

SELF-CLEARING PROCESS - HOW TO LET GO

With

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Antonia

Tonight we are going to talk about the self-clearing process and how to let go. We get so many questions about, 'Well, how do you let go?'

And after our discussion, we will actually do a self-clearing process. This will be a tool that you can download and use to assist in your own clearing processes. There are a lot of colorful experiences coming in right now, so you can use this to deal with whatever emotion or belief system you see coming up for yourself.

Franco

Yes. And I want to thank everyone who is listening for being the awesome being that you are having all these colorful experiences....and dealing with them...although I don't really want to use the word "dealing" ...but rather you are managing through it in a way where you can utilize it for your highest good. So thank you for being such gracious participants in this colorful transformation that we are going through.

Antonia

So why don't we start with the basics: clearing and letting go. So what does it mean to clear? What is a clearing? What are we doing when we are clearing?

Franco

Well, that's kind of the *final* component of any process that we are doing.

You know, we all understand that we came to this planet to play, we came here to learn and we came here to experience. And each and every lifetime we stage ourselves so that we have all these beautiful experiences and opportunities to grow and do all that fun stuff that we come here to do. And depending on how we manage through it and what we accomplish in the sense of the experiential part, what we learn or don't learn from it, and so forth, creates all these other parts that say, "finished," "unfinished" and so forth.

We are at a point right now where time has shifted for us, the energy has shifted for us so that every part of it is coming up...any lesson that we haven't learned, anything that we wanted to experience but didn't, or what we created as potential experiences but were never really able to bring it up and use it as part of our experience...in past lives and even within this lifetime. Even if it was something that was designed originally when you were a child, for example, and now you're an adult...it's not going to be designed in the same form but will be re-created to mimic what would be more beneficial and much more experientially rich, based on the state that you're in. So this is all the stuff that's coming up.

Now, when we are talking about clearing, we are actually clearing stuff we don't need anymore. That could include beliefs, programs, responses, conditioned ways of thinking, seeing, feeling, reacting and responding in various ways such as emotionally, physically...and all that stuff.

We are in a "purge and clear" and it's an accentuated one, but there's another component to all of this that was added some time ago. And we need to realize that if something is uncomfortable for us, the process is not clearing what's uncomfortable for us. Rather we need to look at what that is all about and we need to look at the different stories and reasons that we feel uncomfortable.

Because for us to feel uncomfortable or even comfortable or anything of that nature, we need to have thoughts, beliefs, patterns, a story...you name it...that allows us to *define* that particular experience in one way or another.

And that definition also creates a series of experiences that are based on that, so that everything that you learn and experience has a reference point to that.

When I refer, as I did earlier, to "all the stuff that's coming through right now," that "stuff" is all the different experiences that we have chosen to experience.

For us to *just* go through the clearing process, it really by-passes the main reason that we are doing this (life experience).

The thing is, right now we need completion...meaning whatever we did not learn, whatever we did not experience, whatever stage or path that we didn't complete that had a series of unfoldments within it, *still needs to be done*.

The soul is very good because it basically sees that some stuff is obsolete, so that can be cleared very easily. That's why when you are doing a clearing of some sort or other, some things seem to just disappear very easily. Other things...and a lot of times those other things are many things...don't really clear that easily and may stick around. The reason that's the case is because it still relevant for your own personal journey, experience and whatever you need to complete.

Therefore, if I want to let go of a certain response mechanism...for example, fear, or whatever it is...just removing the fear alone...you can do a clearing of the fear part, and it

will remove the intensities and it will remove any part of “fear” that it’s ready to let go of. But certain parts of “fear” may have lots of different stories attached to it...definitions, belief systems...you name it. Thus just removing the “fear” does not bring the completion that really elaborates what *the purpose* of all that fear was about in the first place.

Some fear is conditioned. But for it to be conditioned, for it to be part of you, it has to have something that it serves you with. So, in essence, what’s happening with anything you want to clear, is first we need to look at what it does for us. And when I say that I mean if there’s something that’s bothering you and you say, “OK, I *need* to let this go,” ...because, right now, a lot of stuff becomes intensified, very powerful. Now if you want to let that part go, in most cases it requires a lot of *other things* that you need to let go of *that lead to that* or are linked to that in the first place.

So what you need to do is to become the observer in anything that’s playing out in your life. As the observer you see yourself going through the process of whatever’s playing out within you.

So if somebody says something to you and you react, at that point, as the observer, you see yourself just getting an input from someone pushing your buttons...or whatever you want to call it...a lot of people don’t relate that to “having their buttons pushed,” although more people are understanding the concept now. But, what happens, is if somebody says something and you have a response where you react in some way...maybe it’s an emotion of feeling bad, depressed, excited, angry...you name it...it can take any form depending on what somebody says.

So you watch that in a neutral state and say,

“Oh, OK. This person just said (this, this and this).”

Now the key there is to see what is being said to you and also to notice if there is anything that is attached to it in addition to how the person presents it. Because in the way it’s presented, then there might be something else that you also may have to look at.

So when whatever is said is said, and there’s a trigger within you...that is, something is activated within yourself...then, as the observer, you can watch how you are responding.

And then you can look at it and you can ask yourself,

“OK. This is how I’m responding. How do I feel in this response?”

And you may feel angry...or you may feel whatever. So that’s the first part.

Then you look at the other component and say,

“OK, I’m feeling angry. What am I really angry about?”

Then you start really observing and you say,

“OK, anger is one response. Great. But what am I angry about?”

And by asking those questions and being the observer you can see that maybe it was how it was delivered or maybe it reminded you of something else or whatever..

By doing that little process you actually get to discover things.

And not only do you discover them, but you are also able to see the message within it.

So someone said that you're a loser, for example. And you reacted by playing the part of getting angry.

First of all, we need to understand...and I'm sure that most of you do by now...that the person who's saying that to you is only saying it to you because, on a superconscious level, you've *asked* them to say it to you. This is where you diffuse the other stories.

This is also good as an observation because, at times, we often take on a belief and story that people do stuff “to” us...they take advantage of us, they are rude, or mean, or this or that...people are trying to harm you in one way or another. That's another “story.” So that would be another program...and if that's there then you need to look at those parts of it. So there's a lot of little sequences attached.

But let's make it basic because this requires a bit of work in explaining all of it and actually utilizing it, so this (recording) may have to be replayed a few times.

So let's go back to the example of somebody saying to you that you are a loser. And your reaction is that you “lose it.” You lose it in a way that you respond in anger or you feel that emotion of anger. At that point, all that happened was a series of words being spoken.

But the first thing you need to know is that the person said that because, at the superconscious level, it was the instruction that *you* gave to them to say that to you. So, first and foremost, you need to bring that realization to the forefront.

You need to bring that to the forefront so that, in essence, you do not waste the time...and it's not really a waste of time, it's just staying in the anger state longer. And if you do get stuck there, that's OK too because then you can look at the other parts like what we were saying before: that, “people take advantage of me,” “people are mean to me,” or whatever. So if you need to look at those stories you can go down that path...if you need to.

So say you are stuck and now you are going to go the other way. As the observer, you can say,

“OK...people are mean to me and say nasty things to me because they are nasty and cruel and they hate me and they are not nice people,” and blah, blah, blah.

So now you need to look at all the different stories that come up. And you ask yourself,

“Alright, let’s take a look at these parts of it.

“Are people mean?

“On the surface, it looks like they’re mean.

“So...they’re mean.

“Why does it bother me that they’re mean?”

And, by asking the question...and you need to be a little patient, but, at the same time, be lighthearted about it.

And when you’re asking the question...and you’re asking these questions to *yourself*...

”This is going on, and they are mean to me.

