

WORRY

Group Teaching
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With

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Antonia

Franco and I spent a good part of today working on clearing each other out and clearing ourselves out in order to empower tonight's clearing...and it was extremely powerful! And tonight the power that we allow to come through from within us and be part of this and to clear our selves out to make ourselves more available for you is what will come out in tonight's clearing.

Franco

The subject of worry is very powerful at this time because it seems to...with a lot of the different changes that are going on with the planet itself and each individual...and what seems to be taking form...I mean, we are going through a major purging and clearing now, and that is, has been, and will continue to bring up a lot of different symptoms.

Not only that but it makes us feel very sensitive, and with that sensitivity we tend to start to seeing some things possibly a little bit more intense or a little bit more...let's call it this way, if you're looking at it...worrisome. And because a lot of people are starting to feel, in some cases, they are losing control and they are not able to really understand what's going on....and especially with a lot of the energies going through...it is stirring a lot of emotions. Plus there are others around us (family members and so forth) going through very intense situations at times. And seeing that, we sometimes tend to get really attached to what's going on. And we have to realize that everyone, at some point or other, is affected.

Now I know some will show no symptoms because they may be at a different state of consciousness that their soul is not ready to allow certain things to take form. And if that's the case, then we need to honor that and not really get all involved in the fact that you see someone in your life who may not be going through changes that we feel are necessary...they are still playing in a state where no openings are being created. So we tend to get wrapped up in a feeling of "Oh, what's going to happen to them?" or something of that nature.

The other side of it is to see people going through some tremendous health issues, emotional issues, different changes in their lives and then we start to worry. And it could be close family members, intimate ones in your life, and so forth...

And what happens is, if we start getting into worry about all of that...and this has been happening more and more...and especially when we are having personal issues within ourselves, too...we tend to worry, "What's going on? Is this going to get worse? Is there something really wrong with me?" and so forth.

The interesting part of it is that worry is the same frequency as fear. Because realistically, worry is fear. And it is a fear that we have that something will happen or something of some sort will take form. But, the thing is, fear basically lowers our frequency and allows us to really disconnect from that energy of who we really are, and disconnect from a lot of the light beings that are within ourselves.

And this is one of the reasons that a lot of the control structures which are in place are playing up that fear: because it does allow us to disconnect. So, yes, we allow worries to slide in, but the thing is, is to really look at it and see that for worry to really exist we need to be creating stories and so forth in our mind and those stories are created by the mind really going loose on its own, creating ideas of what could possibly be...

And the thing is too, worry also...when that disconnection from who we truly are happens...we cut off the potential of being able to see with a high level of clarity...at least during that period of time...and also it has a tendency to prolong what's going on with the energies going through us. Because, the thing is, when we are not in a state of fear...and I know that this is part of the program which is a very archaic program...when we feel that we are out of control and don't have control of our situation or for some reason feel we are not in charge of its outcome, then we have a tendency to automatically go into fear. And that's part of the program.

But what we need to do at this point is disengage from that. And as you know, you really feel that you are at the mercy...you are not in charge of your experience, you are not in charge of the outcome, you are not in charge of whatever is playing out. And going further with that "not being in charge", what we experience too is that we feel that there is something going on that is not for our highest good and that everything has to be a very specific way. And that just creates more layers and more layers.

So because we are going through all these in-depth changes within ourselves and within our environment, it is really important that we allow the process to go through and really ride it...not because we have to "endure" it...it's more of being in an open state to "let it flow". And realize that whatever's playing out is serving us in one way or another, and in order for it to do what it's here to do, we have to allow it without getting engaged and fighting or resisting it or getting involved with fear...or

worry, in this case...because when we're doing that we're not allowing ourselves to expand.

And as we are in a more peaceful state...because that's what worry and fear do...they take us out of peace and peace is our natural state. So when we're not in peace, we create a different energy and that energy is again...

I mean, everything serves and there's no judgment about how anything unfolds, however, we right now...we as souls...and especially everyone on the line here and everyone who will be listening to this at a later date...because you'll be attracted to this clearing and meditation to really get you going...to really get you flowing with whatever is playing out in your life.

