

LETTING GO, RELEASING THE PAST

Group Teaching
March 2012

With

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As we indicated earlier, this is also a very powerful one. And the thinking is, a lot of times we feel that letting go of the past is letting go of our past journey. And this actually goes deeper than ever before. You see, what we're going through right now is a transformation on the planet and we're going through a transformation in the galaxy and the universe, but we're also going through a powerful transformation within ourselves. We are changing the playground. We are changing the way we perceive the world, the way we play with everything. And we're also changing the energy involved, also the different degrees of darkness that we've been allowed to play with. We're changing all of that.

We're creating a higher accessibility to acknowledgement or what we can call knowledge; knowledge of knowing our essence, knowledge of knowing where we are and to see ourselves, more than ever before, as the Creator creating each moment and seeing the dance between the two. Because not only are we the Creator, we are the Creation, so our consciousness shifts back and forth from Creator creating to Creator experiencing. And, of course, we do the observation part.

But saying all of this right now, when it comes to the fact of letting go of the past, we are now letting go at all levels...we're not just letting go of what we've experienced from the moment we were born until now and what we've experienced today, yesterday, last week, last month, last year, decade or whatever it is...that is part of it, yes.

And the reason we're looking at letting go...the thing is, everything that we've experienced, everything that we've brought into our life has brought us to where we are today. And, you know, as much as we have different layers of judgment that we've created through our experience (good, bad, or indifferent) all of that has served us to bring us to where we are today.

So the interesting thing about this is not only letting go of that (the history, the stories, and everything else that we quantify ourselves by), we need to also look at letting go of what we have defined ourselves as: our gender, our roles, and all aspects of ourselves that we have labeled and solidified as “who we are”.

The point is, right now, we need to shift and in order to shift we need to let go of all the reference points. Because for us to play freely we need to let go of that. And that goes even further now because we’re not only letting go of that aspect of it, we’re letting go of the way it is, we’re letting go of the culture, we’re letting go of all the rigidity.

And I’m not saying in the culture aspect of it that we’re letting go of the fact that we came in to one culture or another, but the fact that we’re letting go of the rigidity: all the rules, all the traditions, all the “here, this is the way it is”, and so forth. Because even culturally-based experiences that we’ve taken on are now required to evolve. And for us to hold on to the past and what has been handed down for generations also confines us. You know, all of it is great, all of it has served, and all of it has brought us to where we are today, but for us to create completely new, we need to let go of that aspect of it too.

And also the part where we look back at history and all the history not only of our lifetime but lifetimes before. And holding on to who did what, and why it was done, and the fact that “this is our path”, and we need to romanticize what happened (past wars, past whatever it is), and who sacrificed and who did what, and all of that also need to be let go.

And when I’m saying “letting go” I’m meaning letting go of the attachments, the definitions, the energy that we’ve given to it, and also using it as a reference point. Because we can have memories of any experience that we’ve had, but the thing is to not give it power any longer. So that becomes a very powerful part of it.

So it’s not letting go of only our history, it’s letting go of all aspects of it. For us to create a whole new world, we cannot hold on to anything of the past. And even what we’ve taken on as education and so forth, we need to un-educate ourselves in the sense that what we’ve learned we’ve used as a reference point, but we’re not going to take it any longer as a rigid definition “this is the way it is.” We need to look at allowing even that to be flexible. “Ok, this is what we’ve experienced thus far, but where do we go from here?”

And the same thing when we go back to the personal level when we’re talking about our own past experience. We have a tendency to hold on to not only what has happened to us in the past that we’ve deemed as something painful, horrible, or in some way “bad” ...because we’ve judge some aspect of it...and experiences that we’ve had at any point in time where we felt inadequate, or whatever it may be, whatever form it has taken. And with respect to form, again, it’s about the definition...it’s the definition we gave to the experience.

This is the key: when we really look at it, it's not so much about what happened, what roles we've played and what roles others have played, or what occurred in our experience of our journey...it's not about that. It's basically the definition and power we've given to it. And that's what gives us a past which we can deem as good, bad, or whatever form it takes. But when we don't have the definitions attached to it, then it was just an experience...it was something we played.

And like I've said in the past, it's like going on a ride. And if we judge a ride, then the ride can be either "good" or "bad" ...or it can just be the ride...and you enjoy the ride. So our story, our history, what we've walked through from the moment we were born until now was a ride...all of it was a ride. And letting go of all the definitions we've attached to it and also all the power we've given to it...and the importance we've given to it in the sense that we keep attaching to it.

