

Soul Cafe with Kuthumi

Channeled by Marisa Calvi

“Abundance and Flow”



Broadcast on www.blogtalkradio.com, July 2016

Listen to the full audio recording at

<http://www.blogtalkradio.com/marisa-calvi/2016/07/29/abundance-and-flow>

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

© Marisa Calvi 2015 www.newenergywriting.com

Soul Café with Kuthumi – July 29, 2016

Abundance and Flow

Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hello everyone wherever you're tuned in. Welcome to Soul Café. My name is Marisa Calvi. I'm an author and a channeler of ascended master Kuthumi Lal Singh. And this is our little monthly show where we just get together and come into a beautiful sacred space to take some time out from the mundane and the daily routine to have a beautiful hour or so talking with Kuthumi and really feeling into our soul connection.

It's great to have you all here.

Tonight's topic is abundance and flow and I'm really looking forward to that. I've kind of resisted talking about, channeling about that for a while but in our last radio show Kuthumi said: you know what? I actually would like to do a show on that, and I would like to do a school about that as well. Because as well as doing these monthly shows, we also do some online courses so in three weeks time we are doing an abundance and flow school.

So on to abundance and flow. I've had a great journey with this over the years as I'm sure we all have. I've had my highs and lows as well as times when it's been a real burden, and times when I've surprised myself at what I can create. We have focused so much on finances over the years and when we talk about abundance even in the spiritual world it really does come back to finances.

And we are going to talk about finances and money tonight because that's something we all have fun with and are still experiencing, but to me when we really want to go into abundance, it is about our flow of creativity. It is about our connection with life. It's about whether we're choosing to go beyond survival and actually have the joy of experience. And these are all things that Kuthumi and soul have shared with me in recent years.

I have had so much fun opening up that part of me and there were many layers to it. And I think that's what Kuthumi is really going to invite us to look at, is the layers we've got on it tonight.

One of the first ones I was aware of was the story I was projecting about myself. There was a time when I wasn't struggling so much financially but one of my friends made a comment that wasn't an awful comment, and it wasn't judgmental: she just reflected back to me the story that I'd been projecting out. And that was one of lack and one of survival. And the minute that she said it to me, it was kind of like: hang on, that's not actually where I'm at. But I had been for so long projecting that story and telling that story to people: "I can't do that because I haven't got the money, when I have the money then I'll go and travel to here..."

So it made me very aware of what I was actually portraying and what energy I was actually sending out to create my experience. And I know we have our very dear friend St. Germain or Adamus (as he's sometimes called) who says when you walk like a master and talk like a master, then you are a master. So that was a very big thing for me. When I actually simply started feeling and telling myself I was abundant, a lot of things shifted because that was changing my story. So I'm sure we're going to go into that.

Another layer for me personally, which I know Kuthumi will go into is trust. That was a really big thing to hand over my human beliefs of money to soul with the absolute trust that soul could be my financial advisor and financial manager.

So I'd like you to all take a breath with that.

It was actually a wonderful moment: I was having a session with Norma Delaney and we're having a very candid conversation and she said: "well, you do trust your soul?"

I said: "absolutely".

"Well can you trust that one of the best financial advisors on the planet is your soul and can serve you?"

And so I handed it over to soul. I said: "you know, I absolutely trust that you will always support me and create not just what I need but even more." And that was another huge shift for me as well.

So I just wanted to share that with you if that's triggering something, if that's inspiring something for you as you talk to soul to simply say: "I absolutely trust that together we can create." And that becomes more than about money by the way.

So let's do some breathing. Let's all etherically gather in the Soul Café and get comfortable. Get our drinks and our cake (laughter) and get ready for what Kuthumi has to share with us about his journey with abundance and yours as well.

Getting comfortable now.

Taking a beautiful deep breath,
and just gathering with me, and soul
and Kuthumi in the beautiful café
that we've all created together.

The perfect table: maybe near the window for you.
Maybe you want to be near the cake stand
so you can look at all the beautiful,
beautiful creations in there.

Deep breath.

Your favourite hot beverage – or cold.
Just feeling so safe and content
and you don't have to worry about the bill
for your cake or drink today: it's on the house.

What a wonderful way for us to start our abundance! (laughter)

This café is all your creation so why would you not
be free to have whatever you want here?

Deep breath,
and just remember to really feel your soul connection.

Deep breaths.

KUTHUMI: Namaste dear ones. So yes, I finally get to do a show about abundance and flow. Will it be about money? Yes, it will be. Will it be about choosing to live? Yes, it will be. Will it be about how much you want to be here to experience life, how committed you are to be here? Yes, it will be.

