

RELEASING BARRIERS TO CHANGE

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With

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Antonia

Tonight we are going to be talking about the barriers that we have to change. And I've had a lot of people e-mailing me about an "unnatural tiredness." So we will look at that.

Franco

We're co-creating this beautiful experience and the timing of this is perfect...of course. We've had a few weeks with no connection, however, it seemed that we really weren't ready for anything new. It was almost as if we were supposed to stew in our own experience for a while (laughs) and really use our own capability to maneuver. And now it's time to join forces, in a way, and activate something to stimulate some more movement and change.

And, again, we are all doing this together...and individually too. Individually is where the big changes are coming through anyway.

Antonia

We are always, always doing this together. And that's the beautiful thing about this: there's not one of us doing more than another. We're all doing it. One person may feel called to do things in one way or another...but ultimately we are all doing this together. We're all assisting each other because we've all agreed to move forward in this shift of humanity. And each one is playing our part.

Franco

Yes. We are all playing our part because that's exactly what's happening. As each one of us is going through our part...whatever we are bringing to the table with respect to our experiences...we are creating a completion and an opening. It's like another piece of the puzzle that activates every other piece of the puzzle that's on the planet...meaning every other soul on the planet. And of course it goes on to the bigger pieces of the puzzle.

So the fact that we are completing certain experiences within ourselves and moving beyond it and clearing any of that stuff...as each one of us is doing that, we are contributing to

the Whole. Completely. So you are never alone. Period. Whatever you are doing. And likewise, what others are doing is also contributing to us.

That means that all of us don't have to do everything that other people are doing because each one of us is playing a different role, a different part. Sometimes there are similarities, but it's never identical because it's never that way. Each one is unique. Each one has a very specific signature. And each one of the signatures make that code that makes the whole experience/presentation of what we call the human experience on this planet...which plays a huge role in advancing not only ourselves on an individual basis...but advancing really truly What We Are...that is, advancing the ultimate consciousness of Who We Actually Are as Source Itself. So basically all existence. So our work is upgrading all existence as we upgrade on an individual expression of that.

Antonia

And this Clearing is to assist to release barriers that are limiting change. Because humanity has a lot to change in a very short while. And often we are very resistant to change. Or some people want change but they don't want their world rocked. Or they are OK with change as long as they can know what it will look like. This, as opposed to saying, "Let's just clear the slate and let's just start over from scratch. Everything that we think we know, we no longer know. How would we create this from new?" So that's what this Clearing is specifically for...is to release these types of barriers.

And also people have been talking about having a feeling which is almost a malaise, of being tired, and everything seems to be difficult. It seems like they almost have to push against a force that is keeping them from getting things done.

So, Franco, let's talk about the situation where people are wanting change, while at the same time not really wanting change. So let's look at that and how it is now for humanity and how that is being addressed in the collective.

Franco

Well, a lot of people don't realize that they've actually created barriers and they are supporting barriers to change. So, in essence, what I've noticed is that a lot of people want change.

Now usually the whole idea of the change is to change their circumstances so they can still continue to keep their world as is, but they want the world to be more matched up with their idea at the mind level of what it should look like.

There are other people who are looking for a complete reset and want to change all of it, and there are groups of that. There are groups that are looking at that because they are fed up with the system, fed up with the way of doing things and they want to move beyond it. There's others who want to move beyond it because they want to get out of their particular circumstance that they are in...meaning that they may be challenged in different areas of

their life...it could be financial or otherwise. And it's like, "Well, if the change comes in then I don't have to continue this old life of mine where I don't have to earn," or do this or that or something of that nature.

The other part is that they want ease. "Well, it's always been difficult and now I want ease."

But, in general, in most cases when all of that is brought to the forefront, many realize that they are open for the change to a certain degree...but then the other part is, "I don't want the change to rock my world." And, "What does it look like?"

You have to understand...the ego mind doesn't like change. It gets bored easily, yes. But, at the same time it doesn't like change. Because when that happens it loses its reference point. It relies on what it's experienced, whatever it's adopted...and wants to continue keeping it that way...while, at the same time, wanting something new...but always being consistently the same, at the same time...which, if you had to look at it, that's pretty interesting how it wants to do that part of it.

I notice that a lot of people want things to change but they also put shields up, or barriers...energetically and also at the mind level...in the sense of, "I'm ready for only this much of it and I only want it to give me what I really want," and so forth. And so the barriers come up.

The other thing is, because anything that is different does have the opportunity...because of the encodement modifications...manipulation encodements that were put in thousands of years ago and which just keeps getting reinforced over and over again...anytime there is a change, the automatic default is fear. Fear of change. And to create concerns. And to create worries. And to create resistance.

You can see it when we are doing something that we are no longer in alignment with. For example, you might be holding onto a relationship or something of that nature. And deep inside you feel that it's time to change. But the moment that you even consider it, the automatic default says, "Oh, no, no, no!!! Look at the world. Well, maybe there is some good here," and this and that. But, at the same time, if you leave then you're going to "be alone," you're going to be this, you're going to be that...and you just continue to spew that. And that's in the beginning. But eventually you get to the point where you get pushed so hard that you finally say, "Well, OK, I'll let go." And then after you've made the change, you can actually see that, "Wow! What did I hold onto?! I should have done this a long time ago!"

