

# FREQUENCY DETOXIFICATION

Group Teaching  
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With

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Antonia (“A”)

Franco (“F”)

F This is a very hot topic and has been presenting some challenges. We are at a point where we don’t need many challenges to make the shift within ourselves occur and also to stream not only a higher consciousness, but a higher frequency. But a lot of these toxins and so forth are still interfering or impeding our progress.

F So we are going to play with that and create an even bigger opening.

A Yes. I have been wanting to do this (topic on toxins in our environment) for a *very long time* but we could see that things weren’t quite ready yet. But with all the shifts recently and things that are going on we are now ready to do something like this. So I’m very excited!

A We’re not going to get into...you know, there are a lot of great websites out there. For example, Collective Evolution is a great site where you can get a lot of information on toxins like chemtrails, fluoride in the water, mercury and so forth. It’s a huge topic so we are not going to get into the nitty-gritty specifics of each one. We can talk about EMF’s and pollution and all of that and you can do lots of research and I’m sure you will find many, many more. But sometimes when you get started down that alleyway, you dig yourself deeper and deeper into fear. There are many toxins that are in existence because, once upon a time, that was our agreement to keep the vibration of humanity low and to keep us controlled by fear. And we have completed that agreement.

A Now we are in a new era and as you are seeing in a lot of stories in the media, there’s transparency happening where before things were hidden, things are now coming out into the open. And there will be more and more of this coming out as the months go by. And, yes, people know more about toxins in the water, we know more about what’s happening with fluoride and chemtrails in the air. We are hearing more about how HAARP is controlling the weather...and so on and so forth.

A So let's first look at detoxing from a frequency point of view and then in the later part of the program we will be assisting with a Clearing.

A So, Franco, why don't we talk a bit about these toxins and how they have affected us, and then we will go on and make some suggestions of things that people can start doing in their lives to help eliminate toxins on a daily basis.

F Well, like you were saying, toxins come in a variety of different forms from electronic to chemicals and so forth.

F And what are toxins? They are basically codes. They are basically frequencies and codes that give instructions to the body and through the environment around us on how to operate.

F Now, the reason we call them "toxins" is because in a way they are interfering with the natural operating system or the integral encodements that give us a very specific human experience. Our human experience is all encoded as we are going through an evolutionary cycle, to be in a very harmonious, balanced state where the body functions, the mind functions properly...in alignment with the soul. And it also supports us in a way where we continue to shift and to continue to expand and grow.

F Now what the toxins do is actually impede and interfere with that natural state. It's like a virus on a computer. When the computer is operating fully and completely...and we can't always relate it to a computer because a lot of the software that is written is written in a way so as to not be 100% perfect so then you are always waiting for the next update. But the intelligence within our physicality, the intelligence within our experience and our plant is actually much more superseded than that because it has its own intelligence, its own encodement and its own expansion, so it actually harmonizes and supports the expansion in itself. So it's self-upgrading, in a sense.

F So to go back to the computer aspect of it, like any computer that has an operating system, it has a software program that operates the functionality of the computer so it can do what it's supposed to be doing, and it has a series of instructions and codes and so forth so that when you made a keystroke or make a request of some sort, it maneuvers and basically does what it needs to do. And it also supports any other additional software that we've put in that has specified various other things to play on it...Word, or whatever it may be, maybe a photo modification program or anything like that. And what happens is, of course, we have all these viruses that are floating around in the internet and once we get these viruses they have different encodements which create disharmony and disrupts the natural state of the operating system, in a sense. So it can be encoded to respond a certain way. For example, a lot of people get viruses where it automatically starts e-mailing things to everyone in your address book, or in some way disables something and creates something else.

F And it's the same thing with all the toxins that we are exposed to. They have basically come into play by disrupting the natural state and also encoding and programming us to respond differently than our natural design.

F **So, as part of the agreement, like you were saying, Antonia, we have agreed to have that kind of experience** to a point where we wanted to see how...I guess you could call it, dysfunctional...or how much out of our natural operating system we can be and to experience that from that level.

F **So a lot of these codes and so forth that have been placed have not allowed us to be in our natural state. At the same time, they have programmed us to be no longer expansive in the sense of self-evolving and self-growing. They also create a pattern...a pattern of response, a pattern of operating. In addition, they abort the tendency to move forward in the sense where we become sedated, we become locked up in a state of say, fear, for example, so we will not venture out of our so-called "comfort zone" ...but even "comfort zone" is programmed in...it is not our natural state.**

F We are not designed...if you look at our true nature...to look for the comfort zone. It is always expanding. It is always choosing to go into *new* ventures, *new* levels of experience. *That's* our natural state!

