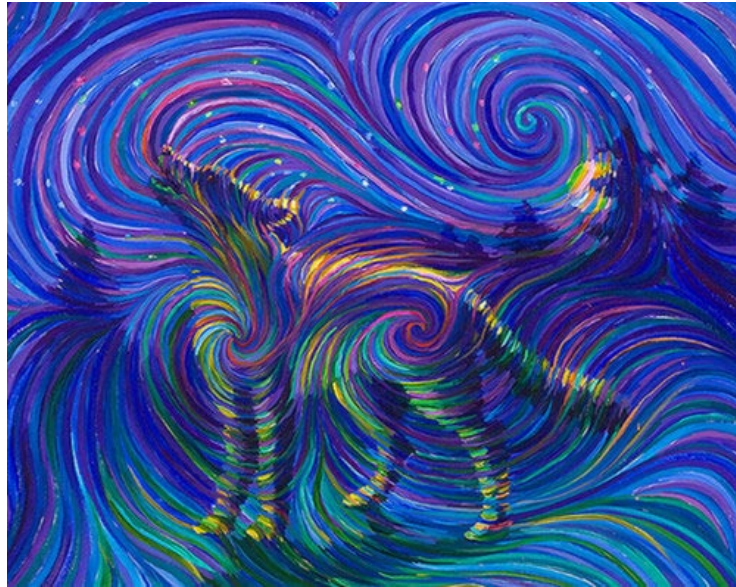


**Soul Cafe with Kuthumi  
Channeled by Marisa Calvi**

**“These Here Are Crazy Times!”**



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**Soul Café with Kuthumi – July 5, 2016**  
**These Here Are Crazy Times!**  
**Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi**

Hello everyone and thanks for joining us. My name is Marisa Calvi and I'm coming to you from Sydney, Australia. I'm an author and a channeler and I work with the delightful energies of Ascended Master Kuthumi Lal Singh who in his last lifetime was an Indian who travelled the world: realised his enlightenment and travelled even more to do it in the absolute joy of living hand in hand with soul. And that's what this show is all about.

Once a month we get together and we invite you to join us just to remember the beauty of the fact that you are a souled being, that you have this beautiful infinite wisdom and love within you that is right there ready to be part of your life.

We called it the Soul Café because Kuthumi had a little bit of fun that he wanted to open a celestial café with fabulous food and beautiful beverages – a place that was warm and inviting and safe. That you could come and sit there and feel complete, that you could use it as a place to stop and recharge.

So if you want to stop and breathe with me for a moment just to imagine what this café would look like to you. A beautiful space to come into: it looks however you want it to look. The chairs of course are comfy, there's free Wi-Fi, there's great music playing in the background – sometimes there's a live musician even. The most amazing coffee or chais or teas, your favourite pastry or savory, and the people around you are kindred spirits all here for the same reason: for the beautiful nurturing of the souled being that you are.

Take a breath.

If you're standing outside and you're a bit hesitant, you can come in and just walk around to make sure you feel like it's the place you want to be. But we know once you come in that door because you're already listening you're here. You'll want to stay and play or just sit and be quiet and take that beautiful deep conscious breath.

A few more deep conscious breaths...

As we create this space here, whether you're listening in live or via the archive, just by being here and taking that breath with us now in whatever moment that is, you're creating this beautiful space and the conversation and message that will unfold as we go.

Thank you for that.

We have a lot of questions that we'll be getting to later. I can't promise we're going to get to all of them so if you did send one in, I'm going to apologize in advance if we don't get to it or we will at least try: we might not get into a very in-depth answer...

Kuthumi, I can hear what he's saying: we don't need to say so much. They'll understand with the clarity and distillation of my wisdom because it's their's. (laughter) So that is what we'll be doing so hopefully we will get to all of them.

There are some pretty deep questions, and to me it's actually whether I attracted that because of the title of the show, but we've got some pretty big stuff that people are asking. And it's a lot of quite intense personal stuff that I'm kind of glad people have asked it because really, the general answer to all of it is coming back to the peace and balance within. So that would be the basic answer to everyone but it can get very distracting about how we get back to that space. And I'm finding that it's so easy to get distracted still, regardless of where we are on our path, where we are on our journey. And to me, the outside world seems to be ramping up with how it wants to distract us if we so choose.

And just in the last month, if you think about world events: I don't want to go into listing them because I don't want to focus there if people haven't been following the news. But I like to follow world news because I like to be aware of what's going on. Most times I can stand back and do it from a space where I don't get pulled back into mass consciousness of what's happening but even from that space, part of me is, I don't want to say alarmed, but I'm looking at things kind of incredulous that these things are happening.

And it's a lot to do with resistance to change, and you can watch the outside world now is defaulting into fear through a lot of hate as well which is quite sad. And to be able to step back: the beautiful energy of Tobias years ago talked about standing behind your short wall. And it's one of the most powerful spiritual tools that was ever shared with me and I love sharing it with others...

To be able to imagine that little short wall that you step behind and observe things without being part of the energy of them. And sometimes it can be very hard to do that, especially I find with politics where recently in Australia we had our election which is still being resolved. But we have to vote, it's compulsory, but I like to be part of the process because I like to have a say in how my community and society is shaping up. But I actually found being in the polling place this time a little disturbing.

