

LETTING GO OF ATTACHMENTS TO IDENTITY, ROLES, DEFINITIONS, PEOPLE AND THE OUTSIDE WORLD

Group Teaching
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With

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Antonia

Although we had this call planned, Franco and I always try to remain open as to what is currently the most valuable assistance which we can give to everyone out there. And when we were discussing what the topic tonight should be, what came up very quickly was "Letting Go of Attachments to Identity, Roles, Definitions, People and the Outside World." Which really is letting go of the 3-D world because the 3-D world is completely filled with attachments and identities. And this is very important because as we move forward to create a different existence and as we move forward with the assistance of all the energies that are here right now, we need to let go of what we've perceived as definitions from the past of how or what things are.

And that's why this call is so important. In order to move into the new millennium...and I'll call it millennium because it's this new beginning of time that we are moving towards with December 2012 coming up, it will indeed shift and support us into moving towards a new existence. In order to do that, though, we need to let go...we need to let go of our attachments to identities (meaning who we think we are), and to the roles, the definitions and the people and how the outside world should perceive us.

We know that the frequencies are changing a lot. This program is meant to go out as far as it can to assist because as time is coming closer the more and more of us that unite and assist each other in clearing and moving forward, then that's how change happens...and it only ever happens from the inside out.

As we can see there are many things in our world that are unstable. And that is as it should be because those things are part of the attachments that have to do with the past. Which is why tonight's program is so powerful...to assist you to clear those attachments and to help put in place Oneness consciousness. Everything we can do moving forward not only assists you but also assists the whole.

Franco

Yes. And thank you to all who are participating this evening. And by participating I mean those who are being part of the change.

Each one of us is linked to everything that we are experiencing as a whole. So all the changes that are happening within each person who is involved with this will assist in shifting the whole collective. And as the collective shifts, our whole experience shifts. So it's not only our own internal experience, which is first and foremost and which projects what we experience outside of us...but then what we start to project...the energy, knowing and essence that we activate within ourselves will continually upload and shift our collective. So we are affecting everybody on a mass scale...and in doing so are changing the whole world. So our playground starts to change...our way of seeing things...and it basically facilitates the consciousness change that we are going through.

Now this thing tonight regarding letting go of attachments...we're going into a new world. We're going to do it. And for us to really be part of this shift we cannot hold on to anything that is old, that we identified with ourselves or held onto in any way, shape or form as "who we are". So it is so important that we are doing this this evening...and it came very strongly when it popped up because it was "Well, what do we work on this month?" because every month we seem to get a different one. And it came up very powerfully as "attachment." And I can see how attachment is very powerful for most people.

And like you were saying, Antonia, with the structures and everything changing around us, if we are attached to that and feel that it should be a certain way, we'll have an interesting ride. Because we will go with whatever's changing and then we will use that as a reference point of how our world is or how we're feeling and also our experience will become part of whatever's changing. So instead of having a change take form, like we let go of the old...it's like us attaching and holding on to a system and because it's changing now it's creating a very powerful upset or an uncomfortableness in ourselves. And also a lot of times people feel that they are "losing it" or that their whole world is falling apart because of their attachments.

So it's a very powerful program that we're playing with this evening to assist people. And that's what we do...we are assisting people in moving forward because we are doing this all together as a group. So all of us that are on the line this evening and that are going to be listening to this program and going through this process again (at a later time), will all contribute to the collective.

And the beautiful thing is, is that whatever you do for yourself will not only reflect around you but it will also affect the genetic codes and also the family dynamics too. So if you are in your home and say you are the only one who has gone through this process and other processes along the way or in your own personal growth in other ways, and when your world starts to shift in the way you see things, you will start to

change the dynamics of the family. It doesn't mean that you are responsible for them or anything like that, but you start to change the dynamics without actually getting engaged in actually trying to "do" something or trying to convince people or convert people, or to shake them up or wake them up. You will be doing it with your own energies and actions just being who you are in that clearer state.

Antonia

Absolutely.

Ordinarily we do not take questions during our Clearing calls because we want to stay focused on the topic at hand. But there was a question which came in which actually works well (with our topic, and it is as follows):

"The title of tonight's topic of 'Letting go of attachment-type identities, roles, people and the outside world' seems to allude to the person becoming a clear vessel. One of the core things within me throughout my life is to be creative, even to the point of earning a living from my artwork. Does this mean that the very core value of my being will have to go?"