And it's going to be so much more because my show about abundance is abundant with wisdom and joy and love. And it is abundant with the love that you all gathered here because if you are listening to this show then I know you want a shift. You want to change the way your creativity flows, you want to change the way that life serves you, you want to realize so much more of who you are: the truth of you as a creator.

Take a breath with that please.

I am that I am
the grandest creator that ever was,
and is, and ever will be
as are you.

There is nothing more majestic than who you are in this moment and what you are creating for your experience. I want you to really embrace that before we move on because if you want to move on with this, if you want to come with me...

Marisa didn't market this show properly. She should have said: I will reveal the secrets of abundance. I will show you the keys to unleashing your creativity – it's very dramatic, isn't it?

And see, that's one of the first things we need to address: over the years all these stories about abundance, all these other people, a lot of beautiful spiritual people – they have marketed this with the sense of healing, fixing and changing who you are. And for many of you, your belief about abundance too is: I need to heal and fix and change something within me. A lot of people have made a lot of money

promising to help fix people's abundance... kind of the irony, isn't it? If I'd charged for this maybe I would have made some money too.

There is so much drama around it, so much drama. And for many of you it is the last place of drama in your life too. You've come to grips with karma and family. (laughter) You accepted the world around you with its insanity and Donald Trump. You accepted perhaps that your weight will never quite be what you want it to be. You know the beauty of your soul and the connection and the love that is there waiting for you.

And then the phone bill will arrive. Those numbers in your bank statement make you feel like you're less of the creator than we've all been telling you that you are. It's a crushing energy: I know it is. I experienced that in some lifetimes. I also experienced the grandeur of limitless abundance.

And you know what? In all those lifetimes, there was no difference in the base of my energy. I was rich and still hated myself. I was poor and I loved myself. So, even Marisa is a bit surprised. She's saying: Kuthumi, I thought you were going to say if we love ourselves, that's going to be the key, that will be the shift. That's because people aren't truly embracing their self-love that they don't have a lot of money. Not true.

I know there are some of you listening, you know about self-love, you know about nurturing – and still somehow that energy does not shift. Self-love is a big part of it. I know many of you have shifted that when you do come to your self-love. And it is important. Without self-love we have no connection to wanting to experience anything here: well, not in joy and wonder anyway. So yes, I will say one layer of it is self-love.

It's not about your enlightenment. You've had enlightened lives where you were poor. (laughter) You've had unenlightened lives when you were wealthy. Look around the world now: are only the enlightened ones wealthy? So it's not about enlightenment either. But still, you want to have your enlightenment, that knowing, that willingness to embrace your soul-love. To know that you're more than a simple human. So yes, that is another layer.

I am that I am enlightened. Because you are, you are. You know you are because you're listening here with me Kuthumi. I only talk to enlightened people. (laughter) If you know that you are god also, you know that you are creator. You know that you are a souled being having an experience – that is your enlightenment.

But it's about choosing how you are enlightened. Because you can choose enlightenment with limitations to your human experience, and you can choose enlightenment with limitless possibilities.

So feel into that my dear ones.

What story is it you still have around why you should have some limits?

What do you believe about your self? Don't think about money: just think about creatively. Where are your limits? You all have them. You get to a certain stage with something creative, and that's as far as it ever gets.

Now, this isn't to be judgmental of yourself but I just want you to observe. Because when you can observe parts of your life where you can even mentally acknowledge there is a limit... maybe it is financially. But it could be in your career, in a relationship that you get to a certain point in a relationship and it always ends.

And these things aren't wrong or right: I want to come back to that. This isn't to judge yourself. But when you become aware of patterns you have around where you limit things, then too you can become aware of how subconsciously you create limits as well. And there's nothing wrong with that. We've done it lifetime after lifetime to survive, to have certain experiences.

It's actually a very natural part of being human: to set limits for ourselves. Very natural, (laughing) but it's not natural to soul. It's not natural to someone who's living with their soul connection so a lot of you get the frustration, do you not?

I know that I'm a limitless creator and yet this one part of my life cannot break through that. But see, that's another wonderful way to keep

yourself locked into your self-judgment. It's a wonderful way to limit your self-love.

Abundance isn't about proving to yourself how much of a creator you are. You've had lifetimes being amazing artists creating fabulous works. Oh look at those fantastic artists that died penniless. And you see people with no creativity that simply have money land in their lap because they were born into the right family. So it's nothing to do with how you embrace your creativity. But it is about how willing you are to play with your creativity as well.

How willing are you to accept responsibility for the life you are living?

How willing are you to take responsibility for the limits that are there even if you know that they're from past lives, or from from karma or, the worst one yet: it's an aspect that's stopping me?

