

2013 & Beyond: Continuing the Shift Into Oneness

With Franco DeNicola & Antonia Hagens

Toronto, ON, Canada
June 8-9, 2013

For original charts and complete recordings go to:

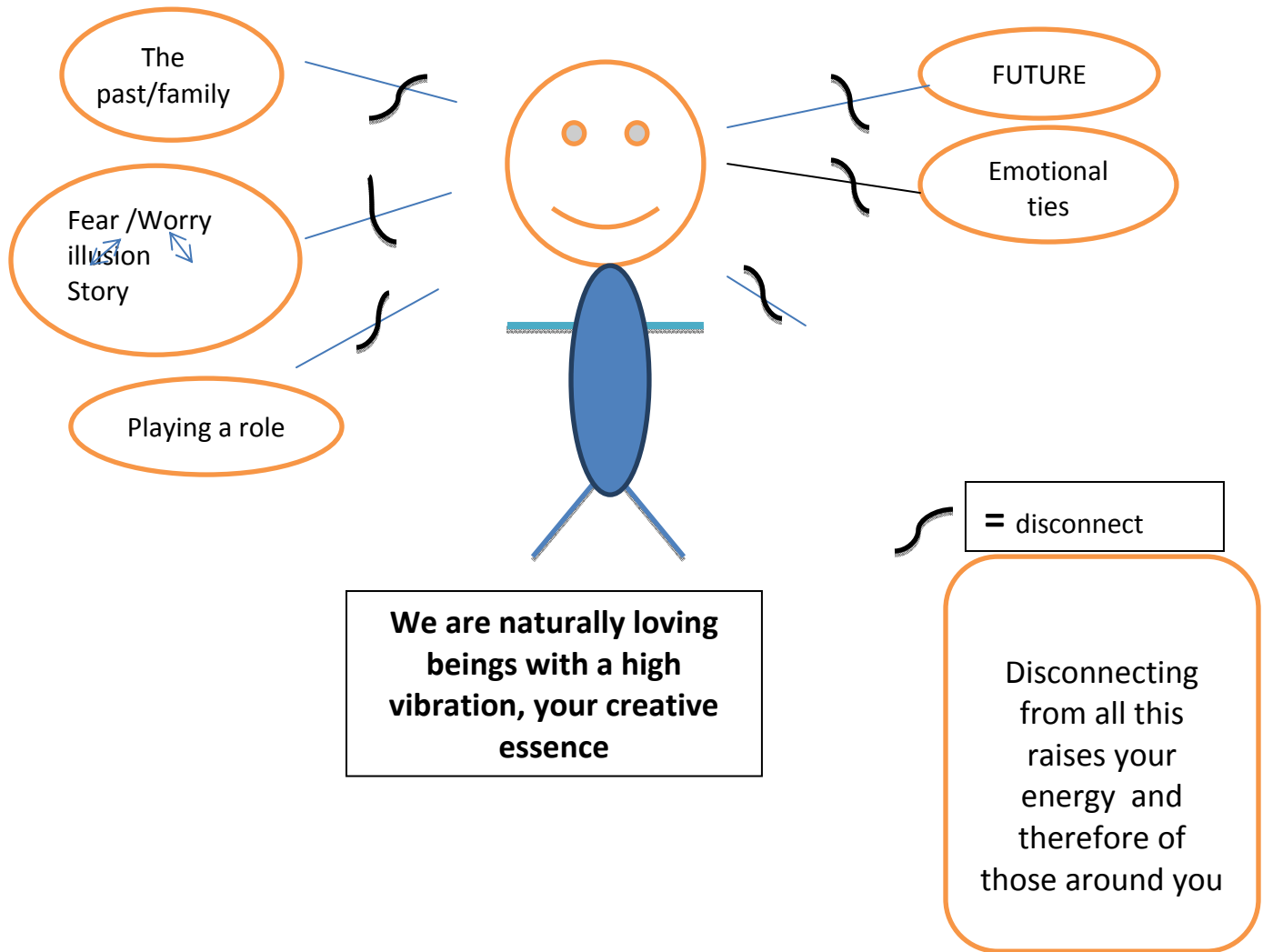
www.masterpiecelife.com/2013andBeyond

June 8 – Morning Session 1

- Who you are, the true essence of who you are is creating this event – all the souls participating today, in person or on line have chosen to step in to participate
- the changes that are taking place right now are not something to be fearful of
- each one of us has signed up to be here at this time – even if you feel you should not be here, you have no home on another planet
- if you really want to go home, you stop projecting yourself into these playgrounds and you're home
- before you came here you investigated all other playgrounds/physicalities and then chose to come here for the best thrill for the ride and you'll be here as long as the soul wants to be here
- you're here for activation which will carry out there with you and expand

○ See CHART 1 (next page)

CHART 1



By being yourself, you raise other people's vibration

- some people, are in the moment, some people, multi-task – we can go further than that...we actually fragment ourselves – in that moment we are experiencing everything around us
- we are looking at past events (family, responsibilities, worries) and the future (what we want) – that's where our energies are going
- by looking to the past puts us back in the past – by looking at the future puts us there – in this way we lower our frequency – now we are working on raising our frequency
- consciousness varies our vibration
- here we are amongst others, living up to their expectations thereby lowering our vibration/consciousness
- by projecting into the future, you're not comfortable in the present which also lowers your vibration
- as we are not in the moment, we are basically taking creator essence energy and dissipating it – so you wonder why you are not enjoying the moment/not able to change the direction of your life
- if you have emotional ties to someone where you feel the need to play a role to be loved, etc., is also a draining of energy
- we are working on disconnecting ourselves from all this and bringing ourselves back into the moment
- we are basically source – below that is the human body – we are now accessing more source energy – when we do that we will be 100% who we are
- when visiting family and don't get caught up in their stuff – ask them if they are having fun with all the pains/drama/etc., and let them know that you're not playing in all that anymore – let them know that you are choosing to be yourself, apart from all that – in this way they will feel your vibration and they'll feel better – you're uplifting them just by being yourself
- family is playing a role for you but they don't want to be in that state, not really, so you come in being 100% yourself, they can no longer play the roles...they can surrender and feel more uplifted
- help family to see that they don't need to be upset about all the drama/events going on around them – ask them what they would choose to do instead – help them open the door to see things differently

- in the case of mom doing all she did to get you here, it was her experience – you didn't ask her to do that for you – mom chose to have a child – and the child chose the particular parents they wanted to experience
- this is the most intense experience we have ever had...ever – we're not wanting to go through the same scenarios any more
- never carry another person's experience
- we created all past events absolutely perfectly to bring us here where we are today – we made no mistakes whatsoever
- by disconnecting from past, we become ourselves – we are all individually doing it – awakening – and every other soul on the planet is another facet of you – we are not individual beings, we are all one unit
- when we have children we do not energetically connect them to us by taking responsibility/owning them – the child has complete capacity to do whatever you are doing – many times they are the teachers – it comes into existence as an equal playmate – realize that the soul in the child has had multitude of experiences in previous lives and may even have been your parent at some point – disconnect that cable/umbilical
- you're not here to mold anyone else – if you do, then the performance of the child reflects to you and can inevitably let you down – let go
- what happens when you worry about anything? – worry is an illusion – is it going to change anything? – it just drains energy from creator essence
- what is future – it's just a new moment that we create when? – in the moment
- planning the future in the moment may not happen because everything is changing and the future isn't necessarily there
- we label ourselves (stupid, ugly, failure) in the sense of manifesting – once we put the power in all the definitions they become allocated energy – how creator-like/much access do we have to mold our life – these need to be severed?
- In this moment, you are not only the greatest observer, you have connected to physicality/environment/etc. You become a blank slate and can create completely new/free – what would you do with your

- next moment? – what you create fully in the moment you shift into the next moment and manifest that moment
- How do we deal with stuff that we need to do? – just slot it in your calendar, go out and play – but that moment will be different when it was originally planned – it may or may not happen
 - Our new state is fluidity – when you make the next commitment say it feels okay right now but let’s see how it feels at that time – should it change for yourself and you don’t want to keep the commitment, suddenly you’ll receive a call requesting cancellation – at the soul level another agreement will be made – only when one has energy on it will they become disappointed/angry with you and they will have the experience of disappointment...something their soul has chosen to experience
 - Our most powerful state is in the moment
 - We will do a process to disconnect the chords to past/future – let’s be embodied fully/completely

