

# LIMITLESS

*to honor Mother Gaia*

*A guide to*

*Self Love*

*Tools & Disciplines*

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# SELF LOVE DISCIPLINES INTRODUCTION



THE DAILY DISCIPLINES are the tools for Higher Self embodiment! Self-love is how we become our greatest version of ourselves and reach our highest potential. They are simple, fun, and anyone can do them!

The key here is consistency and intention, our whole lives we have been taught to serve a system and exposed to indoctrination and programming, it takes a consistent discipline, commitment and intention to let go of lower programs and replace them with higher disciplines or habits.

They should not be treated as a hobby, but a prioritized daily discipline as part of a higher lifestyle.

Our Higher selves are encoded with our purpose and all the answers are within us. Our hearts are where these answers lie and these disciplines strengthen our connection with our hearts and activate our inner discernment, guidance and gifts.

If you feel you are here to help humanity, you must first start with loving and healing yourself, the journey starts with ourselves and within first.

The intention behind each of them will make a profound difference on how effective they will be in your life will and will create an equal experience in the external world. So within, so without. The more you tend to the garden within, the more the external world will reflect that back to you in your physical day to day experiences.

They are incredible tools for transformation.



THE TOOLS are techniques you can use to assist yourself in the moment in your day to day life whenever you are struggling with an energetic or a situation, for example if you often struggle with stress or anxiety. They will become natural to you as you practice them more consistently.

# UNIVERSAL LAWS

The Universal Laws are the foundation of Earth and all of Creation. These are the laws we will abide by in New Earth and all that we do.

Read or speak out loud The Universal Laws once a day.



1. I am Honesty and Truth
2. I support Mother Earth and Heaven
3. I support happiness, joy, creativity, peace and harmony
4. I support who you truly are as Gods/Goddesses
5. I support un-conditional love and God
6. I support passion, playfulness and laughter
7. I support beauty, perfect health and healing
8. I support all creations and set intentions for the highest good
9. I support vision, faith and miracles
10. I support kindness and smiles
11. I support oneness, grandness and living in the moment
12. I support the one river of life
13. I support our galactic brothers and sisters
14. I support abundance, treasures and gifts
15. I support living in a state of gratitude
16. I support true freedom and live life real
17. I support nature in all her beauty and wisdom
18. I support manifesting all of ones dreams and desires
19. I support rainbows and building bridges of love to one another
20. I support angels and all who serve the highest good
21. I support becoming the greatest/grandest version one can be

# THE 4 AGREEMENTS INTRODUCTION

"The 4 Agreements, according to Don Miguel Ruiz, everything we do is based on agreements we have made — agreements with ourselves, with other people, with God, with life. But the most important agreements are the ones we make with ourselves. In these agreements we tell ourselves who we are, how to behave, what is possible, what is impossible. One single agreement is not such a problem, but we have many agreements that come from fear, deplete our energy, and diminish our self-worth.

In *The Four Agreements*, Don Miguel reveals the source of self-limiting agreements that rob us of joy and create needless suffering. When we are ready to change these agreements, there are four deceptively simple, yet powerful agreements that we can adopt as guiding principles. Based on ancient Toltec wisdom, the Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love."

Read or say out loud to yourself the 4 Agreements at least once a day. After reading consistently for 30 days, you can always reference the 4 Agreements whenever you feel guided to do so as a tool to use to get back to your heart center.



# THE 4 AGREEMENTS



## 1. BE IMPECCABLE WITH YOUR WORD

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.



## 2. DON'T TAKE ANYTHING PERSONALLY

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.



## 3. DON'T MAKE ASSUMPTIONS

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.



## 4. ALWAYS DO YOUR BEST

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

# OIL PULLING WITH COCONUT OIL

Your tongue is connected to the organs in your body. At night when you rest your body detoxes and these toxins collect in your mouth for expulsion, that is where morning breath comes from. You should oil pull as soon as you wake up as to get rid of those toxins instead of sending them back to your organs by eating or drinking something as soon as you wake up.

By adding the Turmeric (optional) you help release density from your pineal gland. (3rd eye)

## How to do this:

Add a little Turmeric (optional) to a large tablespoon of Coconut oil and swish it around your mouth for 15-20 minutes, pushing it between all your teeth as well.

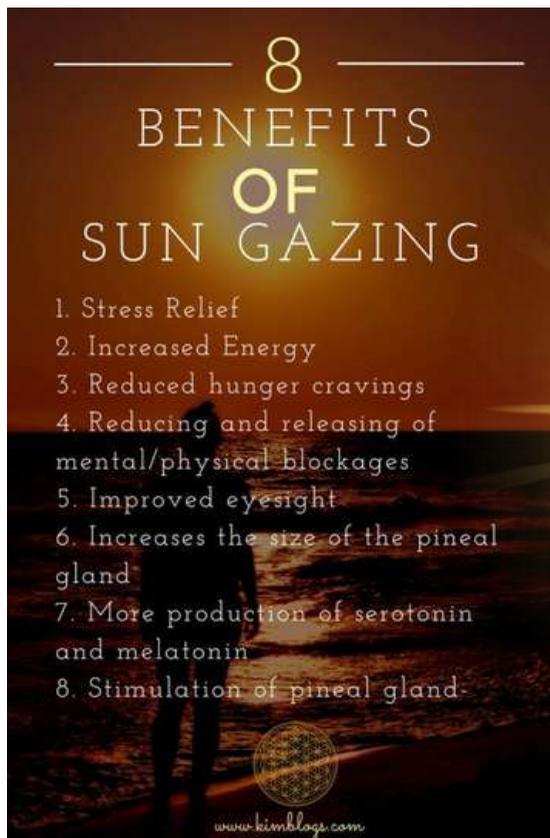
You may need to start with a shorter time if you are not used to it as your jaw will feel it and it takes time to get used to it.

