

Soul Café with Kuthumi

Channeled by Marisa Calvi

“Whatever, Whenever, However”



Broadcast on www.blogtalkradio.com, February 2018
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<http://www.blogtalkradio.com/marisa-calvi/2018/02/20/whatever-whenever-and-however>

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Soul Café with Kuthumi – February 20, 2018
Whatever, Whenever, However
Featuring KUTHUMI LAL SINGH, channeled by Marisa Calvi

Hi everybody. This is Marisa; I'm channeler and an author. I work with the energies of ascended master Kuthumi Lal Singh and around once a month we gather here on Blog Talk Radio in a little space that we call Soul Café. Soul Café is a place where we can remember our soul connection, invite even more of it to come in and play with our life here in this wonderful dimension that we call earth.

It's all about the fun of being the embodied angel, embodied soul, the soul connected human – whatever you want to call this crazy trip that we call enlightenment and ascension and consciousness and awareness.

If you'd like to know a little bit more about my work, we have a website: it is <http://newenergywriting.com>
You can go there to order, buy our books. As well, we also do some online courses that we call Soul Schools which are over four weeks and it's a great way to play even more with your soul connection. We have a little theme each time and we've just started a school on Sunday called The Mind but you can still join in. So, we are playing with the energies of the mind: understanding why we created a mind to begin with and how mind can now shift with us to be part of our enlightenment and go from being a human mind to being a soul mind. The first session was already great, and you don't have to do them live online with us. Some people even wait until the end of the school and once they've got all the links, they just sit down when they have a quiet week and they do it all then. So it doesn't matter that we've already done one session, it's easy to catch up, or you can do it at your leisure.

So today, this session of Soul Café "Whatever, Whenever and However" came about as I started talking to Kuthumi and said: are we going to set a theme? He answered: whatever. (laughter) I thought: how wonderful that we could keep it just really open to whatever was going to happen in the moment. Now of course we put out that if

people wanted to suggest a topic or we always invite questions and you know, I normally get a nice little handful for us to play with – I got absolutely inundated this month. I would say we easily had ten times the amount of questions and suggestions that we ever do.

So please, I thank you for your understanding if we do not get to your topic or your question because I would just have to be here for hours and unfortunately, I don't really stay in channel for that long and I'm tired, I want to go to bed. Okay. So having said that: let's get on with it and do some breathing.

We do breathing because it brings us into the now moment. Breathing takes us into our feeling state and breathing is where we can really feel our essence, and our soul connection. And the more that we breathe, and the more that becomes a natural way of being: not the default breath that we all have as biological humans but the conscious breath, to slow down and feel the breath move in, and out. And we start to feel a different energy: not just the physical action of the breath, but we feel our energies, the essence and purity of who we are and all the wonders and peace and clarity that comes with that.

Get comfortable, as I am,
and just feel your breath moving into you.
Feel your chest expand and feel the breath
moving all the way down to your belly.

And just feeling how when we surrender to this rhythm
our mind energies slow down:
sometimes they get a little more chaotic,
they want to distract you...

But this is the natural way of being:
in a wonderful rhythm and flow
where we can feel all that we are.
We feel I Am That I Am,
we feel the eternal love we were born of,
the infinite creativity that is our very essence.

Breathing in and breathing out:

this is the key, the bridge, the answer to every question.
It's how we discovered the mysteries
at the ancient schools and temples,
it's the simple action that seems so human
and yet it is so divine.

Here we are living and walking our enlightenment,
hand in hand: the human and the soul.
Divine beings playing
this grand experience of life.

Breathing in and inviting Kuthumi to come and play with us...

KUTHUMI: Namaste.

I Am That I am Kuthumi Lal Singh as I was known in my last incarnation as human. As a soul led human before I chose enlightenment, I was known by a different name, my birth name from my family: Rajneesh Kapoor.

I was gifted the name Kuthumi Lal Singh and I kept it. "The Red Lion." It was bold, it was daring, and I loved it. It helped me transition into a new part of my life, the life of living my enlightenment.

I began my human life, as we all do, part of a family. All the dynamics: I was a son, I was a brother. Then I was a student: a student. I was a seeker. I was a learner. I was a gatherer and then one day all that collapsed.

I was sick. I was debilitated. I was nothing. I was just a body on a bed trying to physically recover. But one day I did get up again and I walked because lying there, still searching, still gathering, I finally realised I had nothing to do except love myself. Love my experience and choose how it would be. And I chose to be enlightened. I chose to be awake. I chose to be aware. I chose to be connected. I chose to be joyful and graceful and balanced. But most of all, I chose to live.

