

# **Soul Café with Kuthumi**

**Channeled by Marisa Calvi**

## **“What Does It All Mean?”**



**Broadcast on [www.blogtalkradio.com](http://www.blogtalkradio.com), June 2018**

**Listen to the full audio recording at**

**<http://www.blogtalkradio.com/marisa-calvi/2018/06/25/what-does-it-all-mean>**

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 2018** [www.newenergywriting.com](http://www.newenergywriting.com)

## **Soul Café with Kuthumi – June 25, 2018**

### **What Does It All Mean?**

**Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi**

Hi everyone and welcome to Soul Café. My name is Marisa Calvi and I'm coming to you from Sydney, Australia. I'm an author and channeler who works with the energies of ascended master Kuthumi Lal Singh. And if you're wondering who is Kuthumi Lal Singh was: well, in his final human life he was born in India. He travelled a lot, he studied at Oxford University in the U.K. and he was someone who asked many questions.

He loved asking questions because that was how he believed he expanded his wisdom, but he began asking those questions from an intellectual pursuit. He wanted to gather as much information as possible because he felt that expanding his what you would call mental wisdom would also help him unfold his spiritual wisdom. Along the course of doing this, he completely exhausted his mind to the point where not only his mind shut down but his body as well. He actually spent several years in bed unable to move, barely able to communicate with those around him, but what it allowed him to do was to finally turn inwards: to stop asking the questions outside of himself and start asking questions within. And as he did this he became aware, even more so, of the incredible innate wisdom within him which didn't need to ask any questions, which essentially was just a beautiful infinite love: a wonderful acceptance of all that is, all that he was, and all that he could be.

And in accepting that and in truly feeling that and allowing that love into his life, he accepted his enlightenment. He realised he had not one more thing to do except choose the life he wanted to live. And he chose to live a life of joy and wonder and

absolute anticipation for what he could create with soul: with his truth, with his essence, with his core.

And it's that energy that I love working with as I remind myself that my life is my choice and I too choose that joy and that wonder: to step aside of the energies of mass consciousness with beliefs that limit us and with an absolute anticipation to know that while I'm choosing the conscious breath to feel soul, to communicate with soul and allow that soul love into my life, then I too get to walk this earth in a very different way.

So thank you for joining us wherever you are and that's what Soul Café is all about. Around once a month we join, we breathe and we remember that beautiful soul love within us, that innate wisdom, and we invite that into our lives. And we'll get Kuthumi to come along in a little while: he speaks through me, with his beautiful humour and love to remind us that we get to choose how we get to be.

I love, we all love, when he shares the stories of his time of living after he chose and accepted and allowed his enlightenment because for so many of us, in the past when we achieved enlightenment we either stayed in hermitages, or we stayed in a cave or we simply ascended – we left our bodies, we went back to the other realms to be our energetic selves. But it's wonderful when we hear of the ones who were ascended and who stayed. The only two that I can think of at this stage are Kuthumi and Kuan Yin (laughter)... I'm sure there's more and people will write and tell me. I'll probably remember them as soon as I'm finished the show. (laughter)

Because you know, in the past once we achieved enlightenment it was like: why would you need to stay? Well, in the past I think we let go and we left because the energies of

this dimension are designed to be distracting, to take us away from all of that love and it can be quite hard to stay here when you're choosing that – well, it used to be hard. But when we decide that it's not hard, when we trust ourselves and we're really loving ourselves, all those distractions of this dimension: well, they don't really apply anymore and that's what Kuthumi is going to talk about tonight.

So I would love to do some breathing with you all and he's got a beautiful list of questions: he said that this is what we're going to talk about, these are the questions we want to answer tonight. And I've got a few questions that people have sent in to me...

If you would ever like Kuthumi to answer a question: he doesn't do readings or predictions as such, but if you want some clarity on something, he loves to play. So you're always welcome to send that email in to me via our website <http://newenergywriting.com> which is where you can get information about our books together, or sign up for one of our wonderful Soul Schools: which we've got a new one starting in two weeks time called Being Human.

If you've never done a Soul School and you're wondering what they're about: we usually have a theme for each one. We sometimes do the body, we do the mind, we do abundance, we do self love and this school, Being Human, is actually going to touch on everything. We're going to do a little bit about body, a bit about the mind, a bit about abundance: we're kind of going to do everything about being the soul led human. From being aware, to being conscious, to choosing enlightenment and how do we meld that into being a human here – so it kind of ties into tonight too! (laughter) So you can read all about that or contact me via the website at <http://newenergywriting.com>

Let's do some breathing.

