

BEING IN THE MOMENT

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With

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We picked a very powerful topic. But it is one of the most difficult states to maintain when things around us are changing so rapidly and there's a lot of activations going on within ourselves in regards to certain scenarios and situations bringing up old fears, bringing up old emotions, and bringing up old patterns, basically. And what happens is, when these patterns or thoughts or emotions come up the most powerful way to do it is to go into the moment of it and really look at what's playing out.

Because once we've let the mind just go off on its own and we go into an ego spin, then what it does is not only bring up an emotion, but it also starts to create all types of stories. Stories of things that have happened in the past most of the time, and it then starts to project them into the future. Because any situation coming up of any sort without any stories attached to it, it really doesn't bring up any intensity in the emotion. Or if it does, it doesn't actually last very long so it tends to dissipate very quickly. **Because it needs fuel, and the fuel is basically...it needs to have a perpetual story after the next to keep it running and actually accentuate it.**

So, you know, a situation happens in your life or there's changes and things like that, and by going into the moment and looking at exactly for what it is and allowing the stories not to be in the way of that moment...and I know that's not always easy. But not allowing the stories to run amuck (I guess that's a good way to put it) you are better able to look at it and see what's going on. Because once something gets triggered...you know, it may be a small situation and an emotion may come up, the trigger may come up and somebody may hear some news or something of that nature, or there's someone in your family, a loved one, or your friends, or even your own personal experience something happens... and, of course, **if you look at just for what happened in that moment...and say you had a little incident of some sort...and if you just look at the incident itself and be in the moment with that incident and say "OK, what's going on here? This is what happened or this is what unfolded."** And you look at only that part of it without letting the mind

go crazy with everything else, it is much easier to see what really took place and what's going on in the sense of what direction to take or what to look at, really, to make a different choice so you can shift the situation or shift how you respond to the situation. And it puts you in a very powerful state,

Versus something gets triggered and all of a sudden the person goes crazy trying to pick up all these old past stories...everything that's happened before...and then starts projecting something else in the future. And that's how we get into a perpetual fear state, or that's how we get into a perpetual...whatever we've created it becomes escalated, it becomes huge and then it just takes a spiraling effect. And for us to just at moment to say "Stop it" and go into the moment and say "OK, what is really happening right now? Let me look at what is right at this moment. And really what took place without the stories?" And looking at the stories say, "I'm not playing with these stories right now, I just want to see what happened." "Somebody bumped my car. OK" It's not like, "Oh my God, this always happens to me and all these things happen to me.." and so forth, "...and next time it's could be this or that...and it just creates, creates, creates one thing after another. But look at it, "OK. This is what happened. What was going on at that point in time? What needs to be dealt with?" **And in the moment you can look at the stories too, then, and see what comes up, and when it does come up you can start looking at it without all the emotional charge attached to it.**

Now there's going to be occasions where, you know, we have triggers take off on us and we're going to have a lot of activations within ourselves such as fear or whatever it may be. So we go through the whole process of experiencing it and not really try to reverse it and feel it completely until you're actually exhausted. Then you can step back and look at it. And that's where it's important to go into the moment and say "OK, what really played out here?" And when you look back at what the stories were or what stories were coming up, those were the stories from before...those were the experiences we had before. And at the time there was a purpose or reason for that activation or those series of experiences because a lot of times there are series...and it loves to bring up new series.

You have to understand that everything we experience each moment is based moment by moment. And the reason I'm saying moment by moment is because whatever is happening now is for now; it's that state of being that you're in, it's that state where you need to address something at that point in time.

So, something happened last week, last month, last year, 10 years ago, 15, 25 years ago...those were events that occurred at that time based on the experiences that were playing out based on your state of being or whatever you needed to experience at that time. But that was then.

And the same thing with choices and things like that. Whatever choices and whatever played out was for that moment...for that time.

