

A woman with long, wavy brown hair is meditating with her eyes closed. She is wearing a blue and purple patterned top and a blue skirt. Her hands are resting in her lap in a mudra. A glowing golden mandala is visible on her chest. The background shows a city skyline across a body of water, with a warm, golden light suggesting sunrise or sunset.

MISSION LIMITLESS

AWARENESS, TOOLS &
TECHNIQUES FOR
LOVING YOURSELF
UNCONDITIONALLY.
VOICES FROM PRIME
SOURCE HERSELF.

Remember who you are

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MISSION LIMITLESS
AWARENESS, TOOLS &
TECHNIQUES FOR LOVING
YOURSELF
UNCONDITIONALLY

AWARENESS, TOOLS AND TECHNIQUES TO ASSIST YOU IN REMEMBERING WHO YOU TRULY ARE, AS WELL AS TO ASSIST YOU OUT OF THE ILLUSION, AND INTO TRUE REALITY = LOVE EVERYWHERE PRESENT.

LOVING THY-SELF FIRST, OPENS THE DOORS INTO UNCONDITIONAL LOVE = 5D & BEYOND. CHOOSE LOVE IN EVERY MOMENT THEN LOVE BECOMES THE ONLY REALITY AND EXPERIENCE.

YOU ARE MADE OF LOVE.
VOICES FROM PRIME SOURCE HERSELF

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SECTION 1: INTRODUCTION

**LOVING THY-SELF FIRST, OPENS
THE DOOR INTO UNCONDITIONAL
LOVE = 5D & BEYOND.**

**CHOOSE LOVE IN EVERY MOMENT
THEN LOVE BECOMES THE ONLY
REALITY AND EXPERIENCE.**

YOU ARE MADE OF LOVE.

**VOICES FROM PRIME SOURCE
HERSELF.**

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**LOVING THY SELF FIRST,
OPENS THE DOOR INTO
UNCONDITIONAL LOVE.**

**ONCE YOU LOVE
YOURSELF, THE DOOR
OPENS AND YOU ARE OUT
OF THE BOX AND
CONNECTED TO THE
HIGHER GRID = 5D = LOVE
EVERYWHERE PRESENT.**

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INVOCATION

**I CHOOSE TO SERVE LOVE IN
EVERY MOMENT.**

**I CHOOSE TO BE LOVE IN
ACTION IN EVERY MOMENT.**

**I AM MAKING A DEDICATION
AND COMMITMENT TO
SERVE IN WHOLE TRUTH
AND ONLY WITH PURE LOVE
IN EVERY MOMENT.**

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LOVING

THYSELF =

LOVE

EVERYWHERE

PRESENT

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**YOU ONLY HAVE
TO OPEN
YOURSELF UP TO
RECEIVE THE GIFT
OF LOVE TO HELP
YOU ALONG YOUR
PATH.**

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**ONLY THROUGH
UNCONDITIONAL LOVE
AND COMPASSION MAY
YOU WALK INTO THE
KINGDOM OF HEAVEN ON
EARTH = HEART.**

**THERE ARE NO
EXCEPTIONS TO THIS. THIS
IS WHEN YOU ENTER INTO
5D REALITY, WHERE LOVE
IS EVERYWHERE PRESENT.**

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**LOVE IS
LIMITLESS**

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**HEAVEN HAS NO
"RULES". JUST ONE
LAW.**

**THE "LAW OF
LOVE."**

**THE LAW OF LOVE
IS TO BE LOVE AND
TO SHARE LOVE.**

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**FREEDOM IS
NOT A STATE
OF MIND.**

**FREEDOM IS A
STATE OF
BEING.**

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**THE DEEPER YOU GO
WITHIN, THE MORE YOU
WILL ALWAYS FIND.**

**LOVE COMES FROM
WITHIN.**

**THE WITHIN, THE CENTRE
OF LOVE, BECOMES THE
REFLECTION FROM
THE INSIDE OF THE
CENTRE, TO THE OUTSIDE.**

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**LOVE IS THE
ANSWER TO
EVERYTHING!**

**LOVE WILL HEAL IT
ALL!**

**LOVE YOURSELVES
AND GO WITHIN.**

THIS IS THE KEY.

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**OUR PATHS ARE NOT
ANYTHING OUTSIDE
OF OURSELVES.**

**YOU WILL ONLY KEEP
SEARCHING IF YOU GO
OUTSIDE OF
YOURSELF.**

**ALL LIFE COMES FROM
WITHIN.**

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THE KEY TO AWAKEN IS TO FALL IN LOVE WITH SELF

YOU CAN LET GO AND RELEASE TRUTH FOREVER, AND TRUTH WILL ALWAYS COME BACK TO YOU, ALL REAL LOVE AND TRUTH ALWAYS DOES.

THE KEY TO AWAKEN IS TO FALL IN LOVE WITH SELF. ONCE THIS OCCURS, LOVE TAKES OVER, AND THEN THE LIGHTS COME ON AS YOU UNDERSTAND WHAT LOVE REALLY IS.

LOVE IS YOU AND EVERYTHING.

THEN YOU REALISE THE CONNECTION TO ALL THAT IS. WHEN YOU FALL IN LOVE WITH SELF, THE EXPERIENCE IS AN AWAKENING FROM WITHIN YOUR SOUL.

ONCE THIS CONNECTION IS MADE, YOU CAN THEN HEAR LOVE SPEAKING TO YOU, CALLING YOU, THEN YOUR PATH AND JOURNEY HOME BEGINS.

EACH OF YOU WERE BORN ON THIS PLANET WITH A DIVINE MISSION, AND THAT IS TO BE LOVE AND SERVE LOVE.

THERE IS ONLY ONE TRUTH, AND THIS TRUTH IS LOVE.

THE ONLY DIFFERENCE IS YOUR OWN UNIQUENESS IN HOW YOU EXPERIENCE THIS LOVE.

JUST AS A DIAMOND HAS MANY FACETS, THIS IS HOW EACH OF YOU ARE.

YOU EACH ARE A FACET OF THE DIAMOND, A UNIQUE EXPRESSION IN YOUR EXPERIENCE OF LOVE, WHICH MAKES THE WHOLE.

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**THE PURPOSE OF THE ASCENSION IS
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!
EVERYTHING WILL COME BACK TO SELF-
LOVE.**

**SELF-LOVE IS THE FOUNDATION OF ALL.
EVERYTHING COMES BACK TO
OURSELVES.**

**TAKING ACCOUNTABILITY FOR OUR OWN
ENERGETICS AND HOW WE SHOW UP IN
THE WORLD.**

**BECOME THE CHANGE YOU WANT TO SEE:
LOVE IN ACTION.**

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THE ROAD TO FULL CONSCIOUSNESS IS A ROAD, A PATH THAT TAKES COURAGE, DETERMINATION, PERSEVERANCE AND AN ATTITUDE OF NO MATTER WHAT TO KEEP CHOOSING LOVE.

YOU HAVE TO DISSOLVE THE WALLS, WHICH ARE THE BLOCKS WITHIN YOU.

TO AWAKEN FULLY IN THE PRESENT MOMENT IS THROUGH LETTING GO OF EVERYTHING YOU THOUGHT YOU WERE AND BEING ALL THE LOVE AND EVERYTHING YOU ARE.

THIS DISSOLVES ALL ILLUSION.

IF YOU CAN GET TO THE UNDERSTANDING RIGHT NOW ALL IS JUST ENERGY, YOU WILL MOVE DIRECTLY INTO TRANSFORMING THE EMOTIONAL AND MENTAL DUALITY INTO UNIFIED PASSION TO EXPERIENCE YOUR NATURAL STATE OF FEELING LOVE AND JOY.

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WHEN YOU CHOOSE LOVE, IT'S LIKE HANDING LOVE THE KEYS TO THE CAR [PUTTING LOVE IN THE DRIVERS SEAT SO TO SPEAK], OR ANOTHER WAY TO PUT IT, IS SURRENDERING TO LOVE. YOU ARE ALLOWING, ACCEPTING AND EMBRACING LOVE.

ENERGY IS ATOMS, AND ATOMS ARE MADE UP OF LOVE. THEY RESPOND WITH MORE AND MORE LOVE ENERGY, AS YOU ALLOW THEM TO CREATE MAGICAL EXPERIENCES.

LOVE ALWAYS SEEKS THE HIGHEST AND BEST EXPERIENCE POSSIBLE, AND SO THIS IS WHAT YOU RECEIVE, AS YOU ALLOW LOVE TO BE IN CHARGE.

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**THERE IS A DIFFERENCE IN
PUTTING SELF-FIRST TO ONLY
BENEFIT SELF AND THERE IS
PUTTING SELF-FIRST FOR THE
GREATER GOOD OF THE
WHOLE, LOVE ALL WAYS.
YOU TRANSFORM THROUGH
THE HEART.**

**ASCENSION REQUIRES
EVERYONE TO LOVE
THEMSELVES INTO LOVE
EQUALS PRESENT MOMENT OF
NOW.**

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THE ASCENSION PROCESS 101

BEING PRESENT.

YOU ARE ALREADY THERE - ENJOY.

**IT TAKES COURAGE, PERSISTENCE,
STRENGTH, AND THE UNDERSTANDING
THAT YOU ARE GRANDER THAN ANY
ILLUSION OR FANTASY TO TRULY
AWAKEN FROM OUT OF THE DREAM.**

LOVE IS TRULY WORTH IT ALL.

**EVERY MOMENT THAT YOU CHOOSE
LOVE, LOVE CHOOSES YOU AND THIS IS
TRUE MANIFESTATION AND MIRACLES.**

**THESE ARE YOUR ATOMS RESPONDING
TO THE TRUTH OF WHO YOU ARE, GOD.**

THANK YOU FOR CHOOSING LOVE

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THE ASCENSION PROCESS 101 - BEING PRESENT.

YOU ARE ALREADY THERE - ENJOY.

**IN CHILDLIKENESS IS YOUR BEING PRESENT, AS LIFE BEING FILLED WITH
OVERFLOWING JOY.**

**THIS JOY CONTAINS YOUR LIVING PRESENTNESS AWAKENING INTO DIVINE
ONENESS.**

**YOUR CHILDLIKENESS IS THE KEY TO THE DOOR TO YOUR SOUL, AS THE
ORIGINAL INNOCENCE.**

**TO ENTER THE KINGDOM OF HEAVEN ONE MUST BE AS A CHILD, STANDING
IN THE WONDER OF ALL LOVE IS PRECISELY PRESENT, AS YOU BEING YOU.**

ALLOW US TO REPEAT THIS SIMPLE TRUTH.

**TO ENTER THE KINGDOM OF HEAVEN ONE MUST BE AS A CHILD, STANDING
IN THE WONDER OF ALL LOVE IS PRECISELY PRESENT AS YOU BEING YOU.**

**WITHIN YOUR HEART, LOVE IS WHERE ALL BRILLIANCE, BEAUTY, TRUTH
AND JOY RESIDE.**

**THESE ARE THE KEYS TO THE KINGDOM OF ALL MULTIDIMENSIONAL
THOUGHT BEING PRESENT AND SHARED UNCONDITIONALLY.**

**UNCONDITIONAL LOVE, BEGINS WITHIN YOU, AS YOU ACCEPT YOURSELF
AND YOUR DIVINITY.**

**THEN UNCONDITIONAL LOVE EXPANDS FROM YOUR CENTRE OF BEING,
THROUGHOUT ALL CREATION.**

**WITHIN THE ILLUSION YOU HAVE GIVEN YOUR POWER, YOUR LIGHT AWAY
TO NOTHING. FOR THERE IS "NOTHING" TRUE AND REAL THAT EXISTS
OUTSIDE OF SELF.**

**EVERYTHING COMES FROM WITHIN. CREATION IS CREATED FROM WITHIN
EXPRESSED OUTWARDLY. AS THE PHRASE "GO WITHIN, OR GO WITHOUT.
YOU ARE HERE TO GIVE YOU BACK TO YOURSELF.**

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**LOVING THY SELF TRULY, MEANING UNCONDITIONALLY LOVING
SELF THROUGH SELF-ACTION OR EXAMPLE.**

**BEING THE LOVE YOU ARE, IS LIVING AND BEING YOUR TRUTH OF THAT
LOVE.**

**LOVING THY SELF FOR PURPOSE OF ONE'S OWN HAPPINESS, IS THE
DICHOTOMY, FOR THE RESULTS ARE THAT THE ENERGY OF JUST LOVING
SELF GETS STUCK. LOVE ENERGY RUNS LIKE THE BLOOD MUST RUN
THROUGH OUR VEINS.**

**THE OPPORTUNITY NOW, IS THAT WE UNLOCK THAT BLOCK AND LET IT FLOW
FROM THE INSIDE OUT, TRANSFORMING EVERYTHING INTO THE LOVE WE
FEEL FROM THE INSIDE.**

**IN THE 'NEW' ENERGY, WE LOVE OURSELF FIRST AND THEN BE THE
OUTWARD SHINING EXAMPLE OF THE LOVE WE ARE, ALWAYS. WE NOW ARE
ABLE TO DIRECTLY GET ENERGY FROM SOURCE (THIS IS FOUND IN AND
RECEIVED FROM THE INSIDE) WHERE WE HAVE AN ABUNDANT SUPPLY AT
ALL TIMES TO GIVE TO ALL, TO OURSELVES AND TO OTHERS.**

**ONCE CONNECTED THEN WE REALLY CAN TRULY BE IN SERVICE FOR WE DO
NOT HAVE THOSE FEELINGS THAT ARE OUT OF BALANCE WHICH MAKES US
WANT TO TAKE FROM OR FIGHT WITH OTHERS FOR RESOURCES.**

**WHEN LOVE COMES FROM SOURCE, WE BECOME BALANCED AND CENTERED
BEINGS. THIS IS WHEN WE COME INTO SERVICE.**

**FOR THE ONLY WAY TO "SEE" LOVE WITHIN ANOTHER, BRILLIANCE WITHIN
ANOTHER, IS TO "FIRST SEE" THE LOVE AND BRILLIANCE WITHIN US.**

**SEEING THE BRILLIANCE IN OURSELVES, OPENS THE DOORS FOR OTHERS TO
SHINE THEIR LIGHTS.**

**WE, FROM THIS VANTAGE POINT, CAN TRULY LOVE EACH MOMENT OF OUR
LIVES, BECAUSE WE ARE "BEING" THE VERY TRUTH OF WHO WE ARE, WHICH
IS LOVE AND THERE IS ENOUGH ALWAYS, THE SOURCE TO THIS ENERGY IS
ETERNAL AND UNLIMITED.**

**WE ALL NEED TO FALL IN LOVE WITH OURSELVES, WHICH IS ALSO OUR
GODSELF. EVERYONE WILL ALSO GO THROUGH A SIMILAR PROCESS UNIQUE
TO YOU.**

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THIS JOURNEY OF GOING INSIDE IS TO DISCOVER WHO ONE TRULY IS. THEN, AND ONLY THEN, WILL WE SEE THROUGH GOD EYES. FOR WHEN WE ARE ALL LOOKING THROUGH GODS EYES, WHEN WE ACCEPT THAT GOD IS ONLY LOVE, THEN WE WILL KNOW WE ARE ALL ONE!

THERE WILL BE A RELEASE OF JUDGMENTS, SEPARATISM, AND FEAR. THE "BAD" MAY STILL BE THERE, UNCOMFORTABLE FEELINGS OF INADEQUACY AND SUCH BUT IT IS THROUGH GRACE AND FORGIVENESS FOR OURSELVES AND OTHERS, IN ALL MOMENTS, THAT HEALS IT ALL.

ALL THAT IS REAL IS LOVE. EVERYTHING ELSE (FEAR) IS NOT. JUST LOOK AT IT, BE AWARE AND LET IT GO. CONTINUE ACCOMPLISHING THIS UNTIL YOU ARE THROUGH. YOU WILL KNOW. DON'T GET DISTRACTED, JUST KEEP THE FOCUS ON LOVE AND GO THROUGH THE PROCESS.

FEAR IS FALSE EVIDENCE APPEARING REAL. SOCIETY HAS PROGRAMMED FEAR INTO HUMANITY WHEN YOU ARE CHILDREN. ALL KARMA IS FORGIVEN WITH GRACE AND FORGIVENESS. ALL YOU HAVE TO ACCOMPLISH IS BEING PRESENT AND YOU ARE FREE IN LOVE AND SPIRIT AKA THE HIGHER SELF.

YOU HAVE TO FORGIVE YOURSELF AND GET ON WITH IT INTO THE PRESENT MOMENT OF NOW.

KARMA IS JUST REPEATING THE SAME PATTERN OVER AND OVER AGAIN, NOT KNOWING YOU DON'T HAVE TO DO THIS ANYMORE. THIS IS NO SUCH THING AS BAD BUT IN IGNORANCE. FEAR, PAIN AND SUFFERING IS THE ILLUSION.