- **PROCESS**

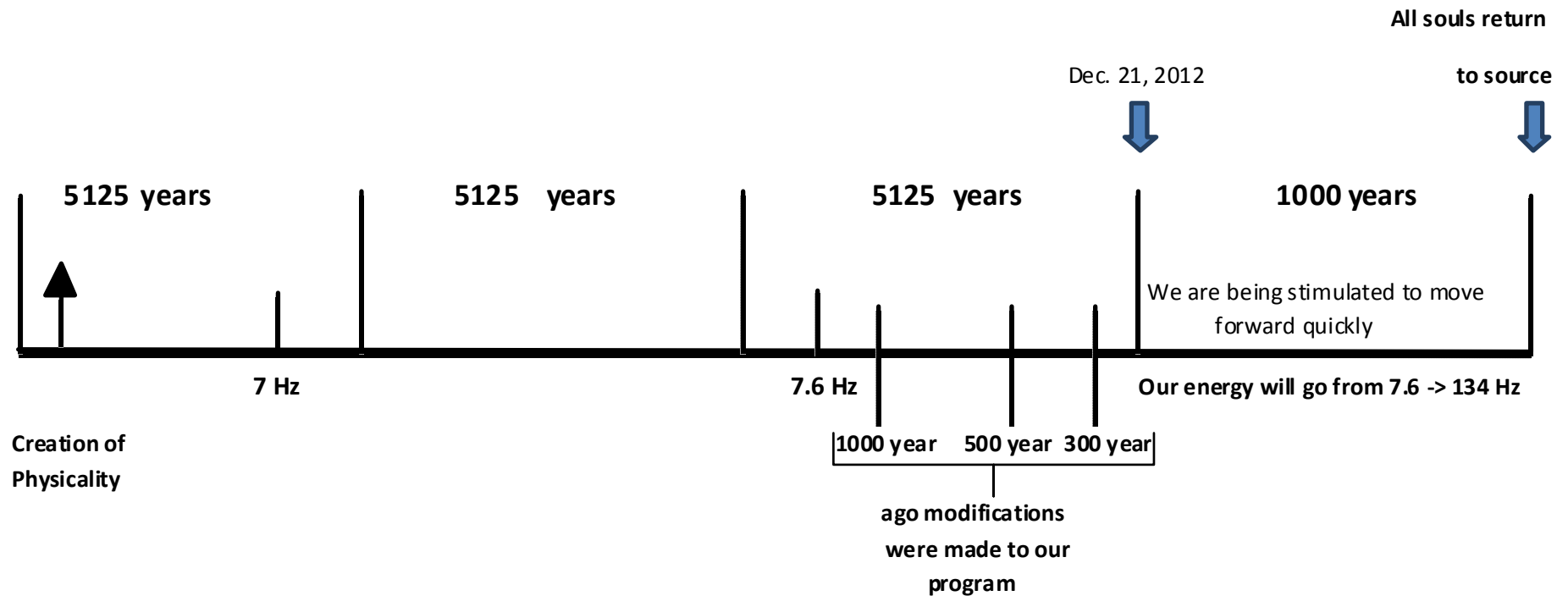
June 8 - Session 2

- **See CHART 2 (next page)**

CHART 2

TIME LINE

Franco 2013 and Beyond



2013 → 3RD Dimension Consciousness is being replaced by 4th

2015 → move to 5th dimension

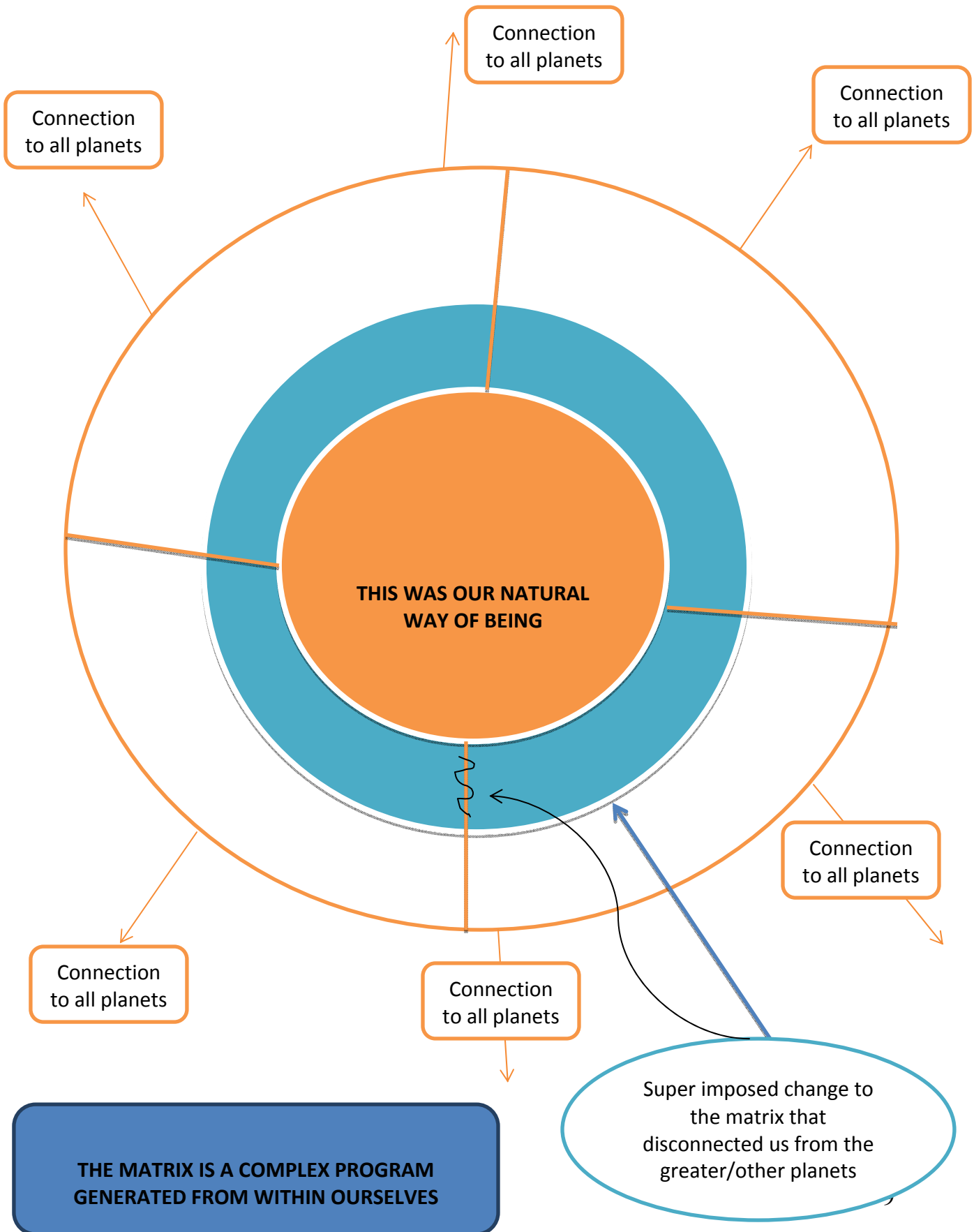
2017 → we will be **fully** in the 5th dimension

- This physicality has been for past 15,000 years with adjustments along the way
- 15,375 years ago there was a re-vamping of our planet and creation of new physicalities – there have been many other physicalities prior to the 15,000 year point
- we were created by other beings at that time and the planet was re-tuned for a particular dimension (3rd dimensional experience)
- when it was tuned 15,000 years ago, it was made as a self-evolving planet from 3rd dimension to 9th
- this particular body that we are currently in was designed to experience a multitude of other physicalities in one – we are a genetic pool of 12 different species
- the basic nuts and bolts are the same but each body is slightly different for the current experience
- we've all had multiple opportunities to return to the planet along with other planets
- each 5125 years an upgrade occurred
- Dec 21/12 was most recent upgrade
- Physicalities were designed to use the sun/water/air/planet to sustain itself – not meant to eat – every animal did the same – we had flexibility of having no aging process – no fear, no survival, no lack – physicalities/souls were connected to one another – series of experiences/feelings/interactions were one channel – original design was we evolved together – no isolated one channel experiences – each supported the other at the same time – we were one unit all operating separately but together
- The connection was also with the planet – we all felt everything the planet/animals, etc., experienced – everything was in harmony – no need for protection or feelings of being in danger – no ownership – played fluidly with all/everyone – all this at the 15,000 year point
- Then we lowered from knowing who we were (source) and slipped into forgetfulness
- The planet hosted the information of many, many planets because of its position
- Animal/insect worlds created a zoo/botanical garden from all other planets

- This is why we all fight to get here
- 10000 years later a change, then 5000 years ago, and 3500 years ago
- reptilians came onto the planet 10000 years ago to change the operation of the planet – created a polarity experience (negative/positive/neutrality) – made the experience more exciting – disconnected everyone from each other so we wouldn't realize we were one – forget that we were source – no longer sharing – have to start eating plants/animals – no safety (survival of the fittest) – made one band of learning/experience means shorter time to experience therefore lots of reincarnations – animals started eating each other
- digestive system originally set up to experience fruit only (at the 15000 year mark) – we could feel the energies of the plant
- negativity shot over to the point that when we got to the planet, we wondered why we are here – we have to discover who we are not and then discover who we really are
- vibrations increased then 300 years ago which was from another series of non-organic hybrid beings – hybrids were left behind – this existence became an inorganic 3rd dimension designed for us to not 'graduate' – to even regress us – push us back, no matter what
- as loving parents, comes this child, we make sure they become another prototype of us which is an inorganic process

