

SUMMER TRANSFORMATION RETREAT 2014 PREVIEW CALL

April 28, 2014

With

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

Antonia

Our retreat this year is July 11 to 13, 2014 and it is to provide tools to assist us in transforming through the shifts that we are headed into.

The reason we wanted to have this retreat is to assist people with the emotions and ups and downs they may be going through with this transformation. So the weekend will be a time of connecting, grounding, getting more clarity and being able to move forward with some tools that we can use.

Franco

Yes, this retreat will be an opportunity for people to really immerse themselves in *completely* high-vibrational energy. Not only is the location surrounded by nature, but we will be checking in with the location beforehand to make any necessary energetic adjustments to create the environment. So that's the first part. The second part is that we are coming together and accessing high vibrational energies from other aspects of self all over the world, from other realms, from other planets and so forth, that will be part of all that creation of what we are planning to create through this event.

As with any other event or retreat, it is very specific not only for transformation but also to prepare us for all the other changes that are going on and to become not only your own facilitator but to also be able to act as a facilitator for other aspects of yourself (e.g. family members and others). But, again, it's not coming in where you are now the teacher or anything of that nature, but rather it is that you will now carry a certain energy, a certain consciousness and so forth that will assist others with whom you are interacting on a daily basis...that's part of the transformation.

Especially when we come together on the Friday night, that part will be really focused on really grounding us and bringing us into a prepared state. So it will involve energy and also meditation in a way...now I'm not sure what James and I will play with exactly at the moment...but what I'm envisioning is to really bring everybody to the same level

of frequency so that we can create the perfect dynamics that will form the rest of the weekend. So that evening will be to ground yourself, to connect with nature, to connect with Who You Truly Are, to let go of all the baggage, all the stuff that you've been dealing with up to that point in time (the days, the weeks, the months and all the stuff that has been going on) to bring us to that point.

And getting into the Saturday and Sunday there's going to be more hands-on work, i.e. working on ourselves, working on one another, facilitating and so forth to create the transformation within each person.

And any work that we do now is never just about us. It's about the dynamics of the community that's coming together, so there's that group of people...but it's also for the area...and also, on a global scale, it's affecting the whole planet.

Of course, that work also creates alignments. There's a lot of alignments happening now...planetary and otherwise...that are coming about. We are going to be getting engaged in playing with those alignments and also accentuating it and allowing the various participants...the ones who are choosing to be ready for it...to be part of the transmitter/receiver for those alignments and to carry certain energies so that each one of us, when we are going along in our daily lives afterwards, we will be tuned to be able to facilitate on a large scale.

So we are asking for a massive change. And right now there's a lot going on. However, there's more and more souls who are required to be in the ready state to facilitate this transformation.

All of us are dealing with many challenges...and many opportunities at the same time...for transformation and growth. And part of the weekend is to allow us and to facilitate us to be able to deal with all of that. But not just "dealing" with it, but rather to utilize it *fully*...to utilize whatever's coming up, to see whatever's there and to see exactly what it's for, utilize it in a way so that we can create completion, growth and releasing. And then to be able to function in a completely different state of being...so that you are leaving in a much more relaxed, much more fluid state. Because that's what our intention is: to be in a fluid, playful state.

And also to be utilizing unconditional love, neutrality and a state of peace...no matter what's going on. Because as we utilize the energy of peace, neutrality and unconditional love through all the changes, it is a very powerful energy, a very powerful tool in instigating and facilitating the transformation on the planet and everybody around us. So you become a very powerful "tool"...if you want to call it that.

Again, it's up to each individual to what level you choose to participate. And when I talk about what "level" you choose, of course the mind is one part but then there's the soul aspect of it too. So regardless of how much you choose to participate in going on with your daily lives after the retreat, you will still be prepared, encoded and made ready in all aspects. So that whenever you are ready for the next phase, it is just a matter of activating

the codes which are already there and in place.

So that's kind of the dynamics for the weekend.

But the beauty of it...because of the interconnection with one another, we do have a tendency to create a community. And that community becomes very powerful...where we see how we can be a community...how we can be with other aspects of ourselves working together on a single direction.

And when I say "single direction" I'm talking about a direction on a large scale...meaning we are stepping into a new reality of 4th and 5th Dimensional consciousness, of neutrality and unconditional love and peace...and going into creating a reality which now becomes very fluid in our natural state and our true design.

It also brings in the higher aspects of ourselves so that you become a conscious creator...but you are creating on multiple levels because you are creating not only consciously, but also unconsciously and super-consciously at the same time...and creating energetically, spiritually and also in the physical realm at the same time.

And it's not following what we've done before; rather, it's about being completely open to creating anew.

So that's the basis on which we will be playing with regard to what we intend to do at the retreat.

Of course, as you know, the dynamics of all that will unfold will continue to shape and form until we get to that point.

This is not an opportunity for you to "escape" and say, "Well, I'm going to go there and I will come back 'fixed.'" First of all, nobody's broken. Secondly, it is an opportunity for you to enhance what you are already choosing to experience.