How willing are you with soul to take responsibility for where you are right now and all that is in your experience? How willing are you to let those aspects, to let that past life, to let your family situation off the hook for once? How willing are you to take absolute responsibility for your abundance?

It's not about how hard you work. Some of the poorest people are the hardest working people on this planet, are they not? It's not about what you humanly do in exchange for money. All around you, you can see absolute examples where none of that makes sense: a business idea that makes millions, someone working three jobs just to pay the bills and put food on the table for their family. There is no balance around exchange for money so let go of the linearity of money.

You've all keyed into the mass consciousness beliefs: the harder you study, the better the career, the more money. But you know that's not true. But still many of you are carrying that belief deep within you.

I know I can let go and just be a limitless creator, but there's this thing on earth where you've got to have a job. And I'm not saying to not have a job, I'm not saying that that system doesn't work for everyone but that

linearity of some human exchange for money is simply a belief that we've all bought into.

It's not about how intelligent you are (laughter) because some of you are hanging onto that. If I was clever enough I'd have an idea. If I was clever enough I'd have a better job. If I was clever enough I'd be more enlightened and that would be the key to my abundance. Most of the time the intelligence is actually a deterrent because intelligence likes linearity. Intelligence likes goals and ideals. But intelligence, it is not that.

So I'm getting from Marisa that you're telling us a lot of what abundance is not. Can we move on to what it is?

Abundance is the absolute trust in your creativity.

To acknowledge that you are a creator and trust in the absolute essence of yourself as a creator, and to allow the flow of creativity in your life.

Breathe with me now and feel into your soul.

In my last lifetime as Kuthumi Lal Singh I was born into a family that was quite wealthy and who supported me. I had no need for the work that you all know of so I studied. I felt that my family's finances granted me a freedom that so few others had that it would actually serve me to kind of repay the universe in a way by becoming the most wise person that I could be. So I studied and studied.

And as I studied I felt something deeper in me wake up as well. I felt my soul coming to the surface more and more: but there was no time for that because I was going to study and study and study. And when soul wouldn't leave me alone (laughter) I decided I would study soul. So I studied theology and philosophy. I wanted to understand this part of me that was so intangible, yet we all knew we had it. But I wanted to understand it from my mind.

I will become so wise I thought, I will teach people all about their spirit. (laughter) I kind of ended up doing that anyway! But I tell you something: it's not in the way I imagined.

Then my health left me and my body collapsed. All I had left was my spirit and a few ebbs of emotion left behind. (laughter) When I finally decided I was sick of the search, I was sick of gathering the knowledge and simply embraced my enlightenment – once again I had my family’s financial support. But I knew that was nothing to do with my creativity and my abundance.

As I walked the earth embracing my love, embracing the joy and wonder of life around me: everything came in to support me. Admittedly I spent most of that time in India where I didn’t need a huge amount of finances. But I was gifted so much. Sometimes yes, there was exchange. I would do chores for people in exchange for a meal. But the generosity that life offered me was beyond anything I could have imagined.

I never had to search or ask because when I said “I am enlightened”, I also said: “soul, walk with me”. And the absolute trust I had in soul to create with me allowed my flow and allowed an abundance beyond anything that any dollar or coin could ever measure.

Breathe with me now and I want you to feel into the very creative essence that you were born of.

Get comfortable. Maybe close your eyes.

I don’t really care: you do it how you want. (laughter)

But I want you to feel into the oneness that we were all born of. I want you to feel how infinite, limitless that energy of oneness is. It was pure creativity and then you, a little spark of that oneness stepped away.

You see now a little part of you believes that because you were a little spark of oneness, that’s where your limits began. But they didn’t because when you stepped from the oneness to be your own sovereign being, you yourself became a limitless creative being.

How many of you have been yearning to go back to the oneness? I know so many teachers and gurus have talked about that: when I get back to the oneness, when I accept my place within the universe then it will all be okay.

But we don't go back, do we?

You started off as this little spark, a tiny little spark, but you went out and played with your creativity in so many ways. You're now a raging inferno. You've soaked up experience. You soaked up, soaked up so much wisdom and knowledge, played with the secrets of the universe in mystery schools, in lifetimes of enlightenment but still everywhere there was that feeling: I'm just that little spark.

I'm just that little spark that separated to go and play.

That's where all this sense of limit has come from. And then look at how life confirms that for us!

Why do you think we created finances in the first place? (laughter)
We've come to believe finances were about how we connect with each other? How do I put a measure on my exchange between you and me?