You see, I could have been all those things and not alive. (laughter)
You get to do that. You get to keep being joyful and graceful and

balanced without a body, but hey, while we're here let's make the most of it.

With that, I have a grand list of topics and questions and I would like to play. Some of them, I might not spend so long on. Some of them, I might spend longer. It will all be perfect. And I know those of you who think, think that their question is not going to be answered or we get to the end and they say: Kuthumi didn't answer the question I sent in... I want you to listen from now because every question, every topic, every suggestion is going to be covered. You're going to hear an answer in here somewhere and it might surprise you... surprising my channeler. She's saying: thank you for letting me know that. (laughter) She knew that, she's being cheeky!

Let's begin.

So the first suggestion is...

"This is not yours."

What a baffling concept to throw at a human discovering their truth and choosing enlightenment: this is not yours. Because we say to you: you are god also. You are a creator. Everything within your experience is your choice, your creation, blah, blah, blah, and then we say to you but it's not yours.

So what do we mean when we say, "this is not yours?"

You have created a wonderful dynamic here on earth where you have to share the space with other humans creating their experience, other souls playing at being creators. And there are wonderful dynamics in play to another one: working for someone, exchanging goods, providing services. So often we find our energies starting to blend. We lose sight of where I begin and where I finish: where you begin and where you finish.

To constantly come back to self, to feel your truth, your rhythm, your breath, your soul, is a wonderful way to remember that while you interact, you don't have to own what others are choosing. You can be part of a family but that doesn't mean you have to suffer another's

victimhood. Someone else's anger, their reaction, their choice of how to interact with a situation is not your obligation to respond.

It's not yours.

Other people's choices may seem as though they oblige you to interact, as though they seem to call upon you for a reaction, but you are a sovereign being. You are a unique dimension of your own.

We have a lot of fun getting lost and blurring those boundaries: it's part of the dynamic of being human. We get lost in it very easily. To be a mother is the grandest one. (laughter) I will compromise myself because I have bore this child and I am responsible for them and they are dependent upon me. I've chosen to be an employee of this company, therefore the boss's dynamic, their emotional plays are part of my obligation to deal with. You can be part of all those dynamics and still be complete and sovereign and separate with your energies. It seems contradictory, but the more you play with this, the clearer and easier it is.

Every time you come back to the breath, you feel what is mine and what is not. It doesn't mean white lighting yourself, putting a wall up, doing any of that. No reflecting or bouncing other people's energies back...

How willing are you to keep coming back to yourself? How willing are you to keep coming back to soul, to your divine essential energy?

It doesn't mean you have to hide in a cave. It doesn't mean that you become some supernatural human who is immune to everything (laughter) because hey, if a friend, a child, a relative, whatever is suffering, but you don't have to carry their experience for them.

Can you feel that emotion while honouring their choice, while honouring their experience because whenever you do that, you will continually offer yourself, compassion, and acceptance.

Compassion and acceptance are the most wonderful things to keep your energies separate: to stop the blurring, to stop the feeding, to stop the carrying. This is not yours, unless you choose it to be so.

Thank you.

“Could we have some practical suggestions about going beyond time and space?”

Ah, the grandness of being human: time. I always make a joke that the one thing that will stop me from coming back and being human is linear time. (laughter)

Now that I'm free of it, I don't know if I could ever put myself back within the realms of that. And I know if I come back with my awareness I can shift it and change it, but as I just said, we have to play in a human dimension with others. When we get too free with time and space, you actually disconnect from your experience here as human. You can bend it and warp it, which is wonderful. (laughter) Haven't you ever noticed that? Sometimes you can feel like you have so much to do within the day and you think: okay. I'm ready, I'm willing. You get into it and all of a sudden you create enough time to do what you needed to do or wanted to do.

So can I invite you all to see time and space as being like toys in a toy box. Imagine this whole dimension is just a toy box to play with.

You know even children, we teach children to play with toys in a certain way and that's what has happened. We've taken time and space which are just toys in this toy box of being human, and somehow we've let people tell us this is how they work. So would you like to play with time and space in new ways?

Some of you are counting away the years until you think you're going to not be able to function as human anymore... I'm this age so therefore this should happen. See? See how we've conditioned the toy of time? Ages. And ages have to be a certain way within a timeframe.

We have to be a certain size. See, bodies are an incredible way to play with space and time. And I know many of you are playing with this energy of what you call the light body, which is just the soul body, it's just getting back to the soul energies of the physical form: it's

understanding this is a thing we created to interact with the dimension. Your body is just another toy in the toy box. And look at the rules we've put upon that toy.