Franco

That's a very good question, actually. With respect to releasing our core "value"...a lot of times we have attachments to what that represents and what is the core value? What do we value in our life? And the thing with art or anything of that nature...what the whole point of this process is and everything that we are going through is to let go of all attachments in regards to what things represent. So in that way what we're doing is actually letting go of the definitions, programs and belief systems and also all the old energies that we've played with when we created those core values.

So, the thing is, as to the artist aspect of it, by letting go of all limitations and barriers and everything that we've created as to what art should be like, or anything of that nature, we are allowing ourselves to create at a much higher level. We are creating at a level where we have no limits. This is where we now start to access a different level of creativity. It is a creativity that is expansive, it's a creativity that is not limited in any way, shape or form or confined by any preconceived...for example, in the art world what is considered to be art and what is not. Art is an expression and is a way of allowing and activating certain energies within the observer or anyone who is looking at the art. There's also a sharing of energy and it also carries light and love...and it carries many things with it.

So what it basically is is for us to let go of what we've identified by that core value: meaning, "I am an artist." And really seeing ourselves for who we truly are.

For when we are letting go...and this sometimes comes up with people...and they say when we are letting go we are losing our self. And if we lose our self then who are we?

And the real truth about all this is that by letting go of what we perceive as self, we're actually discovering who we truly are. We are actually discovering our True Self, rather than the self that we identify with our programming, with our roles or what we've taken on as who we are. We go to a level where we actually see that we are that pure potentiality, we are Source, we are light, and we are the Creator of all of our experiences. We discover that we are not just this physicality, that we are not everything that we've played with thus far; we are much more than that. We are the Essence that's creating everything that we are experiencing.

But when we do that, we discover that we are also fluid. We are also no longer bound by any roles that we've taken on or anything that we've played. We're fluid, we're playful, we're light. We just move and experience whatever we choose to experience in each moment. But, at the same time, when we are going into that self-discovery we also become engaged in the creation itself. Because now we "see" ourselves, not only as the Creator but also the Co-Creator of everything. And in that state we are able to change things so that it is in more alignment with who we have discovered.

Because what's happening is that we are...as our core Source of who we are...we are constantly achieving (although perhaps I shouldn't use the word "achieving"), but we are constantly expanding and we are reaching higher levels of consciousness, higher levels of Sourceness and creativity. So as we are shifting inside, we project something different outside of us. So when we attach ourselves to anything at this point in time in regards to who I am and what I've played and even in regards to the artistic aspect of it, then we are limiting ourselves to that.

So by expanding ourselves, by allowing our natural state to come through...which is this expansion that we are...that we are always achieving...

You see we are always playing with enlightenment...enlightenment is discovery of Self. But we are also discovering a higher aspect of Self. Because this is our natural state. It's not just for us to come here on the planet and, first of all, forget who we are as Source, Creator, Light, and all of that and then just go through the process of playing and then remember who we are...it's much more than that. We are "with" the experience of creation, "with" the experience of play, "with" the experience of...we're learning from what we're creating, but at the same time we are also achieving higher levels of Essence.

It's like anything that we create...even the artist...the artist is constantly utilizing their skills to create something more elaborate, something more phenomenal and achieving new heights with messages that come out of it, the energy that comes out

of it, the beauty that comes out of it, the activation that it creates in others. And it's a higher level of self-expression, a higher level of self-discovery has gone into that.

So letting go of our core value in the sense of how it was stated (in the question), really is our attachment to the fact that it should be one way or another. It's really letting go of the fact that "I am this and this is what I do and I need to make an income" ...or anything of that nature.

Anything that we bring into the world...because all of us bring certain gifts (I guess you could call it)...or something that we have as an offering to the collective, to the whole, to the planet itself. And so each of us has certain skills or capabilities or whatever else. But, again, those are there to be shared and to enhance the whole. But not only are we enhancing the whole, we are actually...when we are doing that with those gifts...we are enhancing ourselves. But it's not coming in as stagnant and saying "OK, this is what I am: I'm an artist" "I'm a healer" ...or this or that or whatever I am...but really that's your entry point...but what you're doing is that as you discover more of your essence and your capabilities you go to new heights. So you are using those gifts to not only share with the planet...to share with every human on the planet which are just other aspects of yourself...but you are also creating a youthful dance of expansion for everyone. Because what you are doing individually is assisting everybody else in one way or another. Even as simple as an artist creating something of beauty, it is moving people. It is allowing people to get the energy that is being shared but then they take it to the next level. And everybody's doing the same thing. We're just assisting each other.

So when we get back to letting go in the sense of what we've identified as self...that's why we started talking about this this evening and talking about releasing attachments to our identity. When releasing our identity, it's basically about what we've identified us to be. Who are we? I am a male. I'm in this physicality. I have this education. I am this specialist (in whatever). I am a mother, a father, or this or that. I am this to my community...and so forth.