Now we do the conscious breath firstly because it relaxes us. It slows everything down. It gets me into that beautiful feeling space where I can really communicate and allow Kuthumi to speak through me. But it is about getting into that feeling state. When we stop and we feel our breath, we're connecting with our very physical essence and within that breath, within that rhythm, feeling that beautiful connection to ourselves and then we open up our feeling state. We can feel that beautiful soul love. We can feel our truth, and we can feel our mind not quieten down, but come into balance. And all that takes is just to stop and feel the rhythm of your breath.

The breath in and the breath out:  
beautiful, gentle waves.  
It's the very core of our physical life:  
breathing in oxygen,  
breathing out what we don't need.  
And yet, underneath that is so much more.

When we stop and truly feel the breath:  
not doing it out of instinct, necessity, survival,  
but just to feel that sweetness,  
that gentle rhythm,  
the very foundation of being human,  
but the very foundation of connecting with soul.

So simple.  
So simple.  
And yet, when we surrender to it,  
it is so profound.  
The beautiful, gentle rhythm of our breath.

It's always there, always waiting, just like soul.

KUTHUMI: Namaste.

I Am That I Am Kuthumi lal Singh.

Who am I?

I am the grandest creator who ever existed.

As are you.

What am I?

Well, at the moment I suppose you could imagine me like a fluffy cloud: I have no density as in I don't have a physical body. I don't have a place of residence. I am just consciousness choosing to interact with you in this moment. And other times, I am just my soul love, dancing with itself.

Where am I?

I don't have a residence. I don't have a location. I am just soul.

What does that mean? (laughter) What does soul mean?

Wow, that's really starting off with a big one, isn't it? I didn't get Marisa to write that one down...

What does it mean to be soul, to have a soul?

There is All That There Is – some call it God, some call it the universe: a vast creative energy that has no beginning and has no end. For if it had a beginning, well what created that beginning? All That Is, God, the universe has always been and always will be. An infinite creative energy that is constantly expanding, dancing with itself, exploring itself.

And every instant out of its absolute love to know more, to be more, to explore more it sends out a new little spark and says: go play. It loved itself so much that it was willing to let pieces of it dance away with no desire to control it, direct it, or to be concerned for its outcome. Those little sparks, each one a new consciousness, a new creative force that went out to dance and play.

That is your soul:  
that little spark that went dancing,  
that went playing,  
that went exploring.

And as it did: as it played, as it danced, as it explored, it became its own universe. You may have had some sort of beginning but you are now infinite. The creativity that you were born from doesn't care what you become. All it cares is that you are playing.

This sovereign energy that is you, your soul, was gifted but it was gifted without expectation, without any tethers – just given with so much love for you to do as you choose. It is the foundation of everything you've ever been doing and you've been so creative you forget that that's even there. This beautiful, natural part of you is always there. An infinite love that you were born of that is now within you.

And when we remember that, it can make everything that we're experiencing seem almost trivial, mundane. And when we remember that, it blasts away all that small energy, all those small stories. It opens up how truly rich we are, how free we are, how grand we are – and if that doesn't get you excited about life, I don't know what would! (laughter)

So let's get on to the next question: why are we here? And by "here" I mean in this dimension, earth.

Why are we here?

Because it's a playground. It's one of the most amazing playgrounds in all of the universe that we go to play. Yeah, there's the crystalline realms with all their infinite energy with no dimensions, no limits, no boundaries – all that light and sound and all that awesome stuff... but there's nothing like earth where we go to play our stories.

Yeah, I know you've heard of (what's that place?) Arcturus: but that's got nothing on Earth. Yeah, there's parallel worlds, there's apparently some new earth that some of you have been working on that's hasn't really taken off.... (laughter) Ah, but you know, when we talk about those other realms and those other dimensions when we're here, they're really just teasers to remind us that this isn't the be-all and end-all of existence: that this isn't the only way that we can be.

And it's not so much like the carrot dangling in front of you to finish up here so you can move on, it's to help you remember that you are not bound by the beliefs and structures of this dimension. I'll tell you about this other world, this other dimension and it gets easy to get distracted by that, it gets easy to believe that: wow! If only we were in that other place life would be good. We would be free, we would be happy.