So it is a little bit about breaking rules, but it's more about understanding that if you created the rules as part of this mass consciousness of being human, you get to shift and change the rules. But when you do it from the energy of playfulness, of seeing and knowing that it's just a toy that I've been told how to play with. It's a wonderful way to do it.

It doesn't mean you have to become supernatural. You know, people often say I can't wait until that time that I'm able to bi-locate, walk through walls, levitate – to even time travel. I'm going to let you know: you have all done all those things. And honestly, with the awareness that you have now with the wisdom you've gathered, those things would be boring. (laughter)

But to simply play with this experience and not see time and space as limitations but toys, that you are shifting time, you are shifting space, because every time you take that deep conscious breath and say I am a creator, I am god also, you're inviting those playful energies to come in, in grand ways. When you say I am truly choosing to be here, I'm excited by life, I'm loving being human, you give all those toys so much energy to play with you in new ways.

Don't be a victim of time and space. They are just toys waiting to see how you're going to play with them.

Thank you.

Alright. This is more of a question:

“We are those who want to expand beyond 3D. My mind would love a picture, a story or whatever else of what we're going to create next so it can focus on that. But of course, it and me can only come up with old ideas like more money, first class travel, health and youth for the body if that wasn't all so very 3D. Is there something else I could offer him or is it just the time to say: let's just happily flow into the unknown and focus on a happy now?”

Both.

There is a wonderful balance between being in the now but choosing how you want your experience to be. And you're right: first class travel and having a bikini body: these are all very mindful human 3D things. So here's the wonderful thing. You want a beautiful foundation for your experience: make some grand choices.

Do you want to be joyful and flowing and balanced? Do you want to play with this experience in ways that mind cannot comprehend?

You see, when we make those bigger, grander choices, you're opening yourself up to possibilities and potentials that mind can't comprehend because mind has always been about what was, what it can measure now, and what it can predict. And it predicts from what it measures in the now and what it has experienced in the past. And truly, the grand creator can't be satisfied with that. (laughter)

So it's not about being sort of angry that your mind is limited because rather than trying to create and choose and predict and plan with your mind, you can say to mind: "you can help me here in the now with what is present, what is right here and sort of physically tangible in this here and now" – that's what mind truly in the enlightened life wants to do. It wants to help you in the here and now. It wants to say: okay, are we getting up now or are we sleeping more? Which if you feel into that, that's more a balance of your feelings as well but it's also the one that helps you drive your car, get your wallet out when it's time to pay at the supermarket: mind should always be in the moment with you helping you to coordinate the human to interact with the dimension.

But if you use mind to predict and plan, there's always going to be a lag in your creative energy. So when you simply breathe and feel into how do I want to be? Feeling into your soul love, you won't care what lies ahead because you'll be so excited in knowing that with soul everything is going to be magnificent and grand. Why would you care what's going to happen when you know it's going to feel wonderful. So the real issue now is: can you trust yourself to create that way? That's a big question and it can be unanswered for a lot of you.

Can you trust that soul will always create with you magnificence and grandness, whatever that might be? It might be a quiet, simple life. It very well could be a highflying, jet setting life. Can you trust in every moment that if you can invite soul to create with the human, with your mind, that that's all you need to do? Because if you leave it to mind, mind will create more of the same. It could be a little bit better: you might be richer, you might be thinner, you might get that first class upgrade (laughter) but it will always be that just enough to satisfy the mind. And you know what? Mind doesn't really care about being satisfied like that: not when you're breathing, not when you're inviting soul because mind will know there could have been more and that's where you're going to catch yourself out – going back into doubt and then going back into not loving yourself quite so much. Because there will be that little feeling of: what if, what if, what if?

But imagine if in every moment you say:

I Am That I Am so in love with myself
and this is as good as it gets.
Because in each moment while I invite soul
I'm in the perfection of my creativity.

Thank you.

Okay. The next topic suggestion:

“How to walk amongst the sleeping with ease and grace.”

...although there's not so many people asleep these days. I was watching the news with Marisa just beforehand: you know that song “I believe the children are our future”? Wow, they're not our future, they're the here and now. (laughter) Voices are coming up... but I know what you mean. It's about the awareness, it's about people stepping out of duality, it's about being aware that they're a soul, that they're not having to be victims of society, that they can step out of mass consciousness and create in a sovereign unique way.

What a burden to carry being enlightened in this heavy world. So please, let's let go of that little bit of martyrdom to begin with. Let's

stop looking at others and feeling as though they are less, that they are holding the world back because then too you become a victim of duality, creating a new level of duality. You know, it was the good and the evil, now it's the enlightened and the asleep, the unawake. That world of the unconscious, the "Muggles", whatever you want to call it, we've given them their labels: that world is in absolute perfection because every soul there is having their perfect experience. They came in and they agreed that's what they're going to do. The same way that on one level you chose that this would be the lifetime to remember your truth.