We took abundance in its essence, turned it into something called finances and then essentially set that up with even more limits. But it made us feel comfortable and safe. Finally our minds understood how we could interact with each other to exchange goods, to acknowledge someone's efforts and skills. So we believe it was about being rewarded. And a lot of you are holding onto that too: I'm not abundant because I'm not being rewarded for my experience here. So therefore I'm not doing the experience properly so therefore I need to keep searching. And that just spirals you back into this sense of your limits and distrusting your creativity.

I'd love it if you all could find a coin or your purse or visualize a piece of your currency and to look at it and see what it is in its simple physical form. And yet we've put so much upon that. The beliefs and the linearity we have around finances are incredible. But most of all, we've made it define who we are and our place in society as well, have we not?

The king was always the richest... then the lords below him... down to the peasants.

We don't like it when our holy men are wealthy because we feel that that is not honouring their role (laughter) in spirituality. And there's another one, is it not? The spiritual vow: I am spiritual, I am holy, I am enlightened. I can't be too wealthy because that would mean I'm not actually pious enough – holding on to those old lifetimes of the priest and priestesses.

Oh my goodness. When you were the priest and priestesses in ancient Egypt you had incredible wealth and abundance. Do you know when all that crap came in? And I'm sorry, I was part of it... (laughter) was in the middle ages in Europe. Until then the clergy, the holy men they were quite wealthy.

Admittedly the Vatican kind of kept that going for a while, it still does, but I'll tell you this as well: as Saint Francis I took a vow of poverty but that was not about survival. It was about seeing through the illusion of money. My priests, as well as Saint Clare and her nuns never needed for anything. We dressed simply, we ate simply but we were always housed, we were always nourished. We never went wanting. We were supported by God, we were supported by those who understood the beauty of what we were doing. We were rich in the love of our hearts. We were rich in our connection to god. We were rich in our choice to live with spirit and soul.

So when you hear my story of Saint Francis as being told of poverty, just know I had no interest in the superficiality of noble life. I'd been born into it. I knew it. I knew the abuse that money allowed within the church. I knew the abuse that money allowed those in higher classes. As a child I went through the slums in Assisi. I didn't see lack because there were homes filled with love and joy and my home did not have that. Was I richer than these people? Never.

So when we took our vow of poverty, it was our declaration that we saw through the illusion of finance: that we knew that finance was not the key to having a beautiful life. And we showed people that the love of God and trust of God – which was our way of saying our trust in soul and trust in our creativity - would always guide, nurture us and never leave us wanting.

For many of you, you took vows over many lifetimes as these clergy: even in some of the mystery schools. But remember the essence of those vows of poverty... it was simply letting go of the attachment to what you believed money would provide you. A lot of people make money their passion, make money their religion and they do well, but they're not entirely happy or fulfilled in life.

A lot of you have a very twisted memory of your vow of poverty from these times. It was about seeing through the illusion of money and what it would reward you with in life. It's okay to like nice things. It's okay to want to have beautiful things and travel well. But you know deep down that those things will not satisfy your desire to live with soul. If your desire to live with soul is first and foremost, then everything comes in to support that.

Take a deep breath.

A lot of you are carrying karma for your families. What if I become abundant? What will they think of me? And who am I to change the pattern that I was born into? Some of you have had great delight in changing a lot of other patterns around your family but why not abundance?

And here's where the other thing comes in too. Recently in our aspects school we talked about letting go and integrating that aspect of the witch: a lot of fear around being powerful and being a creator is that people will come to feed off me. And with feeding, sometimes comes persecution and torture.

What if I do become abundant? Then people will come to feed off me. One: they'll want to know why I'm abundant and they'll want to know the secrets. And two: they might want to take my money from me. And if I'm not willing to share, then what will they do to me?

Can you trust that if you do let beautiful abundance into your life that it will be safe and that you can choose to be aware of those coming to feed and simply not allow them into your space? Your abundance will always be safe if you come back to that trust in soul.

Oh, how many of you were killed for your money in the past? (laughter)
How many of you had lonely lives because of your money? How many of you thought that money would be the key to having love in your life to only find that it was just somebody who wanted to come to take your finances and take advantage of you and them? How many of you were killed for those piles of gold?

You see a big part of you too often says life is a lot simpler when there's not so much of it around. And yet part of you also says life would be so much easier if it was here! (laughter)

So which is it to be?

To stay safe, but small and limited and in survival mode, or to flourish and let life flow?

How many of you have the pattern that you get just enough at just the right time? Whether it's someone who can lend it to you, or somehow the work just comes in, the opportunity just arrives?

Ahhh, you know, that's kind of like teasing yourself because you're showing yourself: wow! I can kind of do it. But I'm still doing it with that bit of drama and that sense of survival and that sense of just saving myself – just enough self-love to stop you from being destitute.

So imagine if you could allow even more love and even more trust and responsibility for your creativity that it can arrive in an ease and grace that you know is a natural way of being.