The next moment is always new. And this is where being in the moment is realizing that every moment is new. So in this new moment, where do we stand with this moment? And when you're in the moment you're not projecting a future saying, "What's going to happen tomorrow?" "What's going to happen...?" ...and so forth. And that's how we create worry and all that stuff because we start projecting things. We start saying "Oh my God, this happened to me in the past, and now this is going to happen now." And we are repeating a cycle of stories that are, of course, creating more emotions and, of course, we're feeding it and making it bigger and we start to get into a where we are not in a controlled state anymore, we're just completely...

And all of it is perfect, too, because it's just a series of experiences.

But, the thing is, we're not really in a situation where we want to continue to play with these experiences over and over again. This is the purpose of this whole transition. And now that we're going into this very accentuated and accelerated process of "purge and clear", there's going to be a lot more stuff coming up. And the best tool we can use to address all the things that are coming up, is to move into the moment each time something comes in. Because in the moment you've got that power; you've got the power to look at it, and look at from where you are at that moment.

Remember, when you're looking at it now, you are much more consciously aware than you were when the original experience occurred or when the series of experiences happened. **Your view of things is in a different state.**

And I'm sure that people have had experiences where at that one particular moment it was so traumatic but when they looked at it some time later, they go, "Wow, why did I make such a big deal of it?". And from that point of view, it looks much less. So the thing is not to bring back something from the past and then accentuating it. Because at that point...when that looked so traumatic to you at that point, you were in a different state, you were choosing to experience that to bring some certain activations and so forth, so that you could actually see it, or experience it, or make different choices or something of that nature.

But that was then; it's different now - we're in a different state right now. So, this is the thing, **by going moment by moment we're not looking at the past and we're not projecting the future.** Moment by moment, when we do have to address the past because it may be coming up all the time, now you have to look at it from where you are in this moment, from where you are today: how you understand it, how you see it...your consciousness of today.

And your consciousness of today is going to change tomorrow, and the next day, or even an hour from now. Because as you're experiencing life you're expanding and changing. And now...more than ever...our consciousness is

changing more rapidly. Especially if you're on track with the shift that's going on within yourself.

I'm not saying that everybody's going to be in that same position. There are still people that are not...they're still so locked up their consciousness is changing way slower than other people. But other people that are on the fast track, their consciousness is changing quickly. So things come up and you get to look at it, your consciousness is constantly changing...

I work with people all the time, and just the fact that we shift their consciousness, and let them look at something a little bit different...in that moment what was a major tension, a major emotional outlay or explosion inside, shifts. And they feel lighter; they feel peaceful. Because all we did, we changed their consciousness: what they were seeing, what they were interpreting, what they were defining.

Because, again, you know, we define things. And our definitions are based on what we learned, on what we're experienced...based on our consciousness at the time we had that particular experience. And then we lock that up in our memory, and of course when we're playing it out we are not only playing out the event of that time when it happened, we are also bringing in the consciousness state that we were in at that time. And then we project something forward from it.

So by bringing in the moment, you're bringing in the consciousness of the present and the consciousness of the present is definitely a different state than it was when it originally happened. So what was a big deal then may not be such a big deal now because you are in a different state of consciousness, you see things differently, and so forth. **So this becomes a very, very powerful tool by using the moment, by being in the moment.**

Because in the moment you can make new choices. Once you are locked up in looking at the past and projecting a future, then you're locked up in a state where you just keep repeating a pattern and you can't even make a change. So you ask, "Well why am I repeating these patterns and I keep falling into this hole over and over and over again?" Well, because we're allowing ourselves to step outside of the moment so we're not looking at it in the same way. So what we're doing is basically repeating the pattern. But when you are in that moment you can make a new choice. "OK, do I choose to go forward and repeat this, or do I choose something else?"

