

Antonia

AWAKENING THE ALCHEMY OF AWARENESS



BESTSELLING AUTHOR / INSPIRING SPEAKER
MEDITATION TEACHER / YOGA INSTRUCTOR
REGISTERED PSYCHOTHERAPIST

MEET ANTONIA

ANTONIA'S MISSION

To assist healers, seekers, and psychonauts get ready for a wave of healing as our collective ancient traumas surface more rapidly and readily on our path to the next reality.



I am Antonia, and I assist people in seeing ancient stories of pain and separation. This pain is where we hold the 3rd dimension in our bodies, but to see it is to dissolve it. I help you dismantle the pain infrastructure through sharing energies of deep seeing as beneath the pain is your connection to your creativity and to our collective. I am here to share the energy of awareness and a vision into yourself and your connection to all. We are not separate; only our pain tells us we are. I invite you to walk with me on an often uncomfortable but magical journey into your next reality. It's not an easy path because we must see our pain for what it really is. This is the alchemy of awareness. This is the transmutation of pain into love and dark into light. This is the next dimension.

~ANTONIA

EXTENDED BIO

Antonia's mission is to Activate, Enable, and Expedite your journey into the next reality.

Antonia's accelerated transformation started in 2006 when she discovered her capacity to dissolve lifetimes of pain in her own body through a harrowing journey inward. As her reality shifted, her energies increased, and she was soon assisting clients in activating their process of expansion. Raising the vibration by inviting a deep seeing of the truth of pain, she enables their process of dissolution of ancient trauma stories. As her expansion continues, she shares the energy and awareness it reveals.

Antonia spent her early decades collecting degrees at prestigious institutions of higher learning. She graduated from OISE, the University of Toronto, with a Masters of Education in Counseling Psychology. In addition, she has a Masters of Arts in International Development from St. Mary's University in Halifax. She graduated from the Center for Ayurveda and Indian Systems of Healing (CAISH), where she became a certified Ayurvedic Counselor, and studied Women's Herbal Remedies at the Ayurvedic Institute in New Mexico and Ayurvedic Psychotherapy at Renaissance Yoga and Ayurveda in Toronto.

She built up knowledge, intellect, data, and credibility. Now, she is learning to unlearn. To expand awareness, she disassembles the infrastructure of the mind and surrenders it to the heart. Because she is here to let it all go—all but the love.

Like many on this journey, the work - the psychotherapy, the energetics, and now the podcast and healing modules - were compulsive in nature. She is pulled by the need to contribute to the collective sharing of our visions in the next phase of our global evolution.

In this life, Antonia plays the roles of Registered Psychotherapist, Plant Medicine Integration Counsellor, Transmuter/Facilitator, Ayurvedic Counselor, Yoga and Meditation Teacher, and Retreat Facilitator, and is now in training for Plant Medicine Facilitation. As an integrative therapist, she blends Western modalities of a therapeutic relationship with the metaphysical transmutation of the trauma of separation. Antonia helps people see the pain as a signal, a signpost, and an opportunity for expansion; to bring awareness to pain and integrate our hidden suffering into the greater whole.

Antonia takes you to deeper levels of knowing and being through her one-on-one healing sessions, online modules, workshops, and retreats. She anchors you in her presence to direct the energies of consciousness and healing into sights unseen. To truly see the 3D in your body transforms it into a higher Self. She invites the power of awareness to raise the vibration, detoxing layers of 3D pain you hold in your body. Her goal is to assist healers, seekers, and psychonauts get ready for a wave of healing as our collective, ancient traumas surface more rapidly and readily on our path to the next reality.

This is her passion. This is her destiny. This is her Collective.

In her non-professional life, her favorite pastimes are kayaking, reading, painting, meditating, and playing in her sacred garden. She is originally from the Western Provinces of Alberta, and B.C.

SHORT BIO

Antonia's mission is to Activate, Enable, and Expedite your journey into the next reality.

Antonia has spent 20 years collecting degrees and confronting injustice out in the world. In 2006, she experienced a dramatic, terrifying, and spontaneous shift in realities that changed everything. Out of this awakening, she spent nearly 16 years releasing her own emotional, physical, and energetic pain. Antonia works with her clients as a psychotherapist and energetic facilitator/transmuter to help them see their pain versus be their pain, releasing ancient pain programs through high frequencies of love and awareness. Antonia is a registered psychotherapist with graduate degrees in Counselling Psychology and International Development, a Certified Ayurvedic Counsellor, Meditation Teacher, and Yoga Instructor.

SPEAKER

WHY BOOK ANTONIA AS YOUR GUEST?

Antonia's job is to take you and your audience into deeper levels of seeing, knowing, and being.

