

RIDING THE ENERGETIC WAVE EVENT PREVIEW

With

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Sifu James Foo and
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September 11, 2014

Antonia

Tonight is a preview call for the Riding the Energetic Wave two-part event with Franco DeNicola and Sifu James Foo. The first part of that event will be held on September 21, 2014 and the second part will be held on October 19, 2014. It will take place at The Kingbridge Centre, King City, Ontario.

This event will assist all of us with the new wave of energies that are coming in starting on September 21st. The energies are pretty powerful movers and shakers that are to assist humanity to clean up the past. And I know that some people are having problems...myself as well...where you may be experiencing emotions or things come up that you thought you had probably dealt with...like anger, sadness... anxiety for a lot of people...all this stuff coming up...and these new frequencies are coming in to assist us to clear that up.

So, because of that, we are hosting a two-part event. The first part of the event will assist us to clear up as much as possible when the energies come in. The second part, which will be in October, is to help you ground. You can either attend the event live at Oneness at the Kingbridge Centre, which is about 30 minutes north of the Toronto airport, or you can attend via livestream from the comfort of your home. And we encourage you to be with us.

So why don't we talk a little bit about the energies of September 21st. Would you like to start this off, James?

James

Yes. A lot of people ask me, "What's coming?" From the middle of July to the end of August you would have found that there were a lot of changes within you. The new energies that are coming on September 21st are actually collecting all the little "islands" of emotions that you have. And also not just emotions but also (inaudible). So if you think back to just about a month ago...around this time in August...things that you thought you already had under control and put aside actually became little "islands" everywhere...so the energy that came

in August collected them all and put them in a big bucket. So, for example, if you had sadness before and you thought you had gotten over it...you didn't like your boss or your job but then you felt you got used to them...the energies that came in August collected all that in a big bucket and called it "sadness." So if you have that, that's good...because at least you know what's happening to you.

On the other hand, if you had a project or something that you wanted to do but you had bits and pieces of information everywhere, the August energies actually helped you to focus so that now you seem to know to where you're moving.

So there's two parts to it. If you have bad feelings like sadness, it all got put in a big bucket. On the other hand, if you had decided to live somewhere, for example, those energies are actually helping you to do that too. It's all in a big bucket.

So what will happen on September 21st....if you call up September 21st energies right now and then you think of sadness, you will see how sad you will be. So starting on September 21st we are getting energy that might be called a "booster" and it doesn't care what emotion you have. If you are sad it will boost you up even sadder. And so that's the problem.

So what we would like to do is to help you release that sadness...or whatever strong emotions you might have...and get rid of them now...or at least minimize them...to try and clean up that bucket as much as we can.

These boosting energies are going to be the strongest starting on September 21st. But they won't last for only just three months...they will actually be coming for the next 15 years.

So the best thing you can do is to get rid of all your sadness and concentrate on your future. And that's what we hope to help you to do on September 21st and October 19th.

And this is the reason why this event is called Riding the Energetic Wave. If you have some good intention, that intention will enlarge to a point...for example, if you are feeling healthy now, wait until September 21st...you will wake up flying! Everything will be positive.

Franco

Yes. If we have great intentions or some great plans and we are looking at heading in a certain direction with our lives and holding that energy...the one thing that still comes up...come September 21st...or really already...it will just intensify on the 21st...if there is still anything that may be an obstacle or a fear, a concern, an old story, a program and so forth...whatever you may have...part of you will look up and see that the possibilities are there very strongly...but the opposite will also be accentuated...where you also see the heaviness or whatever it is that you still have in your bucket will also be activated and intensified. So you will have both sides. You can actually have both sides activated.

So it is very key to let go...let go of all these old emotions, old programs and so forth that keep us in the old patterns of thought, in the old ways of responding...where we feel that

our emotions are driving us, where we feel that we are attached to the old energies, the old ways of life...relationships...you name it...whatever it is. So when you catch that wave you are now going to have to deal with both sides.

The whole purpose of September 21st is that when these things come up you will then be able to deal with all the obstacles. Because everything is going to be accentuated.

Like James was saying, if you have sadness, depression, fear...or anything of that nature...it's going to be accentuated. So the work that we're going to be doing is helping to clear that...to raise vibration...and to be able to ride with the energies that are coming in to support us.

This is the beauty of these energies...they are there to uplift us! But, at the same time, they are going to accentuate anything that's there...only for the purpose for us to be able to clear it...only for the purpose that we can let it go...so that we can actually ride the uplifting wave, the higher energies. Then we can start creating a new experience in our own personal lives and start to align with the new consciousness that has been installed in us and which is also expanding...where we start to create a completely new world...where the changes that we are choosing feel deep in our own Essence that we want to flourish and take place on the planet and take place in our own lives...to actually start having that come through. And the energies will carry us. And not only that, but the energies will also support because all the alignments will start to come into place.

And the reason that the first wave of it is pretty intense...it's not just going to go for the three months but, like James was saying, it's going to carry on for 15 years...is because there's a *huge* uplifting, a *huge* rebuilding, a *huge* restructuring that will take place. Our intent is to totally transform our human experience and totally transform our planet with these energies. So they are there to support us!

I know that sometimes people respond with fear, "Oh, my God! Am I going to be ready for this?!" Well, the thing is, if you want to not have the massive polarity or really get hit on one side or the other, then let's do the work together.

But even if you don't "get it" and you do get hit by it, you will always have the opportunity to shift it. It will just become so noticeable, so intense that, if you want to hold onto it, it's not going to be something that's very comfortable or very possible to do for any period of time. Because during that three-month period it's going to just continue to erode and erode and erode until it gets to the point that you will have to let go of your old world.

It's also going to push certain people who are really not feeling like they want to be on the planet. And when I say that, I'm not talking about from an emotional perspective. The emotions play a role...but it's deeper inside at the soul level where they feel stuck...and the energies are going to help you accelerate whatever process that you need to do to complete whatever it is that you can complete...and then make an exit.

So there's a lot of different things that are in play here.

