

HARMONIZING THE BODY TO FLOW WITH TRANSFORMATION

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With

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Antonia

Tonight's program is about realigning your body with the transformation...or having your body be more in the flow of the transformation. We've been getting...well, I won't say "bombardeed"...but a lot of energy updates coming in and a lot of frequency changes coming in and the body is still adjusting to it. I've been getting a lot of e-mails about odd sensations in the body, pains, headaches, a lot of buzzing in the ears (which is really common), people having difficulty focusing, and so on. So we thought we would have a Clearing call tonight to help the body realign.

And I did a webcast recently with Qi Gong Master James Foo on pineal gland opening. All these calls are to assist because we are getting way more energy coming in and the body is a little bit slow to adjust to it so it takes a little bit of time. Right, Franco?

Franco

Yes. And the reason it's take a little longer to adjust is that it's very foreign to the bodies.

You have to understand...the bodies are carry-overs from thousands and thousands of years...and we've gone through a span of 10,000 years where the cycle of change...the increments of change has been very, very slow in comparison to what is happening now. So it's very foreign to the body that there's so much change happening at such a powerful rate.

At the same time, the frequencies are going into levels that it's never...it doesn't have it in the DNA...it doesn't have it in the programming at all. So the body actually goes into a state of confusion at times and doesn't really know what to do with it. Eventually it does align to it. But many people are having a lot of different powerful sensations and experiences within themselves because of it.

Now what happens also with the changes that are occurring is that sometimes we get out of balance because we are no longer aligned with the energies of what our own soul wants to emanate with what the body wants to emanate. Because, again, the body is exposed to a lot of other elements and other energies on the planet which are *still* of a lower vibration...I'm not talking about the planet itself but all the other things we are doing on the planet...creating all the toxicity and so forth. So we are kind of all over the map.

And an interesting thing...and I'm sure you, Antonia, have had this as well as others...the question comes in..."Is it normal for (this)? Is it normal for (that)? Should this be happening to me? Is this all part of the shifting?"

Well, the one thing I have to say is there is no "normal" any longer because we are re-writing everything...everything that's being done...everything is new. So there's no norms for the body and no norms for how we are dealing with things...because *all of it*, at this point in time, is being completely transformed...transformed, period.

Antonia

And as you were saying...there is no normal...so we should throw out the window any "comparisons" of normal. Now, more than ever, do not judge your experience based on someone else's experience because that's only going to wreak more havoc for you. There is no "normal." Actually, there never was...but, really, there isn't.

People are experiencing a lot of different things and some people have different sensations. Yes, in general there seems to be more ear buzzing, some dizziness and slight aches and pains. If you have them, that's OK; if you don't have them, that's OK. There is no such thing as normal. There's just your experience.

People tend to say, "Well, why do I have it?" or "Well, why don't I have it?" So they can be on either side of that equation. Everybody is so different right now and everyone is going through their own thing and, sure, it's bringing up aches and pains in the body from emotions that are buried in the body to get awareness or to help clean out any kind of stuff that we're still holding onto. And for each person it will be soooo individual.

Franco

Exactly. And the other thing is that certain aspects in the body are starting to get re-activated.

It's kind of like when you have an arm or leg fall asleep because of your position...your nerves actually get numbed. And when it starts to wake up again you start having all those weird sensations like a lot of needles being stuck into you and so forth. In a way, there's some of that too, because certain areas are now being unblocked and there's now a different form of energy flowing through those areas. A lot of times it manifests as pain; but it's not a pain because it's negative or because it's trying to tell you something...it's a pain that, in a sense, is being caused because you are stimulating something that's not used

to being stimulated with that vibration or that energy that was there before...for a period of time.

So you can't really categorize anything and say, "Well, it has to be this way or that way. And if I don't have it this way, then there's something wrong with me, and I'm not awakening because I'm not having these sensations!" No. You can't assume that there's a normal. Because, like you said, everybody's having their own experience and everybody is going to have what is needed for them in whatever period.

The key here is to flow with it and to see everything as part of the transformation that's going in and to just flow through it.

And it's not about "grinning and bearing it" either! It's just flowing with it.

And, yes, if you feel guided to do anything that will assist or anything that will facilitate for you or in some way to accommodate what is going on...if you feel guided to do something, then that's great. That's your body and your higher self communicating that, "OK, do this. Take this path," or whatever it is...this will stimulate or accelerate the process or even facilitate it in one way that can create the completion or whatever it needs at that time. So just flow with it.

Right now (sighs) there's so much going on...we're experiencing so much on all levels that it's almost like you can see yourself going on quite a ride (laughs) on so many different experiences...on the physical level, on the emotional level, on the mind level. And the key there is to just flow with whatever's going on. And only address things as they need to be addressed. And you will know because it will be clear enough for you to know which direction you need to go.

And sometimes we don't have the clarity, but that's only because there's other things unfolding that you need to go through...a completion or something of that nature. So it's just being attuned...and flowing with it.

Antonia

And part of it is...Franco and I were just talking...and absolutely everybody was talking about how powerful the last couple of days have been...for us, brutal (laughs). So we're all experiencing that.

