

FREQUENCY DETOXIFICATION FOLLOW-UP Q&A

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With

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Antonia Hagens, Masterpiece Life**

Antonia (“A”)

Franco (“F”)

A We had a wonderful snowfall (in Toronto) today and the children were hoping for a “snow day” off school, but alas the busses were not cancelled, so they were disappointed that they still had to go to school.

F Yes. Now look at the kids’ view of “snow days.” They’re looking for a day open. For most people on a day like today with a lot of snow, there’s a lot of anxiety that comes up, all these emotions about, “Oh my God, it’s a mess! The roads are going to be horrible!” and whatever else...and, of course, getting all tense about going into work or whatever they need to do for the day. And then, of course, if there are delays or anything of that nature in getting wherever they need to go, they get all stressed out.

F But look at the kids. The kids see it totally differently. To them it’s like, “Wow! There’s all that stuff out there! Let’s go play! Possibly no school today so we might get more free time to go and do whatever we want to do!” They are not concerned if the bus gets there or not or anything of that nature...it’s a whole different view!

F One looks at it as play, as an opportunity for more freedom, more exploration, more sensorial and all those aspects. And the other actually, because of the programming and so forth, looks at it as a huge inconvenience and with fear. It’s completely different.

F But you know, we need to bring that component in (i.e. the child’s viewpoint) because that makes it a lot easier to make a lot of the changes that we’re going through and it helps us to dissolve a lot of the fears. Because then we’re not going to get into fear...the fear of, “I’m not going to get my work done, or I’m going to get fired, or I’m going to have this situation or that problem.” No. You go into the play...whatever’s going to play out...it doesn’t matter because you’re going to see everything as a play.

F So when fear comes up, one of the most powerful components in it...because fear is in the mind...the mind has created a huge “story” and has created a lot of emotional attachments to it. And, of course, the programming reinforces fear and reinforces the doom and gloom and intense situations with it. But if you look at it as play, if you look at it as just a mind creating a play and that you could step into the play even though it may be fearful...because that’s part of the programming that’s being experienced by yourself...as you step into it you can say, “OK, I’m going to walk into it and I’m going to look at it and remain in a playful experience.” Like you’re walking into this movie that your mind has created that is being projected into your external world and so forth, it makes it so much easier to see it. And then you can make changes with it by just releasing it.

F First of all, by going in to play with it, it doesn’t lock you up and it doesn’t feel so heavy.

F And the second part of it is, like a play it does not really have that grasp on you and it dissolves; it becomes fun. It goes from something heavy to becoming fun, in a sense.

F People go see horror movies or go see dramatic movies or love stories or whatever else...but we go in there for the sensorial experience, to really get involved with it. But our life is the same way.

F Everything that is playing out around us is a movie. And we are the director of this movie. But we are also one of the key actors in this movie. And all the other people who come to play with us are really just “extras” that we have engaged with, that we have invited to play a particular role.

F When you can see it that way, when you can embrace it as that and you maintain the role of the director, you can now direct a whole movie. You can play it out. And you can choose how much intensity you want to experience or not experience. And there’s not the fear that, “I’m not going to do it right,” or this or that, or what’s the outcome...you can change and play with all of it, especially if you’re (consciously) playing with it and especially if you see it as a movie.

F Because realistically it is (just a movie). But the mind has created something alternate to that: that it’s life or death, that it’s serious, that life will create pain, disharmony or horrible things, and if we don’t get it just right then certain things won’t come together.

F So the reason I’m sharing this is because it’s very beneficial and helpful when fears come up, as scenarios come up, as we see dramatic situations unfolding in our life, if we go in with that way of seeing it and playing with it...because that’s the actual *truth*...In an awake state, when you’re in a state where you’re conscious, you *see* it as that.

F When you're still somewhat asleep, you don't see it as that. You see every little detail that's unfolding in your life as something intense, dramatic, uncontrollable, that has certain circumstances that could bring you either pain or pleasure and you have no control over it. And you feel that you're a victim when you're in that state.

F But when you bring it in the other way, when you're just looking at it in an awakened state, you see that you created/co-created and you're dancing with all of this and *you have the power to play with it.*

F And when you making shifts...and this is the key part of it...is that when you're making changes, it's not about getting away and running away from anything. It's about *experiencing* the whole thing that's playing out for you!

F And then at some point you can feel within yourself, "Am I done playing with this game? *Not* because I hate it, *not* because I'm tired of it, *not* because it's creating certain intensities and pain." ...because that's what most people do is try to run away from a certain experience.

F But it's not about running away from a certain experience. Embrace the whole experience! Take it in fully and completely to the *max!!!* To the point where you say, "OK, great! I've had my fill! I enjoyed this journey! I enjoyed this *magnificent* creation that I've done and now I choose to shift it because I am done playing with this."

F And then you create something completely new.

F And when you create something new, you're not going to go into it in an intense state where it's, "Oh, My God! Am I going to make a mistake? Am I going to create something worse than I had before!?" *None* of that will come into your consciousness!

F In an awakened state you see that *every* experience is *just an experience*. And every experience will last *as long as you choose it to last* in a very awakened state as a conscious being...meaning you give the soul its fill, the capability to learn and experience whatever it came to do.

F Because, ultimately, *why* you're here is because of your soul's desire to be here to express, to experience, to learn and to become a magnificent creator within this dimensional play here.

F Because once you're done here you go out and play somewhere else. And also at some point in "time" you are also in a non-form state and eventually in a fully-awakened state you are completely non-form: you are complete consciousness and Source Itself having a completely different experience...before you are prepared to

play something else *again*.

F *That's why it's really key to see all of this from that perspective.*

F *To really embrace it.*

F *So if you have to listen to this part of the recording several times until it really becomes part of your thinking and is a reminder for you, then do it! Because it is very helpful!*

F I just wanted to get the platform staged for you at this point (in the webcast).
(laughs)

A (Laughs) Well that was a great staging!

A And I would also like to add that the incredible thing right now is that it is easier and easier to clear fear.

A As we are now currently in the 4th Dimension and as we move closer and closer to the 5th Dimension ...and of course we realize that how much time we have to spend in the 4th will depend on how much "stuff" we get through...the 4th could be 2 years or it could be shorter...or longer...depending on how humanity wakes up and how much of the fear we let go of.

A You see, the only thing that separated us, the only agreement we had to experience how detached we can be from each other was when fear was guiding us. So that is why it is so important right now to clear fear, clear fear, clear fear.

A People have been e-mailing me that they've been doing it, and thank you. And keep doing that.

A Because what you are doing is not only clearing fear in yourself, you're also clearing it in your ancestral bloodlines and also clearing fear for the mass consciousness. And as more and more and more of us do that...

A And, Franco, maybe we can kind of clarify this, and we've gone over this in the past a little bit...and I know that this is not what happens in this community (i.e. Masterpiece Life members)...but it's not about clearing fear in order to "get this or that." The old modalities for manifestation and the Law of Attraction and so forth was based on the principle that you cleared fear so that you could manifest a bigger car, a bigger house, and so forth. And that was all fine and good at the time.

A But what is different right now is that, as you are clearing fear...and a lot of you have e-mailed about feeling these little glimpses of this right now...as you are clearing fear from yourself...what you are really doing is you start by clearing fear from your experience right now, then you start clearing fear from multiple

dimensions, then you start clearing fear from the mass consciousness.

A And, as you are doing this, what you will start to feel more and more and more are these sporadic feelings of complete peace and Oneness.

A A peace that when you feel it, it feel *familiar*! It feels nothing like what you've experienced up until now, yet it is feels so familiar.

