

LIMITLESS

Assisting your body through

THE
CARBON TO
CRYSTALLINE
PROCESS

to honor Mother Gaia

INTRODUCTION

Before you embark on this part of the journey, please prioritize anchoring in a consistent self-love practice.

If you have not yet had a look at the Limitless videos regarding claiming your Sovereignty, please go through them to have the awareness of how this is all connected.

Supporting your vessel through this process is essential, but gentleness, space for integration and not diving in without awareness or with any punishment towards yourself is the key.

Your purpose is to be in joy and gratitude for all you are experiencing and transforming.

Forgiveness will be a strong energy that will come up, so ceremonies around this will be important throughout these processes.

(We have included an example of a ceremony at the end to assist)

ASPECTS OF THE PROCESS

Dissolving Addictions

**Clearing & Purifying the
Root/Sacral/Solar Plexus**

Tools & Techniques

Dissolving Belief Systems

5D Healing

**Health & Wellness
for the Quantum vessel**

DISSOLVING ADDICTIONS

All of Humanity are addicts. Addiction, attachment and co-dependency have been programmed into our DNA. Our greatest addiction is to energy, which then presents as the physical addictions and dependencies to people, places and things. Our addictive behaviors and thought processes are both inherited and reinforced through programmed, learnt behavior.

All of our addictions feed off of the EGO's needs, wants and desires, which link to our lower 3 chakras: the Root, Sacral and Solar Plexus.

If we look at Maslow's Hierarchy of needs, we will see physical survival needs at the base. This corresponds to the Root Chakra and physical body, which rules over our sense of safety and survival. The Root Chakra has been enslaved by the MONEY system, which keeps us in deep fight or flight as we attempt to meet our most basic needs. We are enslaved by our NEEDS which can include food, water, shelter, sleep and warmth and/or comfort.

Humanity is in the addictive cycle of meeting these needs, which keep us in the loop of fight or flight.

DISSOLVING ADDICTIONS

Our DESIRES come from our emotional body and our Sacral Chakra. Due to the high levels of stress that are induced from being in constant fight or flight, trying to meet the "needs" of the Root/Physical Body, our Emotional Bodies and Sacral Chakras fall into hijacked desires. Ultimately, our desires are manipulated and cause us to run from our uncomfortability and sense of pain and suffering. We then become a slave to our desires, an endless loop of trying to escape our suffering only to end up re-creating it through attachments and co-dependency.

Desires include sex, drugs, substances, emotional highs and lows, drama, cravings/urges, and unhealthy relationships. This directly leads us to the WANTS of our Solar Plexus, where the EGO resides and ultimately hijacks the Solar Plexus, also known as the second brain.

The Solar Plexus connects to our mental body, which is often why many in the healing community talk about healing the gut/brain connection. When the Solar Plexus is damaged, and/or in addiction and dependency, it hijacks our mental body and our thought system.

DISSOLVING ADDICTIONS

Our WANTS become mental thought processes that we act upon, constantly in a loop of seeking "wants" in order to fill the void space within. We seek instant gratification and EGO validation, rather than fulfilling experiences that are based on empowerment and joy.

These 3 chakras and bodies are the key to freeing ourselves from the EGO needs, wants and desires, cleansing our physical, emotional and mental bodies.



CLEARING & PURGING THE CHAKRAS

Clearing, purging and detoxing these 3 chakras and bodies is a delicate process that cannot be done all at once. We must move in stages with this process so that we do not overwhelm the system. Gentleness and self-care are also very important during this process.

The goal of these cleanses is to detox our physical, emotional and mental body of any density, toxins, attachments, addictions and co-dependencies.

The key with the Crystalline Process is to create balance, harmony and homeostasis within the body. This means that we often have to break our addictions and attachments before we can incorporate those tools, patterns, people, or behaviors back into our life.

"Never" and "always" are both spectrums of addiction. In order to stay in balance, we dissolve all belief systems about "good" and "bad", and realize that everything goes through cycles and phases. Nothing in creation is ever permanent, but always changing, evolving and growing.

TOOLS AND TECHNIQUES

The best tools for detoxing the Physical Body and Root Chakra are to start cutting down on what we perceive as "needs", in order to allow true sovereignty over our physical vessel to be developed.

Fasting for 72 hours: Water with lemon, juices and teas may be incorporated.

Sleep: Cutting down sleep to 5 hours per night (3x per week)

Substances: Detoxing from all substances for at least 72 hours including alcohol, marijuana, tobacco, medication (when possible), coffee, etc.