“But where did I get this concept or idea that people are always mean to me?

“Or that I even have to be associated or be in the middle of this game of being the recipient of or being victimized at all by someone else who’s playing the ‘being mean’ role?”

So you can now look at the stories attached to that. There may be belief systems that you have or certain other experiences that you may have had growing up, or something that may have happened in a past life.

But the beauty of right now is that you don’t have to worry about the past life. The, “I need to go back and look at why it’s there,” is not as necessary now. Now we just have to look at the “mean” part.

So you can go into that and find all the different parts of it. You need to look at,

“Why have I determined as an idea that people are mean to me?”

or, “People are mean and what does that represent to me?”

And you always have to apply the consciousness. So you ask yourself...the consciousness, the higher part of you,

“Is it true? Are people mean?

“Well, no. They are just playing a role.”

So anytime you are clearing you need to get to the point of saying,

“OK. Everything’s a game.

“We set up the game and made the rules.

“We are the ones who are initiating every facet of it.

“So here I am.

“This person is acting mean and saying all this nasty stuff.

“I am the one who is reacting and responding to that inter-play that has taken place.”

So now you need to look at *why* you are responding that way. And that’s when you ask the questions of yourself, and you look deeper and deeper into what is going on in regards to that idea.

Because when you bring the truth of what it is...and we *all* have the truth within ourselves. The mind may not be able to grasp it. But *all* of us, inside, know the truth.

And the truth is that, first of all, we are *always* in charge.

Second of all, we co-create *everything*.

Third, *everything* we create serves in one way or another.

Fourth, *everything* that is created is there for a very specific reason: to provide you with an opportunity to have completion, to learn and experience whatever you need to experience,...and then go through the process of just letting it go.

So once you’ve gone through that part and you’ve brought yourself into that state, it’s easier to be the observer and look at all the different facets of it.

As you’re going through it bit by bit, it takes a little bit of time...in the sense of discovering all the parts .or beliefs that you’ve taken on.

In most cases, people believe that “others” have power over us. So when somebody says something nasty, automatically we give our power away...or at least the concept or idea that we do. So we feel that they have power over us and thus we feel restricted and limited.

In essence, what we’re doing in that case is showing ourselves that we’ve presented ourselves in that situation to really experience ourselves as being limited and restricted.

But we also apply that “limited and restricted” feeling to how we experience life in *all other facets of our lives*. For example, with interactions, with relationships, with work, being with

other people, being with yourself...or whatever you create in your life. They are all interconnected. So in essence, that's what you're looking at.

So when you're going back to the part of saying,

"OK. This is my story."

Then you look at the story and you go into it.

If there's a very powerful emotional component to it, you need to go into the emotional part. It's actually not necessary to go through the emotions unless it's powerful. But if it is powerful in a way where it "gets you" each and every time and it's very strong, then it's best to go through the emotional component.

And what I mean by "going through the emotional component" is spend the time to activate that emotion when it's triggered...so that you can actually *experience* it...*fully*.

But what does that mean, "experience it fully"? It does not mean for you to release it in the sense of "venting it" or feeling that you have to act it out in a certain way or that you feel you need to create some expression around it. What I mean by "experience it fully" is, when the emotion comes out, you feel it completely. So *be present*...be 100% in that emotion.

By being 100% in that emotion, you go through the process of feeling every part of it. You feel the energies.

But while you're present in the emotion, you also will be able to see what stories come up.

Because in order for you to have the emotion, there have to be stories.

So by being present in the emotion, first of all you're giving yourself the permission to have the emotion play out, which is something which is part of our human experience. By doing so, we are actually giving ourselves the permission to have that part of the human experience play out for you. So, in a way, it enriches you.

Because a lot of times we are very good at avoiding emotion. We judge it, we compare it, we want to suppress it, or we release it uncontrollably, or something of that nature. But we never really get the opportunity to sit with it and feel it.

When you go through being present...in the moment...with that emotion...and you are watching the story...if other stories come up... And this is the beautiful part...

So you starting observing your stories.

"Well, everybody tells me what to do.

“No one gives me any freedom,”

and so forth, and you feel the emotions around that, you can then be really observant and allow even more stories to come up that are related to it.

So you get to see all your little stories and, at the same time, it boosts your emotional component...or the experience of the emotion...so that you actually give yourself the permission to play it out completely.

So you're going to let it stay in place by doing whatever you need to do...so that you can see whatever stories come up...then you can actually see that whole process, feel the whole process and be with the whole process.

But you will notice that, by doing this, it will start to fade.

And as it starts to fade, basically what's happening is you're utilizing it and you're allowing the energy of the emotion to be transformed. So it will not be maintained in that state.

What's happening is, as the observer... It's just like what James Foo and others have said: when you're breaking up the vibration, then the emotion will actually convert. What was created as a lower frequency will convert to a higher frequency. Therefore, that energy is not lost but rather is converted to something else...which is now utilized as another part of your experience to be even more of what we can call “re-energized.”

So, when you are with the emotion, you allow that whole part to play out and it will start to change...it will start to transform.

The emotion starts to become lighter and lighter and it starts to fade.

And that energy starts to *shift*.

If you feel that it's like an energy ball that being held somewhere in your body...

For example, if you feel like there's a cluster of emotion in your heart...once the feeling starts to fade, you can actually go in there with your mind and just see yourself taking that ball...*gently*...out of your chest and just feeling it. You don't have to get too elaborate, but you can just feel it and hold it in your hands. You can even look at it with your mind's eye and see if it has one form or another, or one color or another...or a series of colors...or whatever.

At that point, just send love to that emotional energy ball...whatever that emotion was.

And then it will change even more...either the color changes or the shape or the energy around it changes.

Because what we're doing with this process is we're making peace with that energy.

That energy has served you. Even if it has been locked up in your body, it did create a certain pattern of lock-up energy so that you could fully experience yourself with what was created. So, in essence, it served.

Because *everything* serves.

So once you have it in your hand...or however you want to see it...you could even just see it in your hands in your mind's eye...then you send love to it. And thank it. Thank that pocket of energy and consciousness...which is a facet of you too...and just say,

“Thank you. I’m done with you.”

And you just see that ball...or whatever it may be, in whatever form...and just allow it to float. It will start to float higher and higher.

And it goes right to the Sun.

By really sending love to it, any cords or any links that were attached to it will actually dissolve.

By going through the mode of fighting the energy, a lot of times what happens...when you’re letting go of some trapped emotional blockage or something of that nature and you are releasing it, you don’t judge it.

It’s perfect. It was there, it was part of your creation and experience and so forth.

And the moment you send it love and basically say, “OK, I’m done with you,” and basically you let it go, it releases very easily.

It does not leave any imprints.

And it does not allow it to come back in the same form.

But if you fight against it, you hate it, you judge it and say, “I *need* to let this go because it’s a nasty blockage!” then guess what? You’ll create more of them. Because what you’re doing is just creating a pattern for more of them to appear in different places...it doesn’t even have to be in the same spot...but if it is in the same spot then a few more are just added on.

But that’s the key there...you let go of that emotional part.

But you’ve also got a collection of stories, so you now have to look at the stories.

And when you’re going through the stories, it’s at that point where the observer comes in. Because you don’t want to take things personally at this point, and looking at the stories from the view of the observer will provide that neutrality. But don’t make it a big deal that,

“I have to be neutral!” and so forth. Just see yourself as the observer and you will then already be in a neutral state...or at least much more in a neutral state...and then you can look at the different stories as the stories come up.

Now when you look at the stories, don't judge the stories. Don't judge the stories. They were created for very important and specific purposes. And even though that story may have been with you through several lifetimes (you don't have to know the details) and it's been part of your life throughout, that's fine. It has served you right up to this moment...whenever that moment is.

