

# **IS EVERYTHING REALLY OK?**

**Q & A**  
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With

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F (It’s great that we can have these Q&A sessions because then people can share what’s going on with them, and then everyone can have some insight into others’ experiences.) And then they’re not just hearing (the message) from us, but they can also hear what other people are going through.

F Because we’re all here together. We are all assisting each other. We are all going through different experiences, that’s true, and there are not going to be similar experiences because we are all on different experiential realms and we also have different purposes and each soul has different lessons that it wants to learn. However, there are some commonalities with various experiences that are going on.

F But we get isolated. We’re in the world and we are playing with a lot of people but the people around us with whom we are playing...a lot of times what happens...they are still in the “old world” and they may go through different experiences and so forth, but it’s not viewed the same way. If they have a physical problem or something medical, they may not react the same way, or if there is something emotional they get into the blaming, the drama, and all that stuff.

F Especially now with things just really, really intensifying on all levels. There are certain intense experiences that people are having, and to hear from a community that are going through their own personal experiences and what has happened in their lives...and not so much all the details...but what’s happening in their lives and how the transition to the next step looks for them...it gives some guideline or at least some understanding for others who are just getting into it or who are right in the depths of it. And also they then have the feeling that they are not so alone...that’s a big thing.

F Because people feel that they are going insane and everyone else is OK. Maybe not OK in the sense that they are perfect, but in the sense that, “Well everybody else is just moving on with their lives but my life is going down the

tubes,” or something like that...or at least that’s what it looks like with all this stuff that’s coming up for them.

F So that’s why we like to do these Q&As because it’s a community effort here where we’re assisting one another. So the sharing will also contribute to others’ understanding too.

A We’ve had a lot of questions coming in and there seems to be a general theme: a theme of feeling restless, a theme of, “Things were OK in 2012 but now, oh my God, what happened? Things have gone downhill,” in terms of old stuff is coming up, old emotions are coming up...a little bit of everything. And still others who are feeling OK.

A A lot of people have found that a lot of fears are coming up, but we have a lot of feedback that the Clearings are helping a lot....and that’s great...keep using them. We’ve had questions about, “Is there one specific Clearing that now should be done?” And the answer is “No.” Just listen to your own Inner Guidance (as to which one you think you should listen to at any given time).

A The Clearings are there for you as tools. The reason the Clearings are there is to help you shed your own veils so that you become more in tune in listening to yourself. As you do the Clearings, just check in with yourself as to, “Which one will best assist me at this time? Is it better right now to do the Clearing on Fear & Entities or does it feel better to do a Detox, or does it feel better today to do a Releasing on Fear of Authority and Guilt and Anchoring in with your True Self?” Just check in with yourself as to which one of the many Clearings we have available is most suitable for you at any given time.

A We don’t want to tell you which Clearing is most suitable for you at any particular time. The Clearings are there to assist you. We don’t want to create a “system” for you because that is very much a 3-D way. You know, “Give me a system. Tell me 1, 2, 3 what I should do and when I should do it,” but that’s not what we are about. We create the Clearings as we are guided to because that’s what we feel is most imminent and that’s what we are tapping into in terms of what we feel can best serve you so that you can access the Clearings, do them yourself, and then see what you need to do to move forward.

A The Clearings are ultimately there to help you release veils and to always be able to hear your own inner voice stronger and stronger.

F And one thing I find is that people, when they are going through some intense stuff, they run to and create a dependency on the Clearing itself to get them out of that state. But sometimes the states have to be really experienced and layers have to be cleared.

F So when you are going to use the Clearings, set the intention, “I am here and

ready for myself to experience whatever and clear whatever I am ready to clear." So before you start the Clearing, go beyond the fear of it in the sense that, "I've got to do this! I've got to do this! I'm having all this anxiety!" The first thing is to breathe and relax with it and then say, "I am now ready to address my anxiety," or whatever it may be....whatever you are experiencing...and make yourself open. So that when you are doing the Clearing you are not going in with that anxious state or that "dependency" that this is going to solve your problems. It is going to assist you...that's absolutely true. But don't go in to it with the attitude that, "I've got to do this!" Instead, go in with the attitude, "I'm taking layers off. I'm assisting myself to do this." And then it is very powerful. But at times people use it as an escape or "run away" to it. And I'm not saying that it still doesn't serve to some degree, but it limits what it can do. It's like anything...if we're using it as an escape or, "I've got to get rid of this," ...

F Because there's also this other thing...an urgency where people just want to clear everything and just fly through life. As much as that is expected in the sense that, yes, that would be great, however, we have to understand...and this is very key... because at times you are trying to clear certain things and you remove some of it but then you notice that you have a "setback" or something of that nature....or sometimes it can be harder to clear it...You have to understand that there's all these things that we have been programmed for and so forth....because right now, with all this new energy that we are in, in 2013...because 2013 is a powerful year...we were prepping for the shift, but now we are already *in* the shift! And the energies are totally different.

F And with the energies being different, the old stuff is really hard to keep in place right now. So when we're going through these experiences we're digging up stuff from past lives, we're digging up stuff from lineages, we're digging it up from everywhere. But, at the same time, when it's coming up, it's not about clearing it all right away...it is for us to learn something from it.

F So as a certain fear comes in, you're not only going through it, but also ask yourself, "What is the lesson behind this? What did I not see or understand at the time I *did* have this come into my life?" whenever it was...whether it was this lifetime or a past lifetime or something we have taken on from our lineage. So you can ask yourself, "OK, what was my lesson here? Why was I engaged? Why is it so powerful for me to fear (whatever it may be)?"

F And when you ask, you are asking your Higher Self. You're asking your Self...and then see what comes up.

F And if you don't get an answer right away and you are still caught up in the emotion of it, then go into the emotion, feel the emotion, and release the emotion. Then you can just feel, "Ok, what do I need to learn from this? What did I miss? What did I not take in as an adjustment within myself?"

F Because anything that we've created in this lifetime or a past lifetime, all of it has created a perfect space to serve us. So in some way or other it has brought us to a point where we needed to have that experience, for whatever reason. Because each soul has its own experiential path and it has a list of things it wants to do. So even if we experienced it in a past life, we need to go in there and see what the consciousness was at that time...the way we were looking at it, and so forth.

F And it doesn't have to be that complicated. By just going into it and asking the question and you will be able to see it. And when you see it you can say, "OK, Great!" Then you can go in and say, "OK, I'm here to release all the belief systems, programs and so forth around (whatever that situation may have been at the time). And now I understand that in my view of the way it was before, in this particular experience I no longer need this. But I now understand that experience served me. But also my lesson was to be fully my own self at that time. I did not need to feel imprisoned or feel that had I known that consciousness at that time. But at that time that was my experience which I needed to achieve the higher consciousness that I have now."

F So you play with that. And you are removing layers. And sometimes you can't remove something because it is linked to other things. So you just have to play with it.

F And this is the key here...you have to play with it. Don't take it so intensely personal! That becomes a real challenge for people because...like anything that we experience...even in our day-to-day events and emotions...or anything that comes up from the past...they are just projections, they are just part of an experience, part of the "staging" that we created. It was always there so we could play and learn from it.

F When we were in the "old cycle" ...the reason that we experienced such powerful intensity and seriousness and seeing it as something like "life and death" sort of thing was because that's how we were learning before. That was the encodement and we were in polarity at that time. We were also in a state where that intensity had to be there in order for us to get that learning. But we are not there any longer.

F Some of that stuff is still playing out in the sense that we are still caught up in the mind program believing that we think we need to have difficult situations in order for us to make a change in our life. But the only reason that the soul will bring up any intense situations is because it's not getting it by any other means.

F You see, right now the souls have connected with this energy. And they realize that the frequencies within which we are operating right now on our planet and in all that is being blasted down onto it, and the changes that are occurring around us all the time, the soul sees the opportunity for so much growth to be done. Growth that would have taken many, many, many, many lifetimes can now be done

in such a short span. So it's taking the opportunity to clear everything possible.

F But the clearing is not only clearing; it is also learning from all that it was not able to learn when it was in a locked-up state, when it was in a frequency where it could not see the bigger picture.

F You see, a lot of times we have experiences and there is a beautiful powerful lesson in it. But we get caught up in the drama, we get caught up in the story, we get caught up in all the emotional components and make it so personal, so intense that we miss the whole thing! And it's like when someone gets all caught up and gets all emotional and so forth, and they can't see the beauty of what's there and to see that, "Ah! This is my opportunity to learn something here. And I've just created this for myself so that I can learn from it!" It was not seen that way. But that's how most of us have reincarnated and experienced that. Because the energy did not allow us to see it at that point in time because of the collective, the matrix and everything else that was in place, and the maturity of the souls. I'm not saying that every single soul had that same experience in those times, but the majority did.

F But *now* when you're looking at it, your soul is now able to bring up all this stuff...of course it is experiencing it through the physicality and the mind, so, yes, it looks real to us. These emotions are coming up and we're feeling them, we're learning from them.

F But the good thing about it is that now it's not so sticky, it's not something that you're going to take on and it's going to take you 10, 15 or 20 years to purge it...or even maybe two *lifetimes* to purge it through...this is now happening *very quickly*. And many have experienced stuff that comes up with some intensity but then it's gone within a day, or two days or whatever it is...sometimes even a few hours or a few *minutes*. So it's really going through right now...

F And the soul and the energies are not there to "clobber" us or knock us down and take the wind out of our sails...it's not there to do any of that. And there's no "punishment" or deities or anything of that nature that says that you need to go through all this stuff because of all the poor choices you may have made or because you may have "sinned" or done something "wrong" or you have this karma that you need to clear, or any of that stuff. Because none of that exists. The karma, for example, was gone a long time ago.

F It's none of that. It's just that the stuff is now coming up to experience it and to purge and clear it. That's it. And the experiencing it is to experience it, to learn from it, to take the gem out of it...which is the lesson or the purposeful enlightenment, or the purpose behind it...and then move on.

F You see, everything now is fluid...it's moving in and out, in and out. It's like the breath. So here we are, right now, we've become a more active creator. As an active creator we create now, we bring in all the stuff that we didn't address

before...and that's why we're saying that there's no "punishment" ... it's not that, "Because I didn't take care of it 10 lifetimes ago or two lifetimes ago, now I've got to pay the price." It's not about that.

F It's only about wrapping up the stuff that I didn't take care of. *That's all it is.* And it's key to understand that!

F There are some teachings that talk about other stuff and all it's going to do is track you into another belief system. Because if you go in there thinking that you're being punished then you're locked up in a low-vibrating energy and you're back in a 3<sup>rd</sup> Dimensional consciousness state.

F In this state of consciousness, in our true awareness...in that true state of Essence, we don't see it that way. Because there is *nothing* wrong. Everything is just an opportunity to experience. There is no punishment. There is nothing mandating that you have to have a certain experience because of certain choices you made in the past. Not at all! There is none of that! That is something that was all made up as we went along when we were still in an infant state of consciousness and where we still had all the different levels of energies and belief systems going in. Because the world was created within our mind, within our collective consciousness, within our matrix that there's all this right/wrong,, good/bad, punishment, or whatever it was, and that's what our world has been reflecting. But now that's not so.

