautiful words I'd ever heard and I'd heard them before, but now I didn't just hear them, I truly felt them. And the voice said: I am that I am. I am your soul. And in that moment with my body weak, my mind off in some other dimension, I felt the wonder and beauty of my very essence. I felt this limitless love and I knew that it had been there within me for eternity and would be for eternity. It was where I began and it's where I would end – but it had no beginning and it had no ending. This wonderful love and all it wanted to do was love me and I basked in it: I did not get up from my bed then and there, but it was so wonderful...

I know for many of you, you are coming out of your winter now, the light hasn't been so bright, it's been cold. The snow is starting to melt now though, the sky is getting brighter, the new foliage is pushing up and you'll have that moment when you step outside one day when spring is really in its full swing and you'll feel that warmth of the sun returning and it will envelope you and wrap you up and you'll feel that heaviness of the cold gone. And that's what I felt in that moment.

If I wanted to be corny, I'd tell you that I was rebirthing myself, (laughter) but I was. It was like a new beginning because I finally understood that everything, everything I had ever told myself was simply a story I'd wrapped around this love – almost like it had been so precious I wanted to protect it: I'll forget who you are my dear soul

love so that I can't harm you and so that others can't. If I forget you're there, well then I get to go and explore without worrying about hurting you.

But now that I'd allowed myself to feel it, I couldn't imagine one more moment of my life without it. And I felt everything my mind had ever told me to judge me melt away. I felt every experience I'd ever been through and I saw it with such love and compassion through my soul love that I saw it for the wonderful amazing creation that it was.

I accepted all that I had been
and in this moment I trusted all that I was,
and I knew that now
I could allow all that I could be.

I don't remember saying the words, but I know I felt them and I realized I am enlightened. This is my story now that I gift to myself to continue on and experience. I am enlightened because I'm aware and I'm finally allowing myself to feel this beautiful limitless love that is of my soul, that has been with me from eternity, that is here with me right now in every second. And my enlightenment simply is my acceptance of it, my trust in it, and my allowing of it to express itself in my life.

Now I didn't jump up out of that bed, not within days even but I began to sit up, I could converse again, I began to eat and eventually I was strong enough to leave my bed. My body was not so strong but I didn't use that to judge myself. I thanked it for being with me and surviving the experience. I thanked it for shutting down on me so that I could go within. I felt mind slowly return but it was in a new way because in my absolute sense of my enlightenment, mind had to shift and change because it now knew it needed to work with me in a different way. It still wanted to play and throw some little judgments at me and some doubts, but I would breathe and my soul love would remind it that all was well.

All is well
and I am safe
and I am loved
and I am free.

I walked out, back out into the world and I did it now with a new choice of how I would exist.

I am enlightened and I choose to live in glory and joy and wonder. I wanted to lap up this world, to have my senses delight in everything, and I knew it would distract me. I knew there would be times when I would almost want to forget that I was a soul because the human part of me would just be too hard, but hey, I was enlightened. I was embracing the amazing creator I was. This is my choice now how I exist. I'm free, I'm safe and I am loved.

And I know that this dimension will want to distract me because I am part of the world. I've created the contracts. I'm part of the humanity that created the contracts to come here and forget. That's a big commitment but now an even bigger commitment filled my life: to live with soul. And that commitment would always override and cancel out any previous contract I had made. I knew I could just celebrate me. Breathe and come back to that wonderful love and that enlightenment that I had embraced – even when I got distracted.

It was a wonderful celebration of my human self. It was a celebration of the world around me and the wonderful things it could throw at me. And it was a wonderful, wonderful opportunity to come back to me. Because every time I took that breath and said: I am enlightened. I am the greatest creator that ever existed... well, then I got to celebrate me a little bit more.

To know now that enlightenment didn't have to be a final destination. My integration, my balancing all parts of me to continue on was not a final destination either. It was simply a wonderful part of the journey that my enlightenment could expand and grow with me. That my integration continues on because as an enlightened being I create more aspects but I do them from a wonderful foundation of soul awareness with my soul love.

I walked into my life now and became the enlightened traveller. I was the enlightened scholar who shared wisdom in a whole new way. I was the enlightened lover. I was the enlightened child – all these aspects of me shifted and changed and just came from a beautiful

new place of balance knowing that they were a part of my symphony and not a solo act.

You wonderful ordinary angels that walk this earth in wondrous times: can you offer the world around you the compassion that you offer yourself when you embrace your self love? In your self love, in that acceptance, that trust and that allowance? The more you offer it to yourself, then the more you offer it to the world around you.

But here's the thing: the more you embrace it within yourself, then it changes how you interact with the world around you.

Now I know many of you know people who are "shit magnets," (pardon my language, but I'm going to be a bit blunt) the ones that are always having drama, the ones that nothing ever seems to go right. Being the victim is a wonderful way to be small and human. And we can lock ourselves into that pattern and it will continually validate itself to us that life is tough, life is hard, we are puppets of destiny and fate because what will be will be.

