

# **THE NEXT WAVES OF ENERGIES AND HOW THEY AFFECT HUMANITY**

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With

**Franco DeNicola and  
Antonia Hagens, Masterpiece Life**

## **Franco**

It's always a pleasure to get together for these calls and play together. We are here to assist each other so that's what we're doing. And anything that we do, of course, affects the collective on a massive scale.

The beautiful thing about now is that we are getting so much support from so many realms for anything that we're doing. In a way it may seem intense, but in another way it's actually easier than doing it how it was before.

## **Antonia**

*Now there is so much opportunity to shift in one lifetime. Before it would take a long time to move through anything.*

## **Franco**

Yes. What people are now doing in months or weeks...sometimes days...used to take multiple lifetimes just to do a little smidgen of it. Now...it's amazing what we're doing! Look at how many people are transforming...like night and day...within a short period of time. And this was not an easy task at any point in time before.

## **Antonia**

*Yes. And that's a great perspective to start tonight's call. What the media puts out and what you see around...or don't see around...in your friends and family...you know, we talk about energetic waves are coming and things are changing and we have new systems...and people say, "Well, how is that? Because I look around and it looks like nothing has changed." But actually things are changing very rapidly in this lifetime. In previous lifetimes, the energy you were born with was pretty much the energy you left with and there really wasn't much change...there really wasn't much opportunity for awakening...except for a very, very, very small number of people. And that's not the case right now. Now people are awakening, the*

*energy is shifting, people's perspectives are changing, questions are being asked, people are looking into questions. Whereas before, you almost didn't even dare...because it never even came into your mind to think differently. But that is what's happening right now.*

*So I know we had some comments about "When are things going to happen?" Why aren't they happening faster?" "Why do I look around and big, big mega corporations are acting as if it's business as usual and are making massive profits?" "People who are really trying to make a difference aren't doing so well." So I had a lot of comments like that. And it's great to put a perspective on the fact that this is really a unique lifetime that we are all in right now...where change and movement is being done at such a much more accelerated pace than what was possible in the past. So I think that sometimes we should just kind of take a deep breath and breathe. And then go on from there. What do you think, Franco?*

## **Franco**

Yes. The thing is, it's not always obvious on the surface. But there is so much that is happening and changing within each person.

There's always a questioning. But you take someone who is not...on the surface it looks like they are not moving forward, not making a shift, and they are still playing their roles the way they were playing them. Inside of them...and when I say "inside" I mean their own inner knowing...even their programming that they would have...even though they are playing the role...the role is becoming, not only uncomfortable, but it's becoming more unnatural and it's becoming less and less maintainable for them. Now, because of the automatic programs and so forth they are doing that.

But, you have to understand, there is a soul level behind this too. Because at the soul level we're also in a state right now of really wrapping things up with respect to any duality experiences or anything of that nature...before we move and clear the programs. We are in the "purge and clear" but we are also in completion. So there is so much going on.

Even if we look at the infrastructures that exist: the institutions and systems and so forth...at times it looks like it's even more chaotic, at times it looks like it's getting even worse on so many levels. But the foundational part of it that holds it up, that supported it, is crumbling all over the place. So on the surface it still looks like business as usual...but it's not. There's a massive amount of scrambling going on, on the level of the old energies and trying to keep them in place. But that's not even doable any more.

The only reason any of it is still intact...and there's quite a bit of it...is for creating the stage for people to complete what they need to complete. Whatever they haven't accomplished in other lifetimes, they are given the opportunity. So we are still on the level of polarity. We do not utilize it at all at the soul level. The soul will use it only if it assists us in the sense of creating completion. It does not learn or experience from polarity...so any polarity that remains is being used only for completion.

But what's changed is that we are now...let's look at it this way: The way we were before, we were on a certain wavelength, a pattern of frequency, a pattern of consciousness that...for us to make any movement in the past, you would actually have to go outside of that range. And you were almost forging or creating a new range within which to work. And, in most cases, you did not have the support from other souls or from the other energies on the planet or the energies streaming through all other aspects of ourselves coming from that point in time. So you were actually the creator of that path. And that wasn't always easy because, again, you were almost isolated and also you were dealing with the main bandwidth of what the common program, common consciousness and so forth was still stuck in that one wave. So it was a good playground to come and learn and experience and so forth. But to really make movement forward was very difficult.

So a lot of the souls who were more advanced were ones who had either multitudes of lives on different planets or had the opportunity to come in from other planets and so forth that had already exposed themselves and they had been able to do that. But in most cases it was not very attractive to come here because of the limited bandwidth.

But what we're dealing with right now, we have a huge bandwidth. So that means that all the possibilities...there's so much range of possibilities. So that means that you could be in a completely 3-D state and you could be in a 5<sup>th</sup> and 6<sup>th</sup>-D state of consciousness...and the energies support all of it...where it was not that way before. So basically when you are moving forward, you are not going alone and creating a new path. You are only supporting and expanding the path that's already there. Because, in essence, we're streaming all the bandwidths. Yes, a lot of it is uncharted territory, but the energy supports you, the consciousness supports you, what is being streamed, the codes and operating systems and so forth will support you. And this is why it makes it so easy for the change now.

It's not that you're breaking out of only your own programs and completing only your own stuff, but basically, when you're doing the completion, you're completing but you're also uniting...you're connecting with all the different waves that are existing...that have already been placed, and have been expanding further. And, of course you know that there's a lot more souls on the planet right now that are streaming different energies and frequencies that are coming from other planets or coming from other higher enlightened states...or whatever it is. But you can see how people are changing a lot quicker and easier now than ever before.

And going backwards is very difficult. First of all the soul will not go backwards. But, at the same time, it can experience it on a physical plane or on a mental plane and only in a temporal state just to go back and kind of complete whatever you need to complete.

So where we're at at this point is very different.

And all these new waves that are coming in are not only waves that are expanding the potentiality, that are expanding the codes and frequencies that operate in this higher consciousness...so that we can actually open our eyes and be truly Who We are, while having a human experience. So not only is that coming through, but the waves are also

rocking a lot of the programs under which we have been operating. It's also rocking the states of consciousness that operate on a very low frequency are making it not only more difficult, but it's almost at a point where you're confused...let's call it that...you get to a point of confusion...where if you were able to function a certain way before...and I'm sure that many people are noticing that they are losing the capacity to do what they were able to do before...the same thought patterns, the same capability of being very analytical, very efficient in some part of the 3-D world...they are finding that their efficiency is dropping. And not only the efficiency, but those patterns of thoughts are evading them.