Compassion.

The more we accept and honour others as we said at the very first question, well that actually keeps your energy clear anyway. And what you find is, you tend to not have those interactions that are jarring to where you're at, or that aggravate where they're at. The more I choose my ease and grace, then the more that is the way I am, the way I interact, the way I function, the way I create. I don't have to look at anyone and feel sorry for them or wish they were different because all I need to focus on, all I need to put my energy, my love into is MY experience.

It gets very easy especially with social media, your news networks, the way information is so readily available, easily spread and how quickly it does is to be having what you would call the horrors or the dark side of humanity put into your face. Can you honour those living in war zones that they're having a perfect experience? See, you gave yourself that experience many times over – not necessarily in this timeframe, it might have been hundreds of years ago, but you've all experienced war. You've all experienced being refugees. You've experienced being massacred. You've experienced all those things that you see of others who are living it out now. They're living it out in your timeframe, but they're living it out in their perfect timeframe as well.

Connections are getting stronger and stronger. But let's not see those interconnections as something that is dragging you down, keeping you back, or affecting your choice in how you want to be right now. Because in the opposite way, it's also showing that there is a different

way. You don't need to be out there at protest marches, you don't even need to be writing a blog (laughter) or doing a radio show. You being you with your soul, with your grand choices of how to be, with your living enlightenment is enough to send ripples through the consciousness. Every pebble thrown into a lake creates ripples. It just sinks gracefully and gently to the bottom on its little way but it sends out ripples.

Breathe with me now and just feel
the magnificence and perfection of every soul on this planet
and you in your perfection radiating
exactly what humanity needs right now in your perfect way.

Thank you.

Okay. Here's the next question, a wonderful one...

"I'm frightened about past lives. When a person decides to embrace embodied enlightenment, does all the past come forward for re-examination while in the physical? What if I were a Stalin or a Hitler-type person? How would one ever process such a path and move forward with enlightenment – embodied or not? Is there forgiveness? Must one toil in negative karma forever? What is assigned karma and is karma really over or just temporarily?"

Okay. So here's the wonderful thing about karma... I'm going to give you my take on karma: Kuthumi's take on karma. Karma is simply the energies we drag from one lifetime to the next.

Now many religions understood that as some sort of debt that the soul has to carry out, has to pay for and clear. And that actually made those energies even heavier because we carried with us an awareness that we weren't always nice people.

Religion took karma and it used it to control us in the now. If you're good in this lifetime, well that will make up for the bad you were in another lifetime so that in your next lifetime you will go and have a better life. So it became that sort of balance of well you know, in Christianity we made it heaven and hell, didn't we? You don't want to come back as a cockroach and get trodden on. (laughter) And we used it to create rules and systems and order.

And so then once we made karma an actual religious, social, cultural thing it made its dynamics even stronger. So when we choose enlightenment and when we say: I Am That I Am a unique soul. I am the stories I write, so therefore who I have been in the past is over. Who I am in the future hasn't been created yet. All That I Am is who I am in this moment.

So for me, when I was Kuthumi lying in my bed so ill, unable to move, I felt all my past lifetimes. But in that state, I saw all of them for the magnificence they were because in my compassion I saw that every lifetime was just a beautiful, perfect experience that I created to play with being human and to answer the question of: who am I?

If you were a despot, and I know part of you is feeling about the debt to all the souls that paid for crossing your path: well those souls chose that experience. It's the most harrowing and hard thing for a human to comprehend a child dying in war: they chose that experience. And it seems very cold and harsh to say it but when you can come from that space of compassion, when you can offer that compassion to yourself, you'll see that every lifetime you've had was perfect. We created horrible lifetimes, glorious lifetimes because we wanted the richness of experience.

Compassion. Enlightenment offers yourself the grandest of compassion because it's part of loving yourself. Loving yourself in the moment is compassion. Loving others and accepting them as they are is compassion.

So in this moment when you say "I am enlightened," you are accepting and loving every part of you that ever has been in its absolute perfection. The grandness and wisdom of your soul has been the accumulation of all those experiences – not one was grander than the other. They were all beautiful and magnificent because it was you playing with the toy box.

It's almost like if you walked into a store and there's all the different clothing and you put on one outfit and maybe it makes you look businesslike. You put on another outfit and it looks like you're ready

to go to a party. One outfit isn't better than the other. They're just a different expression of who you are.