She will anchor you and your audience in presence, allowing you to bring the energies of consciousness, healing and order into sights unseen.

Through her insights and presence, she will expand the path of awareness to help you see the pain and make it available for dismantling.

Together, we invite the healing power of consciousness to enter into our beings and facilitate our deep integration back into the whole. We detox layers of density we hold in our 3D being and are now ready to let go.

Antonia beautifully presents the first steps of transformation from pain to love by teaching us to actually see the pain and bring it into full awareness to unlock the energy of creativity.

Help your audience unleash their inner awareness. To interview Antonia or invite her to speak at your event, please reach out to us today.

THE INTERVIEW

Antonia is an inspiring speaker and bestselling author. As there are various topics with rich content that Antonia shares, she merges energy and enthusiasm to empower and embolden any audience.

While Antonia routinely delivers custom content, her most popular topics include:

- Awakening from the state of separation is releasing intergenerational /collective trauma from the body.
- Blending psychotherapy and metaphysics on our path to awakening from the 3rd dimension.
- To bring awareness to pain is to integrate our hidden suffering into the greater whole.
- Trauma and the 3rd dimension.
- Consciousness Delivery Systems.

SUGGESTED DISCUSSION QUESTIONS

- What does the present moment have to do with shifting dimensions?
- What does trauma really mean and how it interferes with how we view the world?

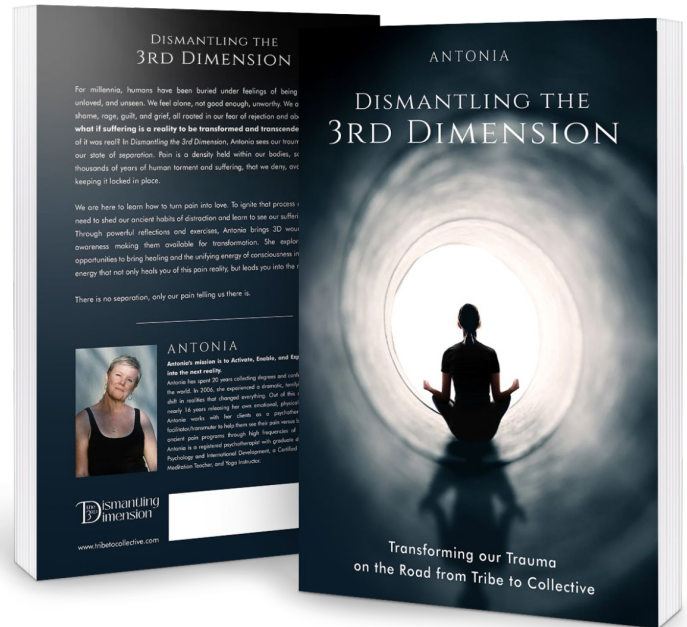
- How does the chaos of pain move us away from consciousness? Why do some of us choose to stay in pain?
- What is the relationship between pain/trauma and the state separation?
- Why are we often stuck and believe in pain and trauma stories that our minds engage in all the time?
- What is the relationship between feelings/emotions and the 3rd dimension?
- Can you explain more about the AHA moments that we get each time we release trauma from the body? What are these expanded states?
- What does it mean to be awakened?
- You suggest that we choose to stay in pain? What does that mean given that it looks like we spend all of our time trying to get out of pain?
- How can someone find their own process of bringing in the safety, the energy to access traumas and release them more quickly?
- How do we humans behave when the pain feels like too much to handle? What are the signs?
- As someone deepens the relationship to consciousness, compassion and acceptance, how does that unfold?
- Is there a pattern or each individual develops its own pace to deal with these concepts?
- How can we feel or experience consciousness?
- What is the Tribe to Collective and what is your goal with it?
- What is ancestral trauma and what does it have to do with the process of dismantling a dimension?
- Can you tell us a little bit about your own healing process to dismantle and dissolve the pain in your life?
- What is the purpose of your upcoming book and who did you have in mind as a reader when writing it?
- How can people work with you or have access to your content?
- If you had to highlight one takeaway from the book, what would that be?
- What is your biggest wish with this book?
- What is your website and where can people purchase the book?

THE PODCAST: [DISMANTLING THE 3RD DIMENSION](#)

THE BOOK

DISMANTLING THE 3RD DIMENSION

Transforming our Trauma
on the Road from Tribe to Collective



WHY READ THE BESTSELLING BOOK?