F So with where we are right now, with the energies that we are going through at this moment, this stuff is coming through just for us to get the lesson, finish the experience (whatever it is), and then it goes.

F Now I've also noticed that some people are experiencing what they think is a "set-back." You know, "I was doing really well but now I'm back to where I was before!" You have to realize that you're now ready to go deeper, you're now ready to bring in some more stuff that hasn't been addressed before.

F It's not there to crash you. You're not going backwards. You *can't* go backwards. The mind can create that illusion when it gets caught up in drama. But energetically your soul will not go back. It's not designed to do that any longer. The energy will not allow it.

F Before you were always swimming against the current; the current is now pushing you along to keep you moving. So for you to swim against the current, backwards, would be very difficult for you to do because the moment you get exhausted it pushes you along.

F Because you *need* to move forward. This is something that has been agreed upon and we brought it on ourselves to really *flow* through this very quickly.

F And the reason we are on the planet (at this time) is because we knew that this was coming and we are here because of that.

F And we have talked about the fact that there are some souls who will not shift into 4<sup>th</sup> Dimensional consciousness and will “check out,” and some people will judge that as, “If I don’t make it, I’ve failed and I get booted out!” It does not work that way. There is no “booting out” of anything.

F What happens is that the energies are shifting and the soul in each one of us is doing everything possible to ride the wave: to learn, to experience, to do anything and everything possible so that it can actually grow, move forward and achieve what it wants to achieve, which is further enlightenment and to move forward. So it will grab all of the wave that it can.

F Again, the soul is only learning from the mind and body. But if the mind and body are so locked up that it can’t move forward, the soul sees itself as being stifled. It is in a pool of energy that it wants to be a part of but then it can’t get the rest of it to come about. And it realizes that, at this point in time, “I’m not going to be able to align myself using this physicality, this mind and this energy and all the unfinished business at this point to really get in line with the 4<sup>th</sup> Dimensional consciousness. So the individual Soul itself says, “OK, do I endure this and wait until the last minute or do I choose to check out?”

F And the checking out is because I can’t do it and I am going to go and prepare myself to go to the Light Realms, shed what I need to shed, so that I am better prepared to come back onto this planet at a stage where I am in alignment or I can go to another planet.”

F So that’s the Soul’s own choice. There is nothing kicking us off the planet. It is a *choice* that is being made. There’s no condemnation.

F It’s not like what a lot of people who have been channeling have talked about: if you don’t “make it”, you’re off and put someplace else. It’s not! This is a choice of the Soul itself.

F And a particular Soul also realizes that its Essence, its presence on the planet plays a role in the shifting process. It also sees that if it is not able to align to these new frequencies, to align to the 4<sup>th</sup> Dimensional consciousness and then to the 5<sup>th</sup> Dimensional consciousness, it’s maintaining its 3<sup>rd</sup> Dimensional consciousness state will reduce or somehow impede a little bit more the movement of the planet itself, the playground, and every other aspects of itself. It says, “For me to stay here, I’m only going to slow down the process, which not only holds back all other aspects of myself but also holds myself back.” And it’s going to be very uncomfortable. So at that point it’s going to choose and it says, “OK, I’m going to choose to leave the planet to release that energy in which I’m caught because I haven’t made enough progress.”

F Now, is that because it is not any “better” than someone else? No. It is just a series of choices, a series of experiences, and...

F Because the Soul is not always looking for the fastest route in going through the process, i.e. going from a “sleep” state to an awakened state. Some of the Souls choose the scenic route: “I’d like to go through some of the really intense, bumpy roads.” So some of the other Souls are choosing to do it differently. So there’s a perfection in every choice that’s made.

F Even a Soul that’s checking out and saying, “I’m very dense!” or whatever else...it created a very powerful polarity while that was in place. And it realizes that even if it stayed in that denser state (which won’t be permanent) it has created, co-created the environment for each and every other Soul on the planet (which are just other facets of themselves) to not only experience that polarity and move forward, but also to create the environment for them to push their buttons and whatever else, so that the other aspects of themselves can move forward. And in doing so, in doing that dance, the soul that is in that density is also catching some of that wave of energy (or as much as possible). And then if it can’t do it any further, then it checks out.

F And all it does is basically leaves the physicality and goes into another realm...what we could call Light Realms...and basically does a complete purging...getting ready... And then it also has access to choose another lifetime, to choose another planet, or to choose whatever.

F Because the other part of the changes that’s occurred is that we are no longer locked up to only incarnate on the planet Earth. So we are a lot more open to go...anywhere at this point. So that is not a pattern that we hold any longer. Especially if you go into the Light Realms and see ones who are really feeling their stuff...no one is going to be stuck any longer. It’s basically a huge amount of freedom that’s being allowed.

F And when I say “allowed” it’s not like there’s somebody “up there” or somewhere making decisions and we are just the guinea pigs going along for the ride. No. We are doing this at the Soul level together because we are all One anyway. So if you say, “Well, Source is making a different decision,” that is just a higher aspect of yourself making a decision for the aspect of yourself right now that is having this lower experience and only so that it can progress further and have certain experiences.

F You see, we can’t continue to get caught up in the idea that there’s something “outside” of us, something dictating where we’re going and pulling the rug out from under us so that, “Well, if you don’t do it, then ‘puff’ the rug is gone,” and we’re not here any longer. It’s not like that at all!



F I wanted to make that very clear because there's a lot of confusion about that and I keep hearing it from different people, and I felt I really needed to share that part of it. Because it helps to address a lot of the questions that have come up this evening.

A Yes. Absolutely it does.

A A good question came in that has to do with the Clearing:

**What is the significance of sending our old stuff that no longer serves us to the Central Sun? What is the significance of the Central Sun in our lives? Is the Central Sun our Divine Source of Love and Light?**

F Great question.

F Basically, what happens is that the Sun itself holds an energy that actually helps us project these physical forms. So when we are sending it "back," we are bringing it back to its natural state.

F Anything that we create, any projection, every thought form, everything that we play with in our realms of reality...like any creation...because we create our environment, we create every scenario, every interaction, and so forth...anything that we create comes from Pure Potentiality, Pure Source Energy...meaning it's just pure raw energy that can take any form whatsoever. So our Souls in our thoughts will use that raw material and will create a certain experience.

F So when we are releasing a program, it came from pure raw material...basically Pure Potentiality, Pure Source Energy...which is our True Essence anyway. But we take that and create form out of it, we create a pattern, a thought form, a reaction, a response and a projection from it.

F So we've taken raw material, we've molded it through thought, we molded it through desire from the Soul, and we create an experience. Once we create an experience...it's like anything...it's like a movie, for example You have the projector, you have the light. The light in the projector is shining through the film. The film is only what we have created. But really what's the source of that projection onto the screen? It's the light going through.

F The light is pure. The light is just bright white and has no form...there is no movie playing out on it...it's just pure light. So if you take the film out of the way you just see a blank white screen, and that's how the Source light is...it's just like a blank screen. Then we create from that.

F So when we are creating our reality, all we are doing is creating a film. We are creating a film in front of Source light. And that Source light is actually projecting something on our screen, our reality and what we're playing.

F So when we've finished with a certain experience, then what we do is send it back to...and when we say "send it back" it's more for visual purposes because the moment we release it, the moment we are "sending it back" we are just restoring it to its natural state. Because it's going right back to Pure Potentiality, Pure Light...that's all it is. So it does not have any real form.

F And then it's utilized again as form.

F So it's not like you are sending a "pocket" of something...you are just basically allowing whatever has taken form to become formless.

F And then that same energy...which is really just a big pool of it...you can use to create new form: new form through thoughts, new form through intention, new form through the desire of the Soul itself...which uses that form to experience itself, to experience the playgrounds and the roles and whatever else it wants. But it also creates stories. And these stories are created, in a sense, to create a certain experience, a certain reality so that we can learn from it. So that's what it really represents.

F So we are sending it back to its natural state. We've utilized it as material...it's like recycling it, in a sense (laughs), if you want to use that as an analogy. It's like taking Light, creating a thought form (which, again, is only Light that has taken a certain band of frequency that projects something out), and then we just restore it back to its natural state so that we can create more. Create anew.

F So whenever we are focusing on old stories, old programs that we may have experienced as a young child or something of that nature...even something from past lives...that is something which is still active. We are still holding that energy and that form because we are either holding onto it because we are afraid to let it go, holding onto it because we never finished it, or we are holding onto it because dramatically it has created such an impact and we have attached so many stories to it that we won't release it. So we are holding onto it.

F So a situation that may have occurred to us as a child now keeps coming up to the surface, and we keep using part of that as we experience each *new* thing as we live our lives.

F Say we felt unworthy (or whatever...it's just a story anyway) and now here we are 20 or 30 years later, 40 years later, 50 years later and we're still playing with the "unworthy" part and it was all just an experience that we had. So we are holding onto that story. And not only that but also all the emotions that it projects and all the responses that it has accordingly. And then, of course, the responses dictate how we project new realities. So the fact that we don't feel worthy or something of that nature, we keep projecting a reality around us that reflects that.

F So what we are doing is, when we are done with that experience, we are just restoring it back to its natural state so that we don't have it any longer in that form. It is back to Pure Potentiality. So that doesn't exist any longer in our consciousness.

F But we still have the lesson and the experience so that we can learn from it. But we don't have any emotional charge to it, we don't have any stories attached to it, so it does not continue to interfere with the picture.

F For example...to bring back the analogy of the film...here we are in a movie theatre and we have this projector with a light. And you have one film...and it's an old film that you've been playing in a loop because you haven't gotten rid of that story. But now you're trying to create a new reality and you're streaming another film. So when you are looking at the projection in front of you, you have the new film that you are trying to view but you still have the old film running behind it. So you have the pictures of whatever is being projected merging...and neither one is clear. The old one is not coming through perfectly clear and the new one is not perfectly clear, because the two are interfering with each other because both are streaming at the same time.

F And this is what happens when we have the old stories. So we can't be in the moment. When we are in the moment, we are not streaming the past and we are not streaming the future...because that's the same thing.

F Going back to the analogy, we could say we have one film showing everything we experienced in the past and held on to because we feel that still has to play in our life and still has to dictate. Then we are also projecting a future which is basically a new creation. And then we have the film of what is, in fact, our reality at that moment. Now we have *three* films!

F And when you are talking about experiencing the present moment, you can't experience it when you have the past and the future amongst the present.

F Because here you are in the theatre and looking at the screen and saying, "I'm trying to make out what I'm looking at here! What am I experiencing here? I can see some old stuff, I see myself as a kid, getting hurt, doing this and that, being accused of something (or whatever it is). But then I also see my future life that all of a sudden I'm a failure (or this or that) or I see myself as an old person and I didn't amount to anything," ...or whatever stories may be projected. But then meanwhile you are looking at the other picture that's there too and you're saying, "Well I'm here in this moment and I see myself today but I can't really experience myself fully because of all these things."