IN REALITY YOU ARE A BEING WORTHY OF ALL LOVE IS. BEING YOU IS REMEMBERING THAT ONLY LOVE IS REAL AND ONLY LOVE EXISTS. LOVING YOU IN CHILDLIKENESS, BEING PRESENT, AS LIFE BEING FILLED WITH OVERFLOWING JOY. THIS JOY CONTAINS YOUR LIVING PRESENTNESS, AWAKENING INTO DIVINE ONENESS.

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**FIRST CONTACT IS ACTUALLY YOU,
CONNECTING INTO YOUR HEART,
SOUL AND DIVINE BRILLIANCE.**

**THEN ALL UNLIMITED THOUGHT IS
PRESENT AND READILY AVAILABLE
FOR YOU TO SHARE WITH ALL
LOVE IS MULTI- DIMENSIONALLY.**

**AS ABOVE SO WITHIN, FOR
CREATION IS WITHIN YOU BEING
YOU AS YOUR HEART EXPANDS TO
FILL EVERY LIVING MOMENT WITH
THE LOVE YOU ARE UNCEASINGLY.**

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**WE ARE BECOMING THE
GREATEST, GRANDEST VERSION
OF OURSELVES.**

**WE CAN BE AS A LOVE MIRROR
FOR ALL IN THE HIGHEST JOY,
THROUGH BEING LOVE IN
ACTION AND SERVING LOVE IN
EVERY MOMENT.**

**OUR EVERY THOUGHT, WORD,
DEED AND ACTION SERVES LOVE
IN EVERY MOMENT FOR THE
HIGHEST AND GREATEST GOOD
OF ALL, IN THE ALWAYS,
PRODUCING MORE JOY.**

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MISSION LIMITLESS

RELEASE EVERYTHING YOU HAVE EVER BEEN
TAUGHT OR TOLD, RIGHT UP TO THIS VERY
MOMENT.

WHATEVER YOU RELEASE AND LET GO OF, THE
ONLY THING THAT REMAINS IS WHAT IS REAL.

ONLY TRUTH WHICH IS THE ONLY REAL, CAN
REMAIN WHEN ALL ELSE FALLS AWAY.

NOTHING ELSE MATTERS OR IS RELEVANT.

ONLY TRUTH CAN STAND TALL WHEN
EVERYTHING ELSE DISSOLVES.

OUT OF THE NOTHINGNESS OF ILLUSION, WILL
ARISE SOMETHING WAY GRANDER, WHICH IS A
NEW PARADIGM AND A FIRM FOUNDATION HAS
BEEN BUILT ON ONLY LOVE AND TRUTH,
BECAUSE THIS IS THE ONLY REAL.

THIS IS THE TRUE REALITY.

THIS IS HEAVEN MANIFESTED ON PLANET
EARTH = HEART.

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EXPERIENCE ONLY OCCURS WHEN YOU AWAKEN FROM OUT OF THE DREAM. EXPERIENCE EXISTS ONLY IN THE PRESENT MOMENT OF NOW.

LOVE COULD NOT BE THERE WITH YOU IN THE DREAM AND ONLY OUT OF THE DREAM CAN YOU EXPERIENCE LOVE IN THE PRESENT MOMENT OF NOW.

THIS IS WHERE YOU GAIN THE UNDERSTANDINGS THROUGH EXPERIENCING THE LOVE YOU ARE.

WHEN YOU ARE PRESENT, LOVE IS ALWAYS THERE. THIS IS HOW LIFE AND LOVE = CREATION, EXPRESS, EXPAND, AND GROW.

INTERNALLY EXPRESSED OUTWARD, FILLING IN THE SPACE WITH AWARENESS.

WHEN THE SPACE IS JUST FILLED WITH PRESENTNESS = ALL LOVE IS, THIS IS SUPER CONSCIOUSNESS, WHICH IS PURE BRILLIANCE.

SUPER CONSCIOUSNESS = THE ONENESS IN CREATION.

YOU ARE THIS LOVE, AND YOU ARE THIS BRILLIANCE.

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LOVE IS ALWAYS GIVING

LOVE COULD NEVER TAKE, BECAUSE LOVE IS ALWAYS OVERLY ABUNDANT. THE CUP THAT KEEPS FILLING UP.

LOVE HAS EVERYTHING AND IS EVERYTHING.

INNOCENCE IS A CHILDLIKE QUALITY OF LOVE.

INNOCENCE: GUILTLESS, CLEAR, UNCORRUPTED, NOT DANGEROUS OR HARMFUL, A YOUNG CHILD.

INNOCENCE IS THE TRUE ESSENCE OF WHO YOU ARE AS LIGHT BEINGS.

CHILDLIKE AS WONDER AND MAGIC, WHICH IS ALWAYS IN THE PRESENT MOMENT OF NOW [WHICH IS ALL THERE REALLY IS].

EVERY MOMENT IS NEW. THIS IS CREATION.

THIS IS PRESENTNESS, LOVE EVERYWHERE PRESENT.

INNOCENCE ALLOWS, EMBRACES, AND DOES NOT QUESTION, BECAUSE INNOCENCE TRUSTS THE EXPERIENCE OF LOVE IN EVERY MOMENT, AND LOVE IS ALWAYS THERE.

LOVE ALWAYS RESPONDS WITH LOVE.

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**TRUE REALITY AND CREATION CANNOT BE
MANIPULATED OR CONTROLLED.**

**IT IS LIVING FROM WITHIN, CONNECTED
TO SOURCE ENERGY, AND EXPRESSING
THIS OUTWARDLY, INSIDE OUT.**

**LOVE HAS NOTHING TO ANALYSE OR
INTERPRET.**

LOVE IS ALWAYS LOVE EXPRESSING LOVE.

**LOVE IS DIVINE INTELLIGENCE =
CREATION.**

**YOUR TRUE BEING ONCE AWAKENED
INNATELY AND AUTOMATICALLY
RECOGNISES AND UNDERSTANDS ALL OF
LIFE, FOR EACH BEING IS UNIQUELY ALL
THAT IS, AND LOVE IS ALL THERE IS.**

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**YOUR ONLY
MISSION IS TO BE
PRESENT IN THE
MOMENT.**

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**ONLY THROUGH FEELINGS
DOES ONE GAIN
UNDERSTANDING.**

**THROUGH UNDERSTANDING
ONE HAS EXPERIENCES.**

**THROUGH EXPERIENCES ONE
GAINS WISDOM, WISDOM TO
BE.**

**FEELINGS = OUR NATURAL
STATE = PRESENT MOMENT OF
NOW = LOVE EVERYWHERE
PRESENT**

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**LIVING FROM THE SOUL'S PERSPECTIVE IS ONLY
ACHIEVABLE BY BEING IN THE PRESENT
MOMENT OF NOW.**

**THIS IS ACHIEVABLE BY NOT HAVING BAGGAGE WITH YOU.
THIS IS ACHIEVABLE BY BECOMING CONSCIOUS ON YOUR
BAGGAGE.**

**BECOMING CONSCIOUS OF WHATS GOING ON IN THE
MOMENT IS ONLY POSSIBLE IF YOU ARE WILLING TO
BREAK HABITS.**

**IF YOU ARE WILLING TO CONFRONT BIOLOGY THAT SAYS
CHANGE IS SCARY.**

**CONFRONTING THE BIOLOGY IS ONLY POSSIBLE IF YOU
HAVE COURAGE.**

**IT STARTS WITH COURAGE TO SAY LIFE CAN BE
DIFFERENT.**

**YOU START SEEING. WHEN YOU CONFRONT THE BIOLOGY
YOU BECOME CONSCIOUS.**

**YOU START SEEING WHAT YOUR BAGGAGE IS. YOU
RELEASE YOUR BAGGAGE.**

**YOU ARE IN THE MOMENT TO ACCESS YOUR SOUL IN A
COMPLETELY DIFFERENT WAY AND START LIVING FROM A
SOULS PERSPECTIVE.**

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**WHEN ONE DOOR CLOSES
ANOTHER OPENS.**

**CREATION IS CONSTANT
CHANGE.**

**DISSOLVING EGO MEANS
DROPPING BAGGAGE,
STEPPING INTO PRESENT
MOMENT OF NOW WITH LOVE
AND IN UNITY
CONSCIOUSNESS.**

THIS IS HUMANITIES DESTINY.

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ALL KARMA AND NEGATIVITY IS TO BE FORGIVEN WITH GRACE AND FORGIVENESS.

THIS IS THE LAW OF LOVE AND OF LIGHT.

HUMANS MUST REALISE THAT THEY HAVE ALL COME HERE BY CONTRACT. ALL ARE ANGELS IN DISGUISE AND EVERYONE CAME TO THIS EARTH FOR THIS GRAND OPPORTUNITY.

ALL MUST WAKE UP AND SEE THIS HAS BEEN JUST A GAME, A DREAM OF DUALITY AND SEPARATION.

RIGHT NOW ALL OF IT IS TO BE FORGIVEN.

EARTH IS A PLANET OF GRACE.

OUR UPCOMING ROLES ARE THAT WE WILL TRULY DEMONSTRATE THIS GRACE AND THIS LOVE SO EVERYONE FROM ALL OVER PARTS OF THIS GALAXY CAN COME HERE AND OBSERVE THE RESULTS AND TO REALISE THAT THE NEW MODEL EARTH CAN SPREAD TO EVERY PART OF THIS GALAXY.

THIS PLANET WAS PUT IN THIS UNIVERSE AND THIS GALAXY FOR THE PURPOSE OF BECOMING ONE OF THE GREAT SHOWCASES AND MODELS OF LIGHT, OF LOVE AND OF FORGIVENESS.

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INVOCATION

**I CHOOSE TO SERVE LOVE IN
EVERY MOMENT.**

**I CHOOSE TO BE LOVE IN
ACTION IN EVERY MOMENT.
I AM MAKING A DEDICATION
AND COMMITMENT TO
SERVE IN WHOLE TRUTH
AND ONLY WITH PURE LOVE
IN EVERY MOMENT.**

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**SECTION 2:
AWAKENING**

VOICES FROM PRIME SOURCE HERSELF.

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WE SHARE SIMPLE, EASY TO UNDERSTAND TERMS WITH TOOLS & TECHNIQUES TO ASSIST YOU IN YOUR ASCENSION PROCESS TO BE CLEAR, PREPARED, READY, STEPPING OUT OF FEAR, PAIN & SUFFERING (3D = THE ILLUSION) AND INTO HIGHER STATES OF CONSCIOUSNESS, AWAKENING TO THE WHOLE TRUTH AND YOUR DIVINE DESTINY.

AWAKENING IS THE PROCESS OF BECOMING CONSCIOUS. ONE DOES THIS THROUGH AWARENESS. AWARENESS TRANSFORMS INTO CONSCIOUSNESS.

IF YOU ARE READING THIS, YOU ARE PROBABLY AWAKE AND ON THE PATH TO FULL CONSCIOUSNESS. YOU WAKE UP WHEN YOU REALISE THE TRUTH OF WHO YOU ARE, A MULTIDIMENSIONAL BEING (SOUL) HAVING A 3D EXPERIENCE IN A HUMAN BODY.

AWAKENING EQUALS THE PROCESS OF RETURNING TO THE HIGHEST POSSIBLE UNDERSTANDING OF LOVE EQUALS SELF AWARENESS.

ASCENSION EQUALS BEING PRESENT IN THE MOMENT OF NOW SO THAT YOU CAN GET TO THE EXPERIENCE OF THE MAGIC OF CREATION, YOU INTO FULL CONSCIOUSNESS, HEAVEN CONSCIOUSNESS, CONNECTION TO THE GOD WITHIN, CONSCIOUS AWARENESS, JOY AND HAPPINESS.

THIS IS A FULL PLANETARY ASCENSION INTO 5D REALITY EQUALS LOVE EVERYWHERE PRESENT.

5D REALITY IS WHERE YOUR EXPERIENCE IS ONE OF CONSTANT JOY, WHOLENESS OF BEING, WHOLE HEALTH, BALANCED, HAPPINESS AND ABUNDANCE.

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**LOVING SELF FIRST OPENS THE DOORS
TO ALL DOORS.**

**BEING LOVE IS THE SAME AS HOW YOU RAISE YOUR
VIBRATIONAL FREQUENCY. BY RELEASING ALL THAT IS
NOT LOVE, AND EMBRACING ALL THAT IS.**

**AS YOU RELEASE DENSITY OR LOWER THOUGHTS, THAT
ARE NOT OF LOVE, THE REAL THOUGHTS COME IN.**

**BEING MULTI-DIMENSIONAL IS THE SAME AS THE
EXPERIENCE "BE HERE NOW". BE THE EXPERIENCE, YOU
CANNOT CONTROL IT, CONTROL IS WHAT ILLUSION
ATTEMPTS.**

**ONCE YOU LET GO, CHOOSE LOVE IN EVERY MOMENT,
THEN LOVE BECOMES THE ONLY REALITY AND
EXPERIENCE.**

**ITS SO SIMPLE, AND YET BECAUSE OF THE DEEP
PROGRAMMING THAT HAS BEEN DONE BY SOCIETY FOR
SO LONG, SOME ATTEMPT TO MAKE IT COMPLICATED.**

**THE PROCESS WILL BE SURRENDER. IN WHICH YOU
WILL LET GO OF EVERY THOUGHT YOU'VE EVER HAD
ABOUT ANYTHING AND EVERYTHING. BY DOING THIS
YOU GAIN EVERYTHING. IN THIS EXPERIENCE YOU WILL
STEP OUT OF ILLUSION AND INTO THE DIVINE.**

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**LOVING SELF FIRST OPENS THE DOORS
TO ALL DOORS.**

**THE MOMENT YOU RELEASE ALL YOUR THOUGHTS,
YOU SHATTER THE GLASS CEILING AND EVERYTHING
THAT IS NOT TRUTH FADES AWAY.**

**TRUTH IS GOD. GOD IS LOVE. YOU ARE LOVE. ALL IS
LOVE.**

ONCE YOU KNOW NOTHING, YOU KNOW EVERYTHING.

**BY SURRENDERING TO LOVE, YOU WILL DROP THE
ILLUSION OF FEAR AND STEP INTO WHAT THE ONLY
REAL IS, WHICH IS LOVE, THE DIVINE, LOVE
EVERYWHERE PRESENT.**

**DO YOU REALLY WANT TO CHANGE HOW YOU FEEL
ABOUT YOURSELF AND YOUR LIFE?**

**EVERYTHING YOU'VE EVER WANTED IS ON THE OTHER
SIDE OF THIS WORK.**

**THE MORE YOU ARE LOVING AND KIND TO YOURSELF,
THE MORE YOUR LIFE WILL CHANGE IN THE MOST
AMAZING AND PROFOUND WAYS.**

LOVING SELF FIRST OPENS THE DOORS TO ALL DOORS.

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LOVING SELF FIRST OPENS THE DOORS TO ALL DOORS.

**THE ROAD TO FULL CONSCIOUSNESS IS A PATH THAT
TAKES COURAGE, DETERMINATION, PERSEVERANCE, AND
AN ATTITUDE OF “NO MATTER WHAT”.**

**YOU HAVE TO BREAK DOWN THE WALLS, WHICH ARE THE
BLOCKS WITHIN YOU TO AWAKEN FULLY INTO THE
PRESENT MOMENT.**

**THE UNCONSCIOUSNESS IS WHERE YOU FORGOT WHO
YOU REALLY ARE. IT WAS DISCONNECTION FROM SOURCE,
TRUTH, AND YOUR TRUE LIGHT.**

**EACH OF YOU ARE HERE ON PLANET EARTH = HEART TO
ACCOMPLISH THIS TASK OF COMPLETE AWAKENING, AND
TO RAISE THE VIBRATIONS ON THE PLANET INTO
BALANCED HARMONICS.**

**THE TASK YOU ARE IN, IS NOT AN EASY TASK, BUT IT IS
NOT IMPOSSIBLE. IN FACT, YOU ARE HERE TO DO THE
INCREDIBLE. SOMETHING THAT HAS NEVER BEEN
ACCOMPLISHED ANYWHERE WITHIN CREATION. YOU WILL
SUCCEED, AS THIS IS THE DESTINY OF THIS PLANET.**

**THIS IS SOMETHING UNIQUE, NEW, AND WHY YOUR
SOULS WERE SO EAGER TO GET HERE.**

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LOVING SELF FIRST OPENS THE DOORS
TO ALL DOORS.

**YOU STOOD IN LINE, WITH GOD ZILLIONS OF OTHERS,
JUST FOR THIS EXPERIENCE. TO TRAVEL OUT OF THE
DEPTHS OF THE LOWER VIBRATIONS AND HOME INTO
THE LIGHT. FROM UNCONSCIOUSNESS, TO FULL
CONSCIOUSNESS.**

RECONNECTION TO SOURCE EQUALS ASCENSION.