A So the more you clear these levels of fear, the more you release these veils that you...and all of us...have been carrying.

A Then you feel you embody Oneness.

A And that's what true peace, true love, true joy is.

A And that's why we keep telling you to keep clearing, keep clearing, keep clearing. I know I've gotten a lot of e-mails from people about how they're doing the Fear & Entities Clearing every day or every other day. Just keep it up.

A I can tell you for me personally, when I first received the message really strongly about a month ago (to do the Clearing on Fear & Entities repeatedly), I know that in my life I felt that I had lifted so many veils and I know I feel the difference in myself. I feel a new level of confidence and certainty in what we are doing here together. I feel a new level of peace about things that before could rattle me, don't anymore.

A And it's really interesting because if something is happening, I'm now reacting in a peaceful manner. I can totally see it's almost as if it's a movie playing in front of me (which, of course, it is), and I can see what my previous reaction of, say, a month ago, would have been like. It's kind of like I'm being shown, "See! This is how you would have done this, but this is how you're doing it now." And as we all keep going down this road and going on this journey...which we all need to do...different reactions come in. This is how we shift.

A And I know I've been sent e-mails in the past about channelings saying that it's time for lightworkers and starseeds to just get up and do this, "It's our turn now! It's our turn now! Defeat evil!" and I'm sure that if you've been in the (Masterpiece Life) community for a while, you realize that Franco and I don't really agree with that. It's not about one side versus another.

A The good versus evil modality is an old 3-D world modality. It is not in the 4-D world in which we are now operating. And it is not what will move us into the 5-D world.

A The 5-D world is about embracing Oneness in *everything* and *everyone*.

F Yes. Well put, Antonia!

F There's one more thing on the importance of clearing the fear: it becomes so much easier to make changes when we let go of the component of fear.

F Because a lot of things are difficult...you know, a lot of people talk about, "It's so hard to change my past and change certain things and events that are playing out in my life." Well, the thing is, if fear is still a driving component...because fear comes into the picture of letting anything go because it's afraid of letting it go. "What is it going to look like if I let it go? And if I let it go, what's next?" ...in a sense... "What's going to come into play?"

F And then the fact about comfort...and we've talked about this before...we get very comfortable with a certain experience...even though we're done with it and we can see how it's kept us in a very limited, lock-up state...but it becomes a powerful component and obstacle when we think of letting it go because fear is in there. Fear of what it's going to look like.

F Even when someone *knows* they need to change something and the intuitive part is clear, the signs are clear and they feel they are done with it, but then they are afraid to approach the change. It could be a relationship, it could be a career, it could be a scenario in their life, a family member...whatever it may be, whatever has to change...even letting go of certain belief systems.

F For example, I've had people who have had religious affiliation and so forth and they feel...and I've had a couple of people just recently who said, "I see how it's so restrictive but I'm so afraid to let it go because there's this ingrained fear within myself that I may be punished or I may be wrong if I let it go. But at the same time, it doesn't resonate with me any longer. " Or it might be being afraid of letting go something else.

F By doing the Clearing on "Fear and Entities," you will find that you can make changes a lot more easily within yourself.

F The other part is the "dark stuff"...people talk about letting go of the "dark" or whatever else...and we covered it briefly last week and I think we've mentioned it a few times...With this new energy pattern at this point in time, the energies, the entities and so forth that have maintained a dark state or a less enlightened state have been continually playing a program that has been very difficult for them to come out of.

F So when they do present, first of all, if we are in a state of fear we are basically feeding the pattern they are in. If we are not into fear...and that's why it's so powerful to clear the fear part...if we are not in fear they can't feed.

F But if they do show up...and a lot of times they do show up...their choice is not to manipulate you or pull you into a pattern or anything of that nature...if they're not feeding they would show up basically only to go Home...only because you now have a path to send them Home because you are now carrying Light.

F So they are not coming to attack. They are not coming in to lock you up. They are coming in to say, "Please help me illuminate my way Home." And basically that's it!

F So, like you were saying, Antonia, it's not a conflict of dark and light and all that stuff because that modality has been changed as we stepped into this 4th Dimensional consciousness and going into the 5th. The energetic field is now saying to the dark, "OK, it's time for us to relinquish the roles, relinquish the patterns that we're stuck in. We'd like to be free. We'd like to be moved on. We no longer feel comfortable being here and trying to attach to darker lower-vibrating energies." Because even though there are still a lot of people playing with it and it is still feeding that energy field, the planetary energy and the energy of a lot of other people who are awakening is creating the environment where it's really doesn't feel comfortable for "the dark" any longer.

F Plus, the other thing they are observing is that there are more souls on the planet here who are in peace, who are carrying light, who are freeing themselves, and the dark is saying, "We want part of that! We want to free ourselves too! So what can we do?"

F So it is a different way of looking at the dark. Like you were saying, Antonia, certain people are still projecting the fact that there's light and dark and that they are here to "take over" or whatever.

F As much as that is still projected to some degree, it has no real substance or power.

F Because Light basically helps them transmute and transform and go back to their natural state, which is Pure Light, Pure Peace, Pure Potentiality Itself.

F So I just wanted to get those points in there.

A Thank you.

A So now we will move on to some questions and e-mails. If I may summarize them, the prevailing theme (as a result of people doing the Fear & Entities Clearing and the Frequency Detoxification Clearing) is that some people have experienced very few things and other people had extreme physical reactions...and some people had concerns and fears about doing the Clearings themselves.

A So our first e-mail is as follows.

“Something is definitely shifting for me. I haven’t felt this way in a very long time. Very irate, impatient, lower energy, feel like binging all the time.

“I know when I get these symptoms that there is an energy shift happening. Even during the actual Clearing call I was restless. I look forward to this passing. It has been around longer than usual.

“I had experienced beautiful love vibrations for several weeks and now I am dealing with this yucky feeling. It is all good and interesting.”

A So that’s a question about having a feeling of “yukiness” right now and feeling restless. I know someone else e-mailed me while we were actually doing the Frequency Detoxification Clearing call, saying that they were feeling itchy and rashy all over their body.

A Another e-mail that came in says,

“I did the Detox Clearing after completing "Clearing Fear" several times. A lot of old stuff was coming up for weeks and I was feeling concerned. There was a lot of anger and reactivity in me that I hadn't felt in years.

“I've done the Detox Clearing twice and I'm starting to feel better. I seem to be encountering many people who are experiencing a lot of fear, which is interesting as something I'm creating. I have a low reaction level to it however, so the Clearings are helpful. “

A And another one:

“I can't express in human words the love I feel internally after playing the Clearings. A sparkle of my whole self is emerging.

“What I love more than my own self-discoveries is that I have two friends that I shared them with. Now our favorite thing is sharing what is emerging daily for each of us. So amazing how different they are but the connection it is creating between us is so Soul-based with deeper love. So fun to expand together.”

A And a question that came in was as follows.

“I did the clearing last Saturday and did experience a slight headache that night and into the next morning. But I did try to keep up on my water drinking.

“Going forward, is it more beneficial for me to alternate between listening to the Fear Clearing and then listening to the Detox Clearing?”

A And just one last e-mail.

“I have a few comments about the Detox Clearing.

“When we started breathing at the beginning of the clearing, on the out breath I was aware of how comfortable it was to not be breathing. I did not feel the need to breathe in again. I just floated in a sort of 'nowhere' zone. Then I realized that this feeling was familiar.

“My question is: ‘When we are in a higher dimension, is there no need to breathe?’

“After that, I lost awareness and did not regain conscious awareness until the end of the Clearing. Forgetting to drink water, I went immediately to bed. I slept only an hour and woke up incredibly sick with what seemed like a sinus infection with fever. I dealt with that for the next three days. I was extremely tired and slept a lot, sweating it out.