And, again, it is about "allowing" it; it's not about resisting it or having expectations and defining it that it should be one way or another. Because our minds have a tendency to do that: expect things to take a certain form (for someone to get well or for things to go a certain way). But part of these changes is letting go...letting of what we've held on to, letting go of a lot of the processes that have taken over and have run our life. And, the thing is, that was great but we are really not at that stage anymore; we are accelerating things as our souls have all agreed that we are choosing to go through this shift.

We are getting a lot of help, as you know, Antonia, because we worked on it earlier today, and we are getting a lot of help. And, "they", being other aspects of us, have taken on the opportunity to assist us energetically because they are not in that state of frequency any longer. And a lot of them have gone through various stages such as these some time ago and they are now ready to help us, through "light" and through our Sourceness that we are coming through.

So for us to be in that state is why it's really important for us to get into a very peaceful, neutral state and to trust that our Higher Self will guide us through it and whatever we feel is uncomfortable is part of what needs to be looked at and cleared. And the best way to do that is to stay in a state of peace...to really let go of worry. And that's why we selected this particular topic as the first one to address (with these Group Clearings), and as the first one that we need to "let go". And that's why we are doing this clearing.

Because once we get the fear out of the way and the worry out of the way...and worry, of course, like I said earlier, is part fear...when that's out of the way then it's easier to maintain a state of peace. And we are then in a much, much clearer state to allow whatever needs to unfold to unfold and not really hang on and fight the whole process...and with that natural openness allow it to flow. We will have to go through stuff, but we'll just clear it and we will feel inside whatever we're going to feel but we're not going to fight it, we're just going to allow it. We're going to notice what it's addressing, realize that this is serving us....because it's all serving us.

And fear and worry, because they are from the same family and are separating us from a state of peace, which is “light and love,” is an old modality which for thousands of years has kept us from the true essence of Who We Are, and that’s The Creator.

It’s very important to understand that as much as it looks like it’s out of our hands (what’s playing out), we’re very much in charge...and that being in charge is at the soul level. And that’s why we’re here and for what we’re experiencing. So we’re not really “not in charge”; we are in charge. But it’s at a level where the mind is not engaged. And the mind, of course, runs on programs and belief systems that things should be one way or another and that our world is definable in a certain way and, of course, with judgment it needs to be this way, not that way.

But the bigger part of us, the part of us that’s here for this whole experience and is allowing this to unfold for us is really in charge and it is assisting. And right now there’s a bigger part of us in charge because now we’re connected. We’re connected to many, many realms of brothers and sisters who are all working together to allow these changes to go through us.

Because this is, and I’ve said this before at other times, this shift is not only a personal shift, but it is also a global shift, it is a galactic shift and it is a universal shift. And what is happening at that level is that all of it is shifting. We are going into a completely different frequency. And the mind and our programs have a tendency to not accept it that easily and that’s why the fear comes in and the worry comes in...it’s either in its comfort zone, it’s either what it’s used to...We can get used to pain and then when we don’t have pain or something else starts to change with us where it’s not familiar, we have a tendency (because of the program that we are shedding) to create this fear and worry and “Oh, what’s going to happen and what’s it all about?” And this is what needs to change right now because there’s no judgment about it but we are definitely going into a different experience.

So, as you know, Antonia, with all of the things that are going through, one of the most prolonging and slowing emotions that can accentuate the process is to have fear or worry to come into our life. Because everything will play out the way it needs to play out. And we have to trust, in a sense, that we are in charge and that every soul around us is in charge of their own experience.

But, at the same time that is taking form, it is all playing out for everyone because we are all interconnected. Because as each soul is going through the clearing process, it’s also clearing the collective and it’s also changing and shifting the frequency of the collective. So we are all (transforming) at the same time. Because we’re all connected...all of it, all of this shifting is happening completely

And also what’s important which came to light today was that, as we are going through this, there are waves and waves of energies coming through and at times they may trigger our emotions which may trigger the worries and fears. They are

basically energy-purging and frequencies that are coming through from other souls within ourselves or around us that start to kind of move around and we tend to “pick up” on those things. And it’s not that we have to “be careful” not to pick it up or not to get caught up with it or lost in it. It’s just to really realize that, “OK, it’s coming through. I’m feeling it right now. And the reason I’m feeling it is because somehow I’m connected to it and there’s nothing wrong with that.” In that manner, we can become part of the process of clearing it. Because as we feel it coming through us, we clear it through us and we also clear it again for the collective. At the same time it also clears us at a level where we’re not...the thing is, in order for something to be felt, we need to have an anchor there so that we have our own personal part of it.