How do we break this pattern?

Well, first of all being aware of it means that you've got the opportunity to change it. And sometimes that may take a little bit of mental processing to look at. What is it that I keep doing that keeps that pattern in place? Is it a story I tell myself? Is it an action that I always do or is it an action I don't do?

Just breathe with that for a moment.

Is there a pattern around my abundance and what do I do to reinforce that? It can be a very hard question to answer because it takes a lot of honesty and it takes a lot of willing, a lot of willing to really want that to be revealed to you.

How done are you with the old pattern you have and just how much do you want to change?

We're going to go to questions now because these questions go into that sense of frustration and that sense of what the hell do I do now?

I think as we go through these two questions on abundance we're really going to have insights for all of us.

So the first question...

"When I read the word abundance in your announcement it hit one of my buttons right away. After dealing with that subject in the form of lack of money and lack of passion to creatively express for years now, I finally decided to let go of the whole topic but daily life is continuously pulling me back to it. I realize that abundance is indeed much more than just having or lacking money and that it is our close or broad perspective on life and ourselves. Nevertheless I wasn't able to bring much change into my situation. So allowing and accepting seem to be the best tools at the moment although so much pressure on the other side is urging for more in order to bring a solution."

It's so easy to make our financial situation into a battleground, that it's something I don't get spiritually and the human world reflecting it to me so somehow the two have to reconcile. And for you my darling, you're a wonderfully open being; you're very open energetically. And the flow is there, but the mental perceptions of how it's creating for you are actually in a way turning the tap off on what you're opening up energetically.

So you know you can't change finances overnight but for a lot of you you're waiting for that magic thing to happen like winning the lottery or

for it to suddenly just change to prove itself to you that listening to this radio show, and attending all those workshops you've done have finally paid off. Waiting for money to suddenly manifest in the human realm to prove what you've done is actually what is killing the flow for you.

Yes, accepting and allowing has been a wonderful key, but take a breath with me right now. There is a knowing there within you that you are telling yourself can't be. Because every time it starts to bubble up, somehow you create something to tell you that it's wrong, that you don't know enough and your mind kicks in with the judgment and then your knowing goes back into its little dark corner.

When it comes up and then you pack it away, part of you is saying that you don't deserve to have any passion in your life, that you're never going to get there. There's a little part of you that still really believes that: "I'm never going to get there." And so life is showing you that. It says "I'll give you a little tease to make you feel that you're okay and you're doing alright, but then I'll slap it out of your hand."

It's like you buy a beautiful ice cream cone and you've got that beautiful scoop of ice cream at the top of it and you're holding it in your hand and you're so excited; it's your favourite flavour and you bring it towards your mouth and you get that first lick and the ice cream falls off the cone onto the ground.

I want you to imagine it's been a long hot day, the ice cream truck finally comes around the corner and it's playing its tune. There's a big sign on top and it says "free ice cream". So you run up and today you have to have a double scoop (laughter) because I'm serving you. I say: "come to me. What is it that you want because this is your creation here, this van. I just get the fun of playing with you."

And you say: "I'll have some pistachio and chocolate."

And I hand it to you and you take it so nervously in your hand because you think it's going to fall off again just like it always does. You get so excited, but it's going to fall off again. You know it is.

And I can see that in your face and I say: "what's wrong?"

And you tell me: “every time I get so excited. It’s my favourite flavour. I’ve been waiting all day for this ice cream but it always falls on the ground.”

And I lean forward and say: “but you do know that if it falls on the ground I will just give you more because this is the free ice cream van.”

And you shake your head and you say: “but I don’t want to see it fall. I want to be able to embrace it, I want to be able to taste it: I don’t want to waste it.”

And so I say: “well why are you waiting to just taste it with your tongue? Grab it with your hand and push it into your mouth” (laughter) Because that’s something that you never thought of doing. You did the same thing every time: you take the cone in your hand so tenuously, so nervously. Will it make it to my mouth this time? You never thought to just grab the damn ice cream off the cone and just eat it out of your hand. You can do that you know.

See, your very story has in itself created rules about how you create your finances and how you interact with abundance. It really is as simple as grabbing it with your hand and just cramming it into your energy and your experience. The pattern around every time the abundance shows up, when it starts to flow, when it starts to offer itself to you, that little part of you says: “I know you won’t be here for long. I’m almost too scared to interact with you because all the joy and excitement that I feel for you will just end up in the dust.

But can you embrace being responsible for your life as it is right now... and it does come to that. Who am I in this moment? I am perfect and amazing. I am the limitless grand creator. The grandest one that ever lived. Well then you get to eat the ice cream however you want – it won’t fall into the ground, you get to lick your fingers. And then you can walk up to that damn truck and get a second.

