

I ATTRACT WHAT I FEAR

Group Teaching
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With

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Antonia

This lesson is about releasing old belief systems on fear: specifically ideas like if you fear something you attract it or if you fear something you make it real. There are so many fears around that, like little spiraly things, like little veins.

Franco

As much as what's blocking us is fear, in actual fact all of it is connected because fear plays a big role...a lot of these energies play a big role to block us. Now it's not purposely designed to block us....well, in fact, in a way it is, yes...but in the part of it that we are talking about here is that it starts to interfere. Because once fear gets in and the fact that we get involved with rituals and things of that nature where we feel that if we don't do it right or we don't do it enough and we have to have these old modalities in place, that something is going to happen to us, then of course it's going to interfere with our direct connection to Who We Are.

So as all of this is unfolding with us individually, what happens with a lot of what's playing out is that as we are now going through this shift, we are bringing in a lot of different energies and so forth that are, again, meshing in a way within.

And because these changes that are taking form within ourselves, we have these old automatic archaic programs that automatically jump into fear. Because even if it's a positive change...at the surface because the ego mind has it's own judgment, programming and belief systems that it holds onto because of training, cultural learning and everything else that has played out, it responds. Something happens to us and automatically....

Just to give you an example. We may just be going through an energetic shift and restructuring in our bodies, so we start to have pains and aches and things start to change in our physicality and all of a sudden we go into a state of fear because the old modality is, "Oh, oh. Something is wrong with me. Something is going on" So the automatic response is fear.

But if we just allow these changes to take form the fear wouldn't have any power over us. So this is one of the things that, once we have all these things in the way, we tend to create a disconnect within our Higher Self, I guess you could call it, but really your Soul.

And we have a direct connection to our Soul. We have a direct connection through our Heart Chakra. And I'm not talking about the heart itself, but the Heart Chakra. We have a direct connection to our Soul through the Heart Chakra. It is a portal through which we have a direct connection to our Soul. And our Soul is communicating and sharing with us exactly what it wants to achieve through this life experience.

Now we also have the Third Eye which is another portal. And that portal connects to every Soul on the planet. And it also connects to every Soul who is waiting to come back onto the planet and those who have played on the planet. It also connects to other multitudes of Souls in other dimensions and on other planets, and it also connects on all levels of what we can call Collective Consciousness, Universal Consciousness, and Source Consciousness. These connections are there.

Now there are some veils that were created along the way. Some of the veils were there because we hadn't allowed ourselves to take them off because we were still playing in a very low vibrational energy so that kind of impeded all of that. But we are now removing all of that.

And as these frequencies are moving through us, all these layers are being removed one by one and will result in a more powerful connection to our Soul.

A lot of us are saying, "We can't connect to our Higher Self," and so forth, however, we are always wired up and connected. We have a very unique voice which is coming through.

The thing is, what comes through our Soul will not create a powerful sensation of fear. OK? We been so conditioned that fear supersedes everything else. And again, I say "conditioned" ...because it's not actually true...it's just a conditioned response. We got conditioned that when the mind creates a story, when the ego mind activates from old programs, from old modalities and energies, then, of course, it's going to respond with fear. Fear creates quite a sensation, of course. And the sensation is in the physical aspect of it and in the energetic aspect of it.

So as we are in that state of fear and playing with it back and forth, that calmness, that clarity that comes through our Soul and that's saying, "You know, we need to learn this, we need to address this and let this go because it no longer serves us." But even though the Soul is trying to communicate, the fear is still there creating stories and so forth and is drowning it out.

This is one of the reasons why going into a quiet state is very helpful. Even if, for example, a fear has been activated within you, instead of responding right away, take several deep breaths. And when you take those breaths, connect with them, feeling them within you. And that kind of brings you back to the center and allows you to connect with that energy which is coming through your Heart Chakra...which is basically Light, and Love, and Peace...which is our natural state coming through us. And once you connect with that, it starts to have a calming effect on you and, chances are, you will not continue to respond in the same way. It starts to...

Because once you let the emotion of fear go, once you let it run your reaction, then of course you can just get right into it. And it's just becomes a chain reaction of energy which feeds itself. So we don't need anything outside of it because it is pretty self-sufficient.

So we are going to play with this tonight to alleviate and get rid of some of these archaic programs. Because even when we were working together today, Antonia and I, we saw where they were coming from.

