

A close-up photograph of a hand holding a shallow, dark-colored bowl. Inside the bowl, several thin, dark sticks are burning, creating bright yellow and orange flames. The background is dark and out of focus, with some colorful, iridescent patterns visible. The overall mood is warm and ceremonial.

LIMITLESS

*A Guide to*  
Ceremonies

# About Ceremonies

*Ceremonies are powerful tools for transformation, release, embodiment and intention setting. We are all in physical vessels here on Planet Earth, however, we are anchoring in 5D consciousness into physicality.*

*This requires both energetic and physical work.*

*Ceremonies are the perfect tool which integrates both our energetic intentions and physical action.*

*This is true manifestation.*

*Ceremonies are best done for the following:*

- transforming lower energetics*
- releasing grief or trauma*
- anchoring in our higher selves*
- setting intentions for manifestations*

# About Ceremonies



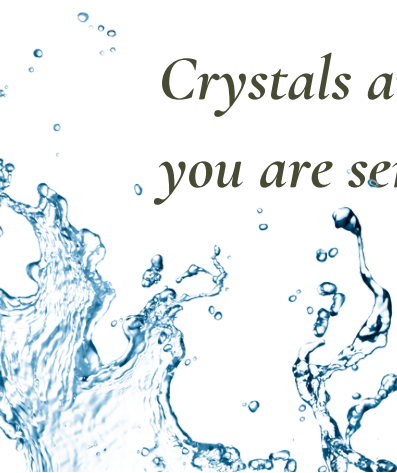
*When we do ceremonies, it is great to bring in the power of the different elements of nature, including earth, water, fire and crystals. Use your intuition and guidance on whether to bury your ceremony, burn it, place it in a body of water, or charge it with a crystal.*

*Burying a ceremony is best used when planting intentions.*

*Burning a ceremony is best used for transforming and embodying.*

*Placing your ceremony in a body of water is best for releasing, cleansing and healing ceremonies.*

*Crystals are best used to energize your ceremony when you are sending intentions out to the planet.*



# How do we go about a doing a Ceremony

*It is always best to begin with setting your intention for your ceremony. Is this a ceremony for your own release, healing, embodiment, transformation or manifestation?*

*Or is this a ceremony of intention for Humanity or the planet?*

*Once you have your intention set, then feel into what elements you would like to use in your ceremony.*

*This is an organic process and there are no wrong ways to do a ceremony!*

*Always begin your ceremony with gratitude to Source, your angels, the Galactics and your higher self.*

*This sets the tone of gratitude for what you are intending.*

# The Process



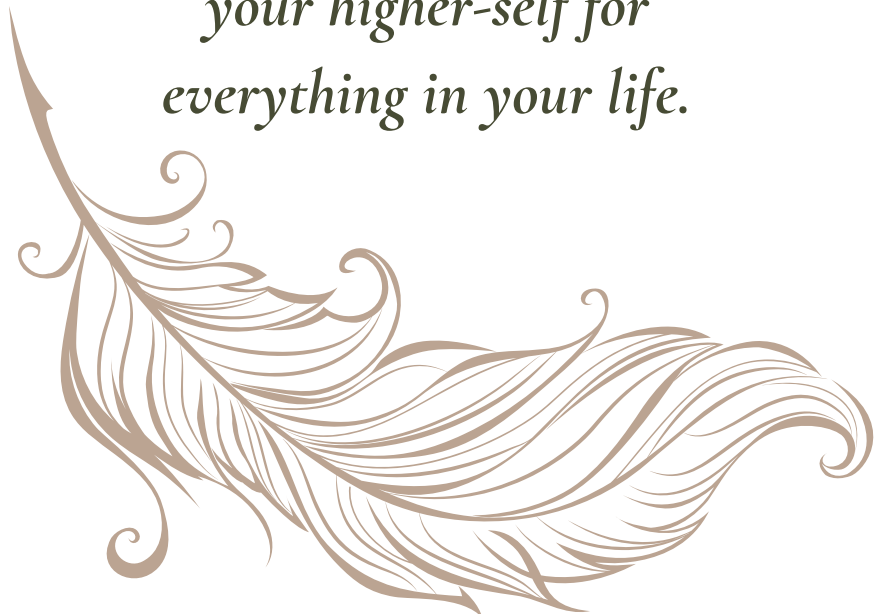
## Step 1

*Write down your gratitude on the top of your page. Thank Source, your angels and your higher-self for everything in your life.*



## Step 2

*Write down what it is you are seeking to heal, release, transform, embody or manifest. You can be as detailed as you would like but remember to let go of expectations!*



# The Process



## Step 3

*Write down anything you are seeking help or guidance with, including clarity on a particular situation, help releasing emotions, or assistance with letting go of something in your life.*



## Step 4

*Choose which elements you would like to use in your ceremony and then put all of your heart intention into your request on paper and then bury, burn, place in water, or charge it!*



# Be Consistent

*The more consistent you are with your ceremonies, the faster your ascension process will go! You can do as many ceremonies as you would like, but remember, after each ceremony we will be tested on what we have asked for or intended for.*

*Use ceremonies especially on New Moons, Full Moons, Eclipses, Equinoxes, Solstices, Portal Days, birthdays.*

*These are powerful days that give extra magic to our intentions.*



# Sample Ceremony



*You can begin your ceremony with the following:*

*"Thank you, Angels, Higher Self, Galactics and Source for all of the lessons and blessings you have given me.*

*Thank you for your guidance, love and support."  
For releasing and transforming add in:*

*"I ask to release \_\_\_\_\_ from my physical and emotional body. I ask to transform the following lower programmings \_\_\_\_\_"*

*For embodiment ceremonies, you may add in:*

*"I intend to anchor in the divine qualities of courage, strength, patience, compassion, etc.*



# Sample Ceremony

*For intention setting ceremonies, you may add:*

*"Thank you, Source, for blessing me with my dreams of manifesting \_\_\_\_\_"*

*Always end your ceremony with prayers and love for Humanity and the Planet:*

*"I send love to all of Humanity and pray for the highest outcome for all and the healing of Mother Earth."*





*All Limitless Content*

*Honors*

*Mother Gaia*