

BEING STUCK

Group Teaching
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With

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Antonia

We know that a lot of people right now feel “stuck” in certain areas of their lives. So tonight we are assisting in awakening and empowering you to come to an awareness of what it is that you need to clear through so that you are not being stopped by being stuck.

Franco

The state of “being stuck” is one in which people are often now finding themselves. A lot of times we have the illusion of being stuck because we don’t see things moving in a certain way and that can result in a locked-up state. So tonight we are going to play at getting everyone moving again. And if you are already moving (which many are all the time) we can just create more openings so they can create more fluidly and freely through it.

Antonia

Yes. And right now we are kind of living in an “in-between” stage where the old world no longer works (and you can see it), but we have yet to fully integrate the new world of Oneness. We know it’s there because we can feel it, but the physical manifestation of it hasn’t yet happened in our world. So we are in this “in-between” stage and there are definitely parts of our lives that feel stuck and that are not moving forward as we would like them to or at the speed that we would like them to move.

Franco

Exactly. And like you were saying with the Oneness consciousness coming in, the activation has been done, the alignment for the different souls coming on board with it and activating it within themselves which will start reflecting more on the Earth plane...which is already starting to happen in various pockets on the planet, but at the same time....Like you said, because we are in between worlds, it seems like we are stuck and at times we do get caught up in it.

It's almost like we want to move forward but then we can't because there's part of us that still feels like it's incomplete. But then if we want to move back then we really can't because...even though we may take a few steps back it is very uncomfortable...so we have to keep moving forward. And sometimes we are just teeter-tottering back and forth for a while but, in actual fact, we are all going to be moving anyway...and we are moving...constantly...even though it may look like we're taking small steps...but we are.

Antonia

Absolutely. I know that I receive a lot of e-mails from people who are going through a stuck state and it seems to be part of the accelerated vibration and the clearing. We often talk about the fact that we are in this "purge and clear" state. And sometimes that purging and clearing, from a human perspective, can feel like being stuck or may feel like a very painful or difficult situation. And we are all going through this...everyone is going through this. It doesn't really matter the level of awareness that they have because whoever it is there is purging and clearing going on in everybody. I know I am and I know, Franco, you are going through part of it yourself too...we all are.

And this is not to judge this as you are doing something wrong or that you're a failure or that somehow you've messed up. You have not. It's just part of the process right now. And part of it is, too, that in order to move on to the new Oneness consciousness reality...as Franco says we've done the activations and they are in place...but the more we open and are clear and work through these things, then the faster that reality can manifest.

So we are all going through this to differing degrees. And I just wanted you all to know that you shouldn't use that as a judgment on yourself. And it can be easy to do so because the ego plays a really good role at telling you, "See, see. You must have done something wrong. It shouldn't be this way. You should have this. And you should have that. And if you were really doing this right, then you'd be experiencing Heaven on Earth right now."

And that's not to say that you can't. But, as Franco always says, learning and growth does not have to cause you pain, but because pain is part of the human experience we seem to learn much better when we go through that.

So I'm just offering that as my perspective on it because I'm going through stuff too...we all are. And I just wanted to share that with the grace of love letting you know that you have not failed, you have done nothing wrong, you are exactly where you are supposed to be...as difficult as it may be to see that from the ego mind perspective.

And just continue to keep going, keep clearing. I've sent out lots of exercises that are free for everybody to assist with getting you back into a state of neutrality, and being

in the moment. And that's a skill, an exercise, that we all need right now and from which we have all been so distracted from doing. The more and more we practice coming back to neutrality and coming back to the moment, then our life will shift.

What do you say to that, Franco?

Franco

Exactly. And the ego also plays a part where...and this can cause quite a bit of confusion at times because we have a belief system that's been tossed around for a while, that if you are on track that you get everything that you want and that your life flows, and so forth, in the sense that...it brings back the Law of Attraction and all that whereby if you are in the "right" state, the "right" feeling and everything else, and life is for play and life is to enjoy...and so forth...which, in a sense, it is. But then we have this other aspects of things where we have chosen, we have committed at the soul level, to go through this process of purge and clear and for us to transform this whole playground. And that requires us to go through various purge and clear processes and letting go of a lot of things that are playing out.

If the mind gets all engaged, of course, it starts saying, "Well, the only way we know we're moving forward is that every day is perfect; we feel good, we're getting what we want, there's no struggle or anything of that nature." And, like you said, there is no need for us to learn through pain...the thing is, pain only gets involved in the mix if we're not doing it the other way. Basically, pain is the factor that gets our attention. As much as we have cues around us all the time as to what we need to adjust, address and so forth...and a lot of times the things that activate within us is really showing certain programs and things that are coming up, but it is not meant that we feel "punished" by it or get all engaged and feel that our world is collapsing because of it. But it is just showing us that something needs to be addressed and cleared.