And also the same thing applies in our attachments to our roles. We play with our roles and that's what we identify with. And also with that, is everything that we've looked at ourselves as we've taken in the stories. Because it's from the stories that we create identities for ourselves. If we see ourselves in one way or another, through definitions (we're not good enough, or capable enough, or lovable enough...or anything of that nature)...we identify with that. And we carry that. And we carry that, "I'm this particular father style, and that's why I'm not this or that." Or, "Because I'm not capable of doing this, then there's something wrong with me."

These stories all identify us. And we create identities attached to that. And we also create identities, too, with different roles that we've played with other people. For example, if you're playing a role with your children, now you've identified yourself as, "OK, I am the father (or I am the mother), and I have to play this specific role." And, not only that, but "It's important for me to play this role because it's important

for me to be a role model” ...or whatever it may be. But then we’re at work and now I identify myself as whatever my career is or whatever work I do...or, “I am just the employee and they are the boss and I need to play this particular role and I need to feel this particular way” ...or, “I’m not good enough to take on that role.” Or I could be the boss and now I need to be playing this role, and I need to play the tough person that has to control everything...and so forth.

So, as you can see, we create all these identifications of who we are, but, in actual fact, none of it is us! Again, these are just roles that are part of the costume part of the experience that we’re having. But what we’ve done is that we’ve identified and attached ourselves and defined ourselves accordingly.

And the thing is too, with all the roles that we’ve taken on and all the identities that we’ve taken on as “who we are,” we’ve also taken on all different types of definitions about life and how we define life. And even with that identity and (inaudible) definitions we are basically looking at not only our culture and our upbringing, but also what part of the world we were born in and what roles we have taken on. And then we start identifying ourselves as “I’m a Virgo” or “I’m a Libra” or whatever it may be and we attach to that and we start to define and define and attach ourselves, going even further than where we originally started.

And what that does is confine us, it limits us. Because now each one creates a whole series of definitions of how we act, how we feel, how we perceive the world and how we play.

And for us, now...and this is what’s so key and important...with us going through this shift we need to let go of all these identifications. Everything to which we have attached ourselves, we need to let go. In order for us to step into a world of pure potentiality (which has always been but has had a lot of limitations because of the frequencies and all the control structures that have been in place up to this point in time), we need to let that aspect of it go so that we can “be” that pure potentiality that we are. So that we can create at a completely different level.

The other aspect that we need to look at with respect to attachments, is letting go of people. And letting go not only what we represent to other people but also what people expect from us and also holding on to people. It could be your children, it could be a loved one, a partner, a relative, or anybody to whom we’ve attached ourselves.

By attaching ourselves to people...and what I mean by that is that we use whoever is in our life to define ourselves and also we get caught up in a specific role. But then, at the same time, we can be emotionally attached and we put value...and when I say “value” I mean basically that we are attaching to the person or persons (whomever that may be) as our reason to live, as our reason to do what we do and our purpose. And in doing so, we basically lose ourselves. Because now we are connecting to someone and we are not free to be ourselves.

So it's not just about letting people go in the sense that I don't want to be part of their lives; you're just basically letting go of the fact that I need to play this specific role. And that if this person is not in my life then my life is not "over." Or that in any way, shape or form that I need to "value" my existence on the planet just because I have children, because I have a loved one, or because I have this, this and this. Or, that I need to take whatever they present as a way of life and adopt it for myself.

So when we are talking about letting go of attachments and letting go of people specifically, we are letting go of all the definitions, stories, and attachments that we've created in the sense of what that person represents and how we need to play with them.

So when you have children in your life you can see that they have chosen to come into your life, just as you agreed to be in their life. And you do not define yourself with the fact that the reason for my existence on the planet is because I have children or because I need to be here because of this, this, and this, or because I need to put so much value on whoever is in my life...and you basically are not yourself at that point. So when we're talking about "letting go," it's about letting go that part of it. So you now have these children (or anybody in your life) and you allow them to be themselves. So they are themselves and you are yourself.

Now you have come into each other's lives and you are there to support each other through the journey, but nobody is responsible to carry anyone else. This is what's important: no one is responsible to "carry" anyone else. You both are contributing to each other through this experience. You are contributing to the growth of each other.

A lot of times with us attaching to people and we then...specifically with children or certain people in our life...we want to "fix" them, we want to change them, we want to shake them, or we want them to be what we think they should be. And vice versa, because it could be the other way around. But what you're doing is confining one another by doing so. You're not allowing their true essence to be whatever it needs to be.