But here's the thing: if we're creating these other dimensions and we're playing in them and we're so free in those other ones, why can't we be free here? Does it not seem funny to you that if you are a grand creator, that everything within your



experience is your creation, then so too does it not follow that this dimension is of your creation?

It's not like you checked into a hotel and you have to follow the hotel rules. You built the hotel, you designed the hotel, you hired the staff, you chose the décor – you get to interact with it how you want. You make up the rules, you choose the story no matter how much you believe you don't. (laughter) Kind of the fun of being here is forgetting. And that's why we're here. We're here so that we can forget.

So when we hear those stories of the other dimensions, the other playgrounds where everything seems so amazing: oh, even that one about heaven! Oh, that's the greatest one of all. Isn't that great? All you have to do to get there is die, but you've got to be good beforehand – a bit of a catch.

If all these other dimensions exist that we have created, it's a great way to somehow lock us into the story of this is not such a great place, we just have to battle against it until we can get out and get across to the other ones. But what if we get to the other ones and then we miss this one? When we look back and see how grand it was, what an amazing playground: there was darkness as well as good stuff? There were crazy people as well as the beautiful and genteel.

It's like when you go and see a movie: if everything is so nice and easy along the way it can be a bit boring. We like a bit of conflict, some character development. (laughter) A car chase, some CGI dinosaurs: (more laughter) much more entertaining. Much more entertaining... which kind of goes into the next question:

Why is the bad stuff easy and the good stuff hard?

Because it's fun! It's fun to have a bit of a battle. It's fun to have something to work against, to challenge us, to push our creativity. It's why we like a bit of conflict and get a bit angry: it gives us something to dig into. It gives us something for those emotions to work with.

We designed all of these human emotions: why don't you want to experience all of them? It's when they get out of balance, that's not so good. Yeah, we want a bit of conflict but you know what? We can save that for the movies. We can save that for other people to tell us about their problems – doesn't mean we have to buy into it too. It can be simply here to entertain us. Imagine that looking around: instead of buying into the dark stuff, getting anxiety over politics, to understand it's all part of the entertainment. It's all part of the fun of being here.

When we decide something is hard, we give it that value and strengthen that value within it. It's also a great way for us to keep small because when we came here we did agree to be small so we could have the fun of the emotions, the challenges, and get sucked in by the dark stuff every now and then. We didn't want it to be easy all of the time.

But we got so good at getting sucked in by the hard stuff, that we convinced ourselves that easy equals impossible, that easy equals difficult. Do you see how we kind of sucked ourselves into the loop? We wanted to be martyrs and saints and struggle to EARN the good stuff: you don't just get that handed to you. (laughter)

Oh, what do we do when we see the people who have life too easy: do we like them? Very rarely. (laughter) We wanted it to be hard because that gave us a sense of achievement and that's

part of being human. We want to achieve stuff: we want to WIN. (laughter) It's why we have wars. It's why we have arguments: we want to achieve something, we want to win because somehow we decided that life, if we have interact with other humans, there should kind of be this thing called competition. But I'm sure that every one of you listening right now would agree that the greatest competition is within.

How many of you have let go of pushing or competing against others at work, have let go of family struggles but what do you get left with? Just that personal struggle within. (laughter) Pushing against the voice inside saying you're not doing it good enough. You're not doing it fast enough. It's still all part of the same energy. We wanted it to be hard because it makes us feel alive. It makes us feel human and it makes us feel like we've achieved being here properly.

It's a little bit of a program that we come set with: here's what it's meant to be like to be human. But there's another program – you've just got to choose it. And that program is (it's like changing the channel on the TV) let's do it easy. That could be a great name for a new sitcom. Maybe someone could even write a book called, "Let's Do It Easy."

You know, I like your little sitcoms. You have maybe the parents and the children: there's a little bit of a struggle that happens. Maybe the child lies about something, breaks a vase and has to hide the vase and then the parents find out. Then there's the confrontation and maybe the child learns a lesson and at the end of the show everyone is hugging and eating ice cream. (laughter) And you know, at the end of it there might even be a joke about the vase being broken because maybe it was a vase that was a gift to the mother from an aunt and she

never really liked the vase anyway. The child actually did her a favour. So it's a big misunderstanding and it's just a joke.

What if I told you that absolutely every struggle you've had in your life, when you get to the end you'll turn around and realise the celestial joke that it was. Imagine if you could stop and look at them all like that right now – even if you're in the middle of something. A big celestial misunderstanding that you can sit down at the end and have a laugh and just eat ice cream.

