

LIGHTENING UP

Group Teaching
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With

**Franco DeNicola and
Antonia Hagens, Masterpiece Life**

Franco

Thank you to all the participants on tonight's call because we do it all together here. And by being online and also connecting at different times, we are allowing our consciousnesses to blend and allowing our energies and frequencies to blend so that, in actual fact, instead of just transmitting through one of us (because each one of us is a transmitter/receiver), we are transmitting with a multitude of people at the same time which makes a much more powerful impact on the changes and transformation on the collective consciousness. And also the vibration that we are emitting is also dissolving the superimposed matrix. As well, it creates pockets of consciousness that allow other souls that are on the planet at this time to tap into, and utilize them for their transformation. So it's just amazing when we are working *together* how much more powerful all of this is. I thank everyone for participating and being part of it.

And the other aspect of it, too, is that all of the Clearings, each one that we do, each one allows the clearing process within each one of us to take effect and that opens us up to receive even more frequencies...or higher bands of frequency. Which, in turn, allows us to be more conscious and then we bring more streaming higher consciousness to the planet itself. Then there's a harmonization not only with the planet but with everything on the planet. So everything becomes a co-creation...together.

Antonia

Absolutely. And especially right now as the frequencies are changing so rapidly and we are heading into so many changes that as we all come together and assist each other to clear, then we open up the possibility for moving forward, for all of us to stay more centered. And with the changes that are coming, we are assisting not only ourselves but also our neighbours and everyone in our area because the more and more you clear...you are already a beautiful light...but you become an ever-more-beautiful column of light. And, as you do that, you will have more and more people coming to you because they are drawn to...maybe they don't understand what it

is...but there's something about you that's different, there's a lightness. And the more we clear out old belief systems that we've put ourselves into and sometimes there are contracts from previous lifetimes that we are now dissolving and stuff from the karmic grid (inaudible).

And as we clean this stuff up, then what we are doing is that we are assisting ourselves as well as each other. And people sometimes don't realize that as you clear, and the more you clear, you become a more expanded column of light. And what's actually happening is that you are assisting in forming a grid across this beautiful planet we call Earth. And it facilitates the flow of frequencies and the flow of energies that, as Franco said, help humanity, help the planet as well as help the animal kingdom.

So...great work! It's wonderful that you're here. Thank you for being here. I know there's many other things that you could be doing instead, and we honour you for being with us.

So, Franco, darling, why don't we talking about lightening up. As you all may know, before we pick either the topic of Q and A calls that we have at the beginning of every month, or these clearing calls, Franco and I get together and just connect with the energies and what's going on and see what best serves people. And, when we do that...when we put these dates down on the calendar we really have no idea what we're going to be talking about. We literally wait until about three weeks prior to the call (before making a decision on the topic of the call), so that we are as close as possible to what is happening for people and what's happening in the world with respect to energies...so that these calls can best facilitate and assist you as much as possible.

What we were feeling about for tonight's call is that there is a recent new sense of kind of like a "heaviness", almost like a stagnation, that we're feeling. And that's why tonight's call is about "lightening up." It's about assisting us all...because if one is doing this, then we're all doing this...but it's about assisting us all to lighten up and hence the topic this evening.

So, Franco, what do you have to say about that?

Franco

Well, you make excellent points. What's been happening, like you were saying, with part of the work that we're doing...because we're in this "purge and clear" experience at this time, this really, really, intense part of that...and the "purging and clearing" is really just preparing us for a higher level of consciousness, and also to host a higher vibration. And through this consciousness, we are actually able to experience life in a whole different form. So part of the process is to let go of everything by which we've defined ourselves and all the different programs and so forth. And also all the baggage that we kind of taken on. And I call it "baggage", but

it's not really. It's basically old remnants, parts, that we've attached a definition to, but we also attached our consciousness to.

So, for example, experiences that we may have had (in the past) which may have been traumatic or otherwise, are coming up to the surface so that we can actually experience them fully, get them to do whatever we need them to do, and then let them go.