With respect to some of the questions that have come in from our listeners, someone was saying that they have been having headaches when there are weather changes and then it will hang around in a low-grade state for days. And yes, a lot of people have that. Other people have been experiencing tingling in the ears, dizziness....

So tonight's Clearing will assist with all of those symptoms.

And one thing that I do whenever I go into a meditative state...because I do mini and micro meditations throughout the day because of my hectic schedule...so whenever I have 5 minutes I just close my eyes, focus on my breathing, calm myself down and let myself connect to Love. And that, more than anything else, has helped me to stay grounded so I can go on to the next thing. And in the past few days I have had to do that very often (laughs) in order to be able to move forward.

So tonight's Clearing will assist. Once the clearing is done, please download it and use it whenever you feel guided to. Because even though we are recording the Clearing tonight and yet more changes are coming through in the next while...the energy on the recording just automatically upgrades. When we record these Clearings, we don't close stuff off...we like to give you whatever is the latest to assist. And we always leave ourselves open to be able to tune into it and let the energies "upgrade" or "update" themselves to be of further assistance.

Anything else you want to say, Franco?

Franco

Yes....regarding the Meditations. A lot of the different Meditations, Clearings and so forth that are played out are done at a certain level of consciousness. And when somebody reaches a certain level of consciousness it goes into the sharing mode where you share what you're achieved or received or learned or experienced within yourself. Most of the modalities have a range of what consciousness was used when it was prepared.

Now, in the Meditations that we are doing, as you were saying, they upgrade. Because we create an open platform. We actually implant as much of the spectrums as possible that can be compacted in any level of timelines...even though that's in a fluid state...so that, in actual fact, it upgrades automatically by the person upgrading themselves.

But it also upgrades on a collective scale too, because we put all of it.... It's like we put all the options in, we put all the different frequencies in, and then it's up to each individual or collective to utilize any part of it. So any upgrade...it's like an open format, it's a self-expanding format that occurs. So it works very different in that regard.

And this is one of the reasons...a lot of people say, "Well, you did it at such and such a time...how can we...?" Well, you know, I understand that it may have been done even a year ago, for example. And of course the frequencies are going to be way different from now to what it was a year ago. But, at the same time, when it was done a year ago, it was not done only at the frequency that was around a year ago; it was also encompassing all the upcoming frequencies and all the bands that were necessary and spectrums that were coming through. Even though you might not be able to access all of that at that time, you would have access to what you were ready for...and listening again at a later date will give you accessibility to the aspects you couldn't access before.

So I just wanted to bring that forward for clarification.

To go back to the questions about the headaches, the sinus problems, fatigue and so forth...that's a huge one. And especially, too, with the weather changes and so forth. In essence what's happening with all of that...and this is becoming very common, as you mentioned, Antonia, that many people are feeling that fatigue within them. It's just the bodies adjusting themselves to the new energies and also coping with...It is coping to some degree and to another degree it is also purging a lot of stuff...debris and so forth that it has taken on. And when I say "debris," please understand that everything is just an energy field...so what I mean is that it is just dispelling all the energies that are no longer necessary.

The headaches are very common. And that is being experienced on so many levels with so many people. And also the sinus...that's a huge one too. You may feel like you have a cold coming on or you may feel that you are having an allergy attack...and meanwhile it has nothing to do with either one because there is no cold coming on and there is no allergy attack. So it can clear up rather suddenly or it can last for quite a while. Again, it's just part of the adjustments that are taking place.

Now to flow through it is really just to allow it to take place without categorizing it, without thinking, "Oh, my God, I'm getting a cold! This is uncomfortable," or whatever it is. Yes, it may be uncomfortable to some degree. But just be fluid and neutral about it.

Because we are exposed to a lot! And it depends on how our thoughts are or how we feel about certain things. Because a lot of times we have so much fear attached to certain ailments so that when certain situations come up in our physicality our automatic response is, "Oh my God, what could be wrong with me?!" or something. And then, of course, we have the automatic default where in some cases we say, "Oh, it's just part of the shifting that's going on," and they are kind of OK with that while being uncomfortable at the same time.

So it's not that you need to accept it. It's not that you need to say, "OK, this is part of it and that's all it is." Rather just allow it to flow and not resist it, while at the same time also pay attention to anything that is indicating certain changes.

Because the changes may not be only on an emotional level...although a lot of times it is...but it also might be whatever exposure you have...depending on the foods and whatever else...how you're feeling about things...are you getting stressed, strained or anything of that nature...so they can all be connected. So, in a sense, take a look at that also...but with ease...to flow with it and look at it like, "Oh, I have to fix this!" or something of that nature...because then we are also getting into that "to do" part of it where we stress ourselves and so forth...and that's only going to accentuate it.