And yet when you're in the middle of it, it feels so grand does it not? It feels like it's the hugest thing, that is all consuming, and everything rests upon it. But really, it's just a little story that you're playing out in the moment. I know it seems like I'm trivializing your struggles and some of you are saying Kuthumi, you have no idea. This is serious. This is going to affect my whole life.

Well yeah, if you're giving it that much energy, it will. Imagine just giving yourself some love to solve it. Imagine doing that. Imagine getting to that ice cream and the laugh a little bit quicker because you realise it's all a story that you're playing with, and it can resolve in any moment.

I'm going to go to our friend's questions now. I gave Marisa a whole list of questions and she's saying that's great Kuthumi; you've only gotten to two of them. It's okay because we'll come back to my questions. (laughter)

Alright. Here's a wonderful one – these are all wonderful questions tonight.

“I have been vagabonding for two years and with good feeling I chose my sovereign home and land to sing, swim, create and

enjoy life. What came to me were bedbugs. Any tips on bugs and grounding my choice?"

The wonderful thing about these little bedbugs is you have to do a massive amount of cleaning to get them out of your space: they can be quite insidious. I know people who have had to get rid of all their mattresses, do some deep cleaning. And I know it seems a bit like old energy (laughter) when you used to sage the room and clear the space and put some crystals out but what these little bugs are helping you do is, they're kind of saying: do you really want to be here? And you do. But they're helping you claim the space.

The cleaning you've had to do: the spraying, everything – you're doing a big physical cleanse, but it's actually almost like an energetic cleanse to really claim the space, to really ground yourself there. Because the opportunity of doing this deep clean also means you're probably getting into spaces within the actual space that you might not of. It's making you really consciously connect with the physical space.

So on a mind level it's probably saying: this is dreadful. Bedbugs! Horrible infestation! Oh my god!

But if you look at it from the other angle which is: wow! I'm having to clean the space and as I'm doing that I'm getting to know it and connect with it. See, if you didn't really love this space, you wouldn't be so upset with those bugs being there. (laughter) It is really part of the energy where mind or it can be aspects that say: are you sure? And they can create situations to really, really ask that question of you.

Oh my god, am I sure I want to be here? Is this a sign to tell me I shouldn't be here? And that is kind of what they've done.

They've made you say: how serious are you about being here: not just in that space, but about creating a home? Because some other people would have said I'm not staying because of the bugs. This is wrong, this is an omen.

But it's also an opportunity to say: no, this is what I want and I'm going to do what it takes to reclaim this space to make it mine.

So you want to be there? Have fun cleaning. Have fun claiming the space and really connecting with it: as you're cleaning just telling the space how much you love it because you love yourself and you deserve a beautiful home that's comfortable and delightful and joyful. They will go because you're going to tell them to go, and you're going to show them with love that that space is yours. Thank you.

Our next question...

"I imagine like me there are others who trip themselves up over the true meaning of love yourself and the true expression of compassion for others. I would appreciate Kuthumi's insight please."

I love the term "love yourself" as much as I love the term "compassion" because to me, the two go hand in hand. When we love ourselves, it is first and foremost about accepting who we are in this moment. I know I say it often, I love my phrase where I say:

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

I upset so many people when I first said that final part of the phrase: people said there is no hope, that means I won't change. And you know what? When we talk about hope and when we talk about change, there is this energy of needing to be different, to be fixing ourselves.

But when we stop and in this moment accept that we are in absolute perfection as we are, there is nothing wrong or broken about who we are, there's nothing we need to fix, there's nothing we need to remember, there's nothing we need to learn or experience. We are absolute perfection as we are because in each moment we are simply creating experience. No wrong, no right: it is what it is.

As I move forward into experience, sure, I learn stuff. I become more aware, I integrate another aspect. Does that mean I'm better than who I was two months ago? No.

I was perfect then, I'm perfect now.  
I'm perfect now with an expanded consciousness.  
I'm perfect now with even more self love.  
I'm not a better person than I was,  
I'm just more of that love that I was.  
I'm more of the wisdom. I'm more.  
And the more I love myself,  
the more I get more. (laughter)

Compassion for others? Because when I'm in love with myself and in acceptance of myself, then I'm in acceptance of others around me.