“Now, I feel better than before the Clearing...in fact, really healthy, positive and energetic. I released an unhealthy long-term relationship and started just focusing on my own life, thereby accomplishing and finishing things I have been putting off for a long time. What an experience!! Thank you.

“Any comments?”

A So there’s five e-mails that are kind of similar but yet a little bit different. So let’s comment on those first.

F Those are perfect! And the sharing is great because, like you were saying, it creates support for all the others (who are experiencing similar things).

F The clearing that we are doing now, because of the energy of the planet itself and where we’re stepping into...all these new clearings that we’ve done, especially the Detox, is the most powerful and deep that has ever been put together!

F And it is *upgrading!* So that means that each time you do the Clearing, it is constantly being upgraded!

F They are now designed to go *really deep* in the sense of going right to the *core essence* of your functional encodements. To the place where we’ve been programmed and encoded by all the stimuli that we have been exposed to on the external: from food, water and electromagnetic waves, to programming through education, observation and so forth, through genetic encodements that have been carried on, through religious affiliations, through emotional encodements, and so forth. *And it’s going right to the depth of it.*

F As a result, at times it will create old ailments, it will create energies that will come through. I’ve had people say, “It feels worse doing it but then afterwards it gets better.” And that’s because it’s really going in deep.

F This (depth) could not have been accomplished until just last week (i.e. near the end of February 2013). Because humanity and the frequency of the planet was still not in a position...and the alignments and so forth were not in a position...even though we have stepped into 2013 and we had gone through the Solstice (of December 21, 2012) and we’ve gone through the shifting from the 3rd to the 4th Dimension on the planetary level, it was still not ready until just last week because humanity and the core energy of the collective and also the energies that were coming in from our galactic brothers/sisters were not ready yet.

F And there was also still work that had to be done behind the scenes. Because there was a *lot* of work that was done behind the scenes. I've been working on this for almost three months now...*quite intensely*...going in and de-coding and re-coding and so forth and making changes so that we would be prepared to take these changes and not...

F The key here is if it had been done any sooner, by default it would have gone into fear. By default it would have gone into shut-down. By default, it would have gone into a state where there would have been more density created from that and it would have only fed the lower-vibrating energies.

F We have achieved a certain level of consciousness and a certain level of frequency because (of several things that have been going on). First, there have been a lot of alignments. But also, behind the scenes, we have been doing a lot of de-coding and re-programming on the matrix, on the collective, on the time-line stuff, on the planetary grid, and on the operating system of the collective consciousness on different levels and on different areas of the planet. In addition, there has been the re-activation of vortexes and so forth. So a lot of things had to be prepared and have now come into place.

F So *now* we have the support mechanism, the energy frequency and the capability to do this. So when it is going through, the experience is going to be very varied.

F And this is why sharing your experiences is very good support for others because then people can learn what others are going through and they are not going to go into a fear state, they are not going to go into a scenario where they feel, "Oh my God, this is bad!"

F Because I've had people who turn around and say, "Well, if it makes you feel bad then it can't be good!" A lot of spiritual people get into that. Everything has to be feeling good, right?

F Well, realistically, when you really understand it, there is no good or bad and there are no good or bad feelings. There may be certain experiences that may create certain levels of intensity and we determine it as intensity because everything is just an experience.

F But, at the same time, just because you're bringing up old programs that may have had a certain experiential level or created a certain pattern of fear or a certain pattern of restriction or something of that nature that has also represented in an experiential realm that we've called "dark," "difficult" or whatever it is...just because that stuff is coming to the surface does *not* mean that it is something that is negative.

F In actual fact, we *need* to go through the muck. We *need* to go through all this other stuff in order to clear it all out!

F And that's why, like I was saying earlier, that we had to wait until this point because most people weren't ready for it. And that doesn't mean that now *everybody* is ready for it.

F However, as you were saying, Antonia, as we do more of the Clearings we are creating more and more openings for not only our own family dynamics, but we are also carrying in the lineage. In addition, we are also creating openings within the area we are in and also, not only the collective of the area that we are in, but also the collective of the planet itself.

F So (by continuing to do the Clearings) we continue to create more and more openings so that things actually move forward more quickly for the people around us which actually accelerates *us* at the same time.

F So all of this stuff is coming through right now with this process of clearing.

F And repeating the Clearings is important!

F And if you do alternate them because there's still a lot of fear coming up...if you alternate doing the Clearing on Fear and Entities (with other Clearings), it will help. Because if fear is brought up through the Detox Clearing, then it's just basically...it's like this, whenever we detoxify the body we have to also do a kidney and liver flush...well, it's something like that (laughs). So by doing the Clearing on Fear & Entities it's like doing the "flush" part of it.

F But, if anything, with respect to the Detox Clearing we are basically doing a wrap-up because we're bringing up stuff that has been buried. It's still there, it's still having some effect on us and it's still creating some restriction. But now it's coming to the surface and is being expressed, cleared and let go.

F So please allow it to do what it needs to do (even if it is somewhat uncomfortable). And if it creates any fear within yourself, get into the play of it and experience it by realizing, "OK, this is just assisting me."

F And, the thing is, you are not going to be doing anything that is not in alignment with your soul. So it's not that you're going to say, "Oh, I made a bad choice because I'm listening to this and it's bringing up all this stuff."

F The thing is, your soul wants to clear up all this stuff.

F *So your soul is prepared to do this.*

F If the mind doesn't get involved by saying, "Oh, my God! This is too much for me!" And I'm just sharing this because there's a lot of people as they are going through this are going to say, "You know, I did this and all this stuff came up!" Yes!

Perfect! It's a great sign! It's a great way to observe to see, "Wow! Look at all that!"

F And then many have said when they are doing the Clearings, "More and more stuff keeps coming up!" But you have to understand, as you take off the layers, more stuff comes up. And sometimes it can get more intense because you are getting into the deeper stuff that has been there for eons, that's been there for many lives.

F Because we're not only clearing on a cellular level, together with clearing the sub-conscious mind and the conscious mind, but we are also clearing the soul.

F And the soul has had many memories over many lifetimes that have created repetitive, restricted, fear-based patterns and lives where it has come in and certain dynamics played out and certain scenarios played out and then it checked out. And a lot of times, the checking out was very dramatic, was very powerful because of the state of consciousness of the planet at the time and the state of consciousness of the individual. And because we were in a locked-up pattern we kept repeating certain patterns. So all of that was ingrained. And the soul wants to purge that.

F Because this whole walking into the 4th and 5th Dimensional consciousness is a "whole body" and a "whole soul" experience. This is the *soul* stepping into it.

F So it wants to clear out *everything* based in 3rd Dimensional consciousness that has left imprints within the soul itself. Everything was part of its learning, everything was an experience. But now it's done with that so the clearing is very powerful, very deep.

F So at times it's going to look like there's a lot but it's because it's going that deep. It's clearing *huge* amounts of things. It's not just clearing surface stuff anymore.

F Because a lot of the clearings from before were just taking off the surface layers and so forth, because the deeper stuff was still not ready to be addressed. Because, the thing is, we were not in the consciousness or the energy field that would *allow* us to just keep digging.

F What happens when we have stuff that becomes a little more intense and we start digging deeper, automatically the default is to go into fear, shutting down and, "I'm not going to go there!" Right? Like you see in many people, when the situation looks a little bit too intense for them, they back off. The same thing with certain emotions. We've had emotions that are triggered within ourselves and what happens? We automatically retreat. Because "No!" we don't want to face it, we don't want to look at it and so forth.