Of course, we have to bring in the other aspect of this and that is not running away from the situation or experience, or judging the experience. Because this is important too: not judging the experience and saying "I don't want this; this is horrible!" **That's a judgment and that ends up creating a certain fear or a certain pattern within ourselves that we lock ourselves into again and we**

create a repetitive cycle. But again, when we do that we are still basing it on what happened in the past and the state of consciousness we were in then. So in the present state of consciousness, in the moment, say, "OK, this is what happened, these are some of the things that unfolded, what do I choose to do now? How do I choose to experience it?"

Because when you're in the moment you can experience it any way you want! You don't have to experience it in the same pattern or in the same way that you've done before.

And this is where the power comes in. Because now you can make the decision and say, "OK, I choose to not play with this any longer. Not because I'm judging it, not because..." ...and you don't say it in quite those words...I'm just saying it so you can observe it, it's not that you don't like it...it's just that, "I've had that experience. Great. It was intense, it was whatever it was. But I'm choosing to experience things differently; I'm choosing to create a different reality, a different dance with this whole experience that I'm having."

So at that point, then, you can change, you can change the whole thing and you can make a different choice and have a different experience. You don't have to repeat the same cycle. But...that happens best and the most powerfully...in that moment.

So, somebody comes to you and says "I'm leaving you." Or something of that nature. And of course an automatic reaction might include tension or tightness or whatever, depending... Like in some people's case, it might be "Wippee!" because that's what they wanted in their life; they had been waiting for that. But in most cases, that's not the case. We create an old tension an old activation. But by shifting back into the moment we say, "OK, what's the deal here? What's happened?" Because in that moment you're looking back and saying, "Ok, I did this, this, and this with that person, and if that person's not here I'm going to be alone, I'm going to have (this situation or that situation), I'm not going to have enough money..." Or whatever the story will be that we are projecting forward.

But as we stay in the moment, we can say, "Ok, they decided to leave me, so what do I experience now? What do I choose to do next?" OK? **In that moment you get into a state of peace because now you can say, "Well alright, this is what I have to play with right now. I don't know what the outcome is going to be and I'm not going to project an outcome. However, I choose or have a desire to have a light experience."** (or to experience whatever) And then you can say, "OK, great. I' in the moment. The world's not ended. It won't end (or whatever it is). **This is what's taking form. Let's go moment by moment.**" **And in that state, when we're creating that, our energy is different.**

And then other scenarios will come up and all of a sudden another opportunity, another door opens up, or something shows up that is something that we would not

have been able to access if we had gone into “Oh, my God! My world had ended! He left me! (or she left me, or whatever it may be) I’m not going to have enough money!” ...and so forth. And in that state, of course, what are we doing? We’re bringing ourselves back into the old consciousness, back into the old patterns, and we just trigger one thing after the next and of course what happens? You create that scenario, you create that situation and it lingers.

Which is great; it’s just a series of experiences. **But right now, with this emerging “purge and clear” that we are accelerating, we really don’t want to get caught up in all of this stuff and repeat the cycles over and over again. Because we’ve been there, done that long enough, and now we want to go faster, quicker through it. So what are we going to do? The best place to be to make things move a lot quicker is to be in the moment.**

And in that moment you can then decide. Then you can tune in. You say, even if there is no situations now you are in the moment and instead of looking at your past, and saying “Oh, look at my life: it’s always been like this. This is my old pattern (or whatever it is).” And then you start to project a future. And, of course, the future is going to be what? The future’s going to be worries, concerns, this and that, this way, that way, or whatever you create.

But if you bring yourself into the moment you can say “OK, great. I am where I am right now. What do I choose next? What would I like to experience?” And then when you create that experience in that moment, you say, “OK, is this for my highest good? Do I feel good about this? Do I want to experience this?” And you’ll question yourself at that point and, again, you’re still in the moment, then you say, “OK, based on where I am today, would this experience be great?”