Because when you allow someone to be themselves 100% and you are 100% yourself, then you start to discover much more about who you truly are and now you start to play in a more expanded, lighter way. You're not caught up with anything in that regard.

So if a child sees that they want to play a specific role in their life, and say they are gifted in something artistic, for example, and all of a sudden the parent gets involved and says "No, no, no, it's important that you go to school, and you need to do this, this, and this." And I'm not saying that it's not important to go to school, but you might say, "You need to find a good career and you need to play a specific role and you need to represent me (in a certain sense)." And a lot of times (without even

saying that) we put so much value on what our children do because they “represent” us. So now you’re here attaching yourself and molding yourself to them.

The other aspect is attaching ourselves in the sense where we want to move forward and there’s a part of us that’s calling for us to shift ourselves (and many are doing so) and then we start attaching ourselves, “Oh my God, my kids are not getting it, my parents are not getting it, my friends are not getting it, my family members are not getting it, my spouse (or partner) is not getting it.” And then we start to limit our own growth because of it. And then we get caught up in the fact that, “I need to change them or I need to get them out of it or in some way it’s my responsibility because I can see it,” ...and so forth, And you can see the dynamics that you can create from all of that.

So the best way to play with this is really letting go of all of that. Letting go of all attachments to them. You now become truly who you are. You allow each soul to be themselves. And you share...you share with them...with each one of them.. whoever they may be. You share what you see, but again, not dictating that, “This is what it is.” You can share your experiences and whatever else but without expecting to change them or expecting unity...if you feel guided and if they are open to it. But you don’t make that a mandate that, “I need to now do something to change them” ...or that, “Now I need to play a specific role for them.” It is matter of just letting them evolve (at their souls’ own pace).

Now some souls may not be prepared to make the shift in the same form that you are, so simply let them be. By being yourself 100%, by going through the shift that you’re going through, your energy emanates different, your view of the world start to look differently, you start to act, feel and represent the world much differently. And whoever is around you will notice it. If they are ready to get on board, they will question you and somehow connect with you and say, “OK, how can I make these changes in my life, and why are you doing this, and how is it that you are feeling at peace when the world is shifting around us?” So they will come around. And it will be amazing sometimes how quickly some will come around when we thought they would never come around.

But we can’t attach ourselves to the fact that they need to do what you do.

You have to understand, each soul is here on a very specific journey. Now each soul, in one way or the other, is choosing to make the shift. However, not all will be able to based on whatever they attach themselves to. And that’s why it’s so important for us to let go of our attachments because the attachments are, a lot of times, very ingrained in the fact that, “This is who I am.” And a lot of the time, people are not ready to let that part go because they can’t see a world outside of that. They are still resigning themselves to it.

And the other aspect about letting go of attachments is letting go of the outside world. And when we talk about the outside world we are talking about what the

world is reflecting at this time...and all the systems in place. And when we refer to systems, we're talking about all the different systems: the governmental systems, the educational systems, the religious system, the financial systems, the pharmaceutical systems, the medical systems, and all the different organizations and levels and so forth that exist. And it also includes the "perceived" projection of our world. That includes what is being relayed in the media and entertainment world and also what is being perceived and projected through different modalities of teaching and so forth.

It's letting go of all that as reference points. Because most of that (if not all) reflects another part of the world that we are stepping out of. If we start to identify, still connect and are still attached to the systems that need to go through transformation...because it is transforming...as much as we are transforming. That's why we need to let go of our stories and definitions and what we perceive ourselves to be, because the world and all the systems are going through a transformation too.

And if we attach and continue to hold on to us feeling safe, feeling good, feel that this is the way it needs to be (for the systems), when the systems start to go down, then we feel like our world has ended. And we start to have fear and all this other stuff that comes up because now we feel unstable. If you look at it, right now many things are unstable. And they are only unstable because they are going through a process of transformation. And in many cases, the transformation means termination of certain things.

The reason those terminations are coming along is because they don't serve us any longer. It's not because the world is "falling apart." It is because we are done with certain experiences, modalities and processes that we are experiencing; basically the systems.

The systems project an old world. When you look at the educational system, for example, it is still perpetuating the teaching of that old world. So we can go through the system of education and we can learn whatever we want to learn from it and utilize but realize that we can't define ourselves by it. Because if we are defining ourselves by it, then we are only still maintaining that structure which we created that we need to shift from.