F *That* was the automatic default from before. But that default has been chipped away by re-programming it.

F So *now* we are more open to go deeper. There's actually a form of excitement that sometimes might look like fear but it's like, "Oh, OK, let's go into it! Let's dig deeper."

F And even when the stuff becomes intense, as some of the feedback tonight would indicate, there's still excitement and appreciation for the changes, the transformation that's occurring, even though they are going through the intense stuff.

F The other part of it too, as we are going through this, drinking clean water...as much as possible...allows us to flush more easily because a lot of the energetic detox debris is also released through the cellular structure.

F Because part of the work is also releasing encodements that have been put in through what we have ingested in the past on all different levels, so it is also released through the body. And the body at times will have certain mechanisms that will be activated as a result. For example, the person who experienced the fever. I'm not saying that particular symptom is common, but there will be certain scenarios and situations where people will have that experience...but it is all perfect for whatever needs to play out.

F And, like I said, we weren't ready for this before, but now we are ready!

F That still doesn't mean that everybody is, but there are more and more people who are.

F So continue to support one another by sharing. It's all highly beneficial and, as some have experienced already or are now experiencing, the aftermath of going through that part is really bringing a deep, deep sense of peace. And it is really allowing you to experience your True Essence within yourself.

A Absolutely.

A And I know that a lot of people still want to get Franco's personal assistance for clearing but he is not available for personal clearings right now. The work that Franco is doing now has shifted into something else.

A So that's why the Fear Clearing is so important for you to do right now. The Clearing on Fear was put together for you for that purpose. Remember that Franco and I are still assisting you because *you are always tapping into our energies every time you do it*. And as we upgrade *our* information and upgrade what we are doing, you are tapping into that every time you do the clearings.

A Franco just completed three months of massive, massive fear clearing and massive re-aligning so that we are now on course to move forward through the 4th Dimension, into the 5th and forward.

A Franco's purpose right now is focusing on bringing in peace...bringing in peace as we remember it, bringing in a love and a joy that has not been on the Earth since Jesus Christ walked it. .

A And my role has shifted into assisting to keep clearing the fear...keep clearing the fear and keep clearing the entities.

A And that is what you are doing too. If you are on this call, if you are listening to this recording...whatever stage you are at...then that's what you are doing as well.

A So just keep doing that. I know I might sound like a broken record for the next few months, but please keep doing the Fear & Entities Clearing.

A We also had a couple of comments about concerns over the titles we used for the clearings, which were "Fear & Entities" and "Detoxification," and if those words, in themselves, were bringing on a negative energy. And the answer is no. They are just stating a fact. I know that in previous teachings it was taught that what you fear you attract...and the word that was used was "attract." But that was very much 3rd Dimensional thinking and it was appropriate *at the time*.

A When we talk about clearing fear, we are just stating a fact: you are clearing fear. Basically we're clearing an agreement that was made 10,000 years ago. That's what you're doing. And that agreement at the time was called "fear." It was an installation into the ego program so that we could experience separation. We are just clearing that. So do not be concerned that by using that name in the clearing that you are drawing that to you; that is not happening.

A Anything you want to add to that, Franco?

F Yes, that's actually a good point. That's another spiritual teaching about the fact that we have to be careful about what words we use and so forth. It really never had as much power as what was indicated. But because it would trigger default operating systems within ourselves, it had a role that it played when we played with energies that we thought were negative because of words and so forth.

F But in this essence right now, when we are clearing fear basically we are clearing an old program. And there is no right or wrong about it because the program of fear has served; it was part of our spirit, it was part of our agreement, it was part of the embodiment that we have taken on, on the planet. Even though it may have been a complete polarity to our True Essence, we wanted to experience polarity.

F So when we're clearing fear, it's not about being afraid that we have fear and that we need to clear it in that way.

F Any clearing we're doing is about wrapping up and letting go what no longer serves us.

F It is *very different* than a lot of the modalities that are being or have been taught up to this point in time, where we need to clear something because it's something horrible. Nothing is horrible!

F Even the whole idea of "evil" does not really exist; it is a modality of experience. It is a life of restrictions and limiting that has very strict encodements and experiences that create certain patterns of limitation, fear and so forth that have created restriction. Even when we talk about "evil beings," they are just beings who are playing a certain modality that we've allowed or agreed to have in place. But they are going through transmuting the transforming because it does not serve any longer, because it does not need to take the same role that it had in the past. That's all it is.

F So for us to get caught up in the language or labelling and so forth or what it can represent, that is an old modality and it was never "accurate," in a sense, but, at the same time, it did play a role because it was being used that way, at that time.

F So it is like you said, Antonia, the title of the clearing is just a statement which basically says, "OK, we're clearing a particular modality. We're clearing entities because they are pockets of consciousness and so forth that have remained and have played an opposite role or a duality role and now they want to move on."

F And it's not anything to be afraid of and nothing to get all caught up in that it can harm us or anything of that nature. It's just allowing them to go home or whatever else. They are surrendering their role. They're saying, "OK, please, I'm done with this. Can I go Home?"

F And the fear thing is an old program that has been perpetuated and played with in our lives. And we played it, danced with all of it and are really familiar with it and some people made it really at home to live that life, that experience, that modality. And now we're just clearing programs in the modality itself.

F And when we're clearing Detox, we're basically clearing programs that have somehow altered our natural operating system in the physical form; energetically, but also in encodements that we've taken on in the physical world...even though there is no such thing as a physical world...but which we have taken in through substances, food, and whatever else we've taken in. And it has created an alteration in the operating system of our physicality. That's what all this stuff is.

F So if it's "toxic," basically it's just a label saying it's opposite to our natural operating system.

F We can have toxic thoughts and all it is, is a thought pattern that creates an experience that is opposite to our natural state.

F And the same thing with anything that we take in. Like even GMOs and all that stuff that we ingest, they basically just alter the operating system within the physicality and create certain other experiences within our self.

F However, the process of Detox Clearing that we are doing is also taking the codes that would actually utilize those programs that are brought in (through GMOs and whatever else that we ingest...because there's tons of different things that come in) so the body does not utilize those programs in the same form as before. Plus, at the same time, once they have been ingested, they are being cleared.

F So it's all facilitating. All of this is facilitating.

F It's not to be afraid of and not to get so caught up in the wording or labelling of any sort.

F Because this is all done with Love.

F Everything that has been encoded in all the Clearings is all through Love; there is no fear in it. We haven't put in anything through fear.

F We don't even talk about fear. Even the stuff that we've shared, we don't get into, "be careful of this," and "be careful of that," and "beware of this," and "beware of that."

F We don't start bringing fear into it because that's an old modality that we are facilitating and clearing. It's just because we don't need it any longer.

F So everything that's being done and all the work that's being done behind the scenes is all done with Love. It's all about expansion. It's all about supporting our journey on a new path in a new Dimension that we have, at the soul level, collectively embraced and invited to come through us, so that we can start experiencing our physical form in a human body on the planet we call Earth in a completely different Dimensional encodement and so we can have completely different experiences and let go of the patterns that we've had up to now.

A Yes.

A Now we have another e-mail which has some more feedback:

"This clearing was so powerful, I find it hard to stay in my body with the sheer joy and excitement of what is taking place.

"The immeasurable service you are providing has literally allowed me to stay here. There are many from other places, call them "starseeds" or "starchildren," who have come to Earth to be of service but became so

embroiled in the programming and density that they weren't able to clear and know who they really are, feeling lost, stuck, freaky, and walking around feeling, "What the heck am I doing here? Is this place crazy?!"