And this is on so many levels.

On the collective scale, we are looking for change in the sense of the control structures. And we're also looking for changes within all the different institutions and all the different organizations that we have and all the different ways that we function...from governmental, from education, to the different protection systems and so forth that create that illusion, the different monetary systems and so forth. And even religion in the sense where there is a sense of security in all of that.

So when we're talking about change and saying, "Well, OK, we want to let go of that." But then the mind does not compute with the whole idea of, "Well, what would that look like without it? If I don't have something to believe in, then what am I? What am I going to believe in? What's my foundation?" "If I don't have a protection system (police, military, or whatever it is) then I'm going to be vulnerable." "If I don't have the government to dictate and make sure everybody's online and so forth, then it's going to be anarchy or chaos," or something of that nature. "If I don't have the monetary system, then how do we serve each other because people are not going to want to work or do their part in order for us to keep the infrastructure.

And then there's the other part, of course, which is if the change does come about...especially in the monetary system...the first reaction is, "Look at all the investment I did in my life! I worked so hard doing this and creating savings (or doing whatever it is), and now I have to go into a system without money??? What was my work all about? Now it feels like it's futile. And it feels like I've wasted my time. And, at the same time, I'm not ready to let that part go."

And the same thing with religion...because I've played with the programs in that...if we get to the point where we discover that it is not quite the case (of what we've believed in), then the reaction is..."Oh!!!" And that's pretty scary in itself.

So we create a lot of different stories, a lot of different barriers and so forth so that we hold back.

And, of course, we have a lot of programs in addition to all of this where we are taught, through the media, through education and so forth, that the system means security. "If we have everything go the way it is, then that's what we can count on because it's been there a long time and it has supported us. Maybe it doesn't work all that well. Maybe there is some corruption in one thing or another. But look...without that, what's going to happen?!!!"

And you can ask a lot of people...if we all of a sudden went into a system where there was no system, there was no guidance system...where everybody was on their own guidance system, their own honour...or whatever you want to call it...but there was no exchange and none of this other dependency going on, then what would that look like to you? And most people have a difficult time to imagine that. Unless they've gotten to a point of awareness and awakened-ness where they can see the bigger picture so that they can see beyond the whole idea that if this control structure doesn't exist then, in essence, we will play a *completely* different role...and that we do come together as One...sharing with one another and assisting one another...and so forth. Because that is our actual natural. But you would need to have that part of you active and in your observation for you to be able to see that.

So, in essence, there is a lot of confusion that is created within all of this because of all these different mindsets and so forth. And this is the reason that we've gone down this path tonight because of the fact that there's a lot of barriers.

Because when we are doing the work behind the scenes and we're all doing our part in the changes, we tend to run into these obstacles. We start making shifts within ourselves.

And this is one of the reasons that we see a lot of people talking about "becoming sovereign beings" and stepping out of the different control structures, being told what to do, how to do it, suppressing different technologies...and whatever else. When we're looking at all of that and we're going into that component of the experience, there's a part that says, "Yes, we want to move forward from it; we want to step beyond all of that." But there's the other part that keeps coming up which says, "Well, because of the conditioning, if I let that go, then everything that I've 'invested' in (and when I say "investing" I don't mean monetarily, but rather "invested" as my way of life) will completely change! And I'm just not sure if I can handle that or if I'm ready for that."

So when we go into the programs then we see that the default is, "You know we want change, but we want it to look similar just to lessen the impact."

But now, with what we're going through, we need to let go of *everything*. Like you were say, it's really wiping the slate. It's clearing everything and doing a major reset.

Could a reset happen? Of course! It could happen any time.

However, some people are looking at it and saying, "Well, why is it taking so long?!" Well, look at how much power is still given to the status quo. As much as we want change we are still holding back because we just don't know what it feels like.

When the people who are getting pushed to the max...and everybody to some degree is being pushed...get to the point where they say, "OK, I'm done with this. I'm ready for whatever takes place," and just abandons and lets go...then you'll notice that they'll be more receptive...and the barriers will start to come down.

What we're going to be doing with this particular Clearing is to take down those barriers and to actually connect with Who We Truly Are.

Because when we connect to Who We Are...when we tap into that, tap into other levels of creation, other levels of expression...be it soul families...or connecting to higher levels of consciousness of other aspects of ourselves...that see beyond the limited (or somewhat limited) projection of consciousness that we have experienced on this planet. Because even the souls who have had experiences on other planets that did not have the same restrictions, once exposed here enough time it starts to create imprints within the soul...but at the same time it programs the mind. And the mind is the computer that navigates through the soul experience. So they still have the process to go through, too, and they need to let go of those barriers.

So the whole thing right now is, by tapping into the entire aspects, we bring that consciousness in so that our viewpoint...our mind consciousness shifts...and we "open our eyes" per se and see the bigger picture.