F So by letting go of those and sending them back, what you are doing is taking those other films out and saying, "OK, is there anything I need to do with these films?" And then you address whatever you need to address and then say, "I let it

go. I release it.”

F And the whole idea of releasing it to the Sun is just basically taking that film and letting it become part of the Light...it goes back to Pure White Light. It no longer is being projected.

F So once you clear the past, then you can see the present...but you also still have the future. So you do the same thing to the future. You no longer need to project your future so you take that and send it to the Light too because you now no longer are projecting from previous experience. So all you are left with now is the present!

F And the beauty of the present is that when you are in the present, you can experience it fully.

F But you also come to the realization that you have the knowing that the present is malleable! That means that it can take any form you want it to take.

F So that film is now current. It is a “livestream” film. It is a film that is not concrete.

F Look at it this way. When you’re looking at the past, the past has been experienced and the past has certain patterns. And you’ve already seen it and it’s playing over and over and over again. And you can’t change the past because it’s already been lived, it’s already been experienced, but it’s still projecting into this moment because you’re bringing it forward. If you’re looking at the future, you’re now trying to hold onto a picture of what the future is going to look like so you’re making it rigid. But when you take those out of the way and you’re in the present, and you’re only experiencing the present, as you’re going through the present film now you have the capability to modify the film accordingly. You are no longer focusing on the past and the future doesn’t exist.

F You’re in the moment and in this moment you learn what you need to learn, And as you get into the space where you are now fully the observer, you can see what you need and don’t need in that movie and you can modify the movie. And the movie modifies. And it changes very easily now.

F It starts to flow. Because when you’re in that moment and when you experience the moment, you take all the beauty and all the experiences, everything that you need to learn from that moment.

F And because of that it shifts your consciousness. And when it shifts your consciousness it also shifts what you project. Because now in that state you no longer need to project a certain experience because you took the learning from it and you become more conscious of it and now you’re going to project something different.

F And then the next spool of film that you're playing out as it's running through, you're learning from that and modifying it as you go along.

F So if you're looking at a reel of film of a person that's in the moment, it is not a "stamped out" experience or movie. The movie is interactive. It is a movie that is being created moment by moment...by *being* in the moment. So it's very, very different when you see it that way!

F So that's all you're doing. You're taking something that has projected a movie, projected a series of experiences, reactions and responses, and you bring it back to its natural state, which is just Pure Light...without the movie. And then you are playing only with the present moment.

F *And in that present moment you are in the most powerful state!*

A That was great to use the analogy of a movie with a screen. Because then you can really see how the past and present interact and then you have the future coming in so then it becomes a really muddled scene.

F Yes. And sometimes people say, "Well, I don't know what to do with my life. I feel trapped," or whatever. And the reason is because the picture is not clear. The picture is not clear because you're living between the three aspects of past, present and future and you can't see it clearly. So that's the best servitude is when you clear it up and then you're in the current movie.

A I had asked people if they were having any difficulty coming back into their body (after a Clearing) and a lot of the responses were saying, "Yes!" Some of the other things people are feeling include being more sleepy, more hungry, more tired, more ringing in the ears, sadness, grieving, loss of control, feeling spacey, a feeling of low spirits, slow, reluctant to get up in the morning, finding it hard to start a routine, waking up really tired after dreaming.

A So, Franco, would you like to comment on that? I know we did have a shift last week (in early April 2013) and I know I personally experienced a *lot* of difficulty coming back into my body in the morning. So it is what is happening right now. I know, Franco, you mentioned about how your "rides" are quite different now from what they were a few weeks ago.

A **So why don't we comment now on this restlessness, not-in-the-body, slow, sluggish feeling that many people are experiencing.**

F That's an excellent one because that's become very common. Right now we are getting in fluxes and fluxes of energy coming through.

F And what's happening a lot of times with the Soul is that it actually stays "out" longer because it wants to wrap up things more quickly. A lot of times the Soul will say, "How much can we experience in this physical form without going into overload?"

F You have to understand that the physical form has been programmed with a lot of limits because of what it wanted to experience up to this point in time. And now it is being transformed and there is a lot of shifting, restructuring and so forth happening in the physicality...and it's also happening in the mind. However, it wants to make huge progress. So the Soul is actually stepping out and going into all different realms and projecting dreams and different events.

F Now you may not recall all of them. But what it's doing is creating vast, lucid-type dreams and also going in and creating realities within the dreams (or within its travels) and it's also exposing itself to other beings...or, in this case, other energetic grids that will sustain the 4<sup>th</sup> and 5<sup>th</sup> Dimensional consciousness.

F For example, it might say, "OK, I'm on this planet. I'm surrounded by all this 3<sup>rd</sup> Dimensional stuff and I'm not able to do things as efficiently because here I am wanting to make huge progress but I am still limited in the physicality and I'm still limited at the mind level and the energies are making them shift but not as quickly (as I would prefer)."

F So what it's doing is actually leaving your body and going out and experiencing itself not only in other energetic fields but also other Dimensions. So it is experiencing itself by creating a lot more dreams and in that dream state it is creating a "wrapping up." That means that the stuff that in past lives it has not been able to wrap up, it is bringing up in that environment so that step in and out of whatever it needs to.

F Therefore, at times when it's going back in to the body, it's going to feel heavy because, as much as we may not recall the experience, the body/mind does feel this difference in energy that it has because of what it has experienced overnight. So when it is time to come back in, a lot of times the Soul has a hard time coming back into that physicality because it's been out to play...it's like putting somebody back in prison, in a sense, when they were free for a little while.

F Let me use an analogy of children who are at school and they are sent outside to play in a huge playground with gardens and so forth, and they are running around, screaming and yelling, chasing each other, and doing whatever and they're having a great time. They are experiencing their physicality, they're experiencing their imagination. When they are playing in the playground and there is no teacher dictating anything at that moment, they are just really, really free. They can use their creativity to do anything they want. "I want to be this." "I want to do that." And they act it out and they play with other playmates and so forth. And the playmates...especially the younger ones...the playmates are also using their

beautiful ingenuity and their creativity and they are all playing, having a blast, and really allowing their bodies and their minds just to be free.

F Then the bell rings and they have to go back into class. So now all of a sudden they have to file in all nice and quiet, they can't talk, they have to take their turn, they have to sit down, their body is now restricted to this chair, the teacher is up front writing something on the board or dictating something and so forth. So all of a sudden they go from being really free outside and playing, now they are back in this little box of confinement to play within that realm of restriction. They are children. They don't want to go back inside the classroom and they might be a little rambunctious. And so the teacher has to put everybody back in line.

F It's the same thing with the Soul. It went out, it got to play and suddenly there were no limits, there was no body restricting it, there were no densities, there was no mind creating all these stories of limitations and things of that nature and it wasn't on a planet reflecting all these rules and regulations. It was out there creating one dream, then the next dream, experiencing, playing, being creative, experiencing whatever it is, wrapping stuff up...and then it has to get back into a body. So guess what happens? It's not always going to feel that great to come back into the body...especially if you're trying to get back into a routine, it's like, "Oh yeah, I've got to do all this stuff!" As much as you don't think about it that way, it just doesn't feel great because it has had that freedom.

F Now what it's doing at the same time it's experiencing all of that, you're getting a taste of that freedom. And in a sense it actually gets you to observe the restrictions. So as you become more conscious of this you can start making adjustments and say, "OK, what is it so much that I'm getting back into the body that I'm feeling very restricted with?" It also gives you an opportunity to also look at some of the things that you've adhered to, projected in your life and held onto in your life that has restricted you. So that you can actually see it. Because you've had that experience of being outside of those limits.

F Because, realistically, what's really occurring is that we are transforming our bodies, we are transforming our planet, we are dissolving all of these limits and restrictions that we have created and projected and held on our planet. We desire this from the Soul. We desire to be like a kid going out into the playground to play. This is what this schoolyard and playground has been designed for.

F We did not create classrooms...the classrooms were created afterwards. We created an environment where the schoolyard and playground was one. It was where you used your imagination, where you used the capability of your physicality to its fullest expression so that you would be able to have one experience over the next.

F It's like the children in the schoolyard: they are playing one game, they get tired of it or they're done with it and they just switch to another game. In this world

that we have reflected up to now, we don't do that. We have a game that so archaic, so dense, so limiting that we have to keep going back into this same game. And it doesn't suit us any longer.

F And this is why we are feeling a lot of that (difficulty getting back into the body).

F And another component is that as you are going through a lot of transformation within, it's harder to get into the body because the body is still going through a transformation and it still has a lot of stuff that it's changing. It may feel tired, lethargic, unmotivated, and so forth partly because it's been out and had the freedom and then has to come back to the restriction of the body and feels, "I don't want to do this!" But also there is a restructuring going on.

F So those are some of the key factors that are occurring in that aspect of it. And it is, in some cases, getting more and more intense but eventually it gets more and more free.

F Because I experience that myself. The moment I leave my physicality...and that's every single night, and I've been doing this for a long time...even though the work is quite intense...especially now, I'm working on the planet's collective consciousness but I'm also working in different zones of consciousness...what's happened...and I think we've talked about it a little bit before in another talk...we're caught up in this state right now where nobody knows who's doing what and everybody is kind of in a state of confusion. So we are going in and modifying that. But when I'm outside of the body, I am whipping by...and when I say "I" I am talking about the Soul, not the physicality...the physicality is just lying in bed in a coma state practically. But the Soul itself is moving at such high speed, going all over the place, experiencing, stepping in and out of different consciousness, different people, and so forth...going in and programming and modifying certain operations, inputting feeds of consciousness which will allow them to shift...doing all this stuff. And the Soul is just moving on really fast. And it does not feel intense at all, in a sense. And it's amazing as an observer to see how quickly it can do what it does. And how beautifully multi-tasking it is.

F However, when it comes back into the body it is a huge shock. Not only is it a huge shock but the mind gets to see part of what it's already seen...even though the mind doesn't see it all while it's happening, but it does get downloaded to it...so all of a sudden it goes into a state of confusion because it's like, "OK. I live in this reality but I've just finished playing with so many multitudes of realities at the same time and in different states of consciousness, in different energetic fields and so forth, and I've played with a higher frequency *and* a lower frequency!" So coming back into the body can create some powerful intensities within.

F So I fully recognize what everybody's doing. Maybe not everybody's feeling it in the same state because of what has been happening, but there are different



degrees and I can completely appreciate what you are going through. However, realize that this is what's really happening. And to go with the flow.

F The other thing I want to mention is that some people say, "Well we need to hang on! We've got to ride the storm, we've got to ride the wave and hang on!" And I say to them to *not* hang on, actually. *The best thing to do is to let go!* Go with the flow. Go with what is moving you along. Allow your Soul and the energies to flow you. So if it bumps you along here and there...

F You see, the problem is, when we hanging on, we are basically being bounced around even harder. Because we are holding onto something that is not in the flow. But if we let go, if we release, just go with the flow of it and just work with whatever plays out, it is *so* much easier. And the bumps don't have to be so hard.