So I'm so glad I have my tools, especially the breath. My knowing that I don't have to be part of mass consciousness. I didn't have to vote from fear or anger or even with any hatred. And that really was what I wanted today to be about: to be really making that commitment to ourselves about how willing we are to be distracted.

Kuthumi often talked (and he's saying: just let me talk about it) about when he chose his enlightenment. He only chose what percentage he wanted to be distracted. He understood that being here in this human dimension, there are still energies that will want to distract you and pull you into that space: to take you away from that soul awareness. To take you away from that balance, because this is how we designed this dimension. We designed it to distract us so we could have the fun of forgetting that we're creators. So we could have the fun of being victim.

So even when we come back to that awareness that we are creators, we don't have to be part of mass consciousness: those energies that we created still want to play with us.

So today I thought I'm going to get Kuthumi to talk about what we're going to go into: a little bit about the energy of what's happening around

the world, but most of all to bring us some reminders about coming back to that beautiful balance and space within.

So if you'd like to join me now and do some more breathing, Kuthumi will come in. He'll do his little energy work with us if you like to guide us back into that space and then we'll do some questions. And I'll come and say goodbye after.

Just before I do that, I want to remind you if you'd like to read any of our books that we've written together, please head to my website at [newenergywriting.com](http://newenergywriting.com) where you can also sign up for our newsletter and know about any new radio shows or online schools we are holding.

So now that we've got that out of the way, let's come back and do some breathing and invite my dear friend and yours Kuthumi, the manager of the café who oversees all the food and service and let's see what he's got to share with us today.

So taking a beautiful deep breath  
and coming into this now moment...  
And just coming into that beautiful feeling space that is soul,  
where there's no story,  
no agenda:  
beautiful now.

This pure energy of love  
that we were born of  
and that we can fall back into its arms  
whenever we choose, whenever we're ready.

I'm going to invite you to do that now  
as we go into this beautiful space with Kuthumi.

KUTHUMI: Namaste.

I am that I am Kuthumi Lal Singh.  
I am that I am right here, right now,  
so in love with myself.  
This is as good as it gets.

Because here now, in this moment,  
I am perfection and awesomeness. (laughter)

There is nothing I need to fix of me,  
heal, transform or shift.  
All I need to do in every moment and every breath  
is remember the love that I was born of  
and to know it will embrace me within the breath.  
I can invite it into my life more and more every day.

In fact, when I chose my enlightenment that is what I did. When I was sick of the struggle, when I was tired of the questions and weary of the journey and the search: when I finally decided I am enlightened because I allowed that infinite love I was born of to finally be the expression of me. And it is that simple, it is that simple when I say it to you in words.

But in this wonderful dimension of earth that you created to come and play with all that you could be within human experience – see, you came in and you said: I will forget that I am a soul. I will forget that I am god also. I will forget that I am a creator. I will dive into this world and I will play with such things as destiny and fate. I will believe that some greater force shapes my experience, that I'm a victim of circumstance and the beliefs and structures of a society that I had no choice to be a part of.

It's very powerful stuff, isn't it?

You get born into religions and for some of you, you were told that you would never be able to leave them. You get born into societies with bizarre rules that shape your very life and how you can express yourself: even to what you wear, when you work, who you should marry, who you're not allowed to marry.

Take a breath and feel into how crazy all these rules were. They're all hangovers of Atlantis where we wanted everything to have a system, to be regulated. We wanted to have predictability because that would bring us some safety and stability, because a part of us was so scared of all that we could be that we decided to close it down in any way we could.

We'll create family structures where we're tied to each other via DNA and ancestral karma. We'll create religions which give us rules that are based on things that are so abstract that you can't argue against them and if you do, well then you're considered crazy and you've died for that. We will set up political systems that we think we can't change and then the people who are actually willing to be part of that system abuse it for their own power gains. We will go and create rules around the very essence of how we procreate. We will tell ourselves that our bodies need to be a certain shape and size and weight. That if you were born with a certain set of genitals, then this is how you will act and this is who you will be attracted to and if you break from that you'll be ridiculed and questioned.

All these rules born of fear: the fear of simply being the grandness that you could be.

Every rule you have created in society – now don't get that confused with your road rules. They're kind of important because they keep you here! (laughter). The rules of respecting one another: they're kind of nice too.

But when we look at the bigger picture: when you're a girl and you're told that you shouldn't talk so loud or so much. If you're a boy, you're not allowed to be weak or cry or be emotional. That you can take the teachings of one of the most wonderful prophets, several of them actually, and now watch wars and death being acted out on the simple little human interpretation of what that is supposed to be.

Just breathe with that.

Marisa is saying: that's very heavy. That can be a bit overwhelming.

But we just have to breathe with the awareness of it because within the awareness of it, then so too we can choose to be free of it. For each of you listening now, I know there's one or two rules that are jumping out, whether they apply to you personally or to the world and you're really seeing the absurdity of what they represent.

There's a certain beauty in absurdity – I was sharing this with Marisa a few weeks ago. When things are so extreme that we can see the absurdity, then that's a wonderful awareness because not all people see the absurdity in it. They simply see some order and some validation for their fears.