When I say Namaste: the beautiful meaning of that phrase is 'the god in me sees and honours the god in you'. Because when

I am in love and acceptance of myself, then that allows me to love and accept you as you are. I am the creator creating my experience in perfection, as are you. The world we're living in in the moment where we're so connected, where we know so much more because of the news corporations, the media, social media, the way we spread information: we are hearing about even more atrocities than we ever heard before and it does become hard to say.

You see the children in America at the moment being separated from their parents: no, it's not particularly nice. But can you honour the souls choosing and creating that experience? You have been a refugee. You have been a king and a queen – each of those experiences was in perfection. They come loaded with human emotions but to walk past a beggar and honour their choice of experience: that they wanted to know hard, they wanted to know just how hard life could be. Is it a worse choice than to be a king? No, it's just a choice. That doesn't mean you have to be cold or disconnected or not throw them a coin if you want to, but it's about doing it with honour: to honour their experience and their choice.

But the more you honour and love your choices, your experience, the more you can allow that honour for those around you. Loving yourself too is about nurturing: what will fill me with love in this moment? What will nurture me, support me, balance me, guide me? Is it a day of rest: is it going for a walk? Is it having a big warm meal: is it about just having water today? What feels right for you in this moment to love and nurture you?

To honour yourself in this moment and to allow that honour to radiate out to the world around you is compassion. Thank you.



Now just before I continue on with this I have edited down this question just a little bit. So the lady who asked, I hope you understand that but we have got the core of the question here.

So...

“I ask for assistance to clear the belief that I am cursed. I’m in a cycle of traumas and fears that I can’t see through. I feel cursed and not sure how to handle that. I see the person that cursed me in my mind and why and how all is working to keep me from moving forward. Is it true that I am cursed? For me to just not believe in it now is so hard as it’s been shown to me with words and visuals over and over. I experience a psychosis from all of this. How do I just walk away from something that is here 24/7? I have a lot of guilt about what I have put family through in this lifetime. Where is the beautiful me? I miss her. What can I do to help myself take care of me? Am I creating all of these thoughts myself or is there outside influences of a curse or is there a reason like a stroke or mental imbalance that needs attention? How can I help myself out of this psychosis I’ve experienced and feel something again with my soul?”

Now my dear, I know you also said you were breathing but you really do need to come back to the breath in a new way.

Now the thing about curses is: that’s a belief. It’s a story. And you are a creator so you are giving that story power and because you are so invested in that story and that belief, it will constantly, constantly show itself to be true. What we believe will reflect itself to us in everything around us.

And you know what? It might not necessarily be anything what you would call concrete or definite, but because your mind is

locked in that belief and that story, it will interpret things to support that story. It will perceive things to support that story. So are you truly cursed? The real answer to that question is how willing are you to keep believing that you are? That belief is giving the story power.

You know Marisa; I'm working with her here in the land of Australia. The beautiful native people of this land, the Aboriginals had a huge belief that if you pointed a bone at someone, that placed a curse upon them and they would die – and it would happen!

Now to be outside of that culture where we can think, and we can see, and we can question the validity of that and where we can say how ridiculous: you pick up a bone and you point it at someone and you declare them cursed?

And people would literally die within several days of that happening. They would go wandering off, they would get incredibly sick, they would perish because they all believed it so much. It was generational: it had been happening for hundreds of years. It was such a powerful part of their belief system and still is, that the one placing the curse and the one receiving it were so invested in the story it would become truth – a physical truth.

So I'm wondering, could you in this moment take a step back with me to see that how you think it happened is just a story. I'm not even sure that the other person is as invested in this as you....

I would also invite you to look at how is this serving you right now in your life. And I know part of you is going to say it's not serving me, it's driving me crazy, it's consuming me – that's

how it's serving you. It's taking up all your energy so that you're not free to be free.

Now my dear, you've spoken that you're concerned that there is a health issue behind this. I might suggest that you seek some help as there may be something that can be offered to you in a way of therapy or even something physical such as... I don't know, some medicines or something herbal to help you get some physical balance which will support you in getting the mental balance to really come back to a spiritual balance so you can feel this love of your soul.

And I want to remind you that all these things I'm suggesting aren't going to be the gateways to get back to soul. Soul is there loving you. Can you be willing to invite soul and its love to support you to clear these energies? Start from soul. It's not about getting back to finding soul: you've got to be there with soul right now. If it's too hard, hand it to soul. Say: I trust you to guide me to finding the solutions to support me to come back into balance. Now the real answer to that though is: are you truly willing to let soul do that?