But sometimes what happens is we tend to have built a resistance, at which the ego is very good, and some form of creating stories along the way so that we always kind of "explain away" the steps that we need to take. And then, of course, it gets more intense and as it gets more intense it often ends up being painful. And usually if it's painful, it means that we've been ignoring the gentle little cues that have been coming about.

So what happens is, as we're going through pain and what we perceive as suffering or intense moments, then we feel that we're stuck, that we're not moving forward or that we're not doing it "right." Because that's a big one: we're not doing it "right." We're not taking the right steps. If we were doing it right it would look a different way...and those types of things. And then we start to doubt and judge ourselves and these become obstacles.

Now, as much as they are obstacles, they are still opportunities for us to discover even more deeply what else is there. So it's not a negative thing per se, even though it may feel that way. But, at the same time, we can flow with all of this by just looking at everything that comes up instead of judging it and doubting it and be just open to it. Because it presents for us an opportunity to make these adjustments.

And these adjustments are taking place within us anyway. But at this time there is a lot of not only confusion but there's a lot of rigidity within ourselves on how we want it to look and how we want it to be, and we so cautious about not making a mistake, or that in some way, "What do I follow? I have the mind telling me a story and I have my soul guiding me in a different direction, and I get confused with the messages," and so forth.

So we get to a point where we are almost afraid to take any steps because we don't know what step is better than another. And that causes us to get locked-up too.

But one of the key things is that we step out to a point where we don't trust. And when I say "trust" it's trusting self, it's when we are on track, completely open to whatever needs to unfold within ourselves, and we start to pay attention to all the cues and start taking the steps without holding back in doubting that that is the best step for us to take.

Again, as I always say, we can't make a "bad" step or a step that is not positive in some way or other. Every step is perfect regardless of what step we take. But certain steps bring us to bumpier roads which give us more polarities, in a sense, so that we can align ourselves.

If we are more in alignment and listening to our inner guidance and taking steps that do not bring us a lot more challenges then, of course, things can be a little bit easier and flow better.

If we need to let go of something, some scenario or modality that we usually use and if we keep explaining it away and keep holding on to it, of course it's going to create scenarios around us until we can let it go. If we are holding on to some powerful belief system that, "this is the way it needs to be for me to be happy," or this or that or, "this is how I can tell that I'm on the right track," and really it's creating the opposite where it's really holding you back then, of course, as long as we're struggling with that and playing with that and holding on to it, things are going to get a little bit more intense and are going to create the stage for it to play out a certain way.

So another thing that we get caught up with, of course, is having doubt within ourselves that we can do it, that we are capable or on the right track. And, again, I use the words "right" and "wrong" very loosely just as a reference point now.

And the fact that we judge ourselves. When we judge ourselves we are comparing ourselves to a state of consciousness which is shifting within us anyway. Because we judge ourselves with the ego mind. The soul is not a judge. The soul is just creating stages and scenarios for us to keep moving forward and what it chooses for us to do is to get whatever learning. The mind is the part that's judging. It's judging everything that we're doing. So we get caught up in that aspect of it.

We get caught up in the dramas and the interactions between each other, within ourselves, and what we are observing on the outside.

We also get caught up in the idea that we need to continue always taking steps. And what I mean with action is that my world has to reflect something bigger than that.

A lot of times, and this is a bigger part, a lot of the work is happening on the inside; it is an inside job, in a sense. It is where we need to adjust our program, adjust the way we perceive and experience life. It's the adjustment of letting go of the density within ourselves which is basically old states of consciousness, old reference points and emotional responses, emotional reactions, and so forth. And that is an inside job.

It's also looking at ourselves and seeing what governs me, what is my navigator, in this case, the navigator of my life when things are coming up.

So a lot of times we feel that we need to do, do, do, do. Well, yes you do, but a lot of the work is happening inside and it's not always reflected on the outside; that will start to happen later. So "I need to be doing something. I need to be doing something that I love," and this or that. But it's not about that; it's about the fact that will come into play once I've cleared out all the other stuff that I'm playing with that's stopping me from being or playing that role of having to do something.

You know I hear sometimes from people that, "I need to do what I came here to do." Well, a lot of times we have this perception that what we came here to do is something outside of us. We have this program coming out that says, "I have to do something grand. I have to do something huge. I have to do something where I'm transforming the world." Or, "I need to be healing people or something of that nature for me to feel good."

Well, again, that's another part of the program, another part of the ego which is saying, "You are not doing enough. It's not showing on the outside so we are not doing the work that we need to do." But, again, we are doing the work inside. And then it will start to reflect on the outside. Because as you do the work within yourself and whatever you discover within yourself and wherever you start to open up yourself even further, then you will share it.

But it's not that I have to go and "fix" anyone. You share it with love. It comes through you. And then the people who need to connect with you will show up in

your life. They will basically come into your life and say, "Well this is what I'm dealing with," and then from your own experience you can share some clarity and help them to move forward. But, again, it's not about, "I need to do that in order to feel good." You just do it naturally because every soul that comes into your life regardless of who they are, are not only just another facet of yourself but they are also in alignment and ready for it.