This is *nothing* to be afraid of. It's all there to assist us. It's really a helping hand...but it's also a kick in the ass too, at the same time...depending on where you're coming from in your state of experience.

So what we're doing on September 21st is facilitating the connection with these energies to allow all that needs to be cleared, whatever needs to be let go of to be released, and to create a shifting within ourselves. And then we are also going to address any particular challenges that are taking place in your lives. And James and I are going to be doing a lot of processes...various energetic activations and transformational processes...to facilitate, to assist.

And this is not only for the people who are registered for the event...because we are also going to be creating a template for the planet so anyone will be able to hook up to that...even if they are not ready on September 21st they will still have access to it when they are ready. So we will be creating an access channel...if you want to call it that...with the template of that transformation. And we will plant it throughout the whole planet. And that will be available for everybody.

The participants who are there in person and those who will be connecting to the livestream or listening to the recordings later will all be facilitating, will be working together to make this possible.

At the same time we will also be addressing the personal level. But when we do address the personal, we are also addressing the family dynamics. As you are going through this process, because you are linked to the family dynamics, you also create a wave change within them. So even though they may go into the depths of something intense because of some of the baggage and old energies that they are still holding onto, you will have the opportunity...just by your presence and the linkage and lineage that you have with them at that level...you being in that state will actually create an opening for them to choose. It will still be up to them what they want to do, but it creates for them an opportunity for them to be able to access something that, in most cases, would be a little more difficult to access from a global perspective rather than being able to access it within the family connection. Even if the family is on the other side of the world, you are still connected. Of course we are all connected...so everyone is affected in that way...however, the lineage of family makes it easier. So September 21st is to assist with that part, so that's one of the key ones. And it will be very powerful for everyone who participates.

And I know that James generally doesn't get too excited about changes of energies that are coming through, but with this one he has taken actions to work with people. In fact, we've already done a summer retreat to create some openings and some shifting and also raising the vibration to 528 Hz. And, again, this is something that we are doing together to make sure that we facilitate as many people as possible...and also facilitate the planet too.

The event on October 19th will be a further boost. We will do any required maintenance of the frequency that needs to be done, any adjustments and address any other particular

challenges that may present themselves. And, again, James will create transformational energy activations and I will be doing alignments and activations. Again...it is all to facilitate. So we're going to ride the wave. If you get shaky on the wave, basically the event will stabilize you even further...and you will be able to ride it even more efficiently.

So these two events came up actually while we were doing the summer retreat in July. It became very clear that we had to do something on October 19th. And then later on it became clear that we also had to do something on September 21st. So this is why this is coming together. And this is the platform that we are working with.

And we have decided to hold it at Oneness at the Kingbridge Centre because we have been creating the energy there. We want to centralize the energy there so that it can be for future events and future gatherings where people can be energized. Because there is an energetic vortex in that space that will also facilitate. But this energy is coming from all over.

Do you have anything to add to that, James?

James

Yes. If you think back a couple of months, you are now vibrating at a much higher frequency than you were in July.

If you watch the news, you see that people don't really think too much...they just jump and do it. And that's the frequency that we are in right now.

So it would be really good if people get together on September 21st and try to clear a lot of baggage. So I would encourage people to register.

Antonia

Absolutely.

And we have talked about this before...that this is sort of to assist to clean up the past. Because if you look at where humanity is now and where we are headed...we are heading towards creating a thousand years of peace, a thousand years of Oneness...and these energies are to assist to dissolve the separation that we have been living. So it's a shake-up...James called it a boost...Franco calls it a kick in the pants (laughs). But really what it is, is for people to see that how we are living is not sustainable. And this is basically kind of a shake-up to realize, "OK, we are leaving this alone."

I belong to a lot of change-type groups and I just got an e-mail saying that on the 21st people are coming together in about 1,852 different locations all over the world...because of all these weird weather patterns that we've been having...which is all perfect to assist us in going through the changes that we are going through...but people are coming together in these locations all over the world to tell governments, both on a local and a national level, that

climate change can no longer be denied...and people are demanding green energy sources, are demanding renewable resources that will not continue to destroy our planet. So this is massive...and it's fascinating that it's actually happening on September 21st. So this is all part of people coming together.

And something else that we have not addressed too much on this call is that there is also an intense desire for unity, for coming together for people that feel that pull of like-mindedness to be together and to unite and to do something. A lot of us are feeling that we don't want to be part of the old system. But up until now we have been feeling like we are kind of straddling both sides. And the reason we don't want to be part of the old system is because it doesn't serve. But people haven't really known where to step to move forward into the next thing. So this is all part of the energies that are coming up. Because what they are doing is assisting to dissolve those old structures that humanity knows are not sustainable.

From a personal level, I know that for me in the last two weeks a lot of emotions have been coming up that I thought I had already dealt with on a lot of different things. And as James and Franco said, I have been feeling a different kind of vulnerability. And so I know that there are a couple of more things that I still need to work through. And I've been working with the energies of September 21st since James first said, "OK, start working on it to get ready." And that was about three months ago (laughs).

So it's kind of a cleaning up to get ready...like a cleansing, a purging. Franco and I have been talking about purging and clearing for about two or three years now...and this is kind of a last big push to assist to purge and clear. Because, of course we want to move forward and build on stuff. Speaking as a nutritionist, this is kind of like a massive detox (laughs) so that we can build on fertile, clean ground.

When James talks about projects going forward, these are projects about what I would call Oneness...they are projects about things that support humanity, support nature, support us co-existing.

And, as we are going through this process...especially in the first three months...you may feel a bit like you are on a teeter totter from one emotion to the next...because we are kind of dancing back and forth.

And hence we created this two-part event. Well, actually we didn't have a choice...we were told we were doing it! It was pretty strong coming through both Sifu James and Franco and we all felt, "OK, we have to do this." And that's why we're doing it. So please do be part of it...whether you can join us on the actual day either in person or through the livestream on the internet, or you join us later by listening to the recordings...the call to connect, the call to unity is so strong right now.

