

# LIMITLESS



*A Guide to*  
**MASTERING  
ENERGY**

*How to Understand  
and Master Energy*

# WHAT IS ENERGY?

Energy is Creation in Motion. Creation was birthed through love and the unknown, the feminine essence, or Prime Source, which then created the masculine. Creation is always in a state of change and expansion. Energy does not stay stagnant. Energy is what makes up Creation.

In our human vessels, we can only perceive 5% of ALL energy, as we are in the lowest vibrations in existence, and we cannot access the higher energetic frequencies.

In 3D we only use the 5 senses - touch, smell, taste, hearing, and sight. The other 95% can only be felt, sensed, known and perceived. This can only occur when we reach a higher state of consciousness where we become a match to perceiving these higher levels of energy.

All energy has a vibration and a frequency which can be felt. Lower vibrations only exist in this 3D realm, which occurred from the separation/split from the true Blueprint of Love. The vibrational scale demonstrates the energies we can perceive here in 3D.

# THE VIBRATIONAL SCALE

## Map of Consciousness

Developed by David R. Hawkins

The Map of Consciousness is based on a logarithmic scale that spans from 0 to 1000.

Name of Level	Energetic "Frequency"	Associated Emotional State	View of Life
Enlightenment	700-1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

# HOW DOES ENERGY WORK?

In 3D, most beings do not perceive energy as it cannot be picked up through the 5 senses, it requires feeling, intuition and inner knowing. Just because we cannot touch, see, smell, taste or hear energy does not mean it isn't there.

Everything is made up of energy, Creation in Motion. The Spirit that lives in all things, living Source energy. Energy cannot be created or destroyed but can only be transformed or transferred. In 3D, beings are run by the EGO Programmed Mind, so they are stuck in an illusion of ignorance. This creates what we call, “unconscious energy”.

Unconscious energy is energy we are unaware of, whereas conscious energy = consciousness, meaning to be aware. Awareness transforms into consciousness.

Because 99% of humanity lives almost entirely in unconscious energy, they are unaware of how their energy is constantly creating their reality.

Our external reality is a reflection of our internal reality.

The 3D plane is the only place where there is an “external” and “internal”. In higher realms, all is ONE and all is known. There is nothing hidden or secret. All energy MUST be expressed, whether conscious or unconscious. So all of our unconscious energy we are unaware of, is what is constantly creating our reality. This is why many do not understand why they continue to attract and manifest certain experiences, people and events

# HOW DOES ENERGY WORK?

When we are Consciously creating, we are embodying our true energy which comes from Source, we are consciously manifesting what we dream of. This is how we co-create a new reality with Source. Energy is always seeking to transform itself into something higher, grander, more expansive as that is how Creation works. When we are unable to transform our lower, energetics into higher energy, this lower energy will transfer to someone else who is of a higher vibration and that can transform the lower energy.

This is how energy such as wounding, trauma, and programming gets transferred through birth, marriage, sex, and between two people during any interaction. Most interactions in 3D include energy bouncing back and forth between vessels before one is able to transform it into a higher frequency. When we do not transform lower vibrational energy within us, it will express itself as anxiety, depression, anger, rage, illness and disease.

When we become aware of our unconscious energy, we can then transform it into higher vibration, and this begins to reflect in our vessels and our external reality. We can change reality by changing our vibration of energy. This is our evolution.

# TAKING VS GIVING ENERGY

In true reality, where the rest of Creation exists, there is no “taking”, it does not exist. All exists in a symbiotic relationship of giving, receiving, and co-creating. Love is the only energy that exists and love does not take, it can only give.

In this 3D plane, “taking” was created by the EGO mind, the unconscious energy. Because it is unaware that we are all ONE, it does not understand that what one does effects the whole. It believes it is separate from the ALL, which is what creates taking.

Taking energy occurs within humanity because they are disconnected from their true selves, they are disconnected from Source and therefore they do not have a life sustaining vibration. On the vibrational scale, anything below 200 is a life draining state, while above 200 is a life enhancing (giving) state. Therefore, anyone who is embodying an energetic vibration below 200 is automatically taking energy. The action or the words is not what is important, but the energy behind it.