So if ever you were a dictator, a despot... that was just a costume you put on in one lifetime. If you were carrying the energies of that and feeling guilty about the lives lost at your expense: that is just your choice to carry that. And that's why it was all wonderful when we were told that karma doesn't exist anymore because it's just a story. It's a wonderful thing to play with, it's another toy in the toy box.

You don't have a debt to pay when you can simply look upon yourself as having worn many costumes, written many stories –all for the joy of playing with being human. You have absolutely no debt to pay because every soul chose their perfect experience whether it was the dictator, or the victim, the refugee or the emperor. Every soul played out their perfect experience because they were simply trying on a new costume to be a different expression of human and play in the great toy box.

So if it makes you feel better, I'll absolve you. I'll be Father Kuthumi, the priest (laughter). Isn't that wonderful? I love the way the Catholics did that. Ah, magnificent. You come and sit here and just tell me all the horrible things you did: they're erased. (laughter) But you know, originally that was done in a very loving way. It wasn't so much for you to have your debt cleared with God, it was for you to own up to and face and accept what you had done. And it really was meant to be done with a loving energy from someone who represented God to say: you know what? It's cool because you know you did it wrong so don't do it again and let's say some prayers and kind of clear your energy so you could go back and sort of feel a bit better about yourself.

That's who you were, but that's not who you are now and that's all you have to worry about. Loving yourself in the now, inviting in soul and you'll feel the grand magnificence of every expression you have ever been. No more debts: you can cut up the karmic credit card, you're all clear.

Thank you.

Another question in a similar vein, which is good, we'll keep going into it as well.

“I recently finished your beautiful books... (thank you very much: available through our website <http://newenergywriting.com>) ...about Saint Francis, Balthazar, Pythagoras and Thutmose. They were indeed grand lives full of inner wisdom and experience. What made the difference to your life as Kuthumi? Why weren't they enlightened? They all had a deep connection to their essence: sometimes remembering other lifetimes. I mean I had partly similar experiences but how can I call myself enlightened if they weren't? Is it simply the choice or the integration of all I am? Didn't they too and why not?”

Well, some lifetimes are for integration and enlightenment and some just aren't. As we just said, sometimes we wanted to come here and just completely forget and never ever remember: we had too much fun. Because that was how we dived into experience. If in every lifetime we had we had some grand awakening along the way: well, you know that would be boring. We wanted to have the depths of experience.

So yes, some lifetimes we dipped our toe in the water and we felt it a little bit. Yes, with Balthazar, he had a wonderful connection to soul but he still saw it as something coming from outside of himself. Pythagoras had a wonderful connection to the mysteries and the dynamic energies of being human but having a grander awareness of how all those energies played out. But he was very mind-based. Francis as well: what a wonderful energy and awareness of the god energy. But once again, still feeling that that was a gift given to him from something outside. And Thutmose, well, he just wanted to play with being as big a human as he could be. He had a sense of the god energies but he also had a grand sense of responsibility and power and control.

I never look back on those lifetimes and think oh, if only they had chosen enlightenment. If only Francis had just –no, they were all perfect. Sometimes I went back and re-played a lifetime to do it a little bit differently: I did that with Balthazar. But each time it was perfect. I stopped doing that because you've got to know when a painting is done, don't you? Anyone who is an artist listening... there's got to be

a time when you put the paintbrush down and say that painting is complete. And getting to that space with all of my lifetimes was perfect. I did have lifetimes where I was completely enlightened: where I hid in mystery schools and I levitated and I vaporized my body and took it with me back to my third circle (whatever you want to call it) - my divine state. I did all those things and I did them in many different ways as we all have. You all have.

You tend to remember the lifetimes that were more human and the reason we do that is because the energies of those lifetimes are very – I'm going to say grounding, but they keep us connected to the human experience. Because if we really open up and let in a lot of the more ethereal experiences, which some of you are remembering now anyway because you're at the space where you can actually let those memories come back... you would have gotten even more frustrated about where you're at. Because if you'd remembered how many times you've done it in the old schools, the ancient schools and the temples you'd get frustrated with why haven't I simply opened up that awareness now.

And the thing is, the beauty of it is too, that those past lives will often hold back a little bit because they're interested in seeing how you're going to do it now in this timeframe with the awareness you have now. You're opening up in new ways. You're doing things in new ways. To really remember those past lives of complete enlightenment that you had, well, mind is going to try to do it for you.

But here's the thing. In this moment now, if you can simply breath knowing that you're already enlightened because you're aware of it: you're aware you have a soul, you're aware that you are a creator – that's all that you need to know. And then invite loving yourself into the mix...