**YOU HAVE TO BREAK DOWN THE WALLS THAT WERE THE
BLOCKS TO FULL CONSCIOUSNESS, WHICH IS THE FULL
REMEMBRANCE OF YOU, AS A DIVINE BEING OF LIGHT, A
ROYAL ANGEL.**

**BY ACCOMPLISHING THIS, YOU ARE OPENING THE DOOR
SO THAT OTHERS CAN ALSO MAKE THE JOURNEY HOME.**

**THE UNCONSCIOUSNESS IS WHERE YOU COMPLETELY
FORGOT WHO YOU WERE.**

**REMEMBER WHO YOU ARE AND THE LIGHTS COME ON.
NOT REMEMBERING WHO YOU REALLY ARE, YOU ARE IN
THE DARKNESS OF UNCONSCIOUSNESS. THE ONLY WAY
OUT OF THE DARKNESS, OR UNCONSCIOUSNESS, IS
THROUGH. THIS, EACH BEING ON THE PLANET, HAS TO
ACCOMPLISH THEMSELVES.**

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**MISSION LIMITLESS
LOVING SELF FIRST OPENS THE
DOORS TO ALL DOORS.**

**TO AWAKEN FULLY IN THE PRESENT
MOMENT, IS THROUGH LETTING GO OF
EVERYTHING YOU THOUGHT YOU WERE,
AND BEING ALL THE LOVE AND
EVERYTHING YOU ARE. THIS DISSOLVES
ALL ILLUSION.**

**AWAKENING EQUALS LETTING GO OF ALL
OUTSIDE ATTACHMENTS THROUGH
DISSOLVING ALL BELIEF SYSTEMS.**

**IF YOU CAN RIGHT NOW GET TO THE
UNDERSTANDING ALL IS JUST ENERGY, YOU
WILL MOVE DIRECTLY INTO TRANSFORMING
THE EMOTIONAL AND MENTAL [DUALITY]
INTO UNIFIED PASSION TO EXPERIENCE
YOUR NATURAL STATE OF FEELINGS.
IT IS REALLY THIS SIMPLE.**

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LOVING SELF FIRST OPENS THE DOORS TO ALL DOORS

**YOU MUST DO THE WALKING. THE ONLY WAY OUT IS THROUGH.
BY FACING YOURSELF, LOOKING AT WHAT IS REAL AND TRUE,
AND LETTING GO OF WHAT IS NOT.**

**WHAT IS NOT REAL AND TRUE IS EGO. ANYTHING NOT IN THE
PRESENT MOMENT OF NOW, IS NOT REAL, IS ALL ILLUSION. FACE
THE ILLUSION, STEP INTO REALITY AND TAKE BACK YOUR LIGHT
AND TRUE POWER, WHICH IS WHY YOU ARE HERE.**

**WHY IS HUMANITY ON THE PLANET RIGHT NOW? TO EXPERIENCE
THE ASCENSION EQUAL AWAKENING AND SIMPLY
REMEMBERING THEY ARE THEY LOVE.**

**THE HIGHEST TRUTH WITHIN UNIVERSAL UNDERSTANDING IS
THAT YOU AND ALL OF HUMANITY, ALL OF CREATION IS MADE UP
OF PURE CONSCIOUS ENERGY = UNCONDITIONAL LOVE.
CREATION IS MADE OF LOVE. TRUE, REAL LOVE AND THE
UNKNOWABLE = PRESENT MOMENT OF NOW.**

**THE MISSION: TO BE LOVE AND BE IN SERVICE TO LOVE ON THIS
PLANET.**

**ONCE THE BEING LETS GO, CHOOSES LOVE IN EVERY MOMENT,
THEN LOVE BECOMES THE ONLY REALITY AND EXPERIENCE.**

**THERE IS NOTHING REAL AND TRUE THAT EXISTS OUTSIDE OF
SELF, EVERYTHING COMES FROM WITHIN.**

CREATION IS CREATED FROM WITHIN EXPRESSED OUTWARDLY.

**ONCE YOU LOVE YOURSELF, THE DOOR OPENS, AND YOU ARE
OUT OF THE BOX AND CONNECTED TO THE HIGHER GRID = 5D =
LOVE EVERYWHERE PRESENT.**

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LOVING SELF FIRST OPENS THE DOORS TO ALL DOORS.

ASCENSION COMES FROM WITHIN. IT SIMPLY MEANS TO MOVE TO A HIGHER LEVEL OF CONSCIOUSNESS. IT HAPPENS TO EACH OF US MORE THAN ONCE.

IF YOU ARE STILL LOOKING TO OUTSIDE SOURCES TO GIVE YOU ANSWERS AND MAKE CHANGE, THEN YOU NEED TO WORK ON YOUR OWN SPIRITUAL DEVELOPMENT MORE.

LET GO OF EVERYTHING THAT COMES FROM EGO/FEAR AND INSTEAD CHOOSE TO GIVE AND RECEIVE LOVE.

CHOOSE LOVE IN EVERY MOMENT. IT REALLY IS THAT SIMPLE. WHAT IS THE MEANING OF LIFE? TO EVOLVE SPIRITUALLY, TO LOVE YOURSELVES, AND ALL OF CREATION.

RAISING YOUR VIBRATION AND PREPARING FOR ASCENSION: YOU RAISE YOUR VIBRATION BY EMBRACING LOVE, BEING LOVE, BEING PRESENT IN THE NOW, AND DOING WHATEVER BRINGS YOU JOY. ACTIVITIES THAT RAISE YOUR VIBRATION INCLUDE BEING IN NATURE, CONNECTING WITH TREES, LISTENING TO MUSIC AND SIMPLY BREATHING IN THROUGH THE NOSE AND OUT THROUGH THE MOUTH.

TO HELP CENTRE YOURSELF IN LOVE, YOU MIGHT WANT TO ENVISION BREATHING IN LOVE AND LIGHT AND BREATHING OUT LIGHT, LOVE, AND GRATITUDE.

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LOVING SELF FIRST OPENS THE DOORS TO ALL DOORS.

IF YOU ARE DOING THINGS THAT RAISE YOUR VIBRATION AND YOU WANT TO ASCEND, AND ARE OPEN TO EMBRACING THE PROCESS TO FULL CONSCIOUSNESS, YOU WILL ASCEND.

**WHAT'S THE SECRET TO ASCENSION? LOVE. DON'T WORRY.
BE HAPPY.**

THE PROGRAM, THE MATRIX, AND THE ILLUSION ALL REFER TO THE SAME THING. NOTHING IN THIS DIMENSION IS REAL. OUR GOAL IS TO REALISE THIS AND BREAK FREE.

THIS MAY BE THE MOST DIFFICULT TRUTH FOR MANY PEOPLE TO GRASP. YOUR UNDERSTANDING OF THIS LIKELY WILL NOT COME ALL AT ONCE. AS YOU RAISE YOUR VIBRATION, DEVELOP SPIRITUALLY AND EMBRACE LOVE AS THE ONLY REAL FEELING, YOUR UNDERSTANDING OF THE PROGRAM AND OTHER ISSUES WILL INCREASE.

TIME IS A 3D CONCEPT. THERE IS NO SUCH THING AS TIME. IT DOES NOT EXIST IN THE HIGHER DIMENSIONS.

THIS IS WHY YOU WILL OFTEN HEAR US REFER TO "THE PRESENT MOMENT OF NOW." BY UNDERSTANDING THAT TIME IS NOT REAL AND FOCUSING ON AND EXISTING IN THE NOW, YOU HELP TO FREE YOURSELF FROM THE PROGRAM.

IN THE PRESENT MOMENT OF NOW, LOVE IS EVERYWHERE PRESENT. AS YOU DEVELOP SPIRITUALLY, YOU WILL BE ABLE TO UNDERSTAND THIS MORE AND MORE.

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LOVING SELF FIRST OPENS THE DOORS TO ALL DOORS.

REACHING FULL CONSCIOUSNESS IS A PROCESS. THE MORE YOU ARE OPEN TO IT, THE EASIER AND QUICKER IS IT.

REACHING FULL CONSCIOUSNESS INVOLVES MANY THINGS, LIKE EMBRACING LOVE, BEING LOVE, SHEDDING YOUR EGO AND ACCEPTING AND UNDERSTANDING HIGHER TRUTHS.

WE ALL HAVE A CONTRACT AND TAKEN ON HUMAN EXPERIENCES IN THIS LIFETIME TO TRANSFORM, HEAL AND FORGIVE OURSELVES AND ALL OTHER SELVES.

ALTHOUGH WE ARE ON THE SAME PATH, EACH OF US IS UNIQUE AND WE HAVE A UNIQUE EXPERIENCE.

REACHING AND COMMUNICATING WITH OTHERS WHO ARE GOING THROUGH THE SAME PROCESS WILL HELP A LOT.

YOU MUST DO THE WALKING BY FACING YOURSELF, LOOKING AT WHAT IS REAL & TRUE AND LETTING GO OF WHAT IS NOT (ILLUSION). LETTING GO OF ANYTHING YOU'VE EVER BEEN TOLD OR TAUGHT. ONLY TRUTH REMAINS WHEN THE ILLUSION IS GONE.

EVERYTHING COMES FROM WITHIN. CREATION IS CREATED FROM WITHIN EXPRESSING OUTWARDLY.

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**MISSION LIMITLESS
LOVING SELF FIRST OPENS THE
DOORS TO ALL DOORS.
IT IS ONLY THROUGH BEING THE
CHANGE THAT WE CREATE THE
CHANGE.**

**WE WILL BECOME ONE BUT ONLY IF
YOUR EGO DIES, WHICH IS THE WAY
YOU CAN GIVE UNCONDITIONAL
LOVE.**

**IN THE PRESENCE OF TRUTH, THE
EGO DIES.**

**LET GO OF EVERYTHING YOU HAVE
EVER BEEN TOLD OR LEARNT HERE IN
THE 3D REALM AND SIMPLY BE
PRESENT IN LOVE.**

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MISSION LIMITLESS

**AWAKENING:
LETTING GO OF
ALL OUTSIDE
ATTACHMENTS.**

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MISSION LIMITLESS

WHY ARE YOU HERE?

WE WOULD LIKE TO REHEART YOU OF WHY YOU CAME TO PLANET EARTH = HEART DURING THESE MOMENTS OF TRANSFORMATION.

FIRST, ALL OF YOU CAME HERE TO LEARN THE ONE LESSON. WHICH IS TO SURRENDER TO THE LOVE YOU TRULY ARE EQUAL TO EVERYTHING ELSE [THIS IS EQUAL TO YOUR AWAKENING AS WELL AS YOUR ENLIGHTENMENT] AND REGAINING YOUR STATUS AS A MASTER OF LIGHT.

YOU CAME TO PLANET EARTH = HEART TO LIFT YOURSELVES OUT OF DUALITY AND RETURN BACK TO THE UPPER REALMS OF MULTIDIMENSIONAL THOUGHT AND THEN BE IN SERVICE TO YOUR BROTHERS AND SISTERS. HUMANITY ARE ACTUALLY VERY HIGHLY TRAINED STAR BEINGS OF LOVE AND LIGHT.

SOME OF THE BEST OF THE BEST IN FACT, AND EVERYONE WHO INCARNATED AT THIS TIME CAME IN WITH "THE DIVINE PLAN", AND ARE WELL PREPARED TO CARRY OUT THEIR SPECIFIC PART AND MISSION WITHIN THE PLAN, IF THEY CAN HAVE THE COURAGE TO AWAKEN.

SURRENDER TO THE TRUTH OF THE LOVE YOU REALLY ARE, AND RELEASE ALL EGO UNCONSCIOUSNESS FOREVER.

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MISSION LIMITLESS

OUR RETURN TO FULL CONSCIOUSNESS

IN ORDER TO EXPERIENCE THESE INCOMING ENERGIES OF POWERFUL LOVE VIBRATIONS, ALL WILL HAVE TO BE LET GO OF, AND COMPLETELY SURRENDERED TO LOVE.

YOU WILL BE SURRENDERING INTO THE PRESENT MOMENT OF NOW WHICH IS REFERRED TO AS THE UNKNOWN.

THIS IS HUMANITY'S NEXT STEP IN EVOLUTION WHICH IS INTO ONENESS AND UNITY CONSCIOUSNESS.

THIS REQUIRES THE RELEASING OF ALL YOUR THOUGHTS.

ALL YOU THOUGHT YOU KNEW. ALL OF IT FROM THIS MOMENT ON. IF YOU LOVE SOMETHING LET IT GO. IF THIS COMES BACK TO YOU, YOU KNOW THIS IS REAL. ONLY THOUGHTS WHICH ARE REAL THOUGHTS WILL REMAIN.

BE BLANK. AS YOU LET GO, LOVE WILL COME RUSHING IN. BE IN YOUR HEART CENTRE, BE IN YOUR TRUTH AND BE READY. COMPLETELY SURRENDER.

ALL FEAR/PAIN/SUFFERING IS A BLOCK TO THE EXPERIENCE OF FEELING LOVE. SURRENDER TO LOVE.

DROP ILLUSION OF FEAR AND STEP INTO ONLY REAL WHICH IS LOVE. THIS ENDS THE CYCLE OF DUALITY. THANK YOU FOR KEEPING YOUR HEARTS OPEN AND STAYING TUNED IN.

BE PRESENT AND FOLLOW THE SYNCHRONISTIC EVENTS.

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WHAT IS BEING SHARED:

COMPLEX AND MULTI-DIMENSIONAL CONCEPTS IN SIMPLE AND EASY TO UNDERSTAND TERMS.

TOOLS & TECHNIQUES TO ASSIST YOU IN YOUR ASCENSION PROCESS TO BE CLEAR, PREPARED, READY AND TRANSFORMED INTO HIGHER STATES OF CONSCIOUSNESS, AWAKENING TO THE WHOLE TRUTH AND YOUR DIVINE DESTINY.

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AWAKENING:

**RELEASING ALL OLD
PROGRAMMING, FOLLOWING
SYNCHRONISTIC EVENTS AND
RAISING YOUR VIBRATIONAL
FREQUENCY THROUGH BEING LOVE.
ACCEPTING FULL RESPONSIBILITY
FOR ALL OUR EXPERIENCES.
LOVING OURSELVES. LOVING EACH
OTHER. FORGIVING OURSELVES
COMPLETELY. FORGIVING OTHER
BEINGS COMPLETELY. LETTING GO.
BEING LOVE. BEING PRESENT AND
TRUSTING LOVE.**

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**THE ROAD HOME IS WITHIN YOUR HEART
IF YOU LOVE YOURSELF, YOU SET YOURSELF
FREE. THEN YOU ARE IN THE PRESENT
MOMENT OF NOW WHERE THERE ARE NO
ATTACHMENTS AND LOVE IS FREE TO
CREATE.**

**THE ROAD HOME IS WITHIN YOUR HEART.
THE HEART IS YOUR CONNECTION TO YOUR
SOUL, WHICH IS CONNECTED TO THE ALL =
BRILLIANCE = FULL CONSCIOUSNESS = TRUE
REALITY.**

ALLOW ILLUSION OF 3D TO DIE.

**WALK THE PATH HOME TO THE LIGHT, THE
PATH WALKING OUT OF THE DARKNESS,
LIGHTENING THE PATH HOME FOR YOU.**

YOU MUST DO THE WALKING.

**BE PRESENT. BE LOVE. CHOOSE LOVE. SAY
LOVE**

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AWAKENING:

**YOUR GOAL IS FULL
CONSCIOUSNESS =
LOVE EVERYWHERE
PRESENT.**

**LOVING THYSELF OPENS
THE DOORS TO ALL
DOORS.**

**BE LOVE. CHOOSE
LOVE. SAY LOVE.**

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**THE ASCENSION PROCESS:
THE PROCESS TAKES
COURAGE, PERSEVERANCE,
SURRENDER, LETTING GO OF
EVERYTHING. BEING
UNATTACHED TO
EVERYTHING AND ALL
OUTCOMES.**

**IF YOU HAVE ANY EXPECTATIONS
THIS IS PUSHING ENERGY AWAY.
ACCEPT, EMBRACE, ALLOW AND LET
GO. ALLOW ENERGY TO MOVE TO
THE HIGHEST OUTCOME.**

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LOVE IN ACTION

**BEING LOVE IN ACTION
DISSOLVES THE ILLUSION
FOREVER.**

**THE ENERGIES OF LOVE
DISSOLVE THE WORLD OF
ILLUSION BECAUSE THAT WORLD
NEVER EXISTED.**

**IT WAS SIMPLY A CONSTRUCT OF
BELIEF SYSTEMS OF ISOLATION
AND SEPARATION TO DISTORT
THE REAL REALITY OF LOVE.**

“I AM LOVE IN ACTION”.