Taking energy can occur through many different avenues, the biggest ones beings sleep, food, sex, control dramas, resources, stealing, and addictions. In order to be in a true giving state, one must be embodying a vibrational energy above 200 and become aware of habits and behaviors that were programmed to take energy.

Humanity is addicted to energy as they have been cut off from Source through the illusion. This is why the planet is in the state that it is. The greatest energy taking happens between two beings, but can also happen between beings and the planet, and other physical means such as food/addictions.

# SLEEP

“Sleeping” is when the consciousness exits the vessel while the vessel is in a state of unconsciousness. We have been trained to take energy while we sleep because most beings are not processing their own energy in the waking hours, so they escape through sleep and their unprocessed energy gets dumped into their physical environment.

Processing energy means we are feeling, releasing, transforming, and letting go daily of all lower emotions, thoughts, and feelings that are coming to us. Our true organic state is peace, love and joy. When energy goes unprocessed, it must be transferred. Often two unconscious beings sleeping next to one another, are dumping energy onto the other throughout the night. This is often why you may wake up tired or drained.

Sleeping consciously means we are in a state of rest/meditation but we are fully conscious while doing it. You can pray and ask your angels each night to help you sleep consciously, to help you process while you rest, and to wake you up when it is highest. Alarm clocks are inorganic and cause shock to the vessel, whereas when we are resting consciously, our angels are able to wake us up when it is best.

We are moving into a state of no sleep, as we enter a higher dimension and higher vibrational energy, we will not need to sleep. Sleep was only required because of the dense dimension that we exist in, the vessel needed sleep in order to recover. In true reality, we have light bodies that process energy at a rapid rate and do not experience dense energy. We are fully connected to Source and always energized. It is recommended to sleep 3-5 hours in these current energies.

# FOOD

Food is provided by Mother Earth as a means to sustain our vessels, nourish us, and bring us joy. Food has been manipulated with GMO's, chemicals, and inhumane treatment in order to poison us rather than heal us. All illnesses and diseases can be cured with awareness of energy and with naturally growing foods and herbs. This is the symbiotic relationships between humanity and Mother Earth.

Food is used as a way to take energy when the vessel is in a draining state, it seeks food to give it energy and fill the void that one feels which is really our disconnection from Source. Over eating, eating without gratitude, eating unconsciously or eating too many inorganic foods will begin to poison the vessel and takes energy directly from Mother Earth.

Eating smaller meals, blessing your food with intentions of gratitude, love and healing, and eating for joy rather than consumption, will allow the vessel to use the food for its highest use which is to nourish our vessels.



# SEX

Sex is a hot topic amongst the spiritual community as there exists a lot of disinformation and manipulation. “Sex” was a means of procreation in the physical realm and also as a way for masculine and feminine to balance their energy systems.

In a true reality state, we all exist in balanced harmonics which is 51% masculine 49% feminine for Masculine vessels, and 51% feminine and 49% masculine for Feminine vessels.

Through conditioning and programming, feminine were overly feminine and disempowered and masculine were overly masculine and over powering. The soul is always seeking to be in balanced harmonics so without the awareness of how to balance yourself energetically, you would unconsciously seek out another vessel that could balance you out.

Unfortunately, sex was then taken over by the Cabal and they infiltrated this sacred energy exchange and made it sinister, they inserted dark energy in order to siphon energy from the collective through sex and used it to serve dark entities. This is why we were programmed to be addicted to sex, which is an addiction to energy, further serving the dark entities.

Until we are ALL in full consciousness, in a fully giving state, all sexual acts are a taking of energy. This also creates distorted energy within each vessel as it interchanges with another’s energy. Energetic chords are created when two beings have sex, thus mixing energy which becomes more difficult to transform.

# CONTROL DRAMAS

A large form of taking energy is through Control Dramas between two beings, especially in romantic relationships. These are dysfunctional dynamics that have been taught to us through generations that is a result of the EGO mind and addiction to energy. The following are based on the book *The Celestine Prophecy* by James Redfield.