So the other thing that happens when we get "caught up" is getting caught up needing to have things done all the time...action on the outside, when actually a lot of the work is being done on the inside.

And the other thing is that we have the idea that the ego mind likes to play is that things always have to be perfect. Everything has to align absolutely. It's like when someone wants to start a diet or wants to start a program of some sort. And what they do is they have a tendency...and this is part of the program...they set themselves up and they go, go, go, go. So, for example, with a diet, they might say, "I'll eat and eat and eat and indulge (in whatever it is) and then tomorrow I'll wake up and eat only the healthiest food, I will cut my calories," ...or whatever, I'm just using this as an example...and they set the stage up. Of course, the next day comes along and now they are going from one polarity to the opposite polarity and attempting to make a huge leap, and that requires a lot of discipline. And, at times, because you are going from one end to the other, it's more difficult.

But what happens is, if for some reason the slightest bit doesn't always align...so that, "Today, I'm going to drink this much water, I'm going to have this for breakfast, this for lunch, this for dinner, and I'm going to make sure I don't snack," and this or that. And then you get to work or some place and someone offers you something and you put it in your mouth and you say, "Oh dear, I had a piece of doughnut and it wasn't on my plan!" And then, of course, what happens is that we have a tendency to say, "I blew it!" So you go home and spend the rest of the day eating and say to yourself, "I will start again tomorrow." And we find that becomes a cycle.

And it's the same thing with us. We might say, "I want to shift." But then we want to make sure that everything is perfect. "I don't flinch at all. I don't have any emotions coming up. I don't have any fears coming up. I don't have any of my old programs coming up." And we set ourselves up in that manner.

So what we are trying to create is a very powerful shift in one sitting and, as a result, it becomes very difficult for us to maintain that expected perfection and then we see ourselves failing. Which, again, is only a mind concept where at the ego level we say to ourselves, "See, you can't do it. Every time you start, you can't do it." So this becomes an obstacle also.

And really it's not about perfection here. It's about taking the steps of whatever presents, bit by bit, and just addressing them, one by one. And if a couple of them come in at once, you address them one by one. It's not like I'm going from dark to

light or from day to night or from one polarity to the next or whatever it is... ..it's about a process.

And remember, through the process...and this is where it gets caught up too...is that we have to understand that this is a process...and that you are learning from the process. So we're not only making shifts within ourselves, but we are learning through these shifts so that we can create openings in the collective consciousness and our own personal self.

And, as we are doing that, we are also creating completions. And these completions are unfinished business, unfinished experiences that we had chosen to learn from before. So we have to realize that certain things are going to play out in our lives that may seem out of alignment and we may say, "Hey, wait a minute here. I needed to address this and I had planned to be in a different state right now. So why am I experiencing this?" Well, the thing is, it's unfinished business, it's homework at you're completing. You'd like it to all disappear but it needs to be completed and so we need to allow that to be part of the process and not create this idea that it's all going to be done in one sitting, all in one shot.

So this becomes a blockage for us too when we get caught up and it gets us stuck and we start to fight ourselves. "I planned for everything to work out this way and now here I am, I'm having these particular experiences in my life. I'm not doing it right. I'm not good enough or capable enough at this point." So we set up all these expectations and it doesn't look like we are meeting them.

And the other thing is that we get caught up in our process and the steps that we're taking. What our world has to look like has to be a very specific way. And if it doesn't look that way, then we are not doing it right. Or that we're not capable of doing it. So that comes in. Setting up that it needs to look a certain way.

Whatever needs to unfold for us will unfold and we just need to pay attention to it. And not get caught up in the journey. For example, "What road am I going to take to get from A to B?" You're going to get into your car, you're going to get into your process, and as you're moving through the process/driving down the street, you'll feel guided as to what steps you need to take. And it's not to map it all out and say, "Well, I've looked at it on the map and there are all these roads. But I'm going to take only this one road because it's the shortest." At times the shortest road is not the one we need because there are a few little visits and unfinished business that we need to address on this other road. So it's a matter of following through on our own guidance as it is given to us each step of the way.

The other thing that gets in our way is being hard on ourselves in the sense that we set such high expectations of ourselves that we need to get it done in a certain way. And also the fact that we allow no flexibility in whatever. And I don't mean flexibility in the sense that..."Ok, I'll start it but then I'll stop it at this point in time" ...it's not so much that, as it is flexibility in the sense that if certain things play

out then we're not going to beat ourselves up along the way and say, "You see, I screwed it up this time. I did this. I did that." It's not about that. It's about being flexible and saying, "OK. I allowed this to slide in. What did I learn from it?" Or, "If I don't pay attention to this other part of me, this other part of the program that I didn't see before...if I don't pay attention to that then this could happen. So I will repeat this cycle." So, again, it's more deeper self-discovery that is playing out.