Please don't swallow, spit what is in your mouth into the trashcan and not into your basin or sink as this is an oil and will block your drains. Rinse your mouth with warm salt water and carry on your day.



# SUN GAZING

When you are staring at the sun, you are connecting to and accessing Source Consciousness and Universal Plasma energy. This is where we receive great sources of our energy, information and downloads. We have been taught that the sun is bad for our eyes, however, this is not true. A few minutes at sunrise and sunset daily is very beneficial. If you find it difficult in the beginning, keep your eyes closed and let your closed eyes and forehead receive the energy from the sun until you get used to it.



# CONSCIOUS BREATHING

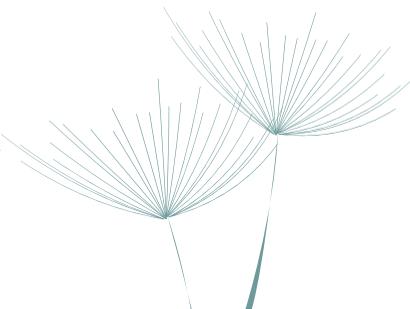
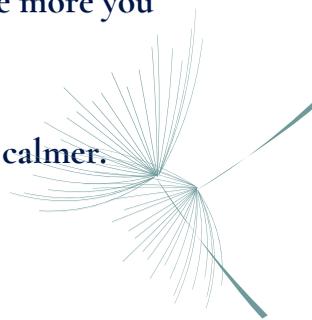
None of us know how to Breathe properly and this traps energy in our bodies and contributes to the anxiety we feel and also creates exhaustion as we are not getting enough oxygen through to our bodies.

Take a deep breath in through your nose and fill your belly as much as possible, hold for 3 seconds and breathe out through your mouth until there is no oxygen left to let go of. Feel how your body relaxes.

3 Deep Conscious breathes will release a lot of tension and relax you, do this a couple times a day, the more you do it the better you will feel.

You can do this anywhere, anytime to feel calmer.

**breathe**



# MORNING GRATITUDE PRAYER

## Morning Gratitude Prayer

It's time, good morning Love, All of the Angels and All of Creation. Thank you for the many Blessings and Love Surprises today as I walk in Love with my every thought and my every action. Thank you for the many miracles and synchronistic events which are lighting up my life with overflowing Joy. Thank you for the Laughter today during the AHA Moments as I remember more of the Love that I AM and share this with others. Thank you for All this energy of Love and Oneness pouring into the planet and through me activating All which is dormant so I may serve in the Wholeness of Love.



*Being in  
Gratitude attracts  
more to be grateful  
for ....*



*Thank you*

Thank you for the increased visions of Love which is assisting in the manifestation of the New Earth where only Love exists. I AM honoured, I AM Worthy of All Love is and I thank Love this day for this realization in my Life. Thank you Love, thank you Angels, I AM here, I AM Present and I AM ready to Be who I really AM and to Live my Life in Love. It is time. Dreams of Love do come true



# THE CHAKRAS INTRODUCTION

The chakras are energy centers located in the subtle body, which is the non-physical aspect of our being. The word "chakra" comes from Sanskrit and means "wheel" or "disk." There are seven main chakras that run along the central channel of the body, from the base of the spine to the top of the head.

Here's a brief overview of each of the seven main chakras:

**Root chakra:** Located at the base of the spine, this chakra is associated with our sense of safety, security, and survival instincts.

**Sacral chakra:** Located in the lower abdomen, this chakra is associated with our emotions, creativity, and sexuality.

**Solar plexus chakra:** Located in the upper abdomen, this chakra is associated with our personal power, self-esteem, and confidence.

**Heart chakra:** Located in the center of the chest, this chakra is associated with love, compassion, and emotional well-being.

**Throat chakra:** Located in the throat, this chakra is associated with communication, self-expression, and authenticity.

**Third eye chakra:** Located between the eyebrows, this chakra is associated with intuition, wisdom, and spiritual insight.

**Crown chakra:** Located at the top of the head, this chakra is associated with our connection to the divine, higher consciousness, and spiritual enlightenment.

Each chakra is associated with a particular color, element, sound, and spiritual lesson. When our chakras are balanced and aligned, we experience a sense of well-being, vitality, and spiritual connection. However, when our chakras are blocked or out of balance, we may experience physical, emotional, or spiritual symptoms.

# HONORING THE CHAKRAS

HONOURING THE CHAKRAS

## ROOT CHAKRA

**Energetic Requirement TRUST**

**DAY: Monday COLOUR: Red**

Honor your root Chakra on Monday by wearing red, eating red foods and taking time to consciously honor your chakra.

An affirmation that aligns you with the Root Chakra is:

'I am so grateful I am connected with the energy of Mother Earth. My body, heart and Spirit are grounded, centered and purified.'