Even the memories start to change in the sense where what you used to be able to remember and were able to do automatically before because it was an automatic default, the defaults are starting to become so difficult and scrambled that it's almost like you have to focus or at least aim in the direction of trying to keep the automatic default.

The programs themselves behind the scenes may trigger, but the triggering that happens is very different on an experiential level. Not only is it not supportive for any long period of time because it actually evaporates very quickly because the energies don't support it in the same form...it supports it only to the degree that it gives you the last bit of it...but not really to maintain it.

But not only is it not supporting you, there's so much streaming, so much re-wiring, so much going on within each person that those patterns are almost impossible. It's almost like you need to get it done...that's the type of thing that's happening.

And as we're moving forward, especially this year is a very powerful year because we've had a lot of very powerful waves and we are still going to get some very much more powerful stuff. For the next three months there's going to be a lot going on, but, at the same time, there's a little bit of breathing room in the sense that it's not going to keep pounding you down, but it's giving you the opportunity to get stuff wrapped up. So the waves are pushing along so that you can get more stuff done.

But coming into the Fall, when we are looking into September, we are having another powerful wave. And that powerful wave is kind of going to push us to the max, in a sense, to either get things done or actually choose at that point in time to not participate...or to participate but participate in a very different form. So there will be a lot of role changing that's going to go on during that period of time. And that's going to continue throughout the rest of the year.

A lot of the things that we've talked about may have streamed in a way that kind of looks like it's being delayed. I know that people talk about the fact that it seems like we're stalled. The thing is, we might have an expectation that *things around us* need to change...the point here is...the change is *within* us. And what's occurring is that we are being given the opportunity to have these changes occur within us without having the environment around us changing so that we feel that, "OK, I don't need to do this anymore."

For example, if we have issues with finances or whatever else...and we have issues around that...or we have relationships at work, or whatever...and we are waiting for the next wave to change...so that our systems change and all of a sudden there is a reprieve on that aspect of things...what we're really doing is expecting the environment or whatever's around us to actually make the change. Even though the stage is ultimately being set for that, it's really up to us to make a change.

And how that works is that we go through what we need to go through in our own completion. This is where the key observer part comes in...this is the key where if you feel stagnant, it's time to look at what's there...what expectations do you have or what is coming up for you in the sense to really present that picture to us? In other words, why are we feeling that way?

One of the things that I've been hearing is that, "There's a shift going on and we were expecting all these changes...what's going on with this? Why are these structures still in place?" The thing is, *we gifted ourselves the opportunity to delay some of the changes* to give us the opportunity to get done whatever we need to get done, without...

As much as we are not going to be in a situation where the "solutions" are going to come in and that's going to solve everything...not that there's anything to solve...but it's going to put us in a different state. Actually, it's us putting ourselves in a different state so that those energies that are already existing and all the codes that are there will be activated...so that the systems themselves will start to adjust, modify, collapse or whatever may need to be done to match the overall collective consciousness, the overall collective creation, reality or projection that we are creating. So we're doing all of that...together. So that's what's happening.

So when we talk about all these waves of energy...yes, people are feeling intense...at times people are feeling physical draining, physical experiences, mental fog, mental experiences, emotional turmoil, emotional activations...we're seeing instability in a lot of institutions that we put a lot of value in with respect to creating our environment so that we at least have something to hold on to...there's change in that. You'll notice the reactions of people are changing too...the role playing and so forth are sometimes being a little more aggressive, sometimes more supportive...whatever's necessary and beneficial. Again, all of this is streaming and assisting us to move forward.

The thing is here is to not to say, "OK, I have to wait for the next wave," or "I've got a breather now so I can take it easy." And this is not unusual, in a sense. But things are very different and they are becoming more and more different at this point. So utilize each moment.

And don't take it on as a major project like, "Well, I have to fix all this stuff!" First of all, it's not really about "fixing" anything because nothing's broken. But it is about flowing with it and not to see it as a heavy chore or to see it as a life or death situation...or anything of that nature. But flow with it, play with it....and see it.

Because, first of all, you have to understand...everything is in spirit. Second of all, we came here to play. Now we're not talking about play because we are going to create distractions...we're talking about enjoying each experience, each unfoldment as it comes along...and utilize those opportunities to see what's coming up.

For example, if we're having intense things that are presenting in our physical, our emotional, mental, or in our environment, or whatever...and it triggers certain things...instead of seeing it as something horrible coming to us so that we need to feel intense or we feel that we need to judge ourselves because, of it, like, "Why am I having this again?!" and questioning all of that...rather, really embrace it. Let it come through. And when it comes through then really observe, look at the different things that are coming up, and play with that and see where the completion is, where the beautiful nugget of learning is in it, the expansion, the awareness...also to be able to see the polarities that exist within it and to be able to experience that part of it and utilize whatever it is...and then just allow it to flow forward.

Because it becomes easier now that the energies are supporting us much more than before. Before it used to be more labour-intensive and it was a little bit more difficult where you had to do a bit more of what we call "work" ...we had to "work on ourselves." Well, now it's becoming much easier because the energies are supporting us to flow with things and to be more playful with it.

And when you are becoming the observer, it's not becoming the observer to hunt to see things; rather it's being the observer to see the unfoldment, to see the design that you are creating and co-creating with others, and also what you are streaming at the soul level...and then play with that. And navigate...use every opportunity, every moment to see all the different pieces that come together so that you can make adjustments accordingly to match the new state of being at this point.

The other thing is that we are being re-wired to the point where our soul is playing a much more powerful role in communicating with the mind. Because as much as we are working with an ego mind, the ego mind is still playing a role...playing a very powerful role in assisting us to move forward...even though it comes up with the old stories. But it's beautiful that the stores come up because if they come up, they will trigger other parts...and you will see, "Oh, OK. I didn't finish this. I didn't take that to the fullest or I didn't take the nugget out of there and learn whatever I needed to learn from that. So I need to take another look at this." And go into it in a playful state.

And when you are looking at whatever's presenting...for example, the ego mind is creating the stories...then look at all the different activations that come with the stories. And then you can go and see all the different experiences.

Even if an old program comes up, there's always an opportunity for growth within it, there's always an opportunity to expand your consciousness, and there's also an opportunity to create a completion...so you can remove another veil from your soul...or you

may be able to remove another veil off your Third Eye...giving you access to even *further* consciousness to be able to go beyond even what your soul is streaming.

Because the other thing that is very supportive now is that we are *sharing*. Because of this Oneness Activation that occurred sometime back (December 21, 2012) and it has continued to stream so that the Oneness codes are becoming much more firmly established, we are now not doing anything by ourselves in the sense that if I have to learn something, I don't have to experience it on an individualized basis. You will now also be able to observe it with others.