So look at it this way: You go into an educational system...and I'm just using the educational system as an example here because there are many different organizations and systems...but we go through the education system and we now identify ourselves with our education, that piece of paper or diploma or whatever it may be...and whatever is awaiting us with that piece of paper and that education. And we put everything into it and we identify ourselves to it: "This is who I am. I am a graduate. I am (this, this, and this). I am a professional." But everything that's around us is shifting and maybe that particular profession may no longer not only not look the same but, in many cases, might even disappear. And what happens? "Oh, my God! My world is over! Because everything that I put my effort into and

everything that I've identified myself to 'be' is not here to support me in that. It's gone" ...or, "It's changed and I'm not adaptable to it."

So the point is to see that as everything is transforming we need to allow it to come and go...whatever needs to take form. And for us to be creative and take the opportunity to see other potentialities of how to do things.

So with the transformation of the planet that's going on right now and in each one of us and this Oneness consciousness that's coming through, this is why we need to let go of every thing to which we've attached ourselves and with which we've defined ourselves as our world, our reality and our human experience.

You see, the transformation is a transformation in our human experience completely!

You have to understand that we are pure Source, we are pure Beingness. We are a soul, which is part of that Beingness and it is having a human experience. And the human experience has specific protocols, roles, whatever you want to call it, that we've adopted when we came onto this planet. Even though it's not from our natural design, we still utilize it to take us through this journey.

But, we also realize that we've outgrown this journey...in the form in which it is. So does that mean that we are terminating our human experience? Not at all. All we are doing is expanding our human experience and utilizing aspects of our human experience that we haven't utilized thus far.

You see, our world up to this point in time has had barriers and limitations and has created certain structures that were so "rock solid" (or at least were projected to be that way), that for us to play in this world or survive or anything of that nature, we needed to follow a certain path. We had to adopt all the systems that were in place.

And it's not about learning how to make the current systems better; it's about transforming the systems and terminating the ones that no longer serve.

So this transformation that is taking place is a massive "upgrade" in our human experience. It's taking it to another level. It's taking it more closely than ever to our natural design...and beyond!

In that state, you can now see that you are a Being having a human experience and you see the planet for what it really is: a playground and school. You see that you brought yourself here to play and you are completely free, as Creator...because this is where you can use your full creative abilities.

But as long as we identify ourselves and are attached to certain things, we limit our creative ability. You take a child that has come onto the planet and he has full potential creativity, but then we education him to lose his creativity and he has to

conform to a “cookie-cutter” state of being. Which has been fine...up to this point in time. But we’ve outgrown this for quite a while now and we need to move forward.

So we’re bringing ourselves back to that creative aspect. And by letting go of all of our identifications and so forth we now see more potentiality. We see that we do not need to live and create a world of survival, struggle, and limitations. Or that in some way or some how to see that somehow we are here thrown on this planet and only the strongest will survive and that only the ones who can learn how to “play the game” will be part of the game or will survive the game or actually achieve another level.

Because, interestingly enough, if you can actually see it with a clear vision without having any identification, the most successful person that you can see who knows how to play the game the best is no further ahead than anyone else. Even though they are playing the game and they are in the game and they’ve mastered how to play the game, they are still playing in a very limited state of being. Sure, they may have the materialistic aspects of it. But, again, all the materials that are attached to it, if it identifies you then it confines you. Anything that you use to define yourself, confines you.

And when we are talking about letting go of attachments...so we’re letting go of all that we’ve used to identify ourselves, all the roles that we have played up to this moment in time and really opened that up, getting rid of all the definitions of who we are, why we’re here and everything else completely, letting go of attachments and hanging on to people and freeing ourselves from it, letting go of all that we’ve perceived about the outside world, including all the materialistic and how we’ve represented ourselves or have or don’t have or by having all of this I’m safe and good and this and that....all those identifications...letting go of all those attachments...by letting that all go, then you are free! And in that freedom, now you can create a different world.

Right now, the world represents a world of struggle, a world of survival, a world that we have to fight against, we have to play with in a sense whereby if we can’t do it, we can’t move on. And then our identification comes down to what we’ve perceived as our success and so forth. And we’re saying, “Well, if I can’t play the game, then I’m not good. I’m not worthy. I’m not good enough. I’m not capable. I’ve failed” ...and all that stuff. So now we’re playing in a world of survival. A world where the world is against us...where people are against us. We fight each other, and all sorts of things and it’s all about survival, survival, survival. And we need to do everything under the sun...

And even a child...remember, when you take a child and send him to school or whatever it is, OK?...this is just an example...what are we teaching them? Survival skills. You need to have this education so that you can survive on this planet, so that you can have something. And we teach them that, instead of being pure potentiality, that they need to go out there, get a job, make money, get this house, that toy so that

you can identify yourself, so you can have money so you can flourish so you are not like everybody else. So, as you can see, we are programming everybody from pure creativity to survival.