So it's always perfect regardless what is going on. So for us to be hard on ourselves only just keeps reinforcing the ego and the mind saying, "You see, we're not capable. You're always messing up!" and this and that. And that approach has a tendency to create stuck states within ourselves.

And the other one is getting involved with others around us. Feeling that, in some way, we need to do what others expect from us. Because with respect to the others are in our lives, if we ourselves shift and change, then we will be out of alignment with them. Then they won't accept us, they won't love, us, they won't want to be part of our lives, we'll lose them.

Or, we want to hold on and carry everyone with us. And, at times we want to take the steps forward but then we say, "Well what's going to happen? If I get this enlightenment and if I will not feel the same connection to them, then what's going to happen? Who's going to take care of them? What's going to happen? I'm not going to have any friends. I'm not going to have any family. I'm not going to have the people I 'love' with me if I shift. Then we are going to be on different levels and then I won't be able to relate to them." So this comes up as something which causes us to be stuck: being concerned about others around us.

And you've probably heard this a lot of time, Antonia: "Well, what happens to our loved ones if we are shifting and they are not shifting?" And so we get caught up with that. The mind keeps saying, "They are family. We need to be with them."

The point is, you have to understand, that for their highest good and for everyone concerned, we need to do the work that we need to do. And by doing that you are also creating openings for everyone around you. You are creating a path so that they can see what you've experienced and also they can feel where you're at and they can choose to play with it or not.

Now at times it's going to appear like they are stuck and they are not moving, but you need to "allow" them to be where they want to be and you just keep moving forward and not get caught up in where they are at. You allow them to go through their journey.

The same way you are going through your own journey. Everyone goes through their own journey. Whatever experiences they need to have, they need to have. But, the thing is, don't hold back because of others around you...you know, your kids, your significant other, your parents, other family members, my friends, and so

forth. You let them be where they need to be. And it's not about isolating them; it's about you taking the steps that you need to take. And know that whatever steps that you're going to take are going to serve them. Regardless of whether they are in your presence or not or if they still want to maintain whatever relationship you had.

And it's not about locking yourself and holding yourself back because they are in our life and they are not moving, it's about you continuing to move forward and letting them do whatever they need to do. And at the same time supporting them through it; not caring and being responsible for them, but supporting them whenever they really need it if the alignment is there. Because, again, at times separations are the best things that can happen because they then have the opportunity to not have to rely on someone and are then able to discover themselves.

You see, the point is, we need to discover ourselves. And as much as the Oneness Consciousness is coming in, which means that we connect with everyone, that doesn't mean that we are responsible for everybody. But we are all working together. And a lot of times working together means allowing them to go through whatever they need to go through while you go through what you need to go through. And it's not about judging, bashing or comparing them or seeing them as "less than", or anything like that...it's about allowing to be exactly where they are with you creating the energy and support for them without carrying the responsibility that, "It's my duty to carry them" and so forth.

A lot of times, the part gets in where we get caught up in the fact that we want to shift something but then we may get caught up in the idea that "I may hurt somebody. I don't want to hurt anybody" Not wanting to "hurt" people around us. The fact is, if I start to shift then they are going to feel hurt because I may not want to play with them the same way, or that I am going to see things differently, or that I'm not going to be able to do all the things that I was doing with them before. In my older state of consciousness I liked to do what they liked to do, but as I'm changing I don't like to do those things anymore and then they will feel isolated and so forth and then I might hurt them." Or that in some way, the changes within myself, because that's where the doubt comes in, "I'm not 100% sure and then if I make a change, what's going to happen to them?"

You have to understand: everybody is on their own personal journey and each person is fully responsible for their own journey. They are only going to have the exact experience that they need for their own movement forward. Just as you have the experiences that you need to move forward.

And this is the reason a lot of these intensities come along at times and make it appear like we are stuck. Because we have certain things that need to be adjusted within ourselves, then we have certain intensities come up...certain events, certain circumstances and so forth will come up just so that we can keep moving forward and keep making changes within ourselves and others around you will allow you to do that too.

So the thing about hurting someone, again, that is an old program that keeps coming up.

The other thing is not knowing what the next step is like. You know, it's amazing how big that one is! A lot of times what's holding people back is not having a solid grasp and footing on what the next step is going to be. Or even what it looks like or how it is going to play out at some point. "Well if I go there and I do this and I let that unfold, what's it going to look like? Is that the right step?" And this is part of being stuck too: needing to know what the next step is like, we need to know how it's going to feel when we get there and how it's going to be....and, of course that ties in with doubt and everything else.

But, at the same time, it's about looking at the step and then being open for whatever unfolds. And knowing that whatever the next step is going to be, whatever you walk into...whatever state you go into...is going to present to you the perfect opportunity for you to have the exact experience that you require to create movement, flow and adjustments within yourself.

And as you make these adjustments, other frequencies will engage within you and create even more expansion.