And at that point you ask yourself,

“What did I learn?”

“What key, what diamond, what beautiful gem is within that experience?”

“What can I possibly learn from it?”

And the learning is about your own self-discovery.

So if a particular story comes up, for example,

“OK. I'm unworthy.

“Then what can I learn from this that I took on the concept and belief that I was unworthy?”

Then you say,

“Well, what's makes the difference at this point if I'm worthy or unworthy?”

And you might think,

“Well, if I did (this, this and this), then I'd be worthy.

“But because I did what I did instead, then I'm unworthy.”

But then you ask yourself,

“Is either one of these *actually* a guideline for being either worthy or unworthy?”

Then ask yourself,

“Is there even such a thing as being 'worthy' or 'unworthy'?”

“Am I not just playing a role?”

“Am I not just defining what is ‘worthy’ and ‘unworthy’ based on what other aspects of me or groups of other aspects of me say is ‘worthy’ or ‘unworthy’?”

“Am I not Source Essence, Creator of All That Is?”

“Am I not All That Is?”

“And, if that is true, then how could I even put any definition of ‘worthy’ and ‘unworthy’ to anything?”

“Am I not Creator of whatever experience I choose?”

“Am I not here just to experience and learn?”

“Am I not free to do whatever I choose to do with these experiences?”

And you’ll notice that by asking those questions you start to create a shift not only in your mind but you’ll start to hear your soul. You won’t hear it so much like voices or anything...although some people do...but it will be more as thoughts, such as “Yeah! Yes!! You’re right!!!” And you’ll start to come to that realization.

So then you say,

“OK. There is no such thing as ‘worthy’ and ‘unworthy.’

“So if I’m not unworthy...and I am the Essence of All That Is...then how does this still serve me to have this concept?”

“Do I still need this experience?”

“Do I still need this polarity role where I feel I need to create all these other stories to make myself believe that I am unworthy?”

“I adopted the role of believing the story that I was unworthy...and now I need to reverse the adoption.

“So now that I realize that there is no such thing as ‘unworthy,’ then how does it still serve?”

So, in essence, what you’ve learned is that, first of all, it doesn’t exist.

Second of all, you are now experientially enriched having experience both sides of it...and even the concept of being stuck in one way or another.

But now you come to the realization that there is no such thing because *you are much more than that.*

So now you can release it.

So you can make these statements to yourself:

“I now command, bind, purge and release...” Or you can just say:

“I choose to release all concepts, all belief systems, all perceptions and all encodements around, first of all, that I was unworthy; second of all, that I could even *be* unworthy; and third of all, that worthiness even existed.

“And I let all of that go.

“And I also let go of any related stories, concepts and belief systems that are tied to ‘worthy’ and ‘unworthy.’

“Now my new guidance is I realize who I am, as Source.

“I am the Creator of all experiences.

“I am *completely* free to create and experience whatever I choose.

“I can create it, experience it...and then, let it go.

“And when I let it go, I no longer create it.

“I un-create it.”

We are in a pool of energy. And what we do as consciousness is we create something to experience it and then, as consciousness, we just let it go back to raw form....which is Pure Potentiality, Pure Light...Light of all spectrums.

We have a very specific spectrum that comes to planet Earth...just like every planet has a specific spectrum, to create variety. And we let that energy go back to the spectrum of light that is used for planet Earth for its own projection and for the projection of what our physical form is...and it becomes, again, Pure Potentiality.

What our Sun does is actually hold that spectrum...or that band of spectrums...that reflects who we are.

So now you’ve let that part go.

So once you’ve cleared that, you can now go back to check if any “residue” is left.

You can, for example, visualize someone coming up to you and saying the same things they said before...or even worse...without having the whole experience...and just see how you feel about it.

If it triggers something else, then you need to go through the process again. But this time you ask even further questions in the sense of finding out what other pieces are left.

Now, usually when you've done that process, 'unworthy' is probably not going to come up again...it might be something else. It might be that, "I have no freedom."

The beauty of it is while you are bringing in the other component...i.e. "I am Source. I Create," and everything else...in most cases the "freedom" thing starts to get pretty shaky. It's not going to be as concrete. But that *doesn't* mean that it's always 100% clear.

So you may have this other part come up which is,

"I really have no control over my life!

"Somebody else controls my life (e.g. God or whatever else)

"I'm just the puppet here and people around me are always trying to control me!"

So now you have to look at those stories. So you say,

"OK. I choose to see how people control me."

So you now bring up whatever stories about situations where you felt yourself being controlled.

And each time see how you feel about it.

If there's a very powerful emotion or a very powerful energy around it...for example, feeling yourself confined or feeling yourself disempowered.

If that's the case, allow yourself to go through that experience.

And when I say "go through the experience" it's the same thing as the emotional experience...that is, you *feel* it in you...you live it.

And keep doing the same thing until it starts to fade and you can release it...because it will start to dissolve within yourself.

Then you'll enter the story of 'confinement.'

So then you ask yourself,

“What do I need to learn from the feeling of being confined?”

And usually if you ask the question and see yourself like that...well, what is that?

You'll see that confinement is not Who You Are.

You'll see that it doesn't really feel that comfortable.

So you will ask yourself,

“Well, why am I playing this role?”

“Well, I'm playing this role because I really wanted to experience it.

“Great.

“But does anyone really have any power over me?”

Of course the mind could turn around and say,

“Yeah!!! Other people tell me what to do!”

But then you ask yourself,

“OK. If that is true, then how so?”

And by asking those questions you see that other people might *try* to tell you what to do...*but*...who decides if you want to participate or not?

So if you ask that question and the answer is,

“Well, I do.”

So then you can say,

“OK. So I decided to participate.

“But why did I choose to participate?”

“Well, I was afraid.

“What was I afraid of?”

“Maybe they wouldn't love me,”

or, “I would displease them and they would hurt me,”

or something like that.

So you can see how they are all interconnected.

So at that point you can go through the different stages and processes again.

So it's not just one thing that you remove. You may discover several things that need to be looked at.

It's a bit of an exercise. It may look complicated...and, indeed, very complex ones can take a bit of time...but it's not that much when do you it bit by bit.

And you have to understand...I want to make this very clear...we are at the stage where we are saying, "OK. We want to clear everything so that we can go into a higher vibration, so that we can start to fly with life," and so forth. Yes, true enough. That's where we'd like to get to.

However, we did come here for a very specific reason. We've come here on this planet...and in some cases on other planets too...to have a certain experience. And these experiences, in most cases, took lifetimes upon lifetimes to accomplish even one piece of it...if we even accomplished that much! Now we are in a space where we can do so much of it.

Look how, just as I've been talking, how many different things you touched upon and elaborated on and are now able to make a shift within yourself.

But the shift was "what did we need to learn from it?"

So, in essence, every time we are learning something, that's one of the things we are ticking off that was uncompleted or was part of this lifetime's opportunity to learn.

Going through the process might take you hours or possibly even days. And when I say "days" I don't necessarily mean that you have to go through it non-stop in one sitting, but rather you can spread it out and do parts of it just whenever you can.

Each time you clear a few things you are going to feel different, so you may need to stop there and allow yourself to assimilate those changes.

Because you'll notice that as you clear things you are going to start to do things a little differently, you are going to start seeing things a little differently, you are going to start to interact with others differently...the people at work, your interactions with other people will all start to change a little bit.

You will be more in the observer state so you will be able to see things much more clearly, in one way...and also more lightly, in another way.

So, in essence, you make adjustments and then you go out and experiment and play with it.

Then you go back in and play with some of the parts of it.

And that's how it's done.

