



LIMITLESS

The
ASCENSION
PROTOCOLS

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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

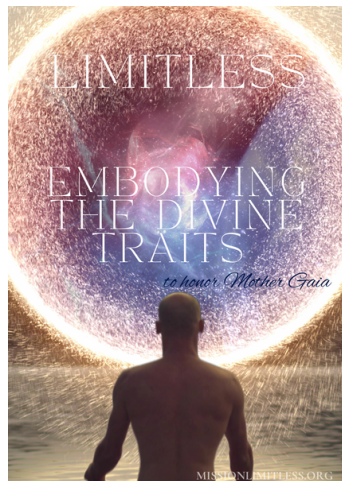
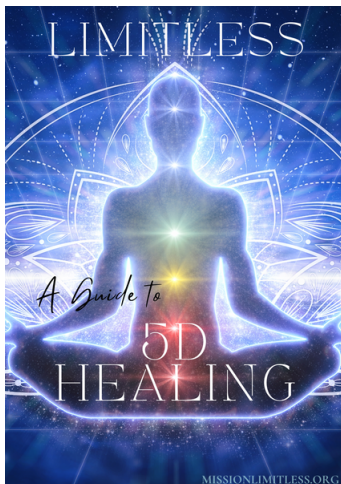
- Sharing your wisdom with others.
- Using your gifts & skills to assist others.
- Co-create with others.
- Develop balance between service to others vs to self.
- Learn how to say no.
- Understanding taking versus giving energy.
- Trust your intuition.

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.

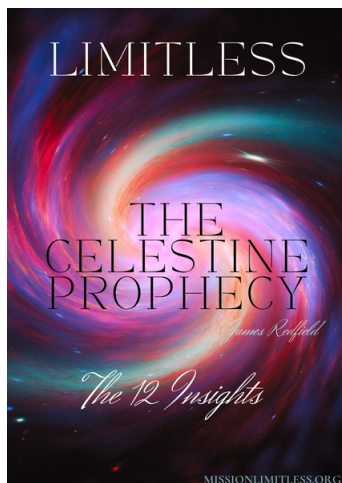
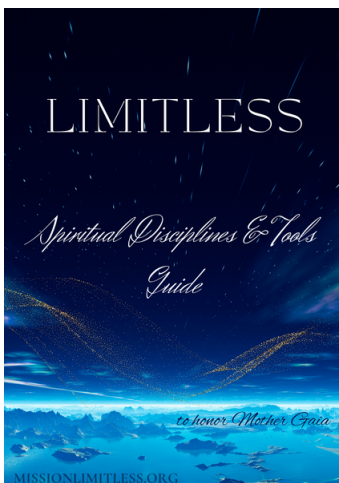
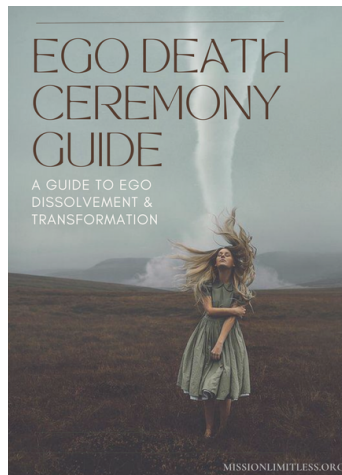
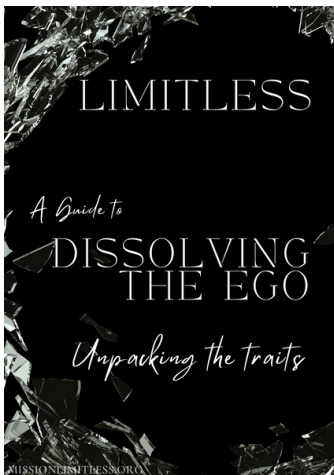
We have a lot more information on our website that goes into more depth in supporting these protocols, all for free download:

www.missionlimitless.org



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Honors
Mother Gaia*