So going in with the idea of, "I'm going to feel better after that," ...there's nothing wrong with that...that's absolutely fine. However, once you get there, you'll notice that there's a much bigger purpose. You'll notice that it's much bigger than you...and much bigger than you may have thought.

And you'll also notice that no matter what you're going through...it doesn't matter how challenging it may seem...you'll notice that, as we go through the weekend, whatever you made so huge will start to shrink and become smaller, smaller and smaller...to the point that certain things that may be interacted with others...from a structural point or with interactions with others,,,will not only take a different form because our view will change and our energy will change...and also the people who were playing with you and creating those challenges before, will now start to shift...because they no longer need to play that role with the same dynamics that they were playing before. So you will notice that things which were before like a big drama will have a tendency to just kind of move along and

will take a different form....almost to the point where you are looking at it and you will say, "Wow! Why didn't this come before?!" type of thing.

Of course, everyone will have their own experience that they choose to have. But what I'm saying is that these are all potentials that we have as part of the interactions of this retreat.

It's always great when we come together. But this time it's an even more special treat because James is coming along and bringing all that he has to offer. And, of course, the three of us are now working together and so the dynamics are going to be enhanced even more. So I look forward to seeing all the people who will be attending and working together to create a completely new reality of play.

Antonia

Also, when James, Franco and I were looking at doing this retreat, one of the things that actually the three of us had independently envisioned before we even got together to discuss it, was that this retreat would be like a grounding foundation for the 5th Dimension which will be starting to come in, in 2015. And this would assist people in preparing to move into those frequencies without so much...as Franco was saying...drama. Because definitely one of the key aspects of being in the 3rd Dimension is that there's drama. So when we thought about how we saw it happening, it was a coming together of James' Qi Gong group which has been training in Toronto with Franco and I...so we are all coming together to assist each other. So we are all co-creating this with the energy that we all bring together to move forward.

But I also think that specifically for this one that there's tools. I know that James and I have been working a lot with the Energy Paper...and it's been going really, really well. James is still in the beta-testing phase before he releases the paper to the general public. In addition, James has taught us a very effective way to blank out the mind (for meditation) which I have found to be very effective.

So it's a coming together of all of us and we are kind of creating and adding in the best of what we've learned to share and create with each other.

James

Yes, we will be coming together and will be setting our energy at a certain level. This will be especially effective for people who are not feeling 100% at that point in time...with the Energy Paper we can at least make sure that they are comfortable to move on. I think that's the main thing that we need to do first. So mostly on Friday night and maybe continuing to Saturday morning, we will do that part first.

Antonia

Yes, of course, James always underplays what he does.

But whenever we all get together we go about the area and first see what needs to be cleared, what needs to be opened and where the energies are. Because our intent is that...depending on the weather...there will be a part indoors and a part outdoors.

As we get closer to July and as the energies are changing and as James, Franco and I work together and refine things, we will be adding it into the retreat so everyone can play with it. And one of the things that we are having fun playing with is James' Energy Paper. James actually is an Atomic Physicist and a Laser Physicist so, as a scientist, likes to experiment with different things.

Personally, I find that when I am using the Energy Paper I have a much easier time quieting the mind for meditation and I find that I go deeper, faster into meditation. And some other people who have been testing the paper have found that when they put the paper under their pillow they are getting a much deeper, sounder sleep. And we will work more with that Paper at the retreat.

So the tools that we will be using at the retreat, together with the meditations and so forth, will be focused on having you go inward and being able to use those tools to assist yourself in moving forward.

James

For this particular retreat, we are looking at everybody practising the same method of meditation...because of different levels that everybody will be at, we will then be able to bring everybody to the same level. And then the energy will be shared.

Antonia

And with James' ability to see energy, that will make it a lot easier.

Franco

And there can be adjustments on an individual basis too...because he can see it and see if there's any adjustment or tune-up required, then that can be done. And that will facilitate greatly also.

Antonia

We had a question from a listener who says that, although she cannot be physically at the retreat, she was wondering if there was a way she could still participate.

Actually, although we cannot live-stream from that facility, we are going to attempt to record the event...either through video or audio, depending on which way we are able to achieve the best result. And whatever recordings we are actually able to make will be made available on our website.

Franco

For people who can't physically attend an event a lot of times the question comes up, "Am I going to get the same experience?"

It's won't be identical in the sense that you are not in the same environment. However, whatever recordings we are able to make will have a lot of the energy locked into them...and the codes will also be locked in. But regardless of whether or not we do a video or an audio recording, the energies will be locked in because the recordings always carry the same energy.

The only thing you don't have fully is the interaction with one another and the sharing of the energies. What happens is that we create a cluster...we are doing it together...and everyone who is participating...*whether they are physically there or not*...we create that cluster of energy. So anyone who is tapping into it through the recordings and so forth is now linking directly. So it's like you are creating a key code to go right into that cluster of energy. So it's like you've put yourself *present* in the retreat. You may not be there physically, but you are there in the sense that there's a part of you that will not only have the whole sensational experience, but also the transformation.

So just because you can't be there physically does not mean that you will "lose out" ...because you won't...you won't!

And any recordings we do make will be broken up into segments so that you can very easily access only certain aspects of the retreat (e.g. a certain meditation) when you wish to do so.