So we can look at one aspect of it and say "OK, we've had experiences that we've deemed as "bad" or "traumatic" or whatever other labels that we may have given it. But then we also have the tendency to look back on an experience in our life and we create a story around it....the way it was, and how beautiful it was at that time...and then we start to wander into the whole idea that we want to repeat it or we start to look back. And we've all been there at one point or another or the others around us...they talk about the past, "the good old days" or whatever it may be that we've labeled. "And, well, you know, it was great when it was like that," and so forth.

And the fact that we hold on to that and wanting to repeat it or just holding on to that memory of how it was, it creates limitations within ourselves with respect to what we can create and experience right now. So even if we had something cherished or something beautiful because it was an awesome experience, well, it's great to hold on to the memory of it, but not to use it as a reference point over and over again, or be attached to it and try to repeat it in some form or another. So even an experience that we've deemed as "good," if we're attached to it, it limits us.

So right now for us to shift, and the personal shift that's happening within ourselves and in order to be fluid, it requires letting go of all aspects of that. And this is why letting go of the past goes deeper than just our personal past; it goes through our cultural past, it goes through different definitions of not only our journey here but also the past that we've had as humanity on the planet...and really not holding onto any judgments or categorizations that we've given to different events and experience. Because you have to understand that everything that has occurred at one point or another, whenever it occurred, and in whatever state of consciousness it occurred, created some servitude for humanity to grow and so forth.

Yes, we understand that we are pure potentiality and we could create any forms of experiences...and the fact that we do not need to play with darkness and we do not need to play in the world the way we've been playing it...as much as we've allowed it to take form and play out in our lives, it still served. And the soul is very adaptable

and learns from that. But we are now at a point now where we understand that it has all served, it has all brought us to where we are today. But we are choosing today, and from this moment...and every moment following that...to create something new. And for us to create an alignment with this new world that we are walking into, then we need to let go of everything that we've attached to the past... the attachments that have created definitions...attachments that activate memories, that activate emotions...memories that have been categorized as good or bad or something in between.

It's a fact of knowing and seeing that everything was just an experience which brought us to where we are today.

So we also have this other part of it which is where we see our world...we're looking at the world and we see that we're repeating a lot of the old patterns, the old ways...seeing that "this is the way it is", that we need to hold on to these stories or this way of life for us to survive. But as much as that has served to bring us to where we are today, it doesn't serve any longer. And it's now getting so important for us to no longer hold on to any thing that we've taken on or anything that we've shared.

And this is where we need to go back in to the reference point in our Heart Chakra and realizing that it not because of the stories and what we've been attached to, it's really feeling our way through what serves us.

With this consciousness shift that's going on, this Oneness Consciousness that's coming in, we need to also look at the fact that everything that has created separated (as much as it served at the time) no longer is required and we need to take those barriers down. And this really requires us to pay attention.

And also, with all of that, to realize all the roles that we've played...not only the roles we played ourselves but also the roles that others around us have played...we need to look at these roles and say, "OK. We've played these roles. We are where we are today. Those roles created a certain frequency for a certain level of experience." But we now start looking at it as, "Do we need to play these roles? Do we need to have these roles in this particular state?" What happens if we relinquish or let go of these roles and see ourselves without having specific roles that we've continued to hold on to as a way of life, as a way of saying, "Well, this is the way we operate?" And instead, look at it for what it was: it was a role we played then. But what role do we want to play now? Do we want to create separation in this role or do we want to create unification?

The unification part of it is what's coming through. So this process is really bringing us into alignment so we do not continue to create a "separational" energy from this alignment that's taking form.

So we need to look at, even with respect to the roles in our own personal lives, the roles that others have played. Again, as much as it's so important right now about

the “letting go” ...you know, and we’ve talked about it before...we’re in the “purge and clear”. And the “purge and clear” is really letting go, and it’s letting go of all the definitions we’ve created within ourselves but also....when we look at the past, what is the past? It’s a series of experiences that we’ve had. And we also look at the past as a reference point. It’s like looking in the rear-view mirror in a car and saying “That’s who I am: what I drove by, what I passed.” But it’s not! It’s just everything that you’re coming up to.

So you can use the rear-view mirror to look back, but really it’s not there for us to look back and say, “Well, this is who I am.” No. These are the different roles, the different experiences that have taken form and I just stepped. So it’s like looking at each step and appreciating and experiencing each step that we take in that moment that we’re taking the step, and from there we choose what the next step is. You can look back at the steps you took before and say, “Great, well I came all this way.” But we’re not attached to it; we’re not defining ourselves by the steps that we’ve taken...or the choices that we’ve made...and whatever experiences we had during each step that we’ve taken. It’s no longer looking at it and saying “This is who I am,” and then re-living it and saying, “OK, because of these steps this is who I am now and I can’t get out of that.”

