

Yow 90 DAY PLANNER

TO SHIFT YOUR REALITY

#### INTRODUCTION TO THE 90 DAY WORKSHOP

Welcome! We are excited to have you join us for the upcoming 90 Day Workshop, thank you for choosing YOU!

To Register, please go to www.missionlimitless.org

Go to the contact page, donate an equal energy exchange for the 90 days (you can enter any amount) and enter your email address to receive all the supportive documentation.

The workshop group will be run from Telegram, all links to zooms and all content will be shared there once you have received your email with the Telegram link.

The Workshop will begin on Monday, January the 29th 2024, where we will launch and frame everything. In this workshop we will be going in-depth into Higher Self Embodiment, which is the entire focus of the Ascension process. All are welcome, whether you have been on this path for 5 minutes or 50 years, no one is better than anyone else.

#### INTRODUCTION TO THE 90 DAY WORKSHOP

We will be sharing a few practices on the launch to use daily, they are easy and do not take a lot of time, but will make a massive difference to your day/life as consistency is anchored in. We will then host a zoom call every 4 days to add another practice, create deeper awareness, be in unity, find out what is working and not working, how everyone is feeling, answer questions, share syncs, experiences, hold space, laugh, cry, be creative, have a dance party, who knows, we just want to have loads of fun, be organic, authentic and grow together.

We will host 24 Zoom calls over the 90 days. All meetings will be recorded and shared on the Telegram group for anyone who missed them to catch up. We will look at doing these zoom calls at different times to give everyone an opportunity to attend live, while sometimes having to catch up depending on time zones. Zoom times to be confirmed after the launch on Monday.

Attached to this Calendar is our Limitless Roadmap, this visually shows how each guide is connected and how they flow, please feel free to read the additional guides or listen to the podcasts at your leisure as you feel to outside of the workshop.

Love you all! Excited! Let's do this!

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29 Workshop Begins 1st Introductory Zoom call	30	31				

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MON	TUE	WED	THU	FRI	SAT	SUN
			1	2 2nd Zoom call Q&A. What is working, what are you experiencing. Share!	3	4
5	6 3rd Zoom call Q&A. What is working, what are you experiencing. Share!	7	8	9	10 4th Zoom call Q&A. What is working, what are you experiencing. Share!	11
12	13	14 5th Zoom call Q&A. What is working, what are you experiencing. Share!	15	16	17	18 6th Zoom call Q&A. What is working, what are you experiencing. Share!
19	20	21	7th Zoom call Q&A. What is working, what are you experiencing. Share!	23	24	25
26 8th Zoom call Q&A. What is working, what are you experiencing. Share!	27	28	29			

MON	TUE	WED	THU	FRI	SAT	SUN
				1 9th Zoom call Q&A. What is working, what are you experiencing. Share!	2	3
4	5 10th Zoom call Q&A. What is working, what are you experiencing. Share!	6	7	8	9 11th Zoom call Q&A. What is working, what are you experiencing. Share!	10
11	12	13 12th Zoom call Q&A. What is working, what are you experiencing. Share!	14	15	16	17 13th Zoom call Q&A. What is working, what are you experiencing. Share!
18	19	20	21 14th Zoom call Q&A. What is working, what are you experiencing. Share!	22	23	24
25 15th Zoom call Q&A. What is working, what are you experiencing. Share!	26	27	28	29 16th Zoom call Q&A. What is working, what are you experiencing. Share!	30	31

MON	TUE	WED	THU	FRI	SAT	SUN
1	2 17th Zoom call Q&A. What is working, what are you experiencing. Share!	3	4	5	6 18th Zoom call Q&A. What is working, what are you experiencing. Share!	7
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15	16	17	18 21st Zoom call Q&A. What is working, what are you experiencing. Share!	19	20	21
22 22nd Zoom call Q&A. What is working, what are you experiencing. Share!	23	24	25	26 23rd Zoom call Q&A. What is working, what are you experiencing. Share!	27	28
29	Final Zoom call Q&A. What is working, what are you experiencing. Share!					