And even the people who do physically attend will be able to repeat the experience through the recordings. And every time anyone uses the recordings and taps into the energy cluster will not only be reinforcing the cluster, but will be even further transforming themselves and assisting others as well. So that's the beauty of it all!

Antonia

And that also applies to the Energy Transmissions which James has done online and which are posted on our websites. Whenever you listen to those recordings, you are always tapping in to what James has done...you are always tapping into that energy..

And even if we have technical issues with recording the event, we will always attempt to ensure that at least whatever Clearings and Activations we do during the event are recorded.

And someone had the question of, "Is there something in particular that we should do to prepare for the event?"

Franco

The preparation is to show up at the event with no expectations and no conditions. Be open for whatever unfolds...because you are going to have *exactly* the experience you need.

A lot of times expectations become a stumbling block. If we go into the event with problems and with the idea that, "I'm going to come back fixed!" or something of that nature, that becomes an expectation that is a stumbling block.

You can go in with the intention that, "I'm just going to go there and experience what I need to experience," and perhaps with the idea that there are certain things that you would like to transcend, transform or release in yourself, you can make it present and say, "OK, these are some of my intentions that I would love to see happen. I know that this is at the mind level, but at the soul level I am also inviting it to present exactly what I need to deal or work with at this point in time," ...and then you show up...and be yourself.

And that's one of the best preparations: just be yourself!

And be open...and *ready*...for *whatever*!!!

And being "ready" does not mean that you have to do anything in particular. However, at the same time, if you can use some of the other modalities like the Clearings and so forth that we have made available on the website, then that actually gets you more prepared by removing some layers...so you will actually be able to access more of what is being shared when you're there.

The thing is, too, with the recordings and so forth, we will, as individuals, have the experience...but each time, as you are progressing, you are able to access more. And not only access more but, at the same time, as you are going through this higher access, you are also becoming much more conscious and more transformative...so that you become much more of a participant in all the things you do on a regular basis. And I've had people say, "I've listened to the recordings before and I felt something happening," whatever it was. "But then I let it go for a while and then when I played it again, it was WOW! And I don't know what happened!"

Well, there's a couple of things that happen. First of all, the person is much more ready because they have since moved through a lot of the layers and barriers that they had. But second of all, the energies that are coming down to the planet and all the different levels of consciousness that we are playing with...I'm talking about as a collective here...is enhancing it. So when you replay it...and this is one of the things...even though the recording may have been done a little while ago, the recording is upgrading automatically as we go through these new energetic shifts.

Even the energy codes and so forth that James is working on, they get stronger as the new energies are flowing through. And then if you have to tweak anything to play with it, then you tweak it. You might alter the code or maybe just the energy within the code itself

because of whatever it is accessing. So all of it is constantly upgrading all the time.

So if there's something that you feel you would like to address during the event, then OK...but don't make that a chore. Don't make it so, "Well, I need to get all this stuff done before I go there or else I won't be ready." But if you feel you'd like to play with certain things...like some of the recordings that we have provided in the past...you can go through it and set up some intention of what you would like to see.

And then leave it open. And just show up! Show up and be open for whatever happens.

Because when you have no expectations and you are just ready to play, it's amazing how the alignment of mind, body and soul all come together much more easily.

Because at the mind level, if we're creating expectations, stories and stuff and, "I'd like to fix this and that," then you are creating a band of frequency that is being created through the mind. And if the soul's intention is different, then the body is in the middle saying, "Well I don't know what to expect! So if I show up there and if I have sore knees (or this or that) ...or if I'm uncomfortable in this way or that, then I'd like to see something else." So now you've scattered yourself.

At the same time, as James was saying, the Friday night and perhaps part of Saturday is to bring everyone to a certain vibration, a certain energy and frequency so that everybody is prepared to step into the adventure...because that's what it is...it's an adventure of an opening, an adventure of a transformation...it's an adventure of meeting *yourself*...the *true* aspect of yourself...and go from there.

Antonia

We have another question which is, "How is higher consciousness possible?"

Franco

We are infinite consciousness. All of us. At the basic Essence of who we are, we are the *totality* of consciousness...at *all* levels.

At the same time, we are never maximized because we are constantly *expanding*. Now I'm talking about Source Itself...so us as a collective...and when I say "collective" I mean *all* of existence.

Each one of us at the soul level came here to experience...or came to another planet to experience...came here to experience going from non-conscious to becoming conscious. And to create realities, experiences, opportunities and advancements and so forth along the way. And while it's doing that...while we're going through that, each one of us is going at different levels because of whatever we're staging as part of our experience.

When we are accessing higher consciousness, we're accessing what each soul is capable of. So as they are going through their journeys and the multi-dimensional aspects that they do, the accessibility expands.

But *all* of us, of course, have full access to *all* levels of consciousness...we just don't allow ourselves to have it because it will affect what our plan, our journey is all about. So we let it come in in increments due to our experience and as we move forward.

When we are creating ourselves in a state where we step outside of the body...and when I say "stepping outside of the body" I mean stepping outside of the mind. It's where we are going through meditation or a process where we leave the mind and body consciousness aside for the moment and now we start tapping into the higher aspect of ourselves.