And this is where it becomes a big trap in holding on to the past. Because say that we had a traumatic experience in our life and we made certain choices...and the traumatic or dramatic part of anything... the whole notion of an experience being traumatic or dramatic is the fact that we defined it that way. But it was really just an experience, if you really look at it for what it is...it was just an experience...an experience that was created in a state of consciousness that was present at that moment, and that state of consciousness was creating a series of events and experiences to allow a shift and also to allow learning and play to be created...and then to let go of it.

Just to give you an example: In that state of consciousness, you created an experience. Through this experience, you had the opportunity to learn, and through the learning through that experience you have now shifted your consciousness. And by shifting your consciousness, you are now in a different state of consciousness that would not create the same experience again.

Now from this new state of consciousness you can look back and start judging what you just created before and say, “Look at how stupid I was to create that. Why would I do something of that nature?” But realizing the nature of the state of consciousness that you were in when you created that original experience, you can now see that that creation was something you needed to play with. So you created it, you experienced it, and you shifted your consciousness. Now you don’t need to repeat that experience because you’re in a different state of consciousness.

And being in this new state of consciousness, now you can create something new. And this new creation will again give you experiences that will again shift your

consciousness and then you take another step. And the process keeps repeating. Because each time you have a series of experiences you are giving yourself the opportunity to shift your consciousness, to shift the way you see things, and to shift the way that you would create something. Because each time, it's just a stepping stone.

But if you look back and say "Why did I do this?" or "Why did I do that?" ...that's just the mind getting involved and looking at it and saying that you've made a mistake. But you're looking at it from a different state of consciousness. But the only reason that you're in that particular state of consciousness looking back from this moment is because you made those choices you made...because of the different layers and different states of consciousness have given you certain experiences to bring you to where you are today.

And this is so important to understand...that everything that we've experienced thus far...no matter what form it has taken or what judgment we given it or how we have categorized it or what the collective has deemed it to be...it's just been a series of experiences, at different states of consciousness, different states of understanding to bring us to where we are today.

And even if you look at your life today and categorize it as horrible or that you wasted time or did whatever...that's just a judgment, just a categorization that we are giving it. You're exactly where you need to be! But, at this point, it does not need to define you, it does not need to stay put. So even if you look at your life today and say, "My life is not great." What is it that's saying that you're life is not great? It's just the mind and its judgment. You are in a creative state that has created this experience and inasmuch as you could say, "Why am I creating pain? Why am I creating lack? Why am I creating suffering?" ...and so forth...you need to look at that and say, "Well, this is serving or else I would not have created it."

You are consciously creating. As much as we might judge at the mind level that we don't like it, we created it. And we co-create things. But, the thing is, you have to look at it and say, "Well, what is my experience of learning here?" "What is my lesson here?" And not going in with judgment about it, but seeing it for what it is. "OK, I am in this state right now; what is coming up in my life?" And then when you look at what's coming up (certain emotions, memories, and so forth) a lot of times you realize that a lot of those emotions, memories and so forth are from the past. That we've experienced something but we still carry the memory of it, we still carry the judgment about it, we still carry the label we gave it at that time. So what we need to look at is, "Do I need to define and carry this any longer?"

If you want the short answer to all of this: "No! You don't need any of it any longer."

If you want to look back to see the progress that you've made, it's fine to look at it but never judge it. And when I say never judge it, it's the fact that the moment that we judge it we are now using our new consciousness to judge what we created at a

different state of consciousness...which was necessary to bring us to where we are today anyway. But the fact that we start looking back at all of that, we are just bringing ourselves back to that old state of consciousness, that old state of being.

So with the shift that's going on, for us to change within us it is so crucial now for each moment to be new. That means not holding on to any past experience...even what you had this afternoon...two hours ago, ten minutes ago, a week ago, a year ago...all of it. You are right here this moment. That's one of the reasons why we went into the short "moment connection" (at the beginning of the call). In this moment, with no judgment, with no categorization, what is my next step?

It doesn't matter what I taken, what I've done. And I've said other times before: we cannot make mistakes. We never do. We make choices and these choices create a series of experiences. The only reason we made those choices, as I was saying earlier, is because in that state of consciousness that choice is what seemed necessary to create. But the purpose of us shifting our consciousness and expanding our consciousness is that experience has allowed us to do so.