So you might look at it and say “Well, why am I feeling this way when it’s not even mine?” Well, it is and it isn’t. It is because we may still have a sensitivity to it and that’s why it’s hooked onto us. But, at the same time, you are clearing it for you and all aspects of you which are all the other souls around you. And so we are doing it all together.

So that was my sharing at this time of why we are doing what we’re doing and what is the motive for us tonight. Because by clearing what we’re clearing and by allowing us to engage with that Source that we are within us and connecting with all the different lightbeings and other aspects of ourselves, it is assisting us in allowing us to really allow the shift to happen within us much more efficiently and also for the planet to shift.

Because the more quickly we shift, the less we need to experience as a global experience...meaning that we don’t have to go through a lot of the intense things that are playing out on the planet. And because, even though we have markers or we have situations set up as a collective consciousness (meaning on the planet itself), as opportunities for us to wake us up, the more we “get done”, the more efficiently we “get done” then we won’t need to have as many wake-up calls or jolts and experiences to bring stuff up to the surface.

And for us to stay in a state of peace is really, really important. Because things will then just flow through us. But whenever we’re hanging on we get caught up in fear and the intensity becomes stronger and it tends to linger longer through us.

So we want to connect, this evening, to the Core Essence and to get to a state where we know that this is all perfect and where we do not need to hang on to any of the things that are coming up and we just let it flow.

It’s basically a “power-wash!” We’re cleaning ourselves out and getting rid of the debris.

It’s like when you were saying to me today, Antonia, when we start to shed (fat or anything of that nature), the fat has toxins in it. And when the toxins are “freed-up”

and start to go through your system they may give you symptoms. And these symptoms are sometimes not very pleasant but that doesn't mean that there's something "wrong" with you. You're just clearing the old debris, the old toxicity in your body.

And this is what we're doing: we're clearing the emotional (what you could call) toxic-like programs which we've held on to because of fear, because of worries, because the structures have kept us believing that this is what needs to happen or this is "the way life is." But what we are experiencing right now is not "the way life is." It has been a ride and has been beautiful and even what we're shifting to is another ride. But, at the same time, it's definitely in a different frequency and it's much more "Creator-active," "Creator-engaged" aspect of living.

So basically what we're doing is that we are connecting with our Creator-Source (Who We Really Are) more consciously and creating a higher level of consciousness and then no longer needing to play in the same dynamics as we played before.

By doing this clearing process we're also better able to "allow" whatever's happening around us (the people around us, the world, and so forth) and stay in that state of peace and realize that everything is OK and is working out regardless of how it looks.

Because the mind likes to judge things one way or the other and may say "This is horrible!" Well, we have to understand that we may not like it or feel that it's pleasant but, at the same time, it's perfect. And it's perfect because, even through the unpleasantness that we experience and others experience on a planetary level, it is still always an opportunity for growth.

Now the opportunity is for us to, again, experience the last "bit" ...because we are going through a purging of the last bit of darkness that we have on a collective level. And even the planet is purging and that is why we have a lot of the weather patterns that we do and certain other things that are playing out on the planet. So this is all working hand in hand.

But realize that by staying in that state of peace no matter what's happening...and some of the things are going to seem insane. I'm not talking so much about the personal physicality, but perhaps our interactions with others such as family members, legal systems, or whatever it may be...again, it's still part of the process. They are all opportunities for us to go into a state of peace...no worries, no fears...and realize that everything is unfolding and we do not need to judge it but rather just allow it to flow, notice what needs to be let go of, notice the sensitivity, and do the work.

It's a process...it's a beautiful process.

And it's an accentuated process at the moment because we are trying to cover a lot as humans on the planet. The shift has been quite intense for us because we have been trying to "catch up" because we are quite behind in the process of letting go and getting into a clearer state.

But, again, it's all perfect. It's all perfect!

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