But, right now, what's happening is that there are a lot of energies that are playing out. And one of the things that's happening is that we are taking this experience of "purge and clear" to the point where we're getting very serious with it and it's becoming very heavy for many people. It's like a big "chore". It's like, "I need to fix this, and it's going to involve a lot of work. And not only does it look like a lot of work but it's serious work!" And not only is it serious work, but whenever certain emotions are coming up, or certain experiences that may be a little bit on the intense side, we take on this heaviness that, you know, we're almost like "suffering through it." And we're taking that on and it's like a life-and-death experience.

But, you know, that's not where we need to be with this. Because, by doing so, whenever we're focusing in that state, or we slip into that (and that's OK, we can slip into it), we're actually making the "chore" (if you want to call it that) or the actual process a little heavier to do. And it actually becomes denser!

Because what happens is when we get serious and we take on the energy of that, it has the tendency to kick in sometimes "fear", but a lot of times "survival". It also kicks in certain energies that make us feel sort of dysfunctional. So it actually lowers our vibration! And when we're doing that, we tend to get caught up a little easier...or a lot easier, actually...in whatever's playing out.

You see, when we look at it...

Antonia

Can I also add a comment that a lot of people tell us that, "If this is the soul's journey, then there's nothing that I can do." And then people often feel like they are the victim of their own soul. And that the whole experience is to be a serious learning that is to be a little bit painful. So that comes up a lot in the comments. So I just wanted to add that people often feel that they are at the mercy of whatever the soul wants to do.

Franco

Yes. Yes. That's an excellent point. And I've heard the same thing. "The soul has its own reins and I don't have any control over it anyway." But also the fact that they are feeling like a victim, like you were saying. It's true, it's true. There are people who do feel that way. Because there's a part of them that's, "Yea, I just want to have fun," or whatever else.

But, again, their perception of fun is the mind level of fun which can be momentary experiences of fun. But then, of course, it always has all this other stuff that comes with it, so the fun has its ups and downs, regardless. And then the fun, a lot of times, will be fine, it doesn't feel that satisfying in the first place because it's a superficial fun where we're not really engaged in it...we're creating a story around it, or defining it, "OK, I need to have fun...I need to do this," but we're not really enjoying the experience because of the fact that our true enjoyment of that experience is really engaging all aspects of ourselves into it, rather than having just a mind-created aspect of what we would call "fun". And, as you know, a lot of people have different definitions of what "fun" is. (Laughs)

So, with that, with the actual energies of what we're having come through and feeling this heaviness, by going into that "serious" state....like even feeling as a victim...then it actually intensifies and makes things a little more sluggish and it doesn't move as well and doesn't feel as free.

And so, what we need to understand is that this process that's taking form all around us...everything that is playing out around us is supporting us. And it's really to lighten us up! It is really to lighten up our load!

Because our natural state is playfulness. Our natural state is to flow with things, to play with whatever comes up in our life. And you can learn through pain, you can experience through pain (or what we can perceive as pain, or suffering, or struggling, or heaviness, and all the other stuff that comes with it). Or we can be in a light, playful state.

Now, through a portion of our lives, with a multitude of lives, because of the situation with how we created the energy of "play" here (and "play" was not what we perceive as a very light playfulness) that we were learning very...let's put it this way...our main learning was through pain. And because of the program and how we were working, everything seemed to have to be very intense for us to "feel" anything. For us to actually make a shift, it seemed like we needed to go through some very intense moments. But, right now, that is utilized only when we are stuck; we use that only as a last resort.

So as we start allowing ourselves to get into a state where we appreciate that all our experiences are here to serve us....this is all here at this time to really transform us to become that free, fluid being that we are. Now, as we see these opportunities coming up...whatever it may look like...and not to get so caught up in the intensity of it,,,then at that point we can see that it's only a ride and this particular ride is there to give a specific experience and to allow us to make certain changes within our life so that we can embrace more of it; we can be more expansive in our experience...and also align with all these new frequencies.

And what we're bringing onto the planet right now, it's not about more suffering; this is what it's dissolving! It's actually the reverse: we're not bringing in more heaviness, we're dissolving the heaviness...bringing us back to our "light" state!