The first higher aspect of ourselves is our soul...which is within ourselves...i.e. going "into our heart." And we always talk about "going into our heart," which is basically tuning into our Heart Chakra and the information and consciousness that is stored in the heart itself.

The next higher level of our consciousness is where you are going into the cluster of what is basically your oversoul...which in itself has several levels.

In addition, you can also tap into other guides and so forth, which are just other aspects of yourself having different experiences...and they have a different access point,,,so you can also tap into that.

Then you can go on and access even higher levels of consciousness above that. So there is not just one level of consciousness that you can tap into.

But if you're going into alternate access which is Source consciousness...again, it relies on how much you want to access...or not. If, at the soul level you were really ready and you chose to access full Source consciousness, well then you would. But that's a rarity to be able to do that on the planet only because it would affect our human experience. And when you get to access that level of consciousness, you also notice that having a human experience is very limiting and very "small" in comparison to Who You Truly Are on a grander scale. For example, to play in junior kindergarten when you already have a university degree would not be so appealing. And for you to remain in the kindergarten playground while you have much higher access would not be of much interest at the soul level.

So when you are tapping into higher consciousness at this point in time, it depends on what level of consciousness you are ready for. And once you tap into bits and pieces...bites of what is the next level of experience and reality that you want to create at the soul level...to provide completions, to provide expansion and growth and so forth that you are choosing.

A lot of times people talk about, "Well I want to access all of it!" Well... (laughs) a lot of times we're not ready for it. You have to understand...this all has to filter through the mind. And the mind has limitations. The mind has a lot of programs, a lot of conditioning.

How many times have we accessed something that the mind really can't get itself wrapped around and we felt overwhelmed and that "This is too much!" So that can create automatic fear and so forth as a response mechanism.

So, you have to understand, you are going to access only to the degree...you're always stretching the mind...but you're only going to access as much as your mind will be able to process...because you are not going to put yourself in a "shock" state or shut yourself down.

You talk to some people, and they are not ready to talk about...even what we're talking about these days...which is not even at the highest level at this point. Because to them it would sound crazy...and not only crazy but, at the mind level, they are not expanded enough...yet...to be able to accept that. Or even talking about extra-terrestrials...or that there is a spirit world where there is no deities...and how we actually operate...many people are not ready for *any* of that!

So it's the same thing when we are accessing consciousness...the mind actually becomes a filter for us.

But, at the same time, we can all still be more attentive to clear programs and to be much more open...and by doing so, then we will be able to access more. But...again...always only to the degree which will best serve us...at this time...for the various next steps that we are choosing to make to move forward.

Antonia

Yes, and when we are talking about "coming from the heart," that's almost become a cliché. But we're still living in a world with survival...we look outside the window and that's what we see. So it's easier said than done.

We've been doing a lot of work with James on coming from a heart frequency of 528 Hz and learning to disconnect and shut off the mind...so that when you are making decisions or when you are doing things energetically or when you are tuning into whatever it is that you need to tune into for your everyday life (being with your friends, family, co-workers or whatever it is that you're taking on in your life) that you are doing it from a heart level. And James is actually really good at assisting people to disconnect the mind from the heart and then looking at it through the heart.

And I think this is why it's so great to have both James and Franco there together because we have different ways of teaching people how to do this...so that you can feel it and not just talk about it. Feel it as being more tangible.

And it's important that we now go more and more into the heart frequency as we go through our lives.

Actually, I was talking to someone today about going from 3rd Dimensional consciousness to 4th and then into 5th. And one of the things about 4th Dimensional consciousness is that people

are starting to feel more of the pull from the 528 Hz heart frequency. And that will become an even stronger pull as we move forward into the 5th Dimension.

And that's something we will be working with through the course of the retreat.

Franco

The heart frequency feels much more natural to us. It also brings us more into a state of peace. And decisions become much clearer...whatever you need to play with at that point become clearer...rather than coming from the mind.

You have to understand...the mind is a computer. So it's like you going to your computer and saying, "OK, computer, do whatever needs to be done, and I will operate on whatever programs you have there." But really the computer is a tool. It's a tool that does things for you. The mind is actually enhancing and allowing you to have your reality and experiences, and it also encodes the different frequencies that gives us what we see as solid or how we see ourselves in a reality of "realness" ...when, in reality, it's just a field of energy. So it's just a tool. So with the shifting into 4th and 5th, you are then tapping into the heart consciousness...the soul consciousness, really...that's what you're doing. So you are going from operating the computer...to operating from consciousness while utilizing the computer. So the computer is now no longer doing the driving.

Remember...the computer is programmed...and this is one of the key things that you realize from the moment you are born: that you are conditioned, you are being programmed. But you are programming the computer; you are not programming the soul. The soul already has its own consciousness. And it's expanding its consciousness by utilizing whatever experiences it's going through. So the programming is really programming the mind.

So any conditioning, any stories, any programming that we've gone through...any beliefs, traditions and so forth...those are all encoded in the mind. Those are just programs. And they respond. And it becomes your limit...it becomes your reference point.