F When we are in security, when we are looking for security, safety and so forth, those are part of the programs that have been put into place. Because, realistically, our natural state does not look for that. It looks for adventure. It doesn't say, "Oh no. I've got to create another safe haven so that I can hide behind it and so I can live my little quiet, neat life." That's not part of our natural operating system, that's part of the modification.

F So a lot of these toxins and so forth have been supporting a...first of all, a disconnect, second of all taking us out of our natural operating system, creating alternate operating systems that are not in harmony with our system.

F And we agreed to have that done.

F But for a little while now, we have come to the point where we are no longer choosing to go down that path and to restore ourselves back to our natural state so we can get back into the adventurous, playful, experiential realm and go into a progressive, enlightened stage. One where you're bringing in your natural state while having a human experience.

F And taking that human experience to a whole new level!

F Prior to this time, that was not something that was sought after in the sense that we were still going through the motion of being very limited and allowing these codes to come in.

F The codes are coming in various forms, like you were saying, it comes from the chemtrails, it comes from all sorts of chemicals and so forth put into our environment in all forms...even ones that are listed as pesticides, herbicides, and so forth. They are coming into a lot of the waste products from the products that are being made, coming in through the pharmaceuticals, through all the different chemicals and additives in our food, all the electromagnetic waves coming from the satellites, coming in from cell towers, coming in from radar, coming in from HAARP...it's in all different types of forms.

F And what it does is alter the operating frequency.

F And then, of course, if you are watching TV you are being programmed; if you are listening to music, you are being programmed. You are walking around being bombarded with media in all forms...there's levels of programming going on.

F So all of this stuff is not "allowing" us...and when I say this, I say this very loosely...not "allowing" us to be in our natural operating system.

F Now, as much as we agreed for this to take form, we are no longer in that state.

F So this is the reason, as you were saying, Antonia, we weren't ready to have this work done until just *today*. Because as much as I've been involved behind the scenes for the last two or three months now *very intensely*...I mean, it's been 10 years, but for the last three months very intensely...to do a lot of preparation to remove a lot of these heavy codes that were put into place that were in the operating system.

F So a lot of the stuff has been cleaned up enough to make a break with the patterns.

F Because a lot of the codes create patterns, create a cycle where we just continue to repeat over and over again and fear to even to step outside of that.

F That's how with this whole "comfort zone" thing, to step outside of that creates fear. And fear is another series of programs that bring up insecurity and bring up all these other programs where we have to stay in a "safe" place and we need to know exactly what the next moment is going to bring. When we say, "I need to know what's next, I need to make goals, I need to plan, I need to know what my future looks like," that is not our natural state. *By far, it's not...at all!* It is the *complete opposite* to our natural state.

F Our natural state is being in the moment. Our natural state is to be creating each moment and to have the opportunity to have nothing planned because that's how it unfolds the best and that's how you can have the most progressive experience.

F So in that sense, when we are convincing ourselves through education and through other forms of interactions and so forth..."We've got to build this, and have that, and do this, this, and this and that way we can be secure. And we have to look at our future and we need to plan and do all of this." When we approach life that way, we are actually working opposite to our natural design.

F So now for many young people and many other people who are awakening, they are finding that is not conducive to how they want to live and they are rejecting it and saying, "No, I don't want any part of that. We are not choosing to participate in that." So that's part of the process that is changing.

F So what we are looking at with a lot of the changes that we are going to be playing with this evening is that we are going into the codes. We are going to be streaming this from the purest Source codes there is...from Source Itself. And we will be slightly programmed..."tuned" is a better word..."tuned" to our human experience in the more current, the more expanded version. And it will also carry the integration from our natural design which was put in when we were originally designed but upgraded so that it actually responds to the frequency of the universe at *this* time and the consciousness of not only the collective of our universe, but the consciousness of Source Itself, as That has expanded.

F Now, when we are doing this work...like, for example, part of the codes that we will be affecting is that, "It's hard to change." It is also in a sense where when the codes are coming in we look at the world and we have a response...you could call it frustration, or whatever you want to call it...but in a sense seeing it like it's a *huge* monumental change that needs to occur and it's going to be impossible to do so. That's part of the code. So those are some of the things that we'll be playing with.

F Now, the changes in the codes that we're talking about, we're changing the frequency within it, we're shifting the consciousness in it, and it's really allowing yourselves...each one, individually...and I say this "individually" and I say this also "collectively" because there's levels here. And when I'm talking about levels, there's a collective aspect and then there's the individual aspect.

F And the reason I say "individual" is because *the changes in the codes will not take effect all at once*. That may sound surprising to you, but it will not affect everyone all at once.

F Because there's another component to this that we need to understand: We are here for a very specific reason. Each one of us as a soul has certain experiences that it needs to complete. And it also needs certain things in place to

allow this completion but also to allow exposure to be brought up so that we can see what we need to wrap up and what we need to clear.