People are finding groups where they can be together...groups like Masterpiece Life, people who follow the CJ Miller Show on Blog Talk Radio on the internet, and others...there are all these people who are starting to come together more and more and more...because we are

moving into creating the next thousand years of peace. And this wave of energy coming on the 21st will be a huge boost to do that.

And, as Franco said, it's not to fear this. It's more like, "OK, let's get through this to move on." It's like, "Let's take off the old bandage, let's get rid of this stuff so that we can create anew."

When we create an event we always say what we intend to cover, and we hold the space for whatever we are being guided to do. But on the day of the event, things may shift and change. So we always energetically deal with on that day what best serves those attending and what best serves humanity. Because, as we have talked about in the past, the unity between all souls is stronger. So when we are doing this work, it is not just for the individuals that are attending, but rather it is for all the collective and all of humanity that we are working with together. As Franco says, we are creating a template for anyone who at a later time wants to hook up to it.

Do you have anything to add to that, Franco?

Franco

Yes. If somebody is not ready...you have to understand that even if they are not going to be able to shift their energy right away, this energy that's coming through will intensify...so that if there's any lessons and completions that are required...say from past lives, from lineages...from even this lifetime...from everything that they've experienced...it will become so saturated and intensified so that whatever they need to do...

You know when we do the Clearings we talk about bringing the emotions to the maximum...to really get into that space...go right into the emotion.... It's like anything else...if we've had a fear, a pattern that we've taken on from lifetime to lifetime, or even picked up in this lifetime...because, remember, a lot of the things that are coming in that we are experiencing now sometimes seem very foreign to us because, in essence, they weren't created in this lifetime. Instead they were brought forth in real time from, say, past lives....where each time we attempted to get it wrapped up or to learn from it and move from it, we weren't able to...because each time we stage it we give ourselves the opportunity...depending on the energies and what choices are made and what the waves are at that time and in that lifetime, there are times when we can't get through it. And so we leave that behind to do later and an imprint of that is left in the soul.

So in this lifetime, everything is being brought up at this time, and we are being given the opportunity to deal with it once and for all.

So if somebody has a big list of things that they still need to do, this wave will still be very serving in that intensity because it will allow you to get into the depths of that intensity and to really get to the...I don't want to call it a "breaking point" ...but to the saturation point where you can say, "OK, we're done now. I've got my fill of this and I've learned what I needed to learn."

Because the wave that is coming through is also showing you much more clearly what the lesson is and also what is old that needs to be cleared. So that means that you can experience it, go right into the depths of it...but, at the same time, it is actually presenting it to you to look at and say, "Oh, OK. That's what it is. Now I'm going to address it because I can now see it."

How many times have we gone through experiences and we had certain challenges and we keep repeating the challenges over and over again, and we can never seem to figure out, "What's the lesson in this?! What can I learn from this? What is it that I need to address?" And that's because at times it just isn't that clear because we haven't gone through it.

But this is giving us the opportunity to be able to see that clarity at the same time you are having the experience. So it plays a dual purpose there. So, of course, as you have dealt with this, you then start to flow and you start to ride and you catch the wave...and you start making much more progress and movement.

The other thing that comes up with people...and I've heard this a few times, "Who is organizing and structuring all this stuff that's coming in to make us go through this? How about if we want to hang onto all of this? Who's making the decision that we should go through this?" Well, in essence, we are. We've agreed to this. We agreed to it because we said, "OK, we really want to make a shift." And this is done at the superconscious level...at your soul level...and also through your soul family connection where we have decided, "OK. This is the time. The alignments are coming into place and there is much more of an urgency...not urgency in a time sense...but urgency to catch certain waves of movement, growth and expansion. So, in essence, yes...let's do this!" So it's not being imposed on us. It may seem that way, but it's actually being orchestrated through us.

Now there's a couple of parts to this. Yes, we've chosen to be here and also to have this intense experience. But, like I was saying earlier, right now the next wave will also allow us to be able to make even more progress because of the fact of the intensities on both sides: the uplift of consciousness, the uplift of energy of movement...and also the intensifying of all the old stuff so that we can actually get it taken care of and released.

And the releasing will become a little easier too because of the fact that it's going to be so hard to hold onto it and it's going to be, in a sense, like a hot potato that you have in your hand...it's so hot that you can't hold it there much longer. So it's basically going through the microwave right now getting heated up to make it so that we can not only see that we have it in our hands but also feel it and then we can say, "OK, I've can let it go."

And that "hot potato" is what James talked about before: the old programs, belief systems, emotions, the old energies that we've taken on, the old ways of life...even holding onto systems, structures, people, and so forth.

And it's not about *losing* people or *losing* connections and so forth; rather, it's about letting go of the *attachment* to them, the *definition* that we've given them, the *security* and the idea

of what they represent to us. It's letting go so that it does not drive you any longer....and if it's not there that it doesn't tear your life apart or make it seem like it's not worth living.

Because you will notice that when you are unattached and when you are fluid and you are flowing and playing and experiencing life everything feels much lighter. And at that point in time it doesn't matter what comes in....

Because any time there's a wave, any time there's a change in a life, the freer you feel and the fewer attachments you have, then the fewer challenges and the less impact it has on you in a negative or intense way. Because it's like, "OK. Thank you for reliving that. Now let's move on," rather than, "Oh, my God! My world is falling apart! This is my only reason for existence so what am I going to do now?!" So none of that will apply. Then you can be in the moment where you are creating each moment, and you are flowing with whatever changes happen.

Specifically with all that's coming about within the next years to come, it's all about change, it's all about restructuring, redesigning...completely. So it's not a matter of letting go of the old and then getting attached to the new stuff. Because everything is going to accentuate and accelerate so fast that things are going to be going in and out, in and out, in and out...so you need to be flexible with all that in and out and you flow with it moment by moment...rather than letting go of one thing and then attaching yourself to something else...and then you'll have to let go of that because it's going to change very quickly.

It's not like before where change was very slow. And I know everybody's seen that...especially if you've been around for a long time...you've noticed that change has been very slow. But change is no longer that way.