It's so easy to get locked into reacting to life instead of walking through it as the creator and that's how you change the dynamics of how you interact with this world around you. If you feel that there's a part of your life that is always hard and a struggle, then you are allowing victim to still be a part of your story. If you change your activity with a different energy and a different acceptance of your truth, then the energies have to shift to play along with that.

And it's a wonderful thing when we let go of victim and we step into creator. Parts of life will fall away, they will. (laughter) And sometimes that can seem hard and scary and that's another reason why we hold on to them because it keeps a lot of the old patterns and stories in our life on hold. But they don't really serve you and they're not allowing your beautiful creative energies to truly express and flow.

So as I chose to be enlightened and live my life in joy and wonder, then so too I invite you to be making that choice too: to no longer be walking through life reacting as the victim, but to be walking through life as the creator, choosing and shaping your experience.

With that, I am going to answer some questions. We filled up a nice bit of time. Thank you all for the beautiful energy we're all creating in here as a group.

So these are some wonderful questions that are going to take us even more into living life as ordinary angels and that I know many of you are going to relate to.

So the first one is...

"I quit my job. It became all-consuming. I lost my joy, I lost weight. I didn't feel supported in my efforts and I couldn't sleep anymore. The mind was worrying: did I think of everything? Did I miss something? Did I do my tasks properly? And now I'm confronted with dark voices that tell me that I'm a failure, that I'm not going to be able to support myself... and that makes me feel afraid and there's a lot of anger which really scares me. I'm now aware that part of me has always resisted life and has not wanted, and still doesn't want to be here. It is desperately seeking outside for validation. So dear Kuthumi, how can I find the trust to come back to me?"

Ah, my wonderful one, you're almost in a similar position to me: looking for something outside to tell me that everything will be okay.

So first of all, I'm going to be the one to say it to you because I am you, you are me. And even though it feels like this is coming from outside of you, you really want to hear the words so that you can start to embrace them deeper. So I will say: everything will be okay. No matter what happens, it's all going to be perfect and wonderful and okay. (laughter)

You see, it's a wonderful thing you quit your job: you knew it wasn't serving you and you knew it was taking you deep into your mind energies and it was feeding a lot of your fears and doubts. And then isn't it wonderful? You found the strength to say no more. I need to finish, I need to leave.

And so you got rid of that part of your life which was feeding your doubts and your fears and your lack of self-esteem, so then what happened? Mind said: oh, we don't have that anymore to serve us in

that way... that's okay. We'll just do it for her without the job doing it because she's got all those energies in her. We'll just keep those energies going with the conversation. So this little aspect of you that really loved that job, that really loved you being a victim, that really wanted you to stay there and keep playing like that said: it's okay because I can still tell the story.

So you see my dear, this voice – it's not about the job. It's not about the fear of finances now. It really is just that place inside all of us that loves to judge, that loves to put you down, that loves to tell you that you're not a creator. That loves for you to still be a victim.

And it's gotten louder and louder to the point where you can't hear soul's little whisper anymore. But the thing is, you tasted it. You heard it so you know it's there. So there's a part of you that's craving for that whisper to finally be heard again.

So, here's the thing that I'm going to invite you to play with. In knowing first of all, let's celebrate that you understand that you're in this pattern. The wonderful thing is with our patterns, when we become actually conscious and aware of them, it's a very very good sign that they're ready to shift and change.

So knowing that these voices aren't truly of you, are not of your beautiful trust that you know was there, the voices themselves are now making you feel that not only are you a victim to what they are telling you, but you're a victim of the actual voice itself. But you've created this. You've created this story, this pattern: creation is never grander than the creator who made it unless the creator allows them that freedom to be more powerful – much like our beautiful little souls.

We separated from All That Is, but All That Is granted us the freedom to go and explore which is why we became grand creators in our own right. And this is what we do with our aspects. We create them and we want them to serve us so powerfully we say: you're free to do whatever you want. But you know what? Our aspects don't have that right. When we're done with them, when they're not serving us anymore and when we are choosing a new way of being.

So I want you to truly own that this aspect, these voices: they're just wanting to keep you small. And they're just wanting to keep you in this old pattern which had you in servitude, literally, at your old job. So it might take a while, but are you willing to breathe with soul every day? To just take that time out to slow your breath, to clear your mind, and to feel that beautiful love within you?

And another way to come back to that trust: can you do something every day to love yourself? To do it consciously at first whether it's to go for a walk, to buy a favourite food, maybe a massage... maybe it's just to curl up and have a nap. Every day can you look at consciously doing something to love yourself so that that energy becomes a part of every part of how you choose to do anything so that eventually in every moment: is what I'm doing loving me? Are these thoughts truly loving me? ...and coming back to your breath.