F So as we do this process this evening, what we are doing is putting all the codes in, we are allowing them all to be ready to be activated and each one will have certain ones activated. Meaning that the areas in which you are ready to create a shift because you've done all the work that needed to be done, will take effect immediately. The others will take some time and will come in as the other work is being done, but it's already there.

F So it's very important to repeat at certain intervals this work. First the clearing of the fear, clearing entities, old energies, but then also this part of the process.

F Because there's not going to be any interference. This work that we're doing is not here to interfere with the soul's journey; it is here to complement it, to assist it. It is to break the patterns that it has had a difficult time breaking. Because there's many of us...a huge portion of humanity...that are stuck in a cycle that has been very difficult to break out of because of the continuous bombardment of encodements that it's been hard to get through so the soul has almost been stuck and not able to move. Even though it's urging and pushing and doing whatever possible to move forward. So with this, it's going to aid that to make that switch. But the things that have not been addressed yet will still be held there.

F But the Source Codes are there, the activations will be there, and you should repeat them as the time comes for each individual.

F And it's the same thing with the collective. A lot of the codes will be put in place...behind the scenes they have already been put in place. And there have been updates on that and it is still being updated. So the collective will respond according to the collective growth that is necessary.

F Because you have to understand, the circumstances, the experiences, the environment around us is, again, conducive to support us for the journey that we need to do. And, again, a lot of the things that are still playing out are really just wrap ups for the souls.

F Because you have to understand there's a lot of souls that have been moving forward, are making progressive steps forward, but there are still many that are not. And many are taking many very small baby steps. So the environment around them still needs to support it.

F Now for us, or the ones who are moving forward, it is again about stepping out of that whole thing about being frustrated and thinking that it's moving too slowly and being disappointed when we see certain things playing out when we feel, "Oh, we're done with this, why is this still playing out?" And I'm not talking so much

about on a personal level but I'm talking more on a collective level, around the world or even in the area that we are dwelling in, or something of that nature.

F Again, you have to understand, the key here is to shift as many souls as possible to create the changes to our environment, the world, and to our own personal experience.

F Because, remember, every single soul is another facet of ourselves. So we want to assist as many aspects of ourselves as possible.

F Because there's a couple of things going on here. Yes, they will continue to contribute to the changes and also become a part of our experience in a more active way. And the second part of it is that it is also allowing further progress while even a soul that has decided to leave and when they leave at least they've made progress but, at the same time, they have also contributed. So this all works hand in hand in that respect.

F The other part of it that I wanted to say is that...Antonia you were saying that there's a lot of changes going on and things are becoming more and more difficult to "hide", in a sense, because people are wanting to know. And the reason they are wanting to know...they want to know what's really going on, what's really running our experience. And it's not to go into judgment; it's to understand the operating system, to understand the systems that are in place that have served the old modality but are now being exposed so we can observe how it's operating so we can have a hands-on in understanding how to change it.

F And then, of course, with the expanded consciousness we are much more *able* to make these changes because we can see something *beyond* the old programs that were playing before.

F For example, one of the questions that came in...and then, of course, this question came up with somebody else too...saying about how we had talked about the fact that the nuclear weaponry had been disconnected and were now inoperable...but now in North Korea we recently had a nuclear test. Now, we have to understand...and I want to make this clear because I did mention it before but maybe it was clear...anything that creates any *major* turbulence or disruption or destruction on a nuclear level has been disconnected and is not operable. However, we are allowing *small* portions of it to still be there...only as a tool.

F For example what happened in North Korea just recently has created an uproar within the international community. People are saying, "What are we doing here?" There's much more looking at, "What's the purpose behind that? What are we doing? Are we still in this state?" So it becomes a tool. As much as we can look at it and say, "Oh my God, here we are still releasing nuclear explosions and so forth causing disruptions and earthquakes and whatever else and meanwhile we are supposed to be moving into harmony and so forth." Well, at *times*. **The harmony is**

**only created when we've created enough *turbulence* to create an awakening process.**

F But, to create a large enough turbulence where it actually disrupts the integral operating system of the planet and it creates a ripple effect throughout our planet, throughout our solar system, and throughout our galaxy – *that* is not allowed! *That* is what has been intervened. This has been worked on behind the timelines so we do not go into nuclear self-destruction or create a *major* catastrophe per se.

F And what a nuclear warhead does...basically anything nuclear...it just totally disrupts and destroys the operating system so that's why things disintegrate. It does not create or hold that projection any longer. It really disrupts the way we perceive and play with the world. It will no longer support what we project as life on the planet. So that's not allowed on the scale where it would cause that to take effect. So those things have been changed.

F Some of the other things, too, that have occurred with the codes...because I've been working on it very diligently with other beings and so forth...is to create as much opening as possible for us to step forward and awaken.