So if that's the case, you cannot make a mistake. You make a choice, you have a certain series of experiences from it, opportunities to learn from it and enhance your enlightenment process, and it shifts your consciousness. You see the perfection in all of it. It was perfect! You made that choice to create that experience.

And the thing is, too, when we really look at the big picture, a lot of us look at our past...our stories, our journey...and we categorize it as not only who we are but we define our essence as, "That's me." But that's not you at all!

Your true purpose to be here is for the soul to experience life in this human form with all the different polarities that we've played with, and to really create experiences to learn from. And that's what it's here for. It's not so keen on the idea that, "Well, I'm in this body," ...and the body refers to this or that...or any of the stories that we created along the way...it's not interested in any of that. It's not interested in any of the roles that we've played at different states of consciousness when we've created things. It realizes that everything's perfect and it's all a learning process.

But now with the stepping up that's going on, with the shift that's going on, it's crucial for us to no longer linger and hold on to the past. Because the moment we hold on to the past and we keep bringing our attention back to the past, we bring ourselves back to that state of consciousness and then we create judgment about Self.

And even when we're judging ourselves as good..."Oh, wow, I made a good choice!" ...it's still a judgment. I'm not saying there's anything wrong with that, but if you start attaching to it, what happens? "Oh, look at me." We could probably look back at certain times in our lives when we felt successful, when we felt we made

some beautiful choices and had some beautiful experiences, and we keep looking back and saying, "Wow, look at how it was then!" ...and so forth. And we create the stories and romance around it and we use that as a comparison and as a judgment for everything around us...for everything before and after that right up to this moment. "Oh, but you know when all of that was happening to me, and I had all that in my life and all this stuff coming into play in my life, look at how great it was!" ...and so forth...and then we start reflecting on all of that and then we start looking at our life now and use that as a comparison and it's like, "Oh, my life doesn't look so good now because it was so great then." Or we're in a relationship and say that relationship was beautiful and romantic...especially in the beginning or at some point...and then that comes to an end, and then our life has ended because we keep looking back and seeing the "good old days" or how we had this loving experience...and so forth. And now it's not the same anymore and we start tainting and defining our present experience and, of course, we start labeling it as horrible...that's something's happened and it's not great anymore.

But the point is, the experience you had then...whatever form it took...was exactly what you needed to experience at that time. You played with it, that's great. Now it's taken a different form. So you look at it and say, "Well, why has it taken this different form? Why is it no longer in the same state?" Well, you may not need the same experience. But, at the same time, what are you focusing on? What energy are you giving to your present experience? To where has your attention shifted? Is it still necessary to be in that form? There's a lot of things that play out.

This is why it's so key to realize that every moment is a new moment. And every moment has served to bring us to where we are today.

But what I was saying earlier about even going back and looking at our culture and look at how we defined ourselves...you know, as much as the culture gives us variety and gives us opportunities to experience different collective consciousness...because as much as we have one huge collective consciousness which is every human on the planet, we also have pockets of consciousness which are different cultures, different regions on the planet, and so forth. Each one has its own collective. Now these collectives are clusters that actually make up the one collective, which is the collective that we use on our planet. But then we are only just a part of a cluster of consciousness that comes through different universes, galaxies, and so forth, that are each species of planets that we have...and also the souls...they all make up clusters of consciousness which creates universal consciousness, and right back to Source Consciousness...and so forth...and then, of course, there's a whole lot of layers and levels behind us.

So you look at it and say, "Ok, I came here into this specific culture and in this state of consciousness." But all states of consciousness are shifting. We have a tendency to hold on to certain cultures and traditions and so forth as to a certain way it is to live...which were created at different states of consciousness at different times...and

then we choose to hold on to it and feel that this needs to be this way in order for us to be part of it.

And the thing is...you have to understand...all consciousnesses are shifting. So even if we are part of a culture, even that needs to shift. And it is needing to shift. It's no longer holding to something that was created a thousand or hundreds of years ago. It is now to evolve completely. So holding on to the way it is, to traditions and so forth, we're just locking in that state of consciousness that was created when all those traditions were created. And that's why looking back at the history of life and holding on to "that's the way it is", we're just going to limit and keep repeating the same patterns. But we're not in that state any more. We not choosing to do that any longer at this time.

So really, letting go of the past is letting go of all aspects of it.

And, the thing is, we need to realize that everything that we've experienced has only served us. As much as we can look at it and say, "Well, it has caused me harm," because of certain choices may have given some intense experiences, some negative experiences, and so forth. Realistically that "harm" is basically the categorization we gave to it. As much as that intensity was there, it still has served. .

And the key here is to understand that it has served. But will it continue to serve? No. It is no longer necessary.