HONOURING THE CHAKRAS

## SACRAL CHAKRA

**Energetic Requirement: CREATIVITY**

**DAY: Tuesday COLOUR: Orange**

Honor your Sacral Chakra on Tuesday by wearing orange, eating orange foods and taking time to consciously honor your chakra. An affirmation that aligns you with the Sacral Chakra is:

'I am so grateful that I Love all dimensions of myself. I delight in weaving the creative tapestry that is my life.'



# HONORING THE CHAKRAS

HONOURING THE CHAKRAS

## SOLAR PLEXUS

**Energetic Requirement: DIVINE EMPOWERMENT**  
**DAY: Wednesday COLOUR: Yellow**

Honor your Solar Plexus on Wednesday by wearing Yellow, eating Yellow foods and taking time to consciously honor your chakra. An affirmation that aligns you with the Solar Plexus Chakra is:

**'I am so grateful that my will and Divine will are one. I am connected to the abundant flow of the universe and easily manifest my dreams.'**



HONOURING THE CHAKRAS

## HEART CHAKRA

**Energetic Requirement UNCONDITIONAL LOVE**  
**DAY: Thursday COLOUR: Green/Pink**

Honor your Heart Chakra on Thursday by wearing Green or Pink, eating Green or Pink foods and taking time to consciously honor your chakra. An affirmation that aligns you with the Heart Chakra is:

**'I am so grateful that my heart is open to receive the energy of Love. I radiate this essence. I walk my path with ease and grace.'**



# HONORING THE CHAKRAS

HONOURING THE CHAKRAS

## THROAT CHAKRA

Energetic Requirement DIVINE EXPRESSION  
DAY: Friday COLOUR: Blue

Honor your Throat Chakra on Friday by wearing Blue, eating Blue foods and taking time to consciously honor your chakra. An affirmation that aligns you with the Throat Chakra is:

'I am so grateful that I am aligned with my highest truth and I communicate this with Love and Honor. My words echo softly within the universe.'



HONOURING THE CHAKRAS

## 3rd EYE CHAKRA

Energetic Requirement DIVINE INTUITION  
DAY: Saturday COLOUR: Indigo

Honor your 3rd Eye Chakra on Saturday by wearing Indigo, eating Indigo foods and taking time to consciously honor your chakra.

An affirmation that aligns you with the 3rd Eye Chakra is:

'I am so grateful that my heart is open to new vision. I expand my awareness through my higher self.'

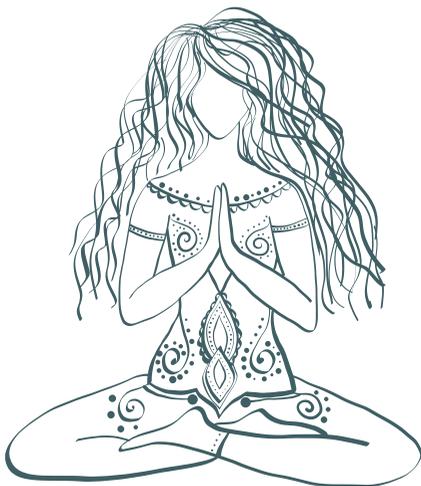
# HONORING THE CHAKRAS

HONOURING THE CHAKRAS

## CROWN CHAKRA

**Energetic Requirement DIVINE  
INTELLIGENCE**

**DAY: Sunday COLOUR: White/Violet**  
Honor your Crown Chakra on Sunday by wearing White or Violet, eating White or Violet foods and taking time to consciously honor your chakra. An affirmation that aligns you with the Crown Chakra is:  
**'I am so grateful that I am connected to the Divine Mother of the universe.  
I am Light. I trust.'**



# TEN LOVE IN ACTION CODES

The Code:

Ten Intentions for a Better PLANET,  
WHICH IS THE FOCUS

To have the code work in your life, say  
it once a day...

## The First Love in action ~ Support Life

I refrain from opposing or harming  
anyone. I allow others to have their  
own  
experiences. I see life in all things and  
honor it as if it were my own.

~I SUPPORT LIFE~

## The Second Love in Action ~

### Seek Truth

I follow my inner compass and discard  
ALL beliefs that are no longer serving  
me. I go to the source. I seek truth.

~THE TRUTH IS LOVE IS ALL  
THAT EXISTS ~

## The Third Love in Action ~

### Set Your Course

I begin the creative process. I give  
direction to my life.

~I SET MY COURSE~

## The Fourth Love in Action ~ Simplify

I let go so there is room for something  
better to come in.  
I intend that I am guided, guarded,  
protected, and lined up with the Highest  
Good at all times.  
I trust and remain open to receive from  
both expected and unexpected sources.

~I SIMPLIFY~

## The Fifth Love in Action ~ Stay Positive

I see good, say good, and do good.  
I accept the gifts from all of my  
experiences.  
I am living in grace and gratitude.

~I STAY POSITIVE~

# TEN LOVE IN ACTION CODES

## The Sixth Love in Action ~ Synchronize

After intending and surrendering,  
I take action by following the  
opportunities that are presented  
to me.

I am in the flow where Great Mystery and  
Miracles abide, fulfilling my MISSION  
and BEING what I came here to BE,  
LOVE EVERYWHERE PRESENT.

~I SYNCHRONIZE~

## The Seventh Love in Action~ Serve Others

I AM Love in Action.  
I always have enough to share.  
I am available to help those who need it.

~I SERVE OTHERS~

## The Eighth Love in Action ~ Shine Your Light

I am a Magnificent Being, Awakening to  
my highest potential.  
I express myself with joy, smiling easily  
and laughing often.

