

# STAYING BALANCED FROM WITHIN

Group Teaching  
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With

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## ***Antonia***

*Tonight we are focusing on staying balanced from within. There are so many changes happening at an ever-faster speed right now that we need to always be able to come back inside and stay focused on our inner guidance we are being given from inside.*

## **Franco**

Yes. This is a very powerful time for this subject to come up because with a lot of turmoil and really a lot of changes going on...I shouldn't really say "turmoil" ...but a lot of changes. And then the mind, of course, relates to it as "turmoil" because it can't hold on to things being a certain way. With all these changes going on and we are changing at all levels and our world is changing, it is causing a lot of people to feel out of balance...feeling like they are not even able to hold on to anything. They are free-falling and, of course, in many cases there is fear which gets involved or there is a lot of tension and so forth. So this is very powerful, especially in these times of change.

Things are really, really increasing as we go along. And I would love to say to you that we've done the bulk of the work with respect to the changes within ourselves and the world, but we haven't. We started quite a while ago but things are really heating up more and more because we are on...you could call it, the "final stretch" before we hit the first shift in consciousness and the first completion or termination of this last cycle of 5,125 years and going into the final cycle which is a completely different energy...and so forth.

And right now our souls are really primed to, "Let's get this work done. Let's do what we need to do to get ready for this." So while this is all taking form it is creating a lot of what we could call "imbalances" and so forth. And that's why we are talking about this now because it is a very powerful time for this to play out.

## **Antonia**

*Absolutely. And as we can see from just looking around, there is more and more stuff happening in the media where there are changes happening, people are getting "fed up," or I would say, more awakened to what's actually happening, and it's causing what could be perceived as turbulence. It's causing people to stand up and state what they want to see happen in the world. And for some people, it is a scary time.*

*But, as we said, there are a lot of things happening now and, as we know, there are many more coming along the way. And through it all, as dizzying as it may seem, it really is important for each person to be able to always go back to being balanced from within, to stay focused on inside.*

*And even with respect to what Franco and I say...see how it is for you inside. And I would say that about any speaker these days. I'm not naming names, or saying they are good or bad, but ultimately you need to be empowered to go within and see how things feel for you...and from there move forward...regardless of who the messenger is.*

*Wouldn't you say so, Franco?*

## **Franco**

Yes, absolutely. Our job, or what we've taken on is to really allow us to discover ourselves and shine the light, basically, on our already intuitive knowing. We are not here to tell anybody how to live life or how to do things. But, at the same time, we just sharing things that they may not be able to grasp at this time, but at the moment we....

It's like anything that we hear or experience, it's like, "Oh, yeah, I get it now. I can see how..."

But the work is really done by each individual and it has to resonate for them. And it depends on where they are at, too. There are many times when we have heard something or saw someone go through something and for us it doesn't make any sense at all. We may be in a position where we look at it and say, "Well, what was that all about?"

But sometime down the road when our experiential realm moves along and we start to become more prepared for it, all of a sudden it's like, "Oh, now I can see it! Yeah. I can see how I can actually allow that to be in my life," or whatever it may be. And all of a sudden it makes sense. "I got it!" And I hear that sometimes from people too: "I finally get it! I know you told me a long time ago or I read it somewhere or I saw something somewhere or I finally had an experience with someone and at that time all I could see was rage, I could see judgment, I could see anger through it. But then, all of a sudden, I could see the perfection! It was me...me, being the person, the

individual...it was me activating that because I needed to move on and I needed to take the next steps.”

You know, all of it lines up perfectly as we go along and the timing is always perfect. So, yes, we are not telling you how to live your life. We’re just shedding light on a different perspective...we won’t even call it perspective...we let you look at the core essence of what is. And then if it resonates with you and you are ready to go forward, then you go forward and you take your own little twists and turns to it, that’s fine too...whatever...It’s like you were saying, Antonia, we are not here to tell people how to live their lives but, at the same time, not to take everything as from Source itself.

Mind you, whatever we are sharing is from Source, but always check within. And this is one of the key things...and we’ll talk about that at another time in one of our Q & A’s or something like that...where there’s a lot of information coming in from outside sources. And what I tell people, especially when they are connecting with channeling or wherever else they are getting from other resources, books, whatever else...I always say, “Check inside how it feels.” If it serves you at that time, even if it’s not 100% super accurate, that may be just what you need for that experience so that you can actually discover yourself even more.