What you can do is call upon not necessarily the memories of those lifetimes, but the wisdom of those lifetimes. Not how you did it, but why you did it and what it felt like.

Everyone breathe with me now.

Maybe you're feeling one of those schools in the mountains in Israel or Lebanon? Maybe you're feeling one of the temples in Egypt? Perhaps it's playing with alchemy with Saint Germain in Europe?

Don't worry about what it looks like but try to feel into: why did you want to go and play and explore? And how did it feel like when you remembered?

Now those feelings are right here with you now. And there is no real answer to them other than how much more are you willing to play with that desire, that commitment and that feeling of loving and knowing yourself?

Past lives are just stories, old costumes. Their memories shouldn't be the definition of who we are now or how we're doing things because they are just as excited to see how you're doing things as you are curious as to how you did them then.

Here and now – that's all that matters. Who you are now is the grandest most important life there is.

Thank you.

Okay.

“Dear Kuthumi, I have been practising Ayurveda for some years and the benefits of it has been life changing but mostly helped me to keep my balance in my body and in my mind during my crazy awakening times. I feel like Ayurveda is a wonderful tool during the awakening until the integration of the lightbody takes place. So my question is why you or any ascended masters have never talked about the benefits of Ayurveda?”

Ayurveda is a wonderful ancient method of (let's call it) health: a wonderful way of feeling into the natural beautiful balance of our body as individuals. Because even though there are doshas and you kind of assign yourself one, there are blends of the doshas as well. Each person within Ayurveda is unique and therefore have unique ways of connecting with it and connecting with life because even though it began in India, it has moved around the world so where people are in

the world and that changes because of the weather, the foods that are available: personal connection.

And quite frankly, I would love if more people would explore and play with it, but here's the reason why I would hope no ascended master starts to preach about it – because the minute that they do, the minute they do, it is going to get taken and misinterpreted and it's going to be shifted and changed from its perfect dynamic of how it is now.

You know, it was formulated so long ago and yet it is one thing that hasn't needed to necessarily shift with consciousness or time because everything is already there. It is something that people are either drawn to or not because as you said, it is a whole lifestyle and way of being. It can take commitment and focus and a lot of humans can't be bothered with that, not in this world of fast and furious and handed to you: people don't want to do the work. That's why people are still struggling and saying why am I not enlightened? Because they don't want to do what takes to be. They don't want to breathe, they don't want to give up their mind games.

So this is why I will always recommend it, but I will never talk about it in any more detail because it is something a person has to feel is right for them. And they will cross paths with it at the perfect time, and like you said, it is an incredible way to connect with body in a very individual way because it encourages you to feel: what does the body need? It keeps you in tune with your senses, and yes, it balances mind.

While I will always, always, always recommend it, I will always say the right person finds it at the right time and has their own personal, unique experience with it. Much like enlightenment.

So thank you.

Alright. So...

"Food and new energy don't seem to go together. How did you manage? While I'm in the flow I cannot manage food. My mind responds by creating imbalance. In the meantime my medical exam

shows that everything did improve in the last four years. Can you elaborate on that?”

I think this is a perfect example of how sometimes your body can just go along and do what it needs to do but it's also wonderful to stop and feel into the moment. So this imbalance is just little plays with what's going on in the moment when you're not really listening to what your body wants in the moment. Overall you're kind of doing okay but you just have days when it doesn't feel right.

And a lot of times with foods we get into habits. And much like what we were talking with Ayurveda, as the seasons shift and change, and your awareness and dynamics shift and change: you need to be changing what you're eating. For me, I moved around. Some days, weeks, I just wanted dal. Dal and bread. Dal and bread. Dal and bread. And then I would feel like I wanted meats. Then I would feel I wanted sweets.

Can you be in the moment with your body: really talking to body about what it would like for balance? What does it want for balance?

You've set up a little bit of a battleground with food. I think a lot of you have done this with enlightenment because you've done that whole “I'm a creator. I can eat whatever food I want and that my body will know what to do with it.” Yes, that's fine IF you're feeling into and communicating with your body about what it would like.

It's about consciousness, awareness and listening to your body. And sure, I had those times when I would just have a meal because I was hungry and it was there and I would eat – and sometimes that worked. You kind of get lucky. And then I've had times when I got very ill. I talked about that, many times. In my travels in India, three days on the bathroom floor of my hotel room vomiting, having to have the hotel staff bring me things: I couldn't really eat anyway.

But I didn't hate myself in the moment. I simply said: I know my body will come back into balance because I trust it and I listened. It wanted to rest. It just wanted to throw up. I knew I'd get through it. I didn't – well, I did curse myself a little bit for not being in tune with what I'd

eaten that time. But it made me even more aware, to be even more in tune with whatever passed my lips from then on.