So we are now changing our world from a survival state to a creative, playful state. Really, now the planet, the systems that we're allowing to come in...and even those that are going to become mostly system-less...whatever we create will support each one of us. So the world, the planet, the systems and everything else that we create will support us so that we are not in survival mode. We take survival out of the equation completely. It does not exist.

We live on a planet and we are here in this playground and school to support our experience. It is not about struggling, "We need to go to work" ...or do this, this and this in order to have food, shelter and the basic necessities. If you could actually look at that it doesn't really make any sense once you can see it for what it is. The world is a self-sustaining, supporting infrastructure that we've created as a playground and schoolyard so that we can actually come here and not have anything of survival in place so that we can actually really play...fully...and be creative, discover ourselves, and achieve higher levels of our own essence. Then we are playing with one another and sharing with one another and we're not competing... We're not surviving or struggling with one another or need to take something away from someone else, or so forth....not at all!

We get to see that we are all One. We get to see that each one of us are fractions of each other. For us to achieve higher levels of consciousness and for us to achieve a higher level of essence, we are not doing it only ourselves...we are doing it with all aspects of ourselves. We are supporting facets of ourselves so that we all...our true essence of who we truly are...can actually get to that new level.

So the transformation that we are doing on the planet...we are transforming the planet so that we can experience this playground and schoolyard at a completely different level and allow us to go into a higher state of consciousness and beingness...but for everyone...because everyone is part of you. And you are everyone. There is nothing else out there. It's all us.

So this is what we're doing.

So if we are attached to anything that has defined us up to now (roles or otherwise), if we're still holding on to anything of the old world, we are going to limit our potentiality to change this planet. Now the planet wants to change. The energies are inducing us to change. We are going through a transformation. The only reason we are sharing and assisting you through this process right now is so that you can be more aligned with it so that you can go with ease, with flow, rather than struggle. So that you do not go into an emergency state of panic, depression, or that you in some ways start to see your world as "ending." And then we can't handle it because everything is changing and we are not fluid. For us to be fluid, we need to be free.

For us to be free, we need to let go of all attachments. And without attachments, we actually experience more than ever before.

When you're not attached to people, for example, you discover a higher essence...not only of yourself but also of the individual you are playing with. You truly get to connect at a level that you've never connected before. When you stop trying to shape your children, trying to shape someone in your life...trying to change them...when you do not identify (inaudible) any longer (whomever that may be) and you let them be themselves and you be yourself and you allow each other to play freely, there is a completely different level that you will experience with regards to a connection, to an exchange, to a level of love that you've never achieved before.

When you're caught up in trying to change things, fix things or to identify with someone, you are never seeing their true essence. You are never seeing who they are. Because you have your own perception of who they are...or who they should be...and so they can't be themselves so you can't see that either. When you can let that go, then you can see all of it.

When you can let go of your identification, you can see who you truly are. You can see that you're here just having an experience and that you are free to play whatever you choose to play. And then you are no longer confined by the rules and whatever else you have adopted as who you are. You get to see a grander aspect of yourself that you've never seen before! By letting go of all attachments to the outside world and what they represent to you and how you survive through it and everything else, you can now start to see the systems; you can start to see how it functions. And then you are empowering yourself to change it! In accordance with the new you and the new world coming into place.

When you are not holding on to something for survival or identification, you can now see it in a clear view. And with that clear view you now have the power to change it. Because in that state...when you get out of the survival and holding on to something and defining to something, you can now see exactly what it is, you see not only yourself...and then you can actually change it.

Because what's happening right now is we need to change everything. And when I say we "need," it's not because of survival but rather it's because we are asking from our core essence to transform our playground, and to upgrade our experience so that we are much more in alignment with the universal shift that's taking form.

This is coming from your Essence, as Source, saying, "We're now going to transform our experience to another level. We've been here, done that long enough. Now it's time to move along." But if we're holding on...

The thing is, we can hold on all we want, and that's fine. That's part of the experience too, if that's what you want. But it's going to get more and more difficult. Because, the fact is, everything is going to change around us and it cannot stay

stagnant. There are many, many, many souls that are jumping onto the bandwagon and saying, "Let's go for change!" And they are doing what they need to do...and you may be amongst them. And for everybody getting on and changing...that means that as long as you try to hold on to the old world and things with which you define yourself, there's going to be more and more chaos, it's going to seem more and more difficult and it's going to get more and more intense to do so.