This will pass. It's having its last little party. Aspects do this. They have a last little party when they know you're nearing getting them to retire. They will come out like this to say: hmm, are you sure?

So it's a wonderful thing.

People start to embrace that they are a creator – they do something very strong or brave like quitting their job and then the voices will come and say: hmm, are you sure? (laughter) Wasn't it fun when I could just keep you small and dark and tell you that you're stupid and you know, we've had a lot of fun doing that...

But every time I breathe and offer my self love, I'm also reminding this aspect that they're thanked and loved and honoured for how they served me in the past. Now they get to come and play in a new way. And they really enjoy that, they do, they do. They're tired. They've been doing it the same way for so long: who wouldn't want to try something in a new way?

And we've seen a lot of that in the world: change doesn't always do so well. (laughter) People will resist it and so too do our aspects. But with gentility and love and compassion, eventually they will see that there's a wonderful new way to be.

Thank you.

The next question is going to answer a little bit more for you as well...

“For a long time I am without a job. It seems difficult to get a job. I take full responsibility for all that is in my reality. Now I’m eager to get a job but on the other hand, I can’t imagine anymore to work for others. Most bosses in my life did not treat me so well and also you have to work hard and get less money. Also I have so much challenge with my body: I know that I’m integrating my lightbody but often it is so difficult to live with these body challenges. Sometimes I just have a deep fear to die.

So my dear one, there are a lot of stories here which is stopping your energies from moving on. You have a lot of beliefs around what a job is, how it should be, and there’s a lot of fear around heading back into the same old patterns such as getting another bad boss who doesn’t treat you well. And that’s a lot of why the body issues are coming up too because they’re kind of backing up the stories with: ah, you know, I don’t want to get a job, it will be hard, I won’t get much money and we can’t really deal with it either. So it’s amazing how our body can sometimes back up what’s going on for us emotionally and what stories we’re telling ourselves.

So all these stories of what you had about a job: how about now we offer ourselves the opportunity to do things in a new way? How about coming up with that wonderful trust in yourself that you could create the perfect job with the perfect income where you’re respected and honoured, where your body can be in balance and you can have the financial flow that will satisfy your abundance and allow you a balanced and graceful life?

And I can hear those little voices are coming up as everyone is listening: oh but this—but that—but this—

Okay. All those stories and all those buts and ifs are coming from aspects that are trying to keep you in an old energy pattern. I’m not talking about necessarily old energy as in old energy vs. new energy, I’m talking about old patterns that you’ve played out over and over again and that your mind cannot comprehend how its going to do it in

a different way. This is mind that is keeping you in these patterns because it wants the security of knowing what the outcome will be. Mind almost wants you to go and find a job where a boss will treat you badly so it can say: see? I told you so. We went and got a job, we didn't get paid well and we didn't get treated well – jobs are bad.
(laughter)

There are wonderful opportunities to be employed where you are honoured, respected and you can be in balance. Those jobs are there: it is whether you want to trust and believe that they will come into your experience as to if you will find them – and often the job will find you.

So my dear one, you too, I'm also going to invite to play with just loving yourself every day so that you can get back in touch with that trust that things can happen differently.

I've been having fun with Marisa with this actually for a few years now. Sometimes an old pattern or something or an incident will come up and I can feel her human self will go into: oh no, not this again. I hate doing this.

But slowly she's coming around to the joy of knowing that I get to do this again with a new awareness, with more of a soul connection and with a beautiful self love that will shift the energies to serve us in wonderful ways. To celebrate that your consciousness now can do these ordinary angel human things but you do them in a new way with a new energy of your awareness and of new choices.

Now as for this lightbody thing, okay, that's another thing too. That doesn't have to be a challenge: I know sometimes it is because body and physical things can take a while to catch up with us energetically. We've all been shifting so much energetically that we've kind of left our bodies behind while we got our emotional stuff together, our psychological stuff together.

And so body is catching up now and it can seem a bit heavy because it is now on fast track to catch up with everything we've been doing energetically and emotionally, but that can still be in balance too. So make sure you're taking the time to breathe with body, and ask body

what it would like to be loved and nurtured as well. It seems funny to have to do it in a separate dynamic to how we just do it energetically about loving, but body can have some very specific needs because it does have physical dynamics with which it interacts with this dimension. And they are shiftable, they are malleable when we come to them with an energy of loving and with connection with soul.

So my dear, have some fun with loving yourself and inviting in a new way of being with a job, and also a new way of being with your body. And have fun watching those two things now be a part of your life in a new and balanced way.

Thank you.

Our last question...

“When I spend time alone I’m feeling more and more clear but when I am with my family I fall back into self doubt and I don’t get their choice of conversation topics or seeming attempts to provoke a confrontation. Any insight you could give me would be received with tremendous gratitude.”