○ **See CHART 3 (next page)**

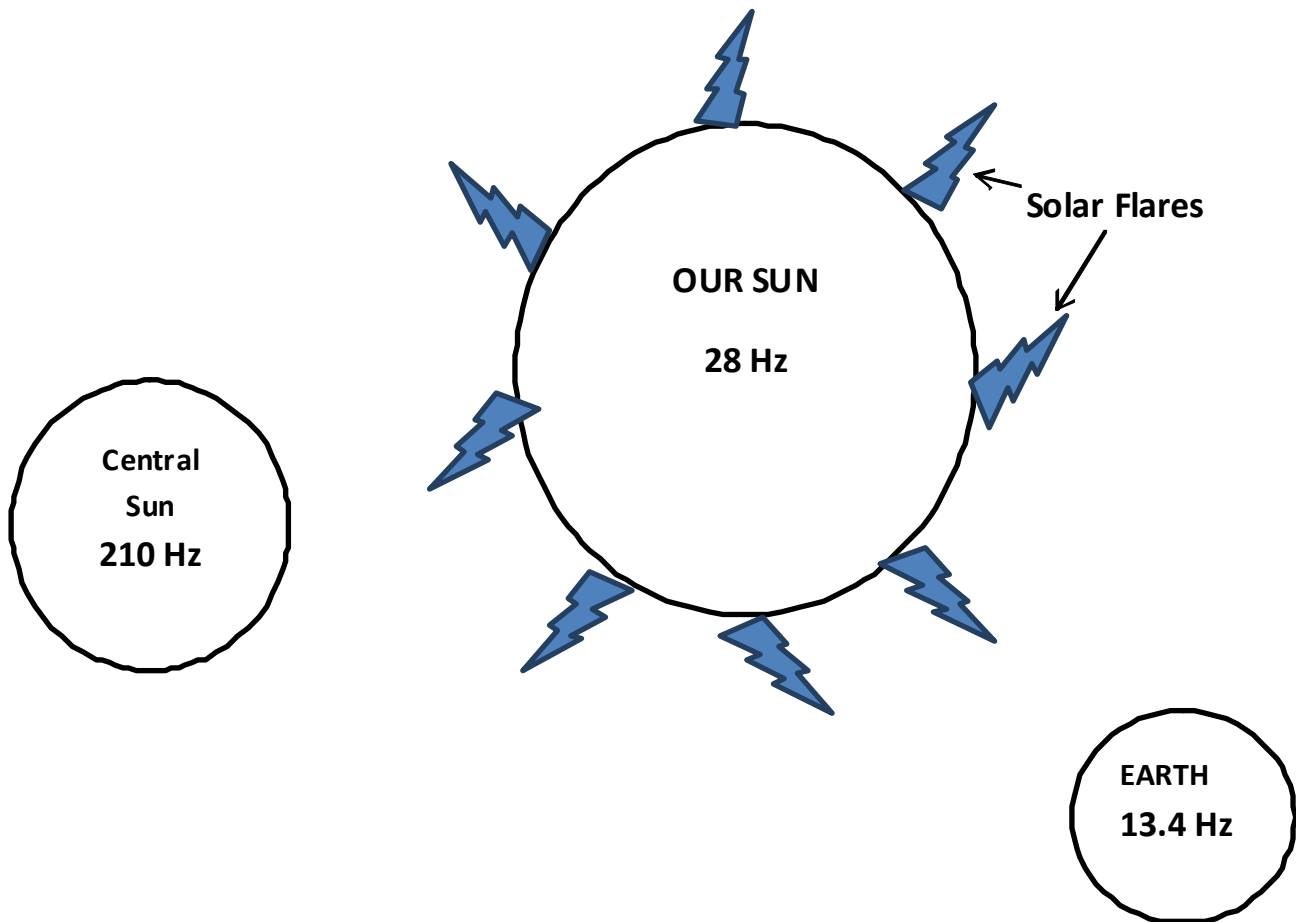
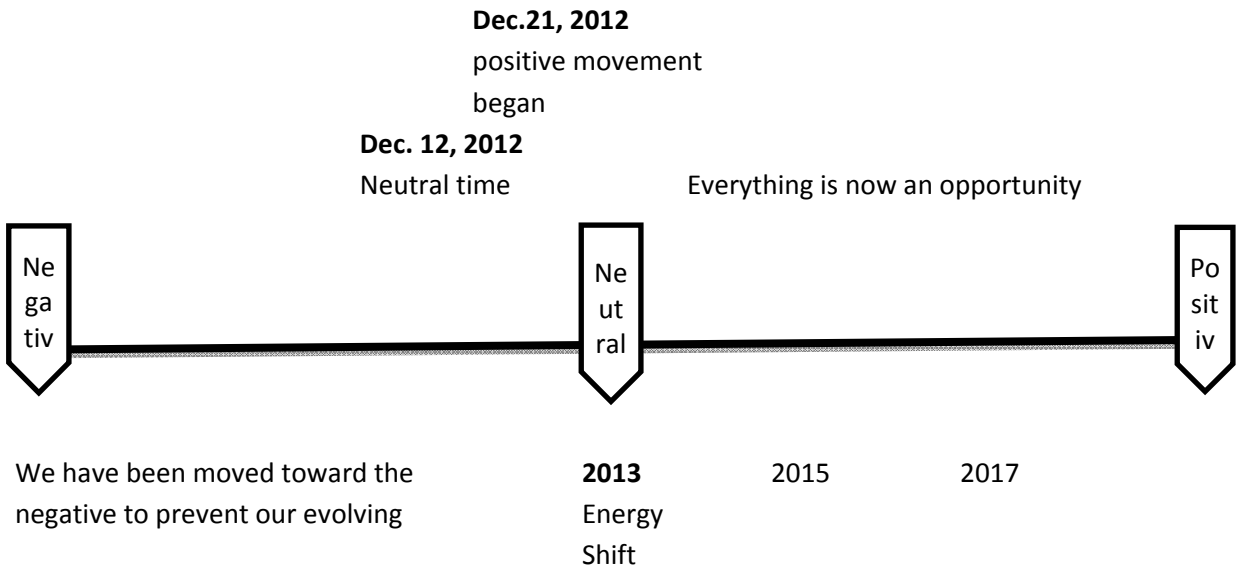
CHART 3



- the matrix is seen as the same but which can be used in different ways
- in its original design, the matrix was connected to other matrices in other planets – which is how our technology comes about
- 10000 years ago there was a superimposed matrix which disconnected us from our natural matrix – this one is reversed – anything that was true became a lie – everything became stifled
- manufacturing was supposed to support and balance us with food – it does the opposite – same with the medical/drug industry
- we know we have visitations from other planets – they are just brother/sister souls – movies turn extraterrestrials into our enemies
- now this matrix is merging into the natural matrix rather than being destroyed to assist with a smooth transition
- each time we incarnated here we knew the challenges we would face – the thrill is now getting stale – we’ve initiated a beautiful unfolding that is now occurring
- 1986/87 things were expedited to get rid of obstacles – karma, polarity, direct connection to satanic code, purge and clear – we were at 7.6 Hz and have increased since – 13.4 today – 13.4 was necessary for the flipping point
- 25,900 cycle just finished is upgrading every single soul/planet everywhere – barely 22% of humanity is grounded into the change
- The Planet has shifted into 4th dimension – lots of stuff coming up (purge and clear) – we cannot carry the past to the next dimension