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**BEING MULTI-DIMENSIONAL IS THE SAME AS
THE EXPERIENCE "BE HERE NOW".**

**BE THE EXPERIENCE, YOU CANNOT CONTROL
IT, CONTROL IS WHAT ILLUSION ATTEMPTS.
ONCE THE BEING LETS GO, CHOOSES LOVE IN
EVERY MOMENT, THEN LOVE BECOMES THE
ONLY REALITY AND EXPERIENCE.**

**IT'S SO SIMPLE, AND YET BECAUSE OF THE
DEEP PROGRAMMING THAT HAS BEEN DONE
BY SOCIETY FOR SO LONG, SOME ATTEMPT TO
MAKE IT COMPLICATED.**

**CONSTANT LETTING GO, CHOOSING LOVE OVER
FEAR AND LIVING WITHIN TOTAL TRUST IS KEY
TO CATCHING THE WAVE OF CREATION, WHICH
ENERGETICALLY IS SWEEPING ACROSS THIS
PLANET.**

**THIS COMES FIRST FROM THE KNOWING AND
UNDERSTANDING OF THYSELF. LOVING SELF
FIRST OPENS THE DOORS TO ALL DOORS.**

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MISSION LIMITLESS

**EACH AND EVERYONE ONE OF HUMANITY CAME
TO ACCOMPLISH A MISSION - 1**

**TO BE LOVE AND BE IN SERVICE TO LOVE ON THIS PLANET.
THIS IS EACH AND EVERYONE'S BIRTH PLAN.**

**LET GO AND TRUST LOVE. YOU HAVE TO PARTICIPATE TO
HAVE THE EXPERIENCE. THIS IS HOW ONENESS ENERGY
WORKS. TRUST IN LOVE AS LOVE IS THE ONLY REAL AND
KEEP YOUR FOCUS ON THAT. YOU WILL HAVE TO RELEASE
THE PROGRAMS THAT YOU HAVE, BEFORE YOU THESE
EXPERIENCES.**

**ALL THAT IS REAL IS LOVE. EVERYTHING ELSE LIKE FEAR IS
NOT. LOOK AT IT, BE AWARE AND LET IT GO. FORGIVE
YOURSELF AND GET ON WITH IT INTO THE PRESENT MOMENT
OF NOW. ONLY LOVE IS REAL AND ONLY LOVE EXISTS.
CONTINUE ACCOMPLISHING THIS UNTIL YOU ARE THROUGH.
YOU WILL KNOW. DON'T GET DISTRACTED.**

KEEP THE FOCUS ON LOVE AND GO THROUGH THE PROCESS.

**ALL YOU HAVE TO CHOOSE TO BE, IS LOVE, AND SAY "I
CHOOSE LOVE IN EVERY MOMENT".**

**COMPLETELY SURRENDER INTO LOVE. THE PAST NO LONGER
EXISTS. THIS MEANS PAST MEMORIES DO NOT EXIST. LET GO
AND BE FREE TO EXPERIENCE THE INCOMING MIRACLES AS
MIRACLES CAN ONLY OCCUR IN THE PRESENT MOMENT OF
NOW. IF YOU BELIEVE.**

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**EACH AND EVERYONE ONE OF HUMANITY
CAME TO ACCOMPLISH A MISSION - 2**

**THE ASCENSION IS SIMPLE. LET GO OF ALL
THOUGHTS THAT ARE NOT REAL (THOUGHTS OF
ILLUSION THROUGH FEAR, SHAME, GUILT,
UNWORTHINESS ETC). FOCUS ON THOUGHTS OF
JOY. THESE ARE THE REAL THOUGHTS. BY BEING
THE LOVE YOU ARE, YOU TRANSFORM THE LOWER
VIBRATIONS OR LOWER THOUGHTS INTO LOVE
EVERYWHERE PRESENT.**

**WHEN YOU ARE CONSTANTLY PRESENT YOU ARE
IN THE EXPERIENCE OF TRUE REALITY, ALL YOU
EXPERIENCE IS JOY.**

**WHEN YOUR THOUGHTS ARE ON LOVE AND ONLY
LOVE THAT IS ALL YOU EXPERIENCE. BE THE LOVE
YOU ARE, LOVE TAKES CARE OF THE REST. BE, SEE
AND SHARE LOVE. THIS IS ALL YOUR MISSION
TRULY IS.**

**BE PRESENT IN THE MOMENT OF NOW AND
FOLLOW THE SIGNS.**

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**ASCENSION
COMES FROM
LOVING
YOURSELF.**

**LOVING YOURSELF
LIVING IN THE
MOMENT.**

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MISSION LIMITLESS

HOW DO I AWAKEN INTO FULL CONSCIOUSNESS

CHOOSING LOVE EVERY MOMENT THROUGH COURAGE, HARD WORK, DEDICATION, DETERMINATION AND TRUSTING LOVE.

BY DIVINE DECREE, THIS PLANET HAS BEEN COMMANDED HOME INTO THE LIGHT. ONLY YOU CAN CHOOSE HOW YOU ARE GOING TO GET HERE.

YOU MAY SURRENDER TO ALL LOVE IS. THIS IS THE SIMPLE AND EASY WAY. YOU MAY FIGHT OR FLIGHT WHICH IS THE TYPICAL EGO REACTION.

IF YOU ARE SEEKING PEACE, THE WAY TO FIND IT IS THROUGH ACCEPTANCE AND ALLOWING.

ACCEPTANCE IS THE DEMONSTRATION OF YOUR DEEP FAITH THAT THE UNIVERSE IS ALWAYS UNFOLDING FOR YOUR HIGHEST GOOD, EVEN IF YOU ARE NOT UNDERSTANDING ALL THE DETAILS YET.

ALLOWING, HONOURS THE COMPLETE CAPABILITY OF EACH SOUL TO HAVE THE EXACT EXPERIENCES THEY NEED FOR THEIR OWN GROWTH AND EXPANSION.

THE UNIVERSE IS SUPPORTING YOU, AND EVERY OTHER SOUL ON THE PLANET. FEEL THIS AND THE NEED TO INTERFERE, RESCUE, CONTROL, WORRY, RESIST OR PANIC COMPLETELY DISSIPATES.

YOU CAN THEN SHIFT INTO A SPACE OF BEING RATHER THAN DOING, WHICH IS WHERE THE PEACE YOU'VE BEEN SEEKING FOR HAS BEEN ALL ALONG.

BEING PRESENT IN THE "NOW" MOMENT OF LOVE, IS TO ACCEPT, EMBRACE, AND ALLOW. THE EGO MIND IS ALWAYS REACTIVE. LOVE RESPONDS IN ACTION.

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**AWAKENING IS
AN INNER
JOURNEY.**

**YOUR BEST TOOL
IS SELF-LOVE.**

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**AWARENESS BRINGS
TRANSFORMATION**

**AS SOON AS WE
BECOME AWARE IT IS
MUCH EASIER TO
COMPLETE THE
TRANSFORMATION TO
BE LOVE.**

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**THESE ENERGIES ARE
REQUIRING ALL
PROGRAMMING TO BE
RELEASED.**

**CONSTANT LETTING GO
AND CONSTANT
SURRENDERING TO THE
PROCESS WILL HELP YOU
GREATLY.**

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AWAKENING REQUIRES:

**FOLLOWING YOUR
HEART.**

BEING CLEAR.

**STAYING PRESENT AS
MUCH AS POSSIBLE.**

**RELEASING ALL
ATTACHMENTS AND
CUTTING ALL ENERGETIC
CORDS DAILY.**

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**AWAKENING REQUIRES:
THE JOURNEY TAKES
COURAGE, PERSEVERANCE,
NOT TAKING ANYTHING
PERSONALLY, LAUGHING,
DROPPING THE
CONDITIONING/PROGRAM
MED EGO MIND, LIVING IN
BALANCED HARMONICS,
TRUSTING LOVE AND
SURRENDERING IN ALL
MOMENTS TO LOVE.**

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TRUE REALITY = PRESENT MOMENT OF NOW

IN TRUE REALITY, WHEN YOU ARE PRESENT IN THE NOW, YOU EXPERIENCE EACH EVENT "SYNCHRONISTICLY".

THAT IS LIVING LIFE REAL, IT REQUIRES NOTHING. LOVE ALWAYS FILLS IN THE GAPS.

BEING PRESENT IN THE MOMENT OF NOW CONNECTS YOU TO YOUR HEART, YOUR SOUL AND YOUR TRUTH, THE CORE OF WHO YOU REALLY ARE.

THIS CONNECTS YOU INTO THE LIGHT, WHICH IS SOURCE. SOURCE IS AN OVERABUNDANT, OVERFLOWING ENERGY OF LOVE. LOVE IS WHO YOU TRULY ARE. THIS IS THE SAME AS "THE LOVE CALLED GOD EVERYWHERE PRESENT".

EACH OF YOU ARE A PART OF THIS. YOU ARE A PART OF THE WHOLE. YOU MAKE UP THE WHOLE.

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**RAISING YOUR VIBRATION AND
PREPARING FOR ASCENSION**

**YOU RAISE YOUR VIBRATION BY
EMBRACING LOVE, BEING LOVE, BEING
PRESENT IN THE NOW, AND DOING
WHATEVER BRINGS YOU JOY.**

**ACTIVITIES THAT RAISE YOUR
VIBRATION INCLUDE BEING IN
NATURE, CONNECTING WITH TREES,
LISTENING TO MUSIC, AND SIMPLY
BREATHING IN THROUGH THE NOSE
AND OUT THROUGH THE MOUTH.**

**TO HELP CENTRE YOURSELF IN LOVE,
YOU MIGHT WANT TO ENVISION
BREATHING IN LOVE AND LIGHT AND
BREATHING OUT LIGHT, LOVE, AND
GRATITUDE.**

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WHAT CAN I DO TO BEGIN MY AWAKENING PROCESS?

YOU BEGIN BY ACCEPTING, EMBRACING AND ALLOWING THAT EVERYTHING YOU HAVE EVER BEEN TOLD IS A LIE. THIS STARTS TO DISSOLVE OLD BELIEF SYSTEMS, ALLOWING YOU TO EXPAND YOUR CONSCIOUSNESS AND GAIN NEW INSIGHTS, INTUITION, AND UNDERSTANDING.

AS YOUR DNA IS ACTIVATED, THIS NATURAL PROCESS UNFOLDS AT ITS OWN PACE. ONCE YOU AWAKEN, YOU CANNOT RETURN TO A STATE OF UNAWARENESS.

PAY ATTENTION TO YOUR REACTIONS, EMOTIONS, AND THOUGHTS. BECOME A SILENT OBSERVER OF HOW YOU RESPOND TO PEOPLE AND SITUATIONS, NOTICING WHERE BEHAVIOURS AND THOUGHTS ARE PROGRAMMED.

CONNECT WITH YOUR FEELINGS BY TUNING INTO YOUR HEART WHEN MAKING DECISIONS OR FACING CHALLENGES. RELEASE THE MIND'S CONSTANT, FEAR-BASED THOUGHT LOOPS.

BY DOING SO, YOU BEGIN TO PERCEIVE THE MAGIC OF THE WORLD BEYOND THE ILLUSIONS OF THE 3D REALITY.

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**YOU CAN EFFECT CHANGE WITH
YOUR OWN INTENTION AND
IMAGINATION. YOU ARE
LIMITLESSLY POWERFUL.**

**IMAGINE A WORLD WHERE ONLY
LOVE EXISTS. HOLD THIS VISION
AND INTENTION. HEAVEN ON
EARTH, THE NEW STORY OF
CREATION.**

**NEW EARTH IS BASED ON
TRUTH, UNCONDITIONAL LOVE,
TRUE EQUALITY, PEACE,
BALANCED HARMONICS,
HARMONY, WHOLENESS OF BEING,
JOY AND TRUE ABUNDANCE.**

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**MISSION LIMITLESS
LETTING GO AND TRUSTING WHO
YOU ARE BECOMING.**

**CONSTANT LETTING GO AND LIVING WITHIN TOTAL
TRUST IS KEY TO CATCHING THE WAVE OF
CREATION.**

**THIS COMES FROM THE KNOWING AND
UNDERSTANDING OF THYSELF.**

**FEAR OF LIVING INSIDE OUT STEMS AGAIN, FROM
ILLUSION AND FEAR.**

**FEAR OF THE EXPERIENCE OF BEING PRESENT,
BECAUSE IT IS UNKNOWN. AS WELL AS THE FEAR
OF THE INNER AND OUTER BECOMING ONE, WHICH
IN TRUE REALITY, IS YOUR TRUE AWAKENING.**

**EVERYONE IS BECOMING ONE FROM WITHIN. THAT
IS ONE WITH EVERYTHING AND THIS IS THROUGH
THE EVOLUTION.**

**AN INDICATOR OF EVOLUTION AND LIBERATION
WITHIN ONE'S SOUL IS WHERE ONE OBSERVES THE
FALLING AWAY OF THE OLD (WHICH MUST OCCUR
WITHIN) AND THEN THE GROUNDING OF THE NEW.**

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**THANK YOU FOR FOLLOWING THE
SYNCHRONISTIC EVENTS = THE
PATHWAY HOME = THE PRESENT
MOMENT OF NOW = LOVE AND
CREATION CREATING FOR THE
HIGHEST GOOD OF ALL IN ALL
WAYS.**

**SURRENDER TO LOVE.
THE PAST NO LONGER EXISTS.
THIS MEANS PAST MEMORIES DO
NOT EXIST.**

**LET GO AND BE FREE TO
EXPERIENCE INCOMING MIRACLES
= PRESENT MOMENT OF NOW.**

“I LET GO AND I TRUST LOVE”

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MISSION LIMITLESS

**TO WALK ACROSS
THE BRIDGE/THE
VOID/4D TO 5D &
BEYOND, ALL YOU
HAVE TO CHOOSE TO
BE IS LOVE AND SAY:
"I CHOOSE LOVE IN
EVERY MOMENT".**

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MISSION LIMITLESS

INVOCATION

**I CHOOSE TO SERVE LOVE IN
EVERY MOMENT.**

**I CHOOSE TO BE LOVE IN
ACTION IN EVERY MOMENT.
I AM MAKING A DEDICATION
AND COMMITMENT TO
SERVE IN WHOLE TRUTH
AND ONLY WITH PURE LOVE
IN EVERY MOMENT.**

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**THE ROOT CAUSE OF HUMANITIES DYSFUNCTION,
PAIN AND SUFFERING IS THE EGO. THE EGO'S
PRIMARY JOB IS TO TAKE YOUR JOY AWAY FROM YOU.**

**YOU ARE NOT YOUR EGO. BY DIVINE DECREE, THIS PLANET HAS
BEEN COMMANDED HOME INTO THE LIGHT.**

**ONLY YOU CAN CHOOSE HOW YOU ARE GOING TO GET HERE.
YOU MAY SURRENDER TO ALL LOVE IS. THIS IS THE SIMPLE AND
EASY WAY. YOU MAY FIGHT OR FLIGHT WHICH IS THE TYPICAL
EGO REACTION.**

**IF YOU ARE SEEKING PEACE, THE WAY TO FIND IT IS THROUGH
ACCEPTANCE AND ALLOWING.**

**ACCEPTANCE IS THE DEMONSTRATION OF YOUR DEEP FAITH
THAT THE UNIVERSE IS ALWAYS UNFOLDING FOR YOUR
HIGHEST GOOD, EVEN IF YOU ARE NOT UNDERSTANDING ALL
THE DETAILS YET.**

**ALLOWING HONOURS THE COMPLETE CAPABILITY OF EACH
SOUL TO HAVE THE EXACT EXPERIENCES THEY NEED FOR THEIR
OWN GROWTH AND EXPANSION.**

**THE UNIVERSE IS SUPPORTING YOU AND EVERY OTHER SOUL
ON THE PLANET. FEEL THIS AND THE NEED TO INTERFERE,
RESCUE, CONTROL, WORRY, RESIST OR PANIC COMPLETELY
DISSIPATES.**

**YOU CAN THEN SHIFT INTO A SPACE OF BEING RATHER THAN
DOING, WHICH IS WHERE THE PEACE YOU'VE BEEN SEEKING
HAS BEEN ALL ALONG.**

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MISSION LIMITLESS

IN ILLUSION, (3D) THE PROGRAM KEEPS THE PROGRAMMED FOCUSED ON THE "ILLUSION", THE "ILLUSION" OF LIFE OUTSIDE OF YOU. ALL LIFE COMES FROM WITHIN.

AWARENESS TRANSFORMS INTO CONSCIOUSNESS. RIGHT NOW HUMANITY HAS ONE TASK AND THAT IS TO BREAK THROUGH THE EGO MIND AND FILL IN THE UNCONSCIOUSNESS WITH THE AWARENESS OF BEING PRESENT IN THE NOW.

AS THIS OCCURS LOVE TAKES CARE OF THE REST. LOVE HANDLES THE DETAILS AS YOU JUST BE THE LOVE YOU ARE. THIS IS SIMPLE, VERY SIMPLE, JUST BE NOW.