F Because, the thing is...we do the basic stuff...and what we are going to do tonight is to assist you...but *we are always writing our own codes* and also on a collective scale...by our *own* consciousness and our *own* operating method.

F You see, as our thought patterns change and as our consciousness changes, of course, what we produce, what we project, what we create in our environment will change. So the response mechanism is different...and everything starts to change...and we do that collectively. It's not that it's all done *for* us at this point because even with the changes we can do only so much because we still have to leave enough of it for all the souls to do the work that they need to do and to actually become, again, a self-Creator...in a conscious state.

F Because we are Self-Creators, however, not only do we not see it but we are creating something that's projected that's not even natural any longer because of what I was saying earlier...that a lot of the natural operating system was changed.

F So this work that we're going to be doing this evening (with the Clearing) will enable all of us to get into another playing field and also to make more changes within ourselves. At the same time, it will take down any interference, anything that is distracting us, and anything that is actually not allowing us to go back to our natural state. So if something is impeding it, it is to be removed.

F So as to the "material world," if you want to call it that...our outside world...of course, doing a little bit of research and so forth and looking at methods so that we do not continue to take in more codes and to take steps of that nature, will



complement. It's *not* to make this a major project under the Sun; in a way, it is to be at ease with this and, in a sense to start looking at it and saying, "Well, there's a lot of manipulation and encodements that are put into certain foods," and so on and so forth. And now you're going to start making choice in that part: what you drink, what you eat, what you expose yourself to...but not to do this because of fear and not to see that, "This is going to disrupt me totally!"

F        You have to understand...**we are shifting regardless, however, if we can lower the exposure then there will be less that we need to do within ourselves.** And, like Antonia was saying, there are a multitude of resources now that do expose various different things that are around us.

F        A lot of the changes that we will be doing (also within the encodements) will also allow a neutralization to occur in anything that is being uploaded. For example, the update in the operating system, with the new codes coming in with the Clearing of the Toxins, will allow us to operate more effectively but it also prepares us so that any other toxins that come in will not be ingested...I should say., will not be utilized as part of the experience. It will come through it, and if it does have any effects they will be very minimal in comparison to what it was before.

F        However, if we can reduce the exposure the better.

F        Now, of course, as we share what we've learned, what we've observed about what is out there (and this is why there's a lot of resources out there), we will share it with others. And as we share it with others, we start to work *together* to put an end to having these methods or these toxins and so forth still projected out onto our planet.

F        And this is one of the reasons, like you were saying, Antonia, that things are coming up to the surface now. Now you see there's so much information on vaccines, so much information on what children are exposed to, so much information on the different food products, the different additives, the different prescription drugs, the different methods of entrainment and so forth. It's all coming to the surface. And as much as they may want to try and hide it, it is almost impossible to hide it anymore!

F        And even the games that are being played within the governmental structures and all the different institutions are being exposed. Even the players that have been playing in those institutions that have been supporting it or have taken on the role to play it are stepping out of it.

F        So all of this is assisting us to make these changes occur. Because of the frequency, because of our state of consciousness now, the desire and the path that we started to move forward to no longer stayed within our state. A lot of things are being presented to us...like the wanting or our desire to know what's going on and what our experience is about, is also allowing us.

F Because before, like you were saying, people wouldn't question things...I mean there were a few but they were few and far between who were even concerned about what was in our environment, what was in our food, and so forth. It was not as mainstream as it is now. It wasn't like that before. Because people were in a state of consciousness that they'd rather not know. They didn't want to see that, "Wait a minute, we have a system, or a series of systems, that do not support us and that actually compromise us and really wants to minimize our experience?" It was so difficult to comprehend that we would actually do that to ourselves! Even though it was so blatant all around us and even though here we are creating all these weapons and blowing each other up and so forth, saying, "Well, how would we do that?" Well, it's just a larger scale of what we're already doing in pockets all over the place as we created the game of destroying one another...and so forth.

F So we weren't really wanting to know. And at that point in time the consciousness was at a point where you felt that the systems brought safety, brought security. And because we didn't question, it was like, "Well, OK, it's here, it's supporting us, and if I just work hard enough and if I just do this or that, I'll be OK. And there's all this other stuff happening in other parts of the world, but I'm not there and I don't need to get involved." And ones who were in those parts of the world going through it, they were just trying to survive through the day.

F So the questioning and observation was not at the same level as it is now. The awakening that's occurred for many, many, many people...even people who are not so progressive in moving forward...are now questioning things and have an interest because we're at a stage now where we can make those changes take form.

F So that's just to give you a basis on that. I know there were some questions you had, Antonia, so we can play with those now.