○ **See CHART 4 (next page)**

CHART 4

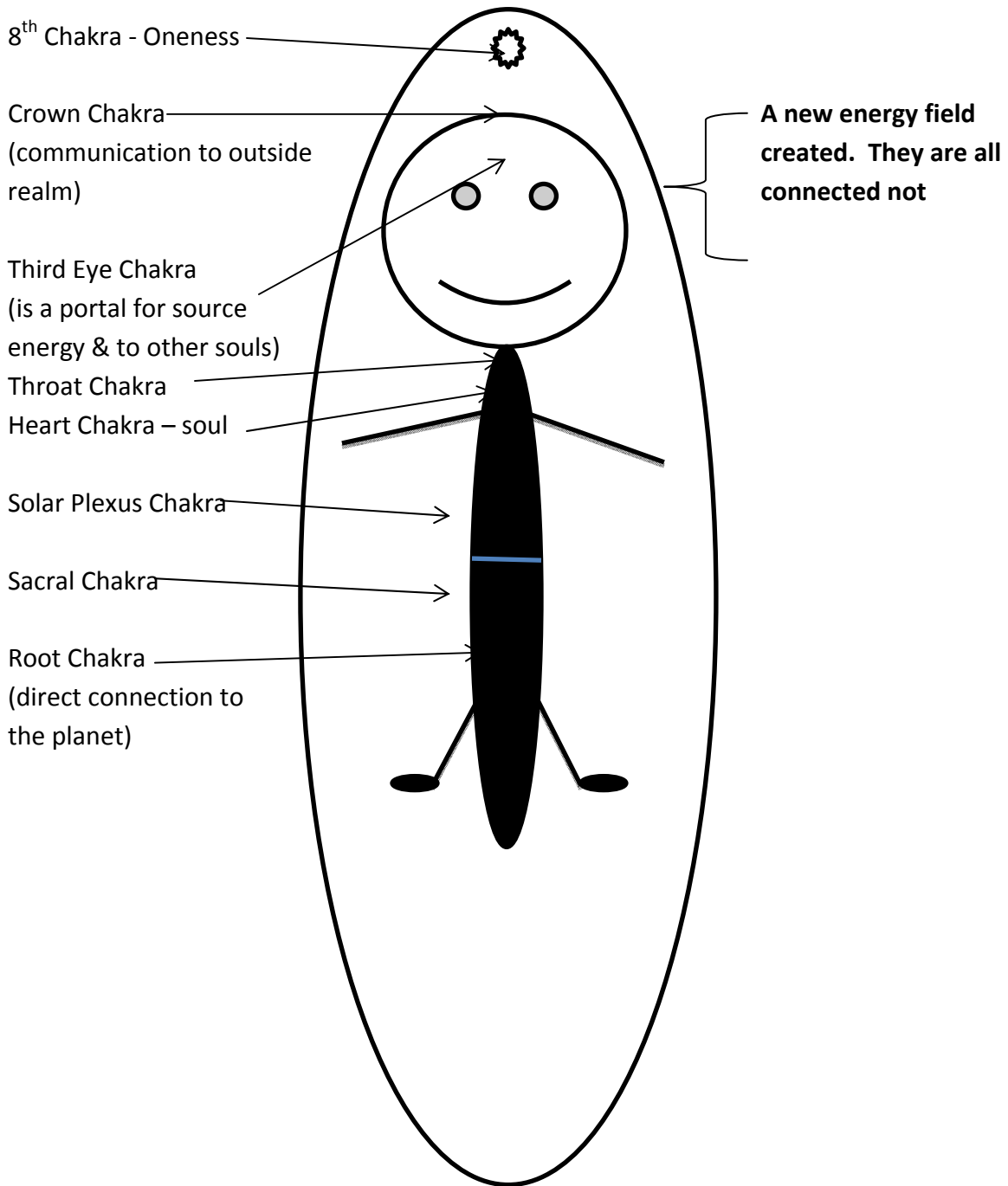


- some things that occurred: Dec 21st a direct alignment – sun at 28 Hz – we’re getting a lot of solar flares – central sun is 210 Hz – every soul got a blast of re-activation – boost in consciousness that has occurred within ourselves – past lives (this planet/any planet) have been retained as a reference library only – sometimes we have to go back to previous lives to move forward – but now we don’t have to go back as everything is coming up in one way or another so that we can use current consciousness to clear
- we broke the pattern of reincarnating on planet earth – before we could not reincarnate anywhere else because we were repeating over and over here
- rapid transformation is allowing the barrier that defines us to disappear – we can have longer experiences – we can experience any age at any time (e.g. 70 year old today, 17 year old tomorrow)
- DNA is being re-activated
- There was a hands-off policy – no other being from other planets can interact with us – they are now allowed to come but will come when we are ready for it – they are not here to save us
- We are in an organic 4th dimension
- 2015 we’ll be in 5th dimension
- our own crystalline state has been reactivated – we take energies from around us that will benefit us
- there is a chakra change going on

○ **See CHART 5 (next page)**

CHART 5

Chakra and Energy Field



- Root chakra was direct connection to our planet
- Heart is direct link to soul
- Throat is our formation – create sound – through sound – how we move through sound
- Third eye connects us to each and every soul everywhere, source consciousness, etc.
- Crown communicates to outside realm – other aspects of self – connected to source energy which feeds the soul
- Over head – energy field of absolute essence
- Exchange right now is creating through heart so everyone is re-connected therefore we are no longer isolated through the chakras
- The reason we are moving forward is because we are being pushed – a collective decision – we need to all get into line
- Next cycle is 1000 years long during which time every single soul will not have to reincarnate again – we will recognize that we are source
- Activated will be unconditional love and oneness that has never been experienced before – imagine reuniting after battling each other for eons and becoming a sharing/caring race with no differentiation between each other (playmates) and everything will be completely available
- The moment we started thinking/living differently we put ourselves back in check
- Nov 28 was the 4th dimension coming in
- Dec 12 was the neutral point
- Dec 21 became slightly positive point
- We are trying to hang onto the way things were, but we're being pushed to change
- In the next 1000 years we will experience the most change ever experienced – are we going to cooperate or push against it
- 2015 – 5th dimension shift – if people haven't shifted enough, they will leave
- 2017 – fully ingrained into 5th dimension
- earth has a planetary grid – there is a certain frequency in each grid – we chose where we would come onto the planet (what grid) in an area that would serve our needs – now we may feel pulled to change, so we're shifting the grid rather than move – poles are shifting too

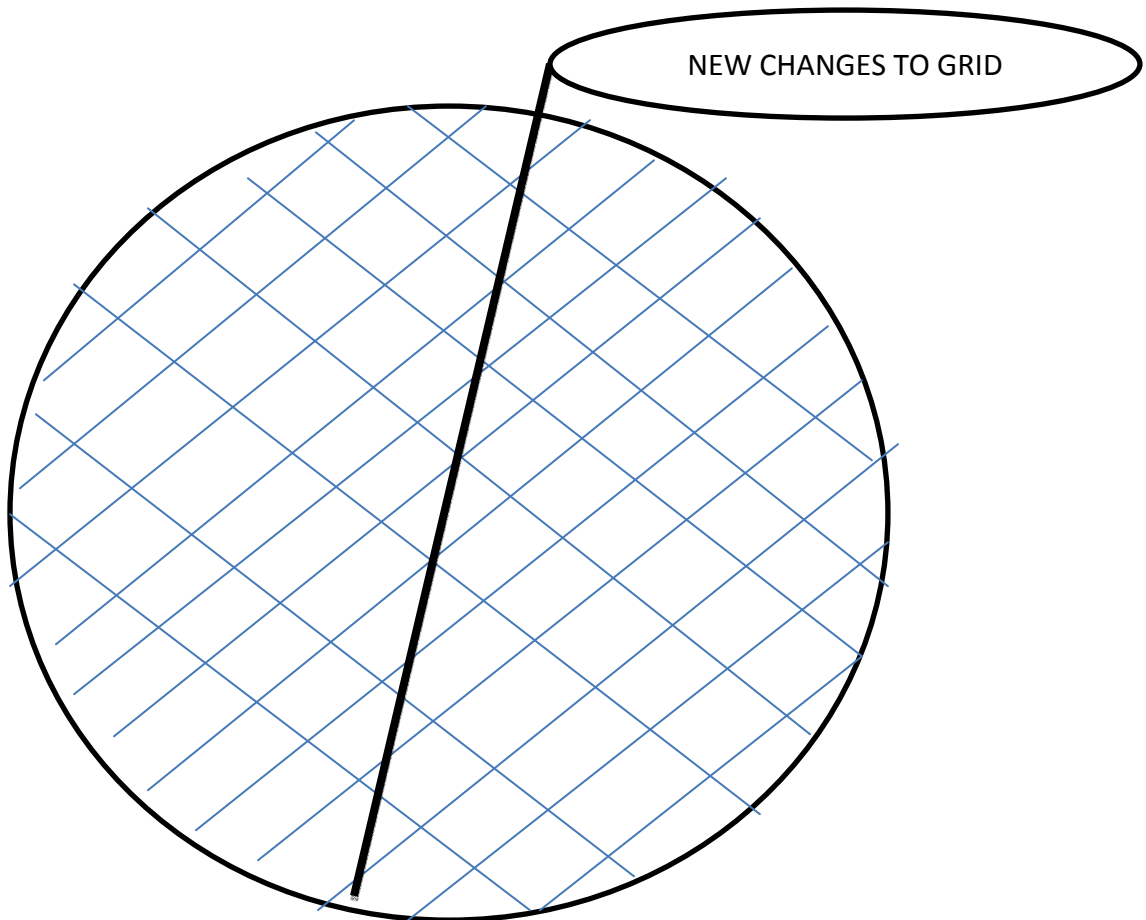
- we are re-activating right now – going from individual evolution/awakening and bringing in all of ourselves now – each person existing on the planet is another facet of yourself – to fully enlighten and return to pure source, every other facet of yourself has to do the same
- we don't even know what fun is yet – we are all limited in our environments – we are being brought back to our original designs...PLUS
- notice we don't eat as much – drawn to better foods – junk food is becoming unappealing – give up video games, etc. – bodies are going through complete realignment – we are re-empowering ourselves – we are all the same, no hierarchy, at the soul level – we are all going back to source itself – we're not going back the same – we are going back experientially rich with individual experiences, all going back to one
- there is nothing to fear – the planet is going through all kinds of changes – we're challenging and questioning everything – look at the amount of information that is available today – now you can make choices
- the sun is a powerful tool to help us – to change the operating system of our body/consciousness
- a lot of current structures will be reviewed and changed as we need it
- the goal is to go fully into 5th dimension
- how do I know I shifted? If you're asking, you have not. You are no longer in drama
- we can switch between 4th and 3rd dimensions until we are comfortable being in 4th
- as we move in consciousness, the material world is no longer as important – will look for opportunities to play, grow and move on – will feel freer and will play more
- we're clearing everything from this moment back, lineages and past lives – clearing means get the lesson, shift the consciousness within it and moving on – this can now be done quicker and more efficiently – release the stories we made up

June 8 - Session 3

- 12th, 9th, 6th dimension consciousnesses grid is overlaid on the old grid (3rd /4th) – it really adds to the fun of it – all the old modalities in the old grid lines will cease to function – we’re changing source codes with the new grids

- See CHART 4 and 6

CHART 6



- as this is taking place right now, it's becoming simpler – we don't need complexity – nothing is really real – we're creating a new stage for the new codes, and we're changing with the stage
- a lot of old knowledge is still being shared but is also changing – old knowledge was put into effect in the stages along the way but much of it is no longer true now – we are re-doing everything – we're not here to bring back the past/old structures – we're going back to some original encodements but different still from that – we're having a chance to integrate from one to the other
- our goal is not to go to 4th dimension – it is to go to 5th – we have a maximum of 4 years to go to 5th – maximum acceleration

○ **See CHART 2**

- who we truly are – we are all source – you are it – once facet of source – source created an experiential realm (a duplication of itself) but the new realm will create 12 strands and each one creates a facet of itself to experience itself in an unconscious state (doesn't remember itself) – then expands into another 12 strands which feeds the previous realm, and so on – split, split, split, over and over again – each with their own experiences – we've reached the final split, each splits only into 2 (twin souls) so that each can have its own experience
- there are soul families – soul mates are souls that have agreed to come together – your twin soul is your identical but both have gone on to their own experiences (on planet/off planet/same time/not same time) – each soul is a recorder that has access to different frequencies of itself – look back and we are just source itself – as each soul/soul family completes it moves closer back to source – we are all working together to complete – in 1000 years the reincarnation process will no longer be needed and all will re-set to a new point
- when twin souls complete they join and become a unified soul – once a twin soul family completes they join and move on up through the 1000 year period to the re-set point
- just because someone comes from another planet doesn't mean they are more advanced – they are still going through the same