So all these wonderful things going on in the world at the moment – and yes, I did just call them wonderful – it is just that fear coming up to play because they can feel the resistance of the change in consciousness that is happening underneath. It may seem crazy to say to you: celebrate when you see something bizarre. When you see an incredibly racist person being elected to help shape the politics of a society, it is just showing you that there are so many wonderful things going on in the world that these extremes have to exist to somehow balance out what is happening underneath.

And it becomes easy to forget that these other wonderful things are happening because your media focus on the dramatic, the power plays and what will instill more fear and drama within you. There's a little feeding circus.

So yes, turn off the news from time to time. Or as you watch it, have that awareness that for that one crazy person who's getting the airtime, there are hundreds – if not thousands, if not millions, who are actually living in peace and harmony and who are truly allowing the change in consciousness on this earth: who are stepping away from the fear, who are choosing beauty and honour and love though those stories are hard to find, even though they are there in actually much greater abundance than the weird stories that are going on.

I will talk a little bit about what happened in the U.K. recently. Even an Ascended Master like me has to laugh at the fact that it got called Brexit: that is like a celebrity relationship that it actually got given its own little compacted name. But look at the wonderful outcome of that. Even though there's instability, that instability has allowed some very extreme politicians to be cleared out of their spaces and it's going to be a new wave: different and new politicians coming in. Some will seem the same, but the people who have spoken and who have now seen what those that they turn to lead have created, they're going to now have to



shift and create a new parliament with people far more accountable and who have to be far more aware that they're not going to be sold lies and extreme views and drama.

They're also realizing too what happens when you react and act from fear and hatred. It just begets more instability and more fear and even more hate.

And all you can do as the beautiful aware soul that you are is to constantly be coming back to choosing to act, and not react, but to act always in that space of your love and your honour for you first and foremost. To not act in fear, to not act from hate but to be always acting from your balance.

It's so easy for fear to come up in us. Even if we're not triggered by world events but we're so borne with fear of not fitting in, being different, that we won't be successful, that we won't be attractive enough for anything, let alone a partner. Feel into what fears there are hanging onto you at the moment...

What is your greatest fear at the moment and how is that making you act within your life? How is that shaping your choices, and what story does that keep lingering about who you are and how you should be?

Is the fear tied to a health issue? Finance? Because they're the two strongest things that fear will get to you with – your health or your finances. A lot of them come back to that don't they? Even if you say: no, my fear is about my work. That still comes back to finance in a way, doesn't it?

Do you have a fear of simply being the grandness that you know that you are because that will take you into unknown territory?

Is there a fear if I finally allow my enlightenment then what questions will I ask of life? I won't need Kuthumi anymore. (laughter)

It is a wonderful thing. When you stop needing me, we get to have a lot more fun.

One of the greatest parts of my enlightenment was realising I didn't need anything or anyone because I had everything within. And there's a great fear around that isn't it because when we get born into this dimension we want to interact: we want the interaction with people. Oh, but hasn't that come at a cost at times?

To turn around and say I don't need anything or anyone. I am complete. I don't need to be an energetic vampire anymore. And the wonderful thing is that as soon as you decide that for yourself, then people can't feed off of you either. And that at first can be quite daunting because there's a certain loneliness because you clear out a lot of people from your life. You clear out old patterns that you weren't even aware that you were playing with. But there's a wonderful peace and trust within that that really does wipe out a lot of the fear that comes with being human.

If I am complete within myself, if I have every resource I need within me, all the love and abundance and wisdom, there's a liberation in that which disconnects you from the fears that are simply a part of mass consciousness and that in itself will balance out the fears that you have for your personal story.

We created the energy of fear so we could interact with this dimension and go into some pretty dark stuff. Fear kept us in societies, religions. It pushed us on the search. It kept us small. It made sure we played the games that we had spiritually made the contract to come here and play. It served us in being human: it does not serve us as spiritual beings.

And if you're listening now, you have chosen to live the soul-led life and fear does nothing to support that. In fact the more you breathe with soul, the more you choose soul to be with you, then fear simply has no place. Because every time I breathe and say: soul, be part of my life. Guide me, support me – you are me, how can I live without you? I am also surrendering to trust, acceptance and allowing. I accept, I trust all that I am in this moment and I allow all that I can be. There is no time or space for fear in there.

Every time I come back to this space, I also say to myself: I'm not part of mass consciousness and its games of fear. I am complete and whole with

no need for anything outside of me. I don't have to wait for things to come to me because with that energy I create everything to support me.

It's one thing we forget to do. We say yes, I breathe. I invite soul... truly, truly connect with that inner wisdom, that beautiful creativity that is your essence. You see, your soul is simply the creative process. How willing are you to allow that to express itself? And I really mean how willing are you like are you ninety percent willing, ninety-five? Fifty? You can choose whatever you want, that's your space.

How willing are you to allow that creative essence that is soul to actually play and create with you?

I chose one hundred percent because I was just so excited to see what would happen. That's how much I trusted soul and that's how willing I was to step out of the fears that we choose to play with as humans. I allowed myself two percent distraction... (laughter) but I was so excited to go and live with soul to see what we would create that my life filled with joy. And the more I allowed that, well then the more I wanted to experience it too.