You see, I want to let people realize here...you know we talk about these energies and we talk about fear and (like you were talking about earlier) then we make it real. Well, there's a bit of truth to that but we need to understand it even further. That is, just because we are afraid we are not going to create that dark force or energy and so forth. What we're going to do is while we are in the state of fear we are tuning into that energy and so it's an automatic....it's like we go to the TV and tune into a station that has some horror movie on or something of that nature. So we are going to have that experience from it.

But it's just a "tuning in," and it's just a mind activity that's tuning in to an old, archaic frequency. It's an old channel, it's a very archaic channel. That's all it is.

I have mentioned this a few times in the seminars and so forth, that about 25 years ago in about 1986, we went through a pretty powerful shift at the Soul level with Contracts. OK? And we talked about the fact that we dissolved Karma, so Karma no longer exists. Now if we believe it's still there and we still talk about it and play it out, then all we're doing is tuning into that energy and then, of course, we think and feel that it's still there.

The other thing, too, that we talked about is that we got rid of the polarity. Now polarity, meaning light/dark, good/bad, and so forth, but part of the connection to polarity was that it was a dark force, a dark channel, what we call a "low density" energy, a low vibrational energy that created what some people label as "satanic energies" and things like that...a dark force. So the soul was still entertaining that...it was hardwired, I guess you want to call it...to that frequency. And at that time when we went through this change and the frequency of the planet started to change, and we started to change also in the frequency, that was cut off completely. So the soul is now no longer directed and no longer even requires it any more.

Now does that mean that it doesn't use it? Of course it uses it. Because if the mind plays out the polarity things and the dualities and all that stuff...of course...the Soul is going to use whatever it has to play with. It's flexible...it's going to use whatever means are there. So if it's going to serve in one way, it's going to use it. It's going to use it so that it will not create fear so that we somehow identify with it or anything of that nature...no.

And the fact that it wants to learn what fear is about...it already knows what fear is about and has been experiencing it for 10,000 years...so it's not something that it still wants to play with. However, if that's how it's going to get our attention, if that how it's going to have us make certain shifts so that we can empower ourselves and so that we can re-connect to the Higher Aspect of our Selves, then if that's what it has to play with, it will allow it and it will use it accordingly.

So, the thing is, a lot of these dark energies and forces and so forth have been cut off from the Soul level. Now all we're doing is there's the control structure and we are supporting one another by still talking about it. Talking about these dark forces, the satanic energies and even...and even the control structure that's in place, you know, they are going out and doing satanic rituals and so forth... and what does that represent? Again, what the rituals do is that they tune in to that old frequency, an archaic frequency that was originally designed to give us a polarity, to give us an opportunity to really experience the dark aspect of it. And that was part of the change that we agreed upon, and so forth. It wasn't the original design...but again, when things change, the Soul adapts, our consciousness adapts and plays with whatever it needs to play with...or whatever it has to play with because that's the playground it has.

Now your individual Soul that's here on this planet and every one that has gone back and forth...as they go back and forth, they realize/the Souls realize what they're coming for. It knows what the playground is like. It knows it's going to be playing with these dynamics. But it's OK with it. It's like, "Well, it's not ideal and the way we want to do it because we want to move forward, but I'm going to come in with my list of things that I want to address so let's go down there and play. Let's do what we need to do." And, of course, the mind while we're here it's getting programmed and so forth and we are getting tuned...and these archaic energies and so forth are tuned...and we are exposed to things that tune us in. We have a lots of chemicals and additives that are added to our food, in our water, it's added to the air. And, of course, a lot of the modalities that we are using with genetic modification. The frequencies that we are exposed to, what we watch on our TV...and always, of course, if you watch TV, it's always about fear, competition, good and bad, and things of that nature...activating all this stuff. The same thing with music...playing a lot of background subliminal information, or activations because of the frequencies and so forth.

So a lot of stuff is supporting this fear and to keep us in that fear state. But, you know, we are transcending that and that shifting is taking place within ourselves. And that's why it's important for us to clear a lot of these energies, old rituals, and so forth.

Now, believe it or not...and I'm going to play with this for the people who are listening....and, again, I'm not here to bash anything...I'm just bringing stuff to the surface. It doesn't matter what your mind says, how it judges it or plays with it, but I realize that most of you are ready for this...So what I share...again, your Soul is taking in and using this as an opportunity to assist in this journey. So I'm going to share whatever I need to share. So whatever the mind is going to concoct or resist or anything of that nature, that's fine. That's just an automatic programming response, again, fear and this and that.