Your soul is also going to keep pushing harder and harder and there's going to be more and more buttons pushed here and there...only in the servitude of letting go.

How many of us have held onto relationships, held onto different things in our lives (careers, certain ideas, certain experiences with people and things of that nature) and it looked like it was going to be the end of the world by letting go...somebody dies, somebody steps out of our life, we lose our job, something changes in our world...certain friendships or something changes, breaks...whatever it is. Or that we lose our identification with money, power....whatever it may be. People who have been wealthy and then lost it all...whatever it may be...I'm just giving these as examples here...and it seemed like the end of the world because these things were leaving our hands, leaving our attachments...what we held onto and defined ourselves with. And we went through all the different bumps and bruises because of that.

And then once it's gone we start to "see the light of day;" that is we start to see it as a truth that needed to happen. How many of us have looked at that and said, "Wow, that was the greatest thing that's ever happened!"? They feel freer and lighter. "Why was I holding on so long? Why was I holding on so long? I can now see it. I can see that this needed to happen. It was time for change, time for freedom."

And it's the same thing with our world.

Our identity, the roles, definitions, people and the outside world are all transforming. All of it is changing. But the change is not about chaos or falling apart. The chaos is only created if we are still holding on to the "old."

You see, transformation is fluid. Transformation is easy. It's our holding on that creates the illusion of chaos, the illusion that the world is ending or falling apart or something of that nature. Again...it's the illusion. Because we're still attached to something that is stagnant and rigid. But once it starts to lose its rigidity, its foundation that supported you (or at least gave the illusion of supporting you), then it seems like it's chaotic, it's falling apart, "My world is ending!"

But it's not...at all! It's just opening up the opportunity for something new to enter. And it's opening up fully.

The transformation is easy. It's us holding on that creates (the perceived difficulty). Our world and our experience...the human experience and world...yes it is going

through a transformation, but it can transform so quickly once we let go. Once we can see, "Great. We haven't failed. We've had an awesome experience playing that game. But now we're creating a new game. And this new game reflects our new state of being. It reflects who we truly are, experiencing itself at a completely different level." And the world will transform...very easily.

Because look at all the systems that we have in place that perpetuate our state of survival. Why are they still there? Why are we still doing very archaic ways of life? Why are we still in the state that we are with respect to wars and whatever else? Or that we all need to work and struggle and do things that really bring very little value whatsoever but we have the perception that it brings value and we need to do this, this, and this? When we look at that, and all the things that are in place...when we can actually see that none of it has to be there...we can just change it...right away. It will transform so easily it will be incredible to even imagine that in some way this was difficult. We are going to look back, at one point or another, in the not-too-distant future (because this is all taking form right now)...we're going to look back at our old world, look at the things with which we identified ourselves, and we're going to say, "Wow. That was quite an experience. (Inaudible)" We can see it for what it is...just another experience. "And look at where we are today!"

So this is the reason that we're looking at letting go of attachments: so that we can allow this transformation to occur fully and completely within us and within the world around us. And by letting go, we are free to let it happen...fluidly and easily.

Because we are not here to "fight the system." We are not here to go through difficult times. The only reason that we feel that we go through difficult times is when (inaudible) within us so that we can let go. It's always about letting go and allowing the transformation to take form.

Because anything that you have looked at in your life that has been challenging for you and has brought you the most amount of pain (which is only a perception anyway) has been about what? It's been about us holding on to something that we valued. Because once it leaves, it's because we've identified with it or we're attached to it that it feels painful. The same thing with a relationship. Why is it ever painful? Because it didn't go the way we thought it needed to go and we created all these stories around it.

So when we are feeling challenged, it is just exposing something that we need to let go of. Because once we become fluid and allow changes to occur and without attaching ourselves or defining our selves in any way, shape or form, you will see how quickly everything transforms around us and within us. And nothing has to be difficult, nothing has to be challenging...at all. We have certain intense challenges that come along...and I've talked about this before...we need to change something in our lives and we get cues along the way to make a shift in our life in a particular area. And in many cases, there are a lot of different areas.

And if we ignore the cues, they just get a little louder and they get more intense. Because it's just wanting our attention so that we can make the shift. This is coming from the higher aspect of our selves and it's saying, "Come on, we've got to shift. We've got to let go of this and move on." And it just keeps getting louder and louder and stronger and stronger, and finally we have that accident, that intense experience...whatever it may be..."Why did I have that?" The reason was because it needed to get your attention so that you can make that shift.