So here's the wonderful thing... you can have more than one hundred percent in this space because it expands. Imagine a pie: you choose the whole pie, but then the pie gets bigger.

And now I know some of you are picturing a chocolate bar that gets bigger and bigger the more you enjoy it. (laughter) If only I could manifest that in a human dimension I could make some of you, a lot you quite wealthy.

Who you are in this moment, the grandness that you are: even if you feel you can't be any grander than you are in this moment – you can always expand. You can always become more.

I told a wonderful story: it was part of a dream I had where I saw Shiva, the Hindu god who is the destroyer who pulls apart things so they can reform. In my dream I saw Shiva pulling apart a house until there was nothing but rubble around him. And then he took all the pieces and put them back together and built a home that was bigger and grander than

the one he pulled apart. And yet he didn't use one extra brick or piece of wood or nail: he just allowed those energies to come back together even bigger and grander because he was willing to play with creativity.

And as he did that he reminded me that I had everything within me just waiting to become bigger and grander. I didn't need one more thing. All I needed was to breathe and to keep choosing my soul. To keep choosing the joy and wisdom and grace that comes with soul. To be done with fear. To be done with doubt and to constantly turn to trusting my soul and allowing the experience that we would have together.

These here are crazy times!

But they are just a reminder of the wonderful complexities of the human dimension and that with every breath we have the choice of how we want to be here, and how we interact.

When we choose the soul life we are not beholden to any contracts or karma anymore. We choose the pathway: we remember that we are creators. We shape our future – I didn't want to say destiny – we shape our future. We choose our experience.

And there'll be resistance within us as we are seeing the resistance outside as more people are choosing this life.

But nothing can harm me:  
I am safe always.  
Not just when I sit in a café with all of you,  
but here in my space.  
I am of this world but I am not the world.  
I am of this experience as I choose it to be.

With a breath...

Let's answer some questions shall we? Then we may come back and do a little bit of breathing at the end.

We have some great questions. And the first one is very pertinent to what we have been talking about.

“Dear Kuthumi, I often feel a sense of despair, of defeat, of deep sadness like crying. It took me a long time but I finally realised that this is an aspect of me – not the whole me. So I treat it like an aspect: I talk to it and I invite it home. Still I am very attentive. I can feel that it is almost always there in the background. I would like to know more about it. Is it mine? Is it from past lives? I can see this in my father, is it from him? Maybe knowing more of where it’s from will help.”

So dear one, I think the first key to bringing this into balance is simply knowing and feeling into whether it’s yours or not. So take a deep breath...

For all of you: sometimes you have this sensation, it’s there, it’s like background noise... there’s a wonderful book where a character talked about it and he called it “the undertow”. That he would feel it every now and then like it was building up to something.

So my simple answer to you is: it is of you but it is not yours. It’s an energy we created as a combined consciousness that sometimes will still want to pull you back. So yes, it is an aspect but the awareness of it is allowing it to come into balance. But here’s the bit of a catch with this awareness that you have. It still feels as strong as it ever did because your sensitivities make it seem bigger. It’s a culmination of a lot of fears and doubts from a lot of experiences as well as what you see around you. So it’ll find little triggers in many different ways.

See, an aspect that has a single trigger: they’re kind of easy to call into balance and to welcome home. But this aspect is a little bit trickier because like you said: is it mine? Is it a past life? Is it my father? It’s all of those things because there’s an underlying basic human energy that feeds this aspect, that feeds this energy. It’s kind of like a rhythm.

So if you can be aware that although it is of you, it is being triggered by little bits of fear and behaviours around you. And take away that sensation that you have to bring it into balance, that you have to let it go entirely because that is actually giving it more of a trigger because it’s saying: “hang on, you need me.” Just when you feel it, acknowledge it and send it love. And just let it know you understand why it’s there.

Breathing with soul so that soul remembers that its your choice in how you're living. And that also too will give comfort to the aspect to know that there is this point of balance here that I can come back to. So play with it, observe it, and just be aware of what it is that's triggering it when you feel it. Because each time you become aware of a new trigger for it, that too just brings it back into balance. It's a very old energy that you've been playing with for a very long time that's like hitting the "refresh" button on your internet. (laughter) You can feel it. It makes you feel it like it's still there like it always was but it is coming into balance every time you acknowledge it and love it.

Also too, it's being aware of not being distracted by it but coming back to soul to remind every part of you that that is how you are choosing to live your life. So thank you.

... another wonderful question that a lot of you are going to relate to – unfortunately. Maybe a lot of you won't. I shouldn't make any assumptions, should I? Okay.

"How is it serving me to keep reliving my lack of prosperity in this lifetime? I am so done with it and yet it keeps coming in. Any clarity is welcome."

Now the wonderful thing is as soon as you acknowledge a pattern, you are starting to undo it. So really dive into looking at: what is the story of this pattern? What is the story of this story?

Look back on how you constantly replay your story with your abundance, with your prosperity, with finances – we've got to use all those words because they're going to bring up a bit of different awareness. There is a pattern and repetition with it that is key to actually changing it as well.