You know, it’s interesting that if you were playing a tennis match and you weren’t enjoying the game or you were deciding that you were feeling complete with the game you might stop hitting the ball back and you might even sit down on the court and just go into a lotus position and start meditating because you’re done with the game.

Well, that can frustrate the other players sometimes and they just might decide to still hit balls to you hoping that maybe you’ll stand up and start playing again. And this is a bit of the dynamic when we come with families... (laughter) ...because it’s easy to have friendships: we can let go of them and put them out of our life. Or you can restrict how you interact with workmates to a degree – but family, ooh especially if you have a partner and children, well they’re a bit harder to get rid of. Now I know some people have done it, but I know for you in particular you don’t want to do that, you have a lovely connection with them as well and you would love for things to be different but are still finding it a challenge and this is fine.

So what I'm going to invite you to do my dear is to really look at compassion and embracing it in an even deeper way than you have been. And what this does, it changes a wonderful dynamic because first of all, it's accepting and trusting who you are which will balance the self doubt of maybe I'm crazy, maybe I shouldn't have changed so much because you know where you are is perfect.

But what it does is this too: when you are offering yourself the compassion, then you can offer it to those around you. And instead of seeing it as I wish this person wouldn't upset me because we should be closer because of our family tie and blah, blah, blah... it becomes a wonderful way to simply look at another being and say to them even if not out loud, "Namaste," which is the soul that I am sees and recognizes the soul that you are.

When we can view another person purely as soul creating their perfect experience, we also take away any stories we've attached to them, any expectations we have upon them. It also too dissolves any karmic ties that part of us might still be feeling we need to play out: it clears the energies.

Now it can be easy for it to be a little bit like detachment and so as many of you first go into this space it will provoke people because they will say that you're cold, you don't care: but really what you're doing is respecting and honouring them because first and foremost you're respecting and honouring yourself.

When you step out of the game the dynamics of the game have to change. And at first the other players might show some resistance, agitation or they might irritate you even more because they're continuing on in the old ways when you're choosing the new way. You see this is another way for us to simply doubt where we're at and where we're going.

When we see others still engaged in drama, wanting to provoke us, it's a way for us to question whether we've chosen the right path: whether this enlightenment is worth it. "Maybe I'm not enlightened, maybe I'm just crazy?" (laughter) See how we will find whatever way we can to feed our self doubt, to take us out of our self love?

Just because others are still playing the same games that they want to play because it's working for them and what you feel is they have to change the dynamic of how they interact with you. But also too, it keeps you in your safe space that you don't feel provoked or agitated by their choices. It's a two-way street: you could aggravate them, so why can't they aggravate you? (laughter)

But it's your choice in how you take their aggravation. Do you take it and turn it into compassion? Because the wonderful thing about compassion too is when you truly observe another as a perfect beautiful soul creating the most perfect beautiful experience, they're going to show you stuff. They'll start to reveal to you some aspects of yourself that are still coming into balance or maybe an aspect that you thought you were done with that still needs a little bit of love.

The world around us reflects things to us in incredible ways, (laughter) but none so much like our families. Being with many of them for so long that it's hard to accept that they aren't evolving as we are or that they're still choosing to stay in patterns that we can see are not serving them, but they are souls having a perfect experience.

I used to give people an exercise to practice their creativity which was to go for a walk and to look at everything and say: I created that. I created that. Like that tree... I created that. Crack in the pavement... I created that. Car moving past with loud music – I created that.

Here's a wonderful way to play with compassion: go for a walk maybe somewhere where it's crowded. Practice on strangers first and then it will become easier to do it with family. (laughter) Maybe sit in the park where there are a lot of people walking around and really look at every person individually without judgment about their clothes, their weight, their looks, whatever – just look at them and feel that love of soul offering them the wonderful honour of simply saying,

“You are a grand soul having the most perfect experience.”

Because here's the great thing too: I say to you start by offering that to yourself but when you offer it to others, you feel it within yourself even grander as well. To walk down the street and see a beggar and to be able to breathe and just feel: you are a grand soul having the

most perfect experience. Seeing all this craziness with politicians around the world, all grand souls having a perfect experience. So when that relative seemingly wants to provoke you, to take that breath and offer them that compassion so that you are within your own compassion for self and just watch how the energies will shift with that.

You are a grand soul having the most perfect experience as am I, the very embodiment of my enlightenment.

Because I am that I am the grandest creator who ever existed as are you, as is every being upon this earth: regardless of their belief or patterns that they're playing with – it is all perfect.

But how perfect is it to know that I am god also, that I am free, that I am safe, that I am loved. Because I accept all that I have been, I accept all that I am, and that allows all that I can be.

Thank you all so much for joining me tonight. I look forward to playing again soon in the future.

Namaste.