F If somebody is tense and they fall, the chances of getting injured is much greater than if they were not tense. If they are all tensed up...and especially if you fall and you go into a reactive mode where you tense up, that's when you hurt yourself. That's when you hurt your muscles and so forth. Because what you did is become rigid. If somebody is falling over in a rigid state, it can cause a lot of physical damage or imbalance or whatever you want to call it.

F When somebody faints, how often does someone get hurt? It's very rare because what happens when you faint is you let go. Your whole body relaxes and you fall easily. Nothing is tense and so your body molds itself with the impact of the floor. And you practically don't feel anything. Because the body just let go.

F It's the same thing. When we let go and go with the flow, we won't have such intensities and feel the bumps and bruises and the hardness of the experience.

A Our next question comes from someone in Greece.

**How can someone feel at ease in a situation like my country, Greece, where it's not difficult enough with just the economic crisis and the austerity measures being taken, but also the energy level of the people is the lowest I have ever felt. Most of the time we get caught up in this frequency and react to it. And it's not like you can avoid people. Wherever we gather the crisis is the main topic. What can someone do to come to terms with all of this? It's like we are being pulled into all this (even though you are conscious of what is happening)**

A First of all, I want to make a couple of comments about Greece. Franco and I have talked about the control systems and there are also great websites to give you good information, for example, Collective Evolution is a great site, David Icke is liked by many people and there are others.

A You have to understand: governments cannot exist without people. People are the ones who have power. We agreed, previously, to have it be different.

A So what is happening in Greece...maybe the topic of conversation should change to, "We are the people! Do we really want to continue living like this? Does it make sense to exist like this? How do we want it to be for ourselves? Forget the government; let's come together and make a difference."

A And many countries in the world have already done that. For example, Iceland, where they decided that they were *not* going to let the International Monetary Fund rule their government and they said, "No!" And they declared themselves bankrupt and they rebuilt their society. Now this is not covered in the media because the control system doesn't want you to know about it.

A But this will be happening in more and more and more countries when we realize, "Wait a minute! We agreed to this before but we no longer want to agree to this. We choose now to create something new and different. Let's come together and do it!"

A And that's what's happening now in Greece. So when you get together with your friends, start those kinds of conversations. "Wait a minute, guys! We don't have to live this way! We agreed to that before. What do we want for ourselves *now*? What do we want for our community? What do we want for our children? How do we want to build this? Let's build it together...differently! We do not have to be controlled by what happened in the past."

A So it's a vast topic. But it's also a topic that will affect a lot of other nations as we move further into 2013.

A So, Franco, what would you like to add to this?

F That was really good. But let me go further into the aspect of the environment of the people.

F Yes, the scenario right now is intensified there really to highlight the control structure and what we have given ourselves up to. And that is being accentuated there. And Greece is going to be playing a very major part because as it goes through its transformation and comes to the realization similar to what Iceland did, it will create the foundation for others. Iceland can be "blocked off" at this point but as Greece does it and others do it, it is going to be harder and harder for it to be kept outside of the mainstream because those are huge players.

F If we're getting caught up in the negative energies around us then we are still engaged; we still take that as a reality and we still judge that reality because we are still engaged in it. So, at this point, it is to really start getting neutral with what you are experiencing outside...because the outside projection is a projection of a

collective.

F The reason this is occurring there (in Greece) is because all the people there have surrendered themselves to a control structure and now they are saying, "OK, we need to create enough intensity to the point where we turn around and say, 'Hey, we're not playing this game any longer and let's shift it!'" It is also giving everyone that's involved the opportunity to see how engaged they get, how judgmental they get, how they feel limited about the whole experience and see their program's reactions that occur.

F For example, in the scenario of when you get together with people...it's *not* about staying away from negative people. And this goes across the board...and this is not just for people in Greece, it's for anyone...You're not here to run away from negative people. You may go into a group of people where they are all negative and you may not feel that it is conducive to be a part of it so that's fine, that's your choice. But if it affects you, if it brings you down and you feel bad, then that's when you need to look at it, "Why are they affecting me?" And you need to go through that process of experiencing that aspect of it and clearing that aspect of it.

F So for you right now...for anyone...it is to be the light around the darkness. That means that you can be around a lot of negative people and you can be that positive person.

F For my own personal example, I do get around people who are negative at times. And as much as I don't participate in it in the sense where I drawn to it a lot, but there are situations where I am. I don't get engaged with it. I see wherever they're at and then I ask them questions. If somebody is saying, "Oh, the government (or whatever)...look at this, we don't have money!"...or whatever it is...then my question is, "Well, OK, then let's see how we can start coming together to start changing this."

F Right now there are several people who don't have jobs. "OK, let's see how we can get creative and possibly merge together. Instead of being each individual on their own saying, 'How am I going to make it?' let's see how we can bring resources together so we can assist each other and start creating a community. How about we create a community and everybody come together and share something? Or maybe we need to let go of certain things. But let's bring together where we can facilitate one another," or something of that nature.

F Or if somebody is bashing something, then say, "OK, how would you like to see it different?" And whatever they respond, reply, "OK, if we change that to that position is that going to make it that much more free?"

F I've had people say, "Well, we need more jobs, we need this, we need that...the jobs are going off to third world countries," For example, companies now,,, for example, the situation with the Royal Bank was recently in the news...are

outsourcing to different countries where they pay them less money. “We’re going to lose our high-paying jobs, we’re going to lose our homes,” and all of that!

F Well, do you really want the job? Or do you just want the resources that the job provided? People are not concerned about losing their job, they are concerned about losing their income. So let’s see how we can change that.

F First of all, we are not going to judge the system. We are not going to look at the system and say, “Well, the system is our problem! This is why our life is horrible is because of the system!” No. We participated with the system.

F We need to look at the system and say, “Does this serve? Does it really give us freedom?” If it doesn’t then let’s work together to change it...not fight it...let’s *change* it. Because if we’re fighting it we are creating resistance. So let’s take a look at changing it. How do we get together without getting into the meeting and start yelling at each other and saying, “These are the bastards that did this or that...the Illuminati, the bankers, the control system are making life horrible!” No. They are playing a role. We participated because we needed that part of the role. Now we have outgrown the role so let’s take them out of the role by choosing not to participate and instead create a reality that’s different.

F We’ll start seeing it differently, we’ll start feeling it differently so that we don’t react. And then we have the clear, creative ability to start to shift things.

F So shift away from judging to, “How do we change this?”

F So whenever I’m playing with people and they are saying, “Well, my life is this way or that way!” Well, what can you learn from it? What can you change? How can you do something different?”

F If people are saying, “Well, this is wrong, that is wrong...” Well, *how* is it wrong? “Well, this or that, or this is unfair and that is unfair!” Well, how could it be fair? “If everybody had equal opportunity.” Well, is it equal opportunity where everybody is enslaved in a job doing this or doing that? “No, it’s not.” “Well, then how would it be equal opportunity? How about accessibility for everybody?” Just start bringing ideas and then people start to see it.

F And when people start to see it...when people start to feel it inside of them and they start to create that reality, people start to become a little bit more creative and that energy starts to shift. And that starts to perpetuate and then people will start coming together and say, “We’re not going to accept this!”

F People talk about there’s all these laws, all these rules, all these levels...you have to understand...people in power have no power. It doesn’t matter if they are the President or anything of that nature, they really have no power. There is *no* one who has power over anyone else. We are all *exactly* the same. We are all equal.

There are *only* different levels of consciousness.

F The reason the power structure has been in place is because we've all taken on roles because we needed that idea of feeling disempowered and having somebody dictate how we live our lives, and so forth. And we agreed to play that game.

F But now we've got to the point where we don't need the game.

F So anybody who turns around and says, "Well, I'm the king, the ruler or this or that, and I've made all these laws!" Laws do not exist...in the sense that no one can create a law and say, "This law has to be adhered to by everyone!"

F This is a game. If we want to set the rules of the game, then whoever is orchestrating the game with others turns around and says, "Let's make a rule here so that we can set an equality-based situation or scenario for us to play with." But when we make that rule, we make it *together*...meaning that we need to get people *as a collective* to agree to the rule.

F Just because someone dictates that something is being made a law and, for example, Monsanto can turn around and do whatever they want and not be held liable, means absolutely nothing...because no court of law has power over anyone. Once we realize that, once we start to really allow that part of us...that True Essence...we will say, "*We* make up our reality! We agree to play or not play with anything and no one has any power over us!" And you will see how quickly things will transform. Because nothing will have any power or any of us. Together we can create our reality.

F So when we are now changing our reality we turn around and see everything that continues to serve we keep...or modify to make better. And we take everything that doesn't serve and we change it. We change it *instantly*.

F There is no four-year term that somebody has been put in power. If we don't like him we can turn around and say, "Hey, you're out because we don't want you in power because of the fact that you are not looking out for our best interests. You are still playing out the old program, the old game, where you were the dictator and we were the slave, but that's what we were playing before. There's no right or wrong, no victim or victimizer now. It's just a game...an illusion. And we no longer adhere to that previous game."

F So the foremost thing with Greece is to not avoid the negativity. Instead, bring light into that negativity, share what you see, ask the question, "How do we change it? How do we go forward?" And then looking at the government, looking at the power structure, looking at the banking system and so forth...and seeing it for what it is: it's just part of the game. None of it is real. They have projected it, people are reinforcing it, but it absolutely has no power...whatsoever...over any one.

It never has. It was just the illusion that we played.

F By understanding that, you have more freedom to modify and change things so that they suit where we are at now.

F We are creating a new world. We are shifting our human experience from limited to unlimited. We are allowing ourselves to be fully that creative being that we are. We are creating an environment which supports us. An environment where we are not here in fear, we are not here in struggle, we are not here in survival mode, we're not here to be in lack, we're not here to spend all our lives creating a reality where we have to have something (e.g. money) so that we can exist on a planet. No.

F We are on a playground that is designed to support us. We are in a physicality that does not need much maintenance, does not need to struggle to survive or work hard in order to have anything.

F We are on a planet where...like I was saying in the analogy before with the kids...when you go out to play, you have your creativity, you have no limits, you run around and do whatever you want and you can exhaust yourself if you like...you can do whatever...and have fun. So part of the fun is being creative. You will create things.

F You will do things...*whatever you want to do and to whatever degree you want to do it! And you will have all the resources you need...at all times.* And you'll simplify life because you don't need complications. This is what we're doing.

F So the transformation that is happening on the planet...what we are observing is part of that transformation. But it looks very bumpy because it is an old structure that is now being challenged, an old structure that needs to come down. And there's a lot of people who are holding onto it *for dear life* because it is their security blanket, it is their foundation. "God forbid that we let go of any of this stuff! What is it going to look like?!" The thing is, that's what's holding it in place. And that's what we need to let go of.