And if there is a cloud of questions saying: I don't think I'm strong enough. I think this curse is too powerful... I want you to recognise those for the voices and energy that aren't yours. They're just the story: they're like echoes.

Breathe with me now and just feel that beautiful love that's right there. It's the love that said to you: write and ask the question. Get help.

I know you want this to clear. I know you're done with it, but are you willing to let that love? Are you willing to trust that love? Are you willing to really believe that you are worthy of it?

Are you worth it?

Of course you are.

Of course you are.

Keep breathing.

Keep calling to soul,  
trusting soul and  
letting that love in,  
little by little.

It doesn't have to come all at once.

Be patient.

Be kind to yourself,

but most of all, believe that you are worth it.

Thank you.

And now we can get back to a few more of my questions: we might do a bit more of quicker answers. Okay...

If it all comes back to loving ourselves (which we've kind of been talking about tonight already) why doesn't everyone remember to do that?

Because not everyone wants the experience of loving themselves in this lifetime. It does all come back to that when we're asking the questions: why is the bad stuff easy, why are we here... but not everyone asks these questions. Not everyone asks about are curses real? Not everyone asks about well, what is compassion? You know, why did I get these bedbugs when I finally chose a home where I wanted to be? Not everyone cares

about these beautiful questions. Not everyone is asking: you know, exploring themselves. That's why not everyone comes back to loving themselves.

Why is it so hard to love ourselves?

Well, we made a deal when we got here. We made a deal. We said: We're going to forget. We're going to dive in. We're going to be distracted. That's why we did it.

Why is it hard to come back to it?

Because we kind of made a contract and we're breaking the contract. We're breaking the very essence of being human: the human contract in doing that. It's like the lady we know with the bedbugs, part of her saying: you sure you want to be here? Is this really what you want?

So we kind of do that with ourselves with even just loving ourselves, finding some joy, deciding that we're worth not being cursed. We want to find these things that make us say: are you sure? (laughter) So we did that with loving ourselves. Are you sure?

Yeah, you know what? Like hell, I am sure. I am sure. I'm going to eat that chocolate, which takes us to the next question...

Why isn't chocolate calorie-free?

Now here's the thing: these little things called calories and kilojoules that took a beautiful part of life and you gave it a measurement of good and evil. Good food, bad food. All food is wonderful. Some resonate with our energies a bit better, but you know what? When you're in balance, when you're loving

yourself, all food is wonderful because you will be attracted to foods which balance you, which nurture you. Calories become null and void because why do we worry about calories? Well, that's to do with our weight, isn't it? What's weight about? Well, that's the way we measure ourselves as being attractive or unattractive, healthy or unhealthy.

Oh, how many of you know all those stories of those little old ladies and you see them in the news: they're one hundred and thirteen: smoke and drank their entire lives. (laughter) How many of you know the story of that healthy jogger, jogged everyday: died of a heart attack in the middle of a run, aged forty-five. You know, it seems like it's a lottery on what your body will do – but it's not. It's about: are you really wanting to be here? Oh, can you clear out your arteries the way that lovely lady is going to clear out her bedbugs, (laughter) because this is your life, this is your space and this is how you're choosing to live it. And we don't need to be measured against models photoshopped and airbrushed in magazines because our health isn't set by rules. Our health is set by how willing and excited we are to be here living life.

Next question...

Why can't I levitate when I know I have done it in other lifetimes?

Because quite frankly, if you could levitate, bilocate and walk through walls now, you would be bored – because you did it in other lifetimes. You are finding new ways to be enlightened and aware in this lifetime. You're doing it as a human: not in a little cloister hidden away in a temple with a group of other people in your robes, chanting and you know, starving yourselves and doing other weird things to push your

boundaries of being physical. No, goddammit, you're doing that with jobs and having a family and being married and having kids and dealing with parents: you're doing it in a much different way. Levitating? Ha! It's nothing compared to what you guys are experiencing now. (laughter)

Why do we want enlightenment?

I love this question. It got answered years ago by I think my friend Adamus, said it once: because we want freedom. We want to be free of the stories. We want to be free of the belief that makes us believe we're cursed. We want to be free of the challenges. We want to just be free to be who we are without mass consciousness ruling us and limiting us and telling us how we should be like you should be healthier and therefore you shouldn't have so many calories. We want to let go of everything that is setting up limits that is stopping us from remembering the amazing creators that we are, that is stopping us from remembering the sovereign entities we are and that is stopping us from loving ourselves. That's why we want enlightenment.