For some of you, it's about how you simply speak of it to others. For some of you it's the timing thing: every six months I go back into debt. Every three years, I'm back in the same situation. As soon as you can look at the pattern and be aware that it's simply playing out, that is your key to letting it know you're on to it and that you're going to change it.

So be aware of the behaviours that are reinforcing that – and they might not reveal themselves straight away. But for a lot of you with your abundance there are actual behaviours that keep reinforcing it. See, the wonderful thing about these patterns and aspects and stories is: we created them to serve us in some way.

For a lot of you, lack of prosperity keeps you small. It keeps you safe because it means you can't travel, you can't move into that bigger house, you just can't do things. So you don't have to try anything different. You don't have to be anything different than who you are because your prosperity constantly keeps you in the story of: this is who I am right now.

It keeps you longing for the person who you want to be. It keeps you thinking that there's something wrong with you as well.

So looking at the actual human way that you keep creating it is a wonderful way to raise the awareness, but on another level, I want you also too to breathe with: what story is it keeping me locked into that I am just so comfortable with? Is it stopping me from trying a new hobby? Is it simply keeping me here and not being free because then people might not understand me anymore?

For you my dear one who asked the question, there's actually about three stories going on. One of them is quite personal because you want to appease certain people. One of them is quite energetic in that you feel safe by repeating the pattern. And a third one is actually a very old karmic contract that you came into this life with that has set up the pattern of how you do it so beautifully that I'm actually telling you about this pattern and you're thinking: you can't even think of what that pattern is because that's how effective this karmic contract has been.

So I think the first thing we might want to do is truly decide if you're done with the karmic contract because just because you were wealthy in the last lifetime doesn't mean you can't be now. And just because you were not very nice about money doesn't mean you have to pay for it now. So take a deep breath, thank that aspect and that story, and just be prepared for a bit of resistance with that.

But keep breathing because when you come back to soul and choosing to live with freedom, prosperity has to come into alignment with that. The very fact that you're willing to look at what that is that is holding you back is going to open all that up too. So keep up the awareness, let go of the judgment of who you think you should be and what that should look like, accept where you are right now but just say: I want more. I am worth more. Absolute love, I'm going to invite these old patterns to come into balance so I can allow the grandness of my experience.

You don't even have to choose prosperity and abundance because as soon as you say I want to allow the grandness of my experience, all that stuff has to line up to support it. So choose that if you're really ready to do that, then so it is. Thank you dear one.

This abundance thing is a big issue. I have actually talked to Marisa, we might do a Soul School where we just play with that. It's not going to be about money, it will be about abundance. (laughter) Money is a little human part of abundance: we make it seem so much bigger. It's a very small part of it but I think I need to talk to her. We're going to play on a personal level with that and then maybe we'll do a school – or a whole show. Wouldn't that be fabulous! But thank you my dear one.

Okay, we'll move on now. Ooh, another health one. So this is good too. We talked about that health and abundance: big anchors to the human experience. So here we go, we've got a health one.

“Why did I create the migraine since childhood and why do I keep choosing to experience this pain? How is it serving me to stay in this? I would like clarity.”

Good, some more people wanting clarity. I love that you ask for clarity. That's the wonderful thing about migraines, aren't they? They're all about losing mental clarity. They are quite restricting physically, they are all-consuming – they too often have triggers and patterns, do they not?

If you talk to someone with chronic migraines they can often know exactly what sets them off, what time of day it will be... unfortunately



for a lot of women they will tell you what day of the month they might occur. And they come in like a big dark heavy cloud so it consumes you. And I know anyone who's ever had a migraine is saying "oh yes".

Migraines on an energetic level become about escape because you know that when you have these migraines, you have to go into that cocoon, maybe you have to take some quite serious medication – even light and noise become issues. You actually have to close your world down and be quite removed from everything. And that is how these migraines serve you because you're incredibly sensitive which is why most people get migraines: they are very sensitive beings, very energetic sensitive beings. So often they'll get a wave of energy that isn't theirs, that is actually from the world around them, and so the migraine will be created. You get to withdraw with a very human excuse to do so. That's how these migraines have served you.

So we need to toughen up a little bit with our sensitivity. And I apologize; that's not a good choice of words, of human words. Part of it is about understanding and trusting that you are safe. Part of it too is about not seeing that sensitivity as a weakness. For so long when we've opened up our sensitivities, not just from this life but in the past, we've been victimized, we've been persecuted. The other issue too is: is that we just feel so much that it can actually be quite once again, overwhelming and we just don't know what to do with all that stuff that's coming in.

You were an incredible empath in some past lives and so a part of you came in saying we don't want to do that again. So to understand that they were simply serving you to close off the overwhelm of your sensitivities is a big factor. Unfortunately though with our human bodies once we keep repeating a physical cycle, then it takes it into a physical level where our body actually believes that that's how it should function. So you're going to have to: well, you don't have to do anything... but you might choose to do some very deep nurturing work for yourself physically by really communicating with your body on what it needs to break the physical cycle of the migraines. That can be overwhelming, that takes a lot of trust to listen to your body and to know what it needs and what it wants. But you have the ability to do that, and you know you do as well. It's going to take some time and a lot of patience. It's also too

going to take a lot of breathing with soul to come into the trust that you are safe. Sensitivities to energies are not a liability, and it's certainly not a weakness.