So when you are interacting with others and they are playing a specific role...it doesn't matter if it's dramatic or otherwise...when you're observing, *notice* how you feel, *notice* the triggers within you. Because they are there not only because they are pushing your buttons, although that's part of it. They are playing out something that triggers something within you to see the polarity...so that you can observe that and learn what you need to learn from it, so that you don't actually have to experience it as fully and completely as before. So while you are doing that part...where you are learning and shifting your own aspect of Self...at the same time you are also streaming a consciousness for them to be able to do their work...so that they can shift too.

Because a lot of times, people will ask, "Well, how can we help?" Well, by playing with other people and seeing what comes up for you. By bringing that higher consciousness within yourself, you are already changing, or at least creating the stage for change, for them. You are not doing it for them, but you are assisting them to create a higher consciousness within themselves.

Plus, if you get your stuff done, then they may not have to play that particular role with yourself, so that they can move on even further.

So there's a lot going on here now. It is a *completely* different platform.

And it's not always obvious...that's the key! (laughs) You have to look at it and think, "It's not always obvious!"

But when you pay attention, the signs are everywhere. But not only the signs, but what's really taking place is the part that becomes very noticeable...there's so much going on.

And when we look at it, there's still so much of the old playing out. And when you look at the world, you say, "Well, how is all of this going to change?" And I can understand that...because at the mind level it seems like a huge task and like almost an impossibility for anything to happen in any short period of time...because there's still a lot of regular role playing of whatever still there. But they are being altered within themselves. All of them may not choose to participate and stay here through all the changes and some might choose to leave. And those waves will increase as we go along. But at the same time, their consciousness can reach a tipping point very easily and be open. Because there's more

people shifting into that higher consciousness because of what they are doing within themselves.

You're now reflecting your particular consciousness into the collective, but it is not isolated. It is merging...and expanding...with others who are within that range or wave of consciousness and that vibrational aspect of it. So it is no longer where each one is a separate stream. Our streaming is merging and expanding within all the other streams.

As much as we are having a lot of role playing that is in a lower vibrational stream, it is not affecting the higher-vibrational streaming, the higher consciousness. It is not. You will notice that if you come to a certain level of consciousness or awareness, you will find it almost impossible to go back to the old state. You may have some old experiences, but you cannot go back to the old state. Because you would not be able to function there any longer. And it's the same way with the collective streaming from all the different souls.

The beauty of it is that with all the different beings that are on the planet...all the other ones who are in a higher vibration...when their streaming criss-crosses and merges and so forth, it also reflects back to us, individually...so it creates even more change, more support, more expansion, more alterations within ourselves.

So it's not just about us. It is in and out...like a powerful breath now...but it's all energetically. So it's like the internet, in a sense, streaming back and forth. But what is being streamed at this point in time...the only restrictor of the streaming is our individual state. And we would *only* restrict if there is a purpose behind it to assist you in completing something that you have not completed...that is in a certain range of frequency that you would not be able to complete in the same path or capability in the same range if you were in a different frequency. So the reflective energy that is coming back...which is streaming from the collective at this point...the collective of the higher range...will be filtered or reduced at any point in time only for a period of time to allow any completions to occur.

You have to understand, some of the people who are being bombarded by higher vibrations are not all completely able to shift right away because there's still stuff that they are working on.

And there's also agreements that are put in place because some particular souls have said, "OK. I'm going to come here. I'm going to experience. But I'm going to maintain a lower vibration. I'm going to reflect a polarized state to allow other aspects of myself to move forward for a period of time...and then, if I can and if I feel guided to do so, I will either make the shift or I will choose something else."

So that's just kind of painting the picture of what's really happening at this point in time. It's really hard to explain everything that's taking place. I work behind the scenes so I get to see all this. I wish I could express it better and more powerfully...and I say that loosely when I say "wish"...but it would be great to be able to express it even further. But, in any case, I'm sure that it is being moved within yourself to be able to see what's going on.

And if you could look at it from the viewpoint of your eye, you could now see all these spectrums of light, all the different pockets of consciousness that are moving and dancing. You can see how they are reflecting off one another, how we are merging with one another, how we are actually creating more openings, more change within the consciousness of each one, who is supporting the next one to move even further forward into that higher state, that higher vibration. And also uplifting all the other...

So there is such powerful movement that is going on...on so many...so many, *many* levels at this point in time.

So it is quite a dance that's happening right now...not only consciously and energetically...but also with all the beautiful playmates and souls that are here doing what they need to do. *Everyone* has a purpose in this thing. There is *no one* who does not have a purpose.

And this is the other things that I want to clarify. A lot of times we say, "Well, what is my purpose?" Well, the thing is, it's not about doing your purpose or not doing your purpose. It's about completing whatever you're doing now so that is the first part of your purpose...but then more will expand because you then moving into the next phase, the next level of what you came here to do. It's not, "I'm in the wrong place and I need to go to the next place." Rather, it is, "I'm working at this level so I'll complete this level. And then the rest of the stuff will show up..."

Because many people will say, "Well, I can't find out what my purpose is." And one of the key things about that question even coming along...because any time I inquire when I play with people and ask them, "Well, why do you feel that way?" ...it's because they feel that there is less meaning in what they are doing. They see that the job they may have, the roles that they may be playing, the parts that they've attached themselves to feel limited. And the spark within us, the codes that are being activated, the consciousness that's being activated is *bigger* than that. We are *way* larger than the game we've been playing. So, in a sense, they interpret it as, "Well, I'm not in my purpose. I'm feeling small, confined, stalled, stale, stuck," or whatever it is. That's because there's that part of you that's wanting to move forward and the other part of you is still dealing with whatever you're dealing with. You're still on purpose...you're still on track. It's just pushing you to move faster, to get to the next level.

But at the same time, just work on the completion...whatever's there. So wherever you are, see what is still playing out with you. Not only the different programs but also see the different things that you need to learn from them. See the different things that are part of your regular patterns...and play with those things...play with the patterns...play with the programs...play with the stories. And then look within the stories, see what you can learn, what you can take from it as a nugget, what you can get to allow you to expand from it...and then, at that point, you can move beyond that.

And you'll notice when those completions occur and you are doing that, you'll feel that, "OK! I'm moving again!" You are always moving...slowly maybe...but you are always

moving. But now you are moving a lot quicker. And you are starting to feel, "Oh, OK. Now I'm aligning more with my purpose." And what it is actually is that the conflict between the two states pushing you forward and wanting to move to the next level...now you are moving closer to the next level so you *feel* like you are more on purpose.

You were actually always on purpose. It's just that now you are flowing quicker to the next level of the purpose...and then the next level after that...and so forth.