Don't make food a battleground. Food is just another toy. (laughter) We've been doing that a bit tonight, haven't we? Everything is a toy; it's something to play with. But when you play with your toys with awareness – ah, that's when you get to change the rules of how you play.

Okay. Moving on, we've still got a few to go. Look, we're almost on the hour but Marisa is saying it's okay, we can go on. Yay!

“How to let go of our warrior aspect and make it serve us in a creative way?”

Well, once again it's very easy to be a victim to our aspects. Why do you feel that you have to even let go of your warrior aspect? I know, obviously, you feel like there must be something out of balance with it, huh? Because why else would you want to let go of it? (laughter)

For all our aspects, we don't want to let them go. We do want their wisdom. We want their wisdom to be with us and to play with us. So we love our aspects. We thank them. And we accept them for what they are.

So the question is when an aspect seems like it's out of balance or it's controlling: why did we let it get that big? If it's the warrior, I would wonder: are you feeling vulnerable? Is there something telling you that you're weak, that you need to let this part of you be bigger and stronger?

Ask it. Ask that aspect: why are you so big right now? Why?

It might not answer you but just offering it, just offering it an ear... it might share with you the story of how it began. Were you frightened that to simply be in your joy and self love that will make you weak? Are you remembering the times when you were persecuted for saying “I am god also?” Are you worried you too will end up on a cross?

The warrior tends to come out when we think we're not safe, when we think that there are others ready to hurt us.

But when I am in my centre with my self love,
I know I am safe.
Nothing can touch me, hurt me
or distract me from this love I was born of.

In loving every part of me,
in loving every part of me,
I let every part of me know
that they are safe too.

We can put down the sword,
or we can just tuck it behind our back. (laughter)
We are safe.
We are loved. We are eternal.

Thank you.

“Can you speak to how each creation has a spirit of its own and how the energies can be attracted to a true creator?”

I'm not really sure of how to answer the first part of that, so I'm just going to focus on the second part which is this: a true creator doesn't have to attract anything because a creator knows that they are complete and whole. They know that every bit of creativity they need to play with and work with is already there within them.

Yes, every creation is unique because it's created in the moment from a feeling, from a playfulness that was only present in the moment. We've gotten caught up in these concepts of the law of attraction, vision boards, creating things that we want and we forgot along the way that we're already complete and whole. There is nothing outside of us that we need.

I am creativity.

I am a universe of creativity. Calling it a universe of creativity is almost kind of like limiting it: I have endless possibilities and

potentials within me to be birthed. How willing am I to play with that? How willing am I to be in the moment? How willing am I to love myself and trust myself to set that creation and that creativity free? That's the real question: how do we do that?

Well, we breathe and we love ourselves and we absolutely trust that with soul creativity will always bring magnificence and grandness: just kind of have to get out of our way. Stop thinking about it and just start playing.

I once used to say... along these lines...

When we play with ideas,
when we play with being human,
we create potentials
and those potentials create possibilities.

And the possibilities are how we interact with life.

And then when we play with those possibilities,
we open up experience.
As we open up experience,
our adventure becomes grander.

If we're feeling like we want to paint, we can just start. Even if it's just finding the cheapest paints, even if it's getting a stick and drawing in the dirt. It's expressing and allowing that feeling, letting it open up in our lives. We're inviting the potentials to come and create the human possibilities, the way that we can interact with it in this dimension.

And as we're willing to play with those possibilities as they come to us, the opportunities: perhaps someone then offers us some free paint or we find out about a new art class. And the more we're willing to dive in and play, well that could lead us to places our mind never imagined. Imagination is the mind's way of playing with creativity but when we go into our soul creativity, knowing it is limitless and it is beyond anything we've imagined and we invite THAT to come and play, well, then the sky is not the limit – there is no limit.

Thank you.

“Could you share your thoughts about allowing enlightenment while being pregnant or even raising a child?”

We're going to overlap where we were before. Motherhood: a wonderful, grand thing. It is also one of the grandest ways as humans that we sold out the feminine energy, where we made it subservient, where we also made it responsible and I'm kind of giving you the heavier, human side of it. But see, the beautiful aspect of motherhood is nurturing, supporting and guiding. So if you feel into you as an enlightened being: can you as you offer the child that love, that guidance and that nurturing, to be offering it to yourself as well? And there's enough to go around. You don't have to compromise your experience or feel that you compromise your child's.