Now, the other thing I wanted to mention...there are many souls on the planet here that have agreed to take on a bigger bite of things for the collective. So you may be moving much more energy through your physicality, and much more clearing is happening not only on a personal level but also on a larger scale. As a result, you may have certain symptoms...because the body is not used to those types of energies...like I was saying

earlier. But, you don't become a clearing house, and it's not that, "I have to have this go through me because that's the only way we clear it." No, that's not necessary, that's not what's expected and that's not what we've agreed to. You're just allowing it to flow through you. And as it flows through you the body is going to react at a certain time in a certain way.

As for the tones in the ears and so forth...a lot of times we are picking up other bands of frequency which activate other codes within yourself...and it also downloads certain levels of consciousness and also certain levels of clarity come through at the same time. Yes, it can be annoying, in a sense, if you want to look at it that way...like, well, you have this high-pitched screeching in your ears. That doesn't mean that you just let it be...that's part of it, yes.

But, at the same time, if you feel guided to go into a meditation or bring in energies of Love which is from Source energy itself...which you already have in you anyway...but just to go into that state...you will notice that it becomes...not that it will minimize in the sense of what it's doing...the reaction, the intensity of the high pitch will become less noticeable...become less disturbing if you want to call it that. But, the thing is, what's happening is that in that state of Love, you are allowing the energies to flow with less resistance. Because a lot of times the screeching and so forth will cause part of our physicality and so forth...like our hearing system...to react and to resist...and so it doesn't really feel comfortable having that high-pitched tone coming through.

So by tuning into the energy from the Sun or from Source or from Love, what happens is that you're actually transforming some of the blockages that may be causing resistance...or response mechanisms of resistance...within yourself. So that it actually flows more clearly and you're not going to have the same irritation, discomfort of the high pitch because the noise will be minimized. And I think you were saying something about that at one point too, Antonia...when you did the meditation and spent a little bit of time to focus on Love or other energies...then it actually toned down.

That doesn't mean that the process has stopped. It's basically that it's just not creating that polarized aspect of the two sides. And if you're not feeling open, then by doing that meditation you are basically creating the opening so that it flows through.

Just to give you an analogy...when you have a small opening and you are trying to press a lot of things through it, you can have a high-pitched whistling noise. But if that opening opens up a little more, even though there's the same amount of flow then there's less restriction. And with less restriction then you don't have that high-pitched noise coming through...like the whistling noise that you hear when a lot of air is being pushed through a small opening. So it's the same thing with the energies. When there's a bigger opening then it flows through much easier and you're not going to have that high-pitched noise. The energy is still coming through but it actually comes through a lot easier.

And you'll notice the changes within yourself energetically in how you feel and so forth a little bit more that when you have the screeching.

If the screeching creates a little bit of irritation, then you tighten up even more and it then actually blocks...well, I shouldn't say "block," but reduces the movement through the body of the energies that are coming through.

Because a lot of us are taking in raw energy that's coming through...and I say "raw" but it's not in its rawest form from Source itself without filtration...but it goes through a much higher level than normal, then our body assimilates it, our consciousness assimilates it and then...because we are all transmitters...we then transmit it through our processed state...which, again, helps other souls on the planet which are not quite at that point. So many of us are also playing a role in that regard.

Antonia

Yes. And, of course, this is all wrapping up to allow the 5th Dimensional energies come in in 2015...so we still have a long way to go, actually. But the energies in the last few days really ramped up. And some people may be going through some intense, what may be perceived as denser emotions like anger, frustration and so on. Just ride them through! (laughs) Just ride them through. That's all part of it.

And sometimes it may feel like it's not even yours. And this is like when we talk about the souls who have agreed to...we've all agreed to come together and assist...but people who are acting as clearing houses to assist humanity, sometimes they are just taking on a bigger part of that denseness that has been in humanity for so long...to move it up, to shake it up, break it down and move it up. So if you're going through that (laughs) don't judge yourself and don't kill those around you! (laughs)

Do little micro meditations...just close your eyes...even if it's just two or three minutes,,close your eyes and focus on Love. And know that it is passing.

When you go into that state...and I had a weekend like that...I called it my "Dr. Jekyll and Mr. Hyde"...my poor husband and children...I tell them, "Stay away from me!" And they're like, "Alright!" And I knew that it wasn't mine because it was old. And I just had to ride it through. And when I did I was fine.

So if some of you are experiencing something like that, just ride it through. I always visualize it like a wave. I see a wave coming through...and I see Love coming through that wave. And I know that it's not a permanent thing. And I just basically let it clean out...is how I kind of see it when it's happening. So if you are going through those kinds of emotions...it's OK. You haven't stepped back, you haven't lost any kind of awakening; it's just part of what's happening right now.

A lot of people are having a lot of emotional buttons pushed, right Franco? (laughs)

Franco

Exactly. And as it is coming through you...because there are many souls that are not... as collectives and so forth...they are not able to process those higher frequencies coming through, so you're doing that part. So you're all part and parcel of it. You have to understand...you are still part of every single soul that's on the planet which are just other facets of yourself. So you're doing that part.

And a lot of times the energies are, like you said, Antonia, very old. You have to understand that we are now digging up everything and not to always feel that it is part of your old experience. Because in one way or another it *is* part of your old experience because every other facet of yourself has certain experiences as another facet of yourself. So you've basically broken down all the experiences you wanted to have and all the clearings that you wanted to proceed into and through every single soul...and sometimes certain facets of you, certain versions of you are not in that state where they are able to process it through at this point so that you create an opening.