### **Antonia**

*Yes. Regarding the question of, "What's my purpose?" and, "Am I on purpose?"...I think that as human beings that is one of the biggest questions that we have. We all have this need to contribute and we all have this sense that there's something bigger out there. Like you were saying, feeling the difference between the whole potentiality of humanity as compared to what you may be doing right now...because there is a massive gap.*

*And I think that, in a way, that has been really pushed by mass media marketing and all this stuff about creating a crisis around, "What's your purpose? What's your goals?"...and making it into this huge drama...and if you don't figure it out then you are a failure. And unfortunately that is pushed so much in the media and pushed in the movies: if you are not on purpose then you are doing something wrong, you are a loser, or whatever it is.*

*But if you can take the judgment out of it...and if the soul is here to experience and learn and play and move on, then everything you do is aligned with that purpose. And it's not this life-or-death thing about, "Am I on purpose? Am I living my life's purpose?"*

*A lot of that has been created by outside sources to make you feel unworthy, to make you feel that what you're doing isn't good enough, to make you feel that you've lost your way. So there's that...which I find is a huge part of why people feel this push created by the exterior. And then you have the interior energy which says, 'OK, I want to move this faster. I can handle more. Let's get through this! Let's move on.'*

*So I think that first of all when you are looking at the question of "What's my purpose?" are you asking this question because of all the external pressure that's being put on you? Or is it a question that's coming from internal sources? Because they are based on two separate things. One is generated on purpose to keep you feeling powerless, to keep you feeling not enough, not good enough...and the other could be a soul calling saying, "OK, you've been through this lesson, you've been through these things. You've looked at the patterns and you've looked at the stories. Let's now move on."*

*So for me, that's kind of how I look at it: is it coming from the exterior or the interior? Because there's a lot of pressure put on.*

## **Franco**

Absolutely. And the pressure is purposeful because it creates distraction and so forth. But, again, that's a polarity and it's still another opportunity for us to learn from.

But the surroundings...which is beautiful how it's been totally orchestrated...the surrounding is that you have to be on your goal, and you have to have a purpose, you have to find your purpose. But, at the same time, it's about measuring whatever you're doing on the exterior to be able to see yourself on purpose...in the sense of, "OK, I'm creating this," or that or "making this happen."

When you're feeling the purpose from within, again, it's about just moving forward to the next thing because you are done with that part of it, and it's like, "OK. We're done with it so let's not linger any longer and let's do something else."

But in the external world, it's about achievement, it's about comparison, it's about competition, it's about setting goals, planning and strategizing and having material or some other gauge of some sort to be able to quantify what your purpose is and whether or not you are on track or something of that nature. And that is the external programming that has occurred.

The point is, first of all, you are always on purpose. You came here for a very specific reason and no matter what you're doing, it's still working at it.

Now, either you pay attention to it and work along with whatever's streaming through you and whatever's being staged around you...or you can hang onto the old stuff which still gives you more enrichment in that particular wave of consciousness, or in playing the wave of whatever that role would be...but only to bring to you a point of saturation where you would say, "OK. Next," type of thing.

The emptiness is another thing, too, that comes up, and I'm sure that you've heard this too...feeling empty. Because what happens is that it's not that we're empty, in a sense, although it might feel that way because you don't feel the substance in whatever you're doing. And part of the changes that are going on is that what you valued before is quickly evaporating (laughs)...let's put it that way. What was important to you once upon a time is evaporating.

I've heard people many times say, "I've set all these goals and I'm working on them, but as I'm going along I'm also noticing that I'm totally losing interest in it. But, on the other hand, I don't have any idea of what I am actually interested in, so I don't even know in what direction to go anymore. What's happening?" Again, it's the same thing. The substance you were gaining from whatever path you were on is evaporating. So, in essence, you are now kind of staging yourself in a position to find what is more meaningful.

And when I say "meaningful" I mean it's more in alignment with what you feel most within yourself in the sense of experiencing and learning from it, growing through it, or

whatever's playing out within yourself. So that's what really plays out; it's not so much the other stuff that we're talking about.

So when we are feeling meaning-less, it's, "OK, great. I may have reached my saturation point here. Let me see what else I can get out of this experience. And if there's nothing there, let's take a look at what else I can create which will be part of my experience."

Because then the other component that comes in is passion. "I've lost my passion!" Again, that's still...and that's a big one too because, in a sense, the whole thing about passion is that, "I want to be excited about what I'm doing!" Well, excitement being there or not being there is usually of our own filtration, judgement or whatever. We can be doing *anything* and have passion about it. We just have to shift our judgement about it and see it as an experience and see the opportunity and the beauty within it...and then be "in" that experience, whatever it may be...and then allow other things to unfold around it.

Because I've had people who have had what they called a mundane job that they did not find fulfilling in any way, shape or form, because they were focusing on the job and on the drudgery because all they saw was a small part of that particular job. For example, I'm working and doing something (whatever it is) and at first I might be judging it and saying, "Well, this is something I don't like doing!" But instead of seeing the bigger picture and the bigger expression and experience within that, because whatever you're doing there's so many other opportunities around you to connect, to do other things, where you are bringing a different energy around what you're doing. Because if you bring a different energy to it, that means that now you are not only okay with whatever you're doing, but also you're open for whatever...and things will start to change...the interactions will change, the view about what you're doing will change...and also other openings will come along to have you shift through it.

So the passion doesn't disappear per se. It's that we're kind of stretched in the direction of, "I want to be doing something more amazing versus what I'm doing now." That's the part of you that's doing this and also judging it as drudgery or whatever it may be within it. So, in a sense, you're creating such a polarized energy and so forth that it looks like the passion or the pleasure within that whole experience...no matter what it is...even playing with your own kids...may feel passion-less.

So it is really playing with those components that I've just shared...while at the same time be wherever you are and do whatever you need to do. If you're playing with a child, then be with the child and be open with the child. Not, "OK, I need to play with the child and I need to entertain the child." Be part of the interaction of whatever's playing out with your child, just as an example.

If you're at work, *be* in whatever you're doing. And if you're dealing with people, deal with them on a different level. Yes, you're going to be part of what you would normally be doing to a certain degree, but you're going to bring in all other aspects of it. So you basically have another playmate now. And within that playmate you now can start playing with consciousness...questioning, asking, expanding...doing whatever...you're just doing...you're

facilitating another aspect of yourself so you are facilitating yourself. You are bringing excitement to the job.

And excitement comes naturally anyway. It's just the fact of not judging it, and just being in it...whatever you're doing. So if you're even doing a chore, see the pleasure that you enjoy when you're doing it...and also the outcome of it...whatever it is. At the same time you'll notice that by doing that whatever project you're doing is going to seem much more fluid, it's going to more or less take care of itself...and it's not going to need to be repeated as much as before. So these things will change accordingly.