- evolutionary process that we are – just because you are connecting/channeling with them doesn't mean they have more advanced/better information – they aren't going to progress unless we progress – we are assisting each other/progressing each other
- channeled information may not necessarily apply to us – there are going to be seeds in the information but we're not here to hold onto whatever was done before
 - we are going from total forgetfulness to remembering and through all the stages back to source
 - what is truth? We all have our own truth – it matches with our beliefs – that's our truth for now – something is truth today but tomorrow truth from the past may not apply – it's always changing
 - we have the power to change for the highest soul level – law of gravity exists because we interpret it as that for now – it's real now until we realize that it really isn't there – everything is made up
 - religions have all these gods and perceptions and so forth, but as long as it creates separation it's not the ultimate truth – we are creating different truths for self – our perceptions of truth are changing – we are looking at what serves and what does not – free to be able to create whatever we choose for our highest order so that we can complete as souls
 - we resonate with things and then the resonation changes – we stay there as long as it resonates – eventually it starts to fall out of place, and we look at change as we are awakening and look at what serves and what doesn't serve
 - all old structures need to be looked at for what needs to be kept and what needs to go – these structures were needed when we were so separate – now...do we need it – e.g. we needed money/government because we needed some structure – now we're realizing we don't need them – they mean nothing, are useless – every one is doing things to survive and not for freedom to do what they want.

○ **See CHART – structures**

- right now we're looking at taking down structures to allow for more fluidity – we realize money is restrictive, so what do we do...lets eliminate debt, shift everything around and then fade it out

- completely – our original design: no-one owns anything, everyone can have anything/everything
- street people, at soul level, are just having an experience – wealthy are just having a different experience – we are choosing now to remove the polarity – are people enjoying what they are doing? – how is what they are doing serving? – do we absolutely require it? – do we need an economy? – third world countries have nothing but are using up their resources – truth is every single soul has access to everything – 90% or more considered as a job is absolutely useless – is a work project to keep you busy so that you can't take time to experiment/play and find out who you are – part of a 10000 year setup
 - many would like to be involved in something that would contribute to community but can't because they have to survive/have a job – we have too many products with marketing schemes to convince you that you need to have things when in reality you don't – solution is to make things that people really need that last a long time – do we need people in China in toxic environments making useless items – we are not lacking in technology/intuitiveness/creativity – we are making the choice to no longer play that game
 - let's make items that are harmonious, beneficial, in tune with nature
 - who do you owe who what? – who made up the money? – it's not real – going back to gold/silver is still the same thing
 - when you're a kid, how many, while growing up, want to be a financial wizard/garbage man, etc. – it's later that their programming puts them into a career – how about coming onto the planet and playing with what you want to do
 - we're going from structure to non-structure – total fluidity
 - medical field is not able to advance because we still have the 'profitable' structure but more so about total control
 - people are waking up and not as controllable
 - if we release the know-how that we have, we will not only cure all diseases, as we connect with who we really are, we will project an experience that we can turn on or off as we want (be healthy/ill) – a cancer cell operates at 15hz and a healthy cell operates at 40 hz – you can send a frequency to the cell which makes the cancer

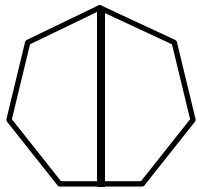
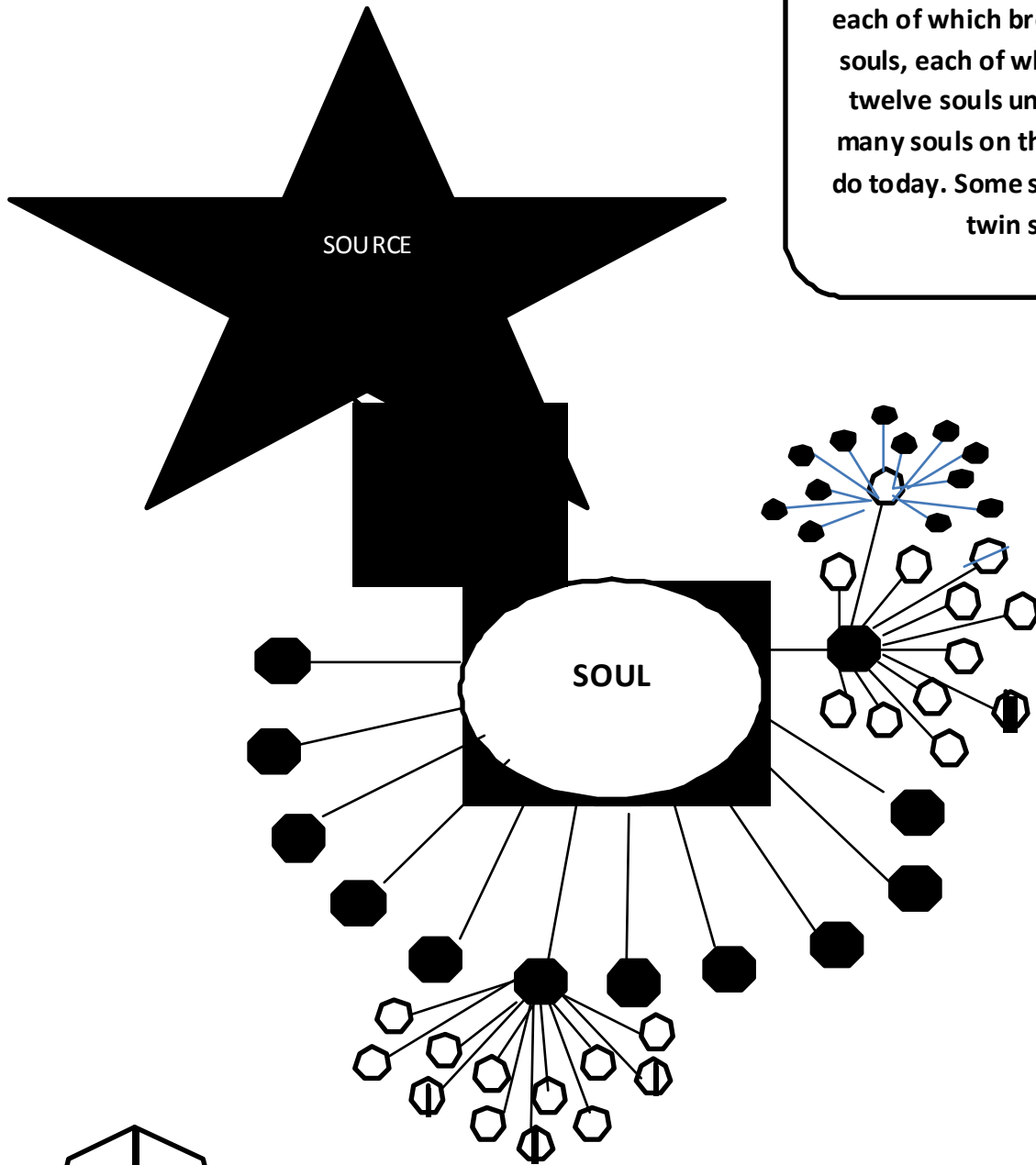
- disappear – you can lower your frequency to experience something and then crank it up to clear it up
- practitioners are using various physical natural methods to cure cancer when all that is required is raised frequency – we can turn it on or off – the knowledge is coming through
 - there is no hierarchy – no-one has power over you – we are all equal playmates at different states of consciousness – we can share with each other another's experience
 - government is supposed to implement equality – the way it should work, if you have a couple lawmakers, they are supposed to improve the environment for this experience of humanity and come up with suggestions (not law) which will create balance and equality for everyone – here are pros and cons – let's see how many will agree then apply the new law until such time as it needs to be modified or deleted
 - a great amount of money is being put into the false idea of terrorists as a way to keep people controlled
 - 8 days of military expense would feed everyone for one year – people want peace/freedom – then why is military needed?
 - Upgrade = unconditional love – every soul is a facet of you – don't judge them – we're not here alone on the planet – it's about coming together and working together to make this family playful – will we have all these issues if we play together?
 - If we're going to do something, how does it benefit everyone?
 - For you to complete your journey fully, all the other partners/brothers/sisters need to do the same – it's not about me, it's about everyone
 - Things come from others around the planet – if you're on an island alone you'd realize that you need people – we are connected to others
 - What purpose does blowing up the planet serve? – everyone goes, including yourself
 - Imagine we create balance and equality for everyone – no-one owns anything – you can fly to Australia in 20 minutes, without burning any fuel, in large comfortable setting – we have this but it's not made available – you wouldn't need to carry luggage, it'll all be there – no need to book a hotel, just go – things are simple