And it's not to get frustrated.

How many times have we done things in our lives where you wanted to get a certain outcome. Then we start the process. But if the process appears like it's going to take a long time, we abandon it and say that we will do it another day...and then another day...and then another day. And then it sits for months or years or whatever...sometimes decades...and you never get to it. Because each and every time you think it's going to take a long time, or at least it seems that way. But then eventually you get to a point where you say, "OK, I'm going to do it." Even if just a simple thing as cleaning out your garage...every time you look at it, it's like, "Oh, I can't do it. It's far too much!" But eventually you have to buckle down and you go in and do it. So it's the same thing with clearing: you say, "OK. We're going to do it so let's start doing this."

But the key here is that there's something to learn, something to complete...and then you go through the process of letting it go.

Letting go is really just releasing a pattern, a program, a belief system, concept or anything of that nature that *no longer serves*. And that's the key here: "*no longer serves*."

Why doesn't it serve anymore?

Because, first of all, you've got what you needed from its creation. That means that you created it for a specific purpose and you've now gained what you needed for that purpose.

And, second of all, it doesn't match our energy anymore. The experiences, stories, programs and belief systems were made in a certain level of consciousness that reflected a different frequency. As the frequency of the planet increases and the frequency is being pushed through us to raise our vibration, what happens as a result is that a lot of things do not "match" you anymore.

But that doesn't mean that we're just going to "let it go" because it doesn't match. Rather, it means that you need to use whatever is there, even the mismatch, to learn whatever you need to learn...*then* you can let it go.

Now energetically we're being supported to stay on track.

What we have been experiencing in the last while, and which more recently has been accentuating, is that stuff is coming up. And you are going up, down, left, right and center. You see your emotions going up and down, all the old programs going up and down... All of this just allows you to see that something is there and "We need to do something with this."

In addition, those energies are there to support you to see it clearly, to get what you need out of it and then to clear that part of it.

So to go back to what we've said before...somebody just said something to you and you got angry. So that's the first part but then you can look at is the angry part.

"OK, what am I angry about?"

After you ask that question, the first thing that comes up is the first layer. It's like the layers of an onion...and that's the first layer. In some cases there's only one layer.

So if there's only one layer you can say,

"OK, I'm angry because people say nasty things."

...but usually it's not that shallow.

Most of the time there are several layers. So you could say,

"Well, someone said this, but why am I upset with that?"

"Well, I'm upset because it's not true."

"OK. If it's not true, then why am I upset?"

"What am I upset about?"

And you keep asking the questions with the objective of getting to the root of it.

And the root has the biggest gem in it. It's where you have the biggest lesson.

But *while* you're getting there, you're discovering a lot of different things that you've taken on and a lot of different parts of your experience through it. So there's gems across the board!

And with each layer of the onion that you've removed, there's a gem there too. It might not be as big as the one at the root, but it doesn't matter because you're basically learning from all of it.

The other thing is that with each layer you remove, you become more skilled at removing the next one...and the next one.

So when you get to the root where the big gem is, you're much more prepared because you've gained something from each of the layers that you've removed. So when you get there, you're,

“Ahhh, here it is!

“I can see it now!

“I can see much more clearly what it is.

“And not only can I see it here but I can see every component of it...and I can also see how it served.

“So now I’m ready to just let it go.

“I’ve learned what I needed to learn and now I can let it go.”

And then you go through the whole process:

“I release all concepts, all belief systems, all perceptions, all encodements and all the energies that supported it up to this point...and I gently release it and offer it to our own full spectrum of light that serves us on the planet, our Sun.”

And as it is released, it goes back to its natural form for a new creation. It goes back to Pure Light which is full spectrum and it goes back to Pure Potentiality...formless, ready to take form.

And the form does not have to be a rigid form but can be thought-forms, consciousness-forms, it can be any type of form.

Form is there for us to use the pool of energy to create something that supports whatever experience that we choose.

And that’s what we’re doing: we’re creating experiences that we choose.

We are in a pool of energy of infinite potentialities, infinite possibilities.

We’re in a pool of energy that supplies *exactly* whatever we need for whatever we came here to do.

Of course we get lost in the whole idea that we are human and, as a human, we are this robot, sort of thing. We are our mind and our physicality and we are all our definitions. And then we lose touch...which is part of the perfection in the whole experience...but then we reconnect ourselves. But we lose touch with Who We Really Are and what we are here for.

But now we are remembering. Now it is being urged in us. Now there’s so many things that bring up the fact of what we’re here to do.

And what we are here to do...specifically in this lifetime...is we are here to learn all the things that we did not learn and gain from past lives and what we wanted to learn and gain from *this* lifetime. Also we came here to experience through all the facets of past lives and this life that we didn't yet fully experience.

And, of course, the experience in this lifetime is different from past lifetimes because here it is much more intensified, much more colorful, much more tool-oriented and energetically supported to be able to maneuver through it very quickly...whereas it was more difficult before.

So when you're going through all of this process, you are "letting that part go" and releasing it back to Pure Potentiality.

You've gotten the gem and you take that gem that you learned and say,

"I now realize that I created this to experience this part and I no longer require it to experience.

"So I now take this new experience and reactivate within myself my own knowing that I am Source.

"And I now take all these beautiful gems as part of my completion of my little piece of the puzzle of the grand scheme of things that we are...the grand creation that we are."

By going through these different layers and processes, you are not only letting go but also activating that higher consciousness within yourself.

So where previously you might have felt "confined," you remind yourself,

"Well, I have chosen to have the experience of confinement.

"It's up to me whenever I want to release it and no longer be part of it.

"I've chosen now to see that I've got the lesson from it and I no longer require the part.

"So therefore I reactivate within myself the capacity to un-create that whole experience.

"I choose at this point to no longer play or recreate that.

"I now create something new.

"And that newness will be based on the consciousness that I've gained going through that path and all the other aspects of learning that I did with all other facets.

"So all that I've gained in every experience I will utilize to create everything anew!"

So that's giving you the basis of what you do to "clear" and "let go." You go through those steps.

It's key to be patient...be light...be playful with it.

It's there to serve.

You created it.

And when I say, "you created it," ...please...and you know this deep inside of you but sometimes we forget because the mind thinks it's something else... The moment someone is "reminded" that they've created it...and particularly when it's something that's unpleasant...there's this whole idea of judging ourselves where, "I've created something lousy so I'm I lousy creator!" *Far from the truth* when you tune in and know what is.

Creation...any and all creation...is a beautiful, perfect, powerful creation. There are no mistakes. Each creation has a very powerful purpose. Each creation, within its purpose, has its completion. Each creation is necessary to allow you to...and it doesn't matter form it takes or what polarity it might carry, it's still there to serve.

So if you created a certain sequence of things, there's a very powerful purpose there: there's something to learn and so forth.

And by being the observer, by questioning, by looking at what's there and how it makes it feel and all that stuff, you'll get those answers.

Your True Essence of Who You Are *knows* all of this. And by engaging with that, *you'll* know why.

So when you're going through thi, don't judge yourself with things like, "I'm a poor creator," or that "I've created this by mistake," or, "I did (this or that)," ...

A lot of teachings exist about "you're creating your reality" ...which is true...but the teachings that "you need to change something so that you can create something else" ...which are also true...*but*... the only reason it could exist is because there's something there to make it exist. And we can't forget that part.

And why is it still there? Because we have not yet gained from it what we needed to gain.

But by going in as the observer, by going in and looking at what's there for us, then you can complete what you need to complete.

And then, of course, what are you going to do? You're going to create something totally *different*. You're not going to create the same thing.

And it's not just thought-forms. Thought-forms are just a *reflection* of what's there as programs, concepts, belief systems and so forth...so they are an after-fact.