"The tools like Clearings and meditations sessions which you provide enables one to let go, clear and come to a place to be of service that was not possible before is a gift that keeps on giving.

"My heart is filled with gratitude. Thank you! Thank you! Thank you!"

A Thank you for that. We appreciate your feedback and that's what this is all here for.

A If you can just feel this new pulse of excitement and "zap" and "fizz" that's in the air, it's because we are on track, we are heading into the 5th Dimension and things are going to get cleared up. In the media you are starting to see that there's so much more transparency. People are starting to see through so many things. Governments are still playing out in the old 3-D world but people are going, "Wait a minute! This is not it!" Because people are waking up.

A And that's what we have been doing for many years now and we will keep on doing it as long as it's needed.

A Also I wanted to address another point in this e-mail where she talks about when she's actually doing the clearings that she has such sheer joy that she finds it hard to stay in her body.

A In the 3-D world the soul could not leave the body for very long because the soul and the body have this interaction because the physical body is the vehicle through which the soul experiences and they both need each other; they are one. But the soul does leave the body, has experiences and comes back. In the 3-D world the soul could not be gone for very long, otherwise, the body would start shutting down and the bodily functions would start being lost.

A And the only way you could circumvent that was if you went and lived in nature outside of society where the vibrational frequency was different. Then you could have many, many out-of-body experiences without having the "shock" of coming back into a 3-D body. And that's why in the past a lot of the Ascended Masters went out and lived away from society (e.g. Jesus would take time away from the apostles) because that's where you could do that.

A And that also was why...as you many of you know, Franco was having a lot of extreme pain in these last few months in doing all the work that he was doing because he was pretty much...especially in December, January and February...was pretty much bedridden and out-of-body the whole time. And that was because the work and the 3-D world were such a big contrast.

A Now why am I telling you this? I'm telling you this now because as we are in the 4th Dimension and as you are doing this work, as your frequency increases, the ability to have out-of-body experiences and be out-of-body opens up new possibilities that did not exist in the 3-D world. This will mean travel, experiences and different things that in the 3-D world would have taken you many years of practice and would have still been a big shock on your body, you will now be able to experience.

A A lot of people talk about the minute they put the recording of a Clearing on, they are "gone" and then they don't come back until the very end. That's fine. You are experiencing the Clearing and going wherever you are going; don't worry about it, you don't need to be concerned.

A As you do the Clearings on Fear and Frequency Detoxification, before long you will not be concerned about being out of your body.

A In the 3-D world, people had to really ground. They had to really ground themselves because you couldn't be out of your body for too long because it didn't work for the physicality. You had to ground because you had to come back into a 3-D world. That is dissolving.

A As we go further and further and further along into the 4-D world and on into the 5-D world, the need to "ground" or be grounded becomes less.

A As you are now in a 4-D world you will find that as you do meditations and clearings you will wake up in an altered state, and you will live your days in an altered state. This altered state is part of the reality that we are living in. It's a different state than the 3-D world and it's what we are all moving into.

A Anything you want to add to that, Franco?

F Yes. As part of the work that was being done behind the scenes, we created an environment, a "space" which is being enriched by Source codes in the sense of Unconditional Love from Source Itself, but it is also a place of play. It is a place where you have no limits whatsoever.

F And what has been done is that this place that's been created is this state of consciousness...it's like a retreat area that has been created...and it carries a very powerful and very light and loving energy.

F So when we are doing the clearings, for the souls that are ready to step into that...the reason that they "go out" quickly is because the meditation itself allows the soul to present itself into this space where it actually gets enriched and fed with the codes that it has been deprived of...also the energy, the frequency and the *light* that it's been deprived of for so long.

F So sometimes when people are coming back and they feel totally elated and feeling those very powerful energies, it's because their soul has had a chance to dance in this environment. It's like going to (from a physical perspective) someplace very exotic, very beautiful, very lush, and being in that energy...being surrounded by beauty, being surrounded by nature's energy, being surrounded by fresh air, the warmth of the Sun and the warmth of nature exuding a wonderful energy. It is similar to that...but at the soul level where it actually has the opportunity to go and re-charge.

F The soul has been doing that for a long time. That's why a lot of people go into a "sleep" state: because depending on the soul's state, it does actually try to go and find a place where it can re-charge or to feel a little bit less limited for a period of time before it goes back into the body. But, again, like you were saying, it had been going out only for a short period of time.

F But part of the work that was being done in the last few months was to create this place...this energetic place...this environment which is between worlds, in a sense, where the souls can actually step in and have an opportunity to go into that haven of not only Pure Potentiality but Pure Unconditional Love, Pure Source Energy and the re-charging energy of Pure Light Itself.

F So for some people their souls are going there. And that opening up has been very recent: it was only prepared and opened up in January . And it's being upgraded all the time so I do visit there from time to time to do tune-ups and so forth to prepare it.

F So a lot of the meditations now are being upgraded to allow the transportation into that space...for the soul itself. So even though we are going into it in a conscious state, the soul is being re-energized. Then wording, the tonality, the frequencies and everything else of the meditation itself and the clearing itself is actually re-tuning the body, re-tuning the mind, also encoding the operating system so that it actually is in alignment with what the soul is experiencing outside the physicality.

F And then there are times when the physicality and the soul are together in going through the process so that it is done together, at the same time, creating an even closer bond with each other.

F I can now tell you about these changes that have occurred because this is now playing out whereas it wasn't playing out before.

A Yes. And that reminds me about another e-mail we had where someone was feeling discomfort.

A If you are experiencing some discomfort when you are going through the Clearings, one thing that you can do which would be of great assistance to go

through the discomfort more quickly...and this is a good thing to do regardless...is if you imagine yourself as being this calm or this fountain of the most beautiful, breath-taking Light, this crystalline Light. Imagine this calm of Light that is being fed from Source...and you can call it Sun, if that makes it easier for you to visualize...it is being fed down, it is coming into you, it totally bathes you, it goes down into your feet, it goes all around you and all the way back up. It is just a continuous flow and (inaudible), and flux of the most beautiful colours you have ever seen, coming and going. If you are in a headache state, do that.

A And absolutely, drink water.

A Also, Vitamin C could be of assistance as well because Vitamin C does help the body detox and flush out so you might want to increase your Vitamin C intake if you can.

A If you are in a place where you can get sunlight, do so...walk out and refresh your body with sunlight because that will always make you feel better.

A So those are just a few things that could help people progress through some of the cleaning-up that is happening in their body.

F Yes. And, as we've talked about before, it's nice to go into nature and spend some time around nature. That helps to ground the physicality and so forth. And at the soul level it actually creates a "release," I guess you could call it, in the sense of not feeling that confined space. Because it recognizes the energy of nature. Because nature is a lot more flowing than the experience we've had. So that's the experience at the physical level.

F Of course, the soul itself actually goes to a different form of nature which is actually that place which has been opened up. And I say "place" but it is actually a frequency that it steps into. And that frequency has all those encodements in there. So it's actually the soul's way of stepping into nature and re-harmonize itself. Because it basically is stepping into an energy that is its resident energy's Essence, but not in a confined or restricted way which it has been experiencing while being in this 3-D world and now stepping into 4th. So the nature part is on the physical level.

F Of course, as you do this and the soul is going in, part of this is coming back in to the physical level, so it's actually creates the experience on the physical form too. So there is transformation going on at both levels.

A OK. Let's move on to another e-mail.

"I have been listening frequently to the Fear and Detoxifying Clearings. Most days I am very happy and at peace and feel like I'm riding clouds. I have an awesome life.