So the void that we feel within ourselves is something that we are creating within ourselves to stimulate ourselves to move forward. But we are never empty because we are the whole universe. Everything in existence is within you!

It's the same thing about love and feeling lonely. You're that droplet within the ocean...but the whole ocean is there and you are part of that ocean. You're not isolated; that's just an illusion. Those are the kinds of mind constructs that we've created within ourselves.

Because the moment that we choose to not be interacting with only ourselves...and I'm talking about on a physical level because you are always interacting with one another even if there's not a single communication and you are on different parts of the planet, it does not matter... And this is one of the things that I'm working on right now...we're always constantly communicating even though we are not always consciously aware of it. We're always constantly connected to the point where we're always sharing with one another, soul to soul, to assist each other. But that is also coming into presence in the physical form and mind construct...maybe not be in huge waves at first...but basically it is there. So when you are coming from that perspective, that emptiness is being created just as an opportunity for you to look at something.

Because definitely you know that you are not empty. Definitely you know that you are Everything That Is. You definitely know that you are not lacking in anything whatsoever...because how could you be in lack when you are the sole Creator of All That Is?

So remind yourself of that as you are going along.

But, again, all of this that's playing out for us is just accentuating and expediting our movement forward.

And you're going to notice that what used to be important to you is no longer important. And you're also going to notice what value was within what was important before and how it facilitated others that are playing roles around you. And you will become the observer and see how it affects them. So you're actually taking little nuggets from their experience and bringing it into your experience...so that you actually create an even *further* completion to move forward to the next level.

## **Antonia**

*And I think that's really important as we talk about the new energies coming in. As you mentioned, the next few months are kind of like an opportunity to complete stuff and to move through stuff and to let stuff go. Because coming into the Fall of this year, the energies coming in are going to...for example, if there are still a lot of emotional buttons or whatever else is there, they are going to get pushed. So if your big question in your mind is still, "Am I on purpose?" and you haven't moved through that, then come the Fall and with the energies that are coming in then, they are coming in to push humanity forward...which means letting go of all that stuff that's holding us back...which are all those beliefs, all those limiting illusions that have been holding us down. So part of that is to look at that.*

*But not to look at it and be over-analyzing it to the point of stagnation. But, as Franco says, notice and ask the questions. Be playful with it. "Oh, OK. Here we go!" And then move through it.*

*And I think that's the thing...is to realize that everything is not "do or die"...because it's not. And sometimes we get caught in there because maybe there's more densities in it and that too is an experience...absolutely...and experiences for different people. But can you look at it, find the pattern, find the stories and then let go, and let go, and let go. And I think probably the best thing to say about the next few months is that there's the summer portion and then the fall is really full of that "letting go" (laughs)*

## **Franco**

Yes. Let it go. Completion. Wrap up experiences and so forth. And the thing is, seeing it for that makes it a lot easier.

The thing is, too, is that you are not making mistakes on this, you are not on the wrong path and so forth. You may be repeating some of the path, true...but you're just giving yourself another opportunity to create shift within yourself. So, in essence, coming in and just observing and being playful...instead of taking it on as a job and putting a deadline on it.

But is there a deadline? Well, yes and no. It's kind of that the energies are supporting us in the sense of keeping us moving forward and there are certain points where we would like to be in a certain state of being so that we can catch the next wave...or be activated by that wave in a way that can go either way...it could be expansion or it could be the sense of intensity that leads to expansion afterwards.

Again, in the next little while, it's not that we have nothing coming through because there's a tremendous amount of energies coming through...and I feel it all the time...and I feel it and experience it and work on it. But it's not going to be so powerful that it will knock you off your feet, type of thing, although it may feel like that at times. It's just really giving you the opportunity to not go through too much turbulence...while still being nudged.

The next wave that comes in this Fall, that's kind of another...not a deciding point, but it's more pushing you more one way or the other, in a sense. And I don't like the word "pushing", but it's emphasizing for you to play one role versus another, or to stream a series of roles and also it will actually facilitate the soul to decide what it can do on the mind and physical levels...because it really relies on both...and what it can do until we can step into the next Dimension which is to come in in the early part of 2015. So this is what's going on.

And I know that there are some people who are concerned about the coming intensities. But we are going to be experiencing whatever we need, however we need it. And no matter what form shows up for us, it's still a gifting that we've done to ourselves. We're catching the waves that we need to catch, and we're doing whatever we need to do.

If there's a point where there's more souls choosing to check out, then we celebrate the fact that they've chosen to go into non-form for a while and to do something else.

It is also for us to not have attachments to what it should be or shouldn't be. A bigger part of us is playing all together on a collective scale...and it's playful. It's like us at the playground: we're going on the merry-go-round and having all the different experiences on all the different parts that are there...or toys or whatever you want to call it. We're all there playing together at the soul level.

And this is a huge celebration. Because when you see the souls rejoicing...the souls are not really in pain or anything of that nature because it's not there to experience that part of it, even though it's observing it on the physical plane...but in its Essence, it's not. So it's like a bunch of kids scheming and planning and designing the next little ride, the next experience. Now, at the mind level, as we are going through it, it may seem intense or this or that..."My world is falling apart!" But that's just giving the mind the opportunity to expand and surrender a lot of the states of holding onto the old ways and so forth.

We've talked about it...that things are increasing...and we are feeling it. I have not come across anybody that if I don't question them in one way or another...even though you may think that they are totally at sea...that something's not changing. Even if they come back to you and say, "The world is falling apart! Everybody is going crazy!" That alone, for someone who would normally seem totally oblivious to what's going on, is still recognizing that things are changing. But that is part of the change that is taking place. So everybody is feeling it and everybody is seeing it. But the thing is we're always caught in surprise...or feel like we're caught by surprise, when the next wave comes in because it kind of creates another level of intensity that we may not be so accustomed to at that point because of the fact that each wave tends to bring us a little further.

So we're in for a fun time (sighs)...on so many levels.

The key here, as we have been saying, is to play with things. And I want to stress this point: it becomes so much easier when you play with the experience, events and stuff...and you become the observer and you observe...not in seriousness, but observe in curiosity,

playfulness and so forth. And in that state, you will be able to see things more clearly, you will be able to get what you need to get, and you will be able to move on and let it go, type of thing. So it's much easier. When you make things very intense, serious and heavy, of course it's going to feel much more powerful in the sense of dealing with it.