The rise in energy is now beginning to transform generations of trauma imprinted in our DNA. Our relationship to pain must change to facilitate that evolutionary process. Seeing but not believing the pain is a fundamental conversation as we expand out of the 3rd dimension and the next generation takes charge of the transformation. We are each here to let go of our own electromagnetically encoded pain and dismantle its physical manifestations. Learning how to direct awareness into those wounds as well as take care of ourselves through this process is the next iteration of trauma work.

ABOUT THE BESTSELLING BOOK?

For millennia, humans have been buried under feelings of being misunderstood, unseen, and unheard. We feel alone, not good enough, and unworthy. We are submerged in shame, rage, guilt, and grief, all rooted in our fear of rejection and abandonment. And we have felt powerlessness to do much about it.

But what if pain is a reality to be transformed and transcended? What if our pain is our creative potential?

What if healing our reality within requires us to let go of the reality without? What if none of it was real?

In *Dismantling the 3rd Dimension*, Antonia suggests that ancient trauma has solidified in our beings through thousands of years of human torment. This wounding is at the heart of our 3D state of separation - a density held within our own bodies that we often deny, avoid and repress, keeping it locked in place. To date, we have looked outward—to our lovers, our doctors, our spiritual leaders, and our families—to free us from our abandonment and rejection. But the myth of separation exists within our own bodies. As does our transcendence.

We are here to learn how to turn pain into love. To ignite that process, we let go of our old habits of distraction; of denying, avoiding, and rejecting our own pain. We learn to deeply see and accept it all with new eyes. In healing our abandonment, we let go of our tribal divisions and find our Collective. We find our connection to the Whole.

We need to deepen our ability to see our pain to make it available for our expansion. Antonia spent 20 years collecting degrees and battling injustice. In 2006 a dramatic, spontaneous, terrifying shift in realities occurred, challenging everything she knew of the world and herself. For the next magical yet painful 16 years, she experienced an explosion of energy, an accelerated awakening. She has spent nearly every day releasing emotional, physical, and energetic pain from her body. And as she let go of the suffering, the purpose of pain and the power of awareness came into focus.

Through powerful reflections and exercises, Antonia activates an awareness of our 3D wounds and invites the unifying energy of consciousness into your body. You begin to release a reality colonized by the mind and activate one led by the heart, transforming 3D pain in our bodies into a metaphysical expansion. The energy leads you to the next reality; a reality of compassion and connection, beyond the 3rd dimension, beyond the Tribe, into our Collective.

When pain and love occupy the same space-time, transformation occurs.

SHORT BOOK DESCRIPTION

For millennia, humans have been buried under feelings of being misunderstood, unloved, and unseen. We feel alone, not good enough, unworthy. We are submerged in shame, rage, guilt, and grief, all rooted in our fear of rejection and abandonment. **But what if suffering is a reality to be transformed and transcended? What if none of it was real?** In *Dismantling the 3rd Dimension*, Antonia sees our trauma at the heart of our state of *separation*. Pain is a density held within our bodies, solidified through thousands of years of human torment and suffering, that we deny, avoid, and repress, keeping it locked in place.

We are here to learn how to turn pain into love. To ignite that process of expansion, we need to shed our ancient habits of distraction and learn to see our suffering in a new way. Through powerful reflections and exercises, Antonia brings 3D wounds into greater awareness making them available for transformation. She explores the growing opportunities to bring healing and the unifying energy of consciousness into your 3D body; energy that not only heals you of this pain reality, but leads you into the next dimension.

There is no separation, only our pain telling us there is.



DISMANTLING THE 3RD DIMENSION

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SUBTITLE - Transforming our Trauma on the Road from Tribe to Collective

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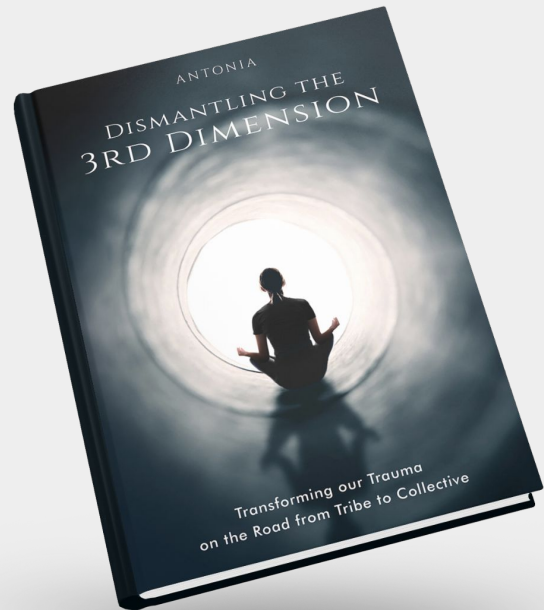
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**the 3RD Dismantling
Dimension**

**Tribe to
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