"It's those mornings when I first whoosh up from the sleep state and in

those exact moments I am filled with these weird anxieties and fears that make me a bit breathless and confused! Then as I talk myself into the knowing I am loved and never alone and all is well, these emotions dissipate and within a few minutes all seems well again. This has been going on for a few months but I am assuming the Clearings are trying to bring up issues to break through so they can be let go.

“Any ideas about what or why I get anxious upon the moment of waking when otherwise I feel so grateful and thankful for such a beautiful earthly experience?”

“I *don't* want to get caught up in the fear of going to bed and waking up, although I don't think that will happen.”

F Perfect! That's a good one because what happens is...and I'm glad that was brought up because it's a good point to cover...

F At times what happens is that the soul does travel and goes into these realms where it has experiences of unlimitedness so that, when it comes back into the body, it actually stimulates some of the older stuff to come up, and it may feel exactly how it was just described. But, again, it's just momentarily.

F So as that residue comes up, as that part comes up, you can do what she was saying or you can actually see yourself embraced by having a beautiful column of light coming from the Sun and having it just bathing you completely. And with great love just allow all that is coming up just to be released...and send it to the Sun...gently...just envision yourself letting go of all those anxieties and fears and discomforts that may come up. And if any programs come up, any excitements or anything of that nature that may come up, just allow them to clear. That's the first part.

F The second part...and, again, this is part of the clearing aspect of it...but a lot of times when you've been that expanded and then come back into the physicality, you come to the realization that, “Oh my God, I'm still in the physicality!” It's not quite in that terminology...but the soul comes to the realization that, “Oh, I'm still in a very restricted physicality!” and there's all that anticipation of wanting to really move on and it's, “Oh, back to this! OK, what do I need to do?” So there might be some anxiousness that might come up of wanting to move further and faster through this because of having the experience of much more expandedness and then restrained again by coming back into the physicality.

F And so what it does is stimulates stuff to come up, but, again, only to allow it to clear. And then you just go through the process of being bathed with this column of Light coming from the Sun and just allowing it to release.

F And as you do more and more of that, it gets lighter and lighter and lighter.

F Sometimes the soul will dig deeper just to make sure that everything is getting cleared, especially the stuff that has never been ready before.

F You have to understand, some of the things that we have...you need to be at a certain state of clarity and consciousness and stability energetically and also emotionally for you to deal with some of the stuff that may be very impactful when it comes up.

F Now, as much as I say "impactful," it may have been impactful in a state of fear, in a state of restriction or in a state where we may have been less conscious, but now it may come up as discomfort, but you will see that the things move through more quickly. The reason is because you are really different than you were before and because you have much more capability to handle it.

F So a lot of times people will say, "Well, you know, I go through this clearing and I'm in peace and everything else, but now I'm starting to have more stuff coming through."

F That's because you weren't ready to deal with the rest of it and you weren't at that level of "maturity," I guess you might call it, at the soul level, or in an awakened state and accessing a certain level of consciousness to be able to deal with it. And also the energetic field was not supporting and you didn't want to fall back into the "default" mode of fear and all that stuff. So it held back from going into that level.

F But now, because you are more prepared, it's digging deeper and allowing more of that stuff to come through. But eventually all of that stuff will be cleared up and you're basically in a very clear, open state of being.

F And that's the reason anxiety and all that stuff may come up. It's like, "OK, let's get going! Let's get stuff done and let's move on!"

F It's like this: it's almost like you have been visiting Nirvana. Or it's like someone having a dream about a beautiful world, a world of peace, a world of play, a world of no restriction, and then they wake up and it's like, "Oh, my God! I've got to get up. I've got to go to work. I've got all these duties, all this stuff, and all these roles to play and I feel restricted!" So when you wake up from that and you come up to what we call "reality" ...in this case, it's just the reality that you're playing with most consciously...then it's quite a different polarity from what you've experience before.

F But *now*, what happens is not so much taking that polarity experience and finding it a challenge...that might be the immediate reaction at first...but then it is, "Ah! OK, great! How do I bring that into this reality?" and it starts to move forward in doing so. So it's a completely different approach that it's taking.

F So what you're experiencing is good. And I'm glad you brought it up because it brings a bit more clarity for a lot of other people who didn't verbalize it or who have had those observations.

A And, also, as you continue to do this work and as you progress along in this 4th Dimension, the body will also be doing adjusting. And as you do the Detoxification and the Fear Clearings...but more particularly for the body, the Detoxification Clearing...and we will do more a little bit further along when there is the opening for it...

A Because the body is also being upgraded...but I don't want to say "upgraded" because "upgraded" is not quite right...actually the body is being "restored" to what it was originally designed to do. The body is being restored to *be* the body, and the vibration of the body is much higher than what it allowed itself to go down to in order to experience the 3-D world.

A So anybody who experiences a "weirdness" of being in their body...because a lot of people do feel kind of weird being in their body or looking at their hands or looking in the mirror...it's kind of like, "What is this thing that I call a body?" (laughs) But as we go further along, there's be less of that.

A The body and the soul were designed to live in unity but were separated or were hidden from each other in the 3-D world. And as we progress with clearing the fear and as we progress in clearing the toxins that were previously put in place to keep the body separate and at a lower vibration...as we keep clearing this and as the vibration and the consciousness continues to elevate, then there is more of a peace about being in a body and a unity of being able to do things in a body with a soul..

A I don't know if that was quite clear for people. Anything you want to add to that, Franco?

F Yes, that was well explained.

F The thing is, it's more of a deeper appreciation of its expression. Because the soul comes to a much more powerful recognition as the two come together that, "I am creating this. I am fully embracing this beautiful..."

F It's like looking at your vehicle and looking at your computer and saying, "Wow! This actually performs a function that I'm choosing to play with. And I've presented myself here and I've chosen this physicality and I'm fully in charge of this physicality to have exactly the experience I choose each moment and to really expand through it." It's like a whole different appreciation.

F Because the way it's been, it's like it knows it has to come in here but it's like a job...you know, you take on a job and it's like, "I gotta go to work because I need

the money.” And so you have a certain level of appreciation because, “I’ve got a job and I’m making money and I’m OK but I don’t really like it.” So that’s kind of the way it was viewed with respect to the connection between the body and the soul at that point in time. It was like, “I need it and I have to go through this or this because it’s the only way I can learn. Yeah, I have to go through all these programs. Yes, I have to go through these genetic codes. OK, I have to go through this lineage because it’s the only way I’m going to create it.”

F But as we’re going through this transformation that we’re going into, it’s an appreciation that it’s completely different. The relationship of it changes. That’s the right or more explanatory way to look at it. It’s a relationship shift.

F It’s like, “OK, great! This is what I’m utilizing at this point in time. I see the beauty in it. I can change it.” There’s no new judgement about it...not that the soul ever judged it but the ego mind has been doing that...but there is no level of seeing it and being disgusted with it or anything of that nature. It’s like, ‘Oh, look!’ It just sees it as what it is: perfect.

F And then it also creates a new sound relationship which is harmonious and then it is actually able to experience it even further.

F Because all experiences now become...if I could find a word for it...they are actually much grander, much more experientially-rich, in a sense.

F But at the same time as it’s doing that, it’s also able to maneuver through it so that it’s not rigid in any experience. So as much as it creates an experience, it will be able to experience it and then move on to something else.

F And then it become a dance...a dance between the soul and the body. And the dance is all done in harmony and in a mutual connection and in a new-found relationship connection. So it changes in that respect.

F So you’re not going to see the body as a big boat anchor that you need to continue using to be on this planet and have this experience. It’s completely different. It sees it as a beautiful, light physicality that is a part that it can play with.