Because the more you tune into your heart, the more you see yourself less and less as a body and a mind with a definition...being that "I am Franco," or "I am Antonia," or "I am James," or whoever you may be. It does not use that as a reference point of "This is who I am." And it does not look at your characteristics per se and says, "This is who I am. I was born under this star sign (or whatever)...and this is who I am." That was an old 3-D modality.

Now that we're going into 4th and 5th, the reference point is your consciousness, your beingness, your Essence...your Creator Essence within yourself...and going into the navigational point of navigating through a physical form and the mind itself.

So it's great what James is doing in the sense of tapping into the heart consciousness, the heart frequency. Because it's very soothing, very comfortable...and very rock solid, too, because you are not easily swayed by emotions and you are not up and down and all over

the place. It is a much more fluid, clearer state. And then, from there, you utilize all other aspects of yourself to expand and to create whatever you want to create as a reality, as an experience, as an amusement.

And also by tapping into the heart, you will be able to tap into the true essence of what you came here to do. You'll be able to look at your "records" and the "lists" that you've made...at the soul level...of what you intended to do in this lifetime. And, in many cases, that encounters many, many lifetimes that you haven't been able to get done with various experiences. And now, because of the energy, the consciousness and everything else that's playing out, you are able to access it by tapping into your soul. And not only going into that grounding, powerful energy, but you will also be able to navigate much more fluidly through what your true nature is. Because the big question is: "What's my purpose in life?" That comes up all the time.

So at the retreat we are going to explore all of that. We are going to play with all aspects of that so that what we will be doing together is going to another level of reality-creation and consciousness and so on...and really playing into more and more of Who We Are.

Antonia

Another question that has come up tonight is, "What are the 3rd, 4th and 5th Dimensions?"

We talk a lot about the fact that the old 3-D world is devolving. We are currently in 4th Dimensional consciousness and it is currently shifting and shaking up all the illusions around government and health and so on. And we will be shifting into 5th sometime in 2015 and will be in that Dimension until 2017.

In the past we've talked about the fact that humanity should have been in around the 9th Dimension right about now.

So why don't we explain the differences in the Dimensional experiences.

Franco

The planet itself and our physicality are designed to go to the 9th Dimension in this physical form. Of course the form would not operate in the same way it does now. We should be in 6th Dimension by now...and flowing into 7th, 8th and 9th eventually down the road. So this planet was designed to operate from 3rd to the 9th and that was the level of uniqueness in how it was created.

The 3rd Dimensional consciousness that we are in...and I just wanted to clarify this...we are not in a standard 3rd Dimensional consciousness. We are in a hybrid, modified 3rd Dimensional consciousness which is not in its natural state from its original design.

The difference is that in 3rd Dimensional consciousness...because it's really about consciousness...the focal point, the awareness, is physical form...through mind and

programs...in the sense of everything is a reference point. "I am a body. I am a mind. I have definitions about who I am. My world is concrete. This is all of my awareness: I work in a physicality and at the mind level...and in the physical sense where I move matter around (or at least the illusion of matter). I also steadily grow and compete with one another. So the consciousness is a reference point that whatever we "see" is real and there's really not much more beyond that. So my reality is this existence is the physical form. So that means that once the physical form is gone, then I no longer exist." So that is your typical 3-D world.

So there's right/wrong, good/bad, positive/negative...and all these polarities. There is the idea of karma, the idea of what we do we get "paid back" and so forth...that we need to earn...that we start off with no value whatsoever and that we need to go through this existence. So that's all 3-D.

Also 3-D has rules...and the rules cannot be questioned because they are made by something else "outside" of us...so we can't even question that.

When we're going into 4th and 5th...and those are different degrees...you have to understand: 4th Dimensional consciousness is just a stepping stone...especially now...it's a very short stepping stone. Because typically you would go from 3rd to 4th and there would be numerous years, decades...and sometimes centuries...where you stay in one dimension before you shift into the next. Right now the 4th is being used only as a stepping stone in preparation and to push us to go into 5th Dimensional consciousness.

But when you are getting into 4th and 5th Dimensional consciousness, the reality is now beyond the physicality. You no longer see yourself as "I'm a physical form." You see yourself as much more than a physical form, but you utilize the physical form...and you are the experiencer.

When you are in the 5th, you realizing that you are Source Itself...and when I say you "realize" it, I mean you *know* it...you *feel* it...you *experience* it. Your thought patterns and so forth reflect it.

It's not about just knowing it intellectually in the mind and saying, "I'm Source." You can say, "I believe," but that's just a belief system. When you're going into "knowing"..."true knowing" meaning when you are accessing your higher aspects of self, or tapping into the soul at this point in time through the Heart Chakra, you now know..."This is it! I'm more than the physicality and I'm using the physicality."

So what happens in 4th and 5th is that no matter what you are playing out, you see it as a game. And not only do you see everything as a game but you will also see that there's a purpose for all of it...and you will just navigate through it. And you will go through the different aspects of it like you were playing a video game...and you go through the different levels that you go through while you're playing the game. You don't get caught up in the levels thinking, "Oh...I am (this) now! I'm stuck here. What am I going to do next?" So that's the 3-D world.