Now, you create an opening...but you are not doing their work for them...you're creating an opening. So you're actually experiencing it and creating the opening so that other facets of yourself will be able to utilize it when they tune into it.

Now you have to understand that as you are going through some of these processes of clearing, sometimes it can be quite intense and so forth. But, again it's about riding it through and so forth.

And when I say, "riding it through" ...again, I want to bring up not to "endure" it but rather just let it flow. It's like a wave. If there's a wave coming in you can choose to either buckle down and get hit and get knocked around by the wave...which is still going to be beneficial in one way or another...or you can try to ride the wave. And basically ride that ride (laughs).

So if you have a surfer that sees a big wave coming in, he sees it as an absolutely amazing opportunity to ride and have an experience. So certain emotions coming up...and you are coming in in the frame of mind or the state where you are able to ride it and to utilize it as a powerful energy of transformation, then it becomes a lot easier to flow through it.

And not only to flow through it but you actually expand other aspects of yourself...and those other aspects of yourself will create openings for even more other aspects of yourself even much more powerfully...and so on.

Antonia

We have questions about the best way to maintain flow with such things as SMART meters and all kinds of stuff...all "dirty energy," cell phone towers and other stuff. So the question is how to maintain yourself in a harmonious state with all of these bombardments of cell towers, radio waves, radiation from Fukushima, SMART meters. So what is the best way to maintain

yourself and maintain your body...instead of letting your body be affected by that level...and instead allowing your body to be in a harmonious state with the ongoing transformation that is happening?

Franco

Well, that's like saying, "Well let's go running and find a cave that's really, really deep underground so that we can get away from the exposure!" (laughs) But that's not what we signed up for and that's not what we're here for.

You said something very interesting when you referred to it as "dirty energy." All energies are just that: they are energies. They are spectrums of frequencies. And even radiation is not any different than any other energy; it just operates within a certain spectrum. Of course, if you get close to radiation and get a high dose you can have one of several results: either you can develop all kinds of malfunctions in the physicality and check out, or you can flourish from it and gain a very enlightened state of being within yourself.

Again, it's the same energy; it just depends on the state of being that you're coming in with.

So, really, with respect to the SMART meters and all the other radiation components like cell towers and other stuff that's around, in a certain state of consciousness and in a certain frequency of yourself saying that you will be able to....

And basically, you have to look at it that energies are very neutral in a way. It does not have to have a specific outcome. It's just a band of frequency.

It's like anything. Like any band or frequency you tune into on a radio, it's just a frequency coming through. The more important aspect is really what's put into the content that's coming through that frequency. So there may be intentions around whatever is being released or whatever is going on. However, it is up to the recipient/receiver what it wants to utilize and how much of it it wants to utilize and how it is going to respond to it, at this point in time.

So you're coming in in a state...for example with respect to Fukushima...and you have all these energies coming through and so forth...you can choose to be afraid of it because, actually, that's kind of the intention behind it...that's what's being propagated...to be afraid and to react and so forth...and then there's the aspect of right and wrong, "Look at what they are doing to us. They should have never done that!" and so forth. So you can come in from that point of view. And, of course, with that point of view you're going to have a very different reaction because the energies that are being emanated from the radiation will be internalized very differently...which can only...because basically it's just a boost of energy coming in in a very powerful state in a certain band of frequency...so if you're open to receive it and transmute it into a malfunction in the physicality...creating cancer or whatever it may be...then that's what's going to happen.

However, if you are in a completely neutral state...and I say “completely” but I mean in a very peaceful state and so forth...the energies that are coming in can be transmuted and utilized.

It's like this...let's use the example of electricity. You can plug something in, you can light up something or turn on something that will benefit you and so forth. But you can also use that same electricity and electrocute yourself. So you can fry yourself and even exterminate the physicality from it. So there are different ways you can utilize electricity. So, in actual fact, when you have radiation and you have all these things coming through, you can either use them to fry yourself, or you can utilize them to accentuate you, light you up, and turn you on...type of thing...if you want to call it that (laughs). So the experience is very different.

So your state of consciousness and whether or not you respond with fear makes all the difference.

One of the key things to utilize the higher part of that frequency coming through and to be able to transmute it, is to deal with all the different fears, to deal with all the different stories and so forth that come up within ourselves.

Because, you have to realize...a lot of times we take on what we heard from the media and so forth or from so-called experts or however they want to label themselves, saying, “OK, the energies are coming through from the radiation (or whatever it is),” and you can say, “Oh, my God! I'm being exposed!” And that's why I come back to the comment that I made before...and that is that you can go and hide in some deep cave and try to limit your exposure to it and run away from it...or you can turn around and say (with reference to the wave again), “Oh, great! Look at this high frequency coming through, this radiation, this frequency coming from cell towers (or whatever it may be). Now how can I utilize it and transmute it to energize me so that I can go and do what I need to do or want to do, and to facilitate this transformation on the planet?”