And that is going into...you know, we talk about "trust" ...but it's a "knowing" that whatever it is that needs to unfold will unfold...if we just take the steps.

We have a tendency with the ego mind to think that we need to map out everything. We need to know exactly where we're going to be and everything else.

But, right now, the way things are unfolding, the frequencies that we are...we are creating each step...step by step. It's not like we're creating a whole bridge that we can just cross over in one particular style or one particular frequency; we're actually creating along the way as we go.

So wherever we are right now, we are going to create the next step from here. So I need to be willing and ready to take the next step not knowing what it's going to look like or what the step after that is going to look like. Living that way, from the point of view of the ego mind, is a real threat.

And this is the reason we hold on to our world the way it is because we are so afraid...because of the program...we are so afraid of the unknown. And this is a BIG obstacle: the fear of the unknown! Not knowing what it's going to look like.

We could be in a scenario where we could be uncomfortable with where we are right now, but the unknown is a lot scarier. And that's what the ego mind looks at and says, "Well, how do you know that it's going to be any better? It could be horrible! And the fact that we're going to let go of what we know right now, what

we have a grasp on which we use as a reference point and identification, and we are going to go into something which is unidentified.”

The ego mind doesn't see awakening...discovering who you are at the soul level, the Source aspect of it...because that is stepping outside of the ego's reference point. It cannot identify itself in that way.

Because, really, Pure Source is unidentifiable. It does not have any definitions or identity of any form. It is Pure Potentiality expressing and experiencing itself purely and completely. So it cannot identify itself. It cannot say, “I am this body, with this name, with this role, this culture, this amount of money, this status,” or anything of that nature. It doesn't hold on to that because basically the body and physicality is just a vehicle and the mind is just a computer that is allowing the process and experience level to play out, but it's not identifying itself.

It's only the ego mind that identifies itself. So that becomes a scary situation when it cannot identify itself. It's not knowing itself anymore. So there's no reference to itself. So, in that aspect of it, that becomes an obstacle, so we need to look at that and realize that all of this is preparing us to move forward.

And the other thing that also becomes an obstacle that I wanted to cover because it keeps showing up, is that people a lot of times bring up the fact that, “The outside world is not changing.” Even though we feel things are changing, even though we see structures being challenged, even though we see that there's a lot of things unfolding around us, but we still see a lot of “business as usual” type of thing happening around us. And so we look at it and say, “Well, it's not changing fast enough!”

Especially if you are making a shift within yourself which is kind of pulling you away from the monies world, from the materialistic world, and so on, but everybody else around you...the media is still talking about possessions, about gains, about securing your money, securing all the different things like our possessions, our friends, and so forth...and it's all about security and identifying with “stuff” and things like that, and it becomes quite a bit of a contrast with what we're unfolding. Because we're in the stage of letting go and allowing ourselves to be no longer identified by our outside environment, but our outside environment is still creating a reference point that we need to hold on to stuff, be attached to things, the power of money, what you look like, who you are, who you know, what possessions are connected with what, who's in your life, and so forth.

So when we see that, it becomes a bit of an obstacle too. “I don't see the changes outside of me to be big enough for me to feel trust.” And here's where it come in again with the trust: trusting that I'm on the right track, trusting that I'm not doing all this work in vain, or that I'm doing this but it's not in alignment with everything else. So these are some of the obstacles that come into play.

But when you really look at it, one of the biggest things is fear. And the fear really is of making a mistake, fear of the unknown, the fear that in some way you are not going to make the shift, the fear the something is going to happen to you, and all this stuff. And that gets in the way.

But, again, that's all a mind construct so we need to look at all of that and say, "OK. All of this needs to purge anyway." But fear is one of the biggest that we need to let go.

So all of this that we've played with creates the dynamics that puts us in a state where we freeze. And we feel that we're not making progress; that we're stuck. And how do we get out of it?

You know, we can be involved with other people, then we'll share something and you feel, "OK, go, go, go. I can do it. I can do it." ...and you start moving along. But then everything around you, your world around you what is playing out, members of your family, co-workers, and so forth are still in the old modalities and then right off the bat you get caught in the routine and say, "OK, am I really on the right track here when everyone else is still on the old path?" And, of course, the ego mind grabs that and says, "Well, you know, you're not on track here. You should be taking care of this, this, and this." And it just automatically goes back to the old program.

So this is what plays within the state of being stuck.

And the other thing we find, too, is because many people are doing this shift on their own, sometimes they don't have the support mechanisms around them and they feel like they are out there on their own and they are not connected with like-minded people and they feel, "Hmm. Am I on track?" or am I this or that? And they don't have a support mechanism. And this is one of the reasons that we are having these programs is to create the infrastructure to support you in doing this. And as more and more people come together, they will support each other.

But the thing is, the key you have to understand, is that we don't have to rely on anybody. These tools and whatever else is being shared and whatever you share with each other is really so that you can look at some of these tools and say, "OK, I can take on these tools and use them."