**INTIMIDATOR:** Stealing of energy by threat. Intimidators get people to pay attention to them by force, loudness, physical strength, threats and unexpected outbursts. They keep everyone on edge for fear of triggering off embarrassing comments, anger and in extreme cases, rage. Energy comes toward them because of the fear and suspicion of the “next event.” Intimidators always have the stage. They make you feel afraid or anxious. The behavior may range from ordering others around, talking continuously, being authoritarian, being inflexible and sarcastic, to being violent. Intimidators are the most cut of from Source energy.

**INTERROGATOR:** Interrogators are less physically threatening, but break down spirit and will mentally question all activities and motivations. They are hostile critics looking for ways to make others wrong. The more they dwell on your faults and mistakes, the more you will watch them and react to their every move. As you strive to prove yourself or answer to them, the more energy you send their way. All you say will be used against you at some point. You will feel as you are constantly being monitored. Hyper vigilant, their behavior may range from being cynical, skeptical, sarcastic, needing, perfectionistic, self-righteous, to viciously manipulative. They initially engage others with their wit, infallible logic, facts and intellect. Interrogators create Aloof children and sometimes poor Me’s. Both want to escape the probing of the interrogator.

# CONTROL DRAMAS

**ALOOFNESS:** Aloofies are caught up in their own internal world of unresolved struggles, fears and self-doubt. They believe unconsciously that if they appear mysterious or detached, others will come to draw them out. Often lonely, they keep their distance for fear of others imposing their will or questioning their decisions. Thinking they have to do everything on their own, they don't ask for help. They need "lots of space" and often avoid being pinned down by commitments.

As children they were not allowed to satisfy their need for independence or acknowledged for their own identity. Prone to move toward the Poor Me, they don't realize that their own aloofness is the cause of them not having what they want (e.g. Money, love, self-esteem) or for their feelings of stagnation or confusion. They often see their main problem as an external lack of something e.g. Friends, money, education etc Their behavior ranges from disinterested, unavailable, un-cooperative, to condescending, rejecting, contrary and sneaky. Skilled at detachment as a defense, they cut off their own energy with phrases like: "I'm different to others," "No one really understands what I'm trying to do," "I'm confused," "I don't want to play their game," "if only I had..." Opportunities slip away while they overanalyze everything. With any hint of confrontation they become vague and literally disappear screening calls and not keeping appointments. They initially engage through their mysterious, hard to get persona.

# CONTROL DRAMAS

**POOR ME:** Poor ME's don't ever feel they have enough power to confront the world in an active way, so they look for sympathy, pulling energy toward them. When using the silent treatment, they may slide toward the Aloof mode but as Poor ME's, they make sure that the silence does not go unnoticed. Always pessimistic, they pull attention to themselves by worried facial expressions (pee face), sighing, trembling, crying, staring into the distance, answering questions slowly and retelling poignant dramas and crises.

Their favorite two words are "Yes, but.." They initially seduce by their vulnerability and need for help. However, they are not really interested in solutions then they would lose their source of energy. They exhibit over accommodating behavior which leads them into feeling taken advantage of which reinforces their poor me addiction of taking energy. They have little ability in setting boundaries and limits, behavior ranges from convincing, defending, making excuses, repeatedly explaining yourself, telling too much and trying to solve problems that are not their business. They open themselves to being objectified, through their beauty or sexual favors and then resent being taken for granted. Poor me's sustain their victim stance by attracting people who intimidate them. Outer behavior vs inner struggle.

# CONTROL DRAMAS

Once we become aware of the control dramas we can tap into the gifts they were always trying to unlock. The flip of the control dramas are:

**Intimidator=Leader:** When connected to true Source, an intimidator will find more self-esteem when he/she uses his or her leadership qualities. Assertive without being domineering, confident without being arrogant, he/she has more chance for enjoying challenges and gaining the cooperation of others.

**Interrogator=Advocate:** The interrogator, transformed, channels the predilection for questioning into research for the greater good rather than for energy. Using more well-rounded interpersonal skills as a teacher, counselor or advocate.

**Aloof=Independent Feeler:** Freed from the need to remain an outsider, Aloofs access deep inner intuitive resources to bring wisdom and creativity to their life's work, such as being a priest, healer or artist.

**Poor me=Reformer:** Having experienced true nurturing and unity, the Poor Me is able to stay grounded in his or her own inner source and becomes a compassionate reformer, social worker or healer.