And, as you are doing that, you are actually creating more openings for other souls to be able to utilize those energies in the same way. So you can see how it changes.

So if you're going to have fear around the SMART meter, then, yes, you're going to feel sensations or experiences within yourself. Because it comes up very often, you could turn around and say, “Well, since they've put in the SMART meter on my home,” ...and it's not just on your home...because, you have to understand...if you are in a community there's going to be lots of SMART meters and each one is transmitting. So if there's fear around that or if you are operating in a very low frequency, you are going to have what might be called very negative experiences from it. It's never actually negative, even though it might be judged as negative...but you are going to have certain experiences that may not be as pleasant because that's not where we're at.

However, you will notice that not everybody is going to respond that way. Depending on each person's state of consciousness and the frequencies within which they are operating,

some people may not even notice anything of that nature. Or they may even feel elated from that exposure.

I'm not saying that we have to give power to it in the sense of saying, "Well, let's all utilize that energy!"

It is an energy that as a different intention than the highest level. However, that's only an intention. How we utilize it is on an individual basis.

So the key here is to continue doing your work because anything and everything that comes up for yourself is an opportunity to for you to continue to transform and to let go of anything and everything that's within yourself. So if it stimulates any fears, any reactions and so forth, look at the different things that are still active.

And it doesn't even have to be directly related either because it could be, in a way, something that's just like a light coming on but it has several other meanings. So one meaning might be, "OK, this light is getting my attention. This experience is gaining my attention...or asking for my attention. So let me look at other things that I need to work on within myself."

Because we are now going through a very powerful transformation. And part of this transformation is letting go of everything and anything that we have as part of our operating system within ourselves that will reflect 3rd Dimensional consciousness, that will reflect old altered programs.

Because, you have to understand...a lot of the clearing that we are doing is not only just 3rd Dimensional consciousness...we are actually looking at a complete re-program, re-manipulated...if you want to use that as a word...but it's all perfect...an old program that was an altered 3rd Dimensional consciousness.

Because we are not stepping from a 3rd Dimensional consciousness and going into a 4th Dimensional consciousness. The 3rd Dimensional consciousness that we've been in has not been a "pure" 3rd Dimensional consciousness from the original design; it was an altered 3rd Dimensional consciousness which basically made things much more powerful on a polarizing level and on a challenging level. But, at the same time, look at the thrills you can have within it!

So we're going from one state to the next. So to go through everything that we're going through is basically letting go of everything that we've used to define ourselves or carried within ourselves in the altered version of 3rd Dimensional consciousness.

But then also even the natural state...because a lot of times many of us...most of us, actually...do have the original 3rd Dimensional consciousness that was programmed into our DNA. Now most of us are not even accessing that version of 3-D because most of it was turned off anyways. But as it is being re-activated, we are now even letting go of that

“natural” one too. So we’re letting go of what was originally designed and also what was added on later to alter our experience. So that’s what we’re doing at this point in time.

So as you are going through it and letting go of that, what you are doing is opening up the band of frequency that we actually take on and have our experience be very different.

So you can be in an environment which we label “toxic” and yet not be affected by it in a negative way or in a compromised way. Rather, you will be able to use that...using the analogy of the electricity...you can utilize that to light yourself up (laughs), so to speak, instead of frying yourself.

Now, you have to understand, the “lighting up” and the “frying” is basically still your decision based on what state of consciousness you are in. So if you feel guided to make changes within yourself, then make the changes.

But go with ease, go with flow, go with peace, go with neutrality. Don’t get engaged with the fear.

Because one of the most powerful emotions that gets stimulated within our response mechanism is fear. And fear actually limits you to a different, lower state of consciousness and a lower state of frequency, so that you are even more affected by whatever it is.

And when I say “affected” I mean that you are also creating the opportunity to intensify a transformation within yourself. So it’s still always “positive” ...regardless...whatever way you look at it.

But if you want to do it more quickly, more efficiently and without having all the other intense situations, just continue to go through the clearing process.

Antonia

And just one last comment on that topic. And that is that anything in the media is going to be fear-driven because that’s how they can control. And I think that people are realizing that there’s more and more transparency around the fact that everything is fear. Or, if it’s not fear-based, then it’s just so irrelevant to keep people locked up in useless data...meaning all of these “reality” shows (laughs)...just to keep people engaged. And all it is, is smoke and mirrors to keep humanity from realizing how truly powerful we are. And that’s all we’re doing is removing layer upon layer of whatever beliefs or fears that we have come up.

So I use everything possible. And right now we really don’t have the choice because it’s being thrown at you (laughs) to see that, “Oh! That fear is there! Interesting. Where did that come from?” “Oh! That thought is there. Where did that come from?” So utilize it and embrace it as the tool that it is to show you the different beliefs and fears that we still have. Whether it is fears coming through in your personal life or fears coming through because of family, because of culture or because of society. And notice that each fear is a veil or limitation. And so look

at it...and when you can catch yourself seeing it and not realizing that that is no longer you, then that's when you're letting it go. And that's what we're all doing.