And if you think it's fast now, just wait as we're moving forward...it's going to become faster and faster and faster...to bring it to where we have all called it forth to be.

We have decided at such a high level that this is what we ought to create and this is where we're bringing ourselves to. So, in essence, "Let's do it! Let's go for it! Let's bring this transformation to its pinnacle state and let's do it!" So that's what's happening at this point. We've all co-created this and we're all excited about it at a higher consciousness level.

We may not be so excited about it at the ego level, especially where we've become accustomed to things. And many people are accustomed to their way of life even though it may seem like drudgery, even though it may seem heavy and doesn't even feel natural any longer. But there's a sense of security...even though it's not real security...and there is no such thing as security anyway...but it's a sense of security in the sense of, "Well, this is what I know and what I can count on because every morning I have to get up and do this," or that, "This person is here," or "I have this stuff," or "I have this back-up," of some sort. But it's not about that. The thing is, you're not going to be holding onto it.

And it's not about "losing." It's about detaching. It's about letting go...and letting it flow. And this is what it's all about. It's just another powerful wave.

Do you have anything to add to that, James?

James

Yes. Another event that we are holding to help people to get through this, is a **free** online healing session planned for September 16th.

As you know, our heart is made up of neurons. And neurons remember things. So negative emotions from your past years and your past lives are stored there. So on September 16th we are doing an online Energy Transmission to clean up the heart and help to get things starting to move. Antonia will be sending out the link for that webcast.

Another event we have planned is a **free** live event on September 20th at the Monte Carlo Inn in Markham, which is close to the intersection of Hwy 7 and Woodbine. Starting at 9:30 in the morning there will be an introduction to what energy is all about, which is always being updated because of the new energies coming through. Then starting at 2:00 in the afternoon we will do a Group Healing (just like we did in the summer retreat) to help people to start moving some things.

And then on the 21st when the energy is actually coming in, we will be more than ready to welcome that energy to arrive.

Antonia

Yes, I will send the details about these events out to everyone by e-mail and it will also be posted on <http://masterpiecelife.com/> and <http://jamesfoo.ca/>

Although you don't actually need to officially register for the September 20th event at the Monte Carlo Inn, it would be nice to know how many plan to attend so that we can be sure to provide the necessary room. Sarah Kwan handles many of Sifu James' groups here in Toronto and so you can e-mail either Sarah at lotussarah@yahoo.com or myself at info@masterpiecelife.com So it would be very helpful if you can let one of us know if you are planning to attend so that we can be prepared with the appropriate amount of room.

And also with respect to the Group Healing that James will be doing on Saturday, September 20th, that Group Healing will start at 2:00 and probably last a couple of hours. James has conducted a few of these Group Healings already, and the more he does, the more powerful they become. We have actually had a lot of feedback about healings that have happened: people have had their hearing improve, their eyesight improve...someone who had a daughter who was addicted to drugs all of a sudden felt that she no longer needed them. So this is all part of this energy coming in to assist people to move forward through things.

And, as always with any of our events, for those of you who cannot attend any of the energetic sessions either live or online, just be aware of the time that it is happening and, wherever you

are, you can participate by just holding the intention that you are connecting with the group energetically.

Specifically with respect to the LIVE events where JUST Sifu James is presenting, it has proven somewhat difficult to record and/or livestream them because they are very personal and there is a lot of movement and interaction. So the event on September 20th at the Monte Carlo Inn will not be livestreamed or recorded.

However, Days 1 and 2 of the Riding the Energetic Wave event with Franco and James on Sunday, September 21st and Sunday, October 19th at The Kingbridge Centre will definitely be livestreamed and recorded. It will be done by Joe Martino from Collective Evolution. Joe has been putting together a lot of equipment and doing a lot of research and preparation because we hope to be doing a lot of livestreaming from that location from now on.

All of these events are being provided so that there's lots of opportunities for people to get assistance to move through what it is that they would like to move through and also to connect and come together.

Franco

Yes, at the event on Sunday, September 21, we are going to be doing very powerful energetic work.

The event costs only \$99 + HST to attend live and that includes a nice buffet lunch and snacks and refreshments. And if you register for both the live event on September 21st and the live event on October 19th at the same, there is a discount so it costs only \$178 + HST.

And to view the September 21st event livestreamed on your computer costs only \$15 + HST, or \$30 + HST if you register for both days.

There are also nice rooms available at the Kingbridge Centre. So if people want to come up on Saturday and stay for the night or even stay over on Sunday night, there are accommodations available for them to be able to do that. And we will be having dinner available both on Saturday evening and on Sunday evening for those who wish to participate...whether or not they are booking a room. So everything can be ordered a la carte, so to speak, when you are registering for an event at the Centre.

It is a beautiful resort-type facility with a swimming pool and other facilities that can help people to relax, play and connect more with nature.

See more at <http://www.onenesscentre.ca/about-kingbridge-centre/>
<http://www.kingbridgecentre.com/>

It's not like a regular hotel where you have a lot of different people or groups around, but rather the Centre itself is focused on Oneness, so the energy there will be around the work that we are doing.

So I look forward to as many people as possible joining us, either live or through the livestream. And, of course, they can connect with us energetically and can also join us at a later time at their convenience through the recordings.

All the details to register for the Riding the Energetic Wave event are at any of the following websites:

<http://francodenicola.com/>

<http://jamesfoo.ca/>

<http://masterpiecelife.com/>

And if someone really wants to register but is challenged financially, we are also providing some financial assistance for people who really need that. To access that option, just go to the Oneness at the Kingbridge Centre website at <http://www.onenesscentre.ca/about-kingbridge-centre/> and go to the "Contact" page and there you will see the e-mail contact of welcome@onenesscentre.ca . If you send an e-mail to that address, Melinda will assist you in making any arrangements you require.

We are trying to take away as many obstacles as possible that might prohibit someone from being able to join us, so we are doing our best to facilitate as much as possible. And, of course, there are those who are able to contribute a little more financially to assist in covering the costs of others who can't contribute as much. But we are keeping everything very low cost to provide not only accessibility...