F So that’s part of the changes and updates that’s occurring. And, yes, it is bringing it back to its Essence, back to its natural operating state. But, at the same time, it is being enhanced because things have changed.

F As much as we are going back to our natural Essence, we are at a *much* different level than we’ve ever been before. before...even without the set-back that we agreed to have.

A OK, we are going to go to another question. And I think we’ve addressed this before but we can look at it again.

“How can you differentiate between your intuition, your ego, and your fear?”

F That’s a good one! (laughs) They’re all the same! (laughs)

A Yes. (laughs) As we progress along, we’re going to have a specific Clearing on the Unification of Ego. So let’s not get into higher and lower ego right now, Franco, because that’s a whole topic on it’s own.

A So the question is about intuition versus ego versus fear. How do you differentiate?

F Well, intuition is a true knowing and you feel it right through, knowing that, “This is what I need to do. This resonates with me.” It is a powerful knowing within self where it doesn’t even question it, doubt it or anything of that nature. It’s just a natural feeling or movement towards something. For example, if you need to make a decision about something...and I know we’ve covered this in the past...you feel like, “Yeah! I need to go *that way!*”

F With intuition too, we have to understand, it does *not* mean that it brings us to a path that is always (what we might interpret as being) wonderful.

F Because if we need a certain experience and if we need to do something very specific, our intuition will guide us into a relationship, will guide us into a path that *may* turn out to have something that *may* be termed as “negative” or “intense” or something of that nature.

F And then you might say, “Oh! My intuition was off!” No, it wasn’t! It was bringing you *exactly* where you needed to go to have the experience you needed so that you can create a shift within yourself *and* a wrapping-up of a certain experience that you may not have wrapped up in past lives that whatever you needed to have.

F When it’s fear-based, it always creates fear...in the sense where you feel tightness...

F For example, you might go and do something and all of a sudden you feel all of this anxiety, this tension, discomfort within your gut or something of that nature. Sometimes you say, “I’ve got a bad gut feeling!” “Gut” is fear-based. That’s really an emotional response created by fear. That’s very different. It’s not a true knowing. It’s not like, “I’m going to go down this path (whatever it is), and that’s what I need to do.”

F Because a lot of times we are looking at it and the mind is questioning, “Why are we doing this?!” but meanwhile you’re still being guided there...that’s your intuition, that’s your guidance system taking you down that path...*even though it may look different than what you anticipated.*

F In the spiritual world, we get caught up in the whole idea that our intuition always brings us to rosy things...all the time. But that's not true. That's just another story that we've created within ourselves. "If it's our inner guidance then everything's always going to be rosy." But that's not the case.

F Our intuition will guide us exactly where we need to go and it does not discriminate one experience over another.

F What serves does not have to take one specific pattern of having everything rose-colored or beautiful or whatever it is. Again, even *that* is just a definition that we've assigned to it.

F When it comes to ego, the ego always looks at trying to achieve something, and it's different.

F So if it's guiding you a certain way, "Oh, I've got to go speak up! I've got to say this or that," it's because it wants to confirm itself or it wants to reinforce a pattern of itself. For example, "I don't feel good enough about myself so I need to prove myself," or something like that.

F So the ego works on sustaining itself, creating an illusion, supporting an illusion, it needs confirmation, and stuff like that.

F So that's a little different. So you can actually pay attention to that when it's guiding you in a certain direction and say, "Well I've got to make myself popular or known," or "I need to go speak out," or "I've got to stand up for my rights," or "They're wrong and I have to prove it," or something like that. These are just simple examples that are all ego-based.

F So the ego always have to prove how it is better, always has to find a different experience. And it works in the polarity world. So that is very different in that respect.

F So those are the three different components.

F The intuition is a knowing; it is very clear that you are to go down that path. And, of course, whatever unfolds is exactly what you need and it's not going to be judgmental about it.

F Now, of course, your intuition may guide you down a path and you have a certain level of experience...of course, the ego might jump in, and in many cases it does...and the fear program might jump in and you might have a mixed bag of things. So, the intuition says, "Go down this path," and you start walking but it brings up fear and it brings up self-judgment or ego might come into play.

F And *why* did the intuition take you there to have that experience? So you can clear up that aspect of it. So you can more and more dis-empower the fear or let it go completely so you're going to address it (or at least have the opportunity to do so), and also address the ego's little game of wanting to have a certain experience.

F And then you say, "Well, the intuition screwed up because it just doesn't work well. It needs a tune-up. Because look at all the stuff I'm dealing with now! I'm dealing with fear, I'm dealing with egotistic things, I'm having all these emotions coming up..." That's sometimes where people in the spiritual world...and also in the other aspects of it...have these confusing ways of looking at it.

F But, you have to understand, intuition brings you *exactly* where you need to go. It doesn't matter what it looks like. *It's there to serve you.*

F That's the difference!

A Yes, many in the spiritual world feel that the intuition only guides you "right" and only guides you to "good" experiences. But, actually, intuition guides you to the experiences that you "need" to move on.

F Exactly.

A OK, another question.

"Do we have any recognition between us and other aliens?"

A I think this question is more about are we aware of beings from our brother/sister planets. And the answer would be "Yes!" (laughs)

A And as we move further along in the 4th and 5th Dimension and clear our fears...as we clear more and more of our fears, we recognize each other...we see each other. We know that beings from other planets are already here and we will see more and more coming along. But really it all comes down to continuing to remove those veils of fear that we have...that we've agreed to have...and then we will be able to see and experience other expressions of life other than just human.

F Exactly. And when we meet some people and we see them as weird or something of that nature, they are just a different expression and sometimes they are beings from other planets or a being that has incarnated somewhere else and they have a slightly different operating system. So will we recognize them? Yes, absolutely.

F And there are many people who already do recognize other beings and they are recognizing that ones who have taken human forms are really from other planets. And when we're talking other planets, it's just other playgrounds.

F So, yes, you will recognize them but you will not be playing with fear, you're not going to have any judgement and you're not going to be in a position where you feel that they're something you need to resist or something of that nature.

F Basically, they're just an expression. They are souls like us that have been embodied somewhere else so they are able to see things a little different from our locked-up pattern. Their soul may not have had the locked-up experience that our soul may have had because it's been reincarnated on this planet so it may have a different experience and different memories and programs from that planet. So coming from another planet, they don't have the same restrictions as ours. They may, of course, have their own programs but that doesn't mean that theirs is ultimate and our isn't...no, absolutely not! But, at the same time, it's just a different expression. So there will a much more recognition of that.

F As we get beyond fear...because this is one of the biggest obstacles we have...like you saying,...we don't even want to recognize them because we are too afraid to deal with it.

F There's a lot of programming and sub-programming that had been done through the control structures to be afraid of them. If you watch a lot of media and a lot of movies, TV and whatever else, there's a huge, huge emphasis on alien invasion, alien this, alien that, and then, of course, we are always in battle with them and so forth. So that's only perpetuating the fear. But the sense is that's just closing up the last of our polarity aspect of it.

F Even though the "hands off" policy has been terminated as we shifted into this 4th Dimensional consciousness...as we shifted into this new cycle...and they have been coming onto the planet for some time now, they haven't been showing themselves much more prevalently or much more en masse because of the fact that humanity is still dealing with the fear component and it has not cleared that aspect of it.

F And the reason I'm saying that is because they monitor the collective. There are still a lot of people who are in fear of something outside of themselves.

F But some people are even in fear of people in other countries or other cultural belief systems and so forth. Look, we're killing each other and still judging each other and so forth. So can you just imagine now bringing a being from another planet...how would we deal with that? But that's changing...that part of it is shifting.