It's always about you doing this. It's never about anyone else doing it for you.

The process itself is a massive learning experience for you. The challenges that we go through, and all the stuff that we have just talked about are opportunities again for you to learn from it. But as you are learning from it and becoming more experientially rich and utilizing it for enlightenment, you are also becoming more and more capable of bringing in more higher frequencies and light so that you can share this. But when you share it, you are coming in from experience because you've gone down that path.

It may not be exactly what someone else has gone through, but you have gone through all the different fears, the different blockages, the self-judgment, trust issues, getting caught up in the drama, requiring action, and believing that everything has to be perfect, or I need to have expectations of myself or other people have expectations of me, or that it has to look a certain way, or that I need to look at every step I take and be hard on myself or not, or I have to be careful of what I do so I don't affect others. You don't have to get caught up in all of that. You're going to just flow with it and allow that.

So, the thing is, the energy around us is nudging us and nudging us to keep moving. Because as the frequency increases, the vibration and also the activations within ourselves with light and this connection of Oneness that's coming through, plus the powerful sense that your particular soul has to really step forward, it's going to do everything possible to keep you moving.

The important thing is to observe when things are coming up and address them.

And what you are doing is addressing obstacles. You're addressing things that have created a certain experience in your life that has served up to this point in time but no longer serves. And it is time to move beyond that. So these things will be coming through you for that purpose. So it is to observe.

And by observation you can then see any potential obstacles, and then let those obstacles go. And, the thing is, if you get caught for a moment and it seems like you're stuck somewhere, the mind will say, "You see, you don't know what to do next. You're incapable of doing this or that," or whatever it is. But you just say to your ego mind, "Thank you. But I'm not interested in playing with this any longer. We're going to take a look at this."

A good reference point is when you are in a state of peace. And it is not a mind-created peace; it is a peace that resonates within you completely.

Anything that pulls you out of peace needs to be addressed. It needs to be released. But, first of all, it needs to be acknowledged that it's there. We need to thank it for the beautiful experience it has given us up to this point in time. But when you are doing the thanking, it's really just stepping outside judgment. Because no matter what experience you've had, whatever path you've taken, whatever has unfolded in your life, it has always been perfect and it has all served.

The thing is, sometimes we like to serve many doses of perfection to ourselves because we don't get it the first time. The beautiful thing about the soul and everything else is that it continues serving it until you get it. And that's the reason we repeat certain cycles over and over again and each time it gets more intense. It's not that the soul is pissed off or judging you or anything like that. It's like, "You didn't get this piece of cake, so I'm going to give you another piece that has a little bit

more spice.” And then the next one, and the next one, and so forth, until you finally say, “OK. I’m done with this. I don’t need to play with this any longer.” And then you move on.

So everything around you is pushing you to move. And it ‘s not pushing you because of the fact that you’re in the wrong place. It’s that it’s time to shift within yourself to align so that you can create a new world through Oneness.

Everything that creates separation, everything that is an obstacle to aligning with the new consciousness coming in to the planet and the new cycle coming onto the planet is what needs to be purged. So as it comes in, it needs to be let go. So you can see all of that, so you can see it along the way.

So the releasing of the stuck state has a lot to do with the releasing of self-judgment, and all the other things we lined up this evening. And it’s good that you can re-listen to this (webcast) because then you can really look at it and see.

Because although one of the key things is observation, it is also questioning. Questioning self. Even if you feel that, “I’m stuck. I can’t move! Why do I feel this way?” Because when you ask that question, “Why do I feel this way? Well, I should have been here. Or I should have been doing this. Or I should not have made that choice.” That’s a judgment. “OK. I made those choices. Why did I make those choices? Well, I made those choices because this is still playing out. Great! Self-discovery! This is still there. Let me take care of it.” And then move on with that.

So it’s really not...when you’re looking at this, it’s not really us going back into the old programs. It’s really looking at everything that comes up to the surface and not judging any of it. Instead, looking at it and questioning yourself with, “Why am I being stuck?” uncovers so much for you. Also ask yourself:

“Why am I still playing this particular program?”

“What am I hooked on to?”

“What story do I have attached to this?”

“What benefit do I get out of it?”

“And when I get this benefit does it feel completely whole?”

It’s like eating a sugary doughnut...and I’m not here to judge the doughnut...but eating a sugary doughnut tastes OK in the beginning and it satisfies a certain sensorial experience that has some emotional attachment of comfort or pleasure or something of that nature. But the sugary doughnut, after a while or after you have finished consuming it or whatever, you get a bit of a bitter taste out of it. And a lot of times, you feel that the body is not really accepting it and isn’t too pleased that you ingested it. But that doesn’t stop us because we’ll do it again.