Because this is not a money-generating event. This event is coming together and we are all doing this to assist people and to assist the planet with everything that's coming along. So it's not like we're creating another event for our own benefit; it is for the benefit of the Whole...for everyone. It is something that we are doing with Great Love to assist everyone.

Antonia

Absolutely. And the registrants for the event will be getting more details a couple of days prior to the event as the final touches are put into place.

If you have been experiencing problems in receiving our e-mails, then please be sure to add us to your "Safe Senders" list if necessary and/or be sure to check your Junk folder.

And if on the day of the event you are registered but still haven't received any of the final details, then e-mail either myself at info@masterpiecelife.com or Franco and Kimberly at info@francodenicola.com and we will be sure that you get the information you need.

And, of course, you can also direct any questions to Franco and Kimberly by e-mailing them at info@francodenicola.com or myself at info@masterpiecelife.com and we will take care of as many questions for you as possible.

*Now I'm going to ask a question that I've been getting a lot lately. Somebody will say something like, "Well, it's really nice to let go and let go and let go. And we philosophize and say just let go. But...how **do** we let go? In my day-to-day life, I get up in the morning, what do I do? And then the phone rings and I'm stressed...what do I do? Then my child screams at me...what do I do? Then a bill from the government comes in and I'm stressed out...what do I do?" So the question is: **"We talk a lot about letting go, but how do you let go?"***

James

Well, if your energy level is at 528 Hz you will be so calm that when those things happen you just say, "Ok, thank you for coming." So you will just let go. It won't bother you anymore. It won't be accentuated to a degree that you react like you might be used to doing.

And the easiest way to get your frequency to 528 Hz is just simply to "call it in." That is, just simply have the intention that you are calling in that frequency by saying the separate numbers "5, 2, 8." Don't say "five, twenty-eight," or "five hundred and twenty-eight." It has to be said as three separate individual numbers "5, 2, 8."

If you download a copy of the Energy Paper from my website <http://jamesfoo.ca/> and read the instructions that go along with it, it will help you to get to 528 Hz frequency very easily.

Franco

Yes. And if you looking at whatever situation is coming up after you bring yourself to 528 Hz, whatever you saw before as being so traumatic, so big, so challenging for you actually becomes very small in its impact. Because, the thing is, when you get emotionally charged, when the fear sets in, the anger sets in or the resentment sets in...a child is arguing with you and creating a problem, the anger flares...if a bill comes in, there's a fear, a feeling that it's unfair...all this stuff comes up. But by bringing yourself to 528 Hz the viewpoint from which you will be looking at it will be very different. And, in that state, you can let things go very easily. You can just say, "OK, I release this."

You will also notice that even on a day-to-day...even without doing any of those processes...there are times that you feel much more "empowered" ...if you want to call it that. In those empowered states, something occurs that normally, in your less-empowered state, would be very impactful on you and also challenging and also block you up to the point where you don't see any other option and you don't see any "out." But when you are in that other state where you are feeling stronger and more empowered, the same circumstance, the same situation can come in and, first of all, it won't impact you as hard and, second of all, you can actually see the options...not only how to take another path but also how to transmute it, how to transform it and how to shift it altogether. And should you choose to not participate with it, it's so much easier to say, "No."

For example, something comes along which normally would create some type of fear or discomfort of some sort, you can now look at it and say, "Do I choose to participate with

this or not?" And if you look at it and say, "Well, I don't choose to participate with this any longer," and you don't have any judgment about it you can then say, "so I'm done with this," ... and then you just let it go.

What is beneficial about bringing yourself to 528 Hz is that you are in that empowered state. And, in that state, you are not only in Ultimate Love and in the frequency of Creator Essence Love but you also have access to the operating system of whatever it is that you need to adjust. So that is a very powerful tool. And this is a tool that James has been guided to provide to facilitate.

Other times when you are caught and you can't seem to get yourself to 528 Hz by calling it in...whatever's coming up...if you still feel that you need to hold onto it and really experience it, then you are going to go through the experiential part...so just observe that part of it. And then you can go through the process of letting it go. But bringing yourself up to 528 Hz makes it easier to do so.

And what happens is, as you clear more and more and you're not going back into those old patterns, you will notice that staying at 528 Hz becomes very easy and you won't have setbacks that often. And if they do happen they won't be as deep and so you're not going to go as low.

But you're still going to do what you need to do because there are lessons that your soul has come here to learn. So even at 518 Hz you are not skimming through it. Any lesson that's there to be learned is not going to be omitted just because you're at 518 Hz; it's just that even though you can see it, it won't take you for the ride. You're not going to be going into the same depth with it and going into despair trying to deal with it because you will be able to see it a lot clearer and you will have the energy and frequency that will be able to hold it. So you are able to take the lesson and clear it much more "efficiently" ...let's put it that way.

Antonia

For anyone new to our conversation about 528 Hz, we are referring to the frequency of 528 Hz. And a lot happens at that frequency. James has been directed to work with that frequency to assist as many people as possible. And, as James has already said, there is an Energy Paper which is available for download from both James' site and from the Masterpiece Life website. The instructions for the Energy Paper are available in several languages: English, French, Portuguese, Czechoslovakian and Persian.

*There are also Energy Stickers available, however, we have found that they remain stable and hold their "charge" only when Sifu James himself prints them. If you want to receive some of those, then please send me a **self-addressed, postage-paid, standard-sized** envelope and I will send some to you....just please be patient with me getting them back to you in a timely manner as there is a high demand for them. And of course they will also be available at the upcoming live events.*

However, please always bear in mind that you don't actually have to have the stickers in order to get to 528 Hz frequency. All you really have to do is to call in 5-2-8 and have the intention that you are raising your vibration up to that frequency.