You see, we are no longer in the same frequency as the past where we used to use the past as a reference point. Right now, for us to move the most efficiently, we have to let go...of everything that we've attached definitions to. A memory is a memory...that's fine. Even our past lives...because we've had past lives. But do we need to look back and attach ourselves to what we've experienced in the past, what life we had in a past life? The past life was a past life; it was a journey we took on and it was a journey that brought us into the state of consciousness that allowed us to make the choice to be on this planet, at this time, in this physical form, in the location we are in, coming through the astral planes and creating our experience where we are today. So past lives were just different stepping stones.

So if you really look at it, say, "Each life that I've been on the planet has brought me to a new level of enlightenment, has given me a new series of experiences, and has prepared me for the next life". Because if you really look at it, every choice in every life you've had stems from the series of experiences that we've had in the past, in past lives. So each life that we complete prepares us for the next. In the sense that "This is what I've accomplished and not accomplished, so in the next lifetime I will pick up the pace from there and continue my journey. I will make new choices, I will create new scenarios, create new experiences, come in a new physicality, in a different location, at a different time which will allow me to carry on to do what I've came here to do originally."

And it's the same when we're looking at this lifetime. Because if you look at the micro aspect of it, it's the same thing. You come into this life born as a child, you're in diapers and need to be breast fed, or whatever. And then you go from there and you reach the stage where you're a little bit more independent and you're starting to walk, talk and move around and be more yourself. And from there you go into the next stage where you go to the education world of learning and going to school and so forth. And you go on to different stages of adulthood, from one aspect to another. But each moment, each experience, is just preparing you for the next moment. That's the key.

As I was saying, each past lifetime has prepared us for the next lifetime. But when you look at it from the aspect of our life right now, each moment only prepares us for the next.

And the purpose of each lifetime...and the purpose of this lifetime, and every step in this lifetime is exactly the same: it is to come here to play, to experience, to learn, and to become enlightened. And each one prepares us for the next step.

So looking back at the old steps and attaching to it, carrying it...carrying the bruise, the suffering, the pain, or whatever attachments or definitions we've given to it at that time...and carrying it over, we're just limiting ourselves for the next moment. So the next moment is just being repeated, which is the old moments that were before in a different state of consciousness once we're doing that. And this is why it's so important.

And, the thing to understand is that all of it has served.

And even the part where we have played with other souls. We have our parents, our friends, and so forth, in our lives and our partners, and so forth...you know, we are here to assist each other. This is key to understand: we are here to assist each other. It doesn't matter if we play house or whatever role we play, we're just playing. But we are here to assist each other to bring us to the next state of consciousness.

A relationship is about growth. A relationship of any form...we're not just talking about a partner or a soulmate or whoever it is. We're talking about everyone: your parents, your brothers and sisters, your friends, your family members, your working associates, people that you meet everyday. Everybody is assisting each other along the way.

And it is not to define ourselves by it; it's just to see that we are creating an atmosphere from which to learn. So for us to look back at how somebody has treated us, or what role was played during that period of time (good or bad, depending on how we labeled it)...has served. So for us to look at what somebody has "done" to us, and to hold on to that is holding on to something that has been in the past.

But not only that, at that state of consciousness, it was the actual experience we needed to create the new moment; it was the actual thing that was going to shift our consciousness. So if somebody comes in and rocks our world with an intensity that we can categorize as “painful.” it was exactly what we needed to take the next step. Because somehow we were not moving as quickly, we were stuck...or whatever it is.

The other thing is, you have to understand, that no one can ever do anything “to” us or play any specific role (whatever that role may be) without our agreement. Our soul has to instigate it. And their soul will join in to play the role, just as you (each one of us) play roles for others.

You can look at it and say, “Well, I play the good role and they play the bad role.” No. We’re taking turns playing different roles. So in this lifetime...or series of lifetimes at the moment...you’re playing one role versus the next.

But, the thing is, letting go is letting go of whatever...because you have to understand, the role that being played by anyone in your life, good or bad, is a label because that’s how we defined it. And it’s the same thing that I was saying about the past: it was just preparing you for the next moment. It was the event that was activated to give you some form of shift within yourself...within your consciousness...so you could take the next step.

And this is why it is important for us to be in the moment. Experience whatever it is, with whatever playmates surround you at the time...because everybody is a playmate...have the experience, learn what you need to learn and move on. And the next step is next.

Attachment is also created by holding on to the past. We attach to people, we attach to things, situations, and so forth. And, again, it has to do with holding on to a past definition, a past attachment, or a past way of experiencing it...and saying, “Well, this is in my life, this is how my life is.”

