



# LIMITLESS

*The*  
ASCENSION  
PROTOCOLS

MISSIONLIMITLESS.ORG

# ASCENSION PROTOCOLS

·Physical Healing

·Emotional Healing

·Mental Healing

·Spiritual Healing

·Discipline & Consistency

·Mastering Environment

·Spiritual Gifts & Connection

·Service to Others

·Divine Will

# PHYSICAL HEALING

- Parasite Cleansing
- Candida Cleansing
- Cut out yeast & Sugar
- Fasting for 72 hours
- Garlic Cleanse
- Coconut oil pulling
- Blessing Water
- Grounding
- Sunlight
- Movement
- Cold Showers

# EMOTIONAL HEALING

- Allow all feelings to come up & be released.
- Take accountability & dissolve victim/taking it personally.
- Mastering control dramas.
- Mastering triggers & emotional reactions.
- Mastering the vibrational scale
- Breathe work.
- Forgiveness ceremonies & journaling
- The 4 agreements.

# MENTAL HEALING

- EGO Death work & ego death ceremonies.
- Healing the nervous system from fight or flight.
- Dissolving fear through trust.
- Cutting chords.
- I am Affirmations.
- Stillness.
- Focusing on Higher Thoughts.
- Solitude.

# SPIRITUAL HEALING

·Cleansing the auric field.

·Sage.

·Cleansing showers/baths.

·Violet flame.

·Rainbow bubble.

·Shielding.

·Spiritual disciplines.

·Prayer.

·Automatic Writing.

·Ceremonies.

# DISCIPLINE & CONSISTENCY

- Creating your divine discipline routine based on your unique blueprint & energetics.
- Staying consistent with self-love, healing & spiritual disciplines.
- 30 days to anchor in divine habits.
- Find what works for you & stick with it.
- Evaluate what is no longer working & cut it out.
- Right Action.



# MASTERING YOUR ENVIRONMENT

- Mastering external triggers and Transformation.

- Not taking things personal.

- Response rather than Reaction.

- Flow rather than Resistance.

- Creating sacred spaces.

- Staying Grounded & Centred.

- In any environment using your tools & techniques.

- Energetic Alignment.

- Discernment & Boundaries.



# SPIRITUAL GIFTS & CONNECTION

- Getting in tune with your essence  
higher self connection &  
Embodiment.

- Anchoring of divine traits.

- Follow your passions.

- Develop your skills.

- Daily connection with spirit,  
source, higher self, angels, guides,  
etc.

- Find your mode of guidance.

- Find your mode of synchronicity.

- Practice following your intuition

# SERVICE TO OTHERS

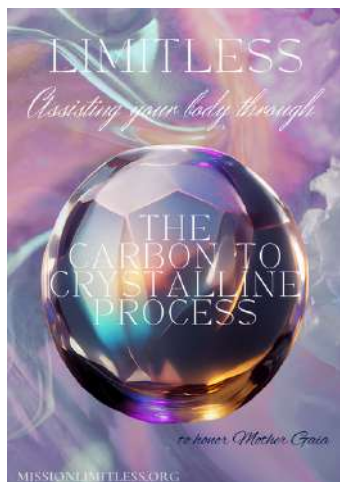
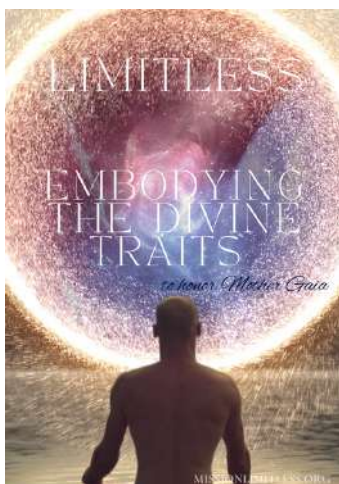
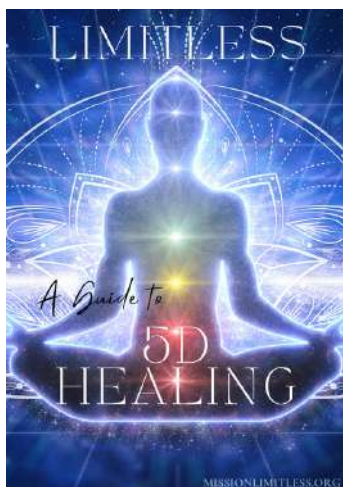
- Sharing your wisdom with others.
- Using your gifts & skills to assist others.
- Co-create with others.
- Develop balance between service to others vs to self.
- Learn how to say no.
- Understanding taking versus giving energy.
- Trust your intuition.

# DIVINE WILL

- Complete dissolution of the EGO persona.
- Full embodiment of your Spirit/higher self.
- Following intuition.
- Utilizing skills and gifts for the highest good of all.
- Relaxed & in flow, inspired action.
- Connection to Source.
- Balanced harmonics.

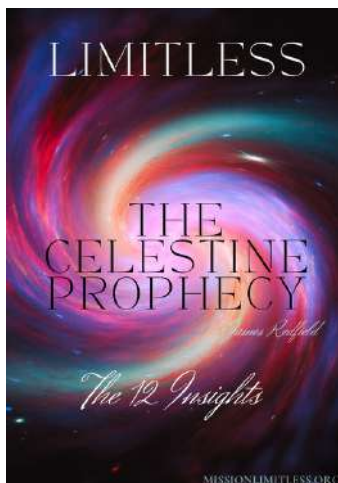
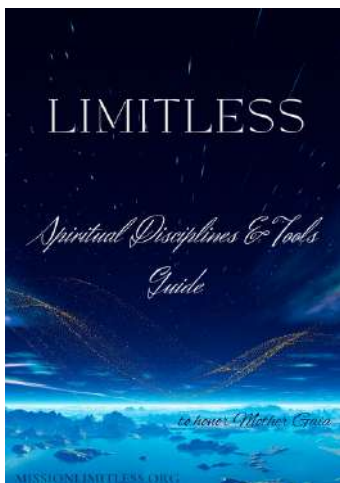
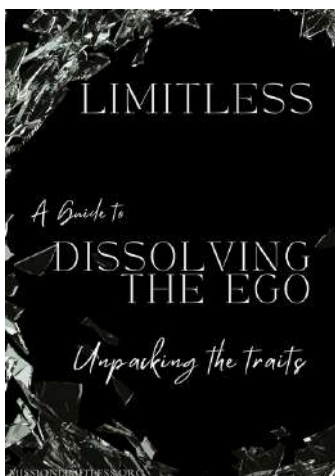
*We have a lot more information on our website that goes into more depth in supporting these protocols, all for free download:*

*[www.missionlimitless.org](http://www.missionlimitless.org)*



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Honors  
Mother Gaia*

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