So I've used the analogy of a hot air balloon. Each time we let go of something...each time we do the wrapping up and we take the learning and whatever else and then let it go, we naturally rise. We naturally rise in our frequency.

So the experience on the planet here, because of the way it was tuned and also all of the paths that we've taken on and all the energies that have supported us to....we've gained much, much more in heaviness. We've gained things that have lowered our frequency.

Now we are actually reversing and freeing ourselves up and letting go. So the process that's taking form is really just to lighten us up!

And it's letting go of all the baggage that we've taken on or what we've created. But that baggage only took form through a serious state...and that's OK. It's been a part of our experience and we've agreed to have that everything was "serious" and "life and death." And having things happen in our life that were so detrimental in the way that we perceived it that we've taken on all this burden that, "Oh my God, all this happened to me. My traumas came into play," and all the other things that we've taken on as part of our experience, and we've now got tied into it.

So with all that's going on now specifically, and I'm sure you know, Antonia...with these new frequencies coming in, many people are feeling these very intense, intense emotions, some people are bring up depression, or bringing up a lot of different physical ailments and so forth. And then we get caught up in it to the point where we find that it becomes "heavy" for us. It becomes something of a challenge and it lowers us, in a sense. So it actually makes the process even more difficult or more challenging to allow the shifting that we're calling for to take form.

So we talk about the fact that there are all these intense new frequencies coming in...these intense frequencies, yes, they will bring up old baggage and old stuff. And if we can just see that this is only stuff coming up that we may have played with and attached ourselves to at some point in time, or we are still creating a connection or still carrying part of that frequency with ourselves...if we can just see that for what it is instead of, "Oh my God, this is horrible! This is bad! All this stuff!" Even with what is happening in the physical form...

Because, as you know, even the people who are experiencing things in a physical level and having certain intensities, they come and go. And not only do they come and go, but even if we ran to the doctor a lot of times the doctor can't figure out what's going on. Because it's really just energies coming through you, memories of old past experiences...and even sometimes from past lives...coming through us and playing out so that we can experience it, feel it, stop judging it and stop connecting

all the fear that has occurred in the past, and just be in that space and allow the body to do whatever it needs to do. And that will purge off all the old.

And as long as we're not in a state of fear, it flows much quicker. So you'll see that you experience it and it goes away. And just allow the body to do whatever the body's going to do.

Because the body is serving us. It's connecting with us at the same time...and it wants to lighten up! And as much as a sensorial experience is a sensorial experience...and there is no good or bad sensorial experience, that is only the label that we've attached to it...the body just has sensorial experiences. Some of it may be intense and may take the most amount of attention from us when it is playing out. But it is just an intense experience, or what we could call a very accentuated, much more "colourful" sensorial experience.

So the reason that we're playing with this "lightening up" process is that this is serving us, so we might as well play with it. Because the lighter we play with it...and also when we are looking at it as "play", as part of the movie, as part of the experience, we don't get caught up in the dramatic aspect of it. So we can then actually see it much more as a movie and we can just let it flow in and out. Without really getting all caught up in it.

So even if a dramatic scenario comes up from a past experience growing up and so forth, where we had a lot of emotional engagements in it and so forth...when that is coming through, instead of getting right back into that energy again, you see it come through, you're going to "feel" it, you're not going to judge it, and you're going to allow it to play out completely (because there's something you need to enrich yourself from it, so you let it play out completely). And at that point in time, as it's played out, you just let it go. And it just releases on its own.

The thing is, a lot of the letting go is just being OK with it coming through.

Because it has...it doesn't want to "stick" to you. And so when it does come through, the only time it does stick is when we get caught up in it and we get engaged again, and we start judging it and labeling it as, "This is a horrible thing that happened to me and I can't let this go! I don't know how I can face this," and things of that nature. But if you just let it go....

The thing is, we're in for a ride. We're always in for a ride but this ride is actually now accentuated and we see that everything that we've experienced and everything that we do experience is just that: an experience.