A Sure, but before we get to those...I know I've been e-mailing to people quite a bit about doing the Clearing on Fear and Entities, and thank you to everyone who's been doing that. Franco just sort of mentioned it, but the reason why that came in really strong about 2 or 3 weeks ago...I was meditating and it became *really*, really strong And that was a bit of an older Clearing but it was really strong to listen to and the minute I listened to it, that's when it become evident that Releasing Toxins was what we should now.

A I've had a lot of questions about...because I had said to do (the Clearing on Fear & Entities), so that you don't experience a lot of discomfort (when we do the Clearing on Frequency Detoxification). Because when you do a detoxification...if anybody has been on a detoxifying diet and so on, you can experience some detox reactions such as headaches and other kinds of effects.

A So the reason why I requested everybody do the Clearing on Fear & Entities is because, when you do that, first off you are raising your vibration. And as I had said in the e-mails, when I did the Clearing and I tuned in with Franco, we have made that Clearing vibrationally current to whatever is happening in your life now. So do avail yourself of that and so pass it on.

A Because as you do that and the more you do it, you will find that you will get a deeper and deeper peace. Or, as people have said in their e-mails, that fear may still come up but you get through it a lot faster.

A And as you are doing that, not only are you clearing yourself out, you are also clearing out a lot of fear from the mass consciousness...which is the ripple effect because you are assisting everybody collectively to move forward.

A The other part of that Clearing was the part about the Entities and we haven't touched on that. But we can also see them as one of the toxins that has been in our environment. Once again, they are part of our agreement.

A And I was talking with Franco and other friends, and we all agree that the entities that have been around have changed recently. First of all, as I have said in a couple of e-mails, there are many old, old entities that have been attached to family units that have now been ready to let go because of the vibration change and because of the agreement. And unlike before when sometimes it was very difficult to release entities...let's call them "sticky" ...that is not the case now. Once again, because of our agreement to end the denseness of humanity, they are feeling the call to go home. And as you do these Clearings on yourself and on your family, what you are doing is assisting the collective to send these *beautiful* entities that have been of *great* service back home. And they are going on their own. But as you do the Clearings, because you are raising their vibration, you are assisting them to leave.

A Now some people let me know that they experienced a lot of unusual effects. Some had nothing...which is fine. But for those of you who were experiencing a lot of difficulties, then that's why I said to please do the Clearing *repeatedly* until you come to a place of peace and neutrality. And you did. And I thank you for that. And please keep doing that.

A, The reason I ask you to please keep doing the Fear & Entities Clearing before starting the Detoxification Clearing is because ultimately the codes, the toxins that are put in, ultimately what they really are, are different ways of programming fear into humanity. So as you do the Fear & Entities Clearing, you are, in fact, detoxifying yourself.

A The Clearing that we are doing tonight specifically for frequency detoxification is to further assist you with that and carries the *most* current downloads that Franco and I have gotten together earlier this week to assist ourselves and humanity. So do keep doing them and that you for doing that.

A It is becoming...and both Franco and I agree on this...it is becoming much easier to move through a lot of Clearings, which is a great, great sign. Things aren't that "sticky" as they were before. You will still hear on the news and the media about vaccines and fluoride and chemtrails and HAARP and all this kind of stuff...and it will still be going on for a while. *But* it is less "sticky."

A And for those of you who are ready to work through this, you will find that you are not as affected by it. Yes, there will still be EMF's and there will still be cell phones and whatnot but you will find that it does not affect you as much as it did before.

A Anything you want to add to that, Franco?

A Because we really didn't cover Entities as being toxins themselves, but really they are. And hence why we had requested that the Clearing for Fear & Entities be done before doing the Clearing tonight.

A For those of you who are new and are jumping into the Detoxifying Clearing right away, don't worry about it...you're not making a faux pas, there's nothing "wrong" with doing it right away, but you might feel a couple of adjustments sometimes like when you do a regular body detox. It's just like any other detoxification that you start: you might have headaches, that's normal.

A Once again, with any detoxification, please drink clean water...just drink water.

A If you are not in a situation or a financial position to buy water and all you have is regular tap water, there are ways of cleaning your water. Simply hold the glass of water that you're going to drink between your hands and send it peace and love. That is probably the easiest way anybody could clean their water and bring it to a harmonious state. So don't think that because you can't buy an expensive machine to clean out your water that you're doomed. You're not! (laughs)

A And, once again, as we keep clearing each other out of fear and everything else, then the vibration of the water shifts. Everything changes!

A Is there anything else you want to add about that Franco? About how fear and entities have played into acting as a toxin on humanity right now?

F Yes. For the people who are new to the Clearing for this evening, that whatever they are ready for will take effect immediately. However, if they go back and do the Fear & Entities Clearing, it creates more openings for those codes to actually work a bit more. So by doing them in conjunction or by doing a few more of the Clearing on Fear & Entities before replaying the one that we're going to do this evening, it will create more preparations so that the actual codes will be more

effective. So you are actually opening up the playground for it to be more effective.