So always rely on your Inner Guidance, for sure.

(QUIETEN THE MIND MEDITATION)

People today are searching for balance. It is this elusive thing that never quite exists. So why don’t we look at what is really being balanced?

Well, I don’t want to burst anybody’s bubble but, the thing is with balance, like you were saying there, we create a belief system about what balance is about and we are constantly looking for balance. And realistically, it’s not really about balance; it’s about fluidity. It’s about us flowing with everything that is.

You see, the whole thing with balance is that it is a polarity. It’s been created...I mean, our natural state has not been balanced because...and I don’t want to go all over the map but I am going to have to cover a few areas here... but with our change of experience that we’ve created on the planet here and within ourselves, we chose to play with a “polarity” world. And with polarity we created imbalances...with the need to balance. And a lot of our systems are based on that.

But our true natural state is not about balance at all. Because even the soul itself, at one period in time, had gone into the karmic role. And karma was all about balance. It is about having one experience (say, one polarity) and then in another lifetime (because it was very rare to have it all in one lifetime and, in most cases, it was in another lifetime) you would experience the opposite. So that you would be on the other side of the scale of polarity.

So the soul was creating balance and because it decided to play in the polarity role, and this role and the physical realms that was around us was about playing with balance. And we adopted that we needed to have this “balance” thing going on. And, realistically, what’s happened, is that even the soul itself, realizing that a shift is coming forth, knew that it needed to expedite things. And it basically terminated the whole idea and the whole play...because it has always been a “play” ...it was never rigid...it was just something it adopted to give us an opportunity to experience variety. Because at that time in that world in what we created as a playground, to get variety we needed to play on the other side of the scale. Because we weren’t quite ready to just “flow” at the time because we were still in our infancy in what we were experiencing. Now, of course, yes, it took another turn, but I won’t go into those details at this time....

But to look at it with the whole polarity aspect of it...the whole thing about us being forced to appreciate something we needed to have the opposite. So, if you’re looking at it, we’ve been swinging back and forth. But it came to a point where we needed to accentuate the experience, we needed to move forward, we needed to shift, in a sense, and we needed to get into that fluidity where we no longer required balancing. Because that was made up. And it was, OK, we are here just to be experiencing, learning from it, and then expanding accordingly.

Cause if you look at it, nature itself does not have a balance. Nature itself is just “being” ...it is fluid...it’s adapting with the environment...it’s adapting with us. The energy of it, if you look at it at the core energetic aspect of it and also what it’s projecting, it has no balance. And people say, “Well, everything in nature has to find a balance.” Well, no, nature adjusts accordingly. But, yes, if we are trying to maintain a certain frequency and we allow things to stay status quo, then of course, anything that takes it out of that frequency or anything that will create a different polarity experience or a different energetic field, will change it.

So we look at the system, and when you really look at it, there really is no such thing as balance; it’s just fluidity.

So nature is fluid. Our natural state is fluid. We create with fluidity. And that’s what we’re bringing ourselves back to. Because we’ve held on to this requiring polarity, requiring one side or the other.

Because if you look at it too, love is not about balance. Our true nature is not about balance. Love is just an experience. It’s our potentiality of creativity.

Say a parent has a child, for example, and, of course, they have their own little stories as to why they want the child in the first place...and there’s another component of this as to why we experience...but a child comes into your life and you are in a natural state: you’re loving, you’re assisting, you’re sharing. But I don’t think there are many parents who actually have a score card or a book and writes

down how many times they changed the child's diapers, or however many times they did whatever they did, or however many ballet dances or however many things they've done, how much money they've invested in the child...or anything of that nature. Or how many good deeds that you've done and so on. And keep score. And when the child gets to a certain age, then they take out the book and say, "Well, OK, now it's time to pay back because we need to create balance here. I did all this for you, and now I need all this stuff in return." Well, I don't think there are that many parents out there who do that, if any.