Cold Showers: Taking cold showers, either before or after a hot shower, helps the body purge toxins.

Sugar: Cutting out sugar completely is highly recommended for detoxing, and is best to be cut out for a minimum of 30 days.

TOOLS AND TECHNIQUES

Garlic Cleanse: 1 clove per day for 7 days helps cleanse the body of toxins and chemicals.

Heavy Metal detox: This is recommended if you feel your body has a lot of heavy metals that need to be released.

Technology: Detoxing from technology including cell phones, social media, television etc., for a min of 24 hours assists the body in releasing any addictions.



HOMEMADE HEAVY METAL DETOX IDEAS

Detoxing through the skin: You can take baths with Epsom salts, magnesium flakes, or bentonite clay in your bath water to draw metals and other toxins from your body through the skin. You can also gently brush the skin (always in the direction of the heart) before each bath with a skin brush.

Oil pulling: This is one of my favorite detox rituals. It whitens your teeth and cleans heavy metals from your blood stream. Take a little less than a tablespoon of organic coconut oil and put it in your mouth.

Heavy metal detox smoothie: This smoothie contains ingredients that can help remove heavy metals from your body such as spirulina, barley grass juice extract powder, cilantro, and wild blueberries.

Heavy metal detox foods: Some foods that can help detoxify heavy metals from your body include cilantro, garlic, wild blueberries, lemon water, spirulina, chlorella, barley grass juice powder, Atlantic dulse curry, green tea, tomatoes and probiotics.

TOOLS AND TECHNIQUES

The best tools for detoxing the Emotional Body and Sacral Chakra is to start cutting out what we perceive as "desires", in order to allow true sovereignty over our emotional vessel to be developed.

Celibacy: Celibacy is highly recommended for at least 30 days or more, depending on your guidance, in order to allow the body time to process its feelings and stabilize into your own energy field.

Cravings/Urges: Compulsive behaviors like eating, drinking, shopping etc., one must allow those cravings to come up WITHOUT acting upon them.

Salt Baths: Epsom salt baths are highly beneficial for the cleansing and detoxing of the emotional body.

Saunas/Sweat Lodges: Any activity which allows the body to purge through heavy sweating is beneficial for emotional body clearing.

Journaling: Journaling your emotions, what is coming up for you, as well as any past emotions that must be expressed is a great way to purge.

TOOLS AND TECHNIQUES

Ceremonies: Ceremonies for releasing, purging, forgiveness, etc., are very helpful with emotional releases

Solitude: It is highly recommended to spend moments in pure solitude for hours, days or weeks, depending on your needs. Spend moments in silence and meditation to assist in your healing.



TOOLS AND TECHNIQUES

The best tools for detoxing the Mental Body and Solar Plexus Chakra are to start cutting out what we perceive as "wants", in order to allow true sovereignty over our mental vessel to be developed.

Sun Gazing: Sun gazing and spending time in the Sun helps purge our Solar Plexus and activate our divine intelligence system.

I AM Affirmations: These help re-wire the Solar Plexus into empowerment rather than co-dependency.

Parasite Cleanses: These are recommended for those who have gut issues that require cleansing.

I found a variety of home made parasite cleanses on this site:

www.stylecraze.com/articles/effective-home-remedies-to-treat-intestinal-parasites/

EGO Death Ceremonies: These ceremonies speed up the process of EGO death and thus return empowerment to the Solar Plexus.

TOOLS AND TECHNIQUES

Acceptance & Surrender: Accepting and surrendering to your current experience, rather than "wanting" to change it.

Gratitude journaling: Practicing gratitude is highly beneficial to re-wiring the Solar Plexus.

Get Uncomfortable: The EGO lives in the Solar Plexus and hijacks us through our "wants". We avoid going outside our comfort zones for this reason. Our best recommendation is to go CAMPING!

This tends to be the most uncomfortable experience for the EGO but is also the most transformational.



DISSOLVING BELIEF SYSTEMS

Belief Systems are what keep us sick, and in pain and suffering. It is our narrow perception of the world that keeps us limited. Belief systems are ruled by judgement: good/bad, black/white, right/wrong, should/shouldn't, etc. All of our bodies listen to our belief systems and respond accordingly.

FOOD

Some of the deepest belief systems surround food and the way in which we consume it. We have so many beliefs about what is "good" or "bad" for you, and our body is always listening to these beliefs. The first step is to dissolve everything you think you know of what is good or bad around food. There is no such thing. Yes, there are certain foods such as organic produce that is designed to be beneficial to the body, and yes there are foods that have chemicals, toxins and other inorganic things in them. HOWEVER, our fear or belief about how "bad" these foods are, cause them to create sickness.