But nothing is "life and death"; it is an "enriching opportunity." Even though it may be intense, it is an enriching opportunity for us. Because, at that point in time, what we're doing is allowing us to clear up and take in through all the experiences that we

have somehow suppressed or judged or compartmentalized or somehow couldn't look at...

And the thing is, too, even when somebody looks at something they may say, "Well, I can't look at that! I can't go back into that experience!" Well, what are we looking at? It's just an experience. And being afraid to look at it because we've deemed it as something horrible and we've deemed it at that point in time that this is something that is going to "hurt" us.

But if you just say, "I'm going to look at this. I'm going to look at it because it was just an experience I had, a movie, or whatever. Now there may be some emotions connected to it, but you walk into it. Like you walk into a movie.

When you're sitting in a movie, there are movies that create an emotional feelings and experiences....some from love, some from fear, or whatever. But it's still just a movie. Does it move you? Well, yes, in some cases. But in this case, it's the same thing. It's the same thing. It's part of a movie that we've played out and we're just allowing it to come through again.

And the only ones that are going to come through are the ones that actually *do* need to come through again. Because they were never actually, at that point in time, experienced fully. So we now experience it fully, receive the beautiful "gem" that comes with it, and then allowed it just to "be."

You see, everything that we experience in our life is just to come in, we play with it, we experience it, we learn from it, and then it goes.

You see, we were never designed to "hold on" to anything. We are fluid beings and so we allow things to come in and go out.

It's like anything. If you are going to go to play in an amusement park, you go to the amusement park. You're going to have a beautiful, enriching experience in the amusement park, playing with whatever's there, whatever we want to do. And then we leave at the end of the day. And that's how every experience is.

Now we could choose, after the amusement park, to start thinking, "Oh my God, that ride wasn't that good," and "This ride wasn't that good," "I'm never going to be there..." Yes, you can choose to play with that. But look at it: everything was a ride, it didn't matter how we experienced the ride. And if we don't judge the ride, every ride is perfectly fine. One may be more intense, one of them may have allowed you to release your lunch. (laughs) But it doesn't matter...it was just an experience and you still enjoyed it. So it doesn't matter.

It's the same thing with our experiences in our life because everything that we've done, everything that we've experienced from the moment we were born (and even in other past lives) they were all beautifully orchestrated, created and we were fully

in charge as the Creator to do so. Even if it involved other people, we co-created it with other people. But we allowed all of that to be there.

But that was just a movie, that was the experience. That experience came in so that we could have that experience. And also part of that experience was the “creation” of it. And not only did we experience it, but there are always “gems,” lessons and so forth that we can take out of the experience. So we take that beautiful gem which is (basically what we call) the “learning” aspect of it. And then, at that point in time, we are done with it. It’s gone. And we just let it be. It just dissolves.

As long as we don’t attach any definitions to it afterwards or attach and hold it into our body or into our mind, or anything like that, it just dissipates. It’s just an experience.

So the process that we’re going through right now is allowing all the stuff that we haven’t finished, all the stuff that we have attached a “tag” to (meaning a “definition”), or have defined it in a sense where it had something else attached to it and it is considered to be intense, that it in some way or some how is still running your experience...it’s running your moment-by-moment experience...then if it’s not absolutely of servitude and it’s not required any longer, then we let it go.

But if we missed the “gem,” then (the same stuff) will come up to the surface so that we can see the gem, we can experience it without resistance or judgment and then it just comes right through.

And the lighter we go with all of this...and especially now that things are speeding up and things are getting more intense...the lighter we see it, the more we bring it into our consciousness that this is just “play,” this is just a movie that I’m playing out, so let me look. This movie is only presenting to me because there is something there that I need to receive for my own personal growth. For my own personal growth, my own personal transformation, and also for the transformation of the planet. Because everything is you. This transformation is what you’re calling for.

You see, deep inside, no matter what, you asked for this. You signed up for this. You came here specifically for this time.