So all of this has taken a new level. Before people used to talk about letting go of the past and things that have gone on in their lives, but this now goes further than that. It’s not only letting go of all of that, we’re also letting go of every story, every definition that we’ve given throughout all of history...culturally and otherwise...all within our personal experiences, and even within our planetary experiences of whatever’s happening around us. And even letting go of past lives.

And realizing that there’s nothing we need to attach to any longer, except that we are “here”. We are here in this moment and in this moment we create anew. And the more we let go of the past, the more we are not attached to anything that’s happened before, the more powerfully we create in the moment.

We are more the “active creator.” That means we are utilizing the newest consciousness to create. We’re not creating with the older consciousness.

Because as we look at the past, and attach ourselves to the past, and keep reflecting on the past, we keep bringing ourselves back to the older consciousness...something that we experienced at the time when we were still in that older consciousness, and we created what we created at that time. That’s why when we hold on to the past, old memories and so forth, we keep re-creating over and over again,,you know, the Law of Attraction and all that stuff...we keep re-creating the same thing...because we keep holding on to that old consciousness.

And this is the other thing that’s also important with respect to letting go what the world has defined as “our world.” You see, up to now, you have to look at it, everything that we’ve created in our world, whatever’s reflected on the outside, was based on a state of consciousness of the past. When we are in school, for example, a student is going to school...no matter what age they are...when they are learning from textbooks, when they are learning and sharing what they are learning and sharing, what are we learning? We are learning about the past, we’re learning about past discoveries, we’re learning our limitations.

You see, this is one of the things about the education system: it actually creates us to stay in the old pattern, in the old states of consciousness. So if anything comes up which is new...and if you really follow through and look at it...the new technology, new capabilities, new understandings...are so slow in migrating into the educational system and into our world. Because we have put so much importance on what we consider “the past.”

And then we look at the world and say, “Well, why hasn’t it been shifting?” If I asked you that question: “Why has the world not shifted as much as it has the potential to do so?” When you really look at it, it’s because we hold on to the past; we romanticize it, and we define it as the way it is.

So we take a child who has entered this world as pure potentiality, and we now instill in them the consciousness of the past so that they can now re-create the past, re-create something that has already been experienced and is no longer required. And this is the reason that the world is still the way it is.

But it is shifting now. And the shift is really letting go of the past. Letting go of everything that defines our experiences, the way we see it, and so forth...on all levels, all cultures, all aspects of the world, completely and within ourselves...all of it.

As much as it has important to let go of the past, it has never been as important is it is now. And, believe it or not, the energies around us, the frequencies of the planet, the frequencies flowing through our system, the radiation, the spectrum of light coming from the sun are all participating here.

And what is it bringing up? And why did I say that we are in “purge and clear?” It’s purging and clearing old programs, old modalities...it’s basically the past. That’s what it’s erasing: it’s purging the past....to bring us into the moment, to reconnect us with all aspects of everything in our creation. So that we can create something new.

And the thing is, right now, we are not just stepping into a world where we just shift our experience level to another level of consciousness and then adhere to that...no, no, no...we are completely different now. We are entering into “moment-by-moment creation.” Consciousness shifts moment by moment. And our creation takes a new form moment by moment.

This is why it is so crucial to be fluid! To be flexible, pliable!

You know, you get Play Doh (if anyone still remembers that), the fun part about it is that it is pliable: you can shape it and change it along the way. And when you finish, then you want to change it a little bit more...and that’s the way we are. That’s our natural state! We’re here as active moment-by-moment creators. We create, we experience, we play, we learn, we become enlightened to the next step, and then we create something totally new.

It’s not about “holding on”. Because our world up to this time has been holding on to the past and that’s what it’s been reflecting. Because “change” has been created to be fearful. The “unknown” has been created to be fearful.

When we are “pure potentiality” change is our natural state, and we were created to be fluid moment by moment!

But we’ve taken our natural state and we’ve made it rigid. And that’s fine...it has served...it has shown us how it feels, how it is to experience that. But that’s not what we need to do any longer.

So you can see the importance of letting go of the past. It’s letting go at all levels. It’s letting go of everything!...every single thing that has defined us on all levels...and to bring ourselves into the moment. Right now, in this moment, you have the power to create the next...and the next...and the next. And then embrace what we can call “the unknown.”