# RESOURCES

We, as a collective, are takers of all the resources freely given by Mother Earth. We take land that is owned by Mother Earth and we “own” it and sell it. We take food, water and oxygen from Mother Earth to survive, but we give very little back to her. We are entitled to minerals and other resources such as oil, coal, gems, and stones.

The planet is dying because we have sucked Mother Earth dry of her life force by continuously taking and not giving back to nature. Humanity is technically a parasitic race, as we feed off our host in order to survive but do not provide any benefit to the host. As parasites, we have destroyed our home and thus this is reflected within our consciousness.

Honoring Mother Earth and consciously making choices not to waste, harm, or take from the Earth are essential to re-establishing our relationship with our host.

Creating more sustainable living and preserving our host, nourishing her and caring for her is the New Paradigm, as we are ONE with this planet who is a living being.

# STEALING

Stealing is a physical form of taking where one takes something from another. Stealing is a heavy collective energy that comes from lack consciousness. This fear of lack is illusionary, as everything in Creation is abundant, however, we are taught that there is not enough for everyone therefore we must take it from someone else.

Beings steal possessions, money, time, joy, and opportunities from others due to this lack which creates competition, jealousy, and fear. Stealing is lack consciousness and violates all Universal Laws.

Joy stealing is prevalent as the EGO chooses pain and suffering above all so it hates joy and will unconsciously seek to steal the joy from others because itself cannot access that vibration.

# ADDICTIONS

The EGO has to be addicted to external things because it cannot be fulfilled within itself. The EGO is not part of Creation, it is a black hole that can only take, consume, and fill itself. Because the EGO creates deep pain and suffering, it often leads many, especially those who are energetically sensitive and empathic, to numb with substances.

Addiction to substances keeps the spirit dulled and the Mind in control. Prescription drugs, hard drugs, alcohol, etc., numb the feeling centers and cut off the brain heart connection. The being cannot feel so it can no longer access intuition but relies only on the mind.

The biggest addiction is to energy. This addiction can present itself in many ways such as addiction to sex, sugar, energy drinks/supplements, anything that gives a rush of energy that the being cannot generate themselves. The addictions keep you focused on survival, fight or flight and prevent you from being centered, in your heart and connected to your higher self.



# TRANSFORMING ENERGY

In order to transform energy you must process it and then shift it to a higher vibration, this transforms lower energy into higher energy.

Processing energy is when we feel an energetic come to us or get triggered within us and we feel into the energy, we identify it and are aware that it is not real, and then consciously work through releasing the energetic.

Example - rage/anger/frustration are very dense collective energies and we feel these immediately when they come to us or when this energy is triggered in us. In order to process these, we would first get into a state of non-reaction. Breathing deeply and consciously, breathing in love and breathing out love, will help process the energy.

Crying or releasing in some other way will also allow the energy to dissolve. We then consciously move ourselves back into a state of centeredness and peace and we have now transformed anger.

The more energy we transform, the more energy that will come to us as we reach a purer state we will be able to process and transform more and more collective energy. This process is a mastery but becomes easier with true surrender and discipline.

# BALANCED HARMONICS

In true reality, all exists in a balanced state. In order to anchor in balanced harmonics on the planet, each vessel must reach balanced harmonics within themselves first.

The true balanced harmonics is 51% feminine/49% masculine for Feminine vessels and 51% masculine/49% feminine for Masculine vessels.

In order to reach balanced harmonics, we must hold both Mother and Father Energies, both yin and yang. Focus on the Divine Traits as these are perfectly balanced between masculine and feminine traits.

If you are overly feminine, you must anchor in your divine masculine qualities of strength, courage, action, truth, honor and integrity. If you are overly masculine, you must anchor in the divine feminine qualities of receiving, surrender, compassion and intuition.

# MOVING ENERGY

To keep our vessels in a state of processing, we must move energy. This can be done in many different ways. You can physically move energy in many different ways.