And whether you're working at it from a personal level or whether you're working on it from a societal level, it's all there. And more and more people are realizing that, "Yes, something is going on!" (laughs) And as you move from working on only yourself to working on the mass consciousness...that's where we're going.

And sometimes when you get working on the mass consciousness level, then there's even bigger buttons being brought up (laughs) Because, as Franco was saying, some of us have agreed to take on bigger beliefs to assist the whole. So it's a party (laughs).

Franco

And the thing is, too, even with the fear level with the media and so forth, the reality shows, or anything else that's playing out, it's really basically just maintaining a certain state for us to keep observing, participating and getting involved in it to the degree where we finally say, "Wait a minute! I don't need to be part of this any longer and I can let this go. And not only that, but I have come to the realization that this is just a game and I can choose to play the game one way or another. I can choose to feel myself as being less than or more than...or I can just play with whatever I choose...but it's up to me to make the choice," ...being each and every individual.

So as much as whatever is playing out...on TV or any other form of media that's being utilized...it's still there...in every way possible...just to assist us to move forward.

And it doesn't matter how "dark" any role is being played. It is being played out only because some people are still utilizing it...actually, many people are still utilizing it...to reach that level of completion...that level where a realization is triggered and, "I don't need to play this way! I no longer need to participate in this journey."

It's like anybody. Look at how many people used to be hooked on the news, hooked on the different reality shows, hooked on different relationships or connections with people that accentuated what you could call "negative" or the "lower" aspect of humanity...just to play with those words. But then they come to the realization, "Wait a minute! I don't need to be involved in this!" And then they let it go completely! How many people are no longer caught up in the whole scene of making the world around them reflect what is being propagated or anything of that nature. Instead, they have come to the realization that they do not need to participate in that and then they choose to see things a little differently. And then they can be open to alternative information, media, and so forth, to accentuate what they are already starting to feel inside anyway. So you can see how that happens.

So basically, on a collective scale, that's what's really happening on so many levels.

Antonia

We've had a lot of questions come in about what to do about diet and if there's any guidelines, stuff to "avoid," whether we should become vegetarian or vegan and so forth.

So the question about that is...what I always tell people...is to listen to yourself going forward. Because sometimes when we get into conversations about being vegan as opposed to vegetarian...again I see that it only aggravates more fear buttons about what you are or are not...or the level you at, or not...and you should be here, but you're not.

Obviously, the closer you can be to nature in what you are eating, the healthier it is for your body overall.

And we're all at different levels, different income brackets of what we can and cannot afford. So what I always like to tell people is that if you are comfortable muscle testing yourself...and there's many different ways...standing and waving...all different ways online...just google "muscle testing" and find the ways yourself.

But ultimately, just go within and see what feels right.

When you eat a certain food, if you choose to eat that food, you should feel energized after eating it. You should not feel sluggish and heavy or scattered. That's a clear indication that that food does not sit right with your body.

If you feel guided to adopt a more vegetarian plant-based diet, then by all means do so. If you feel guided to adopt a more vegan non-animal product diet, then by all means do so. But don't use that to judge how awakened you are or are not.

And don't do anything, one way or the other, out of fear. Move into them because it just feels right.

As a nutritionist for many, many years, in the beginning I tried to become a vegetarian and it didn't work...for me. I didn't really eat a lot of animal protein but had some on the side. And then, all of a sudden about five years ago that was it...I no longer had a choice. So it just sort of evolved that way.

I always tell people that there is no such things as "the" diet. There are many variations on a diet or way to eat because there are many variations of people out there. But I always ask people can you tune into yourself and see how you feel when you eat a food. Do you feel energized? Do you feel good? That's what you need to look into more.

And then, yes, people will evolve their progression. And we've talked about this...but we don't even need to be eating...but we are not there yet on this planet. But I believe that we will reach a stage in our evolution where we just co-exist with nature...because we just co-exist. And we get our energy from the Sun...because we do. But we are not there yet (laughs).

In the meantime, ride the waves and be gentle with yourself.

Come from a neutral state and go with it.

Franco

Yes. You have to understand...food itself, no matter what we are consuming...is part of the experience, is part of the transformation that we are going through too. Because food has a certain vibration. So if we are still in a state where we need to go through lower-vibrating or certain specific vibrating frequencies...then, yes, you will be still guided to consume processed foods, meats and so forth. That doesn't mean that you are un-evolved or anything of that nature. It just means that you are still utilizing those frequencies that are coming into your body as part of your progress.

Like you said, you weren't able to do it at one point, but then later on you were able to do it because you had finished that part of it. And you knew that. Because that's when you felt that the body...and the body let you know...that it could not tolerate...and I say "not tolerate" but it basically just refused that frequency of food coming through you.

In actual fact, we do not need to consume any form of food, but we are not quite there yet. And the reason we are not quite there yet is because we are still utilizing that as part of our experience.

Now...in saying all of that...you said exactly what you needed to say in the sense of the closer to nature that you are, the more the food resonates...