And the bigger picture has a higher potentiality. A potentiality that doesn't show only one band...meaning, "This is all we have and this is all we can look for and this is all we can reference ourselves to. So we need to hold onto what's there." When you get the bigger view...it's like any other experience that you've had...once you see the bigger picture, once you get out of that mindset of "If I change, it's going to be painful!" ...because that's the other component that we need to mention...

We are also programmed to think that "change equals pain." Pain of loss, pain of being right/wrong, this and that, feeling victimized, and all of these components. But also pain in the sense of abandoning...or the loss factor...abandoning a part of us.

Because another part that comes in is that we've invested so much in ourselves (or who we *think* we are). For example, someone can go to school and spend 6/7/8 years getting a diploma/degree and so forth and then starts a new career, and then all of a sudden all of that changes and it means nothing anymore. There's a lot of energy invested in that. And there are people that are doing that. But in many cases that brings in a lot of fear and pain. And, of course, they also get support on that pain from other family members who are going to remind you that you are *not* going to go down a different path! (laughs)

But when we are looking at these components of change, we come to the realization that there is no pain. But by allowing the change, allowing us to open ourselves...we actually open ourselves to a freedom.

And freedom is not something that we are very comfortable with or aware of...yet...to a degree. Because, the thing is, the world has not projected freedom from the moment we stepped onto the planet until this point in time. And each and every time we've come here, we've never felt freedom because we've never really just been our selves. We've been caged up in the idea of believing a certain way, acting a certain way...and all of that has served, of course.

At the same time, we not only had the *belief system* of how things should be, but we've also all assisted each other by *reminding* each other that this was the way we needed to be in that regard. So we also have that component playing out.

So we wanted to create the path to open up so that we can bring in that higher and bigger picture so that we can move through change. And by doing so, what we're going is shifting it in the collective consciousness or shifting it individually so that each one of us will transmit it out into our communities and so forth as we are going through.

In addition, our thought patterns will shift so that we are open for these changes. But the changes will not activate fear, will not activate "loss" or will not activate the sense where we become vulnerable or insecure because we are stepping into the unknown. The unknown is insecure, the known is secure. The known might not be comfortable or suiting you any longer...but there's a sense of security because, "I've done it this way. This is what I know so I need to keep this in place." But we are going to create the path where this will

not be your default. So, in essence, there's an excitement, an exuberance and an openness to allow the shifting to take place.

Because there's a lot of energies that are shifting around us and within us and so forth. And it is causing challenges (in a way) at times, because of the fact that the mind gets involved and doesn't really want to let go.

And this is also one of the reasons people are feeling very, very tired. It's basically because the energy is getting very draining because there's so much change happening within while you're still living a life which is similar to before.

And what's happening too, is that the energy that we normally access when we are doing something that we feel called to do or feel stimulated or passionate about (or something of that nature) starts to deplete...especially when things have changed and sometimes they are not very clear yet. So there's a new level of passion that needs to be activated, but it's not yet quite coming together.

And the other part of it is that the draining experiences are also giving us the opportunity to not continue down the path of what we were doing before to the same degree...so that we are going to go into more of a "letting go" of some of the things that we were doing. This is so that we can now navigate and choose what we should or shouldn't...and when I say "should" or "shouldn't" remember that there is no should or shouldn't...but what would be more aligned with the soul's direction.

Because it doesn't matter what we do or don't do, everything serves in one way or another. However, it comes to a point where certain things need to be let go because they no longer serve. So if you are doing something a certain way or are involved in doing something that is no longer feeling in alignment with your direction of the soul...

Because the soul is just navigating you in a certain direction. So it is just re-directing you to something that will align you on a more direct path. And it's still open you to take detours and it's open for you to be stuck there for a little while. But once it's gotten to a point where it's saturated with that particular experience, it's going to keep nudging and pushing...and even activate some even more intense stuff...so that there's a change.

So because things are changing so quickly, there's that feeling of being drained and being overwhelmed...which is another huge draining feeling...feeling tired and so forth.

And the other part of it is because there's so much re-programming going on, there's more "down time" because you are not expecting to be in the awake state which is still showing limited. So when you are resting and you are in your etheric body or in the dream state, you kind of manifest a lot quicker, with different degrees of experiences...which give you the opportunity to wrap up and do whatever you want to do as part of the process of moving forward on an individual basis.

So I'll let you add some things here, Antonia, and then I'll say some more (laughs)

Antonia

Well, you've pretty much said it all. Because when we go over the topic of change, there does seem to be a fear around it. And, like you said, it's kind of like fear of the unknown. And tonight's Clearing is to assist to remove barriers for that. And that's why we are here together.

Also, on the topic of feeling tired or drained...yes...a lot of people have been complaining about it.

James Foo talks about when you are going into meditation...because the frequencies are changing every day...just test to see how the energy is in your body that particular day. I've noticed that my body has felt very drained. So when you start a meditation, James Foo recommends that you call on the energies which came in on August 4, 2013, because that was the most recent big download of Love for humanity. The first download of that was when Jesus Christ walked the Earth, and August 4, 2013 was the most recent one. And I find that when I do that, I am not as drained.