The thing is, this is our natural state: to give, to share...with love. And whatever the universe, our whole planet or the universe is doing for anyone or anything...and, again, we're not talking about going into sacrifice and, "I have to do it," and all that. Whatever we're doing, whatever we're experiencing is just naturally done. No accountability.

We get caught up in accountability and then we make things more tense because at that time we're now trying to find a balance. So we do it in just our natural state...and we flow with all of that.

Now the human experience itself is out of balance. Look at this point now. Humanity itself, the experience of humanity is totally out of balance. If you had to look at it, if there was a scale, you could say, "OK, as much as I give out and as much as I receive." Now you could have somebody earning \$200.00 per hour and another person earning \$3.00 per hour and somebody earning \$0.10 per hour. And you look at it and say, "Well, that's not balanced. Well, they do something more valuable." But how do we create all of that? We created a perception. So there is no balance to any of that.

There's no balance to how...like, for example, we talk about...and this is very popular..."We need to create balance in our life. We need to work and we need to put in equal time to play and equal time to rest." Well, that's only when you polarize it and when you judge something.

For example, when somebody is doing work, that "work" is a play for them because they don't even look at it was work. They just see it as an opportunity to do something that they feel that they want to do. They share it, they do it...with love. And there is no balance required there because it is just natural. It's natural.

The moment we judge work, now we polarized it. So we have it on one end of the scale, so if you're on that end of the scale you're going to want to have something on the other side...say, pleasure, or "I need to have rest", or "I need to have play."

But when you make everything play, when you make the whole experience without any judgment in its natural state, there is no need for that.

For example, let's look at it this way: Here we are in an opportunity right now and we are enjoying ourselves. We're having pleasure, or we're with someone, or we're on a vacation, or we're just doing something we love, and we're doing it for a period of time. And we're enjoying every moment of it. Now, if there was a balance required in the polarity world, what happened? "Oh, I had fun. I had pleasure. Now I need to have pain. Because if I don't have pain then I'm out of balance. Because that's the way it works. If I sacrifice, then I get rewards. And when I have rewards, then I have to sacrifice."

So it really takes us out of the moment of experiencing what we choose to experience and it takes us out of complete freedom.

So what's happening with all that's changing around us, it's showing us that it's not about balance. It's about fluidity. It's about opening ourselves up to play without any polarity, any judgment, definitions, or anything of that nature.

So when we were talking about "balance within," it is tuning in to Who We Truly Are. And by doing so, when you are connecting with that, you see yourself as the Creator, you see yourself as the playmate playing...creating opportunities to play. And that part of us does not judge an experience. That part of us does not get all caught up in playing one side or the other. It will utilize it if it serves us in some way so that we can have variety to play with it, but it does not create any requirement of accountability that I need to play this much here and that much there or I need to have this or I need to have that.

And because of our world shifting and we're shifting right now at such a rapid and intense rate, everything that we feel that we need to attach, we need to create balance in our life will become very difficult to do. And this is where it becomes unresting for people when they are attaching to this stuff...we need to have all this stuff in place...a certain way. Or that we're looking for balance in that regard.

The point is, we need to let go of all of that requirement. Because it is not natural, first and foremost. And you can tune in inside and see how that feels. For us to have things a certain way, for us to experience ourselves and to learn from it, and that's the way it needs to be, you'll notice that that's not true. Because when we are in a playful state...

Because the moment we get caught up in that...if you even pay attention to it...if you're caught up in doing so where you need to have balance for everything, you find that you get bored. You find that, in a sense, where you feel restless. "I need some excitement. I need something to come into my life." Because that "balance" does not feel "whole."

Because for us it is to be constantly, perpetually creating and expanding. So, right now, the planet is expanding. And, as it is doing so, a lot of what we've attached to ourselves or identified with ourselves, and that we got accustomed to, is dissolving.

And even the thing about money, for example (just to bring that in), people talk about money is a balancing...the exchange thing, and so forth. We do something for someone and they do something for us and we need to have this whole thing in place, you'll notice that even that is changing. Where we feel that our natural state, when we connect to that, it is not about, "I need to do this to get that," because that gets heavy. You start to feel it. You start noticing that you don't need accountability. We're still playing with whatever we're playing with...but regardless. But, at the same time, when we are going through this process, we see that we don't need to have that in place.