But you didn’t come here to suffer. It’s not about suffering. Suffering is our interpretation...and our attachments to it...and the definitions we put into it. And it’s not only the definitions, but it’s also the emotional energy that we connect to it. So, without that, without the emotional attachments and so forth, everything is just a beautiful experience.

So suffering is not really suffering...you came here to play! That’s it! You came here to play!

Look at a child. A child comes into the world and it's really raring to go...to play, to experience, to use its physicality, its mind, its creativity and imagination to create "realities," to become sensorially rich. To play, and play and play. And to learn from that.

That part of us is still there! That part of us is all we're doing. We just changed the definition of play and we made it look like it's serious.

And then, by doing so, we started to label things. And we started to be creative in labeling things. And saying, "Well, OK, that is painful therefore it shouldn't be," and, "This one is more pleasurable and therefore I don't mind having much more of this." And we start categorizing and labeling things.

But the thing is, as much fun as that was (and we still have the opportunity to do that), but we find that as long as we label it and create and energize a certain pattern to it, it stays within us so that we cannot move forward to create new experiences. It's like, "I've learned how to play one way and now I'm attached to it and I can't experience anything else."

As long as we keep focusing on that, then all our experiences have a similarity and we're not creating the variety that we really came here to play with.

So if you let certain experiences just come through, you experience it and then just let it go, you become experientially rich. So then the next creation, the next experience expands on top of that. And then you have variety. And you have play.

And so, we are here to play. We are here to experience. We are here to learn. And to enlighten ourselves. And "enlightening" is remembering who we are: experientially-rich. And that's about it.

The key here is that we come to play.

Planet Earth is a playground...and a schoolyard. So we came here to play, to experience the beauty that's been created and all the beautiful creations that we co-create with.

And we came here to *learn* from our play.

Because even a child playing with toys is still learning. They are learning what they can create, what they can do, how they can create these little realities and play with whatever it is. So the next time they play they already know how to play that way, so they expand from there.

It's the same thing for us. It's just that our "toys" are a little different. But the toys are not all that much different. It's just that we label things much more. We've been programmed to label things and to have the "right and wrong", "good and bad," and

all of that. But a child doesn't even look at that. A child is just, "Let's go play! Let's experience! Let's touch, let's taste, let's feel things! Let's go *do* things!" And that's all it wants to do.

And that's what we're here to do.

So right now we are letting go off all the intensities that we've attached to our experience and just really seeing it for what it is. We're going through a process of acceleration to experience and to release what no longer serves. And all of it is to be seen for what it is: to serve us.

But it's all play. It's all play. That's all it is. And as long as you see it that way, it becomes more fluid. It becomes easier for us. It doesn't have to be so intense. It doesn't have to be challenging and painful.

And, the thing is, if we see it that way, it doesn't even have to get intense enough that we can categorize it as painful. Because "pain" is the definition we give it. But painful is that, but, at the same time, what is it? It's just a little bit more intense to catch our attention. "OK, let's address this! Let's play with this! Let's bring it up, get what we need to out of it, and then let's move on! And then let's go play some more!"

The only reason things come with intensity is because intensity gets our attention. But if we're already light and playing with it and everything just keeps showing up, then there you go.

So you may be at work and there's stresses that we perceive are going on because people are acting a certain way and pushing one another in the sense that, "You have to get this done," or "You have to challenge this," and so forth and so forth. And you see it and you get caught up in that. "Oh my God, my job is horrible! This is horrible! My boss wants this," and whatever else. Then, of course, what's going to happen? It's going to be very heavy, very intense.

But if you see that opportunity that you're there, you're stepping up and thinking, "OK, I'm here! Let's see what we have to play with today. Oh, we've got all this stuff to do." But we don't get caught up in all the other heaviness that everyone else is projecting. And you say, "Great! Let me do what I can do." And you get in there.

And you'll notice that when you're in that state, and you're not taking it seriously and you're not in a stressful state, it flows. Not only your creativity flows, but your energy flows. And you not only get so much more done, but even if it doesn't get done it doesn't matter, because you're still going to be in "flow." And you'll realize that fewer things will come up anyway because other people will step in and take form for it.