This is all coming back to truly, truly breathing with trust and soul will give you that freedom to have that trust. I know the world can seem scary, but let's not create migraines to deal with it. Maybe we'll find a new way. I think that's a wonderful thing. Have some conversations with soul and say: "I know I'm sensitive. I know I can get overwhelmed. Give me a new way to deal with it that is not this heavy, physical reaction."

And see what you create together. How's that for wonderful, wonderful little bit of playful homework for you? Namaste darling.

Okay. Here we go... another one.

"It is often said by many masters that we have to stop the struggle with our enlightenment and just allow it to happen in its own time: getting out of our way and continue living our daily lives. But in your experience as you have told us Kuthumi, after some time with struggling, you finally surrendered to your presence, you acknowledge yourself, you accept yourself and own it. And your enlightenment happened in that moment."

Yes, it did.

"You didn't even wait for the next moment or anything else to happen."

No, I didn't.

"So my question is: do we have to allow and wait for it to happen or accept and own it right here, right now as you say and so it will be? Thank you."

So I'd first like to say thank you for taking my experience and reducing it to something incredibly mental because unfortunately that's what this is. This is just playing with all of those energies and you've just taken it

and made it very mental because now you want an explanation of what it is in a very – I'm just going to say it – a very mental way.

Because if you simply accept and allow there is no question about anything else. I didn't make that choice to be enlightened from my mind. I did it with soul and with absolute love and trust. So there was no question about what do I do next? I accepted it with absolute completion in that moment.

Mind wants to give it some measurements, it wants us to think about where it's going to go next – I never ever, ever, had any question about where it would go next because I was always in the absolute moment with my choice.

If you're waiting for something to happen... then you are still in your mind and you are still on the journey of answering questions that you already know the answer to. And that was my greatest realisation. I was sick of waiting, I was sick of the questions, I was sick of what is going to come next because that was my mind always saying: you're not there yet. It should look like this. Something else is going to happen.

To be fair, you're not completely within your mind. Because for so long you've had an expectation of what enlightenment should be: you've read the books, the stories. But even more than that, in your past lives where you actually achieved enlightenment, it was a very different story.

So there are parts of you hanging on for it to happen the same way again. You want to be in the cave in the Middle East where you levitated and just left your body. You want to be back in the mystery schools in Europe where you did alchemy because you fully realised your creativity.

But right here, right now these old ways of being enlightened, they're just not going to satisfy us anymore. That's what is holding you back from completely stepping into it in this moment. Because when I was in that moment, when I said I am enlightened, I also was saying I am enlightened in this lifetime in a new way: completely free of my past. I didn't want to levitate, I didn't want to turn rocks into gold – I've done

all that. You've done all that. You've walked through walls, you've bi-located. You've done all that!

Now it's about every day I'm choosing to love myself more and more, to know that love I was born of. And to go and experience this dimension with the joy and grace that I am absolutely worthy of.

Maybe you want your enlightenment a little bit different. Maybe you want to create your own new energy enlightenment in a totally different way than what I did. Please do, because my enlightenment is not your enlightenment. Same way I don't expect all of you to have nervous breakdowns and spend three years on a deathbed before you reach it.

I would love it if every one of you in this moment just simply said: I am enlightened. And now I'm going to go and enjoy my life.

But while we keep turning back to the questions and searching and what we think it should be then all we're saying to our soul love is: I know you're there, but I can only let you in so far.

So that is your choice in this moment: how willing are you to let that be part of your life in the way YOU choose, in the way YOU want to be enlightened right now? But if you keep waiting for it to happen one day then that's where your enlightenment will live – it will always be living off in one day and not with you right here, right now. It's just a choice. It's like anything else.

We get caught up in the words accept and allow – just choose it. And then go have fun with it. No stories, no expectations. That's how we allow it but unless you make that absolute choice in this moment then that's all it will be forever – a choice waiting for you to make it. Thank you.

“This question is for my soul sister who is a strong, sweet, courageous, precious master teacher and is now going through severe depression. She is experiencing shame with her current financial situation and feeling a lack of support or clarity for her life purpose. I feel that experiencing and finding the energetic pathway through this mental health imbalance is her life purpose and divine mission. I honour her

choice whatever it is and at the same time would deeply appreciate your suggestion for moving through this void with integrity. She is now in the blackest and darkest stages of depression with concerns of being homeless.”

So I do have to clarify a little bit to begin with: I can't actually push into her energy because she hasn't actually come to me to ask for that. I can speak generally of such circumstances...

And if I'm going to be maybe a little more specific to satisfy the question: is this really a choice she is making to experience. There is a good chance she is carrying something from a past life, it could be something that she is closed down in this life – you talk about her being a wonderful teacher who's been very open to exploring her spirituality, but maybe that got too much.

So unfortunately at this time, you do really have to honour her choice because there has to come to some stage where she decides to truly change it and that she truly chooses to embrace life here and now. Depression is one of our biggest disconnects from this experience.