F Because the moment we let go and we flow, we can see that we can change things very quickly. Some people say, "It's going to take years before we get rid of all this stuff, before we restructure the financial system and all these other systems, before we let go of religion, and so forth." And I say, "No! Absolutely *not!*"

F First of all, it's not possible because the energies and the frequencies are increasing so intensely. We are stepping into 4<sup>th</sup> and 5<sup>th</sup> Dimension...this stuff is not designed...all this stuff we have in place right now...all our institutions and so forth were all designed with a 3<sup>rd</sup> Dimensional consciousness...and it's not even in the most natural state of 3<sup>rd</sup> Dimensional consciousness! It is in a modified 3<sup>rd</sup> Dimensional consciousness. So could you imagine stepping into a higher

dimensional consciousness how this could possibly stay in place? It can't! It *can't* stay in place! It's going to dissolve. And it's going to dissolve very quickly.

F But it's not here to create fear, lack and so forth. Because the moment we see that we are coming together then we can create a new structure that will create a bridge from where we are now to where we're going. And that bridge will just help us to make that shift along the way. For example, with the monetary system we still find it very difficult to let go of that completely...but when we start to free it up so that it flows, then we don't have the lack.

F For us to look at it at this point with the world the way we experienced it...the haves and have-nots, with the majority of the people barely having anything to survive or have a human experience because they don't have food, or water, or clothing, or shelter...the basic necessities...even though those necessities aren't really necessities in the first place...but we are still in that Dimension of the projection of the physicality. When most don't have enough and others have an extreme amount and are controlling the rest...as much as that polarity and our souls have stepped into that...we've outgrown that and we don't need to project that any longer.

F So the point is we won't live in an environment where we need to hold onto that...where we have to have people starving, where we have to have people with lack so that some of us can have more. That mentality was a modified 3<sup>rd</sup> Dimensional consciousness that was put into place. But it has served and has given us extreme polarity, extreme separation, extreme intense experiences which we could call suffering, struggling and so forth.

F As much as that has served, we are now no longer there. We are no longer in that state where we need that as an experience any longer. And that's the transformational aspect of this.

F So, yes, this type of thing is going to happen more around the world. However, it's *not* about all hell breaking loose.

F It's giving us an opportunity to let go of all our attachments, to let go of all our judgments, to let go of all the stuff that we felt defined us...and so forth.

F And then come together in creative groups and communities and so forth and create realities. We can do a tremendous amount of transformation and assisting one another by coming together. We are not doing this separately. We are not isolated. That experience is over with. So we are coming together.

F So what's happening now with the different countries and so forth and they are going through these scenarios, they have not grasped onto first, letting go of the fear, letting go of the judgment, letting go of the dependencies, and also starting to see that, "Hey, trying to be an island here or working alone and trying to do it is not

going to work. We need to come together.” That has not occurred yet.

F But it will. This is creating the environment to clear that part so that we start to realize, “Hey, let’s come together!”

F So the key here is not to avoid the negative people. If you’re going to be around them, *be* the light, share that information, share that clarity, ask the questions, and allow them to see, “How can we change it?”

F And if they start going down the path of saying, “Well, you know, it’s the government’s fault,” or this or that.

F And you could respond, “No. The government is only playing a role. We agreed to play a role. Now it’s time to change the role and go in a different direction. How can we do it? Let’s use our creativity. Right now we are on the point of bridging one world to the next so how can we work together as a bridge? How can we come together as a community and make a change?”

F Those are the questions to ask. That’s the direction to look in when you are around people who are negative.

F And I know that people are going through hard times. But what’s happening with the “hard times” is that it’s about giving us an opportunity to let go of all our attachments and old programs and so forth.

F And at some point there are going to be things which will bring it to a level of intensity where souls will choose to check out or do whatever. It is a purging, it is a transformation and everything is intensifying right now. The norm is that things are not going to be feeling comfortable and stable for a period of time. But it doesn’t mean that everyone will have the same level of intensity. So, yes, we may have stuff coming up. We may have old triggers. We may have old programs that activate. We may have old powerful emotions. We may feel that we made progress for 10 years and then, all of a sudden, we are seeing ourselves “further back” than before. We’re not further back. We’re just digging deeper and clearing up all the stuff that we didn’t address.

F And you have to understand, many times in the past when we have made a shift what has happened...and it’s still occurring today...we make a fake reality. And when I say “fake reality”, it’s a reality that’s still not a 4<sup>th</sup> Dimensional consciousness. It’s more like going into La-La Land...a place where we refuse to see that there’s work to be done or cleared or whatever else we need to do, and we get into this state of, “I’m happy! I’m happy! I’m happy! And I create my reality,” and this or that...which we do. But, at the same time we’ve done that but we never really addressed the things we needed to address. Now the La-La Land starts to collapse because all of a sudden it can’t be held up because there’s nothing there behind it.



F To bring in the analogy of the film again...the old film is playing there, we created another film in front and we've been trying to focus on only the film in front. But that film is not real because we are creating a false film (i.e. of La-La Land). So we need to let go of those films and get into the moment of creating that reality right in that moment.

F So a lot of times we may have experienced "happiness," or what we could call that. "My life was going along and things were going a certain way and things were really fine, and now all hell has broken loose and things are falling apart." Well, the falling apart really is just breaking down the barriers that were there, going deeper and addressing it. It will last only as long as it serves...and then it will dissolve along the way.

F In answering this question, I have addressed a few other items which I believe will provide some clarity around some of the other questions that we had come in.

A Yes, it does. Now our next question.

**A In May 2001 I experienced a total shift in consciousness, which changed my entire life but not for the better. Still today I feel like I'm lingering between two worlds or realities which don't correlate all that well. For a period of 4 months I lived and experienced a peace of mind and freedom like I had been born again in the same lifetime. Although my understanding of what occurred was pretty limited, I knew I was receiving knowledge of self and all that surrounds from Source Itself.**

**All of this slowly faded away, like doors closing upon me, after the events of 9/11. I never became my old self again and today there remains a lot of questions in trying to figure out a meaning for what I had experienced. Although I consider it was a gift, it has only brought me confusion ever since I got pulled back into my old state of being. I'm not asking for help, rather some insight into what I might have overlooked.**

A Franco, what I think I want to go into with this question is that I know a lot of people are experiencing this kind of "pull" between living in like an old reality and a new reality. I notice that very often the comment comes up that a person feels like they are "lingering between two worlds." So why don't we talk about that because I know that there's a lot of people experiencing that right now.

F That's perfect. That is a good way to play with this.

F The feeling of 'two worlds'...you see, we're operating on a software program. The old world that we've lived has been heavily, heavily programmed and conditioned within ourselves. Plus we've taken on genetic codes, we've taken on lineages and so forth. So that's still projecting and our outside world is still

projecting that old world. At the same time, we have the encodements, the programs for the new world, our True Essence...and that is coming up to surface now. So you are feeling that. And you're experiencing that. But you're also experiencing the old world because the old world is still alive within and also the surrounding collective consciousness supports it.

F So at times you will feel like you are in the new world where everything feels light and free and so forth, and you basically see beauty in everything that is and you can also see how you can even be in the moment at that point in time. And then suddenly we get pulled back into the old world where that other reality steps in. The only reason that the old world is still active is because we still have attachments to it and we still allow the mind to take us there. And this is a transitional component.

F So instead of fighting it, it's to experience either world. When you're experiencing the new world, experience it. Experience that new world within yourself...fully. Really get into the new world. Then when you step back into the old world, experience that. Then when you are looking at the old world, see how you can blend the two and see how you can actually dissolve the old world. Because the triggers that happens around this brings us back to the old world.

F And there is an old saying, "Get back to reality! This is the way life is!" which you may have heard as a child growing up. I have personally heard that so many times that it became quite an interesting little phrase for me because I used to hear it and I would think, "Who made up the reality? What reality are we talking about?" (laughs) I was one to see things differently anyway.

F But still, when that old world is trying to come back in, feel the new world too. See the old world and think, "How is this still serving me?" And *know* that that new world is within yourself. And start to bring that new world into your present world...each time. Don't expect it to be all there at once. Just bring in bits and pieces of it. So whatever you're experiencing in the new world, start to bring that into your present reality. If you see a certain level of freedom or something which has adjusted, start making adjustments within yourself...here...at this point in time.

F Because the old world is only the old program. It wants to go. The old world is only held by the programming, conditioning and so forth.

F So as you let go of the old programming and conditioning you unlearn...you un-program yourself.

F And as you go through that process the new world starts to emerge more and more and becomes more of your reality. And it eventually becomes your reality all the time and the old world doesn't even exist.

F And it's great when you're living in the new world, in one way. In another way, it's very different when you're in the new world because the rest of the world is not reflecting it yet.

F When you start living that new world, you start to project a different energy: your communication is different, your sharing is different, and you allow other people to ignite that new world within them.

F So the experience of having new world/old world is because of the transitional aspect that's happening with yourself. So don't fight one or the other. When you're experiencing the new world, be *right into it*.

F It's like going into a beautiful spa and you're going right into the essence of it...really basking in it and feeling the whole thing. Feeling the freedom, the creativity, seeing how you are able to do anything you choose to do.

F Then when you step back into the old reality, you say, "Wow, that's a pretty interesting reality! How do I bring that other world into this world and how do I start shifting it?" So by doing that, you start bringing bits and pieces into this (world) and the old world starts to dissolve.

F And then when you bring in the new world, you better see how the old world programs and belief systems that are projected so that you can go in there and start letting those parts go.

F So this is a beautiful experience to have being pulled back and forth because it gives you a taste of both.

F Because the Soul is already living in that new world and wants to start projecting and experiencing it in the physical aspect. It's not that the Soul is caught in the old world...it wants the new world and is already starting to experience the new world. And that's why it goes on these night travels and it goes into the other realities to really embrace and bring this new world in.

F Because this new world will give us a totally different experience...much more upgraded than what it has experienced before.

F It's the mind and conditioning and programs that brings us back to the old world. It's the stories that it has created or has been conditioned through our upbringing and everything that we've experienced.

F And then, of course, there's the media and everything around us that still supports a certain reality.

F And I can tell you one thing which you can use as a guide. The reality that you see around you right now is a superimposed reality. This reality is not real. No

reality is really real. However, the reality that we are playing on this planet and everything that's being projected is saying, "This is the way the world is!" is *not real*. It is just something that we are playing with. It is not real.

F When somebody says, "Get back to reality!" what does that reality mean? "Well, we've got to do this, this, and this." "Who says so? And why is it there? And don't we have the capability to change it?" Of course we do. *None* of it needs to be there. This reality is only held by the old programs and belief systems. This reality is only projected through that because it's an old film. It is not real.

F We are Pure Potentiality. We can create any reality we choose. And the reality that we are wanting to project from the Soul right now does not match the reality that's currently being projected. Because the reality that we see around us right now is the reality of the mind, the reality of the program, the reality of the matrix...which is all superimposed. And we are dissolving that part of it.

F So if someone refers to "reality" there is no such thing as this reality. We are just living a projected reality which is completely available to be shifted...and it is *asking* to be shifted because our Essence is no longer choosing to play within this reality. This reality also projected very dense energy and is very limiting. As much as it served, we are no longer in that state of desiring, at the Soul level, to play with that restricted reality which we have projected up to this point in time.