Because I hear from some people too, it’s like, “I want my old life back.” Or, “I want my life back.” Well, that doesn’t quite work because you’re not the same person anymore and you don’t need that same series of experiences. And sometimes I hear, “Well, my experience was lighter before. I had somebody in my life. I didn’t have money issues.” (or I didn’t have that) “I had my job (or whatever it may be).” And ok, that’s great. But, you know, right now the reason that it is this way is not because you screwed up or because you made a mess or you made bad choices or you’ve been focusing on the wrong things. No. This was all played out so that you could see that there was some form of attachment and so forth. And so now you can say, “OK. What do I choose from this point, now? Where do I go from now?”

It is all assisting us to let go of old patterns, to let go of old ways of seeing things and our perceptions and create everything new.

You see, for us to create a New World we need to be in the moment. We need to look at it and say, “OK. Where do we want to take the next step?”

Because **ALL WE HAVE IS THIS MOMENT!**

The past is the past. The past is something we've already experienced. Even though there's no such thing as time, everything is running at the same time...(we're not even going to go there...) But at the same time, our consciousness is in this track of the moment. It's in this series of experiences, this unfoldment of creation that we're creating right now.

So, people say, "Well, I want to know what my future is going to be like. What's going to happen?"

Listen, **we haven't yet created the future! There are multitudes and multitudes of probabilities that we can create each and every moment... based on each moment that we experience something! The moment we change our consciousness one slight teeny bit, we've already altered the future! We're already creating a new step, a new path. You see, we create step by step.**

What we experienced in the past, before all this stuff that's been going on in our planet, whatever we created took a lot longer to change. Our future was more ingrained. As much as we had a lot of probabilities...but our consciousness wasn't shifting that much; we were repeating the same cycles...so whatever it was, the cycle was going to be repeated anyway. You knew what was going to happen next year.

Right now, there is no next year because next year has to be created...even the next day has to be created. If you notice, when you plan your day most of the time it doesn't go where we had planned. Especially now that time is shifting so fast and moving so quickly we never seem to have enough time to do anything...or at least, what we had on the list.

So, this is one of the reasons that going moment by moment is important. You look at it and say, "OK. What can I possibly do with this moment? What is the most value I can get? And I don't mean value in terms of money or all that stuff, but rather value with respect to my experience. Because the most important thing right now is our growth, our awakening, our shifting, our alignment that's going to take place for us to become part of this shift of the planet...being part of the New World.

You see, right now that's what's important. It doesn't matter about your bank account. It doesn't matter about all the other things we think we need to create: the ideal this, the ideal that, and all these other ideas. Because these ideas are just that: they are ideas created by the observation of our past or whatever everybody else has.

But, the thing is, for now the most important thing is to say, "Where am I heading? How can I align and become part of this new creation, this New

World that we're bringing in so that I am not only in alignment but I am also participating and assisting in this?"

Because as you participate and assist in all of this, you also change the whole landscape of the world around you and our planet...which is all part of you anyway because you are affected by the planet anyway. So you are all co-creating all together.

But the most powerful co-creation you can do is to be in that moment!

And this is why it's so important to bring that in. Because we have the most opportunity to make new shifts in our reality and our world and create a different series of experiences.

And the other thing that 's important is that we have a lot of judgment. And judgments about certain things and experiences in our life. But where are these judgments coming from? **These judgments are based on previous experiences...previous states of consciousness.** And, again, in those previous states of consciousness we're only just setting up the landscape to repeat the same experience, the same pattern.

So, by being in the moment, you are always asking yourself, "OK. How do I want to experience this next (without judgment, first of all) and what do I want to create from this point?" And then you also have to look at, in the moment, **"Why am I creating this? Why do I want this in my life?"**

Because this is important: You know, we talk about and plan out what we want, and always focus on what we want and what we don't want. But you know what I say to people? **The want is one thing, but what is best for you right now is another thing.** And we also need to look at the wants. **Where am I getting these wants from? What idea am I tapping into? What state of consciousness...and again, we come back to that...what state of consciousness is creating this want?** Is it the state of consciousness because everybody else has it or many other people have it or because if I have it then I can be successful or feel good about myself, I can feel powerful, I can do this, this and this...That's a different state of consciousness.