And a lot of times people ask, "Well, how do we clear things?" You can do it a lot easier when you see it for what it is. It is a program that was part of an experience that was absolute perfection. It's a play, it's a dance, it's something that we want to experience and then move on. And when you see it as moving on...without frustration...without judgement...and you just say, "OK, I'm ready to move on. Next!"

But if it's not moving, for example, then there may still be other things there that need to be completed or cleared before you move. So be OK with that and say, "Well, OK. Let's look at what else is there." If we're trying to move something and it's stuck somewhere...and it could be the smallest little thing holding it in place...but we're tugging and tugging and tugging and it's not moving and so we're getting frustrated and say, "OK. It's not moving so something's holding it back. Let's take a look." So take a look from all the different vantage points, all the different directions. "Oh, there it is! There's that little thing there. Let's go play with that. Let's go take care of that part." And then all of a sudden it's released. And it's almost like, "Oh, it's moving now! It's not stuck." And it's because we've looked at it. But if we approach it with frustration...

For anyone who has ever tried to do something and it's just not flowing the way you want it to flow...and you can get angry, frustrated and perhaps to the point where we start ripping through it or tearing at it or doing something much more aggressively and we let our automatic default of anger or frustration or something of that nature come up...you'll notice that at times things will grow even more difficult...only to give you that opportunity.

But when you look at it and something's just not flowing, you can say, "OK, It's not flowing. It's not moving here. It's not going the direction I want to go. Let me take a look at this and see what's there. What's keeping it in place? Why is it not flowing?" And then if you're looking at it, you say, "Well, what did I not learn from this and what do I still need to gain from this? Am I still judging?" or something. Then you'll be able to see it. But you are coming at it with ease, you're coming with curiosity. "Let's take a look at this and let's see what it is," instead of coming in from a frustrated state or seeing that, "I'm not getting it!" or "It's getting more intense." The intensity may be increasing...we're not going to deny it... but the intensity may be increasing so that we can see it more clearly. "OK. Let's see it! I'm going to pay attention to it. I'm going to look at it."

So be the curious observer. Take a look at what's there. "OK, let's see it."

And see everything as a beautiful experience. Everything is perfect.

It's not there because of mistakes or because of something has gone wrong or because of a darker force. Because we could look at it and say, "Well, there's entities, there's all these negative energies and so forth." Well, remember, those things are there to serve you. They

are only there to serve you...period. When you are ready to move on, they will move on. If they are there pushing something or activating something within yourself, then that's fine. Now, if you need some assistance in the sense where you need to clear it, then you can still clear that. But see that they are there for a reason.

If somebody is carrying an entity, for example...in a sense, in order to even be there it requires a certain level of frequency which is a level of consciousness. So you say, "OK, it's there. What is it feeding off? What is it trying to accentuate? And let's look at that. What is it trying to show me here? Let me look at what comes up. What part of me still supports this?" And you'll see that they'll be there, the stuff is there. "OK, let me play with that."

And you always say "play" because you play with it...lightly. And you'll notice that once you're done, the entity sees the completion and it will not hold on. Because once you complete it the vibration changes anyway. So if that entity still chooses to play in that vibration and it still wants to be on the planet, it will find another playmate to go play with who will assist...again, it's always about assistance...who will assist that soul to accentuate their experience so that they can move forward.

You never see anything happening...even dark energies and so forth...as being there to take you down. It may appear that way on a perceptual level or it may seem like that as part of an experience. But it's not. In essence, it's only to accentuate what's already there. It's not that I'm dark. It's just that I'm looking at one spectrum of polarity that may still be remaining that my soul is saying, "We need to get this one wrapped up. Let's get it finished. Then we can move on." "Let's finish our dinner here so we can have dessert and then we can go out and play. So let's finish this so that we can go out and play. Let's enjoy every part of this that's there."

When you're coming from that state...and this is now being supported energetically...because I can tell you that there's nothing on the planet right now that does not want to go through transformation. It doesn't matter how dark, how dense or whatever it is. It only plays the role because it has agreed to play that particular role in that density for a particular period of time...and only to allow the rest of us to move forward.

We talk about institutions that are still intact. The institutions are only still intact because they are still serving. The moment they no longer serve, *nothing* will support them. They will vanish in no time at all...evaporate, if you want to use that term. You'll see the constructs and structures will collapse. But they are not going to collapse in a devastating way...it's just that they will no longer be required. They may be dis-assembled. They may be re-designed, or something of that nature to facilitate. And it's not about crumbing because "they were the culprits, and they were the ones who were bad," and all that stuff.

Because, remember, we are all playing roles. And we are all playing roles of polarity in one way or another. So just because they may have played one extreme polarity or one dark role does not make them evil, does not make them wrong. We've all played various roles in all our incarnations because we've always created variety in our experiences. So, in

essence, see whatever role is being played out, regardless of if it's the elites or anything of that nature, they are playing the roles to assist us.

We are never, *ever* the victim. This is a mind construct. This is something that was put into the program. We are never the victim...and there is no victimizer. We are just role players that are assisting each other...all the time. There's nothing outside of us victimizing us.

We are creating completion with the pieces of the puzzle that we are. So each puzzle piece is assisting the next piece to create a completion, to fine tune itself, to refine itself...period. And then it's no longer. So the assistance that we're getting is to do it a lot quicker and a lot more efficiently than before so that we are not taking a longer period of time to do what we came here to do.

### ***Antonia***

*OK. Another question that came in was as follows.*

***“What exactly is anxiety? Why does it manifest in the body and what are the best ways to move through it?”***

### **Franco**

Well, let's take a look at it.

We have anxiety when we feel that we are missing out on something. It is a mind reflection or response. And the body, because it carries those codes from a previous experience...you know, there are stories of “a deadline” and so forth that are playing out...because it requires stories and also the codes that we have inside (i.e. within the cells) that will create that experience. Again...it's an experience.

So by going into the experience of being anxious and just being the observer...and just looking at it as if you're going for a ride. For example, if you're going to go on a rollercoaster, you can be fearful, you can be anxious, you can be feeling uncomfortable about going on the ride, and create the extremity of that ride in the sense of feeling terror or something like that. Or you can go into the ride, even if you're feeling anxious about it, you can just say, “Let's just go for the ride.” So one of the things is to just go for the ride. And go for the ride and see what takes place. And realize that you are going to have only the experience you need, when you need it...and you're not going to create any experience that's going to demise or compromise you. You might create an experience that might look like that at first, but really it's just to move forward.

So when you're feeling anxious or having the anxiety inside, just go for the ride. And say, “Great! Let's see what all is playing out here. Let's experience it. But, at the same time, I know...fully...that I'm going to experience only what I need to experience.” And if you remind yourself of that and if you look at the different stories and programs that come up with the anxiety, you will be able to see that there's really no foundation to it.