The thing is, it’s interesting enough, we have this idea that the unknown is fearful. But what is “the unknown?” It is stepping outside of holding on to the past. Because we view the past as a reference point of safety. “I’ve experienced that, I’ve been there, and this is what it’s created. It may not be, you know, fluid. It may not be, you know, potentiality-full. It may not be so pleasant, either...(because it’s old and we keep experiencing the same thing). But I know what it feels like. And I know what

it's like." So we hold on to that. But the discomfort we're feeling inside of us is simply the discomfort of holding on to that.

So we're basically here at this point, not wanting to hold on to anything any longer. So by letting go...

You see, as much as we can call it "the unknown", that's basically not true. Because we are creating each moment from this moment. It's the mind that creates the idea of the unknown and it's objecting because the mind likes to have a future. "What's it going to look like 5 years down the road, 10 years down the road, 20 years down the road, the day I'm on my death-bed?" (inaudible) the physicality.

"I need to know every step of the way before I take the next step." Because the ego program has its own consciousness of using the past to create and project a future.

And this is the part that's changing the greatest: our ego. It's transforming and letting go of the fact that it has to have this type of consciousness where we need to reflect on the past to project a future. The future is every moment; it's fresh, brand-new creation. "Who we truly are" as pure Creator is constantly in a creating state. And we were designed...our true nature...right back to Source Consciousness...is ever-expanding, ever-learning and achieving higher aspects of Self. And it's done through experimenting, playing, creating, experiencing, and reaching higher levels of consciousness.

Our consciousness is shifting, the collective consciousness is shifting, the universal consciousness is shifting and expanding...and so is Source Consciousness shifting. All of it is shifting. But it does not hold on to the past. None of it. Our natural state of not holding on to the past. That's only the ego; only the ego holds on to that.

And even when you are coming back from a past life memory...the past life memory that's held in the soul is only coming to the surface so that you can finish wrapping up the experience. That's all. "I wanted to experience that fully, so let's do it, wrap it up and get on with it! I needed to learn something and I didn't learn it, so I'm bringing it up now so I can learn what I need to learn and move on." It's not using it as a reference point and, "Oh, my God, this is what happened to me then, and this is why it's playing out here now." No. It's unfinished business, let's get it wrapped up and done and move on. That's at the soul level. But the ego mind has all sorts of definitions about it.

So that's where we're at today. This is where we are today. And this is why it's so important for us to let go of the past. Because as long as we are holding on to the past, we are limiting ourselves, our fluidity, and also hindering the shifts that need to happen within us to take form.

But the beautiful part of all this is that if you resist, it's still going to be there and it's going to continue to intensify until you can no longer hold on to it. And then the choice comes: "Either I let it go or I leave. And if I leave, I'll come back later."

So if you want to be partaking in this journey...without bringing in fear, because fear is just another illusion that the mind creates...if I want to participate in this journey, I need to let go of everything.

So we've got to create a big cue card: "I AM HERE TO LET GO OF EVERYTHING! THE PAST HAS SERVED BUT NO LONGER HAS POWER OVER ME!"

You remind yourself. Every time your mind goes back to what happened in the past, whether it was yesterday or even just 10 minutes ago, it is in the past. Now if you look back and say "Ah, OK, I made that choice and had that experience. OK, great. I don't need to have that experience anymore. I've been there, done that. Now let's move on." That's fine, but then you let it go...instantly! But don't keep reflecting back and saying, "Oh, why did I say that?" "Why did I make that choice?" ...or whatever it is. No. You can reflect on it momentarily to look at it and say, "Ah, OK, this is the outcome I had. Great. You know, I've done this 10 times now, Alright. And each time it's created this limitation. Great. I need to shift something. What is it I need to shift?" Then take a look at it and move on. Next step.

It's not about looking back and feeling bad or feeling attachments to it, or feeling "Oh, my God, look what I did: I ruined that opportunity." You can't "ruin an opportunity." So if an opportunity presented, and you missed that opportunity, great. Another opportunity comes along. But you learned from the "missing of that opportunity" anyway; if you look at the big picture of it, it was a lesson anyway. Now, did you need to have that less? Well, if you are in that state of consciousness where you couldn't let go at that moment...well, yes you did! But if you are able to let it go, that's fine. But don't look back at it and say, "How stupid it was because I couldn't let go and now I have to repeat it...10 times!" Again, that's a judgment aspect of it, and what's that going to create? That judgment is only going to create an even more stuck state of consciousness and so you're going to continue to repeat it until you finally let it go.

So, the point is, look at each moment even if you have to repeat something 10 times and look at it and say, "Oh, great. Interesting pattern I've had! Great. What am I holding on to? What am I looking at here as my reference point? OK, I don't need this anymore. Let's move on. DONE! Next...!" And you create something from there. So you can see the importance of letting go.