- Everything is made up – this is the way it is today – tomorrow consciousness is different and the world is different
- Economists are concerned about the economy and how to bring it back is very complicated – everyone owes everyone – no-one has money to repay – simple solution: everyone starts off with the same amount of money – you don't have to move anything around – just add it to your computer
- Someone lends you \$100000 – where did the money come from – nowhere – but everyone has to pay it back along with interest – just wipe out all the debt because it's all made up – however, we can't do that because then people can't be controlled
- We have completely clean fuel sources and vehicles that require no mechanics
- Let's create an educational system that allows children to learn at their own pace and that allows them to learn what they want to learn – most of the info taught at school is incorrect/made up – let's learn what we need to know today, not what was historically done – teach them useful/valuable information and give the child something for creativity/advancement then let them go out and play/come up with brilliant ideas/better reality/have fun.
- All institutions were made up for limitation/restriction – for the first time we are looking at everything and seeing them differently – that's no longer how we operate – concern: without systems in place = chaos – we need to make adjustments quickly
- How much food in grocery store is real food – not much – let's focus on what we really need – as our frequencies improve we'll need less and less food – our bodies will adapt – it's only vibration – breatherians are surviving – drop judgment about what's right/wrong – go by how you feel guided and allow the body to lead
- GMO's, drugs, vaccines will be exits for the soul to use but if you aren't exiting, you can eat food with the cancer codes and not have a problem with it
- Anyone who leaves the planet right now have to have codes removed before they can return to any other planet – people can stay in a 3rd dimensional planet but it will be an inorganic planet, not this planet – people who have been cleared after leaving the planet can come back after 2017 into the 5th dimension

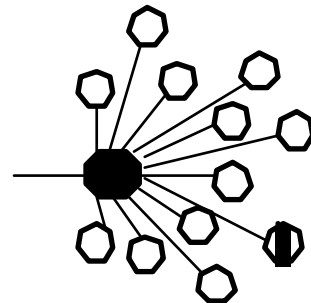
- As we go through the changes here we will see fear accentuated – family and you will be going through scenarios as things come up to the surface – your world will feel unstable – you need to let go or get pulled into it for a while until you can let go – you are serving yourself at the soul level – you cannot have any experience that you haven't agreed to (at the soul level) – you may have issues with the family – they will push your buttons to help you detach from all that we have held onto – we must flow with life – if we don't it will get very bumpy
- each major phase going on in the earth will create a lot of release of negative energy – more unsettled weather, earth quakes, different events – you will only have the experiences you need – if you don't need an experience, something will happen to get you out of the area
- genetically we are all equal, playing with one another – even beings on other planets – we are shifting each other – not carrying one another
- we are restoring ourselves to source – no longer identifying yourself as a physicality only – need to not identify with male/female – not identify with “I am this”
- re feminine energy coming back to the planet – not a natural state – we have been more in the masculine aspect – we will be ending up in neutral – source does not have male/female – we're going through a balancing to neutral
- the soul has a hard time attaching to male/female – it just chooses one to have the physical experience it wants to have – it also chooses the race because the male/female role in each situation is different – just an experience
- if I don't have definitions (male/female/this/that) then who am I? – the more definitions you have the more limited you are
- your vibration, star signs, etc., are changing to the point that it doesn't matter any more
- there are 5th and 6th dimension people on the planet right now – light workers, etc, here to assist others
- all modalities were created in difference consciousnesses

WHERE SOULS CAME FROM

Source broke off into 12 souls, each of which broke into twelve souls, each of which broke into twelve souls until we have as many souls on the planet as we do today. Some souls broke into twin souls



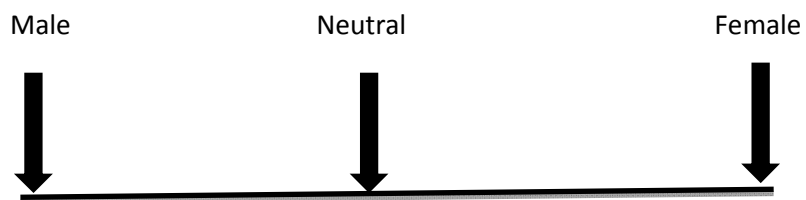
TWIN SOUL



SOUL FAMILY

Twin Soul is a soul that has split identically. The soul has decided to have different experiences. May not be on the same planet at the same time

MALE AND FEMALE ROLES

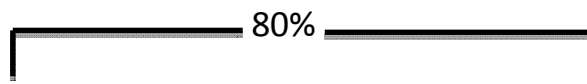


This doesn't impact on our physical form of male or female, in the future male and female energy will mix and neutralize each other.

Source is not male or female. The reason for polarity has been to experience things differently.

HOW DOES THE “UNIVERSE” WHICH IS US, MAKE DECISIONS?

BEFORE:



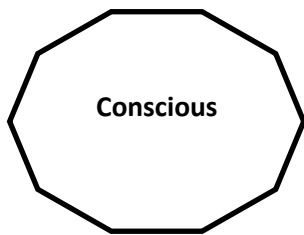
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NOW:

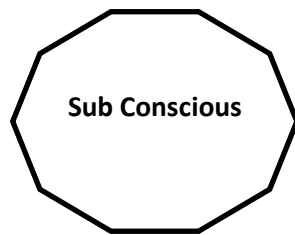
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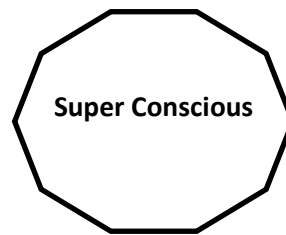
The soul is in charge of making all decisions (eg what to experience)*



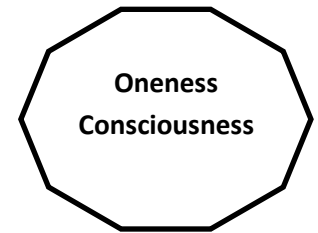
Spontaneous conscious thought



Deep rooted belief about yourself based on your experience



The soul came to have fun and create



Increased Dec. 21, 2013
-what is in the collective highest good will come to consciousness
The question is “Does it serve the greater good?”

*The soul has a list of what it wants to experience to grow. All choices are based on whether the experience will help the soul to expand.

June 9 - Session 1 - guest: James Who - Feng Shui master

○ CLEARING

- Change has been occurring since Dec/12 in the kidney
- Ask for energy exchange
- Whole universe is one gigantic energy field – we are individual – by saying “no me” it brings the barrier down around you and experience an emerging with the universe
- Mid January it changed to the liver area
- Recently the lung area
- Next energy exchanges are yet to come
- Raise left hand in air – aim index and middle fingers on the right hand at the left palm
- Cell phone has different numbers – universe has different numbers – you have your own number
- Put your hands down by your side, palms facing ground – feel air movement – that is universal energy – focus on fingertips and feel vibration from fingertips up through arms to centre of chest – those signals are for you only
- If you want someone to do something for you, think of them and make a connection with them
- Question: yawns during clearings – what is that? – Answer: subconscious mind doesn't want you to go deeply and it prevents you in this way – better way is to concentrate on breathing slowly in order to control conscious mind – signals come through the fingers and goes to the spine but hits conscious mind first – breathing puts brain into less interruption and puts organs at rest
- Whenever we get close to anyone we have energy exchange – when talking with someone on the phone and their energy is low, we feel their low energy – to stop that, step backward to build a barrier and stop communication – or put thumb on middle finger and close hand into a fist to stop energy exchange from the outside
- Must have both nostrils breathing evenly – hold one nostril closed and breathe – you'll notice that side feels tight and closed down – turn head slowly to one side and then the other to find which position opens up the side that is blocked more than the other

- Human and universal energy has no distance between them
- Quantum Touch doesn't work on oneself because you get used to your own energy
- palms are negative, fingers are positive – left negative, right positive, front negative, back positive
- Feng Shui may be better done by feeling the energy with the palm of the hand rather than by patterns laid out by other Feng Shui modalities – as you hold your palm toward a sofa (for example) and it feels good, then the location is good for the person doing the Feng Shui – it applies to the individual within their own home – same placements do not necessarily apply to all people within the same space
- Place middle three fingers on forehead between eyebrows and middle three fingers on Adams apple area of throat to release deep issues – this sends energy to hypothalamus and thyroid(?) to bring up deep emotional issues that you have forgotten

June 9 - Session 2 - Franco

- eGO Programming
- energetic blockages in the body are created by emotional charges – if you are in someone else's space, step back to disconnect from their negative energy
- when in a medical centre, if you are not in a higher energy you can pick up lower energies
- you can also walk through a medical centre and be a beam of light and can potentially affect others positively, maybe even to the point that they feel they don't need to be there
- we are connected to planet, every single life form, brothers/sisters all the way back to source
- there is no 'me', we are everything anyway – we are in a pool of energy believing we are an individual part but not separate in reality
- we are not clearing anything, we are creating a shift in consciousness
- we have created a whole concept that this is a negative experience and are therefore creating/feeding that concept – and vice versa – as an expanded soul we no longer have good/bad experiences – we