F Fear is a very huge block. It's a very dense energy. It's a very muddy, sticky state.

F Now with respect to entities, basically what's happened...and I know it's always an awkward way to explain entities...but they are just pockets of consciousness from beings (souls or whatever) that have left the planet.

F A lot of them that stick around are really of lower vibration. Because the energies of the planet were of low vibration, the entities fed off the planet's energetic collective energy and frequency. And it almost became a feeding space for it, and it would stay. And because humanity's state of consciousness was still fairly low and it still resonated with the role that they were playing, they were able to maneuver and stick around.

F And, in a sense, what would happen is that a lot of them would stick to people and basically embody them or just attach to them. But in embodying them they would actually feed off the fear, the anger and so forth. So a lot of the attachments were when somebody was in a very low frequency state like inebriation, a depressed state, an angry state or something of that nature...or just being in a very fearful state altogether.

F And a lot of them have travelled through the family dynamics because a certain pattern...for example, a lot of times they would stick to a certain pattern. For example, an entity would be a pocket of consciousness that was utilized and shared over and over again and it was handed over, in a sense, where it's finding its home...it's finding a place where it actually feels at home. And then sometimes it would get into a family dynamics which has certain characteristics that play out similar to what the entity...and it would be able to continue playing through that and actually even accentuate it. So it was not only being fed because of the energy and the frequency with which it was operating but it was also the pattern it would play and it felt at home with that.

F So with the changes that are going on now, the family dynamics energies are increasing, the energies of individuals are increasing, the *planet's* frequency has changed. It is not a feeding ground any longer for these entities.

F Now for many of these entities have been here for so long...for hundreds and hundreds of years, sometimes even thousands of years...that it is hard for them to find a path home. They are always looking for portals of light that will take them back home.

F And when we're talking about "home", they are going back to the Light Realms, where they actually go through either a complete process of removing layers and layers of archaic experiences and consciousness that they played with

before, and allow them to prepare for merging with Source or back to Pure Consciousness, or Pure Light. Or it could take a form where it could actually be a part of reincarnating or something of that nature, within a physicality of some sort with a soul or something of that nature. It's complicated and I won't explain all the details of it right now.

F So they are looking for these portals and, of course, what's happening is that more and more people are becoming portals because their frequency is rising and so forth. So you might notice at times that you are going to have more dark energies around you. They are not affecting you or anything. They are just coming close to the Light and saying, "OK, can you send me home? Because I can't find my way." Because they become blinded, per se. They can see the Light, but they can't see the path. But they're not coming in to attach to you per se...especially if you're light, or light-er, they wouldn't even be able to do so. But they are not here to attach or attack or anything of that nature any longer.

F And that's why they're different. They're much more cooperative because they realize that it's getting very uncomfortable for them to be here in their particular state.

F Now sometimes the entities can shift their own frequency and they can stay a little longer if they adapt a little bit. But, again, as they go through the adapting portion of it, their role changes so they are not going to be playing the "dark" role.

F So right now there's a major, major, major purging of "dark." And, you have to understand, a lot of these entities were stuff that was left behind from wars, different so-called departures from physicalities and they were kind of left stranded. And there's been a lot of that happening over several thousands of years so a right now a lot of this is happening where there's a lot of clearing.

F So when you are doing the process of clearing fear...because they feed off fear, mostly...that's their main source of "food" ...but, again, even something like fear it is like a sugar-coated doughnut. It gives you some sustenance but it's not supportive. In a sense, inasmuch as it feeds off fear, by clearing the fear it doesn't even allow it to feed off you. But as you are going into the clearing of Entities, it gives you the energy, the Light and the frequency to be able to send them Home. So if they come close to you, you are just creating that portal.

F Now for some people, depending on where they're at they may attract a lot. And it's not that all of a sudden you feel all this dark energy around you that you yourself have gone "dark" ...No...it's actually that you are attracting the dark so that they can go Home. And they are becoming very cooperative in doing so. So you are not getting the same challenges as before.

F So it's beneficial to do that...especially in the lineage of the families...what happens with a lot of family members is that they are affected by it and many of the

entities are finding it very difficult to stay there. So they migrate and they find a soul that is a lighter embodiment of frequency to be able to use them as a portal to go back...to get off the planet, really...and to go back into the Light Realms. So by doing that work you are able to assist that Clearing.

F And as more of these older entities...because, again, these older entities carry old frequencies, old codes. These were codes that were ....And a lot of the entities that were here are ones who have had traumatic experiences and that's how they remained on the planet. So a lot of them are carrying stuff that we've superseded and we're ready to stop out of completely. So we don't need them to be on the planet...and they don't want to be on the planet anymore because it's like, "OK, I'm done here. I'm not in a place where I can continue to contribute." Even though they might be a dark energy, they still contribute by accentuating the polarity and they continue to play a role that would assist others to move forward.