F So that is how we change everything around us is to realize that this reality has no basis or energy which supports it any longer.

F You have to understand that the world which is being projected right now does not match the vibration of the planet, does not match the Souls who are awakening. It does not match it at all. It is only there because it's an old projection, and that's why it's becoming very unstable because it does not match. It matched *before* December 21, 2012 even though it had been getting less and less matched up, but it doesn't match up at all now.

F And as we go further into 2013 and step into 2014 it's going to be **really** out of whack. And at that point in time, there's nothing that will keep it in place. Because what's happening is that more and more people will realize that we can't hold it, we can't sustain it. And we choose not to sustain it because it now does not match our reality or what we want to experience.

F And it doesn't match the energetic field of the planet. Right now the energies of the planet do not support self-destruction and does not support us to continue doing what we're doing. So *everything* is shifting right now because of that.

F When we stepped into this new cycle we stepped into a new projection. So the light that is projecting now does not match the film that is being streamed. And the film that's being streamed is a superimposed film that was put there before but

it is not a match anymore. So it's burning it through...we are burning it through ourselves.

F The new world already exists within you. You know that.

F The Source Essence that you are is in you...it's not outside of you. There is no deity to pray to, to plead to or anything of that nature. There's no process that you have to go to this energy or that energy. Any of the processes that have been done so far are really just to ignite what is already within you.

F Because everything is within you.

F You are Source Itself. Pure.

F And you are already fully capable to transform yourself in this physical form and any other projections that you choose to do at any point in time...or what we could call other incarnations. And you are also here to learn from it, of course, but, at the same time, you are able to transform it in an instant. It is not something which is rigid...like it was before.

F So that's what we're playing with. The new world/old world...play with both of them and let the old world dissolve. And bring in the new world more and more.

F And it's not the fact that when you see the new world and it's, "Great, great, great!" and when you see the old world you say, "Oh, shit! I hate this! I don't want to be part of this!" Don't do that. Don't do that because that only creates judgment and densities and also creates a barrier between the two.

F When you're in the old world, observe it. Because that was your world. That was part of your learning playground. But bringing the old world into the new world will start to transform the old world.

F Never judge the old world because it had servitude.

F Never judge any past experience because it all served.

F As you see it that way, it becomes *so* much easier.

F The thing is, you've got to flow. Don't fight with anything. Allow the new to come through...all the new Essence of you to come through. And the new Essence that comes through is going to knock the crap out of the old stuff because it can't be rigid.

F It can flow very easily as long as we don't resist it.

F So change is coming to our life. Our automatic response can be interfere states. If somebody loses a job and doesn't have any income...or whatever it is...so they could go into fear and survival state. You can choose to do that for a few minutes, if you want. But not to get caught up in it. Just say, "Great. I'm free from that. Now what do I do? Let me bring my new world in and let me see how we can do it."

F And there might be a bridging effect that needs to occur. That might mean that you might say, "OK, let me find something else to do while I clear up enough free time. Because if I have a lot of stuff that I'm attached to, that I don't need to hold on to, then I could simplify my life. So let me do that. I'm going to put my focus on that."

F Because eventually, as we go along, people are going to let go of a lot of stuff. We are not going to hold onto a lot of stuff.

F Eventually we're not going to own anything. We are just going to share everything. Everybody will share whatever is made available.

F Whatever does not serve and which still reflects the old 3-D world will be recycled in one way or another...energetically and in the physical form. Stuff will be returned back to its natural state as much as possible and we will create a conducive environment where everybody has an equal amount of play and freedom to experience.

A Thank you. Our next question is as follows.

**A I have been doing the Frequency Detoxification and Clearing Fear meditations many, many times over the last weeks. The Clearing Fear meditation, especially, made me feel free from my anxiety which I had for years. It was wonderful to be me again: no worries, no fear. I felt oneness with people and everything around me. I felt a neutrality and a state of peace I didn't know before.**

**But in the last two weeks or so I feel like I'm falling back into old programs. So many memories and emotions about them are coming up and I seem to have a problem sorting them out. I try to look at them, feel them and send them back to the Sun with love, but there are so many memories and emotions that it's not possible to handle all of them. Then I feel so overwhelmed and suddenly sucked back into the old thinking patterns. Then I feel really unhappy again (like I used to feel). I can't sleep because of the constant pressure of emotions and memories. Is this normal reaction?**

**I'm not going to give up. It's just feels like too much right now. I'm going to continue to do the Frequency Detoxification, Clearing Fear and Clearing Fear of Authority & Guilt meditations.**

F Yes. Try not to take it all at once. Especially if you've had a period of time where things were running very smoothly. Like I was saying earlier, it's going in deeper, it's picking up stuff from the past even deeper.

F So we get into the tendency of having the automatic response of, "Oh, all this stuff is coming up! I've got to tackle it all at once!" And that's how we get overwhelmed. Because we get into the panic of wanting to go back to where we were before and we see something wrong with the present state that we're in right now. It's a form of judgment because you're looking at it and saying, "Well, I want to go back to where I was before, so now I have to take all this new stuff on all at once!"

F But the thing to do is to just deal with things as they come up. You have to flow with this. You're not going to fight it. You are already doing a great job, but when you're doing it, don't fight it...flow with it. Let it come through you and instead of taking everything on, just let it flow through you. Go through the beautiful process of feeling it without the intention of feeling, "I've got to get rid of it! I've got to get rid of it! And if I don't get rid of it I didn't go such a great job." Take that out of the process completely. The thing is, just let it come through, experience it and then let it go...one at a time.

F And if s going to take some time and it sets you back a little bit...it *seems* like that but that's just the illusion...because you were in a high, high, high...which was only a certain level of high...but now it's actually cleaning up other stuff so that you can go even higher. So if for a period of time you're experiencing the old emotions, the old stuff and the old unhappiness, they are just the old programs...just old conditions and experiences and past memories from before that are coming in and locked up emotions that were wrapped up with that.

F So just let it come through. Don't fight it; flow with it...flow with it...that's the key here.

F And there's no rush, there's no panic. As soon as you get into a panic, you actually make it more complex, you make it more intense...and it takes longer.

F But if you don't rush...and what I mean by not rushing is that you let them come in and deal with them one at a time or two at a time...whatever comes in...and just flow with it...

F And have no timeline like, "I've got to be finished by next week! I've got to get back to my happy space!" You're happy wherever you are, if you want to look at it that way. This is the process that you're learning from and you're growing from so it's not about getting back to your happy space. Because, really, you're not unhappy...it's just an illusory thing which you're projecting because you're judging the whole experience.

F Just let the emotions come and deal with them, process them and let them go...one at a time.

F And get the lesson. Get the learning out of it. See what was there that wasn't picked up when you originally went through your experiential realm from the past...or whatever.

F People have the tendency to fight it or feel that they have to rush and, "I've got to clear it all up and have it all done within a certain time frame." And that makes it difficult.

F You may have an intention, "I would really like to clear it up as soon as possible." Then work on it diligently...but don't fight it and don't try to take on everything at once and set a specific timeline...because that's when it becomes overwhelming, challenging and then it all becomes a little harder.

F So your lesson on that is to not tackle it all at once and not to judge anything. So you can avoid all of that by just flowing with it.

A Our next question is as follows:

**My life has totally turned upside down in the last week. My husband lost his job (I am also unemployed so we are left with no source of income), we moved back to his country and we are splitting up after 25 years together. This has brought up amazingly powerful forces that had laid dormant and out of my awareness and not at all pretty.**

**While I am grateful to see them come up to be released, I have also experienced deep emotional pain. My kids are all studying abroad so I am sitting all alone and sad in what once was a very, very happy home full of kids, family and friends. There is no fear that I am able to recognize, just massive clearing going on.**

**The worst part of all is that I am terribly cold. It feels like the coldness of death or lack of Life Force. So much so that I have started to wonder. I mean, really, really cold: wearing my ski suit indoors, bathing in 45 degree C water and not warming up and not blistering. Have you heard of anyone else experiencing this?**

**Thank you again for all the work. I listen to all your programs with Franco and they are very helpful.**

A In response to this question, I had e-mailed back to her to continue doing the Clearing Fear & Entities recording. What I felt from her was that there were some very old entities that were attached to her genetic code from previous generations, and they were coming up to be freed. And sometimes...not always...but sometimes when your body is in a very deep cold state that usually...but once again, not always...that's a good indication that there are lots of entities around.



A So when she said that she just kept feeling extremely cold and even bathing in very hot water didn't help, the first thing I asked her to do was to continue doing the Fear & Entities Clearing because I sensed that there were some old entities from her past generations that were being released.

A Although I haven't heard back from her, when I tune into her it really feels much lighter than when she first sent in the e-mail.

A So, Franco, is there anything that you would like to add to that?

F Yes. In that particular case, you can see that all the stuff that has unfolded for her has been a huge change. As much as the family dynamics of being together, the splitting up and all that is not only of servitude for her, but it's also an opportunity for huge changes, huge growth, and new opportunities for everybody involved: the kids, the husband, the wife...all the people involved in the family dynamics. So all of this unfolded for the highest good of everyone concerned.

F Sometimes you look at it and say, "Well the family unit was great. Why did we have to do through all of this?!" All the souls needed to be free. All the souls needed to go through a certain intensity. It doesn't mean that it's always going to be broken, but it may have to go through a stage of that.

F As for the "cold" part of it...there was a very old energy from the past which was handed down, and it got triggered because her frequency changed and that allowed it to finally make its presence known. However, from what I have felt in tuning in to her, it has cleared that part.

F But the other part of it is that she feels that the life force in her has come to an end because everything that she identified herself with...even though this is part of the old it is not super ingrained...but enough has come to an end, and the life force that kept her going...everything that represented her life has fallen apart. But, in actual fact, it only went through a transformation and created a perfect environment for everybody to grow within.

F And this will change as she becomes comfortable with the changes around her and does the clearing part to let go of those *very* old energies. It found this opportunity with her to be released because of where she's at. So what you recommended for her to do is going to be beneficial.

A Yes. It's feeling much, much lighter already. So just keep going, you're doing great.

A Another comment/question we had is as follows:

**For me life is certainly very interesting with constant new developments and challenges that I welcome.**

**I gather that if I am able to see life as full of caring individuals then I will soon be moved to a new timeline with a new Earth that is as I would prefer.**

**I remember that Franco did mention that a number of timelines were being collapsed at this time and this is a little confusing for me. Any clarifications would be welcome if this is considered relevant at this time.**

**Thank you both for all your great work.**

A The timelines have changed a little bit just a couple of days ago (i.e. early April 2013) so why don't we talk a little bit about what's happening with the timeline changes.

F Basically what's happening with the collapsing timelines is that we've...at different points in time we have created a multitude of timelines based on different states of consciousness and so forth...so a multitude of probabilities. So each timeline had a stream of events and scenarios and experiences that we were projecting.

F Now as we have been shifting in consciousness, we have actually been shifting timelines and going into timelines which reflect more accurately the state of consciousness that we are in. So that means that the world would project slightly differently.