So the part of the process at this time is for us to no longer rely on the outside world, no longer to rely on our situations, circumstances, and so forth, and no longer to rely on our minds. And that can be a surprise: when we say we can't connect to our mind.

You see, you have to understand, our mind is a computer. Our brain is just a computer that is helping us to have our experience. And it operates on software.

Who We Truly Are within is the Creator, Experiencer Itself that is utilizing the body, utilizing the mind to create the experience. So, of course, the ego mind and the mind itself requires it to have some form for it to abide to. It has to have a certain system. It relies on looking at patterns. It looks at and relies on programs to operate. It also looks at the past. It also looks at projecting futures and so forth and saying, "OK, we need to create this." But right now, that's being challenged. It's being challenged because it has to completely open itself up to the point where it is no longer rigid. It is open to play. It says, "OK, now what do I have as an environment to play in right now? What do I have at my disposal as my experiential opportunity? Then let me play with that. Let me be what I am naturally designed to be." And that is to give a physical interaction and experience and so forth...but also to be fluid.

When the mind is fluid, it does not panic. It does not get caught up with intensities. It is ready to play.

This is the reason when we are playing...and at that time we seem to give ourselves permission...when we are playing the mind is not caught up in how it needs to be...we're just there to enjoy. So it's looking for pleasure in all that's there. And not only is it looking for pleasure, it's also looking for opportunities to challenge its own self and to be able to play in that regard.

But the moment we go into what we created as our reality in the stories that we've created or taken on, then that no longer is the same way; it's all different. And then at that point it has to be managed, it has to be controlled, it has to work a certain way. So it is operating totally differently at that point.

So the whole concept of us creating balance in our life is really about the concept of us letting all that's outside of us to be that, that is the scenery, the stage, and not to adhere to any of it. And not to adhere to any programs either, and just flow with all that is around us. And then what we're doing is we're connecting with our Self, Who We Truly Are Within. Because that's the part that is the playground. That's the part that realizes that we are here to have experiences. That we are here to achieve other levels of experience, other opportunities to experience ourselves in this physical form and allow ourselves to become an even grander Creator, a grander Experiencer...each moment. Because that is what this whole experience is about and what we've created as our whole purpose in being here on this planet at this time. And any time that we've incarnated, it's always been the same.

And so it's this re-connection with Who We Truly Are Within that is key at this time. Because in that point, it's not because it's our "foundation" but in a sense it is our "life force" which, in a sense, will give us a grounding, will give us the opportunity to feel...Let's put it this way...by connecting with ourselves, we see that everything that's outside of us is our own creation. In that state we see, "Oh, here I am. I created this. I came here to play with it. I'm here to experience it."

Now, in doing so, because of the changes on the planet, because of the changes within ourselves and the changes in the whole cycle that we're going into, Who We Truly Are (which is the Soul within ourselves) is also realizing that it wants to convert, wants to shift, wants to change its experience on the outside. And it realizes that the experience on the outside is made up of the body's interpretation of the experience and the mind's programming.

So it's going to create...and it has no judgment about it...but it's going to create opportunities for us to have specific scenarios, specific situations, specific opportunities to play with so that it can create the shift within itself. Really, the mandate is to free itself.

That's what we're doing: freeing ourselves. That's the mandate saying, "We are entering into a new experience, a new cycle, a cycle in a different dimensional consciousness. We want to be prepared for it. We came here to do this. We are here at this time...at a prime time where the energies around us, these changes that are going on are supporting us to make such huge leaps that have never been possible before. And here we are! Let's do it!!! Let's take this opportunity and do it!

So, by connecting with that, then you're not going to be in a panic mode, "Oh my God, my world is falling apart!" because that's what the mind creates. You're now connecting with your Soul and saying basically, "YES! Here we are! We are in the playground that is now supporting us to make such huge advancements in our consciousness, huge advancements (first and foremost) to wrap up all unfinished experiences, all that we've carried on (because the Soul does carry on from past lifetimes) and bring all of this up right now so that we can experience, wrap it up and move on so that we can step forward."