Because, you have to understand...the food that is growing closest to nature at that point is also evolving. Because as the planet is evolving and as the planet's frequency is increasing, the planet life is also...

But if it goes through certain processes...for example, if it's consumed by a certain animal per se, and then the animal still goes through a very altered 3-D state because of the fact that they are given certain chemicals, certain feed, certain exposure, certain emotional reaction (if you want to call it that) because of how they are contained or treated or anything of that nature...then, of course it is altering anything that it's consuming at that point in time...and in most cases what they are consuming is not close to nature anyway. So you are internalizing that.

It's like anything..."dirty energy" or anything else...it depends on how you process it within yourself because of the frequency that you are in.

So, yes, there is a certain amount of benefit to utilizing things that are closer to nature.

There's two things to notice, depending on how you feel guided within yourself.

One thing is that we have emotional eating. Of course when we emotionally eat we get a sensation at the beginning. The sensation may be "Ahhh! Relief!" Or it may stimulate you to feel more relaxed or "OK, I've had a rough day so now I'm going to give myself a treat." So there is an energy involved with that. You will get an opportunity to experience a bit of a high or an ease or something of that nature...in the beginning. Then sometime shortly thereafter...if you pay attention to it...you will see how the body now has to process that energy. It may have stimulated certain chemical reactions or responses within you because really it's just energy coming from the chemicals...but a certain response within you...but then it alters. And that's when you notice that the body is now feeling challenged by transmuting that energy or processing what you've internalized. So that's where it comes in key if you pay attention...is this an emotional response or something you feel guided to?

If you have an emotional response don't beat yourself up. You eat whatever you eat and then pay attention to the physicality and say, "Oh, OK. My body is telling me something here that it's really not wanting to participate in this journey of consuming this particular vibration any longer. It was fine before but now it is no longer."

Because the body is upgrading so it needs to upgrade what it consumes.

Of course, as you are getting completed with certain facets of your experience, you will notice that you feel guided more and more to go into the lighter foods, more live food, more natural-bound or nature-connected food.

And when you are not using the lower-vibrating foods, then you don't have to alter the frequency because it is already going to be closer to nature.

And nature itself is going through a transformation and nature itself is also being challenged by...and this is still "positive" in a way...but it is also being challenged by everything that's in the environment that we are collectively doing at this point in time.

So if you feel guided to go one way or another, then go for it. And you'll notice that, as you are going through the transformation, as you are creating completion within certain experiences with certain foods, you will notice that your diet is going to change and your "tolerance" ...and I use that word loosely...tolerance of what the body would like to have go through the system.

And I have noticed this even within my own personal self. I went to vegan quite a few years back...several decades now...but it was natural for me and I did not desire to have any of those other foods. I was kind of that way right from the beginning but, at the same time, to accentuate the experience I did consume dairies and meats and fish and so forth...many years ago. It never really sat well with me because the body didn't really like it...but it was part of a good learning experience from it. And then eventually I weaned down to no longer having any animal products but still had some dairy. And then eventually I phased out of that too a few decades ago and it's been like that ever since. And even now, sometimes it feels like it wants to consume food and then it doesn't want to.

So it's just paying attention to it...because it still plays a role in whatever we're going through.

Like you said, there is no hard and fast rule...

Because I've seen people go into a vegan diet or fruitarian diet and then experience certain effects on a physical level where the body reacts and responds because you are going in with fear, "Oh, my God! I've got to let go of all of this because this is all toxic and so forth, and so I'm going to eat only this other type of food." ...and the body hasn't really had a chance to shift. But, really, the emotional component...fear....is the big activator.

So if you're going in with fear, then guess what? You will have experiences that will only intensify the fear...until you let go of the fear. And then you let go of the fear and then you can process.

Because I've seen people go into vegan because of fear and then not be healthy in it. Then they go back to their normal diet and continue whatever work they were doing with themselves. Then later on it was actually so natural for them to go there because it felt very natural..."I need to stop eating this type of food," or several types of food. And at that point in time they actually flourish in it. So there wasn't so much of the response that they had before...the original response...

Because I've seen people get ill by going into a clean diet (laughs)...and then doing it again later on after they had processed a lot of the things that they needed to and they flourished...they flourished immensely from shifting from it.

Paying attention is the key. Be the observer. Pay attention. Have that very nice communication with the body. And it's not about "Do I want this or that?" It gives you a lot of different sensations that you feel when you're consuming it, and how it feels within yourself.

And you will also notice that the volume of food that you consume will also decrease. So you may have to cut back because the body is feeling that it doesn't need as much to process, because it doesn't need as much energy from food...because it is already starting to utilize more of the energy within its environment.

Some people use food for grounding too. And, you have to understand, it does not need to be one base or another. But a lot of times when we are doing a lot of work...especially others who are doing the higher...and I should use the word "higher" ...but are doing different levels of work where they feel outside of their body most of the time or they feel that they are losing touch with the body. Then the body and soul actually stimulate utilizing food as a grounding tool to stay in the body sort of thing. And when I say "in the body" I mean feeling connected to the body...so that you will consume certain foods under those circumstances.

So there are many things that are playing out. So it's really just observing and making adjustments.