There is something deep within so many of you that has this belief around how it was is how it is and how it ever shall be. But that’s not true. The past is not your future. And your future is certainly not your

present. In this moment you get to decide, as the creator that you are. In this moment.

This moment has no linearity. The past, the future: there is no linearity. That is your belief and your story. And while you have a story and have a belief in how linear your experience is, then so your abundance and flow serves that.

I am that I am the grandest creator of all time.
There is no creator grander than I. And so are you.
Grab it and lick it off your fingers.
And if it slips through, there's always more.

See, that's what a lot of you forget, that's the linearity of money as well in this lifetime. What if it runs out and there is no more? So there's no trust in that is there?

Could you trust, all of you, I mean let's face it: if you're all listening to me, you have access to the internet and a computer. You're not destitute. There is some flow there. There is some flow that has been happening that continues on...

So how about in this moment, we take a breath and we say: I want more. Because so many of you too, like my dear ice cream friend – that's what you've forgotten to ask for as well. It's what you've forgotten that you're worthy of.

You're worthy of more,
you're entitled to more
and you know who decides how you get more?
YOU. Not me, not an aspect – you with your soul.

There are no aspects blocking your abundance. There is only your choice to be a victim of your aspects that blocks your flow. (laughter)

Thank you my dear one. What a beautiful question and I shall be around with the ice cream truck whenever you would like it to turn up.

Okay. Another question which I think will speak to a lot of you.

“Enough. Enough of this, my creation of limitation of financial abundance in this lifetime. Holding myself back from being a grand creator of beauty and wealth for the fullness of life now. Why? I accept fully that I have created this creation of lack and limitation and now I ask with all of my being: why am I still holding onto this very old belief, the story, the past life aspect, the patterns, the fears, etc. Whatever I set up, I am done. Please provide me with understanding as to how and what I set up, and how is it still serving me to be in this energy. Why am I not allowing myself to have what I desire and know I deserve. I choose now to see the beauty of all that I am and to live outrageously, soul in hand. Please give me clarity loud and clear what this human self is still acting out and creating such a hardship with receiving financial abundance and being in the flow of life.”

Thank you so much my dear one for the passion and the absolute energy of that question because I think it speaks for a lot of people who are listening in. It speaks for a lot of us when we really truly want to change and then we feel as though there is something tiny and human in our way.

So first of all, can you release this beautiful tiny human from its responsibility in creating money? Because that’s what it came down to: I know I’m grand, I know I’m wonderful but somewhere in this tiny human there is something that is stopping me.

So ahhh, (sound of inhalation) it’s like taking a big deep breath and then not letting it out. It’s about feeling that you’re so grand and magnificent and then all of a sudden you come back to this tiny little body of yours. Breathe with me now and let’s release the human. Let’s even release the idea that there is something stopping what you’re doing.

See, for so many of you, even the story that there is something stopping me but I need to know what that thing is: it’s all I need to know – that story is stopping you.

For so many of you: oh, there is an aspect about that, there is something obviously from a past life, there is just something I’m not doing right as

a human – simply having an excuse for your lack and limitations, that's the story.

So take a breath with that my darling.

Because that story in itself has become an energetic pattern. It's become an energetic pattern and... how can I put this? It's constantly feeding the energy of lack and the belief that there actually is lack in your life.

Because that in itself is creating a perspective about who you are as a creator.

Just take a breath with that.

That got a little bit esoteric, didn't it? It also made it a little bit mental because I think we need to get into that mental space with you so that we can get out of it. (laughter)

If you think so much about a particular topic, even when you can be so passionate about changing it, the very fact that you constantly think about it can in itself reinforce that mental pattern and therefore the energetics that it is supporting in your life.

See, it's a little bit of a contradiction, isn't it? We often say awareness is the key to expanding consciousness, so yes, we want to be aware of these things in our life. But then we can take it too far where we're obsessed with it. We've been searching for answers, we feel like it's the only thing left that we need to conquer. Oh what a wonderful way to keep ourselves energetically busy. And this is what abundance has become for you my darling.

You know all the words, you know all the catchphrases, you know how to breathe. You know about soul and choosing life. So this one little part of you will keep you busy to keep searching because what would it be if tomorrow you got up and said: my abundance is no longer an issue. And you just stopped talking about it and thinking about it?

What if for one day – oh, do you think you can do it for one day, where you get up and you say: my abundance is not an issue. And you say that with mind and then breathe in the love of soul. And that day you go out

and you act like there is no issue with abundance. That doesn't mean you have to go out and spend a lot of money. But imagine you had one day where you just didn't think about it?