When you are connecting with that, you are feeling a sense of peace in yourself because you're saying, "Oh, I'm just creating all of this stuff to play with. I'm creating this because it's a wrap-up. My world collapsing outside has nothing to do with what's really happening with me. I am doing this, I am participating in all of this. And it's OK if it's collapsing because it has limited me, it has restricted me, it has polarized me, it has given me a static experience. And now I'm stepping out of that. I'm open and ready...to fly! I am open and ready, for the first time in this lifetime, to really make huge, massive leaps of growth." And that's what it is.

And so the balance within is really a realization and connection with our True Essence of Who We Are as a beautiful Soul playing here utilizing this human experience. And then the world shifts for us. Then we start to see through that. We start to see the rigidity.

Right now, what happens is, when we see our world...our careers, our family life, our relationships, we see the conveniences that we have in our lives, the money situation, and whatever else...whatever we see around us, we've identified ourselves with it and we now have created a reality that this is our support mechanism...this is what we're here for. We are here to create a lifestyle or an opportunity for us to have this human experience a certain way. And then, of course, as that starts to go away we panic because we're seeing that what we've identified with, what we've used as our foundation, what we've given ourselves as purpose...because a lot of times that's what we do is we give ourselves purpose in acquiring, doing, stabilizing, creating family structure, or whatever it is...and saying, "This is my purpose. My purpose is my career. My purpose is my family," (be it a mother, father, a child) or being one role over another. Or, "My purpose is to create castles and ways of life," and so forth.

But once you start to connect within yourself and you start to see this opportunity of complete freedom, you start to see the world around you differently. Your eyes change. You look at the world, and what you've attached to which was your foundation which was once so important for you to feel good about yourself, to feel that you are somewhere or that you have achieved, or whatever it is that you've identified yourself because you are this person (whatever that may be)...you now start to look at it and start to see it for what it is. You start to see that there are barriers, there are confines, and they are rigid. And that, in actual fact...which was great to play with and there's nothing wrong with that...but it has limited you.

And now it sees that, "Oh, I don't need these limitations any longer. I no longer to play with this the way I've been playing with it." And, at that point in time, you start to notice that you are ready to easily let go of things.

For example, how many of us have attached ourselves to stuff that we hold within our homes, or whatever it is. We've created all these attachments to all this stuff that we at one time or another bought or which was given to us, or that we've

worked hard to achieve, or whatever it is...and then we keep storing it. And that's why the storage business is doing so great (laughs). So we store it, and we need to have it with us, and we can't let it go. And we can't clean out our closets because we feel that one day we may need it, we worked hard to get it, we can't replace it, and all that stuff.

But at some point you come to the realization, "I don't need all of this stuff. And I feel like I'm putting all this extra burden on myself by holding on to it."

And not only holding on to stuff, but also holding onto the "status quo." Or holding onto a certain characteristic. For example, the way you look towards people, or creating a certain persona, or whatever it is...a façade on the outside of Who I Truly Am, and so forth. We start to realize that, "This is heavy. This is hard to do so." And then we go through the process of purging it. And then, of course, you start letting go and you feel yourself opening up when you starting letting go of all these attachments.

And when you start letting go of all your stories, and letting go of all these other things that we've created, (facades, our personas, and so forth), you start to feel, "Ahh. I can be myself now! I can be myself. And I am not here to hold on to anything any longer so that I have certain people in my life, or that I'm accepted, loved," and all these other perceptions that we've taken on. We then start to realize, "I don't need to. I'm going to let everything shape itself around me by finally getting to a point where I can just be myself. Where I am no longer carrying all this stuff along. I am no longer identifying with stuff, with people, with situations, with status, and so forth. I can just be me!"

And you realize, as people start to shift their consciousness, as they start to awaken, you see, you start to notice that they start to simplify. And the reason they're simplifying is because they don't need all that. They don't need to carry all of that. Because what was important is no longer important.

So this is when we get to that point we don't need to have the world outside of us a certain way in order for us to feel balanced. For us to feel whole. For us to feel good. For us to feel peaceful. Because, realistically, that doesn't do it. We are already natural. Our natural state is peace. Our natural state is fluidity. Our natural state is to play and to move on. We are not created to be stagnant. We are not here to identify with anything outside of us.