But I think in general there's so much happening that the souls are almost going into overdrive to complete so many experiences. (laughs). So we're going through this shift and some people are feeling that tiredness. But definitely I have felt that when I do connect to August 4th the energy feels different. It's more soothing, more enveloping, more supportive. So that would be one recommendation or tip for everybody out there. When you are practising your meditations, when you start do focus on that. I have found that definitely works for me.

Franco

The Love activation was to re-activate again...to reinforce. And it was a very powerful one...reinforcing Unconditional Love. And that is a huge change-maker!

With Unconditional Love, whatever you are experiencing when you are tuning into that...whatever has been draining you...you are now tapping into the Infinite Essence of energy and creation and potentiality that exists. Because everything is done through that frequency...the frequency of Love.

In that frequency of Love, there is no limits, there is no restrictions, there is no overwhelm. There is just Pure Potentiality...pure playfulness within the whole creation. And it brings every facet of the creation into play.

It does not restrict back down to a physical body. It does not restrict you to your experience in your mind. Because that's where the overwhelm comes in. That's where the tiredness comes in. This is where the energy is at its low point, in a sense, because, in a sense, you limiting right down to one band of an expression and experience.

So when you are bringing in the Unconditional Love, you are tapping into the vast pool. So it's like we either go into a thimble of water or we go into the ocean. So the August 4th Activation was so we could tap into the ocean...the ocean of energy, if you will...of Pure Potentiality, Pure Creation, the support structure and the energy that supports *all* of creation. And we're talking about only just our planet, but rather all universes in existence...whatever there is. So that's how powerful it is when you are tapping into that.

And that's all been encoded in us.

The thing is, because of all that's going on at the moment we tend to not...let's call it "isolate"...that code, that energy, that field. But by tuning into August 4th, you basically are just going back to the activation point...so you're activating that point again. And what it does is stimulate what's already been encoded in you and thus it re-surges you.

So when you are going into the meditation from that perspective, you're going in not as "I'm a depleted, physical person!" restricted back down to the physical element itself and its experience...but rather you're now going in as a vast ocean of Pure Potentiality. **And when you're coming in at *that* level, then whatever your intention is going into the meditation (whatever you're choosing to do), you're going in in a very powerful state! So the progress of whatever you choose to do at that point is done very effectively and very powerfully.** So it's great that James has shared that because it does help. But eventually that won't be necessary.

Right now...because of the heaviness of all the different energies that are coming through...because a lot of purging is happening on the planet...because a lot of the remaining transmissional energies of lower densities are still being transmitted throughout the whole planet at this point in time, so that people can get that part of their experience wrapped up once and for all...all these things can sometimes make it seem very difficult...and we can *feel* it.

And a lot of days, people will feel heavy, denser, lethargic...a stiffness, in a sense. So that makes it difficult to move and difficult to even get out of the mind, in a sense, to even have thoughts. It's almost like you're at the end of the day and it's been exhaustive and now your mind is not even functioning anymore. I'm sure everybody has had a time when they get to the end of the day and if they wanted to do something...for example, undress yourself or something before you get into bed...you're almost ready to just collapse with your clothes on because you don't even have the capacity to do even that small part of it.

So that's kind of what's playing out at times and that's why we are feeling the way we are feeling. So it's great that you shared that.

And we are going to utilize that this evening. The way we're going to do it is we're going to stimulate and re-activate that part of it that's already been encoded within ourselves. So that we can see that huge vastness of Pure Potentiality...and we are not limiting ourselves.

Because our energy is unlimited. Our potentiality is unlimited. Our capability to create is unlimited. There is no limits whatsoever in our purest, formless state. The *illusion* that we've created that we have limits has just been part of the human experience that had been reinforced through the programming and so forth.

Because even in our physicality and the frequency that we normally would operate under with our original design before the modifications, we would still have a lot more capacity than what we've experienced in lifetimes in the human form. That was tuned down. And there were even modifications with the DNA and so forth that restricted the band of frequency that we could access. And, again, that also restricted what we are capable of generating with respect to energy and frequency within ourselves through this experience in the human form.

Antonia

Yes, because we've talked about humanity was meant to operate at 528 Hz which is the calibration of the heart...528 Hz. And that's where we should be at, but we're not quite there yet. But we are moving in that direction.

And we talked about the fact that this is almost like turbulent energy. And we knew it would be this way until the end of this month. By May it starts to lighten up a little bit. And tonight's Clearing is also about assisting your body to be in a more level state. As Franco said, as the energy changes, there will be days when you are going to be more drained, more tired. There will be days when you are feeling more emotional. And you'll find that continuously a lot of the emotional buttons will be pushed so that they can be released.

For me, during this last week, I had a day where it was like, "Wow!" There was a lot of really old emotion and I didn't realize where it was coming from. It just came up. Because it was time to release. So we're all going through this and it's all part of the human experience. And, right now, those of you who are feeling it...it's OK. There's nothing wrong with you. You haven't gotten lost. You're not unconnected. It's not that because you are not in a continuous state of peace and bliss that there's something wrong with you. No (laughs). The energy is there to assist.