See, there's another layer of this that I have a bit of contention with. For many of you too, you feel like until you are travelling first class, draped in diamonds and buying designer clothes that you haven't proven to yourself spiritually that you are abundant. And yes, abundance is a bit more than just survival, a bit more than just paying the bills and having enough to eat but can we change the perspective too? It is just freedom to explore life as an adventure rather than a chore or a task. And yes, sometimes that involves grandeur, but you know what? Abundance can also be the joy of having a beautiful home even though it may be small and simple and to have a wonderful garden to play in.

Too, I also want you to have a look at what story have you bought into about your abundance that is actually still making you believe that you aren't abundant. That in itself is feeding your mind pattern which is keeping you in the spiral of being busy and thinking about it and just reinforcing it.

Thank you my dear one.

I've got some general questions that I'd like to do now so we can have a break and stop talking about abundance, like I just invited my dear friend to do. (laughter)

So we will have a little break, this is our practice time. All of you: we're going to not think about it. We're all abundant. We're all good with that. There's no issue with it.

Take a deep breath of self-love.

And let's move on to some general questions where we don't talk about abundance at all.

So now look: I have something that a lot of people write to Marisa about, they ask me about. And it's basically: I read one of your books, I felt very connected to a particular character, was I them?

And I'm a bit reticent to answer yes or no because I don't want to validate or negate anything that anyone is feeling. If someone truly feels a connection to a character and feels that was them, then yes, you were part of their experience. Because we know these stories are not linear, experience is not linear. There are many people like Saint Francis and Yeshua who were multi-souled beings, a lot of people contributed to their experience. So I never say no.

If you truly read a story of mine or you feel a connection to a character, then yes, that was you. Sometimes it can just be because you relate to them. It can be because there is a pattern within their life that is something that you've experienced also. But I like to leave it to your discernment. If you truly feel that that was your experience, then so it was.

Take a breath with that.

To read something and feel such a relationship with a character, to feel a knowingness or a memory of an experience: it is your beautiful discernment that will let you know if that was you or not. Another little exercise in trust, is it not?

Don't wait for me to tell you yes or no. Don't wait for me to confirm or validate or negate what you are feeling. Take a breath and what you feel in that moment is your truth. You know there is no singular truth and I would hate to be the one who starts to decide yes or no: yes you were, no you weren't. Yes, that is the true story: no, that is not.

People like sometimes to write to me to say: Kuthumi, I think Marisa got the story wrong – no, she didn't.

Why are you assuming there's only one story and only one linear experience of any lifetime? I know that I, and you have too, gone back and replayed certain lifetimes to do it with a different energy, with a different perspective, with a different outcome. We go back and replay lifetimes because one time we played it as victim and the next time we play it as the abuser.

Every experience in its moment is unique. So yes, if you were feeling a deep connection with a character, then it probably was you. (laughter)

Another question...

This one is a common question too but I would really like to go into it tonight because it goes into some very basic energies that I like to share with people.

“I would love to channel. Could you give me some suggestions on how to open myself to that?”

You know to channel, to work with energy, to even commune with soul there's two things I always recommend. And one is trust and the other one is practice. (laughter)

So to trust. Trust. And I also kind of take that on board with what I like to say is discernment again. The absolute trust in what you are feeling and what you are hearing is the biggest key to opening that up within you.

See for so long we've had channelers and psychics and we've all been told it's a gift to communicate with spirit. Oh please! That whole gift thing was just designed to feed egos and make people feel more special. And to keep people who didn't feeling like they couldn't because they're just - I'm going to say normal. (laughter)

So can you trust yourself that you actually can do it?

Well you can do it, you've just got to actually start playing with it so that you begin to understand it, you begin to have a familiarity with it. Because I always say: it's like learning to play a musical instrument. When you first pick up a guitar you might not know even which hand to put where. You have to be told or learn where to put your fingers, how hard to press your fingers and how to strum the strings. You have to watch your hands and be very conscious in every moment of how you are doing it. But if you watch a musician who has had the passion and commitment after months or years, they can play with their eyes closed. It's just a natural feeling and a natural way of being.

And so too is communicating with spirit, communicating with soul, or channeling someone else. After a while you just have a familiarity with it, you trust what you're feeling, you know the difference: Marisa knows when she's talking to me or when she's talking to soul or when she's getting fed some nonsense by an aspect. (laughter) She's saying: most of the time she knows.

I had great fun with Marisa when we first started writing her little book "You Don't Have Problems". I said: just write. Write, write, write. And so she would. I'd take her to the park and we'd do some writing there. And sometimes we'd write at the computer.