F So certain events that would have occurred in different timelines of different intensity...say a nuclear war or a third world war or those types of events...those with Armageddons and things that were prophesized a long time ago...those particular timelines were collapsed only because of the vulnerability of falling back into those timelines. Should any trigger come along we wanted to make sure that those timelines were not available there any longer for us to fall back into.

F There's a lot that's been done so that we just keep moving forward and so that we don't take a step back.

F So even on a personal level with the timelines that were collapsed, basically they were old timelines; they were old paths that we could have taken with different choices, with different states of consciousness. But once they no longer serve, it shifts.

F Eventually all the timelines will collapse and we will be only in a fluid timeline. That means that there are no longer rigid timelines like bands of frequency; it becomes a wave. It becomes a timeline that is just moment-by-moment flow. So it actually shapes as we go. So you're not moving from one timeline to another; you are basically modifying the existing timeline...it just continues to change...it becomes very fluid. And that's eventually what we'll be going into.

F But right now we are still stepping. But as we go along, especially when we step into a 5<sup>th</sup> Dimensional consciousness and when everything is reflecting it, we will actually go into that wave. We will be constantly creating that timeline.

F So there actually will be no future. Right now our future is so unknown because there is potential...the most probable timelines as we are going along...which projects our world and our experience to be a certain way.

F But eventually down the road it will become all one merged, fluid timeline that we create moment by moment.

F So the future will...(laughs) This is going to take a little bit to explain so I don't know if I can get into it too deeply right now...

F Timelines will exist to some degree because there's already future events. Sometimes when we are channeling, we can be channeling future events of timelines that exist. Once those timelines are no longer, then basically the future events don't exist either. (Laughs). But there is a whole different thing that I would need to explain that would take a little while.

F But at this point in time what we are doing is shifting timelines as we shift consciousness.

F And as we get into a higher dimensional consciousness we basically have no more staged timelines. Instead we basically go into a fluid wave pattern where we are creating moment by moment. And so each person's moments will interact with other people's moments and we will basically interact...in and out.

F So it's not like anything will be rigid where, "We're in this timeline and this is all that's going to play out and we can't really shift it, unless we shift the timeline." It's more, "We are on this wave and we are creating each moment of the wave. And the future is the next moment only." So you are creating in this present state of consciousness.

F So hopefully that makes sense. There's a lot more explaining that goes with it, but we would need a lot more time.

A Yes. And one way to look at it, to understand timelines...in the 3-D world there were multiple timelines that led to different futures....

A It's as simple as this. If you are leaving your house and you have a choice to drive this way to go to the store or that way to go to the store, or another way to go to the store, you might arrive at slightly different times, but you want to go to the store. So different timelines will bring about different events that lead to something we've agreed to: to go to the store.

A But now what we've agreed to is that we are not going to that store any more, and instead we are going to go to a farm. So the timelines that you had in place that were all these multiple ways of going to the store are no longer required because now the goal is, "Ok, the goal is that we're going to go to the farm and spend some time in the countryside." So different timelines are created.

A Once again, you are in the present moment. Whatever action you decide to go forward with will put you on different tracks. But fewer tracks than in the past because now we've all agreed, "We're going to go to the farm and spend some time in the countryside."

A And that's probably a very oversimplification of an explanation that requires more setting up. But don't worry about it. You are moving forward. And that's all you really need to look at right now: you are moving forward. You are not holding onto the past, you are just working your way forward.

F The other thing that I can throw in as an analogy regarding the shifting of timelines into a fluid timeline is this. You were saying that you're home and want to go to the store. You get into your car and there are three routes that you can take to get there. But you are bound by the routes because that's the road, and the car has to drive on the road in order to get there.

F But eventually you get to the point where you get into your car and your car just floats...it goes up and now it doesn't have any distinct path. It can go direct or in any direction, swing around and do whatever it wants. It's going to get wherever it need to get to, but there's not just a choice of three roads; you are completely fluid and can go in any direction you want. Because there is no direction. Everything is just fluid.

F But then, of course, the desire to go to that store may not be there because it's not necessary any longer. So it would be something else. But there is no rigid path to go. You are now able to move and maneuver through it.

F So, for example, you might want to go to the farm, but you might want to go to the zoo first. You get into your vehicle, you're flying and you're at the zoo. You experience the zoo, from the zoo you're going to go to the park, and from the park you will go to the farm. There's no, "I'm just going to go from one to the next." By the time you get up there you might say, "You know, it might be nice to go for an ice cream somewhere!" ...and I'm simplifying the analogy here... But you go get your ice cream before you decide to go somewhere else.

F But you can see that you're not going to be distracted by going to have the ice cream. You're just going over there, experience it, there's no judgment about it or anything else, and you just go to the farm...which was your original destination.

F So, in the most simplistic way, it's like that.

A Yes. Thank you.

A There have been a lot of questions coming in about 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Dimensions and the higher realms, but we did a lot on that in the program we did on “12-12-12 Welcoming Neutrality” and the one after that, “12-20-12, 4<sup>th</sup> Dimensional Alignment,” but we’ll just go into it a little bit with this question:

**I want to know, once you ascend into the 5-D and higher realms, I hear that people in the 3-D realm won't be able to see you. Is this true or not?**

A No, it’s not true. Actually, I shouldn’t say that. Everything is vibration, but...

F When we talk about not being able to “see” them, it’s more like you won’t interact with them. Because they are on a different frequency and a different path. They may still be around. There’s talk about them disappearing and stuff like that but what happens is...and there’s the other component part of it that when everybody shifts to 5<sup>th</sup> Dimensional consciousness...or when the planet and we are in 5<sup>th</sup> Dimensional consciousness, of course 3<sup>rd</sup> Dimensional consciousness will not exist. Those people are no longer here; they have left the planet. So if you’re looking at it that way, then no, you’re not going to see any 3<sup>rd</sup> Dimensional consciousness people because they are not going to be here. They will have all gone back to other light realms or may be on another 3<sup>rd</sup> Dimensional planet or a 4<sup>th</sup> Dimensional planet, or may come back to Earth when they are prepared for it. So there’s that component.

F But right now there are already people in 5<sup>th</sup> Dimensional consciousness and there are people in 4<sup>th</sup> Dimensional consciousness. We are in the 4<sup>th</sup> Dimensional consciousness. But there are a *lot* of people in 3<sup>rd</sup> Dimensional consciousness. They will all see each other. They may not interact with one another. They won’t have major discussions or interact daily.

F But then, there are some people who are in 5<sup>th</sup> Dimensional consciousness who fluctuate...not that they fluctuate themselves, but they are open to play with 3<sup>rd</sup> and 4<sup>th</sup> Dimensional consciousness people...but without getting engaged or getting caught up in the program of it. They see them exactly where they’re at and if they can facilitate, they facilitate.

F So as much as there are people in 4-D now...and the planet is in the 4<sup>th</sup>...there are people in the 5<sup>th</sup>...there are even people in the 6<sup>th</sup>, but very few. But, again, they just don’t end up interacting (with the lower level consciousnesses).

F It’s like you see in your community: As you awaken you notice that your family members pull away from you, friends that you used to have are no longer there. But you make new friends because what you are doing is basically aligning with more like-minded people...you say “like-minded” but what you are doing is you’re matching frequencies, you’re matching with people who are more on the same level of consciousness.

F That doesn't mean that you don't interact with 3<sup>rd</sup> Dimensional consciousness at all; there's going to be times that serves too. But it will be less and less. So you're not going to have very close intimate connections with somebody in 3<sup>rd</sup> while you are in 5<sup>th</sup>. You will notice that. You will see that.

F I've heard many times, "You know, as I start to awaken and shift, the friends I had before start leaving or I don't even want to be around them." It's because their frequencies don't match. Their conversation, their way of looking at the world isn't natural to you any longer.

F There's no judgment about them being "less than" or "better than" ...there's none of that. It's just that you don't resonate with them any longer. You're not there anymore. So you have people that like to go out drinking and partying and stuff like that, and you might be in a state where that does not appeal to you anymore. Or they might be talking about politics, or the 3-D world or complaining...you may not resonate with that any longer so you're not going to be there. So those interactions will change.

F But the "disappearing" of people and stuff like that, that's stuff that they're projecting as part of what once was a probability at one point in time, but it's not any longer.

A So the last question is about ego:

**Why do we default first to negative thought? When will it change?**

F Well, we're *programmed* to default to negative thoughts. From the moment we are born we're told right and wrong, good and bad, but then we are also programmed to judge things that are different and also to look at the horrible things...to react to it...you know, the "fight or flight" aspect of it.

F If you look at the movies right now, if you look at the shows right now, if you look at whatever is being projected through music, through interactions, through all forms of media...even the news and so forth...it is all projecting negative and it's all pushing negative and further endorsing and also programming negative response. So the ego mind responds into the "fight or flight" mode mostly because of the fact it has been programmed that way. It still sees judgment. It judges people. It judges scenarios. It judges situations. It blames. It projects out. It's always seeing something "wrong" about something. That's all programmed.

F Right now, as you go through the de-programming, when you start de-conditioning yourself from the original, you start to see that you no longer have that default. The default starts to dissolve. So now you start seeing the truth about anything and everything.

F For example, if there's an interaction and somebody plays a very dense role towards you...say that they may physically react or respond or give you a physical

experience (what you might call “pain”), the automatic response is that, “This person is evil. This person hurt me. I need to react. I need to punch or kick or do whatever.” That’s the default because that’s been programmed that way.

F But when you come to the reality and you start to de-program yourself, then even an event of that nature...not that that really becomes a necessity for that to be there in the first place...but even if an event of that nature comes about, you are not going to respond and see that they are the victimizer and you are the victim. You’re not going to see them as the evil one, the wrong-doer, and you were just an innocent by-stander and you were the one who got violated. You’re not going to see it that way.

F You’re going to see that that only played out for some particular reason so you could have a certain experience. You’re going to see that this is there to serve you...one way or another. You see the beauty in it, you see the perfection in it, and you see the lesson in it.

F Now as you go along and you don’t need the lesson, you won’t need to have that interaction so, of course, it’s not going to be there.

F So, right now, it’s the de-programming from that automatic response of negative.

F Look at it this way: Anything that happens, automatically what does the media project? Terrorists! This...that...horrible things! And then, of course, they project things and then they allow you to judge it. That is why they are showing the different levels. It just continues to perpetuate that.

F But we have outgrown that. That game is no longer something that we are choosing to play.

F So we are in the process of de-programming right now.

F So, to answer your question: it’s by default. It’s not our natural state. It’s an imposed state of reaction/response. But that’s changing with us so we’re not going to have that as we go along.

F All of that is de-programming for ourselves so that our natural observation of what we see is to see what’s in it for us to learn, to share, to play with and to move on...in anything that plays out. And you see the beauty in all of it.

F Even with someone who is acting negatively...you can see that they are on a particular path, having their own experience, and if there’s something that needs to interact where you can share something that can shift them from that pattern then it will happen. But, if not, it doesn’t happen. So that’s really what occurs in that regard.

F Of course the ego mind runs on programs. And it has its own mechanism of self-protection.