So you have to remember this too: every soul is creating the perfect experience. This beautiful little soul that's coming in knows what it's up for. It knows it's going to have an enlightened mama. (laughter) That's what it wanted. (more laughter)

Babies know exactly who they choose: they choose abusive parents because that's what they want to experience. They choose loving, caring parents because that's what they want to experience. They create enlightened parents because they want a bit of a kick-start to their own enlightenment. (laughter) Every child chooses the perfect parent and so does the parent choose the perfect child.

You would actually be compromising your child's experience by compromising yours therefore. Okay?

Here's the thing: I know you've been on planes, I'm sure you have. Remember when they do the safety announcement? What do they say to the mothers or the people with children on the plane? If those oxygen masks fall down from the ceiling because there's been a pressure drop or whatever in the plane, who do you take care of first? You put the mask, the air on yourself because if you're not taking care of yourself, how do you take care of a child? In first aid situations, any of you who've done a first aid course you're all taught, who's the first person you take care of in an emergency? You look out for yourself because if you run into a dangerous situation, then

you're going to endanger yourself and you won't be able to help the people who at that time need help.

Loving, caring, nurturing for yourself will mean you will be even more equipped to love and nurture and guide your child. There is no need for compromise. There is enough nurturing love and guidance to go around. Ask any woman who has had more than one child. (laughter)

Thank you.

Aha! Last question...(laughter)

"I went for a walk in the part of the forest that I have known for many years, in a place where I know the forms of individual trees and the movement of paths. I became disorientated and got lost. Is this something that happens on the way to enlightenment or am I really not wanting to be here?"

My dear one, I would say in the moment you were a little multi-dimensional: you were breathing, you were so comfortable in the space because it is somewhere you'd been for so long that you let your feet just carry you without a sort of mind consciousness. But how wonderful to get lost, physically lost, humanly lost to ground you and bring you back into the moment where you had to stop and think about where do I go next if I want to go home?

We are constantly doing this as humans. Having these moments were we get... I'm going to say disconnected, but it's kind of a bit more: we get a little spacey. We've been playing with getting multidimensional so much that it's becoming easier and easier to flip into that mode and kind of forget the human. And the more we understand about being multidimensional, about being souled beings: you know I've been encouraging you to play with time and space which we do, which you were doing as well, that we lose sight of the fact that we're choosing to be here and be human.

Along the way of wanting to be enlightened and aware, we've also wanted to play with pushing the boundaries of being human as though being supernatural would prove to us that we are in tune with being enlightened, that we are on our way to ascension. But the glory

in being here right now, of being the enlightened soul connected human is to be more human than ever. To be in touch with our senses and let them connect us to the human physical realm so that we can delight in everything that we've created here to experience. The beauty of nature around us, the magic of music, the wonders of tasting food, the sensuality of being with another human. The sensuality of just touching beautiful fabric...

It's okay to get a little bit ungrounded and spacey every now, and then but let's not forget the joys of being really connected to this realm, to this world and to this life.

I know you get told about magical dimensions: I often talk about the crystalline dimension. You can play with them by sitting and breathing and creating a safe space to do that in. I'm talking about a physical safe space – you don't do that while you're driving. (laughter) You don't do that while you're in class, but you certainly do it at nighttime while you're sleeping.

But let's not forget we're here... well you are I should say. (laughter) You chose to be in a physical existence. Don't make the awareness of being a soul, the awareness of other dimensions, the awareness of the grandness of your creativity make this realm seem like a prison or a cage. It's the grandest toy box you could ever play in.

Invite that beautiful love of soul
to walk with you,
play with you, eat with you,
love with you in every moment.

If you are forgetting the beauty of this existence,
the breath will remind you.

When I walked this earth as Kuthumi, so enlightened, every day,
every day I invited experience to show me some beauty: whether it
was some flowers, a grand meal, the smile of a child, the anger of an
adult – that can be magnificent!

I'm not talking about walking blindly saying ooh, isn't that fabulous?
But to really allow yourself with soul to feel, to FEEL the beauty of this

life. You created it, you chose to be here – why not enjoy it? Why not play with it in every way that you can?

I thank you all so much for playing with me tonight, today: whatever time you're listening.

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

You are magnificence and perfection in every moment
and I would so love that you would see that as well.

Namaste everybody.
Namaste.

MARISA: Alright. Thank you everyone so much. We'll join again in about three weeks time just before I travel back to India.

If you would like to know when the next shows are, you can sign up to our newsletter by heading to our website <http://newenergywriting.com> and scroll down to the bottom and you'll see a little sign up form there.

Thank you all so much and we look forward to playing with you again soon.

Namaste everybody.
Namaste.