So everything that I've said so far, even when I said about the additives and so forth, we are not here to tell you so that you can be afraid to breathe, afraid to drink, afraid to eat, or anything of that nature, or even be exposed outside. Again, it's good for us to know it so we can do whatever we can to limit it...but again, do so in a free-flowing state without going into a state of fear.

Because once we get into a state of fear then, again, we are supporting these old archaic programs and so forth that are within ourselves. And then we still continue to emanate it and we support others. So it's a beautiful little soup that we create.

Now, the other thing that we also played with today is that a lot of the cultural rituals and even what we could call religious rituals, and prayers, and things of that nature...again, anything that is creating a level of separation within us where we're creating...you know the energy of us praying to an outside force, you know, to change our experience, because we are resisting an experience...again, we are tuning into an older energy.

Because, and I'm going to push the envelope here...we have a variety of energies that were created. It's like when we have people who create movies and so forth. It's usually based on the person who actually writes the script or who creates the story-line of the movie. And the intention that his/her story line is to activate within the person. Again, it's all a sensorial experience, but again it's what it's to activate.

So as we create...now just watch the loop of how it comes together...and some of the things may not all make 100% sense to you and that's fine...whatever you need to get, you are going to get out of it. If we have a certain belief system and there's a group of people who come together and have a certain belief system that there is some modality or some ritual that we do and we create...you know how we create energies...for example, information, like I was saying, a movie director or a script writer and so forth (the one who's writing the storyline) will write a story. The story comes to mind and then it's written. So what we do as a collective...if we get together and all create a belief system and we support this belief system, what we

are doing is creating a pocket of energy that responds and carries that information and frequency. It's like us creating a website with some specific type of information and frequency and sharing of some sort. So each time that we repeat that ritual, we tune in to that pocket of energy.

So if we go to a religious ritual where we feel that God is "out there" and we feel that we have to somehow appease Him, and that He's judgmental and that He's condemning, and that we have to please Him or else we're going to go to some place that's not very pleasant...as long as we're putting that energy together, what we're doing at that time is we are creating a channel of frequency with all that energy in there, with all that information and all these codes. So the moment we repeat that ritual, we tune in to that code.

Now, in some cases, the code will create certain experiences that may feel like, "Ok, I'm feeling good because I went to this ritual or did whatever." But, the thing is, when we are experiencing it, once we start to connect with our own Essence and our frequency starts to purifying more, you will notice that the energy that we thought was uplifting is actually lowering!

And this is why a lot of rituals exist. A lot of rituals exist because it keeps everybody in the same low frequency. And as long as we keep supporting it and keep tuning into it in our body and our frequency tunes into that, then we replicate the experience within ourselves. So, again, I'm not bashing anybody. I'm just exposing...

You know this is why we are needing to connect more deeply to our Core Essence of Who We Are. And connect with our Higher Consciousness and a freer consciousness. Because our consciousness does never, never, ever separate us. It never creates a deity, an entity or something of that nature because that's what entities are all about. Entities are different pockets of energies that may take some form at times...not a rigid form, but an energetic form...that may be whatever it may be or played with in another way, that will...

And sometimes we leave imprints of ourselves...depending on the energies that we've played with and so forth...and there's a lot of details to play with that I'm not going to get into here...that they come along. And as long as we tune into these frequencies, of course, we're tuning into it, we're opening ourselves up, we opening up the cortex behind the neck and allowing them to enter. Now they can enter, but they have no power over you unless you succumb to it and still play with it. The moment we are ready to let it go, we let it go. Because as long as we change our frequency, it cannot reside there.

But then, again, they are just old pockets of frequency. They are just very archaic energies that we're transcending completely. And this is why when we clear them, we send them back to the Sun or back to Pure Sourcesness to re-polarize and bring it back into Pure, Pure Potentiality. We bring it back to Light.

Because everything is from Light. All darkness and densities that were created were just Light energies, but the frequencies were lowered purposely because, again, we are the Master Creator here...we our experience and lowered these frequencies to create this darker densities and so forth. But the moment we're releasing it, we are bringing it back to Light, back to Pure Potentiality so that it become Pure Energy and we can now manifest something else through it. And we can (inaudible) through our experiences.