The cleaner food...and when I say "cleaner" I mean less altered, less chemically-derived food. And, of course, it's going to have a different higher vibration. Are you ready for it? You will know as you go along. If you are not ready for it because you are still in transition then your body will let you know.

I've seen people get really well from shifting from one diet to another because, at that point, they basically were ready for it. They had been basically holding back just because of old stories, old belief systems of, "I need to have the grains, I need to have the meat, I need to have the fish, I need to have the dairy, I need to have the eggs...I need to have all of that." So there's still a lot of that playing out within themselves. So that plays a role in making the shift. But, eventually, they get to a level of consciousness where they come to the realization, "I don't need to consume that food any longer," and they connect with others who have done it and so forth. And then they can let it go because they have completed that part of it. And then you see how they completely transform physically on the level that we could call "health."

And all it does is start to reflect and utilize those new food energies coming through to accentuate the journey for which they are asking.

Antonia

And another part that I would add...and we have already touched upon this throughout...is to not use it for separation and judgment. Because right now anything in marketing that is catching on that somebody can make money from, they will take it and they will blast it to always make you feel not good enough or unwanted unless you have that product. And right now it is becoming a trend to become vegetarian or vegan so there is a lot more marketing being put into that. So I'm just saying from a marketer's point of view (laughs) that it is to make you feel not good enough until you are that way or buy that product. So don't go through that treadmill.

Because, once again, anything that separates and divides us, anything that makes anything a hierarchy over something else...whether it be in humanity or lifestyle choices...is, once again, always separation...and is an illusion. So just notice that.

Once again, if you can come to a decision from neutrality and be the observer about how it feels when you're in it...that's what you're looking for...that's what you're going through.

Because you will notice that in the "health" field there is always the latest darling..."Well,, you have to have this...you have to have this oil...you have to have this thing." "Oh, no, no, no! This is the latest superfood. You've gotta have this!" So you'll hear a lot of chatter.

And, as we were saying, if you can shut all that out (laughs), go within, be neutral, how do you feel, is that what your body needs right now? And go from there.

Because you will always find that "this is the latest superfood that you have to have in order to be healthy...or else you won't be healthy!" (laughs) And then three days later it changes.

I remember when soy "came out" and it was the biggest, healthiest, best thing. And I remember going to the nutritionist and was told that you must have soy products. And I kept saying, "But every time I touch soy I get sick! I can't have it!" And they would respond, "Oh, no, no, no! You have to have soy and you have to encourage your clients to have soy!" And I would say, "But I can't!" (laughs)

So go within.

Even with what Franco and I are saying. If it doesn't resonate for you...great! Take what resonates and flow with it. What doesn't resonate, leave it alone.

Franco

Yes, and the other issue that comes up too is that I hear from people, "Well, I'd like to eat better and I'd like to take care of my body but I can't afford it." Or, "I can't access organic food because of my limited budget," and so forth. So if you're feeling lack or fear around that or something of that nature, utilize whatever you can access and be very peaceful, be very neutral with it as you're going through the process. Other means will come about for you to be able to access it when it's necessary and beneficial for you.

Now, remember, the restrictions are only going to be there...even the money restrictions, while the game is still active...it is still part and parcel in alignment with your soul saying, "OK, you don't need to go that way." Because by not having access to it you will be able to access these other levels of fear, inadequacy, incapability or unfairness because, "I don't have enough money so I can't take care of myself."

Because I've seen people where they have a lot of fear, "I can't do the healing," (or what they call "healing") "or I can't go through these processes and treatments because I don't have enough money to do it." And by the time they get whatever amount of money they need and they go through the process, still nothing much changes for them. Because, at that point in time they still were not ready for it.

So be at ease with that aspect of it.

So, yes, where you feel guided to change...change. And what you're not...if the means are not there, don't get caught up in that.

And if it does come up, then just play with it. And then you're purging that part: inadequacy, incapability, the fear of not having what's good for us, the unfairness, "It's unfair that I can't get this while others can," and "There's all this waste!" and all these stories that come up. So these are still part and parcel of the process.

So don't use that as an excuse, "I don't have the resources for it." That may be so but there are other things you can do if you feel guided to do so.

Because at the soul level you will bring forward whatever you need whenever you need it.

So at a certain level there still may be something playing out...and you're still being served by it. And go with that.

Antonia

OK. So now we are going to get ready for the Clearing which will assist the body to basically open up more avenues so the body can re-adjust faster to the transformation and energies that are coming through.

Franco

And the other part of the adjustment we will be doing through the process would be actually changing some of the codes within the body that would utilize what it is exposed to...for example, radiation or whatever else like SMART meters or whatever ...so that it will no longer need to respond and utilize that energy in one particular format.

So we are creating an upgrade so that, in essence, it would utilize it in a more conducive way.

Again, not all of it may be activated all at once, but they will be all encoded and each one will be activated. So all the codes will be put in place and that will be part of the process.

So that's why it was important for us to do this Clearing at this time...to allow us to flow through this transformation, to flow through all that we're being exposed to.

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