For example, you can be thinking that you're a loser, but that thought-form is only coming from a belief. And that belief is something that you've adopted. And there's a lesson within that you haven't gained yet. And that's why it still exists! So you keep manifesting...if you want to call it that...creating this similar pattern of reflecting to yourself that you're a loser. In actual fact, that comes from stories. So you need to go into that part of it. So did you create something *in error*? Of course not! Feeling that, "I'm a loser," ...*fantastic*! So now you can go look for the gem that's in there.

You don't create anything by mistake...and I want to make that perfectly clear. It makes it so much easier when you're coming from that level of consciousness...which you already know inside...

But then sometimes someone might say, "Well, I have to be careful of my thoughts!" How many people have been so afraid of even just *thinking*...because of the fact that, "Well, if I have negative thoughts I'm going to create (whatever)."

Actually, all the negative thoughts are just going to do is accentuate what's already there. The negative thought comes from a different source...it comes from the source of concepts and belief systems which already have some experience within them that you need to complete. It's all interconnected! And you need to get to that part and find out what's there. *Then*...those other parts come out really easily. So in a clearing you go through that part of it.

So that's the basis of how the Clearing process works.

We are right now going through...and I want to say this again...it is for us to create completion.

And by being the observer, you learn...because you get to see all the facets.

By not judging, not comparing and so forth, it makes it easier.

This is why I say that neutrality and fluidity is very beneficial.

But if you're not totally neutral and you're not totally flowing, then that's OK. You'll still do, in the state that you're in, all the different steps and processes.

The intent is that at one point we're going to have either a seminar or a retreat where we're going to go through the nitty-gritty of all the Clearing processes...and even do one on stage if necessary, like we did a few years ago. But now we have this part (i.e. this recording) to work with and it's not that complex.

If you'd like to work in a team or even with just two people, and one wants to assist the other to observe...

And this is where it becomes interesting because when you ask a friend to say,

"OK, can you just observe because I don't always see everything.

"Can you observe some of my patterns, some of my reactions and so on?

"And then just let me know what they are.

"Jot it down or just share it."

And when you share it, at that point it gives you some reference point of where to start looking and where to look further.

For example, you may have had a certain experience and now you've gone through the Clearing process but there's still certain parts of it... but you're thinking, "I've got everything covered. I'm not seeing anything." When you use somebody else...and this is not a "must" but it can be beneficial...when you use somebody else to observe and say,

"Listen, do you still see something that comes up?"

And they might say,

"Well, you know...you've got a bit of an attitude.

"You're somewhat defensive when somebody comes up to you and wants to present a new idea to you.

"You act like you're kind of stubborn and don't want to respond."

"Oh, OK."

And that gives you an idea of

"Oh, that's how I responding."

And you may not even totally know it. You might have caught bits and pieces of it but may not have caught the rest of it. So you might say,

"OK, now I will go into the observer state to notice that."

So whenever it's coming up you get to see it.

"Oh, OK, I see it."

And then you go through the process and say,

“Why am I being defensive around this particular situation (or whatever’s playing out)?”

And you keep asking and searching and so forth...and what happens is it uncovers why you’re defensive...it might be “because I need to cover my tail,” “because I need to define myself,” or “I need to (whatever).” So you’re going to see all the different parts of it that come up.

So someone else can also help you through this process.

And at some point or another, if one becomes a little more proficient in the Clearing part of it...or both may become proficient...then you could walk each other through the Clearing process. In essence, one will hold the space for the other(s).

So one starts to ask questions and other one answers. In this way it helps to probe...because sometimes when it’s coming from somebody else it can assist in holding an objective state rather than getting caught up in it.

Now, the beautiful part...and I’ve seen this happen...is that sometimes the person that’s facilitating may go into a fringe area that may push their own buttons. So they may have a reaction themselves when they are assisting with the asking of questions. And that’s OK. That’s when you can switch back and forth and help each other through it.

You’ve gotta have *fun* with this! It doesn’t have to be hard work and it doesn’t have to be something that we need to dread while we’re doing it.

We’re doing this to facilitate each other (laughs) and complete whatever we need to complete.

And it’s really meant to be for play.

Now, the other part that you need to look at is “definitions.”

Definitions are how we define ourselves...how we’ve labelled and compartmentalized ourselves...“I’m (this and this). This is who I am.” It could be an astrological sign, it could be a certain culture, from a certain background, a certain educational level, a certain series of experiences...or something.

And these labels are fine because each of these labels that you’ve taken on all served...every single part of it.

But now you need to look at it and as you’re going through the process you can say, for example,

“How does it serve me being so bound up defining myself as being male or female?”

And when I say male or female, I’m talking about the definitions within those words. Because “male” and “female” have a series of definitions...a male should act this way and a female should act that way.

But it doesn’t stop there. Depending on the culture, the definitions of male and female are different. Depending on the upbringing, the definitions are different. Depending on the part of the world that you are living in, the definitions are different. Depending on what star sign you are, the definitions are different. Each and every one is different.

So when you look at it and say,

Well, how does this still serve for me to continue to play this role?”

And then you will be able to see all the facets that play out.

Certain parts that no longer serve, you can start letting go.

“I release all these parts,” and you can name them off one by one.

And you release them because they no longer serve.

At times it helps you to see yourself in your mind’s eye by closing your eyes, and go through the different stages of It. See yourself when you define yourself that way and see how it feels.

So you could ask yourself,

“How does it feel when I am acting this way?”

And you could say,

“Well, it feels confined,”

or, “I can only experience this part of it and I don’t get a really full spectrum of it or a bigger grasp of whatever I want to experience.

So then you could say,

“OK, great.

“Did I get enough saturation on that part or do I need more of it?”

“Or am I OK with it?”

And at that point in time you will be able to see if there's any parts of it that you still need to experience.

And if not, then you could start letting go of that. You could start letting go of all the stories and belief systems that support that particular characteristic...that definition of being male or female.

And you can do the same thing with culture, you can do it with religious affiliation, with the different components of it that you may have depending on how you define yourself.

The other part of definitions that we need to look at are the roles we play.

For example, somebody is playing a mom or a dad. And one person plays a multitude of roles anyway...because you may be a mom of someone, for example, but in another role you could be the daughter of someone else...but you can also be the boss of somebody else...you can also be a partner or spouse of somebody else...and you play various roles. You might go to a PTA meeting or some other organization or gathering and you may play a different role there. And there's the family dynamics too...you may be a sister, a brother... and then you see your friends and you play another role.

So you can see how beautiful it is that you've created all these different roles.

But then you start looking at it and say,

"Well, what happens if I start to release these roles?"

"What else do I need to learn from these roles?"

And as you let go of the different roles, you can say,

"Well, OK, if I remove all these roles then what am I going to be?!"

"Well, I am Pure Potentiality.

"I'm just going to be me...without playing any roles.

"That means that I need to let go of how I feel..."

And, again, the "feeling" part will depend upon what keeps us in that state of feeling...but,

"...how I feel, how I am, who I am at this moment.

"And when I say 'who' I am very broad because I no longer define myself as anybody.

"So I am just an open platform."

So, at that point, when you let go of that...then, for example, you are with your family where you used to play a role...and that role may be a role that said “yes” and agreed because, for example, Mom or Dad *expected* you to play that role because of their stories, or whatever it may be.

But, realistically, you are only playing the role because you’ve *agreed* to play the role.

And the only reason you’ve agreed to play the role is because you agreed to have that experience to learn from it and do whatever you needed to do.

But, in essence, Mom and Dad are only playing their roles of *expecting* you to play your particular role so that *you* can get to the point of saturation of your role...and then you let go of the role.