~I SHINE MY LIGHT~

## The Ninth Love in Action ~ Co-Create I Assist

IN THE CO~CREATING AND  
MANIFESTATION OF HEAVEN ON  
EARTH~HEART by envisioning  
THIS, AND THROUGH BEING  
CONSCIOUSNESS IN ACTION and  
telling others about it.

~I SHARE MY VISION~

## The Tenth Love in Action ~ Synergize

I see Humanity as One.  
I enjoy gathering with light-hearted  
people regularly.  
When we come together, we set the  
stage for Great Oneness to reveal itself.

~WE SYNERGIZE~

# TAKE A COLD SHOWER

This resets the nervous system and shocks the EGO (which leads to transformation, healing and growth). The EGO likes to be comfortable, so by choosing a cold shower the EGO loses.

Taking a cold shower is the epitome of discomfort, our True Divine selves do not know discomfort, only the EGO doesn't like to be uncomfortable. Our higher selves want to grow in every way possible, and our highest self is always up for a challenge! No matter how big or small it seems to us in our perception.

The water does not have to be ice cold (unless you want it to be). You can jump in a cold or semi cold shower for as long as you can handle whenever you feel guided to do so. You can also turn the water cold for the last few minutes of your regular shower before you get out. You can start with just a few minutes in the cold shower and keep working your way up as your body starts to adjust to the lower temperature.

You can use cold showers as a tool whenever you are feeling tired or your energy feels low as a way to reboot the nervous system and become more energized.

It is also great to firm and tone skin.

The more you do it the more you will love it!

# I AM MIRROR TECHNIQUE

Your eyes are the window to your Soul. Looking into your eyes in the mirror while saying your I AM affirmations is an essential self love discipline, by looking into your eyes you are connecting with your Soul / Higher Self and strengthening that part of you. You are replacing low vibrational beliefs about yourself with high vibrational truths.

Say these to yourself in front of a mirror daily. You can say them once or multiple times, whatever you feel to do. Look and feel your heart as you look yourself in the eyes and not only read but feel the words you are speaking to yourself with full heart intention. It may be emotional to say these things to yourself because we are programmed from birth to not fully love ourselves. As you practice this discipline you will find that your negative self talk rapidly disappears.



# I AM MIRROR TECHNIQUE



## I AM EXAMPLES

I AM Divine Nurturing  
I AM Divine Child-like Wonder  
I AM Divine Laughter  
I AM Divine Joy  
I AM Divine Grace  
I AM Divine Truth  
I AM Divine Perseverance  
I AM Divine Consistency  
I AM Divine Courage  
I AM Divine Wisdom  
I AM Divine Intelligence  
I AM Inner Strength  
I AM Divine Perception  
I AM Divine Integrity  
I AM Divine Honor  
I AM Divine Empathy  
I AM Divine Full Feeling  
I AM Divine Self-Love  
I AM Divine Humility  
I AM Divine Accountability  
I AM Divine Gratitude  
I AM Divine Proactivity  
I AM Divine Authenticity

I AM Divine Heart Centeredness  
I AM Divinely Protected  
I AM Divine Power  
I AM Divine Creativity  
I AM Divine Worthiness  
I AM Divine Love  
I AM Divine Expression  
I AM Divine Kindness  
I AM Divine Confidence  
I AM Divine Abundance  
I AM Divine Compassion  
I AM Divine Organic  
I AM Divine Patience  
I AM Divine Tolerance  
I AM Divine Responsiveness  
I AM Divine Responsibility  
I AM Divine Discipline  
I AM Divine Surrender  
I AM Divine Passion  
I AM Divine Peace  
I AM Divine Trust  
I AM Divine Forgiveness  
I AM Divinely Supported

# CONSCIOUS & AUTOMATIC WRITING

CONSCIOUS WRITING is really helpful, often our brains can feel like a washing machine with thousands of thoughts going on and can create a feeling of overwhelm as we attach to more thoughts and make a story in our heads. By writing things down and 'emptying your heads', all those thoughts actually only end up being a dozen or so and those dozen thoughts are generally connected to 2 or 3 real issues we need to take action on.

We are all conduits for love and when we empty our vessels and write down our feelings, we make room for higher guidance to come in. We find inspiration, release and freedom. Stuckness in the body is trapped emotions, when you write things down you release and move that energy, make this a spiritual discipline and experience the difference it makes.

AUTOMATIC WRITING is when you ask your higher self for a message and you channel the information exactly as you are receiving it. You begin by saying "Thank you higher self, I am ready for our channeling today" and write whatever comes into your heart/brain first. It may be challenging when you begin, however the more you do it, the clearer the messages will become. Doing this with your higher self speeds up the embodiment process as we are creating a direct channel for our higher selves to express through our physical body.

You can also write down and make a list 5 or more things you are grateful for daily to help attract more abundance and blessings into your life. You can only receive more and grander if you are grateful for what you have now.

You can use writing as a tool whenever you need guidance. You can ask your higher self/angels specific questions that you are looking for answers for in the present moment. You can consciously write to get your thoughts out so they don't stay trapped in your head. You can use automatic writing to channel your higher self whenever it is needed. It is a great tool to use to trust your intuition and the messages that you are receiving.



# DRINK WATER

Our light bodies are upgrading from Carbon DNA to Crystalline DNA (Liquid Crystal). It is important to make sure you are also drinking a lot of water to assist your body through this process. Water assists in hydrating and lubricating the nervous system which is where we process most of our energy as well as moving toxins and density out of the body.