Because when you're locked up in a state of stress, you've created that frequency of stress, so what's going to happen? You'll create more events that support that frequency of stress...because you're in that band.

But if we're in a band of playfulness, lightfulness, it's "OK, let's see what we need to do here. Let's seize these opportunities for what they are: as opportunities to gain experience." And in that state, then you have things just flowing in and out, in and out. And it will change also in its form. And there you go. It's completely different! Completely different!

So one of the key things that we were talking about with respect to this whole topic this evening, was the fact that with all that's coming up right now, I notice a lot of people are going into panic. I notice a lot of people are feeling such heaviness within them. There's all this stuff coming up. Including fear. And I even get people saying, "I don't think I will even make it through the shift! Because look at all these problems that I have. Look at all these people around me who are not supporting me. They're still emanating a very dense energy and I'm the only one who's trying to do this work. Why is it so hard for me?" ...and whatever else. But that's just because we're looking at it that way. And we get caught up in that.

So it's really important for us to see that the process that we're going through is really serving us...but it doesn't need to be heavy. It doesn't need to be so intense. But that's OK. If we still need it (to be intense), we need it. But we don't have to get caught up in it long term.

So let's embrace the beautiful opportunities that are coming in.

We're in the movie, we're the Creator of it. We're only going to allow it to stay as long as it serves. And when it doesn't serve, we're ready to let it go. We just let it go naturally. There's no "hard work" involved!

And that's the thing that was so important. We've taken on this whole thing that it has to be "a lot of hard work." And not only "a lot of hard work" but also, "If I don't "get it done in time, then I'm not going to make it!" And then fear and all that other stuff comes into play.

And as long as we're playing with fear, how light can we feel? How easily can we flow? Because then we believe that we can possibly make a mistake. We're not going to meet the deadline. We're not going to be able to "make it." And what does that "make it" mean? (laughs) I mean, it's not the end of the rope here.

Everything is there to support us to be ready for the shift, but **there is still time after that** to allow us to align with the new energies coming in.

But, the thing is, if you play light and if you just embrace everything that comes through without making it so intense and dramatic, it will be so much easier. It will just flow in and out, in and out....whatever it is.

Because, the thing is, nothing wants to linger, nothing wants to be attached to you. The process that we're going through and the energies that we are using are actually "de-taching" you from all that stuff. It's not about creating more attachments.

So, if it's coming through you and it's presenting, it's for you to say, "OK, great! It came to me so I'm going to take it, play with it and get whatever gems that are in there and then...I just let it go! I release it!"

And when you're talking about releasing it, it's about not paying any more attention to it. It's like anything: you play with it and then, "I'm done with this game." Whatever that game might have been. And that's it. You go on and do something else.

It's that simple, actually! It's not that complicated.

You know, we created this whole idea that it has to be "complicated," that it has to be "complex," and it's "tedious" and "painful" and involves "suffering" and going through all this "pain" and so forth.

Even with respect to all the sensorial stuff that goes through our bodies and so forth...we just let it flow. As long as we don't get caught up in it, 'Oh my God, what is it?!' ...and start worrying about it and start putting a lot of energy and focus on it...it just comes in and then goes out. It's the same thing...it's just playing out old pains...or whatever it is.

There's adjustments going on, there's all these new frequencies coming from the sun, coming from the environment, and the frequency of the planet itself has increased. So you are being bathed with all this beautiful frequency increase. So, with that, all these old things can't stick to you, can't hold on to you, so they just come up and you just feel it, be in a neutral state and then it just goes right through. The lesson, the nugget is taken out of it by the body recording what that sensorial experience was and that's it...it just goes through.

And a lot of time, the pains that come through may be emotional attachments to something...an emotional attachment that got locked into a certain part of the physicality or something of that nature. So, if it does come up, you just allow it and let it be. And whatever emotion it is, experience it Experience whatever was there.