Example: If I eat McDonald's, and I believe that it is "bad" for me, my body will immediately respond to this by creating sickness from ingesting such food.

DISSOLVING BELIEF SYSTEMS

This is why you will see those with deep belief systems about food such as vegans, vegetarians, or "health nuts", will often still suffer from pain, illness and disease despite their "healthy" eating. You will also see this with those who "diet", and often still gain weight or cannot lose weight despite their dieting. IT IS ALL ENERGY.

ALCOHOL/TOBACCO

There are many belief systems around alcohol and tobacco, that they are "bad" for you. Both alcohol and tobacco are derived from organic material. Tobacco grows in the ground naturally, and most alcohol is made from organic fermentation of wheat, grapes, potatoes, grains, etc. It is simply the misuse of these tools, belief systems, etc., that create dysfunction, illness and disease.

MARIJUANA/SUBSTANCES

There are many belief systems about marijuana and other substances that they are "bad" or that they are labeled "drugs."

DISSOLVING BELIEF SYSTEMS

Again, it is only our dysfunctional co-dependence, attachment, and belief systems around these tools that create negative effects. The tools themselves are neutral, it is the user of the tools, the intention behind the use of these tools that decides how it effects their experience.

WORKING OUT

Many have become obsessed with the concept of "working out", and how much working out is required to be "healthy." This is also a belief system, as movement is our natural state of being. We organically go between movement and rest as our natural state of being. It is only due to the illusionary society we have created, that we no longer organically move but have to schedule time to "work out." Right action, walking, stretching, yoga, cleaning, building, etc., are also natural movement that the body requires.

DISSOLVING BELIEF SYSTEMS

All belief systems must be dissolved in order to go through the Crystalline Process and return to our natural, organic state.

The more organic we become, the faster our crystalline process unfolds. Remove all judgments and thinking of right/wrong, should/shouldn't, good/bad from your thought processes.

Follow your body's guidance, bless your food and water, be in gratitude and joy, and watch your life naturally change into a beautiful, healthy and organic flow!



5D HEALING

True 5D healing is about understanding the energetic and emotional root causes of your pain, illness or disease. There is NO external thing that will cure you other than your own consciousness. Getting familiar with the metaphysical root causes of your symptoms is a great place to start.

Next, is understanding that you are a 5D healing device, and all healing happens within you. We highly recommend reducing and/or getting off of all external medication, pain pills, or 3D "healing" modalities as these only put a band aid on your problem.
YOU ARE YOUR OWN THE MEDBED.

5D Healing Modalities include:

- Self Love Disciplines
- EGO dissolvment
- Nervous System Regulation: this can be done through conscious breath work, meditation and addiction dissolvment
- Plasma Technology
- Movement and Self Care of the body
- Sunlight and Grounding
- Music and Art therapy

HEALTH AND WELLNESS

True health and wellness of the 5D Quantum Vessels lies in higher vibrations of Love, Joy, Peace and Abundance.

These vibrations are cultivated within and are the foundational vibrations of our health and wellness.

The following are recommended for continued health and wellness through the Crystalline Process:

- Balance between DOing and BEing
 - Self Love Disciplines
 - EGO Dissolvment
- Addiction/Attachment Dissolvment
 - Organic Movement
 - Connection to Spirit
 - Creativity
- Co-Creation with others
- Being comfortable being uncomfortable
 - Meditation/Moving Meditation
 - Joy and Peace
- Accept, Embrace and Allow

HEALTH AND WELLNESS

The Crystalline Process is the art of dissolving and releasing density, heavy emotions, lower thought systems, toxins, trauma and wounding from the vessel.

This is the first part of the process. This allows space and a higher vibrational vessel that can anchor in and embody more light = consciousness, allowing the Higher Self aspects to come into being. This is the second part of the process.

By Healing our past aspects and embodying our future aspects, we become a Quantum Vessel that is able to access cosmic consciousness, self-healing, age reversal, instant travel, instant manifestation, etc.

There is no "time frame" for how this process occurs. Once it begins, it is an organic process that happens in spontaneous stages. However, the more we actively participate in our own process through self-awareness, intention, and self-love, the more seamless our transition from carbon base to crystalline form will be

PERSONALIZE A CRYSTALLINE RETREAT

The following is an example of a Crystalline Retreat that one can create to assist them in their Crystalline Process.