Once you get used to drinking more water or drinking it more consistently, higher water intake will become a more habitual lifestyle over time. You should bless your water with any higher energy by placing your hand over it and stating what you would like your water to be filled with.

For example: "Thank you for blessing this water with love, full healing, and positivity". You can bless the water with energies for healing whenever it is necessary or when you feel guided to do so.

You can also look up Dr Emoto for reference and proof of how powerful this influences the water molecules.

Water is living consciousness and holds memory.

# MOVE ENERGY

Energy is meant to be moved, so move that energy!

Any time you are feeling stuck, anxious, stressed just move your body. Stretch, go for a walk, play with your dog, do some Yoga, create art, clean your space or home, water the garden. Do what makes your body feel good and brings you joy!

Moving energy clears the stagnant energy in the body so that new energy and ideas can flow in.

# GROUNDING

Grounding is simply putting your bare feet on the ground! When you do this you are connecting your whole body and essence with Mother Earth.

When you ground it is like taking handfuls of anti-oxidants into your body through your feet. Grounding supports organ function on a cellular level. The benefits are huge, grounding alkalizes your body, reduces inflammation (the cause of most diseases) and healing naturally occurs. 10 minutes a day will make such a difference to your energy, stress levels, sleep and health.

You can also look up Grounding videos on YouTube there are a lot of studies to prove this.

Once you are disciplined in utilizing grounding, it is an amazing tool to use when you are stressed and need to release energy back into the Earth. The more consistently you use grounding as a tool, it will become easier to notice when you are ungrounded and need to step outside.

Grounding will always help bring you back to the present moment of now.



# TREE MEDITATION

Trees are alive and carry ancient wisdom, and they are deeply rooted and connected to the Earth.

Daily, take a moment to sit by a tree and just Be, connect and pay it attention, show it gratitude for the oxygen that it gives you to breathe. Take conscious breaths and send it love, and it will communicate with you. Nature is full of Sacred Geometry which holds the Codes of Creation, by paying attention to nature, it will communicate with you on a cellular level and is incredibly healing. When you are feeling anxious or stressed, hug a tree, allow it to absorb all that stress for you. Mother Earth knows how to take care of all that for you, just let it go.

Once you are disciplined with your tree meditations, you can use a tree whenever you feel you need extra support in processing energy. Hugging or meditating by a tree is similar to grounding but a bit more powerful.

Utilize the power of trees and Mother Earth whenever you feel guided to.



# FIND YOUR CHILD-LIKE WONDER

Child-like Wonder is our true essence, to be in wonder of the beauty and experience of all things is a true present moment gift. What did you love doing as a child, what did you love creating, was it painting, building things? Did you love singing to your favorite music, dancing, spending time connecting with animals?

Tap into those things, bring more of that playful side into your life and do more of the things that bring you joy, when you do this you raise your vibration, and all the abundance that is waiting for you will be drawn to you. Everything is energy! Joy one of the highest vibrations you can experience!

Take time out of each day to love yourself and do something that brings you true soul joy. If you haven't found something like that yet, experiment with different creative outlets and see what you like! You can also just do things you find fun as well. Although joy is something we should experience every day, we have lost that child like innocence of Wonder, let's bring that back to ourselves make the time for ourselves to get creative and continue to do it as a healthy habit for your everyday life.



# MOON AND STAR GAZING

Just like Sun Gazing, Moon and Star Gazing assists with connecting to Source Energy. The Codes of Creation are contained in Sacred Geometry, as the planets move, they create Sacred Geometric shapes. Shapes create frequencies and sounds which communicate with our cells and bring healing. Just stare, or meditate and pay attention to see what messages come to you.



# REST CONSCIOUSLY

Before you go to sleep it is good to clear energy, set up protection and set intentions for the next day.

Cut chords with everyone and everything that you had contact with in the day, send all energy back to sender and bring your energy back to you, reattach only the chords that are whole, pure, true real and inline with the highest timeline and your highest good. Ask to rest consciously. Also, ask that your body is protected, healed and rested while you sleep and that you are taken to the Highest Timeline to be of the greatest service to all of humanity.

It is a great intention to set your energetic for the next day before you fall asleep. For example, something like ...  
"I will wake up energized, full of joy and excited for the day, thank you."

# CUT ENERGETIC CHORDS

After engaging with people in any shape or form it is recommended to cut chords with them so that their energy is not lingering in your auric field. It is very important to utilize this tool after having any negative or fearful conversations or interactions, and you can do this before you go to sleep each night to clear your energy before resting.

Suggested wording you can use:

"I cut all energetic chords with everyone and everything I came into contact with today. I reattach all my energetic chords to everything that is of Love, whole, pure, true, real, and for my highest good. I command all energy back to sender that is not mine and command all my energy back to me in full alignment. And so it is".

Thank you!

This is a tool you can use daily that, if you stay consistent, will become a natural part of your lifestyle. You will naturally cut chords when you get home, after you hang out with other people and being out and about.



# USE THE RAINBOW BUBBLE

Energetic protection is so important in these moments.

We are each born with a Rainbow Bubble of protective energy around us, but because this is never taught or made aware to us, we don't use it and so it weakens.

However we can activate it with our words and intention. Use this as a form of protection whenever you feel you need it. Recommend activating it every time you leave the house.