One way you can check to see if your vibration has reached the 528 Hz frequency is to sit in a comfortable position, take a deep breath and relax. With your elbows bent and relaxed at your sides, hold your hands out in front of you with the palms facing each other, just a couple of inches or so apart.. Relax your hands, arms and elbows and just kind of feel the energy between your palms. Then either out loud or just silently to yourself, keep repeating the single-digit numbers "5, 2, 8...5, 2, 8...5, 2, 8." Just keep your palms, arms and elbows relaxed. You might even want to close your eyes. And when you relax into this and just keep calling in "5, 2, 8," you might find that slowly your hands will just automatically start to move further and further apart from each other.

*So the Energy Paper and the Energy Stickers are there to assist you with raising your vibration to that 528 Hz frequency, however, you don't really need them because you can just do it by just calling in the frequency yourself. Like anything else...**you always have the power to do this yourself without using any tools to assist!***

And something else to note is that if you have a mother-tongue, calling in the 528 Hz frequency works best if you call in the digits 5, 2, 8 in that language.

So when you get to that frequency of 528 Hz you will feel like a calming and a soothing. And, like Franco was saying, it does not mean that life is not going to continue the way it has been, but you will be calmer and be more in a state of peace...and then make your choices and decisions from there.

Antonia

*Another question is, "**How can we optimize 528 Hz frequencies with water to help to heal our bodies?**"*

First, you can download and use one of the Energy Papers that are available on our websites (as we discussed previously – see above).

You can use a clear vessel for your water (plastic or glass, but glass is better) and attach the Energy Paper to the outside of the vessel. That's what I use to clear my water. If you are looking to just have the water "cleaned" then it should be "ready" after about 15 minutes. But if you want to use the water as a source of energy medicine, then give it at least an hour.

James

And the cleaner the water than you can start with, the better...for example, spring water...but any water that you have will do.

And if you watched the Dr. Emoto seminar or know anything about his work, then you know that water can read messages. So the cleaner the water, the crystal is already there. And when you put the Energy Paper around the water you are already putting your intention there...i.e. you are sending the water a message.

And when you drink that water it seems fresh...and if you compare it with other water from the same source that has not been “treated” with an Energy Paper it will have a completely different taste.

Just try it and see what happens.

Antonia

And, for ease of use, what I do is I keep a whole jug of water constantly at hand with an Energy Paper on it which we use for everything like washing vegetables and cooking and so on. And I just keep filling it up as required.

And I, myself, have not changed my Energy Paper since the original one I applied to the jug many months ago because I often just hold my hand up to it and my intention is to just re-charge the Paper to keep it going.

And I love teas. And because I work from home our tea kettle is constantly boiling. Before we started using the Energy Paper, I would have to clean out the kettle with vinegar probably about once a month because of the mineral build-up. However, since starting to use the Energy Paper on the water that I boil to use for tea, I have not once yet had to clean the kettle with vinegar. The interior of the kettle has remained clean.

And a lot of people know about my rice experiment. About 6 months ago, I prepared some rice and I put some of it into two small, clean, clear glass jars of the same size and shape. On one of the jars I put the Energy Paper and I left the other jar alone. I screwed on their lids and placed them both in the same cupboard. And still, six months later, the jar without the Energy Paper is in a condition that might be expected (spoiled) and the jar with the Energy Paper still appears white and almost the same as the day I made it.

I often get asked how often the paper needs to be changed. Well, just stand in front of the water and “feel” whether or not it needs to be changed. And some people say, “Well, I can’t feel.” But yes, you can. If you just put the water in front of you, put your hands around it and relax and just “feel” what’s coming from the water. A lot of people do change the paper, but I just put my hands around it and let it re-energize and it’s been working great for me since before March.

One last question we have is, “By using the Energy Paper to clean the water, is it different from a water purifying system?”

I have a friend who has the world’s best water purification system...beautiful water. And so I asked her to test my water, and my water was equally as strong as hers.

Energy is energy ...but, as suggested by Dr. Emoto and Franco, the intent that I hold when I'm using any of the tools...whether it be Sifu James' Energy Paper or any meditation created by Franco or myself...any of the tools that I have of which I avail myself...including the Energy Paper and stickers to clean the water...when I'm using those tools, how I'm approaching them, my intention is that I'm using them to assist not only myself and my family but the whole collective. My intention is that as I clear and clean, it is also echoing out and being done everywhere that it is needed.

Because the focus is no longer on just ourselves. Yes, we each have our own inner journey to do and we each have our own inner work. But I've always felt a very strong pull to the collective and to assist.

So my water's been good. Also, when I'm working with water, I'm also feeling a strong connection to nature. And as I'm using the 528 Hz code to clean my water, I'm also intentionally pulling the water in the rivers and oceans on our planet and in my body to also be altered in whatever way will best serve humanity. So that's how I look at my work with water.

Franco

Yes, when you are using an Energy Paper or anything with intent...with water, food...whatever it may be...or anything that you're doing...when you're coming in from the intention of accentuating or improving the experience...for example, putting the energy Paper on the water you are having the intention to enhance the water, to make it more conducive for vibrancy, to allow it to more closely match your vibrational frequency, or even to increase the vibration...then it is much more powerful than just putting it on because you are afraid that if you don't, then the water may hurt you or you see that the water is "bad" ...or that anything is "bad"and that you have to give it the new energy in order to change it. In that case the energy that is being transmitted is lessened because of the fact that you are coming from a less-empowered state. That being said, if it's left there long enough without us drinking it, the energy of the paper will still change it to a certain degree.

But then when it comes to you pouring it into a glass to drink it and if you're feeling, "Well, I have to drink this because it's the only thing that's going to help me shift," then that's coming from a lower vibrational frequency...from the aspect of dependency. But if you take the glass of water and as you are drinking it, you have the intention that you are bringing it into your body to enhance what you already have and more, you will see that it actually does not shift from its original state.

If you have certain ailments and you are relying on this to "heal" you per se, then, again, it changes the energy. So if you don't see whatever ailment that you have as something negative and you see that it's there and now you're ready to enhance it or change it or shift it...when you take in the water...or anything else that you take in...it will enhance and it will not shift within your body from its original form. Because as much as the memory and the

codes are within the water, we are still the Master Key to our own physicality...so that we can actually alter it...or at least minimize it...if we are coming in from a different state.