And then when she was finished I said: now let's go back and we will edit together. I said: I want you to feel into each page – who wrote that? And as she felt into it she felt that one was her ego. Other times she said: well gee, that was just a message from soul for myself. And I know that page was you, Kuthumi, wanting to share with everyone in the book. So she actually deleted pages out of that first little book until it got down to what she felt was just the two of us writing to share with others.

Discernment is one of the greatest gifts we can give ourselves and it all comes from simply the breath. Because the more we go into that feeling space, the more we go into the essence of who we are, then the more we know what isn't of us, what isn't of our soul connection. And that's wonderful because then you get to talk to crazy guys like me in the other realms. You get to feel into your energetic space and you get to know when you're out of that space and to breathe and come back to it.

But I always said to Marisa: talk to yourself first. Talk to soul first and foremost. And she spent quite a few months playing with that before I actually came in to talk with her because if I'd come in sooner, she would not have known it was truly me. And then we just played with that discernment even more.

It's good to know when it's an aspect playing with you or whether it's someone grand like me – just for your clarity, even your sanity. But it's a wonderful thing to play with and I really hope that you do play with it.

Thank you for that question.

So the last question we have...

“Could you please talk about integrating aspects during our dreamtime? I’ve had some rather intense experiences lately that in the past I would have just dismissed as a nightmare.”

You all do so much work in your dream state, in your sleeping state because finally your mind is at rest. So spirit does a lot of work tidying up on what you might have done during the day.

It also is a time where you can do a lot of... I’m going to say theme work. So if you have times where you say I’ve woken up and I actually feel more tired than when I went to sleep, now that can be because your diet is really crappy and you need a bit of balance with the way that you are nourishing yourself. (laughter)

But energetically it is because there is something going on quite deep that can’t be done on the mental level, that can’t be done on the conscious level, so spirit waits until you are asleep to have fun playing with that. And yes, it will play with that within dreams. And if some of you have conscious memory of waking up, a story that’s gone on within your dream, really look at what that story was, how it’s been relating to you in normal life because the theme of that dream will be the aspect that’s actually coming into balance.

You don’t have to analyse it. It’s just a fun thing to kind of be aware of. So yes, where you have that quite intense time: that can often be like a darker aspect that’s come into balance. It can also be a very old aspect that you energetically have been resisting for some time. So that sense of it being intense has more to do with the fact that it was an old one and there’s been quite a bit of resistance consciously – or I should say subconsciously, but because you’ve made such a passionate commitment to your integration soul is very clever and says: we’ll just do that one while she is asleep. (laughter) Yes, she’s still going to feel it because it was a big one (more laughter) but we’ll do it while she’s asleep because we don’t need to take her through the story. We don’t need to take her through any of that stuff that she normally plays with

in the waking hours: we'll make sure she feels it energetically because she wants to know that happened.

So that's the thing too. If you're not enjoying a particular way that it happens like that, you can just tell soul: you know what? I'm good. You don't need to make me energetically aware. How about you just do it and I'll just totally trust that it's been okay and it's done. And I think that's a really wonderful thing we can all say with soul right now.

Want an aspect to come home? How do you want it to come home?

Sure sometimes I'll have a bit of resistance, but that resistance doesn't have to be huge because I am that I am breathing with so much self-love that my aspects know they are safe. And we can do this altogether.

Thank you so much.

We have such an abundance of aspects, do we not? That's another reason we get scared of abundance. (laughter) What if I'm abundant and then all my aspects decide they want to play with that.

So deep breath.

Let's come back to our energy of abundance right now. We've had a little bit of a break. That was good, wasn't it? It got us out of that space.

We talked about some other things, but let's just come back to the beautiful energy of the creators that we are. Come back to that essence of you: that limitless, nonlinear creativity that you're all part of.

My abundance has no story.

Actually the only story I would give my abundance is that it is here to serve me in my experience with joy and wonder. That is all that abundance has to do in my life. I don't have any story about how it will look like, how it will serve me other than to support my choice of experience in this moment.

I can ask for more.

I can call that ice cream truck whenever I want and the right flavour, and the right serve will be there. And even if it isn't the free ice cream day, I'll have just the right coins in my wallet to pay for it. I can grab it with both hands. My old story is not my pattern anymore because I am free to create as I choose and my abundance will come into line with that.

Thank you all so much for how willing you were to play today. Take that energy and passion, and that commitment to change and simply pouring that into loving yourself and declaring: I want more.

I am that I am right here, right now.
So in love with myself.
I am the grandest creator
that existence has ever known.

And anything that tells me otherwise is just a story that I have bought into. I can trust every moment of my experience because I was born of a limitless love that just wants me to thrive and flourish. And that in itself is the essence of abundance.

Namaste.