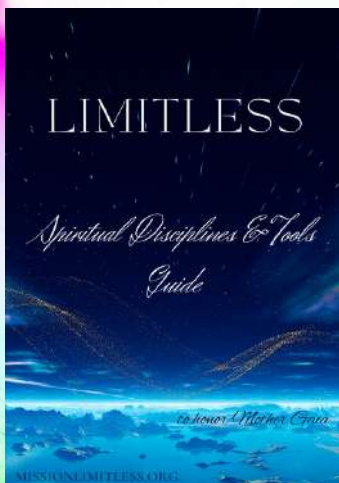
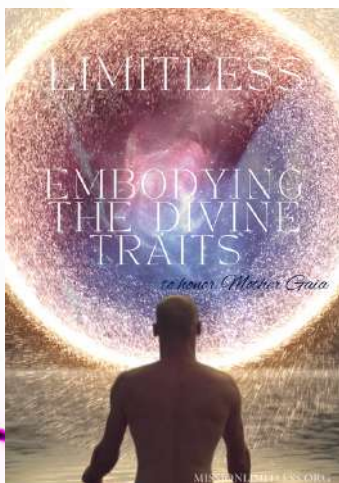
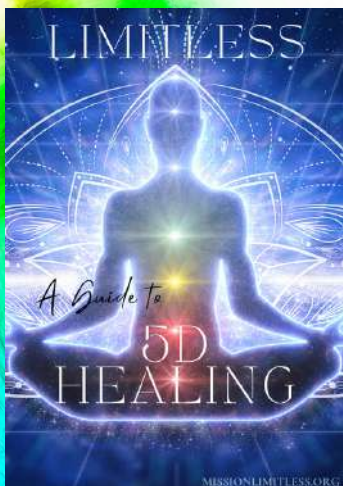
We can move energy through exercise like yoga, walking, running, dancing etc. We can also move energy through service to love which can be anything from creating something to cleaning your environment.

You can also move energy out of your body through pressure pointing, foam rolling, stretching and breathing. This pushes the energy up to the surface where it can be released.

Caring for your vessel and your environment helps stagnant energy move. Clear your space, do shower meditations, light candles and incense, use sage.

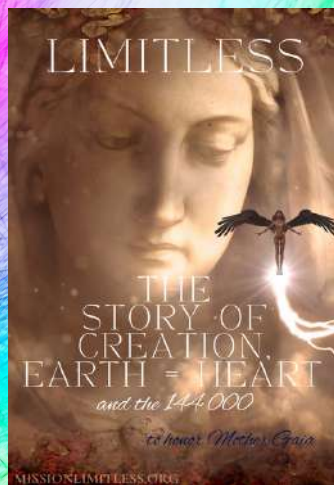
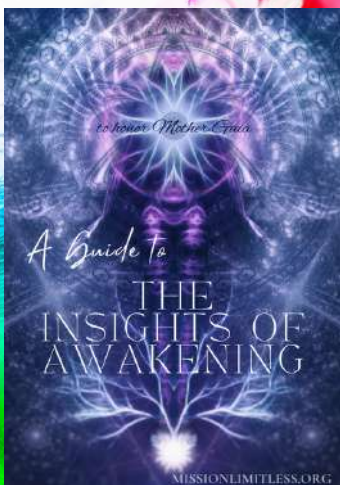
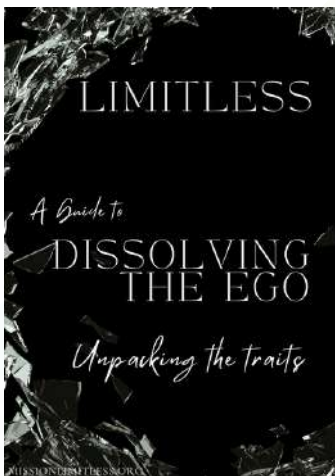
*For more information on navigating the Ascension process, we have more content, guides and resources shared on our website.*

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



*For more information on navigating the Ascension process, we have more content, guides and resources shared on our website.*

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



The background is a rich, multi-colored composition. At the top, a large, glowing orb in shades of yellow, orange, and pink is surrounded by several blue and white butterflies. Below the orb, a smaller, similar orb is visible, also surrounded by butterflies. The background is filled with various gears of different sizes and colors, including purple, silver, and gold. The overall color palette is dominated by warm tones like yellow, orange, and red, contrasted with cooler tones like blue and purple. The text is written in a white, elegant cursive font, centered over the glowing orb.

*All  
Limitless  
Content  
Honors  
Mother Gaia*