Your Mom and Dad may not consciously understand what they are doing, but super-consciously that’s what they’re doing.

So they want to be relieved of their responsibility of the role that they’ve taken on to play that role of *expecting* you to play a certain role.

So, in essence, when you’re playing that role...you can now drop that role that was being applied as part of your agreement.

In essence, when you’re being yourself and you’re no longer role playing, you change not only just your own energy but the energy that you emit...and the new energy that you emit may affect Mom and Dad. So what you are doing by being yourself is stimulating them to be more of themselves.

Now, if their role has become somewhat hardwired because they are so wound up in playing their roles, they may represent a resistance of some sort at first.

But that resistance is, first of all, a test to see if you have anything left within *you* that’s sensitive about any form of resistance.

And even though they may be resisting, in essence, there’s a part of them saying,

“Thank you for doing this because now I can observe, learn from it and start creating a shift within ourselves...so that we can be free and so that we can be ourselves too...without having to role play any longer.”

So you can see how there’s a ripple effect in all of this and how it’s all interconnected.

So I think you can now see that this “clearing” and “letting go” process is not only not that complex but also how much fun you can have with all of it!

So “letting go” is just completing all facets of it.

And it's releasing even our definitions of who we *thought* we were.

You know when we were kids and we used to pretend that we were this or that. "Well, today I'm going to be a doctor and tomorrow I'm going to be a fireman," or whatever else...and you play with your friends. Well, that's what we've been doing. We've been pretending and playing. We've pretended for a long time and we've played for a long time with very specific roles. The roles were a little bit more rigid (laughs) because we got caught up in them...which is fine...perfect.

But now we are basically surrendering the roles, we're surrendering the definitions so we can open the platform of who we came here to play.

And we play *everything!* Moment by moment. Role-free. Program-free.

And guess what? Your vibration goes up. And it stays up...and continues to increase.

And your world changes left, right and center every time you turn around. Every part of you starts to change. Every part of every interaction starts to change. What you see starts to change; it no longer goes through lenses, and it no longer sees anything restricted in any way.

It just basically ends up flowing wide open....for you to play...completely....and much more clearly.

So if we want to step into 4th and 5th Dimensional consciousness, those things are ready to be let go of.

But...again...it's not a race.

There's an urgency, in a way, because we've kind of taken a long time to get here.

At the same time, we can't sidetrack all we need to let go of.

However, we have done a few things for ourselves (to make it easier).

For example, things that were not so conducive based on where we are at...because we've had other experiences that may have brought us some other learning opportunities...some of the stuff that we carried from past lives or even from this lifetime that we wanted to experience that were on the list will dissolve anyways. That is to say, it gets taken off the list even though you don't get to play it out. The reason for this is because not only have you had other forms of it, but you will create another opportunity that will look nothing like it at some point later on, And that's OK.

And it's not like you will have to repeat it in the same frequency...because it will be created in the new frequency, a new state of consciousness, a new dimensional consciousness that...

So, in essence, even though we didn't finish it doesn't mean that we have to live through all of it.

And also, just because it was in a past life doesn't mean that you have to regress anymore either...it's very rare that's necessary.

Before it was much more necessary because we weren't in a certain frequency that allowed us to bring everything into real time. It wasn't totally agreed with the souls to bring everything into real time...so, in essence, we had to go back into those past lives.

Sometimes we still do go back to a past life when it's a little bit more complex and we require a little bit more of that. When that's the case, it will present for you and some arrangement of some sort will come about that somebody will be able to facilitate you. Or you just do it spontaneously on your own.

Because *everybody* can do everything *on their own* too.

We are here to assist each other...absolutely...and we give you whatever tools we've discovered or we've been able to utilize.

This clearing process that I'm sharing with you is what I've been using on numerous amounts of people over the years. I've had all types of people that have gone through different experience from it. Some removed only a few layers of the onion while for others lots were removed. It just depends on whatever their souls' choice is and the readiness depending on where they're at...sometimes they are not ready at this time and they are ready later.

So that's how it's done!

Antonia

Yes. I think that one of the star points to take away from this is that it's a process.

Often because of the current world being the way it is where everything is instant...and everything actually does happen instantaneously because we don't live "in" time but rather we've created time...but we've been conditioned to believe that we need to release and let go of this stuff "right now" or there's something wrong with you or there's a reason why you can't.

And, Franco, you have talked about the process that you've used throughout all these years, so you have really seen how everything leads to something else...that leads to something

else...that leads to something else. So it may take time to go through the process, which is this experience called life.

But I think in our discussion of the process, people now realize that, "Oh! It's OK that it took me (one day, a month, a year, maybe five or six years) to completely let go of my anger at my parents," for example. Or, "...to completely let go of something in my childhood." It can happen in one hour, but often one thing leads into another, into another, into another...and you go back and back and back until finally you're at the core.

So I think that's something that people can take away from tonight: that everything kind of unfolds as you're ready for it.

And if you're still dealing with, for example, anger or frustration or an anxiety of some sort, there's nothing wrong; that's fine. That's just part of the process that's bringing you to the next step and the next step and the next step.

And that's what it means to be human: to experience all of this. Or we wouldn't have to manifest here in the body, but rather we would just exist as Pure Potentiality and not need to have this human experience.

Franco

Yes. And you used the example of losing the anger towards the parents...before, a lot of things may have taken several years to clear. The way it is now is that everything is so speeded up...made "efficient," in a way, if you want to call it that...that it may take a few steps here and there, but it's not anything of any long term anymore. At this point in time, everything is accelerated and at such a pace that for someone to hold onto something for five years and still be able to stay in form on planet Earth would be next to impossible. (laughs)

So, in essence, what might have *seemed* to be a long process before has now been greatly shortened, and a lot of it is facilitating to go through it a lot more efficiently and more quickly.

Antonia

We now have a question as follows:

"We are now in a solar minimum with a decrease in CME's. Does this have anything to do with these times of shifting as a planet on a spiritual basis? Do these influxes of energy (that Franco talks about) coincide with the CME's that impact Earth?"

Just to clarify for those who don't know... according to NASA, Coronal Mass Ejections (CME's,) are "huge bubbles of gas threaded with magnetic field lines that are ejected from the Sun over the course of several hours. This results in giant clouds of particles being hurled from the Sun

out into space. When a CME is Earth-facing, about four days after it occurs it will affect Earth to one degree or other, depending on the size of the CME."

How often CME's occur varies with the sunspot cycle. At solar minimum there's about one CME a week; near solar maximum there's an average of two to three CME's per day.

Franco

Yes. They are basically all orchestrated in some way so that the burst...whatever impacts planet Earth, the increase and decrease, the solar time, all are kind of sequenced.

It's like the codes on James Foo's Energy Paper...it's not so much numbers, but there are sequences that are gone through so the duration, the intensities, the frequencies that come through, how much of it will "hit" the planet directly and so forth. But just because some of it fires off away from our planet doesn't mean that the planet and everything on the planet is not affected. For example, some of the CME's may occur off to the side of the Sun (i.e. not Earth-facing) and it doesn't affect the Earth directly, unlike when they are directed straight at the Earth, they do. But just because it skims it from the side, it's already activated.

Now you have to understand...the planet is spinning. And when a CME occurs, it is orchestrated to discharge and to affect certain parts of the planet or sequenced parts of the planet, where it's most necessary. And when it's necessary, what happens is that it triggers there and creates a change. It alters the operating frequency of the cluster of people there...including the animal kingdom and everything else that's there...because they hold a certain energy depending on where they're positioned. So that creates a chain reaction for the planet as a whole. So that consciousness kind of gets "blown out," expanded and ejected throughout the whole planet. So there's like an explosion of energy that occurs there, that affects the whole planet regardless...because it actually spreads out. And it helps create completion.