Because you know what's outside of us? We have a playground. We come here and we experience the playground. We experience everything that we choose to play with in the playground and we're here to do just that...just to play with it and then move on. We're completely fluid.

And with this coming into play, you can go anywhere around the world, you can do anything you choose to do, and you feel "at home" wherever you are. Because

“home” doesn’t need to be specific. It doesn’t have to be region-based. It’s not based on something having to be a certain way in order for us to feel at home. No. We’re at home with ourselves. And wherever we’re going, we now see it as a playground. And we could be anywhere. And we are easy flowing with everything around us.

You see, that’s our natural state. And that’s the connection when we’re connecting within, we feel that, we connect with that. And at that point there’s a calm, there’s a peace. And it’s all so easy to flow in and out with whatever’s going on. And you could be in the most intense drama. You can be in the most intense (at the mind level) has created as an opportunity of definition saying, “Oh my God, this is difficult for me to do.” That is only the mind with its programs and so forth that is panicking that way.

But by connecting inside, you realize, “Yes, this is exactly where we need to be so that we can make modifications, change and let go of the mind programs. So that we can do a wrapping up where I can get the rest of the lessons I needed from this experience. So here it is. Let’s do it. Let’s play. Let’s do whatever we need to do to wrap this up so that we can move on.”

You see, at that point, when you’re connecting at that level...when you are at that level...the storms around us, it’s like a play. It’s like you’re having a major hurricane, thunderstorm and so forth, but instead of being in tremendous fear, “Oh my God, it’s going to blow my house down, I may lose my life,” or whatever it is. When you are in that fluid, open state, when you are connected with your center, Who You Are, you now see this as an opportunity. An opportunity to have a sensorial experience. Of experiencing strong winds, or whatever it may be, and just flowing. If you want to play there.

Or else you just leave. “OK. I don’t need to play here. I don’t need that particular experience.” So whatever happens to your possessions or anything else will not determine your state. It’s like, “Oh, OK. Great.”

But at that point you also realize that whatever’s happening around you, whatever’s disappearing around you (possessions-wise or relationship-wise, loved ones, etc.) whatever’s happening around you is for your highest good anyway. You actually were the Activator for it to take place. The mind doesn’t realize that, but you will have that.

So at this point, it’s like, “Oh, I lost my job. Oh well. Great. Now I’ll go play somewhere else.” “I’ve lost somebody that I loved. OK. Great. They went on. I’m now free to play somewhere else or to experience love with somebody else,” or whatever it is. “I lose whatever I lose.” “Oh, OK. Let’s go play. Let’s go do something else.”

So it's an opportunity to free ourselves of whatever's changing around us. But we are doing that. We are doing that. So by connecting to that part of us, it realizes the perfection in all of it.

You see, we create such perfection. Because everything we create is an opportunity we have perfectly put together for us to move into something different...to move us into a different state of being.

Right now, we are going through a major consciousness shift. This shift in consciousness will give us the opportunity to realize Who We Are and no longer to identify ourselves with the outside world. We are going to utilize the outside world in harmony, in fluidity, all there is around us. And we will experience it...fully.

Realizing that the outside world is a stage. "I'm not here to trash it. I'm not here to conquer it. I'm not here to control it. I'm here to experience it and to play with it. And to allow other aspects of myself to play with it too." And that is what we are shifting into...this consciousness...and also a realization that everything outside of us...not only are we creating our reality...but every other soul...every soul that's outside of us...are really just other facets of us playing here.

And by realizing that, no matter what anybody does to us or what interactions we may have or what other circumstances, when we're connected to Who We Are, we realize that they are serious and that we have asked them to do this for us. So the mind will go through process of whatever it chooses to experience, however, you realize that, "Oh, they are not the villains. They are not the horrible (whatever) because they did this," or, "they are special because they did (this)...I asked them to do so. I asked them to create the scenario and to do this beautiful dance together no matter how the mind judges it as good or bad...because it's just a judgment...and you've created it.

So, with that realization, you can now go in and out of experiences much quicker and we experience life more openly.

You see, our world is shifting and with the shifting we need to change our environment. We need to change our environment because our environment can no longer stay the way it is. Not because we are destroying it...because, yes, we are changing its format...but as we change the format, it will not support our experience in the same way. So, yes, that needs to change, but it is changing because we have already played this polarity thing for a very long time. We've played in density and being in a lost state.