So the point is to look at it and say, “OK, for me to have this momentary taste or momentary exhilaration because of my sensorial taste experience, do I still want to continue or want to repeat the bitter taste?” ...or the aftertaste or whatever you want

to call it, and also the discomfort within the body. And not only the discomfort of the body but how the body fluidly connects with whatever it is that I'm experiencing...putting on extra weight, feeling sluggish, feeling the ups and downs that the sugar creates.

So...and I'm just using that as an example here...for me, "Why am I hooked onto this? Do I need to continue repeating this and what do I get out of it? And is what I'm getting out of it 'whole'? Does it make me feel 'whole,' or is it going to continue to give me the ups and downs? I feel good now but I won't feel so good later."

So when things are in alignment that you are bringing "wholeness" into it, then it feels complete. When you're feeling that completeness within yourself, then what you're doing is you're allowing this other part of you that is your True Essence and it's merging through you. So anything that creates that separation, you address it.

So whenever something comes up, questioning is the most powerful thing you can do. Just the fact that you're questioning it is exposing it. And when you expose it, you can get to the underlying stories attached to it. And by seeing the stories, you can then decide if it brings you any value or not. Is it whole? Is it complete? Is it sustainable?

Because that's the other thing, too, a lot of these modalities, a lot of these ways of reacting, these frequencies, and so forth and states of consciousness that we've played with is becoming so unsustainable.

Even our environment...you know we look at sustainability...if you look at our world the way it is right now, you ask yourself the question, "Is it sustainable for the world to continue to play the role that it's playing right now?" Meaning the structures in place, how we treat the planet, how we treat the animal kingdom and one another and nature itself...is it sustainable? Can we continue in this pattern, in this state and see that the environment will continue to support our experience on the planet and be holistic and healthy? And by holistic I mean you're not in struggle and in a state where basically you're in survival mode...where nothing is supporting you. Is the planet supporting me by me being holistic with it?

So you have to look at it and say, "Well, is it sustainable?" Many things that were sustainable for a period of time have come to a point of non-sustainability. And this is what we are facing now: the energy is not sustainable and our old patterns are not sustainable in these frequencies.

And this is the reason the "purge and clear" is happening. For us to be in alignment and to play in the new energy field and our new playground, we can't carry all the things that operated in the lower frequencies forward. We can't bring things that were designed for a different state of consciousness...we can't bring an old state of consciousness into a new state of consciousness because it just doesn't work, it's not sustainable.

And this is what is happening right now: it's getting rid of all that is no longer sustainable in the new energies and frequencies coming into play.

So the choice of moving forward is a choice you make, and it is a choice you are making every minute. And you just observe...each moment. Not taking it on as a "big chore," but if you make a commitment to yourself saying, "OK, I'm going to move forward."

Because if you are not moving forward there are several things that will happen. If you are not moving forward you are going to feel more uncomfortable because the energies will make us feel uncomfortable. The reason we are feeling uncomfortable is because we are becoming misaligned with the energies coming in and it is also choosing you and assisting you to shift.

Now if you totally don't want to move forward and you are completely stuck in your state and you can't let it go, then your soul will choose to leave and it will leave the planet, and that's it.

You see, the soul doesn't want to get stuck. The soul doesn't want to be involved in any of this restriction...even though it's learning from the restriction. It's the mind that gets stuck. It's the mind's ego program. We get so involved with the mind's programs, stories and so forth that it keeps us from moving forward. So the discomfort comes from the nudging of the soul to remind us to let that go. And it will become uncomfortable to the point where it doesn't have much choice and then it will say, "OK, I'm ready to let go."

And this is why some people stay in a stuck state for a long time and then they go through a major meltdown where they feel like they just can't hold things together anymore. And this is what's happening right now: things are getting more and more difficult to hold onto. Holding onto relationships, holding onto careers, belief systems, old emotions, and ways it used to function...it's getting so difficult to hold onto it.

And at times the mind is so stubborn...and it's just playing that role anyway...but it is so stuck in that state where it can't move forward and then we end up having a major meltdown or a complete breakdown. And what happens then? It becomes so unbearable to hold onto things, that you just don't care anymore. So you just let it go...completely...you just let it go. You just can't hold onto any of it anymore. "I give up!" But the giving up is really giving up of the old stuff....letting it go and parting with what no longer serves. It will get so hot, so uncomfortable and so heavy to carry you finally just have to let it go.

But we don't have to wait for that...that's the beauty of it...we don't have to wait for that. We can do it along the way. And it's just a choice.

You know we can be in a scenario where we are moving forward and our spouse is not. And we have a tradition in our culture where we need to stick together through thick and thin. And that if I step out of this and start to act a different way, I will be rejected...not only by my spouse but by my family members. I'm just giving you an example here. And then we get caught up in the old world belief system that, "I need to be there for them. I need to hold onto this until they shift or they leave or that in some way I have to continue to play this role because it's expected of me" ...and all of that.