Okay, I'm going to keep going...

If I am god also, then why does my mind which my godself created, battle against that truth so much?

(laughter) I'm going to double up and do the same answer again: because we made a contract to forget. But it is fun, isn't it? We created our mind and yet somehow this mind becomes the biggest thing we want to battle against.

Do you know what it's a bit like? I love doing this analogy... It's like you were a smoker and you want to give up your

cigarettes. So you hand your pack of cigarettes to your friend because they're kind of a smoker too but they haven't given up and you say: don't you ever give me a cigarette no matter how much I ask you, beg you. Do not give me a cigarette. I want to give up.

And your friend says: that's great. I'll do that for you. I will never give you a cigarette again because we have made that agreement and I know you are very passionate about quitting smoking. I will support you in that.

Two weeks later you see your friend and say "just give me one".

No.

"Look, how about if I smoke it halfway and then I'll give it back."

No. I promised you. You asked me to never give you a cigarette and I'm not going to give it to you. You wanted to give up.

"Okay, yeah. I wanted to give up but you know what: I kind of want to start again. I think... just a little. Just one. Just one, I just want to taste it again."

No.

"No," says the mind when we say we want to remember our godself. Mind is saying: but you said you want to forget. You created me. We made this promise. I'm here to keep you human, to keep you sort of in mass consciousness. I'm here to sort of keep those voices going that ask the questions that make you feel like you're not good enough. I don't care if you



want to be a little bit enlightened. I'm not here to give you a little bit of enlightenment....

But then we can't undo the mind either because we need the mind here to engage in life. Can we make friends with the mind? Absolutely, because the mind is our creation. But you know what? It sometimes feels like it just takes that little while to convince us that this is the new way we want to be.

But mind is our creation. Mind is fluid and evolving and dynamic as is our very soul. And so too, as we continue to choose, as we continue to love ourselves, mind will eventually hand over not just one cigarette, but the whole packet.  
(laughter)

It's very easy to make friends with your mind when you remember: we created mind. Mind is just doing what we programmed it to do so therefore we get to write the new program. Okay...

Where are the lifeguards and the rescue teams to save us when we get lost?

It's kind of like the last question. It's kind of like the mind holding the pack of cigarettes behind its back. If we're truly lost, it's because we want to be. Soul doesn't send out rescue teams, solutions, unless we're truly choosing to be rescued. And by "rescued" I don't mean something comes in and solves all of your problems or panders to you or literally saves you – I mean that you somehow create the solution, that you find your way out, that you rescue yourself. And it could sometimes feel like it happens externally, but it always comes from within.

You truly want that curse to lift? You have to truly be ready to let it go. You truly want your abundance to shift? You have to truly want it to shift. If you're hanging on to something that is repeating a pattern, holding you away from your self love, you have to ask: why am I still choosing this? How is it serving me?

A lot of times we keep ourselves in holding patterns because it feels safe, even if it doesn't feel so great, it's how we know: we know how to exist. We know what life looks like like that. We get scared when we need to change, when we want to change. It's scary to change stuff. It's also exciting. We can take the energy of change and instead of it being overlaid with fear, it can become an energy of anticipation for what could be lying ahead. The lifeguards and rescue teams, they're always there ready. We just have to be ready and willing for them to help us.

Last question...

Does anything really matter?

And the answer to that is yes.

Something does matter:

I matter.

You matter.

What we create doesn't matter.

How we play out this lifetime?

Oh, it doesn't matter.

Even to remember our truth,

to be enlightened:

doesn't matter.

What matters

is that we continue to choose

and create experience,  
regardless of what it is.

We became sovereign beings because we were willing to play.  
That is all that matters. Every time I remember that the very  
foundation of my existence is creation: my boundless, infinite  
creativity. Born of love that is infinite and never ending: that is  
all that matters.

I Am That I Am  
a grand creator  
and I am playing:  
that is all that matters.

Until we join again...  
Namaste everybody.

MARISA: okay. Thank you everyone. That was a fun little,  
playful little hour. We'll join you again next month.

Until then if you want to contact me, connect with me, you can  
do that through our website <http://newenergywriting.com>

Until then, ciao everyone. Namaste.