And when I'm talking about a "lost state," I'm talking about this disconnect that we've created...perceptual disconnect...but there is no disconnect because we're always connected, we're always connected with Who We Truly Are. We drown it, yes; we ignore it, yes; but we're always connected. But we've been experiencing ourselves with the perception of disconnect where our mind and our outside world

is all there is. "I am this physicality. I am this mind. I live in a world that I identify with and that I have to attach myself to things. I need to have things to 'be' something or someone. I need to act or be a certain way to be accepted" ...loved, cared for...whatever it may be. We look at all of that and that's what we identify ourselves with...and that needs to change. We've chosen that...at the soul level. So all we're experiencing in the outside world, we've chosen to play with.

So it's not that the world is "falling apart," it's that the world is going through a transformation. We are going through a transformation. And our physicalities are going through a transformation. And that is why a lot of this emotional stuff is coming up to the surface. And this is why we are feeling the intensities we are feeling. And this is why we are feeling imbalances.

But the imbalance is an illusion. It's because at the mind level we say, "No, it has to be this way."

Look at how funny this is, just as an observation: Part of us is saying "We're tired of this, we need to move on. We're here about growth. We here to experience ourselves at a completely different level." And the other part of us is holding on and saying, "No, no, we've got to keep everything as the status quo because this is all we know. And if we don't have all this stuff in place, if I don't have my Bank account, if I don't have my home and I don't have my stuff and I don't have all these people around me (my family and otherwise), then my world is not worth living. Because this is all I am!" Meanwhile, the other part of us is saying, "No. We want change. We want expansion. We want to create something totally different." So we have that which we can call another perceptual imbalance within ourselves where we're fighting it.

And we were just looking at some other things where people are feeling some intensities in their lower back and whatever else...you know, pains and so forth...and when you look at it, energetically, we are fighting ourselves. Part of us is saying, "Let's free ourselves. Let's go play. Let's experience our vibrancy through this body," and the other part is saying, "Oh, no, I've got to continue playing in this 3-D world. I don't like it (or whatever else it may be), but I need to still be here," and now I'm creating my own war within.

So, when you really look at it, we're creating all of this. But we've come to the observation of seeing it and saying, "Why am I holding onto all this for so long. I'm going to create whatever I need, however I need it, for my highest good. Because the reason I'm here is to experience life and to learn from my experiences, and to become enlightened...that's why I'm here. I've chosen this physicality, I chosen my family dynamics, I've chosen all that I've played with. But all of it was temporarily chosen to experience."

Because, the thing is, whatever we chose was never to be concrete or to define ourselves, or to be rigid in any way, shape or form. Everything that we've chosen

was to start off with, to flow in to and out of. To be fluid...that is our natural state...to be fluid...in and out...like the breath...in and out. I go play, I experience, I let go. And then I create something else. I go in, I play, and I let go. That is our natural state. Then you are in the most creative, playful and vibrant state of being.

The heaviness that we are feeling in our physicalities is the heaviness that we've been carrying energetically because we are tied into so many things around us...our stories, we're tied into our stuff, we're tied into our perceptions, we're tied into what others say or don't say, we tie ourselves in to what else is happening in the world, and so forth...and we are defining ourselves into all of that. And by doing that, we internalize it and bring it into our physicality and then we carry the energy or the heaviness of it.

And the body is saying, "Well, we don't want to carry this any longer. This is too heavy. Not only that, it is taking us all our energy and we can't really go out and do what we want to do. And that is to be fluid and playful. The mind is saying, "Well, I'm busy worrying and I'm busy being concerned with all this stuff, but I'm getting tired." The mind is saying, "I'm getting tired. I can't continue making stories and wrapping all this up."

And then eventually you get to the point where the mind says, "Well, I give up. I'm OK with whatever is." That's when we create alignment: mind, body and soul. "Let's go and play. Because now we're fluid, we're light, and we create and play with whatever we choose." Completely different playground. Completely different way of experiencing.

So if we're looking for balance, really, there is no such thing. Nothing is really balanced.