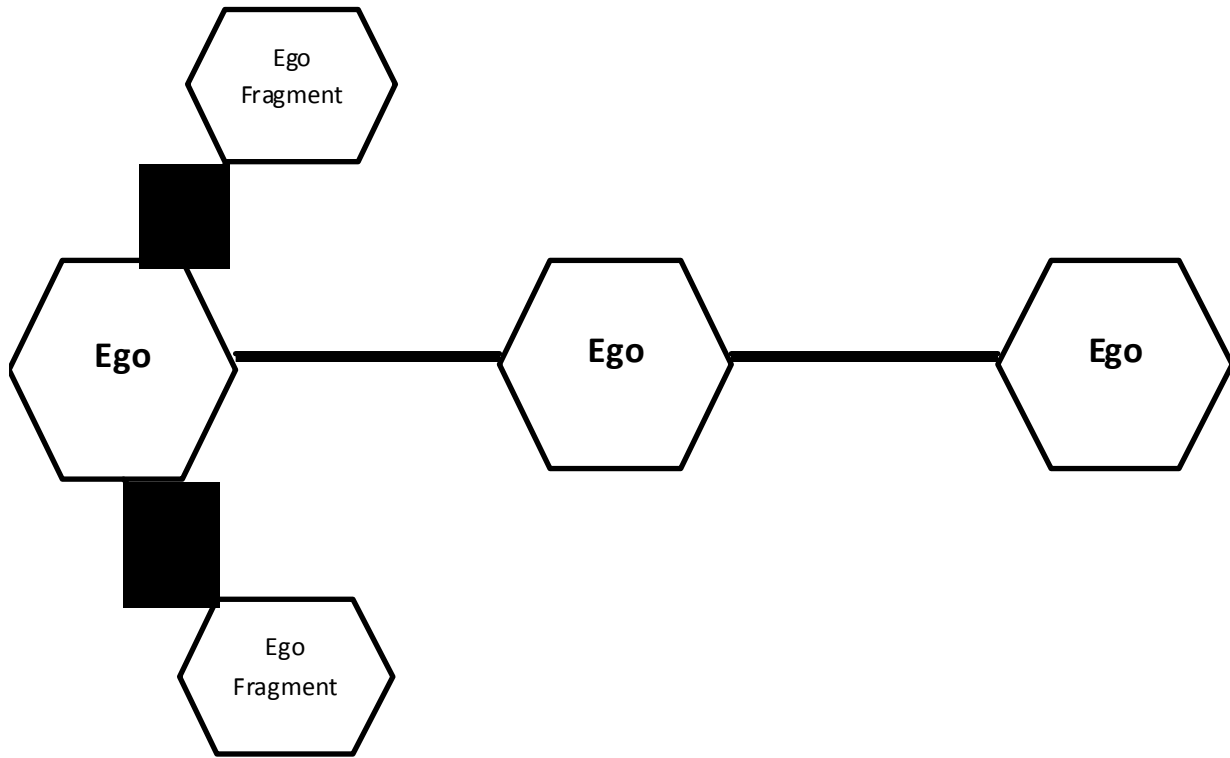
- have neither – we will be able to experience all situations but not get caught up in it unless we choose to do so, temporarily – in an expanded state we will be able to mix the two experiences and play freely
- we have our ideal world, it's fluid, it's free, doing whatever you want to do
 - realistically an experience is just an experience – e.g. if bullied as a child, if we had no definition of that experience, we wouldn't know the difference – we wouldn't put the equation together to describe it as a bad experience – you might find it interesting and decided to do the same, but it would all be in the form of playing
 - how many people are having a great experience but they complain about it – in their eyes it's not interesting, based on their perception of it
 - everyone wants to shift from negative to positive – how do you shift to positive and remain positive, affirmations, etc., and then have an experience that was 'negative' and then justify positive aspects to keep the experience positive – we are meant to be in neutrality, our natural state, which means you can play in the polarities and return to neutral without hanging onto anything – we won't define it
 - spiritual people are looking for the meaning behind everything – why is that happening? etc. – there is so much attached to "it" – there must be a reason – then we have to go through a healing process – all we're doing is shifting from one process to another
 - how does it feel when someone says you need to heal from something and how does it feel when someone says you are shifting? – there are stories attached to healing whereas it feels better when you are just shifting (no attachments, no fear) – we shift the way we look at it and the need to do something about it
 - illness/stories generates sympathy/attention, etc. – ask soul do we need to do projecting or do we shift and let go
 - what is the role of ego? Stories around ego, we need to shift ego, and so forth – ego is our friend, has been for a long time – it used to be self-regulated – fragmented itself and now we have 3 inputs that kick us along the way – it gave us our own personal entertainment
 - ego that identifies us
 - lower ego has all the stories/experiences

- we're having a last kick with ego and as we raise consciousness, ego is no longer necessary – as we become one, we don't need stories and free ourselves to play freely – lower ego becomes less and less useful and phases out – at some point we will not need to define ourselves through ego
- ego will now expose yourself to the underlying stories for clearing – it's our friend in this case
- we will become re-empowered with who we are and have the experiences we want
- some people find ego in the head keeps one entertained but people now want to navigate their own journeys
- look at the programs, and understand that we are infinite beings in a physicality, experiencing through our programs (parents, religion, etc.), how to play the game – the more programs we take on the more boxed in we become – as pure potentiality you have the ability to experience everything – by taking on programs we become smaller and become a product of conditioning – ego feeds off movies, advertising, programs
- the process right now is to dissolve programs – as we go through changes, the things we are hooked on, with the shifting going on, we don't resonate with the game any more – we see things more clearly and question whether we need this 'stuff' – we don't want to play the game anymore and let go, making changes – now we see beyond it and push away, let go of programming/weaning off
- can now visit family and not relate with them anymore – they are talking about the same things/traditions – but rather than go along with it you question instead – there goes another program
- each time you drop a program you're expanding
- in the case of a pain coming up, an old blockage, you put no energy on it and it will disappear as you release/let go the stories attached to it – oh well, and move on
- each one of us is expanding source – no maximum level – we're always in progress – we never 'arrive', there's always more
- ego mind says you never have enough, even when you already have everything
- the true essence of who you are is always open to experience more – not due to dissatisfaction – but rather to play and see how much

further we can expand ourselves for the pleasure of doing more –
there is no 'need' to do anything

- **See CHART (next page)**

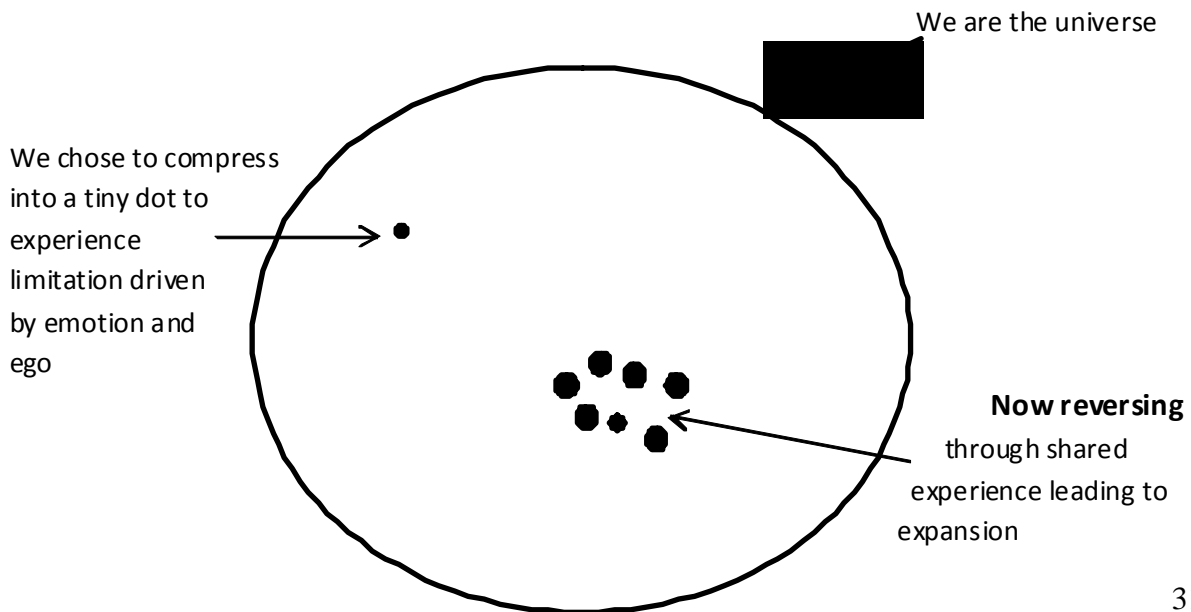
CHART EGO



Ego serves us, makes life interesting

Is the EGO running us or are we making choices?

Lower ego creates stories. It will be phased out in 4th and 5th dimensions



- we've experienced limitations, compressed to a tiny little dot – now, let's reverse it and expand from that dot – this is what the process is all about – taking down all the boxes we've created around ourselves and expand to become the vastness, non-limited physicalities – we are using a small fraction of what we can do – we can really feel/experience and even shape shift or whatever you want to do – we are re-connecting with all the other little 'dots' (souls) and expand each other, growing at the same time
- we signed up for all modifications all the way along and now we want to re-connect with everything by getting rid of all belief systems, programs, triggers, etc.
- e.g. a traumatic scenario happens, and we create a story which created a lesson which was on list of things the soul wanted to experience – at soul level all situations are agreed between souls prior to the physicality in order to experience items on the soul's list – then once in the physicality, the ego feels 'hurt' and creates more stories/programming for moving forward in life and creates the victim to play
- we are currently unraveling all that – the truth is we had an experience – now let's look at all the stories and let them go without judgment
- the moment you're done with an experience, you get to the point where it's just an experience, am I done with this, there's no emotional reactions/tugging and you get to the genuine love and state of peace/oneness – the need for ego/facets disappears
- during a clearing, for example, someone has fear, you accentuate it/feel it/pump it up, deflate it, get rid of it but the story still remains – then you need to ask what are you afraid, going deeper and deeper, find out what it is and then look at it from a neutral state, and when you can see it knowing you are everything that is, comes the understanding that you chose the experience and then question whether you need to hold the experience, then don't need it anymore and then release all concepts, belief systems, etc., and collapse the story/activation point – comes re-empowerment – the process grows shorter/quicker/easier/simpler
- see all this as a game – keep it easy – regardless of what your mind projects as an experience, this is a light show that you are fully in

control of – as you are shifting, it is much easier to change because all you're doing is shifting – if you don't like what you're hearing on a radio station, all you have to do is change the channel – same thing...shift your experience – change one thing for another – isn't that easier than trying to 'fix'? – when it's neutral, it's easy