This is how it all works. And this is why we're playing with what we're playing with. Because the moment...just to go back to what we were saying...fear attracts fear, or fear makes it real. Yes, as long as we are fearing it, we are making it real in our mind and, then of course, it tunes into certain channels and certain frequencies and then we tend to have certain experiences.

But, the thing is, we are always Masters and we are always in charge of that. And we can change that at any time. We are not vulnerable or anything of that nature unless we create a belief system that somehow it has power over us, that somehow we need to have somebody else remove it or something of that nature...then, of course, it plays a little more within ourselves.

But that's not the truth. We are completely free to release whatever we choose to release. And, again, for us to choose to connect with the Higher Aspect of ourselves, what we're doing is taking back our Mastership. Of course, we are always Master Creators, we are always creating, we are always manifesting, and that's for sure. But we think, "Ok, we're just not manifesting what we want."

And this is one other thing that I wanted to bring up because it's very important too. We have to notice too that when we are getting in to this whole Law of Attraction and all that stuff...there's nothing wrong with that because it will play out whatever needs to play out. But, at the same time, when we are trying to manifest something outside of our life...when we are manifesting something different, or trying to manifest a certain lifestyle and all that stuff that we're going into...again...what we're doing in that respect, we are really again buying in to a collective belief system that when we have this, this, and this and all these things are lined up, that everything is "good" for us, and everything flows and we're happy and we start to create all these ideas that we need to have all this stuff in order to be happy and our world has to be a certain way within in order for us to feel good or anything of that nature.

So not only is it a distraction, but we are now tuning into an old energy. Because just the fact that we want money, that we want "stuff" to define us, to make us feel good, to create in a fashion where it takes away "lack" is an old modality, an old energy. Again it's survival, again it's fear, again it's a command, a demand, and all that stuff that comes into it.

I'm not saying that we don't manifest or create a certain level of abundance to bring us a certain level of experiences...but to give it power, to give the energy to it and seeing and judging everything else that is opposite to what we desire...because a lot of times when we look at what we really want, it's not what we really want. It's that we bought into the idea and concept and so forth that it brings us something and that, in some way, if we get it, it will bring us that.

But, realistically, all we want is peace. We want to be free. We want to play. And we want to experience life to the fullest. And none of that stuff will bring it to us. We think it will because we keep talking about it, we keep thinking about it and so forth. So, again, we start creating energies in that respect.

So I just wanted to clarify that. Because we can easily get lost the other way around. And, again, I'm not giving you all this stuff to confuse you. I'm just opening up your mind...opening up your Soul to see that as much as we've agreed to play all of this, we are not bound by it because we are free now. We are much freer than ever before and this is increasing for us. Because there are a lot of frequencies that are increasing on the planet and we are changing, we are going through a lot of changes.

And a lot of lightworkers like myself, who are working on the grid, who are working on all the different timelines, who are working on different dimensional portals that are opening for us to transcend in, clearing what no longer serves, bringing in new strands for us, and of course the re-activation of the DNA strands within us...all of it is all serving...all of it is there for us to shift and so forth. And a lot of times it's going to bring certain experiences that have an automatic response that, in some way, we need to have fear. But just see it as an old archaic energy that's coming back and which we are re-activating. Because it doesn't really hold any power for us...almost anyway...unless we get tuned into it.

Do you have anything to add to that, Antonia?

Antonia

When Franco and I were working together earlier today to prepare for this clearing tonight, we did tune in to some very deep, old, old, old archaic programming. And the reason for tonight's clearing is to assist you to get to clear that because if you imagine it like, whether you call it a TV station or a radio station, when you tune the dial to that station, you tune into that frequency. And some of the energies and things that we connected with today felt really archaic and no longer needed.

It's as if we are stripping down the onion and now we are getting into some stuff that's been hidden by a lot of veils, and we are now ready to release some really old, old archaic programming. As Franco says, there are so many belief systems around fear, and this is really to allow you to look at it, see it, and empower yourselves such that, as things go forward and changes may happen or you may have experiences that you really and truly realize the Light that you are and that there really is nothing that can,

in any way, influence or take control of you...because you are Light and Energy...and so is that energy/frequency...whatever you want to call it...they are from that too. And even though we don't usually get into a lot of discussions about entities, it was what came up today so that was what we decided should be put into our discussion.

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