F So when we stop judging one another, we are already much closer to allowing other beings to come from other planets and we won't be judging or afraid or that we need to see them as enemies or anything of that nature.

A Yes. And I think we went into more depth about that in our last call.

A OK. A couple of final questions.
“Do we clear in our dreams?”

A Yes, we do.

A **“What about my husband who is so full of fear? Will it go away?”**

A We got into this a little bit last time about clearing fear.

A First and foremost, it is important to recognize that it is *your* journey and you need to clear *your* fears. And we have many of them.

A However, what has shifted in the 4th Dimension is that Oneness is now here. And as you are clearing your fears, you are assisting to clear the fears of those around you.

A And that’s why you’ll find that the more you do the Fear Clearing, the more peace-filled your family unit will become. Because not only are you clearing fears in yourself, you are clearing fears in your ancestral bloodlines, you are clearing fears in your previous lives and other dimensions, you are clearing fears on a collective basis.

F Yes. And as you are clearing the fear you are emanating a more peaceful energy. And, of course, you are affecting everyone around you, including your partner that you’re living with.

F As you are emanating a peaceful state, a non-fear state, they, first of all, can’t feed off your own reflective fear. Secondly, because you’re emanating a peaceful state, because you’re in a clear state, you are basically helping to break down the fear component or activation within themselves, within the individual in your life...husband, child, or whoever it may be at this point in time in your life.

A And the other part is to not be in judgment of that person.

A They are on their journey and you are on yours.

A And as we talked about in the previous call, what has shifted right now that wasn’t available in the 3rd Dimension is that you are on your journey clearing yourself. However, as you clear yourself, you are also...not clearing someone else, not doing their “work”...but, if they are in a state...and you can’t go badgering somebody about this (laughs)...but it has opened up that you now *can* assist other people to clear as well as clearing yourself.

A But again, *this is from an ego-less state*, not from a state of you now have to clear because you have these fears.

A It's more that as you clear...for example, when I am doing the Fear Clearing, very often I'm drawn to include a group of people in my clearing. And very often it's my children because I feel very drawn to them, and I find different family members show up for me to assist them in clearing. So I do that out of great love and assistance.

A So if that comes up for you in your clearing, then as you are doing your *own* clearing and if, out of great love and assistance, that person comes up...not because you're choosing to focus on them...then, by all means, you are assisting them through the clearing and let that person be in love.

F Yes. And the more you clear fear, the more you emanate peace and love.

F And through peace and love, fear cannot exist.

F And, the thing is, as you're emanating that peace and love energy...because it's much more powerful than fear...it basically creates an environment...in your home or wherever you are...as you emanate peace and love, that is a very powerful energy. It's like someone turning on a beam of light. Even though there's darkness around, which you could call fear (because it's the absence of peace and love), you're illuminating it and it is bound to make a change in the environment because you are emanating that light.

F There's no *effort* on your part.

F That's why it's so important that you do your own work and just be yourself 100% in that new state all the time, and without judgment.

F Like you were saying earlier...allow whatever they are going through to go through them. Because they are learning from that process too.

F If you're holding that light because you're in that state of peace and love...which comes up naturally as soon as the fear is removed...then the environment for them is *very* conducive for the shifting to occur.

F *Again...do not have any expectations or conditions of any sort.* Don't feel that, "They are going to have to change or things are not going to be good," or whatever else.

F Let them do whatever they need to do. Let them continue their journey. It is *their* journey just as you have your own personal journey.

F So you create the environment...but not based in a sense of "responsibility," but just because that's the environment you want to create.

F Because they are in your life, there is a mutual agreement at the soul level. So if you are now emanating this peace and love...lacking peace, their soul will say, "Yes. Create the environment for me because this is going to help me do what I need to do."

A Yes. And one last thing.

A As you lighten up your frequency, entities *are* going to be drawn to you.

A Now I'm not saying this to create fear, and if you feel fear coming up in yourself, then go back and do the Fear Clearing...(laughs).

A But you're basically being a path of love and assistance to assist some of the entities that have been here for a longer period of time to go home. And you are doing this with great love. And they are being drawn to you because you're providing an entrance back to Love.

A As you shift and clear fear on yourself, you will be able to sense the entities.

A My daughter recently came to me one night and said, "Mommy, there's too many ghosts everywhere. They're like clouds. I can see them." So I kind of helped her to send them home. Then she was fine after that.

A But as you clear your fear, you will see them more. So with great love you will just send them home.

A And so we are going to create a 10 or 15-minute mini-Clearing which will be just for clearing entities. So if you feel the entities and you feel that you need a little bit of assistance in clearing them, then this mini Clearing on entities should help.

A Anything you would like to add, Franco?

F Yes, you just reminded me of something that someone expressed to me a while ago. They were talking about entities and so forth and the analogy that came up to bring light to this is that it's like a little child or someone coming up to you and saying, "Listen, I'm lost! Can you help me find my way home?" That's all you're doing. They're now coming to you because you are now beaming a light, you're beaming some higher clarity that they are not able to access at that moment and they are basically showing up so that you can show them the way home. Basically they're asking, "Can you show me how to get home?"

F And, at the same time, a lot of times they come into your energy because they have been so out of that energy for so long because they have been feeding on the dark and lower-vibrating energies for so long, that it is refreshing for them to feel that and it's like, "Ahhh! That feels like home! That feels familiar! Can you show me the way home?"

F Because, again, like you said, Antonia, it's not about fear.

F There's been so much hype...especially in the spiritual world...about "the dark side" and entities. And we've created so much fear around it and people are "protecting" themselves and doing all this other stuff...all these clearing processes and so forth.

F And what happens is, by doing that we make it so much more difficult for ourselves, and *we end up triggering more fear* than anything else.

F So then, of course, what happens? What happens, Antonia, when we create fear about an entity that's coming up? We're basically supporting them to *stay* there! And then we wonder why they're hanging around!!!

F So it's like you're giving them doughnuts and coffee to stick around and say, "Hey, can you watch the second feature of the movie? Let's hang around together."

F But if you're not in fear about it and see them as a child or someone else coming to you and saying, "I really like your energy. Can you show me home? How do I get there?" That's it! No fear. They are just coming to you...they are another facet of you that has been playing in one area and has lost its orientation on how to get back. That's all.

F It's a whole different way of looking at it and it's much more effective in clearing older energies.

A Yes. And I would just add that this goes for any other issues with regard to control structures...whether we call them Illuminati, cabal, voodoo, or whatever...it does not matter.

A It really all comes down to the fact that the more each person assists by clearing fear *within themselves*, the more we assist the mass consciousness to clear fear.

A And as the fears are alleviated, the vibration of everything shifts. It really does! *Everything shifts!*

A Fear is the only thing that keeps us apart and that was fine because that was our agreement at that time.

A But as we keep doing this and we keep bringing Light back in to our self and into everything, then everything will shift.

A Anything you would like to say in closing, Franco?

F Yes.

F We are doing this journey together. We are always linked together...so *you are never alone*.

F Energetically whenever you feel a little depleted or you feel that you need some guidance, it's just a matter of closing your eyes for a moment and tune into us and we are there for you.

F We are all holding Light for each other. We are all streaming beautiful Essence to support one another...because we are doing this *together*. This is no longer a journey on your own; this is a journey that we are doing together.

F Even though we are individually going down our own path and having our own journey, at the same time we are all supporting each other. And, really, our journey is about all doing it together.

F And that's what we are maintaining at this time...from this moment.

F So go out and play. Go out and experience.

F Go out and just BE the Essence that You Are.

F And have no fear whatsoever.

F Because we are here to play!

Transcribed by ARL in March 2013 from a recording of a live conference call/webcast.