So, really, just be at ease. When you are taking it in, just allow it to come into your body and allow it to do whatever it needs to do to enhance whatever is best for you...and not to see it as a “solution” to get you out of a jam, or to see that you are in a bad state and now this is going to make it better. It still plays a certain role in that case, but its role will be minimized.

James

Yes. It's like the law of attraction. If you have negative thoughts when you are using the paper, the water will actually enhance the negative thoughts because it attract more negative energy...and then that water is not good anymore. And then the water will not shift you as you would like.

And that caveat is included with the Energy Paper instructions which are on the website.

So, like Antonia was saying...use the Energy Paper with good intention.

Franco

Yes, and even not so much the negative thoughts...but even if we have a fear about our current state and, “I need to take this to fix me,” that's in the same realm and therefore it won't work as well...or at least not as you would like it. For example, if you are taking it in and you are just allowing that enhancement to come in for you to enhance the shift that you are desiring, then it is much more powerful.

Because even if you take it in and you have the best of intentions that, “I want to recover from this,” then there's still a fear that, “I may not recover,” or “I have to take this or something bad will happen to me,” ...then, guess what...it's not going to work out in the same fashion that you would like.

Someone was saying the other day about the fact that, “it's almost like the magic genie.” So it depends on what you ask it to do. And a lot of times we act behind the scenes, in a sense, because, “I wanted to get rid of this, but I didn't,” and so you are judging it. Then, guess what...you are going to enhance that part...so then you can get rid of the whole judgment part...if that makes sense...So you get what you're really looking for...but coming from a superconscious state.

So, in essence, when you use the Energy Paper, just allow the energy to come through and allow whatever changes are necessary to happen that are required for your highest good...without having any fears, concerns, judgments, or anything of that nature. And that will make it more powerful to create that shift within you...both energetically and also on the physical realm.

Antonia

Another question that came in is as follows:

“When you say, ‘going it alone’ I assume that you don’t necessarily mean without our life partner. ‘Letting it go’ doesn’t mean not having a soul mate...correct?”

That’s correct, it does not. “Going it alone,” means that if you are with a partner...or anybody else, whether it’s your soul mate, whether it’s your mother, father, brother, children...this is an inward journey that each one of us is going through. It doesn’t mean that you don’t have family members or loved ones around you, but it just means that each one of us is on our own individual journey...and it really is a time to go inside and clean.

Anything you want to add to that, James and Franco?

James

From a scientific standpoint, the frequency of your soul mate and the people in your family is very similar to your own. So when we clear things within ourselves, then they will also be cleared.

Franco

Exactly. And when that happens, there is not going to be any interference, per se. Say your soul mate or family member has a very similar frequency to you...or signature, basically...when you do the clearing you may clear the intensity and you may clear the links to it, but there may be the possibility that some of it will not be cleared because it will be required for them to maintain it in order for them to finish what they need to finish. But the moment they are done, it automatically clears. So, in essence, it’s never “wasted” because you are creating a shift in the pattern and also activating the process of clearing.

The one thing that’s been put into place is that we are not to interfere with one another’s path. We are here to assist one another, but everybody is doing their journey not only on an individual basis but also on a collective scale. So when we are doing this process, like James was saying, you are clearing for anyone who is connected with you at the first level, and then each person branches off, you are assisting to clear them also but there’s less of it. At the same time, when you are doing a clearing, even if you have a person who is very close to you in relationship, they will only release as much as they are ready to let go of...because of the fact that some of it may still be required for a short period of time in order for them to be able to complete what they need to complete.

Remember...this is not only just individual...because there is also agreements that are made between soul mates and between other people. For example, you have a partner in your life and you are going through the process. But that partner has an agreement, at the soul level, agreeing to continue to play a specific role...not only for their own process but to assist other people....maybe at work or in their family dynamics or whatever...so there’s

different options. So they may need to keep part of that operating system and part of that energy to continue to play that role until the other partner...or other agreements made at the soul level are completed...at least to the point where there's a hand-off.

For example, if a particular individual...say, that partner again...is given an opportunity and they may have an agreement and they may choose to play it out a little longer. But, at some point, if the person/soul they made the agreement with is still requiring a little bit more time to finish it...then the partner...the original partner may choose at this point to hand it off and say, "OK, I'm not going to wait it out because I really have a different direction that I would like to go," so then they will utilize whatever clearing process fully...and then some other soul will step into the role-playing that the other party was playing in order to assist in finishing stuff off for whoever had the original arrangement. So if one particular soul says, "I'm not going to complete this further, so I open it up for others to step in to complete this role that I've been playing." So that's the option.

And we're much more easily able to do this than before. Before, when an agreement was made, it would stay for the duration until the agreement was completely fulfilled. But now, because of all these changes, you're not bound by anything any longer and you always have the choice to hand it off to another soul. And whoever is needing a certain experience will have somebody else step in to complete the agreement for that person.

And the same thing works with yourself. For example, if your partner is still requiring it for their own direction and purpose...but you have gone through the process of clearing your part and you have created the activation for them to be able to clear it...however, they may still hold onto it...at the same time you can move forward with whatever you need to do.

And this is where detachment comes in...because you're not going to have to feel, "Oh, my God, look! They are still in that old pattern. What should I do?" You just need to be that Essence that you are in this new operating system that you stepped into after clearing your part...because that also acts as a stimulate for them to move forward. Everything else is now being accentuated around them anyway, so there's a lot of different inputs to help them finish their work.

Antonia

Another question that we have is, "What about the younger generation? Will they be experiencing this wave coming in on the 21st differently?"

James

Those kids are already in a very high vibration.

If you look at all the kids nowadays, they are really very dynamic...and they are highly intelligent too. I wish I was that intelligent when I was a kid! I have grandchildren who are 1 ½ years and 3 years old...and already they are challenging me. So I don't worry about them at all!