And knowing that everything is going to unfold only the way it needs to unfold in perfection, and that you are fully in charge of how it unfolds, will help to dissolve the anxiety much more quickly.

Because we do create our own stress...because of the polarity back and forth, we create judgment...all of that compounds the feeling. But anxiety is only an expression on a physical level. So when it shows up, it is to show us that there's stuff there. And not just that there's stuff there, but it gives us the opportunity to really look at all the different components that are still there...so that we can learn from it and move on.

So it's a tool. You have to look at it as a tool. Don't see it as something that you have to escape from; embrace it! "I created this experience so let's take this opportunity and see what's in there. What's there for me to look at? What is in there that I can use as an opportunity to move forward?" And with that approach it becomes much more powerful.

How do you see it yourself, Antonia...the anxiety?

### **Antonia**

*I find that anxiety tends to be coming more when you are concerned about the future. I find that when you bring yourself...by whatever tools you like to use...whether it's being out in nature or doing something with your hands or contributing in some way...I find that when you are in those states there is no anxiety and there is no worry. But when you start going up into your mind with the "what ifs" and "how come's" that pulls you out of the present moment and then you experience anxiety. And you have the physical manifestations...whether it be the difficult breathing or whatever physical manifestations there are.*

*And whenever I get anxiety...because we're all experiencing this...all of us have anxiety from time to time...it's just part of the human experience right now...it won't be, but it currently still is...I find that if I take a couple of seconds to just close my eyes and...I have a method where I just kind of re-cap my meditation so that I can kind of get back into it very quickly. And I take deep breaths. And I find that if I can physically go do something that requires me to be in the moment to do it, then the anxiety is gone. So I'm probably using a physical way of moving through it.*

*But I also notice, "Ok, this anxiety is coming up because of this. So what's still playing in the background? Oh, there's another fear. OK, great. I see it."*

*But I do find that, having gone through that quite a few times, every time it comes up I'm lighter through it...I'm lighter through it...I'm lighter through it. It doesn't mean that it's completely gone away. But I understand that there's still more for me to learn...there's still something in this lesson to be learned...and so it comes up. And I notice it. But I don't let it stop me from doing what I feel I need to do.*

## **Franco**

And you made a good point there about the fear of the future...and flowing with things, too, on top of that.

Right now, there is no future...no consistent future. There is no designated future. There are potentialities, absolutely. Expanded potentialities, absolutely. But each moment is creating the next moment only.

And, like you said, anxiety is about the fear of the future. "What's going to happen next? Am I going to be ready?" and this or that or whatever it may be. "What am I going to say? Am I going to be left behind?" There's a lot of different stories that come up.

And I notice right now that people who have not experienced anxiety before ...even young people...people that you might think "why are they anxious about anything because their life is not reflecting that around them.," have been experiencing it. Especially in the last while.

## **Antonia**

*I would actually say that a lot of young people are experiencing anxiety right now...a lot of them, actually.*

## **Franco**

Exactly. And when I work with them and look at what's coming up with them...again...it's old programs, old fears. "I'm not going to be able to do it." "I'm going to look like a fool." Stuff like that...even with people who have a lot of things going for them per se, in a sense are still feeling it. Because, again, it's a tool that is coming up, in a sense, to show you what's still there. And because of the higher-intensity energies that are coming in...all the different pulses and waves that are coming through. So people who have never suffered from anxiety are finding it strange. "I've never suffered from anxiety, or even worried about things! And now I'm feeling it!" And it's because they got to the point where they're getting more into the nitty gritty of it.

So utilize it as it shows up!

And, yes, if you need to do something physically to bring you into the moment...But when you're in the moment, always make sure that when you go back into it, take a look at what is causing you the anxiety. Because that's just the experience, that's just the physical expression of stories, programs and so forth...so take a look at it...take a look at what's there.

And, again, look at it playfully. "Oh, OK." It's like a little task. "OK, we have to do this task and we're going to enjoy the task, and we're going to play with the task." And when you look at it and see it that way when you're going through that part of it, you will notice that

the anxiety will become not only a much more powerful tool, but it will not need to take the same form or the same intensity.

Because I have seen with the people with whom I have had the opportunity to work, once they've dealt with it and gone through it and played with it and so forth, and looked at all the little components, they notice that it subsides. Sometimes little bits and pieces stick their heads up, but they are noticing it right away and are able to say, "Oh, OK. There is still an indication here of something, so let's see what's still coming up."

So that's what anxiety's about. So just move through it...and ride it through.

And, again, if we have a tendency to go out of the moment all the time, then bring ourselves back into the moment. "OK, right now I'm here. Great. I'm the observer." And you take a look at what's playing out. Or do something physically just to keep yourself in that moment. But then always do go back and take a look at what's there.

And anxiety is always the brother or sister of fear anyway. They are both within the same family.

### ***Antonia***

*OK. Our last question is as follows.*

***People are noticing that they are making dietary changes and are wondering if the reason they are being drawn to different foods is because of the shift.***

*The short answer is yes.*

### **Franco**

Absolutely. Remember...foods have different vibrations.

But the food is changing too. The plant life is changing too.

What's occurring is that certain processes alter the frequency of the food. For example, if it's going through a production plant, if it's going through different chains of the animal life...and whatever else...it's altering the frequency. Our own vibrational frequency of the body, because of the re-wiring that's taking place, because of the lighter energy, the carbon-based part of ourselves (i.e. one spectrum of our frequency) is changing into a crystalline state which carries a much more refined and expanded frequency...and because of that we will be drawn towards foods that reflect that new state a little bit more. So you will feel drawn towards having more fresh, raw foods. Having foods that, in one way or another support that change and transformation that's going on within yourself.

You will also notice that the amount of food that you require will also change...the desire for it. The same sweetness, the same saltiness, the same bitterness, the same greasy

part...and stuff that you may have been okay with before becomes much more accentuated so that, in essence, it does not feel the same way. This is all part of the shifting.

We are going into lighter bodies. We are going into bodies that flow with more energy. And if you are eating dense foods and foods that have been processed considerably, or foods that have a lower vibration because they are coming from another chain, you will notice that it will burden the body. You will notice that you will have digestive problems. And when I say “problems” I mean more challenges to break it down and be able to move it through your body. You will also notice that when you are consuming it, it actually makes you a little bit more sluggish and so forth because it’s just showing you that there’s a lot of energy being used to convert...because the body will convert it, absolutely.

Will it alter your own frequency? Yes, it does. It can actually dull it or lower it somewhat. But you will notice that as your body is moving forward and as you are choosing to move forward, that you will be drawn to foods that are, first of all, less in quantity, and second of all, more organic and fresher...in other words, simplified. And you may end up grazing a little bit more rather than having bigger meals.