GO CAMPING! If weather does not permit you to do this, then get creative and set up a camping site in your backyard, living room, etc. This is recommended for at least 72 hours.

Detox from all substances/external tools during this time including alcohol, tobacco, food, technology, etc. Drink lots of water, spend time outside and in nature, and in solitude.

Practice the self-love disciplines including grounding, I AM affirmations, cold showers, sun gazing, journaling, ceremonies, etc.

Make time for creativity and healing outlets such as painting, music, crafts, drawing, etc. Connect with your angels and get comfortable being uncomfortable in the void space!

The best relationship you will ever cultivate is with yourself and Source.

EXAMPLE OF A CEREMONY TO ACCOMPANY THIS PROCESS

Dear all of creation,

I am so grateful to be me in the present moment, I am grateful for all aspects of my life, to be part of the greatest event in all of creation, embodying my higher self, thank you with all my heart.

I divinely decree to dissolve all fear in my root chakra around money, fight or flight, desires from my emotional body and my sacral chakra. I dissolve all uncomfotability and any programs/sense of pain and suffering, I dissolve all attachments and co-dependency, sex, drugs, smoking, substances, emotional highs and lows, dramas, cravings, urges, and unhealthy relationships.

I heal my solar plexus and brain connection. I dissolve all addictions and dependency in the solar plexus. I dissolve seeking wants in order to fill the void space within, I dissolve instant gratification and ego validation, I embody fulfilling experiences that are based on empowerment and joy.

EXAMPLE OF A CEREMONY TO ACCOMPANY THIS PROCESS

I am free and dissolve myself from the EGO needs, wants and desires, cleansing my physical, emotional, mental and spiritual bodies. I detox my physical, emotional, mental and spiritual bodies of any density, toxins, attachments, addictions and co-dependencies. I create balanced harmonics and homeostasis within my bodies. I release and forgive myself and all others, I am love, compassion, forgiveness and peace. I dissolve everything I think I know of what is good or bad.

Everything I consume is either healing or neutralized. Food is energy. Movement is my natural state of being.

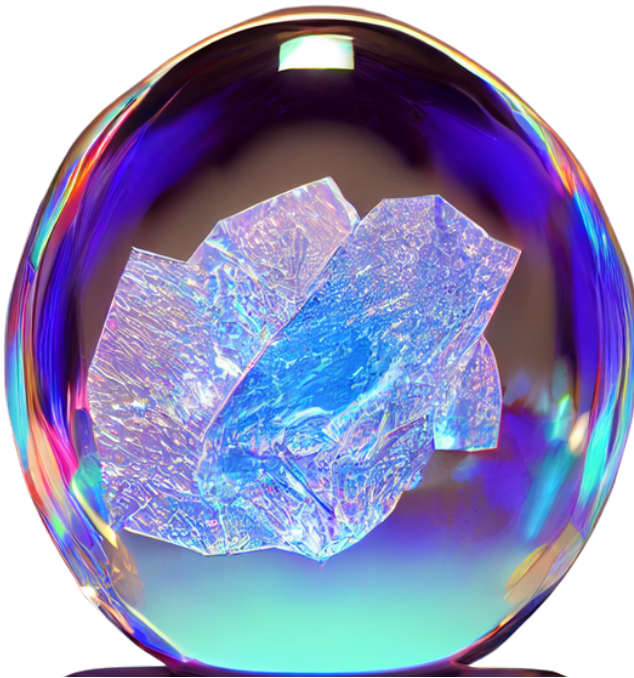
I dissolve all belief systems around working out. I remove all judgements and thinking of right or wrong, should/shouldn't, good/bad from my thought processes.

I follow my bodies guidance. I bless my food, water. I am in gratitude and joy, I am beautiful, in perfect health and organic flow. I understand the energetic and emotional root cause of my pain and suffering /illnesses/disease, there is no external thing that will cure me other than my own consciousness.

EXAMPLE OF A CEREMONY TO ACCOMPANY THIS PROCESS

I am aware of the metaphysical root causes of my symptoms. I am a 5D healing device and all the healing happens within me. I am love, joy, peace, abundance. I am comfortable being uncomfortable. I dissolve and release all density about my past experiences, feeling lied to, giving my power away, energy taking. I heal my past aspects and embody my future aspects. I am my higher self embodied. I am self-awareness, full intention of being love and loving myself.

Thank you, I love you!





All Limitless Content



Honors

Mother Gaia