Dear friend who with the migraines, when we open up our sensitivities and knowledge and awareness, you know human experience can get overwhelming. So we can shut down, we can switch off. It can be fun to go back and be a victim again because when we're in victimhood, then we truly forget we're a creator. We don't have to take responsibility. And look at the attention it gets from people like you who truly want to help her... there is a good chance she could be having much fun simply being human.

And things might get worse. So I'm going to also ask you: are you willing to let her have the experience play out as she is choosing it? And I know it can be incredibly hard especially when we're enlightened and we know there could be some different way to do things. But until this dear one truly makes a choice for it to change, and actually looks inside herself for the answers rather than waiting for something outside of herself to happen, then it won't shift.

Will she do that? Of course there's always the potential and possibility for that to happen. But it has to be her deep soul choice. And right now I know that there's a deep cloud over her getting to that and maybe she's going to do like I did and she needs to get to the absolute deepest and darkest part of it for something to shift. Maybe she will create that person to rescue her... there's thousands of scenarios still playing out. But it has to be about her going within and at some stage really letting go of being the victim and once again embracing her creatorship, her god self.

It can seem almost ironic when somebody who was aware suddenly lapses into such a time but it can be even harder to stand back and say what they're doing is perfect. But the more you honour her as a creator by letting her go through her experience as she's choosing, the more chances she will have of re-embracing that god self to create the solution. While people are still treating her like a victim of herself, it's actually reinforcing her story.

So maybe we can all take a breath and just send her a little bit of love that she might actually find that space within herself again. Thank you.

Another big health question...

"Why have I created this cancer? Why do I not let it go? Why doesn't it let go of me? What do I have to do or stop doing to heal my body? Please don't just say allow as this means accept and let this body die."

So I've been given some rules on how I can answer this question and so as a dutiful ascended master I will comply. So if I go to say the word allow or accept I almost feel like an alarm should go off but here goes... (laughter) I don't mean to laugh or make light of your situation but I just need to make light of the fact that I was given some rules in which to reply.

So why have you created this cancer – well, I suppose if you had clarity you wouldn't be asking me. So let's delve into it together.

Once again when we create these health situations which are so overwhelming, and I know you've been sent on a long path of

treatments and procedures that are following very strict rules as medicine decides. It is part of a reaction to being so sensitive to the dimensions here which is what a lot of cancer is: it is simply a very heightened sensitivity that gets expressed through your body. For some people it's quite debilitating and it gives them an exit out of this experience. But as you said you don't particularly want to leave right now, you'd like to keep going.

So the first thing is: do you actually believe that and do you truly want to make that commitment to yourself in the here and now that you still really want to be here?

For anyone with any health issues – not even with the health issues because if you're not actually committed to being here and choosing to live, then life won't serve you. So a lot of you have chosen that and some of you still get health issues.

So why aren't you letting go of it and why won't it let go of you? Well, straight away that sets up a dynamic of I'm doing something wrong. I'm not getting something right and that in itself adds to the energies around it. I am not going to say to accept it but what I'm going to say to you is: can you take away the judgments you have of yourself for having this experience at this time?

Also too, can you release the expectations on how you should be healing it? For so many people who are spiritual because you know you can choose your experience and you can change and shape the way that you interact with your body in this dimension you see an illness that doesn't heal spontaneously or within your mental assigned linear time as failing in some way. So a lot of the energy around this is going to be lifted by you simply letting go of the self-judgments and the expectations that you have about how this will shift and change and resolve.

On another level as we talked before with many of the questions: with health ones it is really about communicating with your body as part of your experience to soul. To talk to body with soul and what it would like to do to nurture and support it. Let go of the word heal because that comes loaded with so much energy from the medical world and even from the alternative health world.

Let's come back to the energies of nurturing and support and simply say to body: what can we do together to nurture and support you? That takes a lot of trust. It takes a lot of quiet of the mind as well because mind has so many questions. But a lot of the mind energy is really tied up and consuming you with why did I create this, how do I get rid of it, I should have done it by now.

So if we can quiet the mind by releasing the judgments and the expectations, we can come back to the beautiful state within which really wants to communicate with your body about what would nurture and support it. It might still mean you have a limited time, but at least that time can be full of love and honour for yourself and be full of nurturing and support. Okay dear one.

Okay.

"Please ask Kuthumi to ask my higher self which way I am to turn now."

Well, okay. I'm just going to stop there. I'm already talking to your higher self: your higher self wrote this with you. This separation of your higher self and you is a mental and spiritual thing. Okay? There is no separation between you and soul and higher self. You're all here together; it's just how much you want to work together. So let's just answer that straight away.

"I have gotten myself into such a mess – separated from my husband and children and left with no funds. He is not pressing for the divorce yet, maybe in order to make changes so he doesn't have to share with me what we've constructed together."

That's absolutely right.

"I'm not pressing for divorce because when I do I'll have to leave my home and town."

And yes, and all the security and safety of your life as you know it!



“And I’m doing all I know to keep my spirit up and find a way to construct a new life and some guidance would be greatly appreciated.”

I don’t mean to make light either but sometimes it’s good to do that so that we can see through it. I’m not going to call it the absurdity – that would be a bit disrespectful to you my darling because you came to me with absolute love and I really want to return that to you. So I will turn off the comedian right now and we will go back into a more loving space.