In the 4-D world you have the state of consciousness that you think, "OK. I'm here. How do I utilize this to step forward and move onto the next level? And it's not even a push that I *need* to get to the next level. It's just a natural fluidity that I choose to go through." But, at the same time, you are not defining yourself as a physicality and so forth.

You also see the rules and see that everything is made up. And you start seeing that, "I am the ultimate creator here. And not only that, but I'm actually in charge of my own creations to the degree that no matter who or what I'm interacting with, the matter is still fluid to adapt to and be reflective of whatever I'm bringing in as part of my consciousness and my experience." So you become much more conscious of that.

And in 4th and 5th Dimensional consciousness, you are not only able to access higher vibrations, but you also create things much more fluidly, much more quickly...and you are stepping into and out of realities and experiences a lot faster. And the interaction becomes lighter and a lot more flexible with respect to changing from one experience to the next.

For example, you meet someone and have whatever experience there needs to be, and then you move onto the next one that's required...rather than getting caught up in the drama of, "Oh my God! I was in a relationship and all this stuff was happening...and I put all my efforts and commitment into this...and we made agreements and promises that this was going to be for better or for worse, for life or death (or whatever the idea or concept is that we've taken on at that time)," and then there's long dramatic aspect of, "Oh, my God! It's terminated!"...and so forth. That's 3rd Dimensional consciousness.

But in 4th there's the realization that, "Yes, we came together and we played. Now it's time to move forward." And it's just a beautiful congratulations, a beautiful movement of saying, "Thank you! Let's go on and let's continue playing." And, at the same time, it doesn't matter if you're not together because the connection is always there, the friendship is always there...whatever it may be at that time. But it's very fluid moving in and out.

That doesn't mean that you are moving from one relationship to another. But it's just that when it feels that it needs to, it just happens naturally.

And the same thing with anything else that we're stepping into. No matter who we play with or whatever's playing out with us.

And when we get into 5th Dimensional consciousness, of course everything is happening a lot quicker. We create a realities much quicker. We're stepping in and out of things a lot faster. For example, if we create something that may be dramatic or intense in one way or another, we step into it, we take whatever we need to learn, experience it, shift...and it's gone. "Next!"

And it's like we go into our dream state while we are creating our realities...where you can become much more fluid and you can choose to navigate...

For example, you create a scene...environment, people around you, and whatever else you are playing with...but you can now take different positions within that scene. And you can experience and learn from yourself. You can say to yourself, "OK, first I'm going to play this role. Then I'm going to play that role." And this role and that role are all in the same physicality but you are projecting yourself in different positions. So you now learning from different vantage points along the way.

At the same time, you see that one of the key things in 4th and 5th Dimensional consciousness is that *we are not separate!* We are all One! We are all one consciousness having multitudes of different experiences...we're all playmates who have all agreed to play whatever we need to play...and that we are infinite...and that we never cease to exist...we just go from one playground to another. So we go from one holographic projection to another holographic projection. And we can move through it much more quickly.

Of course, in 4th and 5th Dimensional consciousness you now no longer need to play in polarity. So you are not getting caught up in the idea of, "I need to have pain before I can have pleasure,"...or vice versa: "If I have pleasure then I have to have pain." Or that there has to be right or wrong, good or bad or anything of that nature. Everything is seen as an experience. Everything is seen as a fluid play. So in that regard, in 4th and 5th Dimensional consciousness you are not creating suffering, pain and so forth.

But you are also not going to create complexities unless you choose to create them. And if you do choose to create complexities, they are created momentarily, for a short period of time until you step out of it. Just to get a taste of it...but not really to get caught up in it, make it rigid, make it real and find yourself taking 10 years to get out of it...or something of that nature. So it's very, very fluid.

And when you get into 5th Dimensional consciousness, you also realize that we do not need to follow all the rules and so forth. And we don't need to play with the idea that we need to earn or struggle or anything of that nature. We work in community. We work in sharing. We work in bringing other aspects of ourselves to facilitate one another. It's not about who "has" or who "doesn't have" or anything. There's no ownership, no control and none of that stuff that we carried in the 3rd Dimensional consciousness

We are coming *together*...to play together.

And our world on a material level, of course, will start to reflect that more and more. Because we are not going to create systems or support systems which create or reinforce separation or struggle or intensities...that will not be appealing any longer. That will be something that we will not feel we need to have as part of our experience any longer.

So these are some of the things that we look at going into 4th and 5th Dimensional consciousness.

The other thing is, when we get into the 5th and we are in alignment with the planet, of course our world will change drastically. The vibrations that formerly reflected toxicity

and low vibrating energies will, of course, transform. And whatever we created that reflected as an environment that would be harmful or very challenging for ourselves to remain in a physical form or to function in ease...will, of course, transform. And any damages...or what we perceive as “damages” ...because there’s really no damages...we just create a reality that becomes more challenging for ourselves... So those “challenges” will, of course, transform along the way.