It's hard to explain but, really it's very simple. It seems like whatever's expanded and exploded...and when I say "exploded" it means expanded and ejected towards all the participants that are playing on the planet...so everybody will actually take a part of it and utilize it. We don't take it in its rawest form, meaning whatever part of that consciousness that was evolved...and I say "consciousness" in the sense of people with certain belief systems. For example, it expands and explodes that part of that thought pattern for that community or that area or the different clusters...because you are going to have lots of different clusters...it is ejected throughout, and each person will take part of it and utilize it for their experience, through their own signature, and be able to utilize it for their own completion for themselves.

And this is the other part: the stuff for completion is also in our dream state and it's also being shared amongst each other because this is some of the things that we don't need to complete completely.

For example, for certain experiences that the soul is not so fond of going through and experiencing directly, it will be able to pass through another aspect of you on the planet who has gone through it. So it uses that part of it and then interprets it for its own purpose.

So when the coronal discharges happen, it takes *large* clusters of consciousness and explodes it throughout. And basically spreads it out for others to use.

So hopefully you understand that. It's not complex but, at the same time, sometimes it's hard for the mind to grasp.

Antonia

Yes. And whenever there are any CME's, it's not just the ones that are Earth-facing...and that means that they are in the path of our Earth...it doesn't matter where on the Sun the ejection occurs it affects the Earth in some way and the Earth is reacting with it. So whether or not a CME is Earth-facing, it is still assisting the planet and assisting everything around us.

Franco

You know, even if it's aimed at other planets in our solar system...Saturn, Jupiter, or whatever...the thing is, it bounces off energetically. But when it hits that particular planet it merges with the energies there and that part of the solar system and then deflects those merged energies so that they affect Earth as well.

It's really amazing when you can actually see the dance that happens and how it happens. It's almost mind-boggling how orchestrated...so organized, so skilled and so *perfected* the way it all occurs. It's amazing!

Antonia

Yes. And we have a follow-up to our previous question:

“Scientifically they are showing that we are now having fewer CME's than we've had in previous years. Why is that?”

Franco

Yes, it's a very quiet time right now.

And, again, there are different influences. At times we don't need to have the Sun be the stimuli and instead the stimulation is coming from...and remember now that we are also getting...not so much the “blasts” or anything of that nature...but we are actually getting more transmission coming not only from our galaxy but also from our Galactic Sun and so forth. So, in essence, as much as we are not getting direct blasts, there's many more support mechanisms, a lot of stimuli that are coming from other resources.

Plus, when it quiets down, there's an opportunity to allow for assimilation....where everything starts to assimilate and starts to be utilized. So it goes through bursts.

Like even the new energies coming in now...and there's a lunar eclipse happening this week (in Toronto the full eclipse happens the early morning of October 8) that, again will also play a part. So there are different stages, different things that are taking place. So it doesn't all have to come from one source and it doesn't have to stay in a regular pattern of one pulse after another.

Antonia

Another question we have is:

“You mentioned before that we should just allow whatever “is” to be exactly as it is. How do you allow whatever happens to be exactly what it is when, for example, you are parenting a two-year-old?”

So I'm assuming that this question refers to the fact that when dealing with young children that we tend to want to control what they do. So how do we just allow a two-year old to just do whatever?”

Franco

Well, it doesn't matter if the child is two months, two days, twenty-five years old, in essence, do you need to be in charge? No. The thing is, you are cooperating with one another.

So this is the role that parents take on and eventually you get to learn that you are not here to control. And you see the child as an equal with you...having a slightly different experience, and maybe in a limited body.

So, in essence, the child is going to go through whatever process and you don't take it personally and you don't take it on in the sense of, “I need to change them,” or anything of that nature. Let them experience whatever they need to experience and you play with them as you feel guided to. But not at the mind level of, “I've gotta do this. I've gotta do that.” Just go with ease when you're dealing with a two-year-old.

When you don't get stressed and you don't force and you don't try to control, you'll see that it's much lighter for you. And not only lighter but the interaction with the child gets much more cooperative, much more collaborative.

The child is a teacher and also a student...just as you are the teacher *and* the student. We must not forget that. A parent has so much to learn, so much to gain from allowing a child to be a child. And to be able to interact with the child as another source of experience, learning, expansion and so forth....instead of going in and saying, “OK, it's now my responsibility to mold this child.” The child is already programmed. It has its own unique

state of experiencing life. So it needs to get familiarized with the human form aspect of what's acceptable and unacceptable, but you can even be relaxed with that.

And even the concern that, "If I don't put guidelines then the child will get injured." Well, that's just a concept and belief system that was adopted, in essence. Yes, there are certain things you might want to remove, but you do it without the fear factor coming or, "I've got to be very careful with everything or I'll have ice all over my head...because I can't even turn around without the child having an experience that's going to be nasty!"

The child is going to have whatever experience it needs. And the child is in charge of whatever that experience is...maybe not at a conscious level, although sometimes they are much more conscious than unconscious, so that means that the super-conscious and the conscious are kind of on the same page. But, in essence, at this point in time, when the child is deciding what it wants to experience then you can't really affect it.

You can fight them and have that game until you get to the point where you say, "OK, I don't need to fight this. I'm just going to be part of the ." So if the child doesn't want to eat, it doesn't eat. If you want to coax it a little bit to distract it so that it does eat, don't make it a chore, don't make it a part where you get to the point of frustration. Because if that's happening, that's your stories, your programs, your belief systems.

You'll notice that the more you get neutral, the more you accomplish and complete your own programs...even what roles represent...the parenting changes. You become more at ease, you become more at one with the child, you become more playful with the child, you become more the observer with the child...and you are able, at this point in time, to really enjoy the experience and all that unfolds...without having the modality of this old 3-Dimensional battle against each other.

Because that's what happens: mother and child go to battle. Go to the battle of programs. But it only accentuates the programs so that they get completed and released.

So I hope that is of help.

And you might be able to add something from your own experience, Antonia. When your children were smaller your consciousness was not at the level it is now, and I'm sure when they were small they had parts that they played out and which would illustrate the question.

Antonia

Parenting is one of the most incredible dances because it constantly shows you that you are really the student more than the teacher. And you bring up within each other so many different things to look at. And definitely as you let go and be more the observer and be more the observer...

I know with my children, what it brings up for me and what it's triggering for me all the time. And through the years you just realize what you're getting triggered with, and realize that it's coming up so that you can look at it,

And openly talk about it with your child...even when they're really young. That's the kind of relationship we have with our kids. We let them know, "OK, you're teaching us (this)." And it gets kind of funny sometimes when they have their little statements. (laughs)

But it goes back and forth and it's constantly changing, it's constantly changing.

And sometimes when you're with a child if it brings up fears...fear of losing the child, fear of not doing the right thing...then look at that. "OK, what is it about the human experience that I'm experiencing right now?"

And it's ongoing. It's constant.

And those parents who are now older in their 80's and 90's and have older children in their 50's and 60's...it's a different relationship again. So you're always learning something about parenting no matter what your age.

I think that it's a beautiful, incredible dance...incredible dance. Always learning...always, always, always learning and being of assistance to release layers and more layers.

Franco

And then there are the parents who have more than one child. The typical routine is that with the first child they are so hyped up and so worried about every little thing...I mean, they are really stressed about the whole child thing coming into their life. So, in essence, what happens, it becomes a much more complicated and stressful state. But with the second child it starts to get easier. And by the third and fourth, you've relaxed so much about it that you let the child do whatever it needs to do because you know it's going to be OK.