The wording you can use:

THANK YOU ANGELS FOR THE PROTECTION OF  
THE RAINBOW BUBBLE FROM ALL LOWER  
ENERGIES. I AM FULLY PROTECTED. AND SO IT  
IS.

Then imagine a rainbow bubble being placed around you

You can also activate this around those that you love and care about. Just ask for the rainbow bubble to be activated for them.

# USING THE VIOLET FLAME

When we understand that everything is energy, we become Alchemists. The Violet Flame is a powerful transformational tool.

This can be used in blessing the food we eat and everything we consume. As well as commanding the flame before you on a journey or errand. You can speak out loud and state the intention, say it from your heart, or use your hands to touch the item we wish to transform in conjunction with your intention. Once you start blessing your food consistently, it will become a healthy lifestyle habit that you do naturally.

Examples of the wording you can use (you can say it to yourself or out loud):

Violet Flame, I ask you to please remove anything within this meal that is not for my highest good and replace it with the highest love and light to bless and heal my body. And so it is. Thank you.

Violet Flame, I ask you to go before me, removing all obstacles and highlighting my path with magical moments and synchronistic events. And so it is.

# RAINBOW SWORD TECHNIQUE

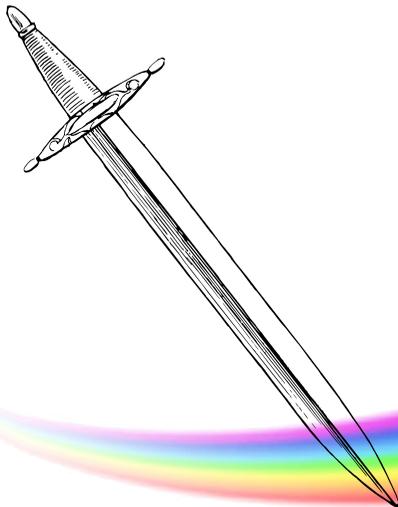
The Rainbow Sword technique is great to utilize any time of the day when you are struggling with lower thoughts or thought loops.

Whenever you are experiencing lower thought loops, anxiety, worry, stress, etc. visualize the Rainbow Sword cutting through all of the thoughts.

Examples of words to use:

"I cut chords with all thoughts with my Rainbow Sword."

The more we utilize the Rainbow Sword the quicker we can transform out of lower thoughts & into higher thoughts.



# 7 DAY GARLIC PINEAL CLEANSE

Garlic is great for the immune system, it is a powerful, natural antibiotic. Also very effective to cleanse the Pineal Gland and 3rd eye.

For this Pineal Cleanse, take 1 raw clove for 7 days

\*you can go up to 7 cloves per day, and do this cleanse whenever you feel guided to or feel your body needs a detox\*

Each day cut up 1 to 7 cloves of Garlic, leave it for 15 minutes to oxidize and then put it with food or meal of choice.

\*\*A sandwich with egg and mayonnaise seems to be the most palatable as the mayonnaise reduces the burn because its vinegar content.\*\*

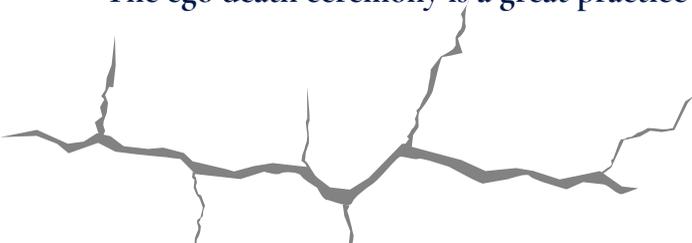
This Cleanse takes you on quite an intense detox journey, but it is so worth it!



# WHAT IS THE EGO?

The ego is a lower 3D societal programme, that we have all been conditioned and indoctrinated into. As humanity changes from living in fear vibrations to love vibrations, the ego will dissolve. We have to start shifting out of lower thoughts ourselves because nobody is going to do that work for us, we are responsible for our thoughts, vibrations, actions, etc. The ego is addicted to fear, pain and suffering and keeps us in lower vibrations, stopping us from growing on a soul level. Ego blames externally and does not want to take responsibility. Any lower thought that does not bring you joy is based in the ego programmed mind. Every person on the planet has ego and programming from our families, society, etc. One of the reasons we are incarnated on this planet is to individually make higher conscious love based decisions and actions, so that eventually everyone on the planet is living in the same love based vibration. Doing this inner work to dissolve the ego is our highest service to all of humanity. The more people doing their inner work, the more of humanity will choose to do the same.

The ego is everything opposite of love. The ego looks at any situation and finds what is “wrong” with it, rather than seeing everything as a lesson or blessing, as love does. When you are triggered and feeling like the victim and go into blame mode, stop, observe and see what that situation is showing you where you need to heal and love a part of yourself. Everyone external is just a mirror to show you something. The ego death ceremony is a great practice for fast transformation.



# EGO vs SOUL

Ego seeks to serve itself,  
Soul seeks to serve others,  
Ego seeks outward recognition,  
Soul seeks inner authenticity,  
Ego sees life as a competition,  
Soul sees life as a gift,  
Ego seeks to preserve self,  
Soul seeks to preserve others,  
Ego looks outwards, Soul looks inward,  
Ego feels lack, Soul feels abundance,  
Ego is mortal, Soul is eternal,  
Ego is drawn to lust, Soul is drawn to Love,  
Ego seeks wisdom, Soul is wisdom,  
Ego enjoys the prize, Soul enjoys the journey,  
Ego is cause to pain, Soul is cause of healing,  
Ego rejects God, Soul embraces God,  
Ego is Me, Soul is We.