IT TAKES COURAGE, PERSISTENCE, STRENGTH, AND THE UNDERSTANDING THAT YOU ARE GRANDER THAN ANY ILLUSION OR FANTASY TO TRULY AWAKEN FROM OUT OF THE DREAM. LOVE IS TRULY WORTH IT ALL.

EVERY MOMENT THAT YOU CHOOSE LOVE, LOVE CHOOSES YOU AND THIS IS TRUE MANIFESTATION AND MIRACLES. THESE ARE YOUR ATOMS RESPONDING TO THE TRUTH OF WHO YOU ARE, LOVE. THANK YOU FOR CHOOSING LOVE.

AWARENESS OF YOUR THOUGHTS IS THE KEY, THE DOORWAY INTO ETERNITY, AND THROUGH AWARENESS, YOU ARE IN LOVE. ONCE YOU ARE IN AWARENESS THAT EVERYTHING IS LOVE AND ONLY THOUGHTS OF LOVE ARE REAL, THROUGH THIS, YOU ARE ABLE TO TRANSFORM ALL LOWER ENERGY AKA EGO OR UNCONSCIOUSNESS INTO THE HIGHEST FORM ENERGY, AND CONNECT INTO THE ONENESS YOU ARE = FULL CONSCIOUSNESS.

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3D	5D
SEPARATION	UNITY
MORALS	TRUTH
TIME	MOMENTS OF ETERNITY
IMBALANCE OF MASCULINE AND FEMININE	BALANCED HARMONICS
FEMININE SUPPORT MASCULINE	MASCULINE SUPPORT FEMININE
MASCULINE REPRESENT LOWER ORDER	MASCULINE REPRESENT FATHER OF ALL CREATION
FEMININE REPRESENT LOWER ORDER	FEMININE REPRESENT THE MOTHER OF CREATION
TAKING – GIVING OR SHARING WITH EXPECTATION IS TAKING	SHARING AND GIVING
SINGULAR MIND/THE SELF/LITTLE ME	UNIFIED HEART
CONDITIONAL LOVE	UNCONDITIONAL LOVE

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MISSION LIMITLESS

**RIGHT NOW HUMANITY
HAS ONE TASK AND THAT
IS TO BREAK THROUGH THE
EGO MIND AND FILL IN THE
UNCONSCIOUSNESS WITH
THE AWARENESS OF BEING
PRESENT IN THE NOW.**

**AS THIS OCCURS LOVE
TAKES CARE OF THE REST.**

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MISSION LIMITLESS

LOVE HANDLES THE DETAILS AS YOU JUST BE THE LOVE YOU ARE - 1

THIS IS SIMPLE, VERY SIMPLE, JUST BE NOW.

**BEING IN SPIRIT = GOD CONSCIOUSNESS = HEAVEN
CONSCIOUSNESS = FULLY CONSCIOUS = BEING PRESENT IN
THE MOMENT OF NOW.**

**IN TRUE REALITY, WHEN YOU ARE PRESENT IN THE NOW, YOU
EXPERIENCE EACH EVENT "SYNCHRONISTICLY". THIS IS
LIVING LIFE REAL. IT REQUIRES NOTHING. BECAUSE LOVE
ALWAYS FILLS IN THE GAPS.**

**BEING PRESENT IN THE MOMENT OF NOW CONNECTS YOU
TO YOUR HEART, YOUR SOUL AND YOUR TRUTH, THE CORE OF
WHO YOU REALLY ARE. THIS CONNECTS YOU INTO THE
LIGHT, WHICH IS SOURCE. SOURCE IS AN OVERABUNDANT,
OVERFLOWING ENERGY OF LOVE.**

**LOVE IS WHO YOU TRULY ARE. THIS IS THE SAME AS "THE
LOVE CALLED GOD EVERYWHERE PRESENT". EACH OF YOU
ARE A PART OF THIS, YOU ARE A PART OF THE WHOLE, YOU
MAKE UP THE WHOLE.**

**THE SIMPLE TRUTH IN THESE MOMENTS IS TO STAY PRESENT,
SO THAT YOU ARE PARTICIPATING IN THE GRANDEST EVENT
IN ALL OF CREATION AND WATCHING THE FANTASTIC SHOW
OF FIREWORKS AS LOVE, THE FIRE OF TRUTH BURNS,
DISSOLVES ALL REMAINING DENSITY = UNCONSCIOUSNESS =
ILLUSION ON THE PLANET.**

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MISSION LIMITLESS

**LOVE HANDLES THE DETAILS AS YOU JUST BE THE
LOVE YOU ARE - 2**

**FOR CLARITY ALL DENSITY = LOW VIBRATIONAL
THOUGHTS. AS UNCONSCIOUSNESS DISSOLVES, THE
SPACE IS THEN OPEN FOR LOVE TO POUR IN GRANDER
AMOUNTS OF JOY TO BE EXPERIENCED BY HUMANITY.**

**THE REAL WHOLE TRUTH OF LOVE WHICH IS ONLY OF
THE HIGHEST JOY IS CONTAGIOUSLY, SWIFTLY AND
QUICKLY SPREADING ACROSS THE PLANET,
TRANSMUTING AND GAINING AN UNSTOPPABLE
MOMENTUM.**

**THE INTELLECT [THE PROGRAMMED MIND] NOW MUST
SURRENDER TO THE DIVINE INTELLIGENCE FROM WITHIN
EACH BEING, WHERE THE BEING WILL FIND INNER
PEACE, AND A DOORWAY INTO ETERNITY.**

**A WAY OF BEING, UNKNOWN YET TO THE COMMON
HUMAN.**

**POLARIZED BRAIN HALVES PERCEIVE AND EXIST
VIBRATIONALLY WITHIN POLARIZED CONSCIOUSNESS
AND POLARIZED REALITY = OLD 3D.**

**REWIRED BRAIN HALVES BECOME WHOLE OR UNIFIED
BRAINS THAT PERCEIVE AND EXIST VIBRATIONALLY
WITHIN UNITY CONSCIOUSNESS AND UNITY REALITY =
5D = LOVE EVERYWHERE PRESENT.**

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MISSION LIMITLESS

TRUE INFORMATION SO THAT YOU CAN GET YOURSELVES OUT OF UNCONSCIOUSNESS - 1

THE EGO PROGRAMMED MIND CANNOT ENTER INTO LOVE EVERYWHERE PRESENT. STAY WITH THE THOUGHTS OF LOVE AND THEN THE REST ARE JUST DETAILS.

NO ONE ELSE CAN DO THAT FOR YOU. YOU ARE THE ONE THAT HAS TO CHOOSE.

THE PROBLEM MANY HAVE IS WHEN THEY SEE SOMEBODY ELSE, THEY REALLY THINK THAT IT IS SOMEBODY ELSE INSTEAD OF RECOGNISING THAT THAT OTHER SOMEBODY IS ACTUALLY THEM. BECAUSE WE ARE ALL ONE. SEPARATION WAS JUST AN ILLUSION.

ALL EGO IS JUST UNCONSCIOUSNESS. IN UNCONSCIOUSNESS IT THINKS SEPARATION EXISTS BECAUSE IT HAS SEVERED ITS REAL CONNECTION TO THE REAL. THIS IS ALSO DUALITY OR LIMITED THINKING. DISCONNECTION FROM SELF, DISCONNECTION FROM REAL LOVE AND TRUE REALITY.

EGO MEANS DISCONNECTION FROM SELF.

IN 3D AKA ILLUSION YOU HAD A DISCONNECTION FROM YOUR LIFE FORCE ENERGY FROM LOVE. THE EGO OR UNCONSCIOUSNESS IS THE DISCONNECTION FROM LOVE EQUAL YOUR TRUE SELF. WHEN YOU ARE CONNECTED IN, YOU ARE CONNECTED INTO DIVINE INTELLIGENCE.

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TRUE INFORMATION SO THAT YOU CAN GET YOURSELVES OUT OF UNCONSCIOUSNESS - 2

DIVINE INTELLIGENCE IS THE SAME AS EQUAL TO BRILLIANCE AND IS THE SAME AS EQUAL TO LOVE UNCONDITIONALLY.

FREE WILL IS CALLED DIVINE INTELLIGENCE = LOVE. AWARENESS OF LOVE AS GOD AND IS EQUALLY LOVE EVERYWHERE PRESENT. FREE WILL IS THOUGHT DIRECTION OF ENERGY. FREE WILL DIRECTED TOWARDS IGNORANCE GETS NOTHING. FREE WILL THOUGHT DIRECTED TOWARDS LOVE GETS EVERYTHING FOR THE GREATER GOOD OF THE ALL. FREE WILL THOUGHT IS DIRECTED TOWARDS LOVE. WE SERVE LOVE THEREFORE WE GET EVERYTHING.

YOU MUST CHOOSE ONE. FREE WILL ENERGY IS ALSO THE SAME AS LIFE FORCE ENERGY OR LIFE ESSENCE.

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MISSION LIMITLESS

TRUE INFORMATION SO THAT YOU CAN GET YOURSELVES OUT OF UNCONSCIOUSNESS - 3

HOW DO YOU REALLY BECOME A COCREATOR? HOW DO YOU REALLY CREATE YOUR REALITY?

WHEN YOUR FREE WILL ENERGY THOUGHT IS DIRECTED TOWARDS SERVING LOVE MEANS YOU ARE SERVING LIFE. BY SERVING LOVE YOU BRING MORE LOVE INTO YOUR EXPERIENCE. THE LOVE CALLED GOD EVERYWHERE PRESENT, TRUE REALITY. LOVE IS THE MOST POWERFUL ENERGY ON THIS PLANET. LOVE IS UNSTOPPABLE AND IRREVERSIBLE. LOVE GOES AFTER THE PAIN TO HEAL IT. WHAT IS THE PAIN ON THIS PLANET? IT IS CALLED THE EGO.

YOU ARE A BEING OF LOVE, SIMPLE AS THAT. IT JUST TAKES ONE INSTANT ONE MOMENT OF CONNECTION THEN YOU CONNECT INTO THE ALL THAT LOVE IS.

THE EGO IS NOT THE TRUE BEING. EGO IS JUST UNCONSCIOUSNESS THAT IS DISCONNECTED TO TRUE REALITY. DISCONNECTION FROM SOURCE = UNCONSCIOUSNESS, IS THE ILLUSION THAT EACH OF US ARE SEPARATE FROM ONE ANOTHER. IT IS DUALISTIC LIMITED THINKING AND IT IS NOT DIVINE INTELLIGENCE.

DIVINE INTELLIGENCE ONLY CREATES WITH OTHER INTELLIGENCE. THIS IS THE REAL CONNECTING OF THE DOTS THE ALIGNMENT OF BALANCED HARMONICS = LOVE EVERY PRESENT = 5D.

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MISSION LIMITLESS

**LET GO AND TRUST
LOVE TO GET TO
ZERO POINT = THE
PRESENT MOMENT
OF NOW.**

**ZERO POINT = ZERO
EGO TO MAKE IT INTO
5D FREQUENCIES.**

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MISSION LIMITLESS

TRUST LOVE IN THE NO MATTER WHAT

FOLLOW THE SIGNS. LISTEN TO YOUR ANGELS.

YOUR PRAYERS WILL BE ANSWERED.

**THE KEY HERE, AND THE MAGIC, IS IN THE
PRESENT MOMENT. AS LONG AS YOU ARE
PRESENT, LOVE IS THERE WITH YOU ALWAYS.**

TRUST THIS.

**WHEN YOU ARE NOT PRESENT, LOVE CANNOT BE
THERE WITH YOU, BECAUSE YOU ARE NOT
THERE.**

**STAY PRESENT AND THEN THE TRUE MIRACLES
ARRIVE.**

**IF NEEDED, LOVE WILL MOVE YOU TO WHERE
YOUR VIBRATIONAL LEVEL MATCHES.**

**REMEMBER THE TRUTH. ASK IN LOVE AND YOU
SHALL RECEIVE. THIS IS TRUE.**

**THE ANGELS WILL GIVE YOU SIGNS THROUGH
SYNCHRONISTIC EVENTS. FOLLOW THESE.
ONE WILL LEAD TO THE OTHER.**

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MISSION LIMITLESS

**IF YOU FOCUS ON THE
FEAR, THE FEAR IS WHAT
YOU WILL SEE.**

**IF YOU FOCUS ON THE
LOVE, THEN LOVE IS WHAT
YOU WILL BE.**

**NO MATTER WHAT JUST
KEEP FOCUSED ON LOVE.
LOVE IS THE ONLY REALITY.
ALL ELSE IS AN ILLUSION.**

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MISSION LIMITLESS

**THERE IS ONLY ONE FOCUS ON
PLANET EARTH = HEART AND THIS IS
LOVE.**

**LOVE IS THE FOCUS. LOVE FOR YOU.
LOVE FOR EVERYONE AND
EVERYTHING.**

**WITHIN LOVE UNCONDITIONAL FOR
THE ALL, WE AWAKEN THE PLANET.
FOR SPEAKING TRUTH IS LOVE
UNCONDITIONAL.**

LOVE IS ALL THAT EXISTS.

THE ORIGINAL FOCUS IS LOVE.

BE LOVE. CHOOSE LOVE. SAY LOVE.

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MISSION LIMITLESS

**THE PRESENT MOMENT OF NOW =
THE UNKNOWN.**

**LET GO. CHOOSE LOVE. BE
PRESENT. FOLLOW THE SIGNS.**

**THE MAGICAL SYNCHRONISTIC
EVENTS WILL APPEAR BEFORE YOU
IN THE PRESENT MOMENT OF NOW,
WHICH IS THE ONENESS ENERGY
AND DIVINE INTELLIGENCE
FLOWING.**

**TO BE IN THE PRESENT MOMENT OF
NOW REQUIRES CONSTANT
SURRENDER AND CHOOSING LOVE
EVERY SINGLE MOMENT.**

“I CHOOSE LOVE EVERY MOMENT”.

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**THE SYNCHRONISTIC
EVENTS ARE YOUR
PATHWAY HOME.**

**THE PATHWAY HOME
INTO THE LIGHT IS VIA
SYNCHRONISTIC
EVENTS = BEING IN
THE PRESENT
MOMENT OF NOW.**

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MISSION LIMITLESS

**THE FOUNDATION OF LOVE,
HONOR, RESPECT, TRUTH,
FREEDOM, ONENESS, EQUALITY,
AND ABUNDANCE FOR ALL HAS
BEEN FIRMLY PLANTED AND
GROUNDED.**

**WE ARE NOW IN THE
MANIFESTATION OF HEAVEN ON
EARTH.**

**AS DECREED AND GRANTED.
AND SO IT IS ON EARTH AS IT IS
IN HEAVEN AND SO IT IS,
DECREED.**

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MISSION LIMITLESS

**PLEASE BE IN JOY AND FEEL
BLESSED.**

**FOR IN LOVE, WE ARE ALL
EQUAL.**

WE ARE ALL ONE.

WE LOVE EACH OTHER.

**WE RESPECT EACH OTHER,
TAKE CARE OF EACH OTHER,
LAUGH AND PLAY TOGETHER.
THIS CAN ONLY OCCUR WHEN
YOU ARE COMPLETELY
AWAKENED.**

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MISSION LIMITLESS

**AS SOON AS YOU LET GO AND ARE
PRESENT, ALL KARMA IS
DISSOLVED AND GRACE IS GIVEN.
LET GO, JUST BE PRESENT IN
LOVE.**

THIS IS ALL THAT MATTERS NOW.

**“I EMBRACE, ACCEPT AND
ALLOW”.**

**“I TRUST IN LOVE NO MATTER
WHAT”.**

**LOVE HAS COME IN, AND LOVE IS
REMOVING ALL ILLUSION FROM
HUMANITY'S LIVES.**

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INVOCATION

**I CHOOSE TO SERVE LOVE IN
EVERY MOMENT.**

**I CHOOSE TO BE LOVE IN
ACTION IN EVERY MOMENT.
I AM MAKING A DEDICATION
AND COMMITMENT TO
SERVE IN WHOLE TRUTH
AND ONLY WITH PURE LOVE
IN EVERY MOMENT.**

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MISSION LIMITLESS

**WE ARE ALL IN THIS
TOGETHER.**

**LET GO OF ALL EXPECTATIONS
OF HOW IT WILL LOOK.**

**LEAVE THE SPACE OPEN FOR
ENERGY TO ASSIST YOU.**

**ALL TIMELINES ARE MERGING
INTO ONE.**

**THE DIVINE PLAN IS
MANIFESTING ON PLANET
EARTH = HEART.**

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MISSION LIMITLESS

**FORGIVE THOSE OF LOWER
VIBRATION.**

**THEY HAVE NEVER HAD
LOVE.**

MAKE LOVE NOT WAR.