And really, as much as we feel that it's so powerful and the past haunts us, that it's go hard to let go of our patterns and so forth...IT IS AN ILLUSION! IT'S NOT REAL! So it's not that hard.

The ego mind will create a scenario to make it look as if it's hard...but it's not that hard. Even patterns...you need to look at the patterns that are playing in your life. "Does it serve any longer? Do I need to repeat this state of 'replay' that creates and

repeats this state of consciousness? Am I done with this or not? If I'm done, then let's move on."

And that means letting go guilt, and all that stuff, because that's all mind categorizations. When you are in a playground and you're just playing, guilt does not fit in there...judgment doesn't fit in there...you're just playing. You have one experience followed by the next. And if you're repeating the same experience over and over again, then you're in a place where you've created a locked-up state so you shift that. Great. But it's still an opportunity even if you're repeating it 10 times to say, "OK, great. Now I know how it feels to experience something 10 times and holding on to it. Great. Now I'm not going to do that any longer. Maybe I'll do it only 3 times next time...or maybe only once." Experience it once...then move on.

But right now with the frequencies increasing and the vibrations that are taking form....what's happening to us...the collapsing of time...everything that's playing out, is allowing us to experience in a very rapid-movement state where you have each experience in the shortest period of time possible. So you don't need to have one experience lingering over six months, where you may have had to do that before...or at least that pattern seemed to be there. You have it...and it lasts only moments...and then you move on. The ego may want to hold on to it and justify it, and quantify it, and re-analyze it, and turn it upside down and inside out, and so forth...but you realize you no longer need to do any of that. The energy will now no longer allow you to do that. And the reason we feel discomfort is because we try to hold on to something we cannot hold onto any longer.

So that's where we're at today. That's how important it is to let go of the past. It has served and brought us up to where we are...at all levels. But EVERYTHING needs to be let go. And live moment by moment.

It doesn't matter if I drank or did whatever, and my body is in a specific form at this moment. "Great. What do I do from here?" You don't bash yourself, you don't judge yourself. "Great, I'm here. What do I do from here?" You're not broken. You are in a series of experiences...even though the physicality has been altered somewhat from choices. Great. You now know how that feels. And without judging it, and without saying that you made mistakes or anything of that nature, what do I choose next? Because by being in that state, the shift will happen within you so that you don't need to stay in that pattern physically or otherwise.

So that is the importance and power of letting go of the past. More powerful and bigger than ever before! Because it covers all levels.

And this is the only way we make a shift on our planet. Because that's the only thing that has held us where we are today, still: we hold on to the past. We have industries and different things that we've created, and because we are so afraid to let it go...and because we feel that the only way we can sustain ourselves is to hold on to it. However, we realize at all levels that it is unsustainable. Because we've

outgrown it...energetically and otherwise. Our world is no longer supporting it because we've been there, done that, and we no longer need to hold on to it any longer.

So that's what's playing out...at all levels. This is huge now! It is not miniscule. It's not this "little us." (First of all, there is no "little us"...that's just a perception.) But this is huge at all levels...this letting go of the past...on all levels

So is there anything that you would like to add to that, Antonia?

Antonia

Hmmm. Well, that was very well said. It really is about getting the ego out of the way and no getting stuck.

Because sometimes what has to happen is that when we get focused on letting go of the past or quitting the past, we just keep digging deeper and deeper into the past to try to find things...in the past...to let go of. Versus, like you said, Franco, "I am here. What do I do now?" And if you keep focusing on the "now" and taking action and moving forward then things that need to be released from the past will come up and you will know when it comes time to release something from the past...as opposed to keeping on digging in the past to try to find things. I know that a lot of people get stuck in that pattern of digging and digging in the past.

But definitely work the muscle of "being in the now," and that we know we are here now to experience this "now" and move on, and say to yourself, "I'm here. So what do I need to do from here?" And let that guide you. And if you need to do something to let go from the past, then do that, but then always come back to the "now"...and from there let yourself be guided as to which direction to move forward.

Franco

Exactly. And the thing is, too, just pay attention. When we are in the "now" we feel totally different. We feel very powerful, we feel very light and we feel that we are that Creator. The moment we go into the past, we feel ourselves limited. And this is how we create depression, how we create anxiety, and all this other stuff that comes up within ourselves...is when we are going back into the past. When we are "in the moment" we feel ourselves as pure potentiality. It's a totally different energy. The energy, the vibrancy we feel, is different.

Antonia

Absolutely!

*Transcribed by ARL in March 2012
from a recording of a live conference call/webcast*