## LIMITLESS

### BEGIN YOUR JOURNEY

Where to start?

Simple steps to navigating the content - your road map to reaching higher states of consciousness.



#### INTRODUCTION

Welcome to the biggest event in all of creation! If you are new to disclosure, the ascension process, or spirituality, here is everything you need to know. The teachings shared are simple, just as love is simple.

The path of Higher Self Embodiment requires the dissolvement of the EGO programmed mind and the embodiment of divinity through healing, letting go of all wounding & trauma, and daily self love practices.

We are returning this planet to love everywhere present, the true Garden of Eden.

All who are incarnated on Planet Earth = Heart were chosen to do so because of the Unique set of skills and capabilities possessed within each being. We are here to bring Heaven to Earth, to bring Human Evolution through an Ascension process to a full integration with Heaven Consciousness, here in the physical, transforming Life for One and All!

#### WHERE TO START?

#### IT ALL STARTS WITH YOU!

The Journey of Ascension is not a comfortable one, it takes Grit Courage, Tenacity, Commitment, Healing, Faith, Trust and Discipline.

Everything will come back to Self Love - the purpose of the Ascension is for each of us to embody our Higher Selves - the way through is in, into our Hearts, into our own personal Truth of who we are - which is Love!

Self Love is the Foundation of all, everything comes back to ourselves and taking accountability for our own energetics and how we show up in the world.

Become the change you want to see.

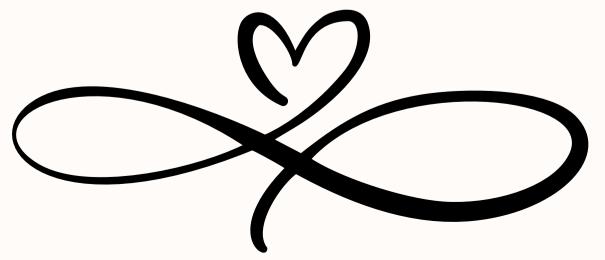
#### All THE GUIDES ARE INTERCONNECTED

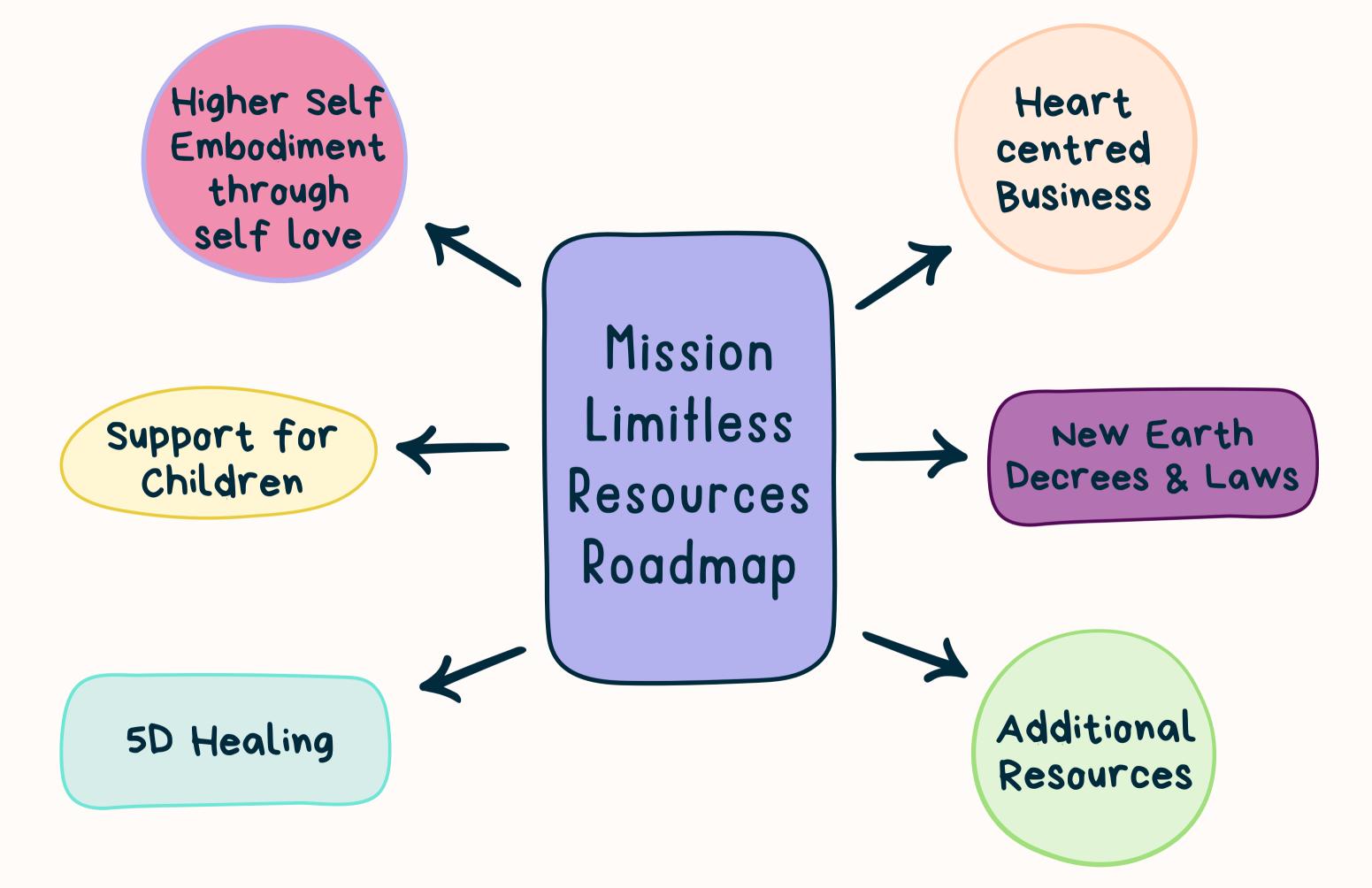
Self love is the Core and Foundation to this Ascension process.

Daily Self Love Disciplines are essential in embodying your Higher Self ~ which enhances your discernment and strengthens your intuition.

Once you have this foundation and a consistent daily practice, there are many resources that enhance and activate your deeper healing and awareness process.

Self love and Healing go hand in hand. However, we have made these separate modules to give anyone a focused deeper insight into any specific healing that their vessel requires.





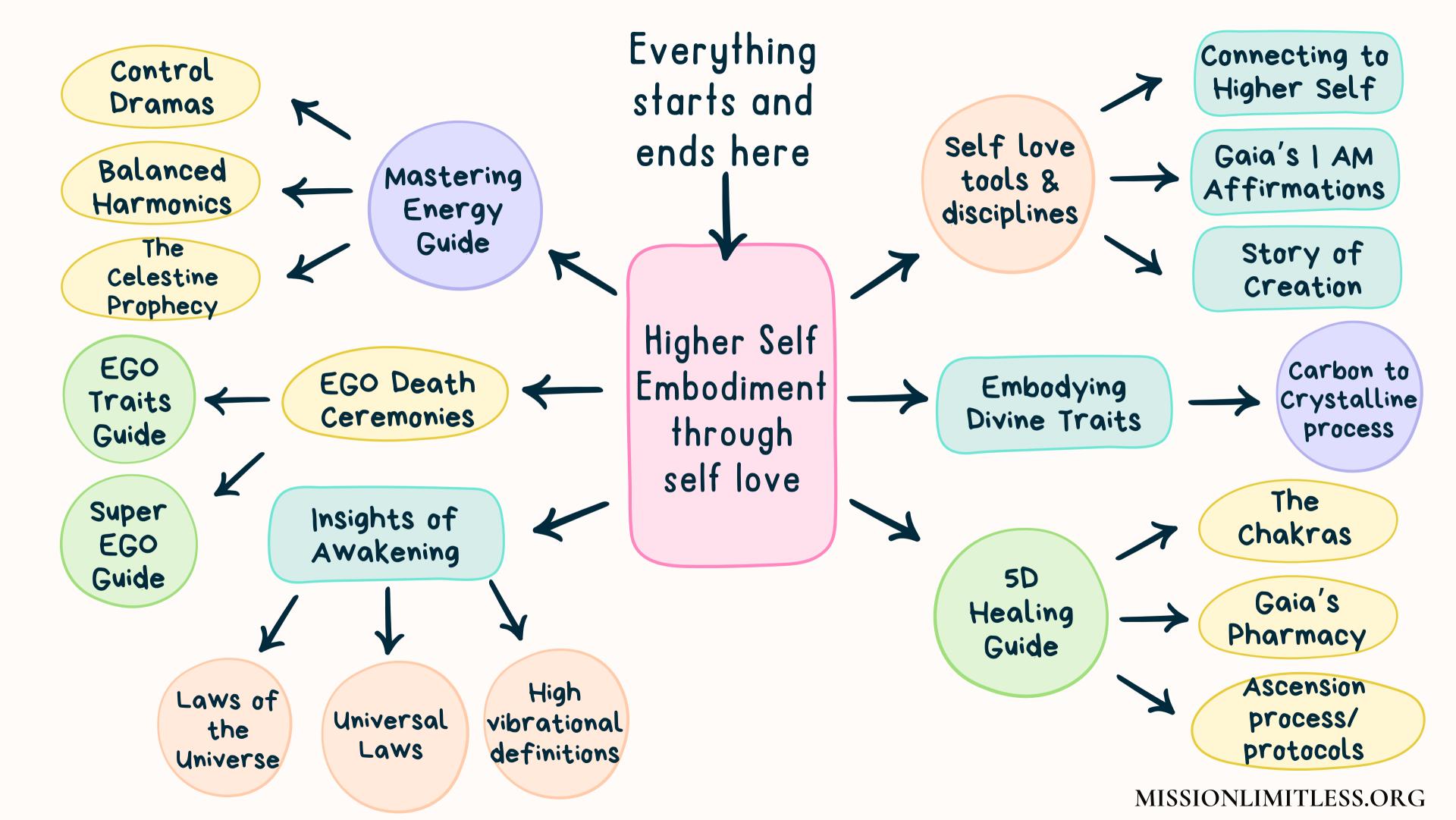
# HIGHER SELF EMBODIMENT THROUGH THE SELF LOVE TOOLS AND DISCIPLINES



As mentioned above the Self love tools and disciplines are the foundation and we will always come back to these throughout our process, breathwork, ceremonies, grounding, journaling, affirmations etc, will always remain tools that will assist in bringing us back to centre, back to the present moment, back to our hearts and connection to Source.

Intentional EGO Death Ceremonies as well as Divine Trait Embodiment
Ceremonies are essential in this process, the EGO programmed mind requires
intentional dissolvement. The Divine Traits are those we intend to Embody daily,
as these are our Godlike traits.

We have Guides and Podcast that go into great detail on both of these subjects.



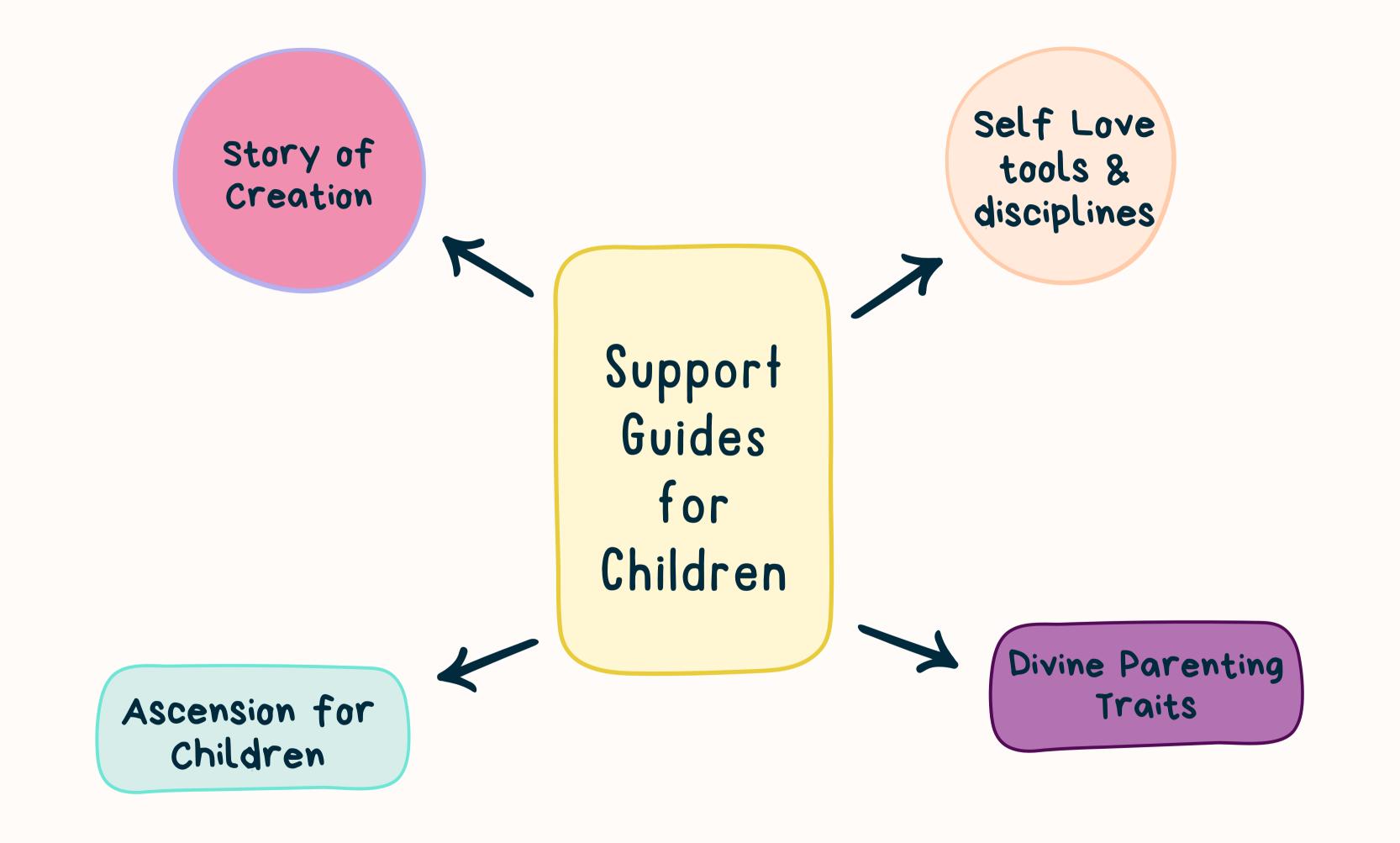
#### SUPPORT FOR OUR CHILDREN

As much as we are feeling the energies and navigating the changes occurring, so are our Children.

We have created simplified guides to assist them in their process too.

They will have very similar self love practices as those that we use to support ourselves and should be a daily practice for them too.



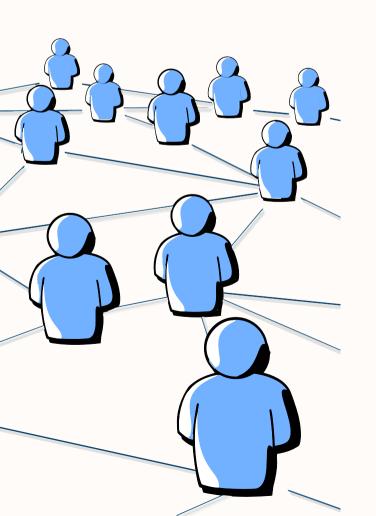


#### HEART CENTRED BUSINESS

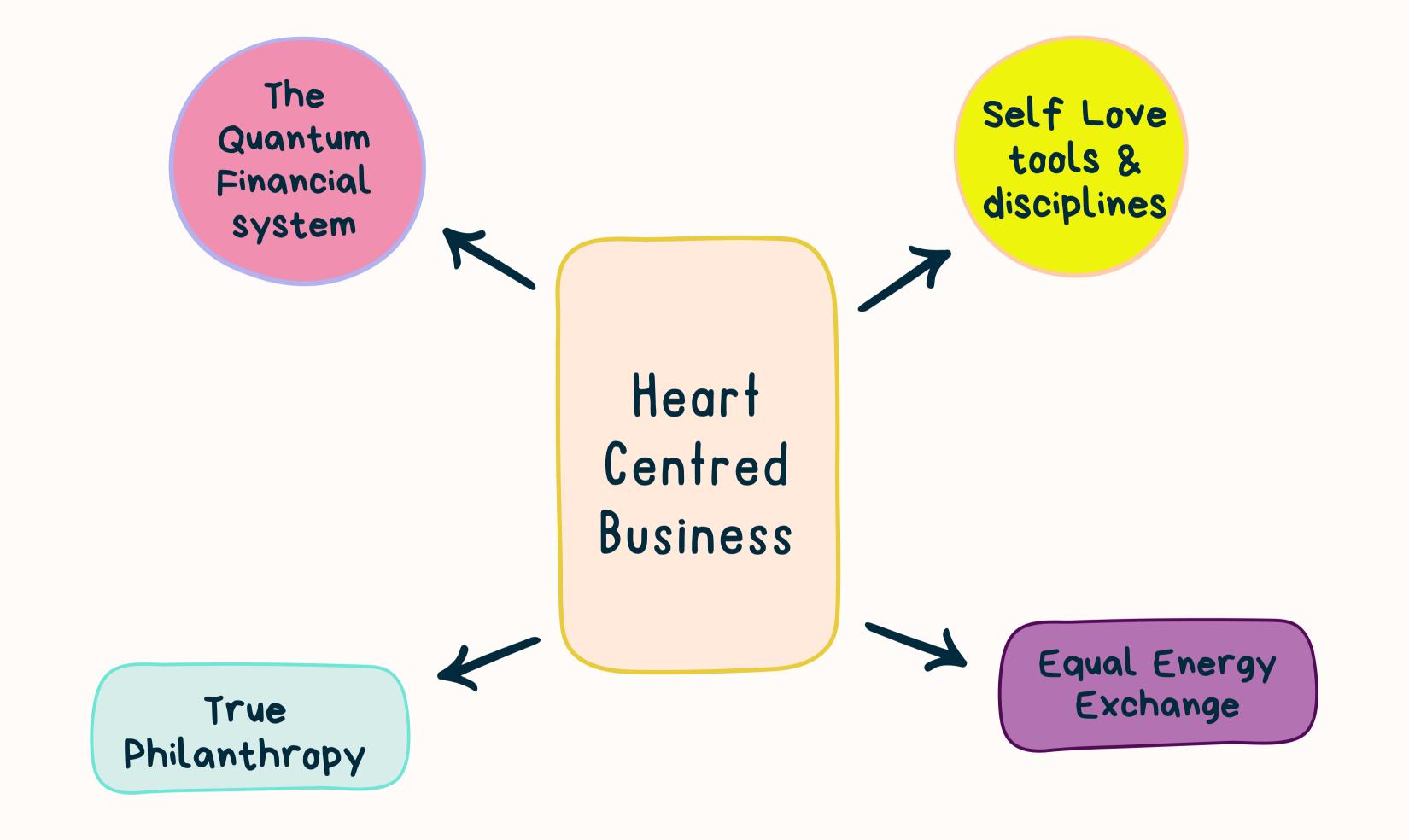
In New Earth, all Co-creation will be based on Heart intention and alignment as well as Universal Law

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The EGO sabotages and there is no place for EGO in New Earth, it is essential for those who want to be part of the Co-Creation of New Earth to be focussing on the dissolvement of the EGO and on Embodying their Higher Selves.



These guides frame how business will flow in the New Earth for paradigm for those in the Heart.



#### 5D HEALING

Healing is based in Self Love.

All disease in the body is trapped energy, emotions, trauma, beliefs, etc that the body is not releasing and is holding onto.

These guides will give you a deeper insight into what your body is trying to communicate with you through any illness or health issues as well as natural remedies or tools to support the healing process.

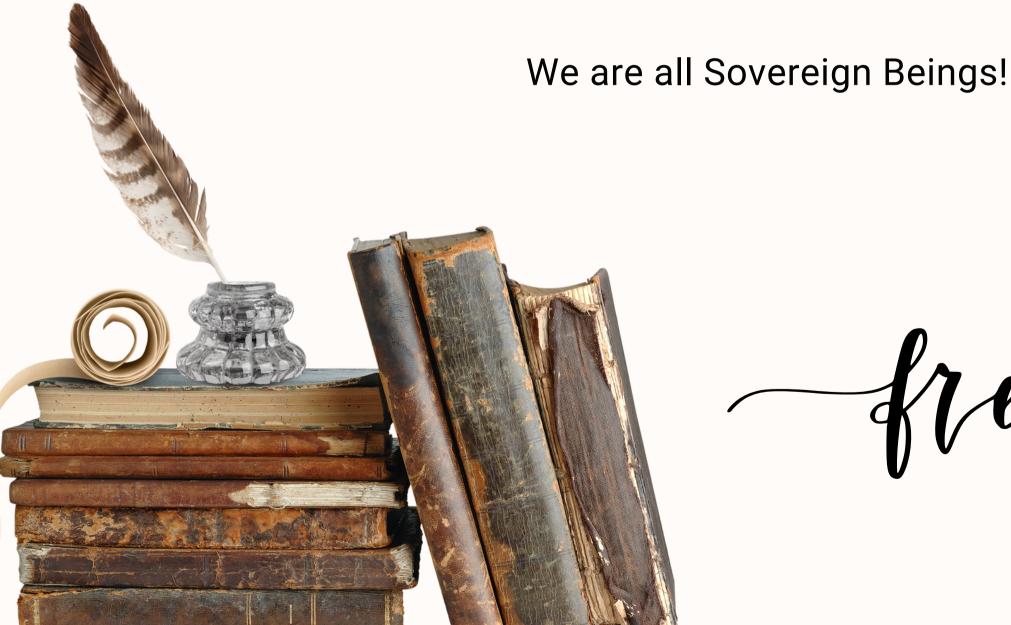




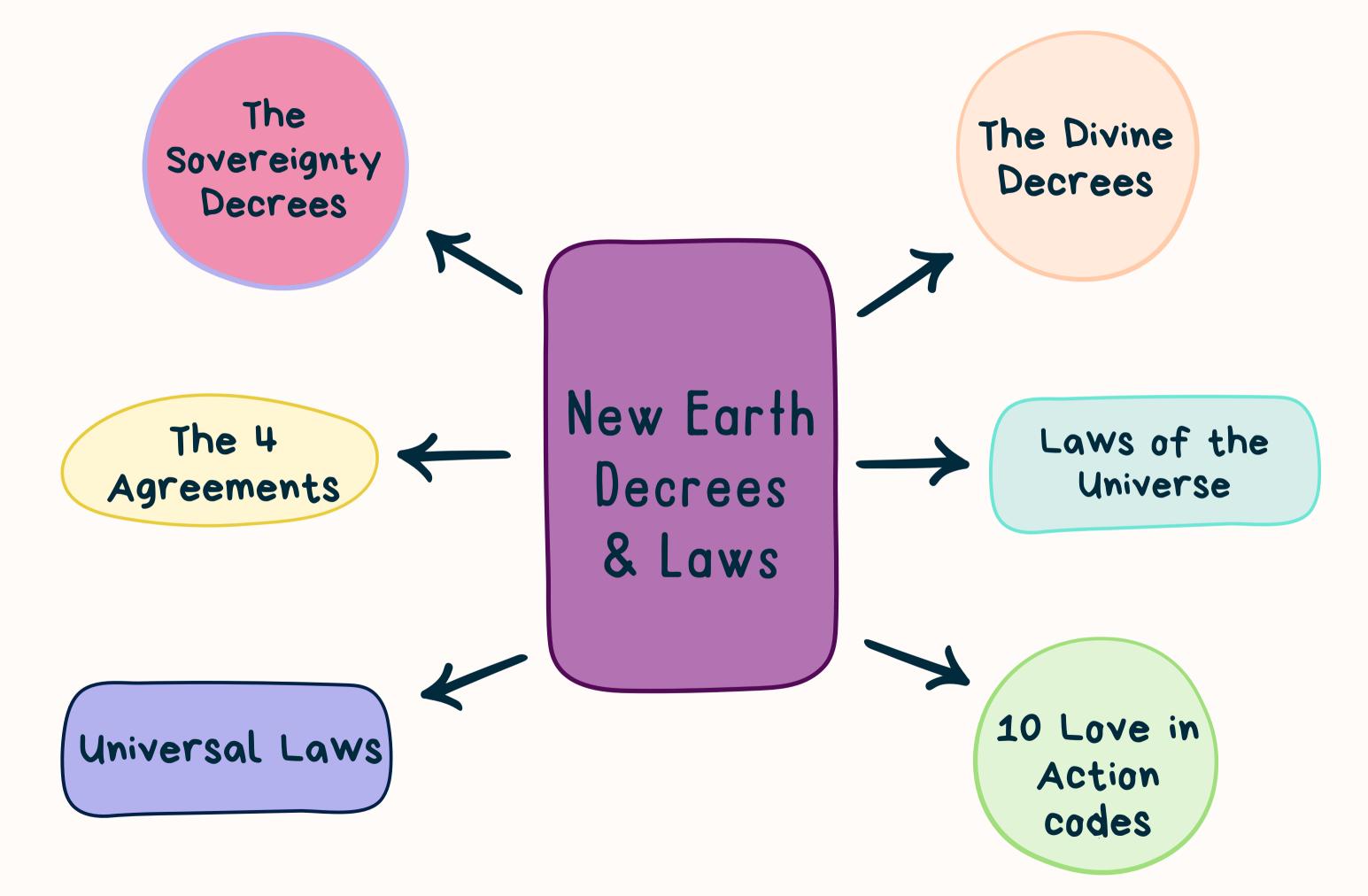
#### NEW EARTH LAWS AND DECREES

These Guides share the Codes, Laws and Decrees of New Earth.

New Earth will not be under the same laws as 3D of Course!!



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#### ADDITIONAL RESOURCES

These are all different resources that you may resonate with in supporting your with terms of wording, ceremonies or subjects that may resonate at different points of your journey and you may enjoy learning more about.... Examples are Astrology, Huma Design and