If there was a fear, if there was dramatic intensity of some sort, you go right into it and feel it. Just feel it as the observer. Feel it as, "OK, that's all it is. I'm a beautiful (movie) screen here that's taking on all these beautiful experiences." So if you let it just come through by way of observation, then it just comes in and goes out. Very

simply. And we don't get caught up in the fear of how intense it is or that it has to be painful...or whatever.

Because a lot of the clearing process that people go through...and I know there's a lot of people assisting others and so forth...and we need to go through a "purging" process and so forth...and we bring up old stuff. You know, if we're going to do that...and when we are doing that...if we go in and see it for what it is: an experience that we had, as part of a movie that we experienced that involved certain emotions, certain levels of perception, certain beliefs, and certain states of consciousness.

So when we can see it that way, realizing, of course, that we are in a different position today, we are not in the same consciousness and we may not have the same beliefs...so you are now going to go in with that as part of your consciousness, with that awareness...when you go in now, you are not going to end up playing out the same thing as before. Because although it may have some form of intensity to it, once you can see it very clearly for what it is...that it was just an experience at that time, with a specific consciousness at that time...you're looking at with a different set of eyes right now. A lot of the beliefs that you had are no longer there. Or even if there are some, you basically now look at the beliefs and say, "What do I believe? What do I believe about this event?"

Because if you don't have a belief...if you don't have some way to define it, then an experience is just that: it's just an experience which has no meaning whatsoever.

And if it doesn't have any meaning, then it's not going to be traumatic. It's not going to be painful. It's just an experience.

But when it's labeled, it will (be traumatic or painful). But that's just the label we've given it. And sometimes it's not even our own label. It's a label that it's been given by the collective and that we've taken on. And that's fine. At that time, that pain, that discomfort, that experience, that dramatic aspect was what you needed. That was part of your experience that you chose to have to allow you to become a little bit more experientially rich and to step up into another stage of experience.

But that was then. Is it today? No. You're not there anymore.

Now, you may have missed the "gem," the learning or whatever it was at that time, so you're going to walk into it now and say, "OK, what did I need to learn? Oh yes. I don't need to get so involved with stuff. Yes, I can be free from myself," or whatever that may be. "Great! I got that. Perfect. Do I have a full understanding of it? Do I need to experience it again with intensity? No. Great." Then it's easily wrapped up at that point without that much effort at all because it releases automatically. "OK, I got the gem. Thank you. It's done."

So when you're doing that part of the clearing, when that part is coming through, it's not going to be painful and it's not going to be intense. It's going to be much lighter.

It just comes in and then it goes. And if there is an old emotion, you are going to feel it and then, "Great. Perfect!" And then it goes.

But it's still just part of the process of experiencing...and that's it. But it just flows in and flows out.

And that's why it's so important to see things lightly.

Because as the intensity comes along...and specifically, too, when you have loved ones or you have people around you who are going through intense experiences that may not be ours totally...but if you look at what's going on in their life and if you maintain a lightness to it, you are much clearer. And you would be able to let them see that part that they're missing by just your sharing, by just your energy of being light.

If someone is having an intense experience you can say, "OK, let's take a look at it. What's really happening?" "Well, this, this and this." But then you can gently ask, "OK. But why is it important? Why is it so powerful for you, for these events taking form, that it bothers you so much? Let's take a look at it and let's see what's going on." And then you'll get the stories, "Well, I don't deserve it. I don't have this or that (or whatever it is)." And you can say, "Well, OK, great. But do you really have to play with that any longer? Who are you? You are Source, just like everybody else. We create everything ourselves."

Because you are light, you are not caught up in their drama and you are so much more powerful in assisting others around you. And you become a beautiful, powerful facilitator for others.

Not that you are going to take responsibility for their lives because that is getting caught up, again, in the seriousness of it. It's not your responsibility. It's their responsibility for their journey. It's their journey. You're just helping them see something that they may not be seeing so clearly because they are caught right up in it at that moment. And that's it. And that's your servitude.