I want you to have a little bit of a laugh with where things are at the moment because there is so much fear around the release of the old life but there was so much of the old life that wasn’t serving you. And now you’ve actually got this wonderful space and freedom to create – you’re kind of giving yourself a blank canvas and it’s just all this fear that’s keeping you about letting go and moving on because you don’t know what that’s going to look like.

So this is a very general thing as well. This is why we keep ourselves in old patterns. We create these transition times because you wanted more freedom. You wanted to start fresh even though your human self is saying you didn’t want to do that and it’s going to be hard. Underneath your soul energy is so excited for what’s going to happen next and I know part of you can feel that. You can feel that excitement but the human self is translating that into fear and confusion and lack of clarity.

But if you can keep coming back to the joy of so many potentials that lie ahead for you, that you can trust soul to create whatever finances you need to support and nurture a wonderful new life – that’s all the guidance you need. To keep talking to soul and doing in the moment what feels right: what will serve you with absolute balance and peace and joy.

Then the issues and the power play and dramatics with your ex-husband with any legal proceedings from divorces can be allowed to happen with the ease and grace that you’re entitled to. Yes, you’re entitled to a financial compensation but don’t live in fear of how that’s going to play out.

You are such a grand master. Often we ascended masters say if only you could see yourself the way that we see you: all this fear and doubt would evaporate in a second. You're much stronger than your mind is telling you that you are, that your ex-husband is telling you that you are, than a lot of people are telling you that you are. There's a lot of energy around being the woman and being weaker – don't buy into those stories for one second. You have such an amazing strength in you; you could ride a dragon! (laughter)

I want you to picture yourself riding a dragon maybe before you go to any legal meetings or when they start to try and talk down to you. Just picture a dragon flying through the window burning them with its breath and then you jumping on the back and flying off to your next adventure. There is such a grandness in you, that whole story you've created, this moment and this upheaval so you can go out now and truly see the amazing strength that you have within you that has been waiting to have its time.

So this is just transition. This is just transformation. This is just your time in the cocoon, okay? Truly trust what you've created for yourself so you can go out now and have the adventure that you deserve and that you will do. In two years time you'll come back to me and talk: whether it's here or whether it's just one on one and you will say I cannot believe the person that I am now, that I have allowed to be.

Just picture yourself on that dragon. That dragon will carry you wherever you need to go. Thank you my darling.

I have one last question and I'll give a little bit of a background story. I have two very dear friends here in Australia who have a beautiful daughter who unfortunately passed away two nights ago. This beautiful soul chose to come into experience here and began her experience with a birth trauma which mass consciousness would say left her developmentally disabled.

She left so gracefully two nights ago at the age of twenty-seven with just a little bit of a tummy upset: the only signal that maybe something physically wasn't going right. She went in her sleep to be found by her father the next morning. And her parents have come me to say they'd

just love a little bit of completion with her experience. And that was actually the message I initially gave them when they first contacted me was that here was a beautiful soul who was truly complete with her experience.

For most of us, we get so caught up in feeling there's still more to do and yet her with her beautiful soul said: it's time. The wonderful gift she gave to herself with what we would call a disability was that she actually spent her life free of what society expected of her and what she expected of the world around her. She was known by everyone for her joyfulness and playfulness: that was such an amazing gift to anyone who came into contact with her. So even though some of us might say her time was short, it was so full of love and joy that she was one of the grandest and most magnificent souls that ever chose to come here for experience.

We think that we need so much to arm ourselves to actually allow that love and joy into our lives, and yet this dear one just lived her whole life in that space always. And yet what we would consider wisdom that she never got to express in an adult human way: a part of her knew that ahead of her would be a time when she would be out of that joy and that love.

And in her departing she released her parents from their contract together: they were free to take care of themselves now as they advance in age. And the wonderful thing was that in doing that and releasing them, she also knew that she would not have to spend one day without them and without their love and support. So too in leaving, she honoured herself that she never had to face that time. Her whole life stayed in that beautiful state of joy and love.

And though I know her parents will grieve her – and grief is a wonderful natural process because we create these connections and when they're so joyful and so full of love, why would we not miss them when they go? But I know too that she will still make them smile...

When we leave physical form the love and the joy doesn't end. And for most of us we're so scared of letting go of a life: whether it's ours or someone else's because we don't want to lose the love and joy we have

in that connection. And yet we'll struggle on trying to search for it in any way we can and that is the gift this beautiful soul gave to the world. She never struggled with finding it, she chose it from the minute she was born and lived it. And that's what I want to finish on today.

All around us is this wonderful joy and love that we can have in any moment. We bury it under so much: these beliefs, these stories, these patterns but in a heartbeat we can choose it and realise that everything we've laid upon it has just been to push that love and joy away.

Right now, breathe with me and feel into the beautiful innate love that you were born of, that is so limitless and encompassing. Celebrate it in those around us but most of all, choose it for you now without the struggle and search that life wants to distract us with.

So my love to you Alexandra. Continue on (laughter) in your love and your joy. Thank you for the wonderful teacher that you were to everyone that you came in contact with. And thank you for providing us tonight with the reminder that so too can we be that beacon in the world. No matter what is happening, we always have that beautiful love and peace within.

Namaste.