So do we need to have traumatic, intense things happen in our lives? No. But at times it's necessary when we can't be part of the shifting that's going on within ourselves, and when we are still holding on so rigidly, then we need something to rock our world, big time. Like I've said in previous times, we've put on markers and these are just to be activated as a back-up only when we are just not "getting it." When we are just so caught up in our attachments and in our identifications and so forth and when certain things that need to change in order for us to upgrade our experience are not taking form, then we have what we call "markers" that come along and create an intense experience so that we can move on and let go what we need to let go of.

So this is what it's all about and hopefully this gives you a good picture of what's going on and why it's so important to let go of attachments.

So is our personal world "empty" because we no longer have anything with which to identify ourselves, or roles, or definitions, or people, or the outside world or anything of that nature...will our world seem empty or anything of that nature? No. It's when we will experience the world, our own personal world and the collective world, in a completely different state. We are then actually truly discovering a grander aspect of it all. But it definitely is an identification-less type of world.

So as long as you are not identifying yourself, you are fluid. With fluidity, we are now pure expansion and then we are able to play with anything and everything. And the changes that are going on are totally embraced, totally taken on as a beautiful adventure of achieving higher levels of beingness.

And that's what it's all about.

Do you have anything to add, Antonia?

Antonia

Yes. We each have our own individual journey. So we have whatever we have in our lives as our goals and passions, and people...all different things. It could be relationships, it could be an experience your world, it could be a family member...it doesn't matter...as long as we can let it go. And it is something that we have to do continuously...something that you have to let go...and be conscious of it.

I think also, Franco, when you are in the letting go stage if you can ask yourself, "So what is it that I'm holding onto here?" For example, you're at work and maybe there's a colleague with whom you are having difficulty and this person is much more (inaudible) (in your opinion), and then you decide to let go of attachments and let that person (inaudible). So they do their thing, and you get annoyed and you say, "OK. I'm going to breathe in and let it go." A good exercise is to then ask yourself: "What is it that I'm letting go of?" And let your Inner Guidance bring up an answer. And then ask yourself, "When did this perception or this belief come into my life?" And just be aware of it.

Because very often when you are aware of how that attachment first got planted or when you first (inaudible) that attachment, you have (inaudible). Then you can realize that, "It served me and assisted me at that time. But right now it's no longer needed. Thank you." And then let it go.

I know that, for me, very often this is an exercise in letting me realize how at one point in time it may have served (as everything has in our collective experience). But now that we are going forward into the future, we need to be open to different experiences, different levels of energy, different interactions and relationships with people...and very often the first step is the awareness of our attachments, of our perceptions that things need to be "this way" and our vision that the world outside has got to be better. And we start questioning ourselves internally and coming up with where that attachment got created and then realizing that at some point it did indeed serve. And then thanking it and let it go and set it free because it no longer serves.

From there (it has been my experience), we start being more peaceful and there is a sense of lightness. And the exterior world may not change (i.e. that person may be annoying everyone else at work, the hurricanes may still be happening outside or you may still be facing financial difficulty) but the difference is how you will be able to interact with it from the inside, where you are then able to relax with it from the inside. And when you get to that state of peace then the world that you see outside of you shifts. And it may not shift from someone else's point of view in your life but it shifts with how you feel about it. And that's been my experience.

How about you, Franco?

Franco

Yes. Excellent point as you've described it there. You said it. We've been living in a world of polarity and that was part of the experience that we've agreed to and so forth. And so at that time a lot of times the experiences and advancements and so forth have given us the polarity experience that we wanted. And they all served. So it's not a judgment about what we've been experiencing...

And this is the other thing, too: When we're letting go, we're not doing so because we're judging it or to say that it's bad or hasn't served or anything of that

nature...everything has served and has brought us to where we are today...but we are now allowing all of this to transform so that we can go to something totally different.

And, like you said, looking at where this is coming from and seeing if we've attached ourselves to a specific definition or a certain way of looking at things and seeing that it served but now it doesn't serve any more, is exactly the most powerful way to look at it.

Because given the way our world is at this point in time, we can get really wrapped up in judging everything as bad. And there are a lot of reasons why we can say that, especially as we become more aware of the games we've been playing and there's all these other people outside of us...and we say "outside" of us but we mean other aspects of our selves...who have been playing different roles that we could classify as taking advantage of or something of that nature...stifled our roles. But even that has served. But everything is changing right now and they are choosing to transform too.

Everything up to this point in time has, in one way or another, has allowed us to achieve a certain level of growth regardless of how it seemed. And now we are just accentuating everything to the max and we're actually going to a level that we've never achieved before.

So it's really, as you were saying, part of the process of transformation.

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