So, again, let's look at the state of consciousness right now. Because what I notice with people (and I'm sure many people are noticing) as you're changing and going through these shifts within yourself a lot of the things that you wanted before are not that important anymore. **Your wants have changed...you have changed.** And what we previously thought would be the end of the world if we didn't have it, all of a sudden it's like it doesn't matter...it doesn't matter! **Because we now have a new attraction to how we feel about what we are creating.** Because we are now seeing a bigger picture, a more holistic picture. **Holistic in the sense that we feel more "whole" with it**

without disconnecting. Because most of the things that we've created in the past have always been, you know, fragmenting ourselves, or defining ourselves. And that's not what we're here to do any longer.

We're not here to define anything! We're here to experience wholly and completely without any definition. Without definitions we are completely wide open. So every moment you are creating absolutely amazing things in your life that have no repeated patterns.

Now, if you want to repeat something, that's great. For maybe a day or two a week or whatever. But it's always short term. Because you get to a point where you say, "OK. I've had enough of this experience and I choose to experience something else." Then you shift it...again, in the moment.

You know, I can't stress it any further how important it is. And that's why I thought this topic would be great, especially because of everything that's happening right now. We've got to be moment by moment. **For us to handle the shift that's going on and all the things that are playing out**, without allowing ourselves...and this is where **we need to be diligent by noticing any old thought forms coming up and any old levels of consciousness coming up where we are judging what's playing out.**

So, you know, you have to realize that everybody is in this state where there's a lot of change happening around us. And everybody's going to interpret it and experience it in their own way based on their own consciousness. But at the same time, you want to use your current consciousness...AND THAT IS CONSTANTLY CHANGING.

You know, I say to people, "You need to be 'who you are' ...truly, 'who you are' ...moment by moment. Because each moment you are changing."

This conversation, this call, this whatever you're listening to, is going to change your consciousness. **And, of course, this shift in your consciousness is going to shift what you project and the way you experience your life from this moment. But it doesn't stop there...it continues...because there is no "stop."** Because we are continually shifting and our consciousness is shifting perpetually changing. **This is what's really happening within ourselves.**

We have taken down so many barriers that we are no longer in the tight pattern that we had before. We are changing so drastically...and we see it all the time. **If you stop seeing and judging what's playing out in the world, you see that the perfection of all that's unfolding is actually all these beautiful opportunities for us to make a shift on the planet.**

And I'm not talking about opportunities to make money or things like that because none of that matters. But even if you want to chase that then look at the definition

behind it and the value you put into it...because in the moment what really is important? And then you shift, by being in the moment, away from “survival”, away from “struggling” and going into “the flow”.

Because in the moment you're in the flow. You become the flow. There is no survival, struggle or anything of that nature in that state.

And if it does bring that up then you need to look at your pattern and say, “OK, what am I focusing on? What consciousness am I looking at? Is it again an older pattern or am I in the moment? Where I am today? What step can I take? What is my next step from here? And what do I create as my reality from this moment with no restrictions, no boundaries, no definitions whatsoever...in the moment?”

That's why it's so important for us to be in that state. And this is the reason why we're going to facilitate with the clearing of old patterns, clearing the fact that we need to use our ego mind to take the past and whatever we experienced even just yesterday and project it to today or tomorrow.

Most of our worries, most of our concerns, most of our fears...if not all...exist because we allow ourselves to be outside the moment. We're not looking at what is the most important thing in this moment to play with. We're always going into what happened before and projecting a future.