**HAVE COMPASSION FOR
THOSE STILL IN IGNORANCE.**

**HAVE PATIENCE AND NON-
ATTACHMENT TO OTHERS
AND THEIR JOURNEY.**

**THEY MUST CHOOSE THEIR
AWAKENING.**

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**THE HEART
IS THE
PORTAL TO
NEW EARTH**

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**SECTION 3:
KEY PRINCIPLES**

**VOICES FROM PRIME SOURCE
HERSELF.**

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KEY PRINCIPLES

1. AWAKENING = LETTING GO OF ALL OUTSIDE ATTACHMENTS.
2. CHOOSE LOVE IN EVERY MOMENT; BE LOVE IN EVERY MOMENT. THE ONLY WAY THOUGH TO 5D AND BEYOND.
3. FOCUSING ON LOVE IN ALL MOMENTS IS THE KEY.
4. THE ASCENSION IS SIMPLE – LET GO OF ALL THOUGHTS THAT ARE NOT REAL (THOUGHTS OF ILLUSION THROUGH FEAR, SHAME, GUILT ETC), FOCUS ON THOUGHTS OF JOY – THESE ARE THE REAL THOUGHTS.
5. 2 CHOICES EVERY MOMENT – LOVE OR FEAR. JUST BE PRESENT, CHOOSE LOVE IN EVERY MOMENT. WHATEVER WE CHOOSE WE ARE GOING TO EXPERIENCE. CHOOSE LOVE.
6. ALL THAT IS REAL IS LOVE. EVERYTHING ELSE/FEAR IS NOT. LOOK AT IT, BE AWARE OF IT, LET IT GO. KEEP THE FOCUS ON LOVE AND GO THROUGH THIS PROCESS. FORGIVE YOURSELF AND GET ON WITH IT INTO THE PRESENT MOMENT OF NOW. ONLY LOVE IS REAL AND ONLY LOVE EXISTS.
7. WHEN YOU ARE CONSTANTLY PRESENT YOU ARE IN THE EXPERIENCE OF TRUE REALITY AND ALL YOU EXPERIENCE IS JOY.
8. WHEN YOUR THOUGHTS ARE ON LOVE AND ONLY LOVE THAT IS ALL YOU EXPERIENCE.
9. BE THE LOVE YOU ARE, LOVE TAKES CARE OF THE REST. BE, SEE AND SHARE LOVE. THIS IS ALL YOUR MISSION TRULY IS.
10. BY BEING THE LOVE YOU ARE, YOU TRANSFORM THE LOWER VIBRATIONS OR LOWER THOUGHTS INTO LOVE EVERYWHERE PRESENT.
11. THE LOVE WITHIN YOU RECONNECTS YOUR FEELING CENTRES. FEELINGS ARE LOVE, LOVE IS CREATION.

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MISSION LIMITLESS

KEY PRINCIPLES

12. NOTHING IS PERSONAL. WE ARE ALL INTER CONNECTED THROUGH UNITY CONSCIOUSNESS. WE ARE ALL FRACTALS OF LOVE. ALL CONTRACTED TO TAKE ON CERTAIN EXPERIENCES, TRIGGERS AND CERTAIN PROGRAMMING TO TRANSFORM FOR THE COLLECTIVE.
13. ACCEPT EVERYTHING AS A LESSON AND AN OPPORTUNITY FOR SOUL GROWTH. PLACE LOVE WITHIN ALL EVENTS.
14. COMPLETELY SURRENDER INTO LOVE. THE PAST NO LONGER EXISTS. THIS MEANS PAST MEMORIES DO NOT EXIST. LET GO AND BE FREE TO EXPERIENCE THE INCOMING MIRACLES, THESE MIRACLES CAN ONLY OCCUR IN THE PRESENT MOMENT OF NOW IF YOU BELIEVE.
15. SURRENDER, RELEASE AND LET GO OF EVERYTHING YOU HAVE EVER BEEN TOLD OR TAUGHT.
16. COMPLETE FORGIVENESS OF SELF AND ALL OTHER SELVES.
17. OUR FREQUENCY IS THE BIGGEST SOURCE OF HEALING THAT WE HAVE.
18. KARMA SIMPLY MEANS UNLEARNED LESSONS. ALL KARMA AND NEGATIVITY IS TO BE FORGIVEN. ALL OF IT.
19. WHAT NO LONGER RESONATES WITH YOUR AWAKENING SELF WILL BEGIN TO BE DISSOLVED AND GET PULLED FROM YOUR LIFE.
20. ACCEPT, EMBRACE, ALLOW AND MOVE THROUGH ENERGY.
21. THE GRIEF PROCESS; DEEP EMOTIONS TO ACCEPT AND RELEASE.
22. WISDOM LIES IN THE HEART. SEE THE HIGHER PERSPECTIVE THAT EVERYTHING EXISTS TO SHOW US SOMETHING. EVERYTHING IS PART OF THE DIVINE PLAN.

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MISSION LIMITLESS

KEY PRINCIPLES

23. STAY NON-ATTACHED. THE ONLY CHANGE WE CAN FOCUS ON IS IN OURSELVES.

24. LAUGH. HONOUR EVERYONE FOR THE ROLES THEY HAVE PLAYED. WITHOUT REFLECTIONS WE WOULD NEVER WAKE UP OR SEE DEEPER PARTS OF OURSELVES.
RE-HEART; NON-ATTACHMENT IS KEY.

25. SURRENDER. EVERYTHING IS PART OF THE DIVINE PLAN AND DIVINE TIMING.

26. IT IS A CONSCIOUS CHOICE TO UNRAVEL WOUNDS TO RELEASE. A KEY BLOCK IS SELF JUDGEMENT.

27. UNIVERSAL KINDNESS UNLOCKS JOY AND CHILDLIKE WONDER.

28. DISSOLVING THE FEAR OF BEING PRESENT AND BEING ONE, BECAUSE IT IS THE UNKNOWN.

29. EVERYTHING IS ENERGY. THE ATOMS THAT EVERYTHING IS MADE OF ARE PURE CONSCIOUSNESS = LOVE. ATOMS ARE ELECTROMAGNETIC, LIKE ATTRACTS LIKE. ENERGY CANNOT BE CREATED OR DESTROYED; IT CAN ONLY BE CHANGED IN FREQUENCY.

30. ONLY ONE'S STATE OF BEINGS MATTERS.

31. THE MASCULINE ENERGIES TRANSFORM "FEAR". THE FEMININE ENERGIES TRANSFORM "PAIN".

32. SURRENDER IS KEY. BREAKDOWN = BREAKTHROUGH AND RELEASE OF UNCONSCIOUSNESS.

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KEY PRINCIPLES

33. TRIGGERS = WOUNDING, TRAUMA, FEAR, BELIEF SYSTEMS. WHAT TRIGGER IS SHOWING YOU = BLESSING.
34. INTENTION AND PRAYER ARE THE MOST IMPORTANT TOOLS IN THE ASCENSION PROCESS.
35. LET GO AND TRUST LOVE TO GET TO ZERO POINT. ZERO POINT = ZERO EGO TO MAKE IT INTO 5D FREQUENCIES.
36. FORGIVENESS = DISSOLVEMENT OF VICTIM CONSCIOUSNESS.
38. UNCONDITIONAL TRUST TRANSFORMS FEAR.
39. IN LOVING THOSE YOU FEAR, YOU NEUTRALISE THEM.
40. THE HIGHER ENERGY TRANSFORMS THE LOWER ENERGY.
41. SURRENDERING TO LOVE DROPS THE ILLUSION OF FEAR AND ENDS THE CYCLE OF DUALITY.
42. DO NOT TAKE ANYTHING PERSONALLY. GROWTH PAUSES WHEN WE DO.
43. LET GO OF ALL EXPECTATIONS SO THAT THE ENERGY CAN MOVE INTO THE HIGHEST OUTCOME. LET GO. LET LOVE.
44. IT ALL BEGINS WITH YOU. YOU ARE THE CO-CREATOR.
45. LOVE TRANSFORMS ALL UNCONSCIOUSNESS.

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MISSION LIMITLESS

INVOCATION

**I CHOOSE TO SERVE LOVE IN
EVERY MOMENT.**

**I CHOOSE TO BE LOVE IN
ACTION IN EVERY MOMENT.**

**I AM MAKING A DEDICATION
AND COMMITMENT TO
SERVE IN WHOLE TRUTH
AND ONLY WITH PURE LOVE
IN EVERY MOMENT.**

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**SECTION 4:
SELF LOVE
TOOLS AND
TECHNIQUES**

**VOICES FROM PRIME SOURCE
HERSELF.**

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**SELF-LOVE TOOLS/TECHNIQUES
FOR ALIGNING WITH HIGHER
VIBRATIONS AND REACHING
HIGHER STATES OF
CONSCIOUSNESS.**

**ASCENSION IS AN INNER
JOURNEY.**

**YOUR BEST TOOL IS SELF-LOVE.
TRANSFORMATION TOOLS WHICH
WILL ASSIST YOU THROUGH THE
PROCESS OF RELEASING THE
PROGRAMMING TO EXPERIENCE
TRUE REALITY = LOVE
EVERYWHERE PRESENT.**

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**TOOLS & TECHNIQUES
TO HELP YOU GET
INTO 5D AND
BEYOND.**

**TOOLS FOR MOVING INTO
HIGHER STATES OF LOVE
AND JOY, LIVING IN YOUR
HEART, WALKING YOUR
HEART AND SPEAKING
FROM YOUR HEART.**

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A TECHNIQUE FOR RELEASING THE ILLUSION OF SEPARATION = UNCONSCIOUSNESS, WHICH IS THE ESSENCE OF WHAT YOU ARE RELEASING, SO THAT YOU CAN REJOIN "HOME", ONENESS WITH ALL THAT IS.

THE ANSWER IS SO SIMPLE:

“LET EVERYTHING GO, ONLY THAT WHICH IS REAL AND TRUE CAN RETURN”.

IF YOU LOVE YOURSELF, YOU SET YOURSELF FREE. THEN YOU ARE IN THE PRESENT MOMENT OF NOW, WHERE THERE EXISTS NO ATTACHMENTS TO ANYTHING AND LOVE IS FREE TO CREATE.

SET YOUR THOUGHTS FREE. WHEN YOU SET THEM FREE, ONLY LOVE CAN COME BACK, BECAUSE ONLY LOVE IS REAL. YOU CONTINUALLY LET THESE GO, AND LOVE JUST BRINGS BACK MORE TO YOU. THEN YOU LET THAT GO, AND THEN MORE COMES BACK TO YOU.

LOVE IS NOT POSSESSIVE. IF IT IS, THEN IT'S SIMPLY NOT LOVE AND NOT REAL. LOVE IS FREE, YOU CANNOT HOLD ONTO IT, OR CONTROL IT.

WHEN YOU ARE PRESENT, YOU ARE FREE FOR LOVE TO CO-CREATE WITH YOU, THROUGH YOU. LET IT ALL GO, SO MORE CAN COME TO YOU. THIS IS HOW LOVE WORKS.

WHEN YOU LOVE SOMETHING YOU SET IT FREE.

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MISSION LIMITLESS

INVOCATION

THANK YOU FOR THE MIRACLES, THE JOY, THE LAUGHER, THE HAPPINESS, THE ABUNDANCE AND LOVE BEING IN MY LIFE. THANK YOU FOR LOVE UTILISING MY EVERY THOUGHT, WORD, ACTION IN SERVICE TO THE HIGHEST OUTCOME FOR ME, FOR EVERYONE, FOR ALL OF CREATION.

ANGELS, I AM READY TO FULLY EMBRACE MY TRUE ESSENCE AND DIVINITY. TO FULFIL MY MISSION AND CONTRACT IN SERVICE TO LOVE TO BRING HEAVEN TO EARTH. TO END FEAR, PAIN & SUFFERING.

I CUT ALL CORDS, CONTRACTS & AGREEMENTS THAT NO LONGER SERVE THAT GO THROUGH MY PRESENT/PAST/FUTURE.

I SURRENDER, RELEASE AND LET GO OF EVERYTHING I ONCE KNEW TO BE TRUE. I AM PART OF A NEW STORY IN ALL ITS GLORY. I AM MAGNIFICENT, SPECIAL AND UNIQUE. I AM ONE OF LOVE. I AM THE VERY REAL TRUTH FOR WE ARE ALL TRULY ANGELS AND CELESTIAL ONES. MY HEART HOLDS THE GOLDEN KEY.

I RELEASE AND CUT CHORDS USING ARC ANGEL MICHEALS GOLDEN SWORD TO ALL ILLUSIONS, EGO, ALL CONDITIONING, ALL PROGRAMS AND STEP COMPLETELY INTO THE PRESENT MOMENT OF NOW TO BRING A NEW STORY OF LOVE EVERYWHERE PRESENT. I AM BRAVE. I AM COURAGEOUS. I AM CHOOSING LOVE EVERY MOMENT NO MATTER WHAT THE SITUATION IS. LOVE IS THE BEST SOLUTION. LOVE IS THE ANSWER AND I AM THE CHANGE I WISH TO SEE.

I HOLD THE VISION AND INTENT ON NEW EARTH. I AM LIMITLESSLY POWERFUL. I KEEP LOVE THE FOCUS IN ALL MOMENTS.

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MISSION LIMITLESS

INVOCATION

**I CHOOSE TO SERVE LOVE IN
EVERY MOMENT.**

**I CHOOSE TO BE LOVE IN
ACTION IN EVERY MOMENT.
I AM MAKING A DEDICATION
AND COMMITMENT TO
SERVE IN WHOLE TRUTH
AND ONLY WITH PURE LOVE
IN EVERY MOMENT.**

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**IF YOU WOULD LIKE TO
CLEAR AS FAST AS
POSSIBLE AND GET INTO
5D FREQUENCIES AND
BEYOND:**

**“ANGELS I WOULD LIKE
TO BE IN 5D, THANK YOU
FOR ASSISTING ME,
BRING IT ON, BRING IT
ON, BRING IT ON”.**

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MISSION LIMITLESS

SELF LOVE PRACTICES: AFFIRMATIONS

I AM TUNED INTO MY HEART. I AM TRUE. I AM WORTHY. I AM FEARLESS. I AM COMPASSIONATE. I AM KIND. I AM GIVING.

I AM COURAGEOUS. I AM GRATEFUL. I AM BALANCED.

I AM UNATTACHED. I AM LAUGHTER. I AM JOY. I AM ALWAYS SHINING LIGHT. I AM POSITIVE IN THOUGHTS AND VIBRATION.

I AM ACCOUNTABILITY. I TAKE FULL RESPONSIBILITY FOR ALL EXPERIENCES. I AM TUNED INTO MY FEELINGS AND INTUITION IN THE PRESENT MOMENT OF NOW. I AM IN UNITY CONSCIOUSNESS.

I AM IN SERVICE TO GAIA AND TO LOVE. I AM ALWAYS UNCONDITIONALLY LOVING.

I DISSOLVE ALL JUDGMENT, RIDICULE, GOSSIP, DEBATE, OBJECTIFYING, OBSESSION, TAKING FROM OTHERS, DISHONOURING MYSELF AND OTHERS, LACK OF SELF-LOVE, NEGATIVE THOUGHTS AND ACTIONS, SPREADING HATRED AND FEAR, THE NEED TO PROVE I AM RIGHT, SELF-IMPORTANCE, CONTINUING THE OLD PARADIGM, FOCUSING ON PAST EVENTS AND FUTURE OUTCOMES, BEING STUCK IN INTELLECTUAL THINKING, FOCUSING ON MACHINATIONS OF EVENTS AND BEING STUCK ON AUTOMATIC FUNCTIONS.

I AM ON A MISSION TO SERVE THE PLANET. I AM CONSISTENT AND FOCUSED ON BRINGING IN THE NEW PARADIGM OF LOVE EVERYWHERE PRESENT. I AM FULL AWARENESS OF MY THOUGHTS AND ACTIONS. I AM PRESENT. I KNOW MY WORTH AND EVERYONE ELSE'S WORTH. I ACKNOWLEDGE THE DIVINE ESSENCE IN MYSELF AND ALL OTHERS. I AM NOT ABOVE OR BELOW ANYONE. I KNOW AND FEEL ALL IS ONE. I AM ALL HEART. I AM ON A MISSION TO SERVE THE PLANET AND LOVE.

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SELF LOVE PRACTICES:

TOOLS FOR TRANSFORMATION

FOR ASSISTANCE WITH GROUNDING YOUR ENERGY:

MOVEMENT

GROUNDING

DEEP BREATHING

FOR ASSISTANCE WHEN YOU ARE SPINNING IN THE

ENERGY:

CUT CHORDS

COLD SHOWERS

CEREMONIES

FOR ASSISTANCE WITH OPENING UP YOUR

CONNECTION:

AUTOMATIC WRITING

SUN GAZING

PRAYER

FOR ASSISTANCE WITH ANCHORING IN THE HIGHER

SELF:

MIRROR AFFIRMATIONS

USING THE RAINBOW FLAME

MEDITATION

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SECTION 5:

SELF LOVE

PRACTICES

SETTING UP YOUR

ENERGETIC

CONTAINER

VOICES FROM PRIME SOURCE

HERSELF.