F So by clearing the fear...because fear is huge. Like you were saying, Antonia, the major stumbling-block or challenge that we've had as humanity is fear. It is the most powerful energy and has kept us stuck or at least projected this stuck state for so long.

F And now, by removing fear...because we have so many different layers of fear. Fear comes in many forms. The fact that we don't feel secure is a form of fear. The fact that we may be alone or this or that, or we're not going to be able to have enough money, or we're not going to be able to look good in front of people. These are all fears. It comes in so many different forms. Some of them are not so impactful, but they are still behind the scenes.

F So when you do the Clearing, you are basically removing the layers of the onion... (laughs) the onion layers...each time clearing fear and more fear. Sometimes people have it very light at the beginning and then they find some other stuff going on.

F Now the Clearing process and activation not only gives you the opportunity to expose more of these fears, but also it minimizes the fear around you that has been accentuated by others and other things playing out to really stick to you or activate you. So you could be surrounded by a lot of intense, dramatic stuff going on...families or within the community or within the world...and you're not drawn into the fear. You'll notice that there might be just a little twinge of fear, but it comes and goes very quickly. So basically you've de-coded yourself from responding to fear and going into a perpetual cycle of projecting it.

F So by doing that, it is not only clearing the fear but it also prepares you to be immune to it, in a sense.

F And I know people too, a lot of times when we talk about entities, it becomes about ghosts and scary things and so forth. As much as they may have played some

roles of that nature, the majority have always been pretty tame, and really, it was just looking for some physicality to embody so that it can actually continue part of its old routine and so forth. So they would always try to match themselves up with somebody vibrating at that frequency.

F But, again, as those frequencies are changing, they see that those roles are no longer serving and they feel that it's not beneficial for them to be here any longer and they're leaving.

F So it's nothing to be "afraid" of...(laughs) of course, if you are afraid of it, they may be able to feed off it and stick around a little longer...but they really can't cause any harm. It's more the fear that we've been programmed.

F Because, if you look at it, if we've watched a lot of horror movies and watched a lot of stuff that made the supernatural something to be feared, of course, that's a program and it plays out. As much as you may see...it's like the movie, *Casper, the Friendly Ghost*...now if you're afraid of ghosts, it doesn't matter if the ghost is very friendly and nice and cute, if we have a belief to be afraid of it and that we need to run away or that it can harm us, it doesn't matter how cute and light they may play, you are going to be scared of it because that's the programming.

F Because, without the programming, you will get to see it as, "Oh, another facet or projection that is still carrying an older, denser consciousness that is only choosing to move to Light, that is only choosing to upgrade itself anyways." (Laughs) You're not going to see it as something horrible because it's not really. It's been made up that way because that was part of the programming when we went into the coding aspect of it.

F And, as you can see right now, we have come to a point where we are ready to embrace our brother/sister souls from other planets and a lot of the system is aware of that. And what have you been seeing the last few years...especially lately? Alien movies. They're always invading the planet as something we need to fight or be afraid of and stuff like that because it is creating a fear. It's a pattern. It's another program. Another toxin. That's all it is.

F But, realistically, that's just to create enough of that so that we can see that we need to go with our own inner feelings and not the program itself.

F And to be able to see that they are only another facet of ourselves in a different physicality, and they are not here to destroy us or anything of that nature. It's to their *advantage* that we progress, just as it is to our advantage that they progress. We are all working together. It doesn't matter from where we're at.

F We're all brothers and sisters. Every single planet in our galaxy and in our universe and right back to Source Itself are all just other facets of ourself. It's all us, just having different experiences. That's all it is.



F And we all contribute. Because each one of us is contributing to each other, which is another facet of ourselves, contributing to other facets of ourselves. So that we *all* expand.

F When you look at it right now to its core Essence, we are Source Itself having multitudes and multitudes of expressions, multitudes and multitudes of experiences, and multitudes and multitudes of evolutionary processes that are taking form at the same time.

F But it all combines to One!

A Absolutely. And also what has shifted too is that up until now each soul had its own journey and it had its own things to accomplish. And really it was you were on your journey. But with the shift into Oneness and now that we are in the 4<sup>th</sup> Dimension what's happening and what you are availing yourself of when you do the Fear & Entities Clearing is not only are you clearing fear and entities for yourself, but you are also doing it for those in your family and those that you love. And it's shifted a *little* bit in that now it's not just you. Because Oneness has come in, as you are clearing for yourself, you are clearing for all. That was always the case, but before it was more that you were on your own journey. What has shifted now is that as you are doing this, as part of the Oneness, you are clearing it on a larger scale for all of humanity.