# EGO DEATH CEREMONY

An ego death ceremony can be done as regularly as you feel necessary, the more you do, the faster you will transform.

The ego death ceremonies are very powerful, as the full intention of dissolving these lower programming's gets released. What is more important than the actual ceremony is your intention with it. Your intention is powerful which is why we suggest you follow your guidance in terms of how many times you feel to do it.

To perform the ego death Ceremony, simply write down on a piece of paper, "I dissolve the following programming's & release the following ego frequencies" Next, include any and all ego programming's you would like to release, use as many as you like. Then burn it!

On the next 3 pages below are the ego traits. Choose the ones that you still feel you have and write those down.

# EGO DEATH CEREMONY

## EGO TRAITS:

LACK OF WISDOM  
LACK OF EXPERIENCE  
LACK OF COMPASSION  
LACK OF PASSION.  
LACK OF PERCEPTION  
LACK OF INTEGRITY  
LACK OF HONOR  
LACK OF EMPATHY  
LACK OF FEELING  
LACK OF SELF-LOVE  
UNWORTHINESS  
CHILDHOOD TRAUMA  
CHILDISH BEHAVIOR  
ROBOTIC HABITS  
HATRED OF MASCULINE OR FEMININE  
PREFERENCE TO PAIN & SUFFERING  
SUPERIORITY  
THINKING YOU KNOW BETTER  
ENTITLEMENT  
SELF IMPORTANCE  
DELUSIONS OF GRANDEUR  
FANTASY  
NEEDING TO BE RIGHT  
CONTROLLING

# EGO DEATH CEREMONY

## EGO TRAITS:

UNGRATEFUL  
NO ACCOUNTABILITY  
SPREADING OR PARTICIPATION IN GOSSIP  
JEALOUSY  
VANITY  
LACK OF BEAUTY  
DESIRE: wanting to be desired  
VALIDATION  
WANTING TO FOLLOW OR BE FOLLOWED  
FAKE: Unable to be genuine, compulsive lying  
REVERENCE OF THE MIND  
SEEKING REVERENCE  
REVERENCE OF ANIMALS  
JUSTIFICATION  
PROCRASTINATION  
BARGAINING  
POVERTY CONSCIOUSNESS: Always thinking in lack  
ADDICTION TO SUGAR  
LINEAR THINKING AND ACTING  
IGNORANCE: Ignoring LOVE  
ARROGANCE  
ATTACHMENT: To people, places and things  
TAKING: from Humanity & The Planet

# EGO DEATH CEREMONY

## EGO TRAITS:

\*PRINCESS CONDITIONING

\*BITCH CONDITIONING

\*ASSHOLE CONDITIONING

ANAL-RETENTIVE

SEVERE IMPATIENCE

EASILY DISTRACTED

QUITTER

INCONSISTENT

COMPLAINING

LAZINESS

COMPLACENT

REACTIVE

**CULTURAL PROGRAMMING:** White programming,  
White Trash programming, etc.

**\*BLOODLUST:** wanting or arousal of seeing blood shed  
**Super EGO:** an advanced form of EGO characterized by  
extreme arrogance, thinking you know better, fantasy and  
racing thought loops.

**Spiritual EGO:** The fantasy version of spirituality where  
one thinks they have attained enlightenment when they  
haven't. Thinks they are above others and lacks  
accountability.

# HIGHER SELF CEREMONY

Utilize this higher self ceremony to assist with greater higher self embodiment, as well as to increase the divine energy flowing through you. Choose as many divine traits as you feel (or all of them) and do a ceremony. You can break up the divine traits and do weekly ceremonies as well. Follow your guidance and what works best for you. Just remember that intention is more important than the number of ceremonies you choose to do.

Start by writing this:

"Dear all of creation, I am so grateful for all your Loving support and guidance. I am so grateful that I embody fully and completely, the following traits and frequencies.

End your ceremony with writing:

"Thank you, Angels, that I am a lover, a giver and of the highest light, emanating bliss and experiencing heaven. I am eternal, present in the moment of now, and full of gratitude. I am committed to being disciplined and in service to love and humanity. Thank you.



# HIGHER SELF CEREMONY

## DIVINE TRAITS

ACCOUNTABILITY  
UNCONDITIONAL LOVE

GRATITUDE  
WORTHINESS

COURAGE  
NURTURING

AUTHENTICITY  
COMPASSION

EMPATHY  
CONSISTENCY

INTEGRITY  
JOY

TOLERANCE  
PURE THOUGHT

RECEPTIVE  
PATIENCE

TRANSPARENT  
SELF-LOVE

BEAUTY  
KINDNESS

CHILD LIKE WONDER  
BRILLIANCE

PURITY

DIVINE WISDOM  
RESPONSIVE

PERSERVERANCE  
INNER STRENGTH



# HIGHER SELF CEREMONY

## DIVINE TRAITS

ABUNDANCE

DIVINE INTUITION

DIVINE INTELLIGENCE

TENACITY

SELFLESSNESS

PASSION

DIVINE WILLPOWER

HONOR

TRUTH

FAITH

TRUST

DIVINE EMPOWERMENT

GRACE

LAUGHTER

CHARITY

HUMILITY

DIVINE PERCEPTION

FULL FEELING

GENUINE

HEART-CENTERED

NON-ATTACHED

PROACTIVE



# OTHER CEREMONIES

Ceremonies are powerful tools for transformation, release, embodiment, & intention setting. You can do simple ceremonies whenever you get guided to, during powerful energetic days such as new and full moons, etc. We are all in physical vessels here on Planet Earth, however, we are anchoring in 5D consciousness into physicality. This requires both energetic & physical work. Ceremonies are the perfect tool which integrates both our energetic intentions + a 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