June 9 - Session 3

- can we delete/ignore/cancel our programs – we can when we take the charge out of it and learn the lesson – right now the soul's desire to expand is not going to take delete, we're not storing anything – get the lesson from it so we can grow from it and then we can release from it
- forgiveness in itself is a loaded program to start something else – the moment you are forgiving, the consciousness behind it is that someone did something wrong to me and I forgive them for what they did – it's a live coal – they played the exact role that you wanted them to play and you even gave them the script – you made an agreement at soul level – how can you forgive someone that did you the biggest favour that you asked them to do? Instead thank them and then it can be let go once the lesson is learned – at that point you can let that file go away
- questions about using other modalities (crystals, dream states, smudging, etc.): healing modalities...most are becoming ineffective and have to transmute also because we are working on a different vibration – modalities need to be upgraded – don't hang onto a specific training – just open and allow the energy to flow through you and you will automatically be upgraded
- if you feel you 'need' something, it could be the ego mind speaking – but if you feel called to have something done, then the facilitator may be able to transmit the required frequencies – eventually you will be able to do it yourself
- we need to let go all the rigidity of the modalities – vibrations required to make a shift require changing – hence old modalities won't work

- re crystals/skulls – some can take energy from people to re-charge itself – how the items are made are influenced by the people/situations creating/charging them – if low frequencies were available at the time, then that's the energy you will feel from it – the sun will recharge crystals – the crystal will only store the energy around it – don't become reliant on them – instead, go into the low state and decide if you want to stay there or not, then decide and make the change yourself
- the more we clear the more our crystalline state increases in vibration...tunes itself – our crystal is a liquid crystal because it is constantly transmuting – the more we let go, we are tuning our crystalline state to a higher level – the beauty as more people retune the higher the frequencies
- magnets/ion therapies: we are all magnetic fields – it depends on the state you're in – some devices, depending on the intention they were created, may help – you can help yourself
- June 21/13 – a powerful month – we've had several streaming encodements – people are reacting differently – it's pulses of encodements and is boosting the oneness consciousness within ourselves – higher selves becoming in a more awakened state – conflict with ego – shifting back and forth – just go through and allow all that to take form – there was a small pulse on the 5th ...another small pulse on the 15th and a large pulse on the 21st, creating an attunement within yourself – may create more polarization and bring stuff up for you – things will come up even easier – emotions purging through you – this will be accomplished through pulses
- We've had 3 activations for oneness
- January was busy with pulses
- Aug 8 – the last pulse of fully grounding the planet in the 4th dimension consciousness – pushing us to the point where being in the 3rd dimension will be unbearable at which point the soul has the choice to leave and a modality will present for that to occur – if you leave you will return in 5th dimension consciousness either on the earth or onto another planet
- Regarding cutting the chords with an autistic/ADD/ADHD, etc., child – the chord is your emotional attachment/sense of responsibility that binds you to the child – you can cut the chord – allow the child to

- have the experience – the child will know it is the child’s experience – the child is in choice as to whether it will stay or not – it does not matter how much intervention parents/doctors, etc., give, if the child’s choice is to leave, it will – it doesn’t matter how much intervention is given, the child that chooses to stay, it will – the moment you believe the child’s life is in your hands, you thicken the chord – but, regardless, the decision is the child’s soul
- A caregiver will facilitate the child to keep the child comfortable but they are not caught up in the having to make them better – this is the attitude parents required
 - Re: crystallization of the pineal gland – while we are in this state, our diets/exposures create alterations in operation of our physicality – be at ease with all that is going on – calcium is only a frequency – there is no such thing as organic – when consuming it, don’t get into conflict about what is going into your body – *be open to how it will sustain you* – you will be drawn to the food you require – don’t declare that you can eat anything you want as that will have the opposite effect – go ahead and clean up your diet but don’t make it into a ritual or anything heavy and intense – the calcium that builds up is only held on by energy – the moment your frequency changes the calcium cannot be held in that spot – of course we need calcium elsewhere but it won’t be held in the pineal
 - The point is always follow the ways where there are no attachments involved – if you follow because of a fear factor, then it will not be beneficial
 - Whatever causes separation needs to be released – ask what will facilitate oneness and follow that
 - Opportunities are equal for every soul on the planet – if you want to go to the other side of the planet and haven’t the resources to physically go there, then go into your mind and focus on where you want to be and you’ll be there
 - If you can’t move then the grid will move around you
 - The earth is 13.4 Hz – where will we be at 5th dimension? – 15-16 Hz
 - What are the boundaries between the dimensions? It’s a vibration we operate at – you are accessing a higher vibration/consciousness – 4th dimension, we operate and see each other more as one – 5th we connect more as one and see me as everyone – what’s important is

- the consciousness – we will work more together – 5th is “I am not this physicality, I am source experiencing in a physicality, I am non-definition”
- Aug 8th the earth will be fully in the 4th dimension – there is no continuous drama in the 4th dimension
 - Why would a husband of 3rd dimension not move ahead with a wife? Because you have agreed to play that out – he may not be ready to shift – his role may be to push your buttons to move forward
 - The soul wants to get as much as possible out of the situation – during the lessons it wants to experience, it may get so ingrained that it can't progress – the control structures are in place right now, you know that when you come here – the soul knows it relies on the body and mind to do what it wants – now we pollute the body to compromise the mind and body – the soul feels trapped to the point where it can't make any progress, and after trying to see if it can help others (pushing buttons, etc.), when it can't, it can check out
 - If everyone got on board, see how fast things could change – everything would be at ease – no complications – a clean slate
 - Aren't there universal laws? Once you tap into source you find unconditional love energy with no rules
 - We all desire the same thing – we all want to play freely
 - Let's stimulate the economy – how? – create new jobs? – doing what? – pushing papers? It's all made up/not real – let's zero out all debt

June 9 - Session 4

- Does the universe ignore negative language – law of attraction, manifesting, etc. – I’m not good at it – correction: you are all absolutely magnificent attractors/manifestors
- subconscious = our thoughts – based on our perceptions/judgments – deep-rooted belief systems/programming, etc. (thus far) to use as a reference point to project into your life
- super conscious = soul – which says we came here to have fun and do whatever we want to do/accomplish
- oneness consciousness = what is the collective highest good to bring into conscious experience
 - **See CHART**
- The soul says it doesn’t matter what you want to consciously do – your soul is in charge, and no matter what you want to do, the soul has final decision
- We have a delayed creation in the 3rd dimension which is a safety device – in 4th and 5th dimension, things will be created much faster
- How much power do thoughts and words have? Not much – if you continue trying to change things with your mind, against what soul wants, you will have a much rougher ride
- Thoughts are just programmed response – so if you want something in your life, doing visualizations, forcing the issue, etc., if your soul agrees, you can manifest; however, it may result in a challenging path to the lesson – any role you take on means nothing to the soul; however, if the role will accomplish the lesson, then you will play the role
- In a short life (a child), sometimes the soul comes to stimulate change in others and may accomplish one or two items on its list while it is there

www.i-uv.com – Heather Ann was a high-powered lawyer in financial law and became very averse on how corrupt the system really is – she had the

skills to do something about it – on December 25, 2012, she made public documents on making all governments, banks and corporations foreclosed meaning all debts are unlawful – she is leading a team of trustees to make this happen – structures are tumbling – look under foreclosure flyer – this makes every person equal and responsible for their own actions – she is definitely assisting – go to everyone with great love because everyone is yourself – take the flyer to your banker and ask them if they know about this – she has closed all debts and made the collection of all debts unlawful – she is big on complete transparency for everyone to own – the flyer is for education – there is a courtesy notice that is to be used to serve to credit card companies should you wish to take that route – educate others with love

- debts...all this is to show you steps are being taken – this is one that is very powerful – this was done through the system but the system is not real either
- in actual fact there is no higher authority and no-one else is in charge of our life – we are all in one field together
- Heather took the rules of the structure to take the structures down – the people at the top realize the gig is up and have pulled themselves out of the system
- The minute a child shows up on the planet it has the same ‘rights’ as anyone else on the world, be it a president, queen, etc.
- Creating debt to earn a living on the planet – parents have to sacrifice for the child until the child can play the game of earning a living – it isn’t even a game that is fair
- Heather has basically created a balance – this is one step to reverse all this – use this information to get informed/educated thoroughly before taking steps
- The people working in the financial industry don’t know about all this – the higher ups will claim this is all a scam so don’t stop mortgage payments unless you are in complete neutrality over the process/outcomes
- For any structure to be in place, you have to give it power – if you keep seeing yourself as powerless, the system will stay in place – but if you see it differently, intensely, the system will fall – everything governing our lives is an illusion – we are taking the power out of it

- by expanding our consciousness – when we are all one, structures can't stand – which is what happens in the 4th/5th dimensions
- With parents sacrificing everything for their children, when is anyone ever enjoying themselves – we need to get together and decide to stop playing the game – if enough people do that, we have the power to change – a shift in consciousness changes everything
 - There is no hierarchy – there are no masters either
 - For us to upgrade our planet/experience, it's each of us playing our role and we will change it altogether – as we change the consciousness for the collective, we change it for everyone around the world – more and more people are getting it – as you experience it yourself, oneness consciousness streams it to everyone else, causing a rippling effect
 - Changes are occurring each minute – much faster than over previous years
 - Many kids coming to the planet now are questioning everything – kids for quite some time have been questioning and challenging roles to stir things up

○ **GLOBAL ACTIVATION**