For example, like you were saying, Antonia, the tests that you were doing with the Energy Paper was creating different results on the rice. And the same thing with water...or whatever the environment where there’s damage or toxicity that was incurred while we were operating in a 3-D consciousness...they will be changed. Because the vibration is changing.

And the other thing about going into 4th and 5th Dimensional consciousness...especially 5th at this point...we are opening ourselves to be much more receptive, and we will be connecting more with our brother/sister souls on other planets. And there will be much more sharing around that.

Antonia

Another question was, “Why should we be in the 6th Dimension when we are each on our own journey?”

Franco

That’s true: we are each on our own journey.

When planet Earth was put in place, the intention was that we, as a collective of the new physicalities that we were in...which are only 15,000 or so years old...were going to be migrating. It’s was like, “This is our journey. And over these 15,000 years we are going to migrate and consciously expand from 3rd into 4th, then 5th and 6th and so on.” That was the intention: that we would go in that direction.

And when I say “planet Earth”, I mean the playground, the schoolyard would be reflective and supportive of, for example, 6th Dimensional consciousness.

But what happens is that each and every *soul* is at different levels. So, yes, if a soul still needs to be in 3rd Dimensional consciousness and planet Earth is already in 6th, for example, then that soul would not reincarnate on planet Earth, but rather would reincarnate on another planet that was still reflecting 3rd.

Remember...each Dimension is a playground and schoolyard based on whatever souls want to experience that. And all of us start at the lower ones and move forward.

What we have on planet Earth...and what we started to transform from some 25 or so years ago...is what we call a hybrid 3rd Dimensional consciousness. It was created in such a

fashion that it was a highly challenging, highly intense 3rd Dimensional consciousness and it was *not* a consciousness of progress. And by a “consciousness of progress” I mean....

For example, a soul might say, “I’m entering 3rd Dimensional consciousness and the operating system is to be conducive to allow me to go from 3rd to 4th.” It’s like you’re going to school and you’re going to enter Grade 3...and the intention of Grade 3 is to expand your consciousness, to share and to teach you so that you can move on to 4th. And then when you are in 4th, to move into 5th. And that’s how planets are designed: they are designed to facilitate you in doing whatever you need to do in 3rd before you move on to 4th, and so on. And planet Earth was originally designed that way.

At the same time, it was also designed to be a school that upgraded as the collective upgraded. So you didn’t have to reincarnate on other planets if you didn’t want to. You still had the option...but you could also stay on this planet and...and when I say “stay” I mean come in/come out or whatever particularly it was. Mind you, many of the original physicalities were able to live up to 1,000 years in its original operating system...but that was also part of the modification...but we won’t get into all that stuff right now, however, because we’ve talked about it before.

But, in essence, the design that I’m referring to is that planet Earth was designed to go from 3rd to 6th ...and the intention was that planet Earth would be reflective and supportive of 6th Dimensional consciousness by now...that was the original intent. And the souls that were ready for that would have accomplished that. But there would have been different souls on the planet...

You have to understand...there’s more to this because of the way that the experience on this planet was done...we kept holding ourselves “back” over and over and over again because of the fact that it was much more challenging for us to “graduate” per se.

But, at the same time, there’s nothing wrong with that because, as much as the original design was one way and the outcome was something different, the outcome was still very beneficial and reflective to create an environment that was highly, highly challenging and highly, highly experientially rich...in the sense of being pushed again and again so that the soul would actually see how much it could endure or how much it could experience itself...to the point where it could actually move forward even though everything was designed to keep it back....which was the modification, the hybridization that had occurred.

So, yes, the individual souls would still go at their own pace.

And, again, there’s a perfection in all of this.

Antonia

Another question we have is, “Is 6th Dimension more about just total community?”

Franco

Yes, it is about total community. Because, again, separation definitely does not exist. At the same time, in 6th, you basically assist each other because you are assisting yourself through each other. So, in a way, there's so much more sharing and much more openness. But it's not only in the communication aspect of it...a lot of it is telepathic...but there is a sharing of energy, of consciousness. You would learn and grow collectively, but you would do so with your own individualization because you are also in different physical forms and each physical form reflects a different signature. In 6th Dimensional consciousness, all creation is done collectively...in the sense it is all done to support each and every facet of yourself. So that means before you create something, you are now tuning in to each other to see what you will create.

In 6th Dimensional consciousness, you can create pockets which can be in a slightly different design in each part of the world...while at the same time they are all hubbed together and connected. So you can create clusters throughout the planet.

But, again, there are different degrees of 6th Dimensional consciousness too, because on another planet 6th Dimensional consciousness would be a different experience.

Let's put it this way: there would be no conscious "effort" in community. It just is. It just exists. It's just your natural operating system. You would not even consider anything different at that point in time because it wouldn't even be part of your consciousness at that point. You're all One. You see everyone as other facets of yourself.

The other thing is that with each higher Dimension in consciousness, the body becomes lighter...and when I say "lighter" I mean it becomes less dense...meaning that it doesn't get caught up in heavy experiences. So you would not have illness or anything of that nature. And if you did create something of that nature, it would be something very instantaneous...you experience it and it's done. You would not create energy blocks, you would not be having what you're creating now. Right now is very different than stepping into 4th, 5th and 6th....especially in the 5th and 6th...because there that would not even be necessary...there's no need for that form of experience. And we wouldn't have systems where we have to create "illness" and have to find a "solution" for it...that would not even be something that would be considered at all at that point.

Antonia

And can you just briefly comment on 7, 8 and 9 and just a brief sense of what we are evolving into in that regard?"

Franco

Well, you're pushing it now! (laughs)

Well, I can't be totally specific (because it's not really possible to describe them from a 3rd Dimensional consciousness point of view).

But when you are getting into 7, 8, and 9, your Essence of Sourceness is very prevalent...and it's like you are creating dream states. The physicality at this point in time is no longer the sensorial physicality and the intensity that we experience now.

You will be much more not only telepathic...but you will be telepathically connected to not only others on the planet, but you are connected to multitudes of planets at the same time. And now you're tapping into other planets, other beings, other aspects of yourself...and you are bringing it in and transmuting it and creating realities from it in this realm, and utilizing the frequencies of the planet that you're in at that time...as a cluster.

But when we are talking about connecting as One, now you're exchanging at a higher level with all that exists...not only in the galaxy but in the multitudes of universes. And in the creating of parallel aspects of yourself, you would be able to experience yourself in multitudes of different potentialities at the same time.

So, in essence...for example, I want to have an experience of interacting and creating a reality that has a certain challenge...but I'm going to take it from all different vantage points...and will experience all of them at different levels. And then also experience what it would look like on other planets at the same time... with their energy. So you would be able to access all of that and you would be learning and experiencing much more quickly and intensely...in the sense of bringing in all other vantage points...not only on this planet but on multitudes of planets.

For example, if I want to play with this particular relationship, I'm going to see it with multitudes of potentialities and I'm going to see it from different aspects of self, from different vantage points of being...so you will be able to tap into that and see through the eyes of other aspects of yourself...not only on this planet but also other planets...all at the same time.

And, of course, teleportation at that point becomes very, very fluid...in fact, that's your natural state at this point.

And you can choose to shapeshift...you can do anything at this point.

But it depends on what you activate and what you don't activate...and, on a collective scale, what is the best level of experience.

So it's like at school, you might say, "Well, what are the subjects or what are the avenues that we haven't explored, that we would like to explore?" So that's really what you're looking at.

Ninth Dimensional consciousness...as you're looking at it...you're now...

You have to understand...we've been isolated..."quarantined", if you want to call it that...from other planets and so forth...even from our own quadrant of the galaxy because of the fact that we are operating in such a disoriented frequency that it wouldn't be conducive to the others.

But in 9th Dimensional consciousness, we are now so in sync with each and every planet that moving from one place to another would be instantaneous. And if you want to see yourself projecting in a different place, you would be able to do that very quickly.

So that's just giving you a little taste...there's actually a lot more to it.

But it's really of our own creation. Because when we are at that point... You have to understand...we are the ultimate creator of our realities here so, depending on our state of consciousness on a collective scale, we can create different realities of what 9th Dimension could look like...or 8th...or 7th...or 6th...or what the human physicality can be...

Because the physicality itself is transforming...and the DNA...which is the other thing we are going to be playing with on the retreat...is re-programming the DNA...reactivating and extending the telomeres, and re-encode it. We are going to restore a lot of what was put dormant when we went through the modification. So these are some of the things that we will facilitate. There will be lots of things that we will be doing as we are going through it.

We're going to co-create the event together. We have the highest intention on what it will look like...but we are also going with no expectations. We will go there and the dynamics of everybody coming together will create instantaneously whatever we need in each moment. We are being guided, as a collective, to be there... so we are all bringing whatever we find and feel ourselves as a collective to create, to facilitate us through that, then that's what we'll do.

Antonia

Anything else you want to say in closing?

Franco

The coming together at the retreat will be a level of community that we were just talking about...how we come together. It's like a gathering. The people who need to be there will be there. And each individual that's required for the unfolding will be there. It will be a good, powerful connection where we come together. We will take down as many barriers as possible so that we can greet each other, be part of each other... First of all, there's no competition. Second of all that there is no separation. Third of all, that there is no one better than another...or anything of that nature. Or that we need to feel self-conscious...or somehow that we need to think that one's at a higher level than another...or anything of that nature. No...there's not going to be any of that.

We are going to see each other as beautiful, individual aspects of each other that have come together to play. And, like anything, we are going to create an environment where we can feel natural, we can feel ourselves, we can really explore. And this is the thing: we are coming together to explore, to discover ourselves. To see how much more we can step forward in creating a different reality.

And whatever we do, we are doing on a collective scale...on a *huge* scale. So you'll feel a part of the transformational team that is coming together.

And because it will be held in the summertime and we will be in nature, it's going to feel very natural and very nice to be there. And there's going to be a lot more grounding from that aspect to it.

And prior to July we are going to go through some pretty powerful waves in April and May...and going into June. And by the time that July comes along, there's going to be a lot more changes along the way to enhance. So there's going to be another level of readiness...and we're going to feel more to be part of it.

So I look forward to us all coming together.

* * *

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