Antonia

Says the man with three university degrees: one in Physics, one in Computer Science and one in Quantum Physics (laughs)...and these young ones are challenging you (laughs)

Franco

Yes, what James says about the children is absolutely true.

Sometimes we look at our kids and say, "Well, they are in their teens," or early twenties or something of that nature...depending on their path and how much they have ingrained themselves, they are already much more prepared. However, if they have programs still playing out with them, they will definitely feel whatever's coming in to bring them back to what they already know inside. Because a lot of them already know but they've gone through so much conditioning and exposure...and sometimes...a lot of times, actually...there's an agreement that they make to be able to take that set-back...even though they came programmed already to just flow with this.

The only thing is, depending on how much is there, they have a tendency to flow through it quicker and easier because they don't have the same length of programming...especially if they came in from 1987 and on...because already a lot of them were coming in when there was no karmic grid, there was no polarity necessity, there was none of the old encodements in place...so there was a lot of different preparations that were done in order for them to come onto the planet and be able to flow. So I wouldn't be so concerned.

A lot of the kids, when they do play a very dense role they can shift out of it a lot easier in many cases. Will it create a set-back? No. That would be more of a rare case and an individualized choice that they would make.

Antonia

Now we have one last question which is as follows:

"With respect to the energies of September 21st, have there been these types of energy waves in the past? What is new about this energy wave?"

Franco

Each energy has a very specific signature and each one is transmitted with certain alignments and each planet is inter-connected. And because we are moving through the galaxy there are new alignments coming in.

There are also upgrades being made at the Source level so that there has never been any similar activation or encodements that have taken place because each series is upgrading the next. So we can't really look at it and say, "Well, this happened 17,000 years ago," or

even 400,000 years ago. We may go through a cycle where there is a transformation that takes place....*but it is never the same. And it has been designed that way because we are always constantly upgrading.*

So what we are receiving now is very, very specific and new because humanity and all the galactic beings and the universal planets have never been where they are now to be able to have this specific frequency. So it is very different in regards to what it is here to do in the background specifically. However, it is always a series of upgrades. So there is a similarity but only in that regard. So we are going through another upgrade.

And if you are looking at just the last cycle...and this is after three series of 5,125 years...and we're now going into this other series which is *not* 5,125 years...it's only 1,000 years. Therefore, in this 1,000 years there's a lot that's been designed to be achieved and accomplished in an evolutionary cycle...and it's not so much called an "evolution," but rather an "enlightenment" cycle...where each of the codes is very much more specific and much more powerful than the next.

And because things are moving so much more quickly, they are upgrading on a regular basis...and it's very frequent. Before, each time a pulse came through, there was a quite a few years in between before anything would happen...because the movement was very slow, very gentle...even though in some ways it was very impactful because it created wars or it created quite a stir.

And the other thing too...the energies that are coming in now...even with the stimulation that it's going through to intensify whatever the experience may be that we are going through. So if you are going through an emotional component or an intensity...for example, you may be in a depressed state or an angry state or a sad state...it will increase it.

It is also tailored so that it does not create a stuck state. It either pushes you off it in one way or another, it intensifies the completion so that you can then move to the next level and you can exit from that point...whereas before it would accentuate something on a global scale and it would be there for a long period of time, and it would be a huge requirement of transformation in order to get out of it. But this is not like that anymore.

We've now entered a *completely* new phase. So it is very different. It might match from a cycle perspective, but what is coming through is actually *very* different...and it's very powerful!

So, no matter what, it's always pushing forward for us to move forward. It's not going to stimulate another war and be something that's going to really reduce the vibration of the planet.

It's going to stimulate whatever's necessary, very abruptly and very quickly...and then it will raise the vibration higher and higher each and every time.

James

Yes. It is really about changes. Changes to the good...not to the bad.

Antonia

And it's about changing us more and more into the direction of peace.

*And the other part of that question was, "**Is there a particular type of meditation that is most appropriate to assist during this energy wave?**"*

That's part of all the tools that we are providing with the upcoming events. And ongoing we will be providing opportunities for tools to assist you.

But, really, it's whatever meditation or tool that you feel best serves you. If what Franco and James and I are doing doesn't connect with you, then that's fine...there's tons of opportunities to assist yourself. The question is, when you are doing your meditations, can you see what's happening without being caught in the drama and then can you move through it? That's really all it is.

James

Yes. If you can do your own meditation and you are strong enough to move things around...then good...do it your own way.

We are here to assist where if you are stuck in some way then we help you to get a little push to get things through.

Franco

Any meditation that will help you quiet the mind and access your Higher Self, be able to help you release, clear, see what's there and address it in one way or another...any of that you feel guided to do or that you feel is going to benefit you in one way or another...then, yes, use whatever modality that is there.

We have a lot of different resources that are on our three sites.

I also did a specific meditation/activation two nights ago on the CJ Miller Show on Blog Talk Radio which can be accessed at <http://www.blogtalkradio.com/in5d-radio/2014/09/10/the-cj-miller-show-w-franco-denicola-the-next-wave-talk-and-activation-8> but that recording also includes the discussion.

I also have a "clean" version of that event which is a recording of just the Activation (not including the discussion) which I will post on my site and also make it available to Antonia so that she can post it on her site, and we will send out the links when they become

available, probably tomorrow. And that Activation was specifically designed to prepare for this...that was very specific and it came in very strongly to do it in a certain fashion.

So that Activation could be one that you could also use...I'm not saying you have to...but if you feel guided to it, it's there. And if you do it a few times over the next little while, it will help you because it's there...again...to shift you...and to really prepare you...and to raise your vibration to be able to be prepared for the next wave...and also ride it. And that's what my discussion on the CJ Miller Show two night ago was all about...so if anybody wants to check it out, there were some questions and answers that were dealt with.

So there are lots of tools. We also have lots of other meditations/activations posted on our sites.

So use any meditation that you feel guided to use...anything that will help you to get into a quiet state and access your Higher Self and help you to clear and release...and you feel guided to it...then go for it.

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*Transcribed by ARL in September 2014
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