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SELF LOVE PRACTICES:

SETTING UP YOUR ENERGETIC CONTAINER

CUTTING CORDS: AN INTENTION TO CUT ENERGETIC CORDS WITH EVERYTHING ENSURES YOU ARE WORKING PURELY WITH YOUR OWN ENERGY.

CUTTING ENERGETIC CORDS

REPEAT THROUGHOUT THE DAY:

“I CUT CORDS TO EVERYTHING AND I REATTACH CORDS TO MAGIC, MIRACLES, PURITY, WHOLENESS AND SYNCHRONISTIC EVENTS”.

“I COMMAND ALL ATOMS AND ENERGY BACK TO SENDER THAT IS NOT MINE AND COMMAND ALL MY ATOMS AND ENERGY BACK TO ME IN FULL ALIGNMENT. AND SO IT IS”.

USING THE RAINBOW BUBBLE FOR ENERGETIC SHIELDING:

“THANK YOU ANGELS, I ASK FOR A GOLDEN RAINBOW BUBBLE TO BE PLACED AROUND MY PHYSICAL VESSEL TO CRYSTALIZE MY FREQUENCY, PLACE ME IN THE HIGHEST VIBRATIONAL STATE AND FOR PROTECTION FROM ALL LOWER ENERGIES. I AM FULLY PROTECTED. AND SO IT IS”.

VIOLET FLAME PROTECTION:

“VIOLET FLAME, I ASK YOU TO GO BEFORE ME, REMOVING ALL OBSTACLES AND HIGHLIGHTING MY HIGHEST PATH WITH MAGICAL MOMENTS AND SYNCHRONISTIC EVENTS. AND SO IT IS”.

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SELF LOVE PRACTICES: CUTTING CORDS

CUTTING CORDS: AN INTENTION TO CUT ENERGETIC CORDS WITH EVERYTHING AND EVERYONE ENSURES YOU ARE WORKING PURELY WITH YOUR OWN ENERGY.

CUTTING ENERGETIC CORDS - REPEAT THROUGHOUT THE DAY:

“I CUT CORDS TO EVERYTHING AND I REATTACH CORDS TO MAGIC, MIRACLES, PURITY, WHOLENESS AND SYNCHRONISTIC EVENTS”.

“I COMMAND ALL ATOMS AND ENERGY BACK TO SENDER THAT IS NOT MINE AND COMMAND ALL MY ATOMS AND ENERGY BACK TO ME IN FULL ALIGNMENT. AND SO IT IS”.

CAN BE ADDED:

“I COMMAND ALL ATOMS AND ENERGY BACK TO SENDER THAT IS NOT MINE AND COMMAND ALL MY ATOMS AND ENERGY BACK TO ME IN FULL ALIGNMENT. AND SO IT IS”. “I CUT CORDS WITH ALL OPINIONS AND SEE EVERYONE IN THE HIGHER”.

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SELF LOVE PRACTICES:

**RAINBOW BUBBLE FOR ENERGETIC
SHIELDING**

**THE GOLDEN RAINBOW BUBBLE
PROTECTS OUR ETHERIC ENERGY FIELD
IN THE PHYSICAL. THIS WILL PREVENT
ANY INTERFERENCE ENERGY FROM
COMING THROUGH.**

**“THANK YOU ANGELS, I ASK FOR A
GOLDEN RAINBOW BUBBLE TO BE
PLACED AROUND MY PHYSICAL VESSEL
TO CRYSTALIZE MY FREQUENCY, PLACE
ME IN THE HIGHEST VIBRATIONAL STATE
AND FOR PROTECTION FROM ALL LOWER
ENERGIES. I AM FULLY PROTECTED AND
SO IT IS”.**

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SELF LOVE PRACTICES:

VIOLET FLAME PROTECTION

THE VIOLET FLAME OF SAINT GERMAINE CAN BE USED TO ASSIST WITH CLEANSING OF THE ETHERIC BODY OF ALL LOWER VIBRATIONS, FREQUENCIES AND PROTECTION. IT CAN BE INVOKED AS MANY TIMES ARE YOU FEEL TO AND GET INTO THE PRESENT MOMENT OF NOW, HARNESSING YOUR ENERGY INTO RIGHT ACTION, LOVE IN ACTION.

“VIOLET FLAME, I ASK YOU TO GO BEFORE ME, REMOVING ALL OBSTACLES AND HIGHLIGHTING MY HIGHEST PATH WITH MAGICAL MOMENTS AND SYNCHRONISTIC EVENTS. AND SO IT IS”

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SELF LOVE PRACTICES:

FEELING YOUR ENERGY IS BEING DRAINED

“I CUT ALL ENERGETIC CORDS WITH EVERYONE AND EVERYTHING. I COMMAND ALL ENERGETIC TAKING TO STOP. I CUT CORDS WITH “SPEAK NAME ALOUD”.

“I CUT CORDS TO EVERYTHING AND I REATTACH CORDS TO MAGIC, MIRACLES, PURITY, WHOLENESS AND SYNCHRONISTIC EVENTS”.

“I COMMAND ALL ATOMS AND ENERGY BACK TO SENDER THAT IS NOT MINE AND COMMAND ALL MY ATOMS AND ENERGY BACK TO ME IN FULL ALIGNMENT. AND SO IT IS”.

BREATHE IN LOVE. BREATHE OUT LOVE.

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**SECTION 6:
SELF LOVE PRACTICES:
GRATITUDE**

**VOICES FROM PRIME SOURCE
HERSELF.**

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GRATITUDE

**AN APPRECIATIVE AWARENESS AND
THANKFULNESS. BEING THANKFUL FOR
EVERY BREATHING MOMENT.**

**TO BE IN GRATITUDE, IS TO BE THANKFUL
FOR EVERYTHING AND EVERYONE,
BECAUSE YOU ARE ONE WITH ALL THAT IS.**

**THE MORE YOU ARE IN A STATE OF
GRATITUDE, THE MORE YOU DRAW THIS
ENERGY TO YOU TO EXPERIENCE. GRACE
AND GRATITUDE ARE THE WAY TO YOUR
DIVINITY.**

**“I AM GRATEFUL FOR EVERY BREATHING
MOMENT AND I SET UP MY FIELD TODAY
FOR THE HIGHEST OUTCOME TO UNFOLD
AND OCCUR”.**

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SELF LOVE PRACTICES: GRATITUDE PRAYER - 1

PRAYER IS THE MOST POWERFUL TOOL AVAILABLE

GRATITUDE - AN APPRECIATIVE AWARENESS AND THANKFULNESS, BEING THANKFUL FOR EVERY BREATHING MOMENT. TO BE IN GRATITUDE, IS TO BE THANKFUL FOR EVERYTHING AND EVERYONE, BECAUSE YOU ARE ONE WITH ALL THAT IS. THE MORE YOU ARE IN A STATE OF GRATITUDE THE MORE YOU DRAW THIS ENERGY TO YOU TO EXPERIENCE. GRACE AND GRATITUDE ARE THE WAY TO YOUR DIVINITY.

PRAYER - ANY ACT OF COMMUNION WITH GOD [REMEMBER GOD IS WITHIN] SUCH AS PRAISE AND THANKS GIVING. THE TRUE PRAYER IS ONE OF GRATITUDE. PRAYER IS THE MOST POWERFUL TOOL AVAILABLE.

SPOKEN OUT LOUD EACH MORNING TO ANCHOR IN DIVINE GRATITUDE.

AFFIRMATION:

I AM DIVINELY GRATEFUL FOR EVERY BREATHING MOMENT. I BE LOVE. I CHOOSE LOVE. I SAY LOVE.

AFFIRMATION:

THE MORE I FOCUS ON THE BLESSINGS RATHER THAN THE LACK OR THE CHALLENGES, THE MORE I WILL ATTRACT. I LOOK AT THE HIGHER PERSPECTIVE IN ALL THINGS. I SEE THE BIG PICTURE. THERE IS ALWAYS A LESSON AND BLESSING BENEATH THE SURFACE. I AM GRATEFUL FOR BOTH THE HIGHS AND THE LOWS, AS THEY PROVIDE ME WITH GROWTH, EXPANSION, AND LEARNING. GRATITUDE ALLOWS ME TO FIND THE PURPOSE WITHIN PAIN AND THE GRACE THROUGH SUFFERING. WITH DAILY GRATITUDE I CREATE THE SPACE OF RECEPTIVITY TO MANIFEST MIRACLES, JOY, SURPRISES AND BLESSINGS. THE MORE I FOCUS ON THE BLESSINGS I HAVE IN MY LIFE THE MORE I ATTRACT.

GRATITUDE PRAYER:

GOOD MORNING LOVE, ALL THE ANGELS AND ALL IN CREATION. THANK YOU FOR THE MANY BLESSINGS AND LOVE SURPRISES AS I WALK IN LOVE WITH MY EVERY THOUGHT AND EVERY ACTION. THANK YOU FOR THE MIRACLES AND THE MAGICAL SYNCHRONISED EVENTS WHICH ARE LIGHTENING UP MY LIFE WITH OVERFLOWING JOY. THANK YOU FOR THE LAUGHTER TODAY DURING THE AHA MOMENTS AS I REMEMBER MORE OF THE LOVE I TRULY 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 THAT IS DORMANT SO I MAY SERVE IN THE WHOLENESS OF LOVE. THANK YOU FOR THE INCREASED VISIONS OF LOVE WHICH IS ASSISTING IN THE MANIFESTATIONS OF A NEW EARTH WHERE ONLY LOVE EXISTS. I AM HONOURED, I AM WORTHY OF ALL LOVE IS, AND I THANK LOVE THIS DAY FOR THIS REALISATION IN MY LIFE. THANK YOU LOVE, THANK YOU ANGELS. I AM HERE, I AM PRESENT, I AM READY, TO BE WHO I REALLY AM, AND TO LIVE MY LIFE IN LOVE. IT'S TIME, DREAMS OF LOVE DO COME TRUE.

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SELF LOVE PRACTICES: GRATITUDE PRAYER - 2
PRAYER IS THE MOST POWERFUL TOOL AVAILABLE

GRATITUDE PRAYER:

GOOD MORNING LOVE. THANK YOU FOR THE MIRACLES TODAY. THANK YOU FOR THE JOY. THANK YOU FOR THE MAGICAL SYNCHRONISTIC EVENTS. THANK YOU FOR MY EVERY THOUGHT, SPOKEN WORDS AND ACTIONS SERVING LOVE AND THE GREATER GOOD OF ALL, IN ALL MOMENTS. I SURRENDER AND TRUST LOVE IN EVERY MOMENT AND I AM A FULL PARTICIPANT IN MY LIFE IN SERVICE TO LOVE AND UNITY.

THE ONENESS ENERGY PRAYER FOR ALL OF HUMANITY ON PLANET EARTH = HEART:

GOOD MORNING LOVE, ALL THE ANGELS, AND EVERYONE IN CREATION, THANK YOU FOR EVERYTHING IN LOVE AND JOY. THANK YOU FOR THIS DAY FILLED WITH OVERFLOWING LOVE, LOTS OF LAUGHTER, LOTS OF JOY, MANY MIRACLES, AMAZING EXPERIENCES IN LOVE, MAGICAL SYNCHRONISTIC EVENTS, LOTS OF FUN AND WONDERFUL FAMILY TO SHARE ALL OF THIS OVER ABUNDANTLY FLOWING LOVE AND JOY. WE ARE HONOURED, BLESSED AND WE ARE CONSTANTLY AND ACTIVELY PARTICIPATING IN LOVE EVERY MOMENT. THANK YOU LOVE, FOR EXPRESSING THROUGH US IN THE HIGHEST LOVE AND HIGHEST JOY. ALWAYS IN EVERY MOMENT WHICH ADDS CONTINUALLY MORE LOVE AND JOY TO THE PLANET FOR THE GREATER GOOD OF THE ALL. WE STAND TALL ON PLANET EARTH = HEART IN THIS TRUTH, WE ARE ONE.

GRATITUDE PRAYER:

GOOD MORNING LOVE, THANK YOU FOR THE JOY TODAY, THANK YOU FOR THE MIRACLES, THANK YOU FOR UTILIZING MY EVERY MOMENT THROUGH MY THOUGHTS, WORDS, AND ACTIONS FOR THE GREATEST GOOD OF ALL, IN ALL MOMENTS! I SURRENDER AND I AM IN COMPLETE SERVICE TO LOVE! THANK YOU FOR THE LAUGHTER TODAY AND FOR HUMANITY'S COMPLETE AWAKENING INTO LOVE!

GRATITUDE PRAYER:

ON BEHALF OF ALL OF HUMANITY AND OURSELVES WE STATE OUT LOUD:

THANK YOU FOR THE MIRACLES TODAY. THANK YOU FOR THE LAUGHTER. THANK YOU FOR THE JOY. THANK YOU FOR LOVE EVERYWHERE PRESENT. THANK YOU FOR HEAVEN ON EARTH = HEART. THANK YOU LOVE FOR WE SURRENDER EVERYTHING TO LOVE. THANK YOU FOR UTILIZING OUR EVERY THOUGHT WORD DEED AND ACTION IN SERVICE TO THE HIGHEST OUTCOME FOR THE HIGHEST GOOD OF ALL CREATION AT ALL MOMENTS. THANK YOU FOR THE CLEAR COMMUNICATION FROM OUR GUIDES, HELPERS AND ANGELS IN ALL MOMENTS AS WE WALK FORWARD INTO THE UNKNOWN WITH PEACE, TRUSTING LOVE, LOVING IN ACTION AND JOY, ALWAYS IN OUR HEARTS. THANK YOU LOVE AS WE SPEAK AND BE THE TRUTH IN LOVE IN ALL MOMENTS. WE ARE LOVE IN ACTION. WE CUT CORDS EVERY MOMENT TO EVERYTHING WHICH IS NOT WHOLE, PURE, REAL AND TRUE. THANK YOU FOR BALANCED HARMONICS ON PLANET EARTH EQUAL HEART.

THANK YOU FOR THE DAILY CELEBRATIONS OF LOVE. THANK YOU FOR UNITY CONSCIOUSNESS ON PLANET EARTH EQUAL HEART. THANK YOU FOR PEACE ON PLANET EARTH = HEART. THANK YOU FOR WHOLENESS OF BEING. THANK YOU FOR THE CONSTANT COURAGE TO FULFIL WHAT WE CAME HERE TO ACCOMPLISH. THANK YOU FOR THE ABUNDANCE. WE ARE WORTHY TO RECEIVE ALL LOVE IS. THANK YOU FOR TRUE EQUALITY ON PLANET EARTH = HEART. WE ARE THE LOVE. WE ARE THE TRUTH. WE ARE THE ONES WE'VE BEEN WAITING FOR. WE ARE THE CHANGE WE WISH TO SEE. DREAMS OF LOVE ARE COMING TRUE.

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SELF LOVE PRACTICES: GRATITUDE JOURNALLING

GRATITUDE IS THE BASIS FOR ALL LOVE AND MANIFESTATION.

LOOK AT THE HIGHER PERSPECTIVE OF ALL THINGS TO SEE THE BIGGER PICTURE. GRATITUDE IS THE CORE INGREDIENT OF BEING ABLE TO RECEIVE.

WHEN WE PRACTICE GRATITUDE AS AN ART FORM WE HOLD ALL THINGS SACRED. GRATEFUL FOR ALL BLESSINGS. WE BECOME A DIVINE CONDUIT TO RECEIVE MORE AND IN TURN GIVE MORE.

GRATITUDE JOURNALLING ASSISTS IN ANCHORING THE ENERGY IN AND REFOCUSSES ON THE BLESSINGS YOU HAVE IN YOUR LIFE. THE MORE WE FOCUS ON THE BLESSINGS RATHER THAN LACK OF THE CHALLENGES, THE MORE WE ATTRACT EXPERIENCES TO BE GRATEFUL FOR.

KEEP A GRATITUDE JOURNAL EACH DAY.

DAILY PRACTICE - WRITE DOWN WHAT YOU ARE GRATEFUL FOR.

“I AM GRATEFUL FOR EVERY BREATHING MOMENT AND I SET UP MY FIELD TODAY FOR THE HIGHEST OUTCOME TO UNFOLD AND OCCUR”.

I AM SO GRATEFUL FOR....

I AM SO GRATEFUL FOR....

I AM SO GRATEFUL FOR....

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**SECTION 7:
SELF LOVE PRACTICES
HIGHER SELF
ACTIVATION**

VOICES FROM PRIME SOURCE HERSELF.

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SELF LOVE PRACTICES: HIGHER SELF PRAYER

WRITTEN IN FIRST PERSON. HIGHLY RECOMMEND SAYING OUT LOUD TO GROUND THESE TRUTHS INTO YOUR BEING.