F And the protection that it uses is to react. It is to judge, it is to blame, it is to perpetuate its own survival in a sense. And then everybody's wrong and you're right, sort of thing.

F And, of course, it doesn't stop at that so it judges itself too and it makes itself wrong too. So there's no level of right.

F But then there is no wrong or right...it's really just all part of the program.

A OK. Just one last question.

**It feels like energetically there is so much momentum to the shift, but you talk to the average person and they are still acting as if nothing is going on and it's all about school, career, the house, the car, the family. When will both worlds connect? Why are some people so oblivious?**

F Well, the ones who are oblivious are still in their mind and are so programmed that they can't see anything outside of it.

F Now as things are going along and as things are getting more and more and more intense, it's going to continue to chip away and chip away and chip away to the point where it's going to be very difficult...it's already difficult now but it's going to get very difficult to hold on to all of that. Everything that's held it in place is going to energetically shift and also collapse in its projection. So it won't be supported any longer.

F How long will it take for that to happen? It's undetermined in a sense, because it all depends on how many souls have awakened and how many are participating in the change to create the dynamics for the others who are "stuck" to shift.

F Now of course there's going to be more intense stuff and as a lot of the structures that they are holding onto fall apart, they will lose their grasp and they are faced with having to look to something outside of it. So right now there's still a certain amount of stability that is still being held in place because they have some familiarity with it. So because of that they can still hold onto it to a certain degree. But for how long will be determined along the way because it will become more and more difficult.

F Now some will be oblivious to the point where they will eventually decide that they can't move forward because their programming is so ingrained, so deep, so structured, that the soul feels it can't get out of it. And the intensities and frequencies around them and all that is changing around them is going to create such a discomfort for them that they are not going to stick around.



F But in most cases, it will be enough to rock their world to let it go.

F There's going to be a panic at some point in time but there are going to be enough souls here on the planet who have already made enough of a shift that they will create an illuminated path for them, in a sense, where they can see and get on board.

F So, yes, right now, realistically (whew!) it's a really fun time because it makes you doubt yourself at times because you're seeing the change, you're experiencing the changes, but then at some point you see that so much of the rest of the world is so caught up in that world.

F Especially...it's amazing sometimes...I do watch a couple of the online videos that some people send me where there are short little excerpts where there are people gathered together and they are strategizing how to make changes on the planet...and especially the ones who are in government or in institutions and so forth...and it's amazing. You see them and they almost seem like little kids who have no consciousness whatsoever...and I can't even say "kids" because many kids have a *ton* of consciousness...but just a bunch of actors playing there and you see them and are thinking, "They can't see this?! They can't see that we can change this very easily and that we can't really hold onto this complexity that exists and that it's all made up?!!!" It just makes you shake your head and say, "How could they not see it? How could they be *that* asleep?" But they are. They are that asleep!

F But they are also, by being asleep, by playing that role, they are also forcing a lot of other people to awaken at the same time. And the more that's awakened...a lot of the roles that they are playing can be released for them. Because at the soul level or through the agreement, they don't have to continue playing that role. So they can actually then catch the wave and make the changes within themselves.

F So we are in a very polarized state in the sense of seeing people asleep and seeing people awakening.

F The interesting part is that the people who are awakening also are going through a lot of challenges and imbalances within themselves because they don't have a good footing on the changes that are occurring. So as they are trying to get their footing, they get caught up in a lot of other things that get them off track a little bit. But it's still a very powerful state to be in because it helps you to discover the Truth within yourself and to discover what is not.

F Because there are a lot of old stories going around, a lot of stuff that's being shared that's very archaic that people are channeling and bringing up old knowledge, old stuff. But, again, it creates a little bit of confusion for people...or even a lot of confusion for people. But, at the same time, it helps you to get to the point of saying, "I don't want any of these outside resources that are coming from handed-down information. Let me look within. Let me start to tune into something that is current, something that is being updated all the time within myself."

F All of it is still serving.

F Yes, there are a lot of sleeping souls out there, but you'll see how it will start to change more and more.

F Because if you really compare it...you compare it to the last 50 or 100 years or whatever...look at how long it took for even the smallest steps to be taken in comparison to what you see now. They are *huge* leaps being taken! *Every single day* people are awakening left, right and center. There is so much information, so much being uncovered all the time! New realizations coming about. People are coming on board, they are starting to come together. They are wanting to see change and they are seeing that what we are living now is *not* the only way to be. There is so much coming up, so much *information* that's being shared...online and through various resource...that has never been shared before.

F And the other thing is, it's not only what's being shared, it's the level of *openness* to receive, the level of openness to accept this information.

F But the information that's coming in is only to active what's already inside of you.

F The only reason that there are souls who are sharing higher information and so forth...because not all souls have the same level of access at the moment while they are going through the enlightenment process...but as they go along, they all have the same level of access, they are just at different levels.

F So what we are doing is assisting each another...sharing only to help them ignite what is already within them. And that's it.

F So that's what's happening in that regard. Yes, many souls are still asleep, still playing a role. As to how quickly...it's speeding up more and more every day. It's becoming more and more undeniable that there's change happening. And it's becoming more and more difficult to hold on to the old ways, to the old structures and everything else.

F And even the secrecy, all the hidden stuff, all the holding back of technology and all that stuff...all the stifling down and so forth...it becomes so incredibly impossible to hold. All the underground unfairness and out-of-balance, you might say...an out-of-balance perpetuates within the industries, the governmental institutions, the different religions and it's all coming to the surface...it can't be hidden any longer.

F It's all coming to the surface because of the fact that the energies are pushing through, people are becoming more aware, they're more observant, they're more accepting (of new information and ways of doing things).

F So it's not coming up so that we can judge it and see it as them being horrible people. It's to see what's there, realize it and to let go of what no longer serves.

F That's really what's going on...so that we can start to create a whole different reality through that.

F So that's really what's occurring: things are changing.

F And it's really just the beginning. Things are speeding up more and more and more.

F And as we continue to go deeper into 2013 and into 2014, you are going to see things are going to become more intense in one way, but also move forward a lot faster and we will make huge leaps as we go along. And what used to take forever, would take lifetimes after lifetimes to make even the slightest bit of adjustment, now happens in the blink of an eye.

F So, yes, we are on a ride. The ride is getting much more interesting and much more intense. But it's not to hang onto the ride...just *flow* with the ride.

F And just continue to make adjustments within *yourself*.

F *There is no healing being done here!* There are no repairs being made!  
*Nobody's broken!* No one is "less than!" We're all perfect!!!

F All we're doing is we are adjusting the operating system so we can project a different reality, so we can upgrade our experience to be more in alignment with what we, the soul level, choose to do. That's all that's happening!

F *That's it!*

F Everything else that's been believed about we're healing, we're fixing, we're broken is not so.

F We're making adjustment to align. That's all!

F To align more with what we want to project as our experience. And that's all that's happening.

F Our world is not falling apart; it's adjusting. It's purging what no longer serves. It's clearing up old energies. It's creating the environment for change.

F Is the planet damaged? It has had what we might call "thrown off balance" types of energies, but it still served. And the planet is not pissed off with us or anything of that nature. It is only making another adjustment to *align* itself. It's aligning itself to the new frequencies and the new world that it's projecting. It is creating the environment to support *us*. It's been patient, it's been loving. It's not been damaged in the sense where it feels "hurt." No.

F Yes, it has had a lot of exposure to very dense, low-vibrating energies and whatever else. But with great love, it is purging that.

F It's still there to support us. It's still there to allow us to have the beautiful playground for us to move forward. The upgrades are just that; they are just upgrades that match.

F That's all.

A Yes. That was our last question, so is there anything you want to say in closing, Franco?

F Well, we're all working together in all of this so we'll do our best to support everyone as we are supporting ourselves through this. Anything that we are changing within our lives, anything that we do for one another, we are doing for all of our selves...as a whole.

F One thing that we have to understand is that each one of us who shifts...each one of us is serving each other. We are all interconnected. You see, our purpose now is to do the growth, to do the experiencing, the learning and so forth...and the enlightenment process as we go along.

F *Ultimately*, all the souls on the planet will merge with one another...to the point where we merge right back to Source. Again, as *One Unit*.

F We are One Unit right now, but we are fragmented in order to have all these various experiences. They are ours to complete and we complete them together.

F So it's not just about ourselves. Whatever we are doing and whatever we share, we are doing together. We are assisting each other.

F It's like going to school. If you are the only one in the playground, you can be creative and you can play at a certain level, but it's restricted. But if the playground is filled with children, who are just other aspects of you, you can play a lot more profoundly when you have a lot more playmates and you can use a whole lot more co-creative imagination to create even more elaborate playful experiences. So that's how we function.

F But, ultimately, we are all One.

F The *big* thing to realize right now...this shift that we're going through is to bring in...you know, we had a shift occur a few thousand years ago...a couple of thousand years ago, and that was an activation to bring Love. The shift right now is bringing Oneness. That is the main work that I do here...with others.

F The Oneness consciousness is basically realizing that we are all One.

F        Whatever we do we are serving each other, we are playing with each other, we are growing *together*.

F        The separation aspect has created a certain reality that we've lived for 10,000 years. That reality has come to a close. We are closing that off. And as it's being closed, as that is taking place at this time, that Oneness comes in. And everything transforms as One with that Oneness consciousness.

F        When we realize that whatever we do, we do for the Whole, then whatever we do is going to take into consideration the Whole.

F        So that means that as we are going through these transformations...a transformation of any institution, any service of any sort, any facility of any sort...the modifications that are occurring, the adjustments that occur are to serve the Whole. That means that you're not going to have a company...just as an example...that serves only themselves...for profit or anything of that nature.

F        A company is a group of people who come together to work as a unit to provide a service for the benefit of others and themselves. So that means that if I'm going to produce something, it has to be beneficial and conducive for others. You're doing it in a way that it does not create any compromise to others, it does not create any compromise to the planet, the animal kingdom, or anything else. Because that's what the Oneness consciousness is...bringing all of that *together*. When you look at it fully, it's that.

F        So the Oneness consciousness is a *big* driving force in this shift. First, Oneness is realizing the Higher Self within you...with the body and mind. The other part is to reconnect with everyone and to see everyone as a facet of you...as a playmate...with no judgment...nothing. Everybody's perfect. You're perfect.

F        And then reconnecting with all the different other realms, the other beings...and everything else...

F        And right back to Source.

F        As ONE.

F        So that is our main focus. All these changes have to do with Oneness.

F        As much as people say it's about Love...Love is a component, yes. But it's about Oneness...that's the main driver. And to bring everything in alignment to support.

F        Because now we are no longer competing! We are complementing and supporting each other.

F        And I don't mean "support" in the sense of responsibility where we carry people. We support each other by assisting each other to do our own work, our own growth, our own expansion...together.

F        And when we work together you will see that we will make an environment that is supportive and conducive for every single soul. There's no more lack, no more limitation...whatsoever.

F        And I leave you with that...

F        ...for your reflection.

*Transcribed by ARL in June 2013  
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