But when you become a conscious parent...a parent that is much more conscious and aware and really understands how it actually works...you are so at ease with things that you are not going to have an experience where the child is going to be messed up.

You can be as stressed out as you want and try to keep everything perfect but it's not going to alter the child, in a sense. You might create a lot of stress for yourself and perhaps also for the child.

Or the fact that you might choose to be so easy-going that you're relaxed and the child is relaxed...so is that child going to go down a path that could be negative because of that? Absolutely not. It's up to the child to make the choice of whatever it wants to experience.

We plan to have a one-day Conscious Parenting seminar at the Oneness Centre at Kingbridge in November 2014, and we intend to cover a lot of these things at that time.

Especially all the younger parents and the ones who have young kids, they are starting to notice that raising kids is a little different than it was before because the kids are becoming much more conscious. The kids now are actually much more self-directed and perhaps a lot less lenient in staying or getting off course. So, in essence, it came here for a specific purpose...especially those who are a lot more conscious...so it presents more of a challenge for the parents.

And then there's a lot of different things that are bringing parents to wanting to be part of the experience rather than...

Because look at it this way: a person who wants to have a child and is all excited about the child...but when the child arrives they get all stressed out and make it all complicated and then they can't even enjoy the child. Part of it might be OK, but the rest of it is being so worried, so concerned, doesn't understand what's the best choice for them, and all that stuff and gets all wrapped up in it...so the pleasure, the experience takes a different format. Which is fine...but the format is old. It no longer is something we need because we've experienced it so many times in that fashion that now we want to experience an easy-going, playful, teacher/student - both-directions type of experience between the parents and the child.

And this process goes on from the moment the child is born right up to when the child is 40 or 50 years old. There are parents who are still trying to control their kids even when the kids themselves are already grandparents. (laughs)

Antonia

OK, we have one last question:

"Money has been very low...scarily low. And the more I go into this work, the less there is of it. It takes a lot to stay in the light and not go into fear and worry. Any insight on this?"

Franco

Well, when you say, "going into this work," it depends on what we're looking at.

When we're going through this process, we do the process while we maintain a certain experience of a human form.

So we still have a "money" program that needs to play out. By letting go of all the fears and programs about it, that will help.

But then if we feel that we need to go and “do” something...take on a job or some task that will generate money, when you go to do whatever it is that you feel guided to do, remember, wherever you’re going to go and whatever you’re going to do those are opportunities for you to share with others, opportunities for you to shift the energies around people...not that you take that on as a responsibility...but it is also for you to learn and grow there too. And you will stay there for the duration.

If we turn around and say, “OK I’m going to do this work and just let everything flow,” then you can do the work...yes, that’s true...but sometimes it will flow and sometimes it won’t flow.

Depending on what your soul’s experience is, it may *want* to go into what we call the “work” world, if you want to call it that.

But when you go back into the work world, it’s not the old world...instead you are going back in as a different person where you’re not seeing it so much work but rather as an opportunity to interact...to do something that will also create a shift. So, in essence, you are transforming that type of environment, that type of mind-set and experience.

So, at this point, I would still work on the process of looking at those fears and staying neutral. But if it’s not neutral and a fear comes in then that means that there’s still some programs, still some fear there...so you need to address that. Once there is no fear then that doesn’t default to there and a lot of other opportunities will open up...either money will flow from different sources or other opportunities will come up where you are still providing some form of service but it feels more natural.

Because a lot of people get caught up in the fact that, “I’m on a spiritual path so I can only do that type of work and I can’t do anything else.” Well, the work is everywhere.

I had that experience myself. I started working at 10 years of age with my father and at that time that’s the way it was. As much as I had a certain amount of consciousness at that time, to me it was, “Ok, I’m going to do whatever I need to do. This is how the game is played.” I didn’t give it that much power and didn’t get obsessed by it or anything of that nature...no. Wherever I went, I shared whatever I shared with whomever.

And I’ve worked, you could call it “typical” projects and work up until about nine years ago and then I started doing this work. And this is all I do. And I don’t do it for money but then people do contribute to the work I do so the money is just there.

And I’ve experienced shortages a few times but then there’s always something that steps in to take care of it.

But that doesn’t mean that I’m never ready to go out and do something else if that was required for the monetary part. But I have a little conversation with the soul when I see that there is a shortage, and I say, “OK...there’s a couple of options here. I can continue doing what I need to do and have whatever I’m required to have to pay the rent and other

expenses and still live in a situation like everybody else. But if you're not providing that, and I need to go somewhere else to pay the game of what we call 'earn' and be doing that type of work so that I can shift something wherever I am, then I'm ready to go for it." And, so far, every time that I've proposed that...and it hasn't been that often...but each time something comes in to supplement whatever I need to keep me going. And it's been like that for nine years.

So, in essence, do I fear not having any money? Ahmmm....no. But can I get concerned about it? Welllll, a little bit sometimes, when it's gotten.... But not concerned to the point where it's been obsessive because it doesn't really trigger that much. I just kind of say, "Oh, OK. We'll see what happens." And I'm just giving you an example here. But I'm always ready to go and take on whatever venture.

But to be honest with you, for many years...probably 40 years of working...I've been doing this consulting and sharing since I was a kid...wherever I was. And every job that I took on I brought what I teach now...not to the same degree that I do now because people are more receptive now. But I was there...always there. I'm always amazed when I meet people that I haven't seen for 20 years...

In fact, I recently had a conversation with someone who was an employee of mine 15 years or so ago, and I didn't even realize how much I had shared with them about consciousness and so forth. Because all of a sudden this person started talking to me and saying, "This is what I'm doing with my life and I'm creating this type of environment around me," and so forth. And I say, "Wow. How did you get there?" And the other person said, "What do you mean, 'how did I get there'? You don't realize how much you changed my life with all the things you told me!?" and so forth. And I said, "Oh. I did? OK...alright." And I didn't even recall. Because I would share all the time with everyone...and I didn't even pay attention...I would just share whatever somebody needed to hear.

And I did that part time, all the time...no matter what. And it wasn't really part time because it was all the time, really...it's just that it was in among everything else.

So be OK with whatever.

If there is still a belief system that spirituality means a lack of money or we have a judgment about having it in your life because if you have money you're not spiritual. None of that stuff...

I know that when you get to a certain level money doesn't mean anything, that's true. But, in essence, right now, it's still a means of exchange...if you want to call it that...to facilitate our journey, so we just let it be. Just allow whatever is necessary.

But you're not going to have any experience other than exactly what you need.

So, in essence, if there's a shortage then there's something that's playing out so you need to look at what the stories behind it are and so forth.

And even if you have a judgment about it like, “Well, I’m not going to do this work anymore!” You need to be at peace *with all of it*. It doesn’t mean you have to do it.

At times, when you get into peace, things change...because then you don’t need to have that as a stimuli for you to look at something that needs to be completed and then released.

Antonia

OK. We’re are now going to do an example of a Clearing. This will be separate recording available on our websites so you will be able to download and listen to it by itself whenever you want.

www.francodenicola.com

www.masterpiecelife.com

Before we start, you might find it helpful to have in mind an emotion or belief system that you would like to work with. Would that be OK, Franco?

Franco

Yes. Before we start, everyone listening could choose what they believe is the biggest obstacle for them...the one that keeps coming up that activates emotions, activates such intensity, and has been repetitive...something that they’ve had a challenge with. So everyone will present their own and that’s what we’ll work with.

As we go through this process, energetically we are going stimulate it and then I will instruct everyone what to do and the questions to ask. And I will provide the energy for everyone to go through it.

So get yourself in a relaxed and comfortable position, close your eyes if you want, and listen with your choice in mind of what it is you want to clear.

*Transcribed by ARL in October 2014
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