We are now looking to connect with the Source that we are. And the Source that we are is not outside of us. It's not a man in the sky or somewhere else. It's not other beings on the planet or anything outside of us. Everything is here. Everything is within you. The Spark that created you is the Spark of the universe, is the Spark of Source itself. It's everything. So there's nothing outside of us.

So that's what you're doing...you're playing with that. It's allowing your soul to connect with that energy force.

Now, like I've said before, you're connected all the time. But when you take all the barriers...everything that's draining us and so forth...out of the way, then we are much clearer with it.

So we are not looking for balance. We are just hooking into Who We Truly Are.

And through that, now our whole perception of life changes. We're here and we see for ourselves, "Great. I'm in a transformational mode. Bring it on! I've got stuff in

my body that needs to clear. Let's clear it! Let's accentuate it. Let's do whatever we need to do to make it happen. I've got all these programs, belief systems, and so forth that I'm holding onto to create rigidity and I'm ready to let it go! I've attached myself to all this stuff, all these people, all these circumstances, facades and otherwise, and all these roles....great. Let's let it go!" And become fluid. Become Who We Are.

And that's it! Simple.

That's what we're doing. That's exactly what we're doing.

Because like nature, like everything around us, it is fluid. Energy just moves around. We play with it, but we don't hold onto anything. Nothing is held onto.

The longer we hold onto it, we are holding onto something that we've attached ourselves to in a certain state of consciousness, a certain state of energy, a certain frequency. But our frequency is changing all the time. Our consciousness is changing all the time. And the energies around us are changing all the time. So we can't hold onto anything. Really, we can't! We can't hold onto anything at all. Everything is borrowed. You use it, but basically it's there. You go in, you experience it and then move on.

I know some people turn around and say, "Well, that's pretty scary!." Well, it's scary to the mind because the mind created this pattern where it has to have "stuff" in place. That's why we feel out of balance. That's why we feel out of balance. It's because it doesn't fit in to what's there.

But, you know, we can't be in that type of energy anymore because we're not there anymore. And the whole thing is shifting because of that. It's just the mind. But it knows it can't do that anymore. And it's realizing it more and more.

We're just in and out with everything. We're just flowing with all of it. And that's what we're preparing ourselves to do.

"You know, I'm on a ride. I chose to be on the ride. I'm fully in charge of the ride. Balance? What is that? I'm here to play! I'm here to experience! It's not about doing one or the other. So I'm OK experiencing whatever I need to play with."

That's it. That's our natural state. And that's what we are, deep inside, calling to finally do. And that's what's really occurring.

Then, with all of this in place, whatever happens on the outside world will not hook us, will not drain us, will not throw us into a loop, or anything of that nature. We see it, we experience it, we let it go through its transformation and realize that, as a collective, our outside world is projected from our collective (consciousness). It's not our enemy. It's only presenting what we've collectively held onto. Even though

it was only a story...because everything is made up...none of it is real...even though it's a story, it has served. It has served while we were playing in the world of separation, duality and now we've discovered and we're creating this new level of discovering Who We Truly Are.

So, connecting within, which is the Life Force of All There Is, can be in that fluid, natural state of play. Flow is all about...with flow there is no balance because balance is everything, in a sense. Energy is just ready to be taken form, to experience it, and then release itself from its form. See how easy that is? It takes whatever form it needs to while we are utilizing it, and then it releases and the energy goes back to Pure Potentiality.

Because everything around us is always Pure Potentiality. The only reason it takes a certain form is because we've asked it to be there. It doesn't matter...we may not have realized that that was happening, but it was always happening anyway. It's always been Pure Energy, Pure Potentiality taking form.

Now what we've done is we've created repetitive, rigid form. Meaning that we just keep repeating the same form. We keep creating that. But now we realize, and as the shift is going on that that does not serve us. So we are bringing everything back to Pure Potentiality to flow in and out much more formlessly. So it takes form temporarily, then you use it, then it goes back to energy again...back to Pure Potentiality. So then we become a world where we are no longer rigid. A world that does not have sacrifice, struggle, and all that that we've all been doing for thousands and thousands and thousands of years.

It was fine. It was a nice little experience. But we are no longer there.

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