But you're going it lightly. And when you approach it lightly, it doesn't matter whatever drama they are going through, you are not going to get caught up in it. You're not going to start seeing them as "Poor them!" or this or that. Or, "Oh my God, this is happening to you! This is horrible!" ...or anything of that nature. When you lighten up about it and see it for what it is, that it's just an experience and so forth, you go "Wow! That's quite an experience that you're having! Amazing! Fantastic! Great! Let's see what you need to do now. Do you still need to play with this? Are you done with it? OK, let's take a look at it. Do we need to play with this any further? How can we now shift this?"

And by just shifting the consciousness around it, it changes. And you are able to help them step outside of it.

But the moment that we get caught up in the drama that they may be feeling, then we have our own little story that attaches to it and then, of course, now you're feeding theirs and you're feeding your own. Because if there are any remnants of that left within yourself, then of course, you're going to self-activate it and then by being caught up in it, you're supporting it, you're feeding it, you're creating new streams of associations to it. So at that point in time you are not freeing yourself, you are just reinforcing what's already there. What is great, it's a nice little experience...but we're into "purge and clear" so let's play with that.

And that's the reason I use the word "play" a lot...because it is play. It's not "life and death." Nothing is!

First of all you're eternal...you can't die. Yes, you can step out of your current physicality, but you're not going to step out of your physicality unless you are ready to do so...and that is a soul choice. So it doesn't matter what choice you make, virtually, if you are not ready to step out of your physicality, you won't. But if you are ready to step out, it doesn't matter what you do, you're going to step out. So why get caught up with it? And, the thing is, the soul wants to be on the planet as long as possible. As long as it's moving, as long as it's benefitting, it's going to stay here as long as possible. It's not going to want to go through the whole reincarnation process and back into the diaper stage again and all that stuff. If it can avoid that, it will! (laughs) Alright???

So we are going to have whatever journey experience that we need. So ride with it. Have fun with it.

And I hear people too, "I'm going to die. I'm not going to make it," or whatever it is. Well, why do you see it that way? "Well, it's too intense." Why is it so intense? Why are you getting caught up in that? Let's take a look at it.

And a lot of times the mind creates a lot of different stories, but by keeping it in perspective...a lot of times with respect to most of our experiences it's just the stories that keep it fed. So what's the story? What's the belief system? And then we'll address it very quickly that way.

So we are here to play. We are here to experience. We are here to learn. We here to enlighten.

But no one made the rules that it had to be painful, cause suffering, or be serious.

We came here to play. We came here to have fun with everything. Nothing had any definition until we started giving definitions. Intensity wasn't something that was supposed to really be played out that often. And even though it was a polarity experience, it didn't need to be played out as part of growing up, or this or that. That was all brought in afterwards. Which is great. Beautiful experience.

But now what do we want to do with it? We're not ready to hold on to it any longer. We're not in a position to do so.

We know that we're going through a transformation. This transformation at this time is to support us to become a grander aspect of Self. This whole opportunity that we're experiencing right now is to transform ourselves.

That's why we volunteered to be here. It's not even "volunteered." We really "urged" to be here. "Please!!! I want to be down there! I want to be part of this wave! I want to get on the ride! Because on this particular ride I can do so much in such a short period of time!" But you didn't sign up and say, "Well, I'm going to go there and suffer. I'm going to go there and have these powerful intensities."

You came here and said, "OK, I'm going to play here! The environment is changing so fast that I'm going to have a multitude and variety of experiences in quick Technicolor. I will be able to do in just one lifetime what I haven't been able to do before in a multitude of lives! And not only that, but I can even 'catch up' or at least accentuate and move forward in such huge leaps! At one time I may have felt at the Soul level that, 'Wow, we've been repeating all these lives and we haven't moved much.' But now everything is so conducive for us to move forward, it's like, 'OK! I want to be part of that!!!'"

But it didn't come here to suffer. I came here for exhilaration. It came here for expanded play. And to utilize every aspect of it.

All these new frequencies are just so powerfully, intensively expansive. These frequencies are there to really blow things apart in an explosive, playful way.

No pain. No suffering.

So hopefully everybody's ready now...to play! To experience life to the fullest!

*Transcribed by ARL in September 2012
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