Just pay attention...this is the key here now...pay attention when you are eating! This is a very powerful tool for you in the sense that whenever you are about to eat some food, you can actually see yourself eating it and so forth. You can actually even start eating it and that’s okay. But pay attention how you feel as you are going through it.

A lot of times there just may be automatic defaults that say, “OK, it tastes good and I’m going to eat, eat, eat!” But then maybe you recognize that you feel a little over-full. So you might say, “OK. I’m going to eat only a portion of it next time and I’ll wait and see if the body really wants it or if this is just an automatic program that just kicked in and I don’t really want any more.”

At the same time, if you are eating certain foods also pay attention as to how they feel in the body while you are eating them. Notice how they feel...the aftertaste...or whatever sensation that you may feel. That can give an indication that you are creating a mismatch with the vibration of the food and the vibration that the body is calling forth to support it.

So pay attention...again, be the observer. Pay attention and be One with the body when you are eating. The thing is, we have a tendency to distract ourselves and just stuff our face (if you want to call it that) (laughs) But pay attention and be at One with the food and be at One with the body as you are eating. And then you can pick up the cues from your own body what it really desires and doesn’t desire.

And I’ve heard people say, “Well, I don’t have the same freedom to choose foods I like!” Make the adjustments bit by bit. And you will see that it will become easier for you to make the adjustments. Don’t say, “OK, today I’m dropping everything and starting!!!” No. Just start making some alterations along the way. And each time pay attention.

Because what happens is, if you pay attention when you're eating, you're in your body and you're in with the food, you will notice that you are creating a different pattern and that there's a different relationship being established between the body and the food that's going into it. And with that relationship you will notice that there will be a shift from one trend of eating certain foods...and it will become much easier.

For example, some people talk about cravings and so forth. That happens a lot of times on an unconscious level. We're conscious that we are having the craving, but it is being streamed from our unconscious state of being. But now, each time that you have this craving, you are now going to connect to that food...say it's a bag of chips...so now you are tasting every part of that chip. You're not just eating it because of the salty sensation or whatever sensation there may be with it. As you are taking each one you are connecting with it and seeing how it feels. You may notice an aftertaste. You may notice things that you may never have noticed or paid attention to before. So as you are paying attention to it and you are creating that relationship with the food, you are going to notice that it's going to feel less and less attractive, less and less desirable to have it come into your physicality. So that's how you start to minimize your cravings. And your cravings start to shift...eventually to a point where they are no longer there. And, you will start to be drawn to fresher, less processed foods.

And even when you are eating something which you might call more in vibration, more in alignment, healthier, or whatever you want to call it...be with that food too! Because you can create a beautiful relationship and you can now get sensations from that food that you have never noticed before! The level of taste, the sensorial experience, the energy and vibration that comes from it... For example, if you grab an apple and you are just going to eat the apple...and it might be a sweet apple or a sour apple or whatever...and you are eating the apple and you might think, "OK, I'm feeling a void." But now when you are eating that apple, you are into the whole sensation of eating that apple. You're sensing every part and every bite that you take and all the different flavours...and the flavours will come in waves. And not only the flavours, but also the energy that you feel from it.

And you don't have to get caught up in the mind saying, "OK, I've got to feel the energy." No. Just observe. It becomes natural. You see different things, feel different things and so forth...and how it actually feels in your body afterwards. And that creates a pattern that aligns with the body.

### ***Antonia***

*Yes. And I think that the topic of eating and food and bodies is reflective of what's happening in the mass culture where you have perma-farms coming up and people creating more awareness about genetically-modified food, more awareness about the fluoride in the water. And this is all part of a huge movement of becoming more aware.*

*As a nutritionist, I always tell people that when you go shopping for food, don't just grab stuff and throw it in your cart. Look at the food. Look at what you're going to pick up. Look at the colour. What stands out for you? What are you drawn to? Have fun with it. And I find that*

*people are definitely more drawn to whole foods. Whatever your dietary choices are...because no judgment there because whatever your dietary choices are is where you are at right now...but I find that in general you will become more drawn to whole. Which means that you end up shopping on the exterior aisles of the supermarket and very rarely in the interior aisles (laughs). And you will notice that just energetically you will feel better and have more energy.*

## **Franco**

The other thing you can do is play in the grocery store...like you just said. Play with things. You might see a package that appears appealing and has all these nice little promises on it or it looks like you are going to have a powerful sensation by eating it...just very lightly, having no expectations, as you are reaching for it just hold the package in your hand and just see how it feels. Because there's a connection being established as you are holding the package. You don't even have to do muscle testing. It's just about feeling it and looking at it. The mind might turn around and say, "Oh yes, that would be a nice little treat that you deserve," or whatever it is. But just say, "Thank you for that little thought that you put in there. But just let me feel it. Just let me feel the package," ...or the produce...or whatever it is.

So just play with that. And you'll notice that you will feel different even about two different items of the same type of produce. For example, if you grab two different oranges and one might be organic and one might be non-organic and you might get different vibrations from each one, and you will see which one you gravitate more towards.

And the fact that you might gravitate more towards one than another is not because one is better than the other. It's because one will more closely match the vibration at which your body is currently working to get to, because it's trying to reflect a match to the vibration that your consciousness is streaming.

So do that as a project...as a play. And don't see it as, "I can't do it right! I'm not capable." Don't even put that into your consciousness when you're playing with it. Just do it! Experiment. And if you don't get anything the first time, that's OK. Move on to the next aisle and play some more. And if it doesn't happen in one shopping experience, that's OK. Just keep doing it. And with each new shopping experience you will start to notice that, as you give yourself permission to play with it...and you do...that it will become more and more vivid for you...it becomes more attainable in the sense of having that experience.

Remember...everything around you is for you to play with!

Remember when your mother taught you, "Don't play with your food!" Well, I'm telling you the opposite: play with your food!!! Play with it. Experiment with it. Notice each morsel. See what you are drawn to and what feels more natural. And notice the after-effects...the after-experience...let's call it that. It's all there for you to experience.

Everything is a learning experience...even if it doesn't feel that good. "I now feel that this doesn't resonate with me anymore. It doesn't match with what I feel I would love to have

in my physicality. OK. So I'm not going to be putting that much focus on that any longer."  
And eventually it just phases out.

Play with it! Play with your food!!!

Play with your body!

Play with every part of your experience!

Play with every program that comes up!

Play with every story that comes up!

Play with every part of everything that's unfolding at this time!!!

*Transcribed by ARL in August 2014  
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