When we do ceremonies, it is great to bring in the power of the different elements of nature, including the earth, water, fire, & crystals. Use your intuition & 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 & embodying. Placing your ceremony in a body of water is best for releasing, cleansing & healing ceremonies. Crystals are best used to energize your ceremony when you are sending intentions out to the planet.

# OTHER CEREMONIES

It is always best to begin with setting your intention for the ceremony. Is this a ceremony for your own release, healing, embodiment, transformation & 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 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/or your higher self. This sets the tone of gratefulness for what your intending.

# FINAL NOTES

Letting go of the ego programming takes time, patience and consistency. The disciplines and tools will serve your highest purpose, and allow you to embody your higher self the fastest way possible.

Be gentle with yourself while you are healing, do not beat yourself up if things do not go as planned or as intended. Take accountability, trust everything happens for a reason, and let it go. Every experience is helping us grow on a soul level.

When you feel yourself becoming overwhelmed, come back to the present moment. Breathe, and be grateful for the present moment of now. When you are grateful for the small things you will be given more to be grateful for. Then you create space for miracles to happen by letting go of worry or fear based thoughts.

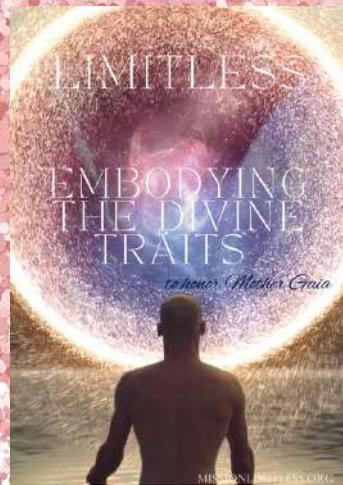
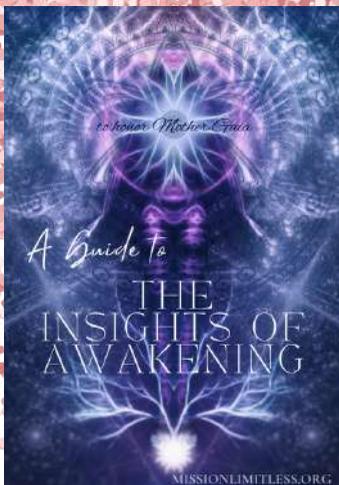
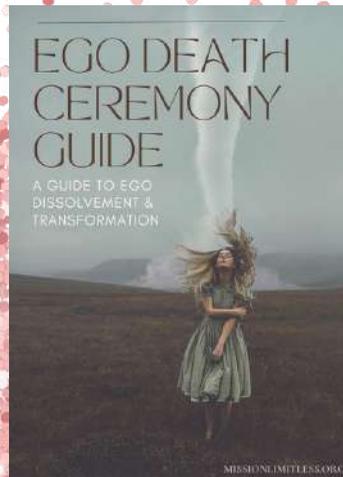
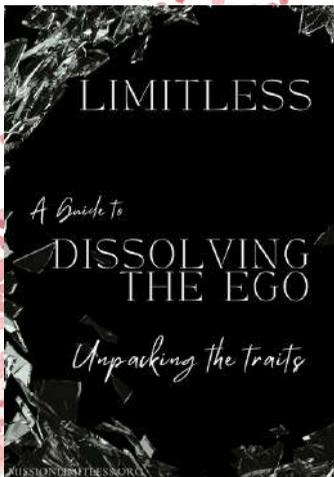
You got this!

*make space for  
Miracles*



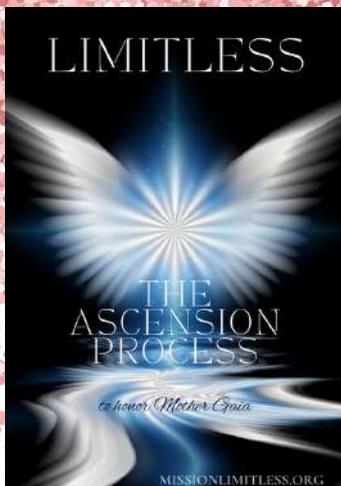
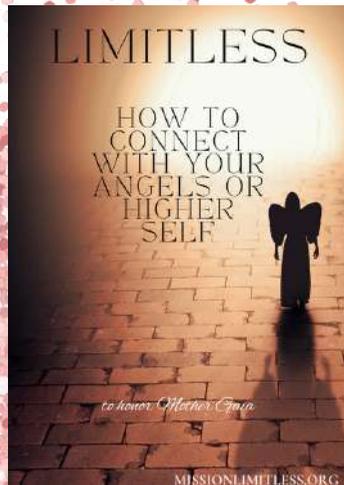
*For more information on navigating the Ascension process, we have more content, guides and resources shared on our website.*

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*All Limitless Content*



*Honors*

*Mother Gaia*