BY SERVING THE LOVE I AM, I AM SERVING THE ONE, EQUAL THE ALL, EQUAL ALL OF US. BY SERVING THE LOVE I AM, I AM TRUSTING LOVE IN ALL MOMENTS OF MY EXPERIENCE.

WHEN I AM TRUSTING LOVE, LOVE SERVES ME. THERE IS NOTHING FOR ME TO DO AND EVERYTHING FOR ME TO BE IN ALL MOMENTS.

AS I SERVE LOVE AND LOVE SERVES ME, THE MORE JOY, HAPPINESS AND WHOLENESS OF BEING I FEEL AND EXPERIENCE IN ALL MY PRESENT MOMENTS OF NOW.

THE TRUE REALITY OF WHO I REALLY AM, LOVE, IS NOW BEING BORN FROM MY BEING IN EVERY PRESENT MOMENT OF NOW. I AM BECOMING THE UNIQUE GOD I AM, INCARNATE ON PLANET EARTH = HEART.

AS THIS OCCURS, MY SOUL BEGINS EXPANDING AS I MARRY WITH CREATION AND LOVE. STEPPING INTO THE UNKNOWABLE, I BECOME A BRIGHT NEW STAR OF BRILLIANCE. AND SO IT IS ON EARTH, AS IT IS IN HEAVEN. I AM LOVE AND I AM GOD.

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**SECTION 8:
SELF LOVE
PRACTICES:
JOURNALLING/
AUTOMATIC
WRITING.**

**VOICES FROM PRIME SOURCE
HERSELF.**

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**SELF LOVE PRACTICES:
DAILY JOURNALLING**

**KEEP A JOURNAL. WRITE DOWN
EMOTIONS, FEELINGS, AND THOUGHTS.
THIS HELPS PROCESSING ALL YOU ARE
SENSING AND FEELING. EMBRACE,
ACCEPT, EMBRACE, ALLOW AND RELEASE.
LET IT ALL GO. WHAT IS NOT REAL WILL
DISSOLVE.**

**BE CONSISTENT WITH THIS AS IT WILL
BECOME ONE OF YOUR GREATEST TOOLS.
SEE THE HIGHER PERSPECTIVE FOR ALL
EXPERIENCES. EVERYTHING IS A LESSON
AND AN OPPORTUNITY FOR SOUL
GROWTH. PLACE LOVE, ACCEPTANCE AND
GRATITUDE WITHIN ALL EXPERIENCES.**

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SELF LOVE PRACTICES: CONSCIOUS/AUTOMATIC WRITING

THIS PRACTICE ACTIVATES ALL SEVEN CHAKRAS AND INTEGRATES THE HIGHER SELF.

3 DEEP BREATHS OF LOVE IN THROUGH THE NOSE AND OUT THROUGH THE MOUTH, WITH HANDS IN PRAYER POSITION.

CUT ENERGETIC CORDS – “I CUT CORDS WITH EVERYTHING AND I REATTACH CORDS TO MAGIC, MIRACLES, PURITY, WHOLENESS, AND SYNCHRONISTIC EVENTS”.

3 DEEP BREATHS - BREATHE IN AND OUT LOVE. SAY TO YOURSELF IN THE HEART “I SEND ANY AND ALL REMAINING EGO I HAVE TO BE RECYCLED AND RETURNED INTO LOVE EVERYWHERE PRESENT”.

3 DEEP BREATHS - BREATHE IN AND OUT LOVE. “THANK YOU HIGHERSELF, I AM READY FOR OUR CHANNELLING TODAY”.

WRITE DOWN WHATEVER COMES THROUGH AND LET IT GO. WHAT IS REAL AND TRUE WILL REMAIN.

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SECTION 9:

SELF LOVE PRACTICES:

CHAKRAS

OUR 7 ENERGETIC CENTRES

WITHIN OUR PHYSICAL

VESSELS, THAT RULE

DIFFERENT PARTS OF OUR

BODY.

VOICES FROM PRIME SOURCE

HERSELF.

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THE CHAKRAS

EVERYTHING ON AND WITHIN PLANET EARTH = HEART IS ALSO GOING THROUGH THE PROCESS OF BALANCED HARMONICS, WHICH IS ACHIEVED THROUGH YOUR CHAKRAS.

THROUGH THE ENERGY OF BALANCED HARMONICS [WHICH MEANS WE ARE COMPLETELY OUR HIGHER SELVES], WE ARE BALANCING OUR CHAKRAS, TO REALIGN OURSELVES WITH THE UNIVERSE AND CONNECTED TO SOURCE.

THE CHAKRA SYSTEM IS RESPONSIBLE FOR ALL ENERGY ENTERING AND EXITING THE BODY.

YOUR CHAKRA SYSTEM IS WHAT RECONNECTS YOU BACK TO SOURCE/HIGHER SELF/ONENESS/LOVE EVERYWHERE PRESENT.

FOR THIS TO HAPPEN ONE HAS TO RECONNECT THE 2 HEMISPHERES OF THE BRAIN WHICH THEN ACTIVATES YOUR PINEAL GLAND AND AWAKENING OCCURS THROUGH THIS.

OF THE 7 MAIN CHAKRAS, EACH HAS AN ENERGETIC REQUIREMENT THAT MUST BE HONOURED AND REALIGNED TO BALANCED HARMONICS.

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SELF LOVE PRACTICES: HONOURING THE CHAKRAS

THE CHAKRA SYSTEM IS RESPONSIBLE FOR ALL ENERGY ENTERING AND EXITING THE BODY AND FEELING. YOUR CHAKRA SYSTEM IS WHAT RECONNECTS YOU BACK TO SOURCE/HIGHER SELF/ONENESS/LOVE EVERYWHERE PRESENT. FOR THIS TO HAPPEN ONE HAS TO RECONNECT THE 2 HEMISPHERES OF THE BRAIN WHICH THEN ACTIVATES YOUR PINEAL GLAND. AWAKENING OCCURS THROUGH THIS. THE LOVE WITHIN YOU RECONNECTS YOUR FEELING CENTRES, FEELINGS ARE LOVE, LOVE IS CREATION. DAILY CLEARING OF THE CHAKRA SYSTEMS IS VITAL. OF THE 7 MAIN CHAKRAS, EACH HAS AN ENERGETIC REQUIREMENT THAT MUST BE HONOURED AND REALIGNED TO BALANCED HARMONICS.

HONOURING THE CHAKRAS:

ENERGETIC REQUIREMENT; DAY OF THE WEEK; COLOUR - DRESS IN AND EAT THE COLOUR OF THE DAY; AFFIRMATIONS - READ OUT ALOUD AFFIRMATION FOR THE DAY.

ROOT CHAKRA – ENERGETIC REQUIREMENT IS TRUST – MONDAY – RED.

“I AM SO GRATEFUL I AM CONNECTED WITH THE ENERGY OF MOTHER EARTH. MY BODY, HEART AND SPIRIT ARE GROUNDED, CENTRED AND PURIFIED”.

SACRAL CHAKRA – ENERGETIC REQUIREMENT IS CREATIVITY – TUESDAY - ORANGE. “I AM SO GRATEFUL THAT I LOVE ALL DIMENSIONS OF MYSELF. I DELIGHT IN WEAVING THE CREATIVE TAPESTRY THAT IS MY LIFE”.

SOLAR PLEXUS CHAKRA - ENERGETIC REQUIREMENT IS DIVINE EMPOWERMENT. WEDNESDAY – YELLOW. “I AM SO GRATEFUL THAT MY WILL AND DIVINE ARE ONE. I AM CONNECTED TO THE ABUNDANT FLOW OF THE UNIVERSE AND EASILY MANIFEST MY DREAMS”.

HEART CHAKRA – ENERGETIC REQUIREMENT IS UNCONDITIONAL LOVE – THURSDAY - GREEN AND PINK. “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”.

THROAT CHAKRA – ENERGETIC REQUIREMENT IS DIVINE EXPRESSION – FRIDAY – BLUE. “I AM SO GRATEFUL THAT I AM ALIGNED WITH MY HIGHEST TRUTH AND I COMMUNICATE THIS WITH LOVE AND HONOUR. MY WORDS ECHO SOFTLY WITH THE UNIVERSE”.

3RD EYE CHAKRA – ENERGETIC REQUIREMENT IS DIVINE INTUITION – SATURDAY – INDIGO. “I AM SO GRATEFUL THAT MY HEART IS OPEN TO NEW VISION. I EXPAND MY AWARENESS THROUGH MY HIGHER SELF”.

CROWN CHAKRA – ENERGETIC REQUIREMENT IS DIVINE INTELLIGENCE – SUNDAY – WHITE AND VIOLET. “I AM SO GRATEFUL THAT I AM CONNECTED TO THE DIVINE MOTHER OF THE UNIVERSE. I AM LIGHT. I AM TRUST”.

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**SECTION 10:
SELF LOVE
PRACTICES:
I AM
AFFIRMATIONS**

**VOICES FROM PRIME SOURCE
HERSELF.**

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SELF LOVE PRACTICES:

THE KEY WORDS OF "I AM", IS THE COMMAND, THAT BRINGS FORTH HUMANITY'S HIGHER SELF INTO PHYSICAL MANIFESTATION.

HUMANITY IS RETURNING TO THEIR NATURAL STATE OF DIVINITY WHICH IS JOY, LAUGHTER, KINDNESS, SERVICE TO OTHERS, SYNERGY, CO-OPERATION, CREATIVITY, FREEDOM AND EXPRESSION.

JUST AS A KEY STARTS UP THE ENGINE OF A CAR, THE KEY TO STARTING UP CREATION IS "I AM". THIS IS WHY HUMANITY IS THE I AM RACE. I AM LOVE AND THE UNIVERSE, LOVE RESPONDS, AND SAYS YES YOU ARE.

"I AM" ARE THE MOST POWERFUL WORDS YOU CAN SAY, BECAUSE THEY ARE THE COMMANDS TO YOURSELF. AT THE CENTRE OF YOUR DIVINE INTELLIGENCE IS WHERE THE I AM PRESENCE EXPRESSES THE LOVE YOU ARE AS LIVING UNIQUENESS.

THE I = CONSCIOUSNESS, THE AM = AWARENESS.

THE I IS SPIRIT AND THE AM IS THE EXPERIENCE OF SPIRIT. THIS ENERGY FROM SOURCE IS USED TO CREATE YOUR LIVING EXPERIENCE OF THE DIVINE PRESENCE, WITHIN THE VERY LIFE ENERGIES PROVIDING YOU WITH ALL LOVE IS, BEING EVERYWHERE PRESENT.

BY CHOOSING LOVE, YOU ARE ALSO SAYING I AM CHOOSING SPIRIT. BY CHOOSING SPIRIT, YOU ARE MAKING A COMMAND TO YOURSELF, YOUR I AM PRESENCE. YOU ARE THEN DIVINELY GUIDED ALONG YOUR PATH AND CONTRACT.

FOR IN SPIRIT YOU ARE ALWAYS "BEING" LOVE FOR THE GREATER GOOD OF THE WHOLE. YOU ARE TRULY INFALLIBLE. ONCE YOU RELEASE ALL CONTROL AND TRUST LOVE = SPIRIT, SPIRIT WILL THEN GUIDE YOU EVERY MOMENT.

THIS WILL PLACE YOU AROUND THE PLANET IN PLACES YOU NEVER DREAMED OF. SURRENDER, ALLOW AND EMBRACE FOR WITHIN SPIRITS HANDS YOU ARE LED TO YOUR DESTINY WITH ALL THE MIRACLES GIVEN FREELY.

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SELF LOVE PRACTICES:

BALANCED HARMONIC FREQUENCIES OF LOVE

**BALANCED HARMONIC FREQUENCIES = PRESENT MOMENT OF NOW
= UNCONDITIONAL LOVE = 5D = THE SPECTRUM OF DIVINE HEAVEN
FREQUENCIES = RECONNECTS HUMANITY INTO THE ONE = HIGHER
SELF-EMBODIMENT = LOVE EVERYWHERE PRESENT = DIVINE
EMBODIMENT OF THE ENERGIES OF LOVE AND TRUTH.**

**THE BALANCING OF THE HARMONICS IS "BALANCING" OUT THE
BRAIN AND BODY TO THE HIGHER FREQUENCIES OF LIGHT AND
TRUTH INFORMATION. EVERYONE ON THIS PLANET CONTAINS
FEMININE AND MASCULINE ENERGIES. THE FEMALE IS 51%
FEMININE AND 49% MASCULINE AND VICE VERSA IN THE MALE. A
MALE IS 49% FEMININE AND 51% MASCULINE.**

**DIVINE FEMININE TRAITS. THE DIVINE FEMININE ENERGY BRINGS
MASCULINE ENERGY INTO BALANCE:**

**COMPASSION, EMPATHY, UNCONDITIONAL LOVE, KINDNESS,
RECEPTIVITY, GRATITUDE, NURTURING, ORGANIC, JOY, PURE
THOUGHT, TRANSPARENCY, SELF-LOVE, WISDOM, RESPONSIVE,
INTUITIVE, FULL FEELING, SELFLESSNESS, NON ATTACHED, HEART
CENTRED, GENUINE, PURITY, BEAUTY, ABUNDANT, GRACE,
LAUGHTER, HUMILITY, DIVINE PERCEPTION.**

DIVINE MASCULINE TRAITS:

**PATIENCE, TRUST, INNER STRENGTH, COURAGE, INTEGRITY, HONOR,
TRUTH, CONSISTENCY, DEDICATION, PERSEVERANCE, TENACITY,
ACCOUNTABILITY, PROACTIVE, DIVINE WILLPOWER,
EMPOWERMENT, HUMBLE, PASSION, TOLERANCE, DIVINE
INTELLIGENCE, WORTHINESS, CHILDLIKE WONDER, BRILLIANCE,
FAITH, LAUGHTER, CHARITY.**

**RIGHT NOW, EVERYONE WILL BE BRINGING FORTH THIS BALANCE
WITHIN THEMSELVES.**

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SELF LOVE PRACTICES: I AM MIRROR TECHNIQUE & BALANCED HARMONIC FREQUENCIES OF LOVE

THE KEY WORDS OF "I AM", IS THE COMMAND, THAT BRINGS FORTH HUMANITY'S HIGHER SELF INTO PHYSICAL MANIFESTATION.

SPEND A MOMENT EACH DAY SAYING OUT LOUD I AM AFFIRMATIONS IN THE MIRROR WHILST LOOKING INTO YOUR OWN EYES. EYES ARE THE WINDOW TO THE SOUL.

THE DIVINE TRAITS OF THE HIGHER SELF:

I AM ACCOUNTABILITY, I AM UNCONDITIONAL LOVE, I AM GRATITUDE, I AM WORTHINESS, I AM COURAGE, I AM NURTURING, I AM ORGANIC, I AM COMPASSION, I AM EMPATHY, I AM CONSISTENCY, I AM INTEGRITY, I AM JOY, I AM TOLERANCE, I AM PURE THOUGHT, I AM RECEPTIVITY, I AM PATIENCE, I AM TRANSPARENCY, I AM SELF-LOVE, I AM BEAUTY, I AM KINDNESS, I AM CHILD LIKE WONDER, I AM BRILLIANCE, I AM PURITY, I AM WISDOM, I AM RESPONSIVE, I AM PERSEVERANCE, I AM INNER STRENGTH, I AM ABUNDANCE, I AM INTUITION, I AM DIVINE INTELLIGENCE, I AM TENACITY, I AM SELFLESSNESS, I AM PASSION, I AM DIVINE WILLPOWER, I AM HONOR, I AM TRUTH, I AM FAITH, I AM TRUST, I AM EMPOWERMENT, I AM GRACE, I AM LAUGHTER, I AM CHARITY, I AM HUMILITY, I AM PERCEPTION, I AM DIVINE FULL FEELING, I AM GENUINE, I AM HEART-CENTRED, I AM NON-ATTACHMENT, I AM PROACTIVE, I AM HUMBLE, I AM DEDICATION.

ADDITIONAL MIRROR AFFIRMATIONS:

I AM GRAND, I AM UNCONDITIONAL LOVE, I AM WORTHY, I AM PEACE, I AM JOY, I AM MAGNIFICENT, I AM HARMONIOUS, I AM KIND AND GENTLE, I AM BALANCE IN BRILLIANCE, I AM ALIVE. I AM SERVING FOR THE HIGHEST GOOD OF ALL, FOR THE HIGHEST OUTCOME. I AM SERVING LOVE EVERYWHERE PRESENT IN THE NO MATTER WHAT. I AM PRESENT. I AM AWAKENED AND I AM EQUAL TO ALL OF CREATION, BECAUSE I AM GOD. I TRUST LOVE AND BE PRESENT IN THIS NOW MOMENT.

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SELF LOVE PRACTICES: I AM MIRROR TECHNIQUE

**I AM ACCOUNTABILITY, I AM UNCONDITIONAL
LOVE, I AM GