

WHAT IS HAPPENING IN 2014?

Q & A

January 8, 2014

With

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Antonia

Tonight Franco and I are going to present what we see as unfolding for 2014.

Franco

Yes. You know, the whole idea of going from 2013 to 2014 is our way of measuring time...but, really, there is no time...it's just a band of frequency that we're accessing now. We have a label for it: we call it 2014. But it's just a marker for us because we are still in a mind-set where we feel that we need to have something to measure change. But, in actual fact, Who We Truly Are doesn't see dates; it just sees waves of energy that are changing, different ways of expressing and exploring Itself and other avenues of utilizing the experience to grow through it.

So we're stepping into 2014 and we've entered...and have been entering...a new wave of energy. We're catching a new wave...a crest...of transformation, of enlightenment and so forth.

Antonia

And it definitely started off...with the wrapping up 2013, it started off with a lot of things being shaken up, with many parts of the world having extreme weather. And a lot of extreme weather will continue into 2014.

I've had a lot of questions about the current weather, how that's playing out. Is HAARP being used to keep us in survival mode, and so forth? So we're going to look at that.

And I've had a lot of comments from people experiencing waves of extreme emotions...and I can attest to that one!

And there is a lot of change yet to come. 2013 will look like a walk in the park compared to 2014.

When we agreed back in 2013 that we were no longer going to go down the timeline of destruction and that we were going to go for it and that we were absolutely going to do this, a lot of stuff had to be worked through very quickly. So we did that in 2013.

But in 2014...I think the final instalment of 4th Dimensional energies and the final settlement and integration of those energies happens about today, wasn't it, Franco?

Franco

Well, the latest read I have is that it will be about January 14th or 15th when basically we will have achieved full integration and the planet will be emanating the full spectrum of 4th Dimensional consciousness...4th Dimensional frequency that supports 4th Dimensional state of being. So anyone who is still in 3rd is already going to start...this has been ramping up, of course... The last instalment was in August...but the full integration so that all the bandwidths of that frequency align is all happening between now and the 15th. So it's right around the middle of this month that we will be in full integration. That is, the full spectrum of 4th Dimensional consciousness will be emanated through the planet. And all the souls that are already in alignment with 4th Dimensional consciousness will start to feel a little bit more at home and will be able to ride the energies and use those energies for transformation in a much easier way without having the intensities.

However, if you're still holding onto any 3rd Dimensional consciousness, it's going to get bumpier. So you're going to feel that part of it.

So that's what's happening in that regard.

This is the beauty of it. Whenever a new phase comes in or a new energy, we basically give ourselves time to integrate. So the planet itself is getting integrated and humanity is also going through the process.

Now...look at the playground. You're now on a planet that's emanating 4th Dimension consciousness and *supports* 4th Dimensional consciousness. Which, again, doesn't mean that you can't reside in 3rd Dimensional consciousness but it becomes much more out of place. You are going to feel more out of place, more confusion, more emotional stuff coming up because that energy, its vibration and the way it's operating...anything that's vibrating lower, will be stimulated and challenged, in a way.

Because you have to understand...as Essence, we already vibrate very high, but we've lowered our vibration through this experiential aspect. But then, everything that we've integrated on the planet before, all the programs, have kept us in adopting old concepts, belief systems, and so forth and held onto lower vibration. So basically we're operating...most of all...we use emotional reactions, thought patterns, conditioned responses and a lot of our belief systems and a lot of other things that we've taken on as our definition of who we are were all created in a very low vibration, in a lower state of consciousness. And so now, to still hold onto that when the energies keep rising and moving into higher states of consciousness is going to be very challenging.

But it's not challenging because of the fact that it's a bad thing. It's challenging because we came here and we invited this transformation to occur, and we're on board with it at the soul level. And even if the mind resists it and our physicality may not be totally tuned to it because of the old ways it's been working, we *wanted* to go through this transformation period...or else we wouldn't be here...we wouldn't have come here at this time.

You chose to incarnate on the planet at the time of this major transformation. Now, we may not catch the whole thing, but we'll catch whatever we can. And some are basically going to take the whole thing and then project a *completely* different reality within themselves and be part of a new reality that is created as a collective, which we call the first level of the collective...well, not the first, first...but the collective of what we call planet Earth...because there's many, many levels of collective...even within the planet itself there are multitudes of collectives. But, at the same time, that's what we're doing, in essence.

So anything that's coming up...of course, even now you're going to find *layers* of stuff that we thought we'd taken care of still coming up. But it doesn't mean that you never took care of it, but there are other underlying programs that may trigger...

For example, if a certain emotion comes up...say, a fear...and we've already dealt with a lot of the ones that have come up and we've said, "OK, I've been in peace, I've been playing, I've been enjoying life a little bit more...or at least I've been catching the waves so that I can catch my breath...and I've been feeling a little bit more purposeful, things are aligning with me, and I'm not feeling so drastically intense within myself." But now, all of a sudden that we are going into it even further, we now have another wave of fear coming up...and I'm just giving you one example. And with this other wave of fear, we feel, "What the heck is going on? I took care of this!"

But, in essence, what's happening is that there are other things that are connected to it that we're able to be accessed before. And because fear is such an emotional response the physical mind responds like a warning light, in a sense, and it's bringing it up to your attention to say, "OK, why is this coming up now? What program is there? Let's take a look at that." Because now it's ready to be looked at and it's now time to wrap that up and let it go.

So don't be dis-heartened with the idea that just because we're having what appear to be "repeats" ...because a lot of times what we do is look at the repeats as the emotional reaction.

For example, in a car we have an engine light. Well, that engine light may mean one of several different things. So you have the engine light coming on, you take the car to the service station, they check it and there's an issue with the oil pressure. So they make an adjustment to fix it up and so it's, "OK, great," and you paid the service station \$1,000. But now you're driving around and the engine light comes on again. You could turn around and say, "Oh, my God! The engine light again! It's my oil pressure again!" Well, no. This time

it's the fact that the thermostat that controls the temperature of the engine. You're seeing the same light but all it indicates is that it's something to do with the engine.

And it's the same thing with an emotional response. Just because it's coming back up in that form does not mean that it's as a result of the same problem.

However, if an old story comes up, that's different. Sometimes that story may be connected to another story which was not totally addressed and cleared previously. So it will bring up a similar story. It may look a little different and might feel a little bit different...but it's still the same story. And of the course, the emotional component....

So it's really not to look at it and say, "When is this going to end?! What's still there? I'm never going to get all of this completed! I didn't do it right. Why is this still coming up? Because that's the first thing the ego likes to say: "I took care of it. We went through all the hard work. But now it's coming back up again."

The thing is to really realize that we don't always want to take everything on all at once. Sometimes the mind will turn around and say, "Yeah. I just want to get rid of all. I want to do it all!" But that's like saying, "I want to put out all the warning lights."

The thing is, we want to address everything that's there's a beauty in all of that, and there's an experience and expression. Because everything that was created, no matter what it was...3-D or not...all of it served...all of it was in absolute perfection. It was all part of the staging and everything else that we played with. So we want to say, "Great! There's something else coming up so let's play with that, and let's get it done and let's move on." And that's it.

So just *play* with it.

Be light with yourself.

One of the things we tend to do is to be hard on ourselves and intensely focused. "I've got to get it all done in a certain timeframe!" Yes, you will feel urges...nudging and also the essence of energy coming through you saying, "Yes, OK, let's get it done!" Particularly if we're stuck in some modality that we keep repeating over and over again...of course it's going to increase and the urgency is going to come through.

And, really, the urgency is because it doesn't want to miss out on the next wave. It wants to be participating.

It's not like, "If I don't catch this, it will be the end for me and I'm not going to make it!" That's just another default that people go into. Many times when I'm talking to people on the phone or whatever when we're doing sessions and so forth and they say, "I'm not going to make it!" and so forth. And I say, "Don't look at it like that! Look at what you're doing along the way! These things are all unfolding for you to learn from it. Don't get caught up in the whole idea of 'I'm not going to make it!' Because, again, that's fear-based and that's just another program. 'I've got to get this done so I can get to the other side!' No, you get to

the other side by doing what you need to do because all of these little things that you're working on and everything that is playing out are really advancing you. That's what your enlightenment is! That's what awakening is! That's what the process is!" And you might say, "Well, I want to skip the process and just get to the end result." Well, that's part of the trip! We're moving through this. So let's play with all of that.

So let's go through it and be gentle on yourself in the sense where you're not going to beat yourself up. But, at the same time, you can be diligent and do whatever you want in regards to you staying focussed on, "OK, let's play with this. Let's play with that. Let's take care of this. Let's take care of that. I want to be part of this beautiful transformation, so let's do it. Because this is what I feel inside, and am guided to do...to make these changes come about."

Anyway, that's the platform I wanted to set up because a lot of times we get caught up with...especially now as we're going into this next phase.

And this next phase is even much more intense because there's going to be a lot more stimulation.

2013 has been a preparation, a purging and has also been creating a stir and, basically, shaking all over the place...all facets of our experience on the planet. Not only with nature itself, but basically with all versions of industries and structures and so forth...but also with people...people's thought patterns have been getting more and more scrambled, more and more emotional stuff is coming up...all of that is...

But it's been waves and waves and waves...but it has still been very manageable. The next wave is still going to be manageable, but it's going to be much more intense. So the harder you hold on, then your will experience be more uncomfortable.

The other thing, too, is that one of the new energies that's coming through is that we're doing work for ourselves and, yes, it's all about us, in a way. But, at the same time, it's really bringing in all aspects of ourselves.

You have to understand...every soul on the planet at this particular time is another facet of you. Even the ones that are off-planet are other facets of you. So it's not just about you alone...it's about all facets of you. So anything that you're doing and working with is affecting everyone around you. And, at the same time, how you interact with one another, how you play with one another...

And this is why relationships, communities and stuff come into play. And I'm not talking about relationships with respect to there's an exclusivity and, "OK, I'm going to meet my ideal partner and that's that." That may be a small component of it...if it even comes about if it's for your highest servitude...but I'm not referring to that specifically.

I mean *any* interaction, *any* relationship, *any* encounter of any sort where you now see that it's not about pushing away from people or anything of that nature. Instead, whatever comes in your way, you look at the opportunity from the aspect of how you can both

advance and grow from it. And even if only one gets the most from it and the other gets less, that doesn't matter, because that's based on each individual soul's requirements. So it's about transforming and learning from one another.

Because someone coming into your life and stimulating whatever they are stimulating, it lets you see things that you may not be able to see so easily all the time. So you might say, "Well, I've been doing all this work and all of a sudden along comes this shipwreck of a person coming into my life, pushing every button and rocking my world," or whatever. That was someone who had to come into your life to bring you to the next level and so forth. So there's a servitude in all of that.

But then, when we are looking at new choices...and this is where the other part comes in...when we're looking at new choices in our own life stream, we look at the big picture. And what I mean by the "big picture" is you're looking at it and saying, "My life stream, my path and my direction...is it just about me? Or is it about something that aligns with the whole world, the whole planet, all of humanity? So if I'm going to play a new role here, how does it interact and benefit the whole planet? Because as I do that, I'm upgrading and assisting other aspects of myself, and guess what? I am then even further assisting myself and expanding even further because of it."

You know, we're talking about wanting changes on the planet. And we say, "What can we do to change the planet?" Well, first work on yourself. But, as you're working on yourself and whatever path you start to take, it starts to advance and assist others...and then the planet changes.

Because the planet itself...there's levels of reality. You have your own personal reality that you create. And that reality is based on your consciousness.

And there's two levels of consciousness. There's the consciousness of the mind which we call ego. And then there's the consciousness of the soul.

And within that dance, that consciousness, that energy, that awareness that's playing out, you are creating your own reality. And with that, you're also bringing in and exchanging with one another cross-realities to facilitate each other. But, ultimately, it's still your own reality. No matter who comes into your life at any point in time and whatever role they come to play, it is an interaction/exchange of realities coming into each other's lives to enhance one's reality and to basically co-create it. So you're co-creating an environment that takes two playmates, three playmates, ten playmates...whatever it may be....to enhance your journey and to make the changes within yourself. So that's going to be brought into play at this point in time. So that's that reality.

Then we have the collective reality. And within the collective reality, there are steps...there's the reality of your community, the reality of your province/state or whatever it is, the reality of your country. Then it advances to the reality of the planet, in a sense.

So if we want to create a world that does not have suffering, struggle, has equal balance for everyone and has accessibility for everyone and there is no requirement to enslave ourselves doing things that we don't like, then what we're doing is creating the environment to change the collective consciousness.

We can say, "We're going to help the poor. We're going to go in and have compassion and love and help all the underprivileged people," ...that's one way of doing it. But that way of doing it is still creating separation, creating the fact that we need to help and whatever.

But if you go in now with the approach of changing the consciousness of the collective, then all of that will dissolve because that part of the consciousness will not even exist.

So, in a sense, we then don't even have to do anything to change the quality of life for everybody on the planet; it will be second nature that everything that we do will enhance *everyone's* quality of life, *everyone's* ability to have full accessibility, the full ability to express and be themselves, the full ability to where there's a consistent flow of energy that is of a higher vibration throughout the planet...instead of having certain pockets that are either playing very low vibration because of playing with dark energies of hatred, judgment and so forth, and other parts of the planet where they're in complete desperation, survival, fear of being tortured and all that other stuff...and not have all those. Because all those...as much as they served...are no longer required. But to have all those energies that keep the collective energy lower is no longer of servitude.

So in that new state of consciousness you wouldn't even see that. It's like you looking at the planet and you couldn't even imagine having a single soul on the planet at this point in time having lack or not having accessibility or that they have to be deprived of anything. It would be...and I don't like to use the word...but it would be like, "What are we doing?!" type of thing...like an insult to your own state of being in humanity. I'm just playing with words now. But, in a sense, it wouldn't even be in your consciousness.

In fact, the moment you saw anything of that nature playing out you would say, "OK, let's step in there, let's shift the consciousness, let's make sure that we create a system, we create a structure of some sort that allows each part of the planet to have exactly what they need, exactly how they need it. But also...not only the basic 3-D needs...but, in a way, to provide the space, environment, resources, and whatever is necessary to flourish within that new state of consciousness." So that the energy of the whole planet starts to raise. So that as we're going in we're adjusting every part of it. And it's an adjustment that's done conductively...and that's when we're talking about the big picture when we're bringing all of that in.

Antonia

Yes. And actually we had a great question come in:

“What tools could we use to move beyond the perception of separation -- the individualized self -- and truly know our Oneness instead of understanding it only conceptually?”

So what can we do to move from understanding the idea of Oneness into more concrete, daily actions of Oneness?

Franco

For us to see ourselves as more “One” with everybody and to connect with everyone...the practice is to start looking beyond the fact that “there’s them and there’s us.” Because when we start connecting...When you look at people around you, start to feel or connect with them in the sense of feeling, “They are another aspect of me.” And it might just start off at the mind level at first as you see them going about their routine or whatever roles they are playing out...and just see them as, “Oh, that’s another facet of myself. And let me look at how this facet of myself is expressing and experiencing themselves. How is it feeling? How is it looking at that?”

At the same time, actually go to the next level where you can actually feel the connection with them. So you have a connection. Even though you may not be talking to them, you’re still feeling their energy and connecting with them. And as you connect with them, you connect with others and you start connecting with nature, and you start feeling it as part of *you*.

And that’s how you start to see yourself as part of the whole.

And, within that, when you connect with someone, you have the capability at that point in time, your consciousness...for example, you want to assist someone...another facet of yourself...even a family member. Now the first thing you need to do when you feel you need to assist the family member is to say, “Well, what mindset am I coming in with? Am I doing this because I see them as broken or that I see that I need to “fix” them because they are my family and that represents something to me,” or “It’s my job,” or something of that nature. Because you don’t want to come in with that energy. You basically have to see it as, “OK, they are having the experience they want.”

However, if they are not able to access a certain level of consciousness, you can connect with the person. And you can do that in a couple of ways.

You can do it when you are meeting with them and whenever you’re in their space...you can go into how they are feeling and so forth...and, without even communicating at times, you can bring a higher level of understanding...seeing the appreciation of their experience and how to transcend it. So basically, you are sending thought-forms and activating ways to create a wave of change. So that you are actually stimulating them; activating that part of consciousness within themselves. Now, if they utilize it, they utilize it. If they don’t, they don’t. But it’s been implanted, in a way.

If you don't want to meet them in person, because they are not in your presence you can bring them in by closing your eyes in a quiet, comfortable place (like a meditative state, if you want) and bring them in...see them in front of you, connect with them and see them going through whatever they are going through.

And have a communication with them back and forth. Ask them, "How are you feeling? What's going on?" And you will feel the thought-forms and so forth coming back from them saying, "I'm struggling with this." And then you can impart a higher consciousness to them...meaning what you've learned, what you've experienced, how you've shifted things, how you perceive it. And also, at the same time, bringing in...

Because, remember, when we're working on ourselves a lot of times we can't see everything that's coming up. And, of course, everything now is helping us to do so and that's why so much stuff is coming up for us. But when you're dealing with somebody who's going through a challenge, you, as someone outside of that...

(Franco's phone line is disconnected)

Antonia

One thing I meant to mention at the beginning of the program tonight was that with all the solar flares that have been occurring, don't be surprised if you experience some technical difficulties (laughs).

So we were talking about connecting and feeling. And that's exactly what you do when you're communicating with animals or any other living being. It's not done through words...it's done through thought-forms and imagery. We put out an image and wait to receive an image back. So in doing that you are actually starting to use another level of communicating that we all have access to but that we have not been accessing.

So when you're talking about moving from separateness to connection, just realize that when you're using a thought-form...well, what's a thought? A thought is not something that you can't really see or hear. And the same thing with a mental image that you hold. But they still get communicated.

And that's typically how animals communicate with humans...through images...when a receptive human being has been able to silence everything else around them to be open to that. So that just struck a chord in how to communicate with other people who may be going through challenges.

Put yourself in a quiet, contemplative state. And first always ask yourself where are you coming from with respect to assisting them...are you looking at that person as "less than"? Or are you looking at them as another facet of you and you are going in to assist...with Love. And then have a communication based on thought...as opposed to words.

Franco

Yes. Because Love doesn't want to "change." Love is there to serve to enhance whatever path or journey that that particular other aspect of yourself is on.

So if someone is coming in through Love and not with the intention to change someone, it's basically, "How can I contribute to support you so that you can do what you need to do and step beyond it?"

And the reason I'm mentioning it now more than I ever have before is because this energy that we're going into...with this new level of consciousness...it's going to be easier to connect with one another in this way. I've been using this modality with many people for a long time. But, in a sense, it's becoming a lot easier and prevalent for many more people. And, as you said, it was dormant and now it's being stimulated...the connecting in this way.

And the other thing is, when we are meditating to extend ourselves...feel that connection to the planet, feel the connection to other people around us. And that's how we can bring that stronger connection...that Oneness...into us.

Because when you're bringing in the energies of the planet...and when I say "you're bringing them in," you're basically tapping into it; you're not downloading it. You're tapping into it, you can see how it is and what's there and now you're "the outsider"...and I use that word "outsider" loosely...I mean as the "observer" you are not being totally locked into the experience of that energy. When you do that, you are able to translate, you are able to transmit...and also to shift that energy...because you are coming in with a much more open consciousness.

That's why I was saying that when you have a friend that's going through an issue, you can see a lot easier what's playing out...what needs to change in their life...what are the signs there that they may not be able to see...and vice versa. Because you're not emotionally involved. And when I say, "emotionally involved" I mean that you are not in the same frequency of getting that intense experience within yourself.

Some people do still have...and that's part of the changing...some people with connect with people and then take on their pain. And when I say "take on their pain," they basically activate their own frequency of pain. And they create a resonate energy that feeds each other in the same range. So that means that if someone is suffering with pain because life is rough, someone can connect with them and by doing so activate their own memories and emotional responses that reflect the same thing...and then they both can go in there and they are both in pain and suffering and whatever else. And that's a tendency that's happened for many people. But that's not the case anymore for many people. What we're doing is stepping out of that.

So now, when you see somebody going through their pain, you are still in from your state of consciousness so you're not getting wrapped up or connecting with theirs. You've already

done most of your work and cleared out most of that same frequency. So you're coming in with a higher frequency but you're also coming in with Love...and compassion.

And true compassion is an assisting compassion which allows them to be exactly who they are and where they are and facilitate them to move forward from that point because it is their desire to move forward...not because you are there to "fix" anyone or anything of that nature.

Because that's one of the things...a lot of times I have people say, "Well, I want to help my family," and when they look at it, a lot of it is fear-based because they don't want to lose this particular family member. If someone is going through some intensities and so forth and they don't want to lose them or whatever it is...that's still a low vibration. You're coming in from seeing them in a loss, in a position that is not good. Any position they are in is perfect. But, at this point in time, if they are ready to move from that state or that position, then you will assist them in that way. So it's really coming in from a different state.

So as a modality, it's quietening the mind and connecting with others and connecting with people as you work with them.

And that's one of the things too...and I want to share this because the time has come for it...and we can talk about it a little more at another time too...

At this point in time, anytime that you come up with a high level realization and you've made an achievement in awareness or consciousness...even within yourself...anytime that you meditate...bring that up. Connect with the planet, connect with all of humanity...and really basically connect with the collective consciousness. And then transmit...because we are all still connected...but now you're transmitting it using other bands of frequency and other emotional components. First, an appreciation and love for the playground that we have and all the beautiful playmates. But, whatever your realization...

For example, if you come to the realization that in some way or somehow that whatever's playing out is always perfect...Say that a particular circumstance has happened...say it was a challenge in your life...and now you see the challenge in your life no longer as a challenge but rather as a beautiful opportunity to learn. And now that you have your lessons, you've learned something from it and you've grown from it...share that part with the collective.

So when you go into a meditative state, bring in the collective and *share*. It's like you're telling the story...you're telling the story of your life. "I played this game. I saw what I saw. This is what I've learned. And, with this, I can also see all these other things opening up. I can see how we can transform. I can see how we can no longer have to play this game or that game," or whatever it may be. And you just share it.

And what you're doing is feeding it in a much more powerful state to the collective.

So you are all becoming instruments...much more powerful than ever...to upload higher consciousness...that will create such a powerful domino effect with a high wave of

transmission. Because each and every one who does it, you're creating a beautiful, powerful wave of energy of consciousness that's being streamed.

It's like going on the internet and posting all these amazing, beautiful, powerful stories of transformation and awareness and what we've done...and others who are googling and looking for resources about what we've done and what's been accomplished, all of a sudden they are seeing and reading about all these different experience. Then what happens is that it assists each and every soul to say, "Oh, yeah! I can adopt this. I can use that. Great lesson! I can see how that fits into my life," and so forth. And it helps change more people.

But when you're doing it on a conscious level, you're streaming it in there so that whenever somebody is going in there they can actually tap into it. All of a sudden thought-forms activate within themselves, a higher awareness activates within themselves. And they are able to transform that particular experience in whatever way they were before where they would have felt themselves stuck, and now all of a sudden they have tools. And not only tools, but a higher consciousness within the tools. And a higher realization, 'Oh yes!' They may not know where it's coming from, but it's each and every one of us streaming.

So we're basically writing our own autobiography in a sense (laughs) of all our realizations and experiences, and we're uploading it into the collective each time we go into the meditative state.

And when we're in the meditative state we can also bring forth and ask, "OK. I'm open right now to pick up anything that will facilitate so that I can make adjustments in my own life," if you're having a particular challenge.

For example, you've solved some particular...let's use the word "challenges", for lack of a better word right now...and you've achieved a higher awareness, a higher consciousness and made a shift in yourself and that's great...so you upload that part. But then there's another part of you that's still dealing with some emotional issues or whatever else is coming up, so now you tap into it and you ask, "OK, I am asking for all the beautiful souls out there, other aspects of myself, any uploads of a higher consciousness and so forth available right now, I'd like to tap into it to utilize those tools, to utilize that consciousness...so that I can move forward, move through this particular experience that I'm having a challenge with."

So that technique is beneficial both ways.

This foundation has been set and is able to be harnessed at this point, so this is why I'm sharing it now.

Antonia

Yes, and as we talked about 2014 moving from just the individual...everything we experience as a collective...but we're moving from the individual to the collective. When we do our Clearing later on this month, we will have to do all that together. As we experience it, we're doing it anyway...we're passing it on to all levels of ourselves and the collective. But, like you

were saying, when you actively put attention on a "solution" or a "result," an "idea," a "realization"...when you put that back in...like everything else, it ripples out and creates more and makes more available.

Franco

Yes, especially with your own personal experience because it's a specific path...even though it's not going to be one rigid path...but that path will open up a multitude of other paths because there's going to be more and more people out there.

So this is one of the things that we ask the community to participate in that because it's an advancement on two levels. One is for their own personal growth. But also on the collective growth because it makes their growth much easier and more advanced.

I mean, we want to create a new world...and how do we change the world? To upgrade the consciousness of the collective so that the new world will come into realization. Our collective is really made up of all our projections of reality at this point in time; so we have a mis-mash that creates...and I know we have pockets here and there...but in the grand scheme of things...the whole aspect of it...it's still part of the whole collective.

Some people say, "There is no collective because we are all One." In a sense, yes, we are all One. At the same time, however, we are isolated pockets of consciousness to have multitudes of different experiences, so in that sense we are a collective. And, in essence there are multitudes of different experiences out there.

The planet Earth has a lot of collective consciousness that creates different streams...so each culture has a collective consciousness, and their geographic location and so forth creates a collective consciousness...and then there's the collective of the whole planet. The next level of the collective is the galactic collective, then the universal collective, then the collective of the multitudes of other universes. So there are all different levels of collective that's being affected.

Now, we're being affected by the collective consciousness that had expanded and shifted that is coming from the galactic field...so this is what's aiding us as a collective on planet Earth.

Antonia

Yes, and we'll definitely talk about this more at a later date. This is a great tool when talking about moving into 2014 and moving into Oneness and fluidity.

So, Franco, we were talking about 2014 and the fact that we have a year of a lot of change coming in order to further assist humanity to wake up. We've chosen to wake up and we're going to go through with this. We've mentioned before that January, February, March are going to be intense months with such things as solar flares...there's still a lot of activity, a lot of things happening to assist humanity to wake up. So why don't we talk a little bit about

that? We talked before about Spring...April, May...it will start to lighten up in terms of being easier to flow with it as long as you let go.

So let's talk a bit about that...not from the point of creating fear and drama...because that's not what we're about...but from the point of looking at how the planet is reacting.

For example, there's all these comments about this extreme weather. I've been talking to my mother and in the place where she lives in Portugal she has experienced snow for the first time ever and they don't know what to do. And there are these massive walls of water that are coming up over Ireland, Portugal and the west coast there. Here in Toronto we had a power outage for several days followed by weeks of extreme cold...weather patterns galore. And there have been comments made about are these weather patterns man-made, HAARP made, is it because we're on a certain trajectory so this would have happened anyway? So we have a whole bunch of stuff...and, of course, there's still more on the way.

So not from a place of fear, but rather from a place of, yes, we're coming into change...why don't we look at this and try and help people to know and then we can go on to some other things.

Franco

With respect to things getting a little "lighter" by Spring, in actual fact, it won't get any lighter in the sense of the waves, energies and pulses of movement. What will get lighter is that there's going to be another level of "tipping point", if you want to call it that, where people will let go...

Because right now the energy is still very rigid. There's all of these strong pulses of energy moving along...and you can see it reflected on the planet too...these energetic waves...if you look at the weather pattern...but even not so much the weather pattern in local places because we are creating quite a stir with what's playing out all over the world. Because right now people are holding that, "everything's OK," ...and I don't mean to imply that it's not OK...but "nothing is really happening" ... But actually there's a lot happening...all over the world...not leaving any part without having some experience. But you can see the moves, the waves of energy that's going on. Of course the field from the Sun and our planet...all of this is shifting...the currents are moving and so forth.

So right now people are holding on still...very dearly. And they are almost like the deer frozen in the headlights...so that's where we're at right now. So it's going to be a lot more intense because the waves of energy that are coming through, the change, the shifting that's going on...and we're still trying to hold onto 3rd Dimensional consciousness "for dear life" ...and almost to the point where you see all this stuff going on and you almost don't want to respond. It's like you're paralyzed. And this is the thing.

We had talked about some of the shifting that's going to happen in some of the institutions, structures and so forth...financially, governmental or otherwise...will not come in until about the end of March...April...and it could even shift from there because there's so much

more that has to go on before we get out of that frozen state. And we obtain another level of receptivity. And I'm not talking about just everybody on the planet, but also the structures and the people who hold up the structures...like the court systems and whatever.

Even though there's higher consciousness coming through, even though there are people awakening and challenging the system, the system is still fighting back. And not only is it fighting back, it goes against *all* odds. It doesn't matter how much your case is correct or how much truth you can bring or how much you can use their own methods and tools against that whole system, it's still, "No! I'm not moving! I'm not doing it!"

And it's the same thing with a lot of people in their own lives. "I see the changes but I want my life this way." So there's a lot of that energy. Therefore, it's going to get much more intense because on a collective scale that energy is still very, very prevalent.

So that shift will hold off for the next few months...from what I can see. Now this will vary...it could shift faster or it could take a little longer.

What will bring more ease is where it gets to the point where people say, "OK! I'm going to go with the changes. I'm going to start looking at this. I'm not going to put my head in the sand any longer. I'm going to take a look at this. Let's see what needs to be changed." And they come to the realization, "Alright, we need to do this because it's something that I can't continue mandating or discrediting my own inner guidance within myself." So there will be more openness so that things will start to flow, so that actions will be representative of the change in the state of consciousness. So that's what we're looking at.

But, at the same time, still anyone...and which could be a large part of the population that is still very deep into the 3rd...each month, each week as we go along...each wave and each pulse that comes in will make it more and more intense as long as you're holding on. So they need to purge and clear. So that is one scenario.

But there's also the souls who are not going to be able to make it anyways, and basically they are going to hold onto that old energy to maintain that polarity to assist the rest in purging it, so they will move forward. So their stubbornness...if you want to use that word...their stubbornness in holding onto the 3rd Dimensional consciousness and their way of seeing the world and their way of holding onto different things that they've adopted as their reality will also advance others. Because it shows the polarities. "OK, there's that lifestyle and there's this lifestyle." And when I say "lifestyle" I'm not talking about quality of life, I referring to the state of consciousness. "I'm holding onto that state of consciousness with these streams of experiences verses this higher, lighter," and so forth.

Because of the key things right now is for us to go into flow. This is one of the biggest calls that we have this year: to go into flow. To go into flow instead of holding on...to just flow with things. Flow with the changes. Flow with the stuff that's coming in. And play with whatever's coming in so that you can move beyond it. Do the work that you need to do with it, learn from it and move on. And flow.

That means that if we need to change certain things in our lives...careers, relationships, interactions with other people, situations, whatever we're doing...if it needs to change because it no longer feels to resonate with you, you do it. You're not going to hold onto it and say, "I'm just going to see what's going to happen." No. You just flow with it and say, "I don't know where it's going to go, but I'm going to let it go. I'm going to adjust this and I'm going to adjust that." So it's really about going with the flow.

And, at the same time when things are coming in, not to see that same event that our mind will turn around and say, "Look at this horrible thing that happened in my life!" Instead of looking at it as something terrible, see it as, "OK, this is an opportunity here presented which I created, co-created (or whatever it is), so I'll utilize this." Utilize every experience no matter what it looks like...no matter if it's something intense or less intense. If it looks at the mind level as if it's devastating or not...see it as an opportunity. See everything as an opportunity. Flow through it and go with it.

"Everything is a beautiful ride." Adopt that attitude and that will help everything move even quicker.

The more we resist, of course, things are just going to feel much more intense.

2014 is a year of much rapid change. So go with the flow of things.

And be *at ease* with yourself! Again, just because you didn't make all the moves and make all the changes that you need to beat yourself up. So you held on a little longer. You finally get to the point where you say, "Well, this doesn't really serve me any longer. Am I ready to make a shift?" And it's at that point that you tune in within. So you catch the wave in that regard. So that's one of the resonant energies that's going on.

The other thing about this year too...it's more community-based...where you start connecting with people. You start connecting with...I don't like using the word "like-minded", but in a way it's like that...where people are in the same easy-going, 'Let's learn from this. Let's grow from this. Let's assist each other,' type of thing. And what happens is that it creates a support mechanism for one another so you actually advance a little quicker.

But just because you don't have anyone doesn't mean that you won't be able to do it. But, at the same time, be open to it. Be open to connecting with other people. And, at that point in time, create communities as you feel guided to create communities. Communities that support each other. Communities that will start changing some of the systems and how we do things and so forth.

You will notice that our natural state is community. Our natural state is sharing. Our natural state is complementing each other...in the sense of assisting each other in a cooperative way.

It is not about self. It's not about survival. That was an encodement that was put in. That was a program. It really doesn't feel good any longer to play that game. Not that it ever felt natural. But, in a sense, that was part of our experience.

But our natural state was always to connect with people. Hugging people. Creating a bond with people. And when I say "bond" it's not an ownership bond where you're connected and you're attached to somebody or you have a reliance on somebody. It's a loving bond where you have a mutual, light play and you connect with people heart to heart. And you connect with the community and create an environment and so forth. So you'll feel guided to that as you go along.

It doesn't mean that that's the ultimate, but be open for it and let it flourish when it does happen.

So that's part of this year's happenings: coming together in communities.

And you'll notice that as we're going through these intense times...especially if there are climatic changes...because there are a lot of things that are streamed that I'm not going to share...but there's nothing to be "afraid" of.

Anything that's going to happen...and I know I've said this before many times, but I'll say it again...you are only going to have the experiences that you need.

If you need to be in a certain environment where you're going to be part of whatever's going on because you'll hear certain weather patterns and so forth that will create systems where you can be physically at risk per se...that's just a way of looking at it...but it's not. You're going to have an expression and experience in a physical way that may harm or where you may leave the physicality or you may have an intense experience within yourself...but you're only going to have what you need.

In essence, if you don't need it, then you're not going to have the experience. Please realize that everything that comes through, as intense as it is, it's really to serve change within ourselves. And a lot of people still need that type of thing.

Remember...our planet is re-structuring. Our bodies are re-structuring. Everything's going through a complete re-structuring.

And as the planet is re-structuring...understand that the planet has shifted into 4th Dimensional consciousness and anything that is left in the 3-D it is purging.

Yes, we are looking at it and saying, "Well, is this all natural?" Well, what is not natural? Even if it's done through HAARP it's still part of the natural process because somebody stimulated it in one way or another. But it's still part and parcel of the collective because if it didn't need to happen, then HAARP would not be working. Now I'm not saying that we have to induce it because I am not in agreement in that respect. However, mankind has come to the playing of that role.

So some of it is HAARP, some of it is the chemtrails, some of it is the consciousness polarity that's being experience.

Because look at the experiences that we're going through. Personally we're going through on waves. As a collective we're through waves. Waves of highs and lows. And that starts to catch the rhythm of the planet. And what do we do? We induce the rhythm of the planet...and that causes the extremes. So remember, that's why you're seeing extremes.

You're also seeing things, all of a sudden, that we've never experienced before...not only on a personal level, but now we're seeing it on the planet in different parts of the world...like where you never had snow before, now you have snow...like Egypt and so forth.

Antonia

Yes. And remember that it's all combined and that's why there are so many contrary theories on why it's happening...because it is all of that. And we are also shifting because of our location around the Sun. And it's also because of where we are right now within the 5,125-year cycle...that's also part of a bigger cycle. It all comes into play. Whether we talk about our location in terms of the Sun, whether we talk about cycles of Ice Ages, whether we talk about the consciousness shift, whether we talk about chemtrails, whether we talk about HAARP...all of it...it's a bit of all of it...combined. Because that's what we agreed to experience in this moment to assist us in what we want to create going forward.

Franco

Yes. And the thing is, too, there 's a lot of speculation...because, the thing is, we have this idea that we have to pinpoint to "something." "The cause is this...global warming," or now global freezing (laughs) or something of that nature. "Because of global warming it does that swing," which is not true. However, if we have enough of that consciousness, then that becomes part of the mix.

Remember...whatever's being expressed and experienced is a combination of everything that's playing out. Like you were saying: the positioning and the movements and all that stuff that's going on.

On a solely scientific level, if you don't bring in the metaphysics, you're not going to understand it. But if you bring in all the components and say, "Well, listen! We're going through *major* energetic changes here. We're having huge fluctuations, not only on an emotional level but also on an energetic level with the planet itself, and we are being bombarded with new frequencies coming in from our positioning, from our Sun, from the polar shift that occurred on the Sun itself," ...I mean, it didn't flip or anything like that, but it did finally finish a 22-year cycle. So everything is a part and component.

BUT, when you look at the whole thing, the whole mix...yes it has parts and pieces combined with everything that's going on at this moment...*however*, it is still based on consciousness. It is still based on what best serves humanity at this point in time.

And, believe it or not...all these extremes are facilitating us to create not only a wake-up call, but also, at the same time, create changes within.

Because the body is being affected too. Look at the temperature recently where we had a 50 degree change in temperature within a day or two...and that's happened in many parts of the world. Those extremes you can't even explain. Even scientists or geologists are saying, "Well, I can't even see a pattern as to what is causing what."

But, again, these are all waves. And it's all part and parcel of everything...like you were saying, Antonia.

Antonia

Yes. And even here in Toronto we've experienced wind chills of -30 degrees Celsius on Monday/Tuesday and by Sunday we are going to be up to +2 degrees. (laughs) And we're having frost-quakes.

But we can look at anywhere in the world and we can find unusual patterns. And that's all part of...I think we need to go back into shifting our realizations and knowings into Oneness, the collective...so move all that stuff, move our perception, and questioning and studying of all of this from "Oh, my God! What's happening?! What's wrong? What's going on?" to "Ahhh! This is happening perfectly to assist."

And move that thought and move those realizations in your meditations back up to the collective. Whether you have a blog that you're writing, a Twitter account, a Facebook account...all of that kind of stuff is a way to pass on and share your thoughts. So, once again, we are adding strength to the collective seeing it as, "Yes! It's all perfect. We need the awareness, and we're moving through it."

Franco

Yes. And the other thing too is that there is stuff streaming...and this is not fear-based by any means...but going into 2014, because of these massive weather patterns, there will be some potentials at this point in time...it's not concrete, but currently it's the highest level of potentiality...where there'll be certain issues with the regular flow of food supply. But this will bring us to community again. This will bring us to where we start to work together and share. It also allows us to adjust the capacity of what we consume and so on. I'm not saying that we're going into starvation or famine or anything like that...but it will create the stream of the potentiality of that. But not to see that as a negative, because it's a connecting. If somebody starts to grow their own food and have their own garden or connects with others who do so, you're connecting with the land, you're connecting with a natural state...and you'll shift from processed food to more natural food.

And it's all part and parcel of that shifting. It's never to see anything as, "OK, I've got to stock up and I've got to do this!" or go into a fear-based state. Because that's not what we're about at this point in time.

Now, it doesn't mean that it's going to play out in that way, but it is a probability at this point because of all the other erratic changes that are occurring. However, it is really to bring us together, to help us shift. So I'm telling you this just so you are aware of it, but not to take it as a negative. Because it's not a negative at this point in time.

There is never anything that's negative at this point.

Antonia

OK. Is there anything else about what you've "seen" that you can share with us tonight?

Franco

Well, because I'm working with a lot of the "behind the scenes" stuff, I'm working on the whole year, basically.

The way it works is that we catch waves of certain states of consciousness. And the waves of different frequencies are not only coming in but they resonate energy of the planet. And then what happens is that it takes those energies, takes that consciousness and also there are waves of consciousness that are stimulated to everybody to create an environment or reality of some sort that will create one extreme or the other...where it facilitates us to make a change...in a sense.

So...(pauses) Somehow my soul is not allowing me to share all that I have here at this point.

But, in a sense, we will have a lot of different things that will play out at this point in time, throughout the year. There are a couple of things that have changed, in a sense, where we were talking about a lot of souls stepping out and so forth...now one thing that's occurring with the work that I just mentioned earlier about us feeding into the consciousness...will allow more souls to be able to access movement forward. So it will facilitate the ones that felt previously that maybe they would not be able to move forward.

There are still a lot of the polarized energies and frequencies coming through from the control structures and so forth, but their energy is weakening...their grasp on things has weakened because their role is becoming more and more obsolete...because it's no longer necessary to maintain that level of polarity. So as we go along you're going to see a lot more stuff coming up. But, at the same time...(pauses)

My soul can't articulate it right now, so let's play with something else in the meantime and maybe we can come back to this.

Antonia

Well, I think that part of what we're trying to get across is that whatever is coming up and presenting...we all participate and then it gets modified. And that's why we get questions about if this or that is going to happen, about timelines changing, about what one person says

contradicts what another is saying...we've talked about that in the past where it depends on which frequency they are getting that projection from.

But part of what I wanted to convey...and we've always said...and even with whatever Franco and I discuss...it is always for you to determine if it resonates with you. How does reading it, studying it, listening to it...how does it make you feel? Does it open you up and walk you forward, or does it constrain you and lock you up in fear?

Because if it's going to constrain you and lock you up in fear, then you need to look at: 1) what fear was triggered so that you can use tools to release it, but also 2) maybe I've found a pathway that I'd like to take. So maybe that's more of what we wanted to say with that.

So whatever does or doesn't happen or whatever is happening, is happening with the collective agreement...and it's actually the agreement of the collective at the galactic level at this point. But I'm not talking about some other bodies out there saying, "yes" and "no". I'm talking about the collective being Source...all of us...whether we're called humans or Pleadians or whatever other labels you want to give...this is now happening with the agreement of all of us.

So whatever's happening is happening to assist.

So instead of looking at it with fear and "Why?!" and "Who's manipulating now?"...the point is...Yes, the structures that are used to control our very dense experience on planet Earth are dissolving...they are very weak right now. The last stages of control are being played out.

And we talked earlier about having that feeling of the deer frozen in the headlights...and that's OK. The last bit is playing out. Weather patterns are all happening to assist.

And, as Franco said, it's about this year really coming together in more community and staying in fluidity. We may experience some shortages here and there, but those things are all there to assist us to become even stronger in community. It's not to push us further into survival. "Oh, my God! How am I going to take care of my family?" It's more about, "OK, How can we plant? What are more efficient ways of planting? What are more efficient ways of doing whatever?" Because we will go back to eating foods that are more whole and more in conjunction with nature. Our food now gets processed so much that there's no energy left in it.

Those kinds of things that we were talking about will shake up for a lot of people so that it assists them to further awaken. As Franco said, we still had a large number of souls planning to exit, but that is changing. And the more that we assist and the more that we assist ourselves to just release and the more that we, like we said earlier, add our realizations and our transformations and share them with the collective, then the more space that makes available. And it's becoming easier and easier.

Sometimes I just say to people, "What do you mean? You don't know about the banking system???" "What do you mean, you don't know about the court system?" Whereas before you would have been called a lunatic. People have now heard so much in the background and

they have this rumbling feeling that something is not quite right. So there's more receptiveness. And you plant seeds with Love...and you just let them grow.

So I think that's more of the angle that we want to come from now.

Franco

Exactly. And the thing is, too, one of the things I can stream at this point...is basically you take the different consciousness and the different energies that are coming through at this point in time and you stream forward into the year..."OK...if we go down this path, what are some of the things that will allow these certain events to occur?" and then see the result. So it's like do a projection and see what the feedback is. Because everything is adjusting.

But one thing that is very different at this point is that, as it streams forward, it observes and nothing will come across any longer...from everything that I've seen at this point in time...for example, if there's something looming that will be intense...or you will see that there's a lot of different channellings and different information coming in and they all contradict each other...these kinds of things are coming through to create different waves for different people. But they don't actually have to be played out per se. It's just the information going out a certain form that will create a certain experience for certain people. So that's really the necessity aspect of it.

But even if there's anything that comes in that's intense...for example, there's a wave of some intense energies like what we're having with Fukushima and the radioactive waves coming through at this point in time...yes, we can look at it right now and it can be fear-based. "Look at what's happening! It's contaminating and doing all this other stuff!" Yes, if you have to look at it, it's not all natural here and the atomic energy part of it is an old modality and how it was used and so forth. But that's only a small part and there's other avenues which I won't cover at this point in time which instigated other means. But something of that nature will be experienced only to the level that we need to.

So if we need to have a negative reaction...if you want to call it that...an intense reaction from some of the stuff that's coming through, then...you have to understand...anything like radiation or any code or frequency, anything that's just a wave of energy...it's just pure form...it's all pure potentiality. Radioactivity has a consciousness within it, an energy...

Radioactivity exists all over the planet. Our Sun radiates it, our planet radiates it...it is the substance that makes up our existence. Of course, a certain single spectrum of it at a certain intensity will disrupt the frequency, so that it will create a reaction where it will may see (inaudible), it may create mutations from a regular operating program. So, really, it's really just pure energy that's coming in with a certain frequency that is an alteration to an experience or a physical projection...because everything is just a projection.

Now the level of it affecting us in any way will rely on what we need, how we need it, how much of it we need and our state of consciousness. So if our state of consciousness shifts and we get what we need out of that energy that's coming through, it will just

change...because we are the code generators, in a way. So, in a sense, you can have that pulse of energy coming through...what we call radioactive energy...and it becomes neutralized. As you have already heard and seen, Antonia, in many places where they've had similar exposures, it actually diluted and changed it so that it actually allowed it to flourish...the nature and so forth within it. And, again, that's really just because it's just an energy that is part of creation, that is part of...

Because nuclear...a nuclear warhead or something of that nature...is a program disruptor to create something new. However, it does create a lot of destruction...meaning on a physical level it will cease the operating system...that means the projection of that stream of light...and will scatter it so that it can be re-created anew. But that recreation takes time, depending on its state of frequency. So that would create a disruption, in a sense, where it would cease the pattern of frequency consciousness that would exist here to start from fresh. But at that point in time it's not necessary. I'm not even going to explain the details about it all came about because it's really a planet re-creator type of energy that's used...because basically it does a re-set, type of thing. But of course through the re-set, it wipes everything that already exists in a sense.

What I'm saying at this point is that the experience of that and other things that are coming through...no matter what it is...will only be for the duration and in the intensity that will serve...and it will shift very quickly

For example, a typical scenario...and I'm sure you've heard it...if you have radiation exposure that it takes a couple hundred years (or whatever) before it actually dilutes or becomes neutralized again. Well, in a very dense, 3-D state that might have been. However, now you can see it change rather quickly. Because, the thing is, the supporting energy around it is not allowing that to stay in its creative state...so it will shift it.

Remember...we are actually, as a collective, still governing how we experience anything and how we create things. The energies that are coming through are shifting our consciousness...and our consciousness is actually shifting and creating our reality. So our reality and the way the world presents to us...the playground is shaped according to our reality to serve. We are in a virtual reality playground and the planet will reflect our virtual reality.

Now there is super-imposed virtual reality that is coming in that is restorative. So the new virtual reality is collapsing the old virtual reality that was superimposed many years ago to create the extreme polarities that we are experiencing now...and for the planet to reflect that. So all of this is occurring.

So you will notice that in the next several years that things will come and go very quickly...the same way that certain experiences in your life...connections, relationships...whatever else is happening in your own personal life...you will also notice that scenarios that are happening on the planet as a collective will come and go very quickly...

But, again, the bottom line is always to create a shift in ourselves and to bring us back to connecting with one another, connecting with nature, and so forth. So it will all serve in that regard.

Antonia

Another big question for a lot of people is connecting with extra-terrestrial and other living beings. Someone sent me a comment that she's been seeing very bright lights in the sky, some of them large, big balls of yellow and orange that change size and move and that look very different from stars. They have very bright, flashing, pulsating, rotating multi-colored lights. They are a combination of blue, yellow, white and they move really fast. And where she lives there are a couple of flight paths for commercial planes and knows what planes look like...and these don't look like that. And also they are not satellites.

And this is a question for a lot of people right now...and especially now that we're in 2014...what about our connection with ET's. We've talked about the hands-off policy, but with 2012/2013 really there has been more interaction.

So in 2014 will we have even more encounters with ET's? And is what people have been seeing and describing sound like they could be ships that are benevolent ET races? And are there benevolent ET races in Earth's orbit that are watching over and assisting us now?

Franco

Yes. There's a lot of activity now taking place. There's not going to be any mass landings any time soon because we are still not ready for that. But, at the same time, there is much more interactions occurring and there's a lot more ships around.

Benevolent beings are really what we are being exposed to. The malevolent ones...or the ones who are still left on the planet...are still inducing the rest of the polarities. In essence, they are kind of stranded here. But, at the same time, they'll leave eventually.

Antonia

Yes. (laughs) And there was a comment about the ones who have been here in the past to keep density, they themselves are running on an old program so that they are almost just on auto-pilot. But they, too, are waking up and they are feeling almost like robots because it doesn't make sense to keep doing this anymore. But they are just playing out what they were told to do.

And they too are souls who have volunteered to experience this.

Franco

Yes. And in respect to the benevolent beings who are keeping watch over us, there's quite a few. As to names and so forth, we do have a lot of Pleiadians, Arcturians, Syrian...the Syrians are playing a pretty good role. The Arcturians quite a bit. The Lemurians are still

part and parcel of it. We even have the Annunaki who are working with us...and we're not talking about the hybrid ones who came and played the malevolent roles, but these are actually the advanced version of that race, because they are actually quite similar to our makeup, because they are part of our genetic pool too.

So they are all coming here. And there's a lot who are already on the planet. So there have been landings and there have been a lot of them who have come. Some of them are drop-ins. Others come in and just project similar physicalities to ours but yet they are recognizable. However, if you are not ready to meet them, you won't. Will they be open with you at this point in time? It will be up to the individual person.

The other thing that's happening now is that there's a lot of ships coming from different parts, and they are all carrying pulse codes that they are actually inducing onto the planet. So as they show up, not only do they observe but they go to different areas and they send out pulse energies that will stimulate some of the regenerative or the re-establishing of a natural state of not only the planet but also in the state of consciousness. Because there's a lot of bombardment of energies and frequencies that have been implanted and utilized...satellites and so forth. Some are already working on neutralizing the satellites, some are working on neutralizing the transmitter thing on the moon. They are allowing only a certain amount to finish of the polarization aspect for us to complete with.

But there's a lot of interaction going on. And it will increase as we go along.

Some people are meeting up with them and they are sharing...Again, are they are coming in to be the saviours? No. They will share what they can without interfering too much, but also will give us a hand up in shifting something that we've had challenges in moving forward with, because it was set up in a way so that it would be very, very intense for us. And that's what the other beings that had come in and altered the program...as much as we've agreed to it, we kind of gotten really deep into it so it has been a little bit more difficult to get out of. And this is why we've had all this induced Dimensional change that's been happening.

Because if we look at it...this consciousness shift that we're going through is not of the natural state where we are shifting because humanity is just moving forward. It's very difficult to move forward because of the way the planet is at this time because of all the programs and everything else altered how deep we went in. So, as a collective, on a galactic and universal level, they basically said, "OK, we're going to go to this spectrum of frequency. And if when we get there planet Earth has not made enough advancements, then it's going to be induced. So this is why we are now having such a rapid transformation...because it's sort of an induced shift in consciousness that's happening, and a shift in energy and so forth.

Because look at the changes that have occurred. Yes, we have completed two terms of cycles. But, at the same time, those cycles would not have created the intense shifting we are now going through if it wasn't collectively agreed.

Because you have to understand...the next level of collective is the galactic collective, and the next level after that is at the universal level. Because we are all inter-connected, whatever we do here affects all our...

(Franco's line is disconnected)

Antonia

What's happening a lot with the ET's that are assisting is that they are assisting to neutralize all the interventions that had taken place to keep humanity in a dense state. Because humanity has been so tampered with to keep us in the dense 3-D state, how the ET's are most assisting right now is they are neutralizing and not allowing a lot of that energy to continue to keep humanity locked up in that state.

Because humanity, of its own accord, was supposed to advance on its own. That is our natural make-up. So what is happening mostly with their assistance is that all that intervention has been and is being neutralized so that humanity can move forward. Because that was what we were designed to do.

Franco

Exactly. So it's basically taking the obstacles that were difficult for us to deal with because they was set against us, at this point in time...and they were neutralizing it and giving us...as they refer to it in the 3-D world..."a fair chance" (laughs) to do it. And I don't mean a fair chance...but they take some of the obstacles which are so stacked against us that it would make it very difficult for us.

Because, you have to understand...a lot of the souls on the planet are not so well advanced and in a state where they are able to move forward.

Because if you look at it, changes on the planet are very easy to do. Changes within ourselves are very easy to do. It's just a matter of letting go, shifting and bringing in a higher consciousness where all of a sudden we don't need to have all these structures and so forth in place where we have the polarities, we can easily adopt a community environment and adopt the fact that we're all connected, so we create everything that supports everybody. And we don't have money or any of this "haves" and "have-nots."

This can change...and it can change overnight...very easily. All it takes is a shift in consciousness.

However, with the intensities of what has been programmed into us and what is still very active, it makes it seem like it is very difficult.

So it's taking that part of it...that depth of resistance and restriction within ourselves and breaking that down, and stimulating so that we can actually let our natural state of evolution go on.

Because, the thing is, it's been very difficult to naturally evolve. It was an experiment. And we went into that experiment and saw how much we can accomplish within that very intense program. And now that we've seen and experienced it, now we're moving forward from it.

Antonia

Also, right now we are hearing a lot of talk about the tall whites and the greys. So could you tell us a little bit about who these beings are?

Franco

The tall whites are actually Annunaki. They are the benevolent ones who have come onto the planet at this point in time. Some of the other ones are using shape-shifting capabilities at this point in time and look very humanoid. They've been showing up, in a sense, because they are closely related to our advancements. Because they have done something similar.

The tall greys and so forth...most of the ones who are coming in are from a Reptilian-type base. Because, after all, a lot of them are just greys...they don't have a Reptilian nature within themselves. Again, they are not the hybrid ones; they are coming in their more-evolved state.

Now there are some who are still on the planet who are hybrids and are still playing out... But specifically the greys not so much any longer. Most of them left a long time ago.

They are making themselves present in a way because they are all participating. It's all to facilitate at this point.

The thing is, planet Earth has become an open playground at this point in time. It was originally designed to be that way.

The natural state of planet Earth is that it was supposed to house multitudes of different species of beings, with humanity being the predominant one in its various forms, because the other ratios were different. But also it was to host the animal life and the planet life and so forth coming from multitudes of...

But it was also supposed to be a planet where beings would come and go all the time. And it was supposed to be a planet that not only housed the keeper of knowledge, but it was also a place where there was a lot of exchange...coming in, going out type of thing.

It's like you would have a particular country...Las Vegas, for example...let's play with that. It's a hub where people come from all over the world and they play in that playground, type of thing. So it's the same thing...not that planet Earth was to be like Las Vegas...but it was supposed to be an open playground where beings could come and go. And in our natural state as humans we would be open and receptive to that.

If you ever watched *Star Trek*, it wasn't really the way they projected it, but there were beings from all over the place...and they were interacting with one another. And it's just

like a family. It doesn't matter where you're from, what you look like, or anything of that nature or what your experiences are...you are all One.

So that's what planet Earth was about. So it's kind of bringing that back in.

And also allowing the people...eventually as we go along, humans will be able to go from here to other planets...in their human form.

So that's what's happening. It's creating that opening to our natural state where we would have that sharing.

And it's not just a sharing of consciousness, but it's also a sharing of technologies, expressions and projections in different physical forms and also utilizing matter...or what we could call energy...to create different realities and create stuff that we can play with...technical and otherwise...so that we can advance and express and experience much more than we have in our restricted world.

Because if you look at our restricted world, as much as we are technically advanced, we are still very restricted, we are still very, very limited in a sense. Because we have a lot more capabilities and there's a lot of technologies that have been shared with us that we have not yet been utilizing. Yes, the control structures, the beings that have been holding that state of polarity and that low vibrational frequency and really keeping us stuck in a stuck state...or facilitating that stuck state...have not allowed this technology to be used. Because the technologies that we are capable of accessing at this time that have been shared by these other beings at this point in time would alleviate all the pollution, all food needs, energy requirements, resources...we wouldn't have to be using fossil fuels, we would have ways of moving around that are much more efficient and clean...we would have technologies that would not require us to be strapped to 9 to 5 jobs or anything of that nature...or even to have the necessity for it...yet still have what we need, in the amount we need, when we need it...in the cleanest form...and it would also be very conducive so that it would not create or impose a challenge on the physical form or even in the experiential aspect of things.

And even though that's only a stepping stone...because a lot of this technology fades away as your DNA is being re-structured and re-activated and so forth, you are actually able to mold your reality by using just the pure potentiality that exists in the energy field around you...and create spontaneous realities and play with them without the use of technology. So that technology is just another stepping stone.

But we have the capability to no longer have the experiences we are having right now.

And all of it is available even from what has been shared thus far. A lot of the technologies that have been shared have been incorporated into weapons and used to continue to propagate destruction of one another, enemies...and all the games that we've been playing. But all of that, again, as we always say, is just to bring that intensity up so we can finally get it wrapped up and move on from it, more than anything else.

So there's going to be a lot more interaction as we go along. And you'll know. You feel it.

Because, first of all, the ones who have been playing the lower-vibrating roles...what we could call the beings that have been on the planet...they are souls just like us...like you said before, Antonia. But for them to maintain those states of consciousness and to continue to hold back humanity or to play that dark, dense role, it's becoming more and more difficult for them. You have to understand...they are still operating in a very low band of 3-D consciousness...or at least they are stimulating that even though they themselves are coming from a 4th Dimensional consciousness...that is an altered 4th Dimensional consciousness, which means using the energies and codes of 4th Dimensional consciousness with a lowered, altered 3-Dimensional consciousness. It's going to be very difficult for them to continue.

And that's why, right now a lot of things are changing in that regard because they can't play the game any longer. It's becoming much more difficult for them. And that's because...like I was saying earlier...that role is becoming obsolete.

And they want to advance too. To be in any form of stick state...

You have to understand...let me give you a simple analogy...you can have all the money you want, you can have all the luxuries you want, you have everything in what you could call the "ideal life"...for example, you can be rich, famous and all this other stuff...you can have everything that at the 3-D mind level you can conceive...and you can have fun with it all for a little while. But at some point in time...and many people are noticing...it doesn't matter what they have or don't have...they are going to find that it becomes very restrictive. It becomes no longer attractive. And it also starts to feel heavy. Because now you need to project. To maintain all of that, you need to play a specific role and you need to be in a certain state of mind. The mindset of abundance in the sense of having material possessions is a very low-vibrating frequency. Maybe not as low as the frequency of scarcity...but, in a sense, to create that band of frequency and that form of reality is still another form of low...it's just a little higher. So it may feel good for a little while. But, in a sense, it's still a polarized energy and it's not going to sustain you.

It's like this: you can have doughnuts every day for a little while and it may satisfy you because of the sugary taste and the comfort food response that we have and the spikes that you get from it. But at some point in time, your experience from it starts to deteriorate and it's going to start to have a taste that you dislike. And eventually you won't want it anymore because it makes you feel sick. Because, the thing is, it doesn't give you the nutrition you need. And I'm just giving you that as a simple analogy. Because you need something that is more nutritious...

Except in this case, you need something that is much more expansive, more in balance with your state of consciousness, your energy field, your level of expression that you want. So the 3-D world of materialism and having your stuff and the illusionary power within it like

commanding others and having other people do things for you, start to become unbearable or very uncomfortable because it doesn't serve you any longer. So that will shift too.

So what we want to create as our new reality will no longer reflect that...it will reflect something much more wholistic and it will reflect much more freedom...and it will have no definitions. Because even that creates definitions.

And as we go along, you are going to find that it's going to be harder and harder...this year and the years following...to hold onto definitions...to hold onto rigid realities. The key here is to go into fluidity where nothing really defines you. So all of this is going to stimulate those changes within you as you go along.

Antonia

We've have a lot of questions about changes in governments...that whole three-stage purported control system...which is governments, banking and the court system, along with big corporations...which, up until now, have been in the past a big part of the control system. So let's take a look at that.

And after that we'll take a look at the body. Because one of the biggest things also with people is health, nutrition and how all these increases in vibrations and frequency are impacting the body.

But first let's look at how changes are occurring in 2014 in the control structures.

Franco

As we go on in 2014, the intention of the collective...the intention of the master collective mindset at this point in time...and when I say "mindset" I'm talking about "soulset" in a sense, utilizing through the mind... The intention is to shift the amount of power given to the reliance on structures and institutions...in the sense where we feel governed by the government, governed by the financial system, governed by the legal system, governed by the pharmaceutical, the medical, the educational, and the religious systems...and so forth.

And it's really shifting the power from being the follower of what was dictated within those structures and systems to being a more active participant in structuring it so that it serves and matches what we are choosing to experience. So the main intention is that by the end of 2014 and stepping into 2015 a lot of dis-empowerment is to take place in the amount of power given to money and all those related structures. That is currently the intention.

So in 2014 there is going to be much more breakdown...and when I'm talking about breakdown, it's the breakdown of rigidity, resistance and staying hard-core with the status quo. Therefore, there is going to be a much more open receptiveness to allow adjustments to be made.

So is the financial system is going to dissolve? No. Will it shift? Yes, that is currently the intention and everything is being aimed in that direction so that there is much more equality and much more acceptance.

The answer is not going from one way to the other, saying, "Well, you know, money doesn't have any value," or something of that nature...well, that's just a stepping stone to create a tilt and assist. It's really opening it up and seeing that we are going into a state of consciousness of understanding that we are all equal, all of us have full access to everything on the planet, and there is no control or restriction of any sort from anything that exists...and there is no dictatorship or anything of that nature.

From everything that I've seen and everything that's unfolding, it's not all going to be accomplished this year...absolutely not. But steps are being taken.

So you will notice a little bit more flexibility as we move along into the month of June...there will be more flexibility for change within the structures. There's going to be many more changes than what is being streamed at this point...changes in different institutions and so forth...meaning that people who are in charge...there will be much more conscious people stepping in. And we are not talking about re-electing different people. It will be a stepping down and stepping in, type of thing.

I know there's talk about going in and doing mass arrests and so forth, and part of that may happen. At this point in time it looks like there's the possibility for that. However, that's still playing with the 3-D. So it's just a stepping stone to create more polarity so people still hold onto the fact that there's right/wrong, good/bad and people need to be punished for things. So if there's enough of that consciousness is still around, then some of that will occur.

So there will be a breakdown...and when I say "breakdown" it's not like a collapse...although in some cases that may be experienced temporarily. But it will be a breakdown in rigidity in the existing structures in what we could call an unfair or unbalanced way of exchange at all levels...and I'm talking about education to medical to financial to governmental and so on.

Remember...we are preparing to step into 5th Dimensional consciousness and we are going into the planetary activation of that going into 2015. So by the time this year is done, we are going to be up to 15 Hz vibrational frequency on the planet itself. So everything here is going to have to reflect that. And a lot of these structures will not operate very well in the state they do so right now as our frequency increases and as our consciousness changes and as the collective is conducive to change.

There's still a lot of fear, there's still a lot of the survival mindset that needs to be burned off or let go of. And that is part of the changes that occurred this year. So if there's any forms of stimulation, it's just to bring it up to the surface and then it will be released *naturally*...it's not like we have to go through a releasing process...it will be a natural release. Because it will get to the point where it's like...

It's not so much that people are going to go into a surrendering state (i.e. surrendering to the new frequencies, consciousness, etc.) but it's more like, "I'm going to be open for whatever comes through rather than fight everything that's going on." Right now there's still a lot of fighting...if you want to look at it that way...fighting on a personal level where we're resisting change, we're resisting letting go, we're resisting having new consciousness coming in.

And the same thing is being reflected in our institutions. Look at what we were saying in the beginning...what you're seeing with Heather and the work that Kate's doing and others that are doing other things...even though they are going in with all the ammunition, utilizing all the tools...which are the same ways of looking at and playing with the structures that are in place...they are still having a lot of resistance...

...To the point that even if it makes absolutely no sense and they have no ground to stand on and they have nothing there to support their position...even within that game...change is still being resisted. Because that part of it is still active. But that part of it will break down as we go along through this year.

Like I way saying earlier, a lot will receive further receptiveness going into the spring and summer.

So that's the intention of 2014. So it's going to be a very dynamic year because there's going to be a lot of highs and lows and we will go through them really quickly. Things are going to step in and step out...and in many cases, it will be quite intense...in other cases, less intense. But in any case, it will be a lot faster.

So anything that we've seen and experienced in 2013, in 2014 it will be on steroids (laughs)...if you want to look at it that way.

But not to take it as something fearful because this is something that we are calling forth as powerful changes.

And you will feel it inside. Every wave of adjustment that we go through, it's almost like lightening that you feel inside...like when you have a wave of energy that, "Ahhh! Something great just happened!" You'll feel it. It may not look that way on the surface at the mind level, but you'll feel inside, "Wow! Something shifted. I feel lighter, I feel better. And I feel, yes, that everything's going to be OK!"

Now...keep in mind...everything is always going to be OK. And you're not going to experience anything that you don't need to experience. And, at this point in time, you're not going to experience anything that's going to create a major set-back. It will create only as much of a set-back as is necessary for you to make a shift within yourself...but not intensely.

In addition...and I know this started in 2013...but any false flag events that come about...and there are some...including what's being stimulated in Fukushima right now, and that's part and parcel of that too...it will not be as intense and it will not set us back as

much as the other false flags have done. And that includes both the smaller ones and the bigger ones at this point in time. Because all of that is changing within ourselves. Because we are not open anymore to any major set-backs.

So anything that comes along now, it's always stimulating us to come together.

For example, even what's happening with Fukushima...because right now we're still kind of washing our hands saying, "Oh, look...those are the guys that did it...," and so forth. But when people come together and say, "OK, let's get serious with this. Let's take a look at what solutions we have. Let's take down all our old belief systems of how it can or cannot be done or looked after."

At the same time, the people who are much more conscious will re-direct the energies that are happening there...so that whatever's being released will not have the same negative effect...or what we could call a "negative" effect...or intense effect on the planet in the same way.

Inasmuch as we can look at it that there's "damage," it will be reverted very quickly and will turn out to be even better than it was before. But that's after we've done what we needed to do.

So these are some of the things that we are looking at in 2014.

However, it's not just 2014 (laughs) because 2015 will be the next wave...and then 2016...and so forth.

So that the whole intention is that by 2017 all of us will be in 5th Dimensional consciousness.

And there's been some openings that have occurred also for us where we've talked about a lot of souls that might be checking out...there's more opportunities for more to participate...but more opportunities for other souls to step out so that other souls can step in.

And I think there was a question about that..."How will we know if there's been a soul exchange?" You will notice because the person will be very different. And it will be emanating not only a different energy...as much as there will be some memory of the old because there will be some parts of it streamed. So all of a sudden you will see that somebody is drastically changed and they are no longer the same person. And their physicality will change accordingly to match their pulse and whatever else.

So there's a lot of different things that will play out in that regard.

So that's basically all I can share at this time. But we will give more updates as we move along.

In the meantime, see that this is all working out in absolute perfection.

Antonia

Yes. And there is a much greater awareness now about our physical health. So people are much more aware about GMO's, vaccines...there's a lot of questions about detoxifying our bodies, questions about the radiation...and a lot of things that we could talk about. However, they all really come back to our physical bodies, how do we detoxify, what we eat or don't eat, veganism versus vegetarianism versus being a carnivore...and so on. So I think the question is,

“How do we keep the physical body healthy through this transition?”

Franco

Well, the key component for any physical condition at this point is your emotional state and how you're operating.

If you're operating in fear or in total disregard, with self-hatred, utilizing very low energies...like what you could call stress, anger, judgment and stuff like that, then those things all affect at a certain level...the nutrients we take in...And even no matter what we take in but how we change that energy and how we utilize it in the body. So it's either going to give you much more non-beneficial...it's always beneficial, but it doesn't represent as well on the physicality where you feel vibrancy, health and so forth....or it will...depending on that state. So that's the first part.

The second part is the fuel. You have to understand...everything is a certain band of frequency. So food that is much more organic, much cleaner, raised or grown with love carries a different energy.

But then it depends on the state of the body because you have to connect to the body and see what you actually need. The tendency is that as your vibration raises that you're not going to end up eating dense foods. That you're not going to be eating foods that are highly processed or contain various kinds of chemicals and so forth or which have gone through various processes which basically change the frequency of the food from its original form...and so forth. Instead, you are going to be drawn to more fresh, raw, organic food.

Because, again, the organic, in itself...the difference with organic is that the farming practices themselves are a little closer to nature, there's a little bit more love put into it, and it also carries more nutrients and so forth. But it also has the property of its natural state. Because when you have plant life, for example, in its natural state, it's very conducive to supporting the physicality.

Now I know that you can put in all the best nutrients you can in organic food, but if your state of consciousness is one of fear, one of stress, anger and judgement...even if you're putting in clean components which are beneficial, at the same time you will alter it and won't be able to utilize it properly or you will utilize it in a way that will not reflect in the body.

As your vibration increases, you are going to be drawn to much more natural foods and you're not going to be drawn to eating meat and so forth...again, because that was never our natural design...so you will be restoring to that.

Now...if your body is still calling for it until you change your way of assimilating...

You have to understand...we don't even need food. But we've been programmed so deeply genetically in our DNA that we cannot harness our energy from only the Sun, the air and the environment around us that we believe that we need food in order to survive. So it's going to take a little bit of time for that transition to take place.

So when we're talking about detox...yes, do it if you feel guided to do so.

But never to do it in fear..."I have to detox because if I don't then I'm going to get sick", or something of that nature. You are going to detox because you want to feel that vibrancy within yourself, you want to move what no longer serves you...if you do it in that state then the detox becomes very easy. Because anything that you consume will help you with the detox.

Now, there are certain elements and certain foods, certain shakes and stuff that you can make using certain fresh, raw vegetables, herbs and so forth that will help with the detox because they carry a certain property that will enhance the detoxification of the body. So you may want to do that, if that feels conducive to you.

While you are detoxifying, you may sometimes feel a little not so comfortable because of the fact that you are releasing old toxins and you are going to have a certain experience within yourself that you may not feel as well. You may even bring in flu-like symptoms or something of that nature. But that's just part of the detox process.

And it's also a test mode for you to not fall into fear. Because a lot of times we do a detox and think, "Well, now I'm sick!" type of thing. Well, no. "I'm clearing it."

And also as part of the detox a lot of times you'll end up activating a lot of old experiences. And they'll just come through and leave you and that's fine. There's no problem.

As for the genetically modified foods...I mean that was not done for the benefit of mankind. It was done by the structures to tamper with or hamper the physical condition, the physical operating system to create a scrambling within the natural state or the natural frequency within which the body works, so that it would not be able to function.

Because if you're not feeling well, if your body is not vibrant, if your body is not absorbing or moving the energy through it or if it is causing imbalances within yourself or are creating certain experiences that are intense, then your movement forward in consciousness will be hampered.

Because...you have to understand...the soul still utilizes the mind and the body to move forward. So if the body is cutting off the access to your soul, it's cutting off the access to

your Third Eye and access to other aspects of yourself, then you become more isolated and much more vulnerable and much more in the operating system of your present state of conditioning that you see on the planet itself. And you dis-connect with your main purpose of Who You Are and why you are here, and you dis-connect from other sources of consciousness which you can utilize and express and learn through your physical form.

So if at all possible you can shift away from that, then do so. But it's all conducive if you don't feel drawn to do so. So if you can't, you can't.

But then you can also change the energy of the food just by knowing that as you are taking the food through your body that it changes. But, in essence, you don't want to have to go into that exercise until it is absolutely necessary for you to do so. Because when you are altering certain energies, it takes some of the vibrancy from you.

But, at this point in time, while we are going through this transition, while we can't harness the frequency that sustains us in a fully-integrated self...it's best to alleviate the work. So it's saying, "If I can find a way to not over-burden myself...I can do the job of changing the low frequency, but..."

The thing is, if I have to dig a ditch in the back yard and it's going to take me weeks to dig it and it will take a lot of effort, yes, I can do that. However, I know that by doing that I'm going to have callouses, I'm going to have discomforts and so forth. Alternatively, I can hire someone to come in with a backhoe or whatever and do the work for me...then why wouldn't I do that instead of doing it the hard way? So if I can take in food that will sustain me and support me through it, then why wouldn't I do that?

So the detoxification will consist of clean water, will consist of fresh, organic as much as possible.

And there is no 100% organic...there's no such thing...you are lucky if you get 60 or 75%. Because those foods are still exposed to the environment, the air, the rain, the water that exists so there's always something in there that will affect it to some degree. However, it is an improvement to the conventional aspect of farming.

The other thing is that you will find...and I discussed this with somebody today...is that if you're looking at organic food, it actually carries more nutrients. So there is much more dense energy in it...and I don't mean "dense" in the sense of low-vibrating, but density in the sense that there are many more elements in it which will facilitate and harness the body's vitality and so forth. With conventionally-grown food you might have to eat five or ten times more to get the same amount of nutrition as you would get from eating just one of that same item in organic form. In the organic form it's not limited to certain minerals and certain vitamins because it was grown in a more wholistic state and in a different environment so it actually carries many more nutrients in it...so it is more nutrient-dense...so you don't have to eat as much.

The other thing you'll also notice as part of the detoxification process, is that you don't need to consume as much food.

I know food has become an interesting thing for us because it is a pleasure center for us and it has become a social center for us, and also made into a comfort aspect too. Because, the thing is...we have this attitude that, "Life sucks!" (laughs) if you want to look at it that way...I'm just going to play with it..."So I'm going to have this nice little meal and enjoy on a sensorial level taking in this food so that I can feel more comfortable. Because I don't feel that great." But what's actually happening is that you're putting a lot of burden on the body.

Your body actually needs very few calories, a very little amount of food...so that it doesn't have to process. And the less it processes, the less it has to eliminate. And the cleaner the food, it will actually take what it needs and dispose of the rest. So it puts less stress on the body itself, which results in an even more powerful detoxification.

Because even if you ate clean food, if you eat more than the body needs, a lot of it gets stored and then it becomes toxic too, in some way or another...not as much as taking in food that's already in a toxic state...but in a sense the clean food will also become toxic if taken in greater quantities than needed, because it places a burden on the body itself.

And detoxifying will facilitate the changes within yourself.

You have to understand...your advancement in consciousness is happening at the soul level, but it's also being expressed and experienced through the physicality and the mind.

So the other part of detoxifying is to reduce the amount of input that you allow with respect to certain music, media, stuff that's coming through the regular channels, and so forth...getting caught up with what's happening in the world and so on...because all of that can create toxicity within yourself too. So part of the detox is to not be so engrossed in the media aspect of things, watching TV and so forth, because there's tons of input that goes on in that regards too. So that's all part of detoxifying.

Antonia

As a nutritionist, I usually tell people is to start with small, simple things and don't overwhelm yourself in the beginning with trying to do everything at once. One simple thing is to get clean water. Another one is to stop eating at least three to four hours before you go to sleep. Because your body detoxifies itself.

Detoxification is a word we use more now, but your body is detoxifying itself all the time. It's part of the built-in process. And, yes, there are certain things we can do to assist the body.

You don't need to drink juice, unless you're using freshly-made juice for pleasure or you're using a combination of blending fresh vegetables with fresh fruit as part of a detoxification.

But part of it, as Franco said, is that everything changes.

My Dad had severe rare colitis and was given days...weeks to live...at the most. And he was given information about a naturopath because the allopathic community said, "You're it! You're done! Go home. You have a young family...prepare them for your death." So the process that he used back then and was instructed to do so by the naturopath was to juice. Now that is something that today would not be accepted at all because it would be all the wrong juices, and there would not be enough green juices and all this stuff (laughs). And yet within three days his body completely regenerated. And for the first time in months he actually put on weight. And if I was to compare what he was told to do then to what is accepted now as what's proper with respect to juicing and whatnot, the community would be in an uproar (laughs). Because it wouldn't be accepted.

So something we've always talked about is to first quiet your mind...and listen to yourself. Don't let detoxifying/not detoxifying, this program/that program, this product/that product...don't let it become overwhelming.

And whatever you decide to do...ask yourself "am I doing it from a place of fear?"

Your body's naturally designed to regenerate...and it always will. It's an amazing machine. I'm always amazed at what the body can do.

And part of the detoxifying and cleansing...which is a big question at this time because January seems to be a time when people want to be doing that...is by offering your body lighter things to deal with...especially now that there seems to be a lot of purging going on. So do try to eat more raw food.

And if you can't afford to do organic or you don't have access to organic foods, a good process is to take your fresh produce, fresh fruits and vegetables...and let them soak in a non-reactive vessel...like a bowl made of stainless steel, glass or ceramic...but not plastic...and let the produce soak in cold water and white vinegar for about 20 minutes, and then rinse, rinse, rinse. And that already eliminates a lot of the pesticides and residue that's on them.

But you'll find that as you start eating more raw foods...which can be as simple as, say, adding a salad...cutting up some cucumbers and peppers and apples and having them on hand for snacks or whatever...and you'll find that you'll be more and more drawn to those foods.

But if you don't feel drawn to them...that's fine...honor that.

But part of that is to start doing that. As far as assisting, what I always recommend as a nutritionist is I always find that I like to help my body by twice a year doing a combined liver and colon cleanse. And there are bitter herbs that are really good at assisting the liver to cleanse itself. So at a time when you're doing that to cleanse out anger and fear (laughs), you can also use the Clearing we have on the website on Fear. Herbs like milk thistle...and there's many great products to assist you in doing a detox so I'm not going to mention one over the other. You can go to your local health food store and talk to someone there and see what they recommend.

And when you go to a health food store and look at products it can be kind of overwhelming. So if you are trying to decide among different brands of the same product that you are contemplating purchasing, just hold them one at a time against your body, quiet your mind, follow your breath for a bit and just see which product complements you more. It may be considered the "best" product...but if it's not aligned to what you need, it won't be as effective. So maybe you resonate with a different brand that maybe costs less. So work with letting yourself feel into what aligns best with you.

There's a lot that we could say about this, however, I don't want the information to become overwhelming right now...product versus product or technique versus technique.

But there are tons of other great ideas to get more fresh, raw (preferably organic) food in your diet. For example, people are connecting with farmers to talk about farm shares or sharing things.

There's a lot of small companies starting up that will help you grow your own garden indoors.

You could even start by just adding fresh herbs to your food...that in itself...

Any little thing that you can do will assist the body... And the body is incredible in how it adapts. I'm always amazed and total awe of what an incredible system we have.

Franco

And the other thing is...just to cover this again...if you're going to detox because you're trying to avoid something, it's a very different energy that, "I'm going to detox because I want to enhance my physicality so that it operates in a pristine state. And I would really like to experience myself in that ultimate state within my physicality." So you're doing it with love, with the body.

So when you're having a communication with your body, say, "OK, body...help me out here. I'm here with Love, to work as a team," ...this is where you bring in the teamwork...you bring the mind, the body and the soul together. "Let's work as a team. We're all in it together. This is the first level of team combination that we have so let's work together here. What can we do to facilitate different parts of my physicality, the mind and so forth?"

So when you are carrying out a regimen of some sort in regard to a detoxification or to improve your nutritional level or to take something out of the body because it's having a tough time dealing with it, or it is not acting what it wants to vibrate at, then you're coming in from that space of, "OK, we're working together here." And you will see that the body will respond, and you'll be guided. So when you are making choices in the direction that you're going, you'll know what to do, you'll know what the body's calling for.

And it becomes much more with ease when you're doing it as a team, when you're doing it as a collective, saying, "OK, I'm here to flow with the beautiful changes that are going on and I want to utilize my body and my mind much more efficiently to enjoy all the beautiful stuff that's unfolding and all the opportunities that I have coming through in this time of

change. So let's work together and see what we need here to enhance the physicality and the mind." When you have that approach, the detoxification process will work tens of times more powerfully, rather than going in with a fear base saying, "I've got to do this or something's going to happen to me! I'm sick and I have to heal myself!"

Just the fact that you're going in with the belief that "I've got to heal myself" is a very heavy, dense energy. No. You're having a certain experience so let's do something that will enhance the body so that it does not need to reflect that state of being.

So it's not a healing process...it's a transformational process. You're supporting the body and the mind to actually project something different that is more in line with the soul.

I just wanted to add that in there because all of that plays a huge, huge role.

And, again...the part of the detoxification is also looking at the emotional component: toxic emotions (laughs) if you want to call them that. All emotions are fine...all of it serves. But, at the same time, if you have a lot judgment, anger, resentment energies, a lot of fear energies, that will intoxicate the body. And I'm not saying that to create a fearful state, "I've got to get rid of this because I'm intoxicating my body!" But rather, "OK, this plays a role in creating toxicity in my body so let's release that. Because, first of all I want to release that particular emotion and clear the programs that stimulate that emotion. But at the same time I want to flow with life. So let's work together and let go and what no longer serves there."

Antonia

Absolutely. And what you just said there actually sums up all of 2014. And that is looking at whatever comes up and saying, "It's OK."

Being human, emotions can activate quickly and that's part of our experience. So when you realize you have fear...there's nothing wrong...just notice that you have that emotion. And then you look at what needs to be release...and then you go forward.

And I think that can probably be the summary statement for all of 2014! (laughs)

Franco

Yes. Tonight we've covered a lot of ground to facilitate. We provided some tools in the sense of how to navigate through it.

And, again...it's about navigating with ease and flow here and realizing that...

The thing is...sometimes the challenge is that we have a certain mental understanding of things...but we also have to integrate that understanding into our lives. So it's really staying focused on that. So just keep reminding ourselves and just keep integrating what we're learning, what we're exposing ourselves to and what we're observing within ourselves...and bring that to a knowing state and to an experiential state.

2014 is going to be a very beautiful ride!

And we're all riding together. This is the key here. And I want to stress this more and more...because as we go along this is a collective change. This is a collective transformation, a collective move. It's not about self alone.

So we are here to support each other. Even if we can't always connect in the sense of having this particular webcast or seeing each other in person...we are still always connected with one another. So if we call on each other to assist when we're having a challenge and say, "OK, I can't see something a certain way, can you please stream or activate within me something I can't see from my vantage point?"

Ask anyone...it doesn't have to be specifically me or specifically Antonia...because we are all in it together. We are all facilitating each other. So anything that we do, we do as a team...we do as a collective.

Antonia

Especially now. Especially even more now. We are definitely not alone.

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