A With the frequency changing now, and especially we will be coming into a *big* shift into mid-March...and Franco was saying March 13<sup>th</sup>, to be exact...but mid-March...what will happen as you are doing these clearings on yourself, not only are you just clearing yourself...it's like a "multiplier" effect being put in where, as you are clearing yourself you are also clearing all of humanity. It's like of like that little snowball...before it just like of kept rolling down the hill, but as it's rolling down the hill it's getting bigger and bigger and bigger...and that is what's happening.

A As you do these clearings you are assisting in a grander and grander scale. So thank you, thank you, thank you for doing them. And you will find that the more that you do them the more in a state of peace you will be.

A As things unfold over this next while, if and when more chaos breaks out, you will see through it and won't be as affected by it and you will just move quickly through things.

A Anything you want to add to that Franco? Because there was a shift, maybe last week. And there will be another major shift coming in the middle of March that will make these clearings...it's kind of like it's been "potentialized"...I think I made up a new word there, but I like it. (laughs) It's like it's been magnified. So it's a great time to be doing this right now.

F Yes. And it's being supported fully now whereas it wasn't before. Like your analogy of the snowball...before we were pushing the snowball to make it grow...uphill...and then it became more on level ground...and now it's sloping down! So it becomes easier and easier to do it because it is supporting the effect of it becoming a grander and grander effect on everyone. So it is much more supported than it ever has been before. We don't have the same resistance.

F *The force is with us*, as opposed to against us, at this point.

A We've had some questions about using frequency devices and things like that. As Franco and I will *always* tell you, we never point you in one direction or another. First I would recommend that you do the Fear & Entities Clearing and then check in with yourself and see what feels right for you and what brings you peace.

A *That* will always what we will tell everybody. Always seek your own inner guidance first and foremost.

A For foods, a really simple and very effective way to "clean" your fresh produce, is to first wash it under cool running water. Then use a bowl or container which is either glass, ceramic or stainless steel, add fresh cool water and a little bit of regular, inexpensive, white vinegar, and then let the produce soak in that for a bit and then rinse it off really well. The vinegar will leach some of the toxins that are on the exterior...and, once again, that just lightens the amount of load on your body.

A Obviously if you can buy organic, then do that too. Not only are you adding fewer toxins to your body but you are also supporting local farmers and small farmers that have reverted back to a more harmonized way of growing produce.

A As you do the clearing on Fear & Entities and as you do the clearing of the Detoxifying Frequency you will find that you are naturally drawn to different things anyway. So even though I might be giving you some tips, you will find that you will just want things that are more whole and complete. You will be drawn to products that you use on your skin or hair or even the makeup that you use...you will find that you will be drawn to a more holistic product anyway. So always heed that.

A I don't want you going into your washrooms and into your kitchens and being terrified of what you have in there. It really is just common sense. It's really about just going back to basics. Back to things that are holistic. You will find that a lot of the things that you have in your kitchens and your washrooms and what you use to clean your house with aren't necessary.

A Between vinegar and baking soda you can pretty much clean your whole household (laughs). It's cheap, it's inexpensive, it's non-toxic. If you need to scrub something clean, use baking soda. If you need to clean your windows, water and vinegar will do. It's really very basic.

A You will realize how simple life can really be and how a lot of the cleaning products and hygiene products are just created to...as Franco likes to call them, they're "make-work projects."

A So, really, if you are looking to simplify your life, you'll find that there's a lot out there ...there are a lot of great websites that can give you tips on how to naturally clean your houses, how to use natural skin products.

A My current favorite of all time is raw organic virgin coconut oil on the skin. I could go on forever about the virtues of coconut oil: it's anti-bacterial, anti-fungal, anti-viral, it's great for your bones...it's just a wonderful product! But I don't want to get too much into that right now.

A But as you do the clearings, both on Far & Entities and on Frequency Detoxification, you will find that you are drawn to a simpler lifestyle and the choices you make in the food and products that you purchase will absolutely change.

A Anything you want to add to that Franco?

F You covered it really well. It's not that complicated once we start really looking at it. It really simplifies life!

F And we have a tendency to gravitate to simplification now rather than complication. Once upon a time complication meant something different to us, it meant something superior. But now complication is something that...and I've noticed with a lot of people and even with myself that keeping things simple is usually the best way. When you look at too many steps of things or getting caught up in anything...dramatic stuff or whatever it is...it's like you don't gravitate to it now and when you do gravitate to it, it's like, "What am I doing this for?" You just don't feel drawn to it anymore.

F There are lots of *simple* things we can do to support our new life.

F And as we go along with all the changes in the world you will see that 90% or most of the stuff that we have now...structures, systems, and so forth...will dissolve. Because we'll notice, there's no necessity for it.

F And the simplification will give us an even *higher* quality of life.

F And *more* of it!

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