First always look to see inside. Every answer is always within you...everything....as much as we doubt ourselves. So first look within and see, "OK, how is this assisting me?" Just check with yourself and see, "Is this part of the energies that my body is reacting to that I'm feeling drained and I'm feeling scared? Or is there an issue being shown for me to look at? Is there a learning experience that I've agreed to go through?" So always look to that first. Then let yourself see it, let yourself identify it and then move through it.

Franco

Exactly. And the thing is, too, we are going through a *huge* acceleration at this time to expedite a lot of changes within ourselves. So in going through all of that, it is also going to

bring up not only a lot of emotions but also bring us into different states. So we can have highs and we can have lows, and we can be all over the map. And, of course, that's pretty draining too, in a sense.

And, like you were saying, anything that comes up, it's just there to basically wrap it up, move on with it and let it go. And allow the true part of you, the True Essence of your new design to come through, at this point in time.

And change is a big part of it! (laughs) You know, we've talked about change a lot and mostly everybody has talked about change. But when change is so rapid...

It's like anything in a typical human experience, when a lot of things have shifted in your life, it may create a whirlwind of things. And you may even lose your own direction of what "is" any longer...and even who you are. And when I say "who you are" I mean the definition that you've given of who you are. But, in a sense, because there are so many things changing...even though you have always seen that on a regular basis...now you see it on a massive scale within yourself.

And, of course, it's not just us...but everybody around us is changing. So, one way or another, people say, "Well, the energies are changing, and we're now being exposed to different energies." We're having different energies coming through the planet, different energies coming through the Sun, and so forth. So this can be overwhelming to our physicalities, to our mind construct...to an aspect where historically the change has been very minimal...and now *nothing* is minimal anymore. Everything is so accelerated, so intensified. So it can feel shocking.

But you're not lost, you're not losing track of whatever direction that you are moving forward. If you are going through turbulence or intensities, it's nothing to be afraid of and it's not that there's anything wrong with you.

Especially if there's situations coming up where there's memories or very powerful emotions that can create phobias and create fears of some sort, create panics, or anything of that nature. Those are just the deeper, intense stuff that's coming through. And the mind, of course, will react and will activate emotions within the physicality. And that sometimes tends to create a barrier...a first level barrier to the changes going on. "Oh, no! How do I deal with this?!" And you try to stifle it.

But, in essence, you can do that for only a short period of time. Because eventually it's going to break through that...and it's just going to push through no matter what. So that you actually get that whatever you needed to do, done. And the stuff that needs to come up, will come up. And it's now coming up at full force so that you won't avoid it any longer.

So it's a fun ride! And it's an intense ride if we focus on only the body and if we focus on only the mind and what we're feeling and experiencing. Because of the mind and the way it's programmed and so forth, it can create fears. It can make it very, very uncomfortable.

But part of the process that we're going to do with this Clearing is that by getting a bigger picture and tapping into the completeness...or a larger portion of the completeness...then you are now coming in and you can see it for what it is. It is something that you've created, to move through it, to advance yourself...and you now see it from a much more open perspective and a much more openness in all that is coming through...so that it becomes easy and you don't get lost in the mind and body experience...like the emotional component and the mind reaction and so forth...you don't get lost in that to the same degree. You will be able to recognize it much more instantaneously and say, "Oh! OK. This is what it is. Let me work on this." And then you can actually be more receptive too.

Because that's one of the other things too. Because once fear comes along, we start to shut down and we try to stop the process. Or if something becomes intense or if it's something we're not used to, we try to stop it. And, again, that now is becoming more and more difficult to do. Because there's no stopping now. We're going to do what we need to do.

And anytime we've created safe havens or distractions or anything of that nature, it is collapsing that. And it not only collapses it but it shifts the importance of it so you can't even put energy into it.

This is one of the reasons why people feel drained at times...because we are putting energy into distractions. And the soul basically, at this point in time, is finishing the energy that you are putting into the distraction so that you actually lose the whole will and any energy required to distract yourself...so that you actually sit and play with and do what you need to do with part of the shifting.

So there's a *lot* going on right now...on so many levels.

And it's all for your highest good; it's all assisting you.

Antonia

Absolutely. Why don't we touch base right now on what you see and what we see going forward into May, June, July. We've talked in the past about new energies coming in in May to assist with the new 5th Dimensional energies coming in sometime in early 2015. So why don't we look at that.

A few people have asked, "Have things changed?" "Are we still on course?" We are always on course because everything is where it is supposed to be. People are asking how much more energy changes are we in for, and how will this affect us?

Franco

Well, you know, if you look at the whole picture of the world and the way it is right now...there's still a lot of polarity going on. And as much as we feel on an individual basis

(in many cases) that we're ready or that we've done a lot and that we're ready for the next part of it...we're still dealing with quite a bit. And there's still a lot of playing out in the sense of old modalities, if you look around.

Everything is changing regardless. And even the same games that are being played are not exactly the same. Not only are they different consciously and playing in a different energy, but it's not very powerful and not very strong in holding it in place. So there's still more and more waves coming through.

And the waves, in a sense, some are re-programming and re-coding....

And, the thing is...you have to understand...we can't do it all at once. Because as you have already experienced, (in most cases) at each level of change that occurs people create much more internal upheaval, in a sense...especially when we're bringing up old programs and old aspects of ourselves. But, at the same time, also the shift in energy gives us an opportunity to get comfortable within it, in itself.

And the other thing is, we have polarities. So as we keep moving forward and we move at such a rate, then the polarities become even more extreme. Because even though we no longer use polarity and no longer support it, there are still people playing the negative roles or the lower vibrational roles, and so forth.

Because it's a completion process. So it's all done in stages. And there's quite a few other stages going through at this point in time as we go along.

2014 is huge in the change component. There's a lot of preparation for the planet's entry...the first stage of entry into 5th Dimensional consciousness. And that's coming in in 2015.

With respect to the souls themselves, there has been some leniency to some degree put into place because of a lot of work that still needs to be done on the completion level. So humanity's largest scale of shifting into 5th Dimensional consciousness...or at least the first stage of shifting away...the first wave of full entry into 5th Dimensional consciousness is in around September 2015. And that is where a group of people who have done all the work and so forth and have been prepared to actually be stepping completely into 5th Dimensional consciousness themselves. And then others will follow suit accordingly. Because they will be emitting full 5th Dimensional consciousness frequency within themselves.

The planet itself will go through a year of sectional staging of programming for the planet to be reflective... and supportive...of 5th Dimensional consciousness. But humanity will not all be in 5th Dimensional consciousness by the beginning of 2015. There will be very few stepping fully into 5th Dimensional consciousness. But that will be the entry point of the planet itself stepping in.

But, again, it's split into four components...being four stages along the way. The final stages will come in...at this point in time...in 2016...before the planet's full integration.

Because right now the planet is fully integrated into 4th Dimensional consciousness, but there are still souls who are not anywhere near 4th Dimensional consciousness. And then there are ones who are in it, and there are ones who are just stepping into it, and so forth.

We're still moving forward. And we are still doing what we intend to do.

There has been some time expansion that has occurred. So even stepping into 2017 to be fully integrated into 5th Dimensional consciousness...being every single human on the planet...and also the planet itself fully...with everything and everyone completely resonating 5th Dimensional consciousness...will not be completed 100% until towards the end of 2017...actually right down to about December. At that point in time, we should have *all* existence on the planet vibrating and operating in 5th Dimensional consciousness.

So that's some of the things that have been aligned...only for the higher purpose of allowing the opportunity for more souls to create completion.

Because there's been a huge...I can't call it "outcry" ...but there's been a request...to be moving forward in a way where it allows for much more completion. It is quite unique in what planet Earth is emitting in the range of transformation that it's going through. So it is very, very appealing to many, many souls. So, in essence, they want to utilize it as much as possible. So there is some accommodation made accordingly for that.

But as for everyone moving forward...we are still moving forward at a tremendous pace. And we will notice that things will move even further as we move into the new year.

But at this point in time, there is still a *lot* to be done. And there's going to be a lot of pretty powerful stimulation occurring. From everything that I've seen, things are going to get even more "interesting" along the way...around the mid-point of this year, i.e. June.

March and April are very, very powerful months in releasing lot of the darker energies, lower vibrating energies...a lot of bringing stuff up to the surface and so forth.

In May, there's a bit of a calming in a sense...more of an easing and getting ourselves much more integrated within the energies. That doesn't mean that there's not going to be anything coming through. It's just that there won't be such a powerful stimulation into the pushing out of the darker energies. But there will still be a lot of that coming on because May will be a much more encodement towards advancement, towards higher consciousness, towards having much more accessible tools to be able to maneuver through the changes. But also to become a much more powerful instrument in playing our roles, so that we are all facilitating...because we are all connected here...so we are able to be much more effective in our ability to facilitate the changes that are going on.

Then we have stuff coming in in June. And during the summer, we have three months of transformational components coming through which will stimulate much more consciousness again...even further. At the same time, there will be some turbulence but, at this point in time, the degree is unknown. The degree can be intense, if necessary, in certain areas of the world.

At the same time, you'll also notice that the animal kingdom and so forth will start to also respond a little differently. It's a little difficult to describe it, but, at this point in time, it will not only be more harmonious but you'll also notice that there's a reflection of another aspect of themselves coming through. Their older characteristics will start to subside and their truer characteristics will start coming through a little bit more.

Going into September, October and November, again, we have much more intensification. There's going to be energies which will "urge" souls to do as much as possible...or, at this point in time, wrap up and also to split apart, in a sense...or to leave the physicalities and allow the physicalities to be occupied by other aspects of themselves. And that will continue.

And with that leniency that I spoke about before, it will also allow the energies to maintain 3rd Dimensional consciousness to a *minimized* degree into the beginning of 2015...but it will be very short-term (this leniency had not been the case before). But, at the soul level as a collective, there has been a request asking for the extra time because of the fact that there are still a lot of changes to go through. And the depth of change and the releasing that has to come through is massive in comparison to the energy that would support it. Because the energies that would support it are there...but, at the same time, there is still a lot of duality playing out.

As you can see there is a lot more confusion taking place around the world. People who have been in the control structures have been, in a sense... For example, if you are going into some of the governmental/legal...everybody is starting to throw up their hands and it's almost like it's futile. They almost seem to be losing their maintenance of the status quo of whatever rules and regulations that they have adhered to in playing their role in a polarized world...and it is becoming more and more difficult for them to even cooperate at that level. So it's almost like they are saying, "OK...whatever!" (laughs)

But, at the same time there is still that push on one end because there's still those barriers that we're talking about with this Clearing: barriers to change, to the unknown and all that stuff. But, at the same time, it's almost getting to the point where they throw up their hands. So there's going to be a lot more of that during the whole rest of this year and even going into 2015.

A lot of the restructuring of coming up with the "new" will be in the new year. There is "new" coming through now...but, again, it's very limited due to the fact that there's still a lot of completion being done with the "old" per se, at this point.

Again, there's nothing carved in stone. We've opened up the platform for us to have a very fluid timeline...create-as-we-go type of timeline...both on a collective scale and also individually. And the timelines are also fluid in all the different areas. So, basically, we have the collective timeline which encompasses the whole planet...but we also have different timelines within the timelines that are in clusters in different parts of the world that will mold itself to provide the requirements for experiences and the energies required for the different...

Because, you have to understand...different parts of the world hold different frequencies and different energies...they also have different belief systems and different ways of holding onto their old ways. So one (inaudible) will not do it. So there's changes within all the different areas accordingly.

But with the timelines being so fluid, at times it stages up...and, you'll probably notice...it stages up to create a powerful experience, in a sense. It stages up to create an illusionary war or to create a massive eruption within a volcano or create an earthquake, or weather patterns or energy patterns within the planet so that we would have some ecological intensities coming through...and then it seems to start moving that way...and then it shifts! Because the movement towards that will create the build-up of energy required to create the shift.

But, a lot of times, because there is so much being monitored all the time...for example, the building and building and building it up...which is stimulating the change...but then to actually activate what it was building up to may have the reverse effect where it would stimulate a polarized aspect of fear or something of that nature to come through...or the reaction of survival (inaudible) and all of that stuff. So it may stop just prior to that and then not happen. So it was just the build-up that was necessary at that time...and the full execution of the event was not necessary. So those are part of the potentialities that will occur.

But, in some cases, an event will need to happen. I know there are people who say, "I want to see massive disaster! I want to see this so that I can actually see that something is changing on a larger scale," because that's what we're waiting for. Well, that's the mind talking. At the soul level, it is saying, "We will activate it, as a collective, if it is absolutely beneficial." It is not here to appease the ego, it is not here to appease the mind...or to make yourself right or wrong or good or bad about the whole idea..."You see! I was right! We had to have this intense experience because we didn't do (this, this and this)."

Even all the different support structures and beings that are operating do not look at that. What we want, at the mind level, is to appease the ego. But we want to look at what is serving...and what is the response?

There's also a lot of testing going on at the same time...which we are all part of...and that is that each band or wave or frequency that comes in and builds up some event that's coming up...it is pre-tested ahead of time. So what it does is create an alternate timeline...a temporary timeline...a temporary way of experiencing it...and see what the basic response

is for the collective of that area.

For example, if there was going to be a volcanic eruption in a certain part of the world...or stimulate something else that would be some form of intensity...it will also create that in an alternate reality with the same frequency of souls that are there, and see what the responses are. Would it go to movement toward clearing and stepping forward...or would it revert back into fear? It does not want to do anything that will stimulate, in any large-scale manner, "survival" or any of the old modalities of 3rd Dimensional consciousness. So it will adjust it in a different way to build it up enough but yet not play out to the fullest.

So these are some of the things that are going on. And I know that there's a *lot*.

Sometimes, even with the work that I do behind the scenes, there's changes all the time. I can't say it's "trial and error," but it's experimenting all the time, it's experiencing and saying, "OK, what works best?" We are all on the fast track of advancing humanity, advancing consciousness in this quadrant of the galaxy...and planet Earth plays a big, powerful role...so it looks at all the things that it can do...and how it would work best. So there's a lot taken into consideration when anything is activated or anything is played out at this point.

Antonia

And the one thing I want to add to that is that this is something that humanity is doing. I know there are people out there who are receiving information that there will be a galactic battle, that there's good ET's and bad ET's...and the good ET's are fighting for us...and the bad ET's will be overwhelmed...and all this talk about there will be one event... "boom" ...and then everything happens. Franco and I have not actually ever seen it that way. And we've talked about this a lot in the past that there is nothing being done "to" us...we've agreed to this. There are no ET's coming down to save the planet.

First of all...we are all part of the ET's. So anything that starts talking about us being lesser or not as powerful a being as any other existence out there, right away creates hierarchy. And we are not moving into another form of dressed-up hierarchy.

What humanity is being moved into is What We Really Are. Humanity is an expression of the Source, of Unconditional Love. We have agreed to play a game and that game is coming to an end. So what we are doing now is wrapping up that game to go on into what humanity really is.

So nothing is being done "to" us or "for" us. There is no waiting for something to happen.

The talk for tonight is Releasing Barriers to Change. We ARE the change. We are BEING the change.

I know that there's a lot of talk about the cabal being arrested and this and that happening because this saint will come down and do this, or this ET force will come down and do

that. But nothing is being done for us...we've all agreed to this. And I think a lot of that has been old frequencies that have been channelling or giving certain information. And if that resonates with you, then that's great! Then follow that. But insofar as the direction that Franco and I have seen for quite a few years now, is that that's not what we have been shown.

Yes, there's a lot of stuff happening in the background. Yes, we are getting a lot of assistance. Most of the assistance is to block out some of the interference so that humanity can move forward on its own. This is something that humanity is doing.

We've talked about many other times before that just because humanity had agreed to experience a deeper sense of amnesia, that was how it was meant to be. So now we are waking up...and waking up quickly. Which is why we have so much to do from now until then.

So all this talk about a global reset of the money, ET's coming down with a massive show on TV and immediately the world changes, that has never been how Franco and I have seen it. Can it be done that way? Sure it can. But the way we have seen it is that that way caused a lot more chaos and more stepping back than assistance to humanity. And that's how we've seen it.

So any information that you're giving anybody else that's coming from other sources, if that feels right to you, then fine. Once again, you know everything inside. So when you listen to this if you feel a sense of peace and opening and acceptance and expansion...and opposed to "I'm right!" "You're right!" and it's a battle all over again...then by all means continue to listen to it. But that has not been how Franco and I have seen the shift for humanity.

Franco

That was a good point that you brought up. Because, in a sense, even the stuff that resonates...if it resonates with you then that means that it is something that you need...but it might resonate for you only for the time being because that's what you need to hear right now....in the sense of getting you to the next level. But, eventually you will recognize that it no longer resonates. And it's not that you made an "error" by resonating with one thing and not something else...it's just that that's what you needed at the time.

Like you said, a lot of that is reinforced by the old channels of polarities and so forth.

But there are no battles anywhere. There's no battles about good and bad, right and wrong...or anything of that nature....because there is no such thing. There never was! It was something that we projected that we would have battles here, with the illusion of one side being "right" and who should control...or something of that nature. But a lot of that is clearing up all over the place so there is not the whole idea of battles between good and bad. Because there is no good or bad.

At the same time, with respect to the "saviour" part coming in...we, ourselves, are ultimately in charge as a collective together. And the assistance we are getting is only assisting us to do what we came here to do.

And it's not that we are "lesser" beings in that we are not capable. Indeed, we are very capable. We are no different at the soul level, at the Essence level, even as the holographic projection...than any other projection that exists....but also, at the same time, as Source Itself. Because we are all part of that Source. So we are not "less than." We are just having different experiences and we have a different operating system.

And right now we are upgrading our operating system...just as all of the universes are doing the same thing. But, that the same time, it seems a little bit more extreme on our end because of the fact that we lived a very advanced, polarized experience before. And now are transmuting through that.

The point is...if we had it all just change instantaneously, it doesn't give us the opportunity for us to complete. And it's like even a child learning to walk or any other new experience...if all of a sudden, magically...or whatever you want to call it...or you do it for them...they'll never learn themselves. And the child *wants* to learn to do it on its own.

Because we came here knowing what is here. We also know the capacity that we have, and the capability, and how much of the transformation that we can do. So we came here to do it. It's like any game or anything that we step into...we know what we can do. And we want to come in to it and play it out.

If you're going to sit down and start playing a video game and someone else comes along and just changes the game really quickly for you and then the game's over...you would feel like, "Oh wait, wait! I didn't finish it! I wanted to get to that point." Now, of course, if the game...and that's part of the modification now...if the game was set up so that you can *never* get out of it and you are kept in that spiral, then that part is the part that's changing. So now you can actually progress with your own capacity and your own capabilities throughout the game...so that it's no longer set up so that you can't. There's no "can't" of course...but it's just that it would take a lot longer and the infrastructure of the game would not support it any longer...because it would not match with the movement of the rest of what's happening.

Hopefully, that makes sense. It's hard to find words to explain it.

Antonia

Well, I think if we go back to keeping it really simple, but clear...and that is that we are all...and, like you said, whether the projection is called a human or if the projection is called a Pleiadian or Orian or even Reptilian, or Annunaki...or whatever terminology you want to use...they are all an expression of Source. We all come from a base of Unconditional Love. So everything on planet Earth has been experienced as division. And we all pick wherever we choose to experience...whether it be Earth or elsewhere...for the souls to have experiences to learn. So if we are here on Earth, we are learning something. And we also agreed to sign up to participate in this transformation. Everything else, I think, if we come back to the simplest forms...I think it takes away a lot of questions, it takes away a lot of insecurity. We

*are moving the shift. You picked to be here on Earth now during this shift.
Energetically we are all Love...regardless of where anybody ever came from.
And that's about it.*

*Transcribed by ARL in April 2014
from a recording of a live conference call/webcast*