Most fears, like the boogeyman or some such thing, are again based on a past experience of what we've seen or something like that...which probably wasn't there anyway. But as soon as we go back into that pattern, what do we trigger? And that's it. But in the moment you can say, “Where am I? I'm here...great. It's dark...alright. But I don't need to bring up any of my old past, belief systems or stories and stuff.” And if you look at it and say, “No, I'm not playing with this anymore. In the moment...where am I? I'm right here. There's nothing in this room. There's nothing wherever I am. I'm in this moment.” **And you feel it. And you connect with that.**

So that's to give you just a little taste of how important being in the moment is. I know Eckhart Tolle talks about it and things like that...there is no other moment. And that's true.

Because the only place we're truly ever at is in this moment.

Because if we ever are outside of the moment, we miss all the beauty of that moment. We not only miss the opportunity to change it, but we also miss the opportunity to experience it...to experience the moment.

You know, we could be in a situation where we're in a loving situation with our children or someone that you love or something like that, but if the mind is all over the place and you're not in the moment you're missing the beautiful tender touch, the holding, the loving, or even the few beautiful loving moments that you have at

that time...or even if you're in the middle of making love or something like that, if your mind is going all over the place, you're not even in that moment to enjoy it...you're not even in that moment to experience the connection that's there. All of a sudden, it becomes a mechanical, robotic experience. And then your mind is all over the place because you are not in the moment, feeling the moment. You're projecting, "When is he going to get this over with?" ...da, da. da...and all the other things that come up in the mind. We're not in that space to really enjoy the experience...no matter what the experience is. Even if you're eating an ice cream or walking through a park.

And the most powerful way to experience it fully...in a body which is sensorially rich...is to be in that moment. In that moment you are engaged with all of your senses. You are now paying attention to everything that you're feeling, seeing, smelling, hearing, tasting, and allowing it to become an orchestrated musical piece, in a sense, in the body. That is a rich-filled sensation! That is what is the beauty of being in this human body!

And it's not the stories that we've attached to it. And the judgments that we have about this human body and how it doesn't function.

I'm telling you, once you start going in to the moment and you start to experience moment by moment and you start to really allow the body to sense all the beautiful experiences around you without all the baggage that you've experienced in the past and all the definitions, the body starts to transform. Not only the frequency of the body, but the flow, the energy patterns within the body. Your health starts to change. You start to notice when you're eating food what your body wants and doesn't want. In the moment you feel that!

Otherwise, you don't. You're watching TV or you're wrapped up in whatever it is...you're not even noticing what you're consuming. Or the fact that you're in the middle of a story in your mind or in your head...whatever you're creating...you're ingesting stuff just because you need the sensorial...and you need something very spicy or very salty or very sweet to even be able to taste it...Because we're not in the moment experiencing what's there. You're not putting your attention on every taste bud. So that every spoonful that goes into your mouth is an explosion of delight rather than it's just going in there, and you're just in a pattern and waiting for the next scoop to go in there...and you can't put enough in fast enough because it's only the little "highs" that you're sensing. Because you're not sensing the whole thing, or the aftertaste, or anything of that nature.

But then by paying attention to all of that, you could also find out how the body actually feels with whatever you are consuming. So you can make adjustments. And in the moment you can actually sense the body when it's telling you something. And if you need to adjust something, then you adjust it. So now you're creating a beautiful connection between you and your body...you and your mind. Again, it's all done in the moment.

You see how important it is for us to shift into that? Because we're not in the moment for most of the time. We're all over the place: past, future, past, future, creating all these different realities. And we're very skilled at that. And I'm not saying that's a "bad" thing.

But what I am saying is that we've experienced this enough! And now we want to get into the mastership that we are of a Creator.

Because we are Master Creators...we are in charge of our experience!

But our experience can only change when we are in the consciousness of that moment.

If you are in an old consciousness, an old pattern, you're just going to re-create the same thing...over and over again. And it will get more accentuated until you finally notice it and you say, "Enough! Time to change. Time to look at it. Let's tune into this consciousness. Let's tune into this moment and see where we go from here. What is my next choice?"

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