But ask this question to yourself: "What is the greatest servitude that you can do? Hold on because others are not moving forward? Or you move forward and create the avenue and the opening for them?...and not for them per se...you're just creating the opening, period, without being involved with it, and then leave it up to them to do whatever they are going to do. And then what's going to happen? There's going to be scenarios and situations where you, given the choices that you make, will create such an intense state for them that they finally will take the steps that they have been so reluctant to take. Where we now hold onto a certain pattern, only supporting it on their end, and then no one's moving.

So move. You take the steps. And let everybody else take their steps.

It's not that you don't care. It's about you moving forward and assisting others to do so...but no carrying, no responsibility, no sense that somehow I need to do it for them. You don't need to do anything.

And no one...no one...no one is broken. No one needs to be "fixed." Everybody is just having certain experiences and they are just adjusting their experiences accordingly. That's it! It's just a shift and an experience. A shift in consciousness. It's not fixing anything. There's no healing process.

I know we refer to the word "healing" and people talk about "healing". You know the wounds...what are they? They are just memories. "We need to heal the wounds." But it's just basically letting go...it's just old memories...that's all...it's just memories...there's nothing to "heal." Nothing was ever broken, nothing was ever out of balance. Even "out of balance" has its perfection because it's still a learning experience. So we don't have to get caught up in the judging of that.

So we're not here to fix anybody. Anybody who is ready to make an adjustment in their life you will assist them to do so. What you are doing is making adjustments in your life so you re-direct and align with the new frequencies and new states of consciousness coming in so that you can participate and create this new world within all aspects of self.

That's it! That's all that's taking place!

So the commitment is: "I will keep moving forward, no matter what. And I'm not going to judge myself on any of the steps I take. If I fall back at any point in time, great. I will just know how it feels to move back a little bit. But I will keep moving forward. I'm not fighting anything, I'm just flowing with it. I take the steps and there might be unknowns, but I'm OK with unknowns too."

Because, the thing is, what makes the ride the most enjoyable is the unknown. We have programmed ourselves that the unknown is fearful. But the unknown is exhilaration. Unknown is the opportunity to experience something because at that point you don't know what's going to unfold. So every curve, every bump will be an experience where you can actually say, "Great. Here I am. I am being surprised."

You know, we have this belief system that we have to be ready for everything. We have to know every single step. That was part of our rigidity that we carried on before...which was still part of an experience.

But our true nature is not that...it's not knowing everything. It's here to experience. It's here to play. It's here to learn. And through that you become enlightened.

Enlightenment is the process of awakening and remembering Who You Are: experientially rich. Therefore, when you are remembering Who You Are, you are not just remembering yourself back to when you originally forgot Who You Were, you are actually remembering and expanding at the same time. You are not going back to where you were. It seems like you are going back to where you were, but you're actually propelling forward more than ever!

This is what Source is about: it's about expansion., it's about self-discovery, and it's about completely achieving higher levels of Beingness. That's us!

So we are here on a ride. We're on this ride. And we are just taking this ride to the most exciting, expansive state that we've ever experienced. We are going from one level of polarity to the next. We are taking this ride and pushing it to the max. Everything that's unfolding is serving you to get to that max.

It is You, Who You Truly Are, for the first time, bringing yourself into the body fully as the Creator...and knowing it...consciously!

And not only as the Creator knowing it consciously, but you are also seeing that everything around you is You! You created it all, it is your playground, and you are experiencing it fully. And you have created this acceleration, this experience.

And the stuck state is just a temporary stop that you may have visited at some point just to see that if you stay in the stuck state that it doesn't feel holistic with you. And then you are always moving forward. And so you just get back on track and move forward. There are no mistakes! This is the beauty of it all.

So look at it – what you are achieving within Self as Creator.

And all of it is orchestrated in such absolute perfection.

So ask yourself, “Can I be stuck at this point? Am I ready to play with everything that I am creating? And am I pushing myself, not in an effortful way but in a fluid way, to see and discover myself even more than I have ever known before?”

You know we talk about life being ease. In a way it is ease. But we also created challenges within ourselves to create excitement and play. We also created density, to be opposite to our natural state. But it is not required for us to hold on to that any longer. This is why we’re shifting it all: we’ve already played in those frequencies and we’ve had the polarity. And now we’re going to the other side.

We’re going to take this world, we’re going to take this human experience and now bring it to levels that have never been achieved before. You’re going to discover Who You Truly Are has no limits, no boundaries, and it is here in this beautiful, progressive creation, experiencing itself in a physical form on this playground.

And I know I’ve said this before in other talks: this is a playground and a schoolyard that you have created for yourself. And you brought yourself here to be here at this particular time and you’re on this call and each and every time you listen to the recording of this call, only to prepare and set the stage to go even further.

And so I hand it over to you, Antonia.

Antonia

Thank you for that, Franco.

And I just want to remind everybody that, as Franco says, when we do appear to be in a stuck state, that the first stage is always to ask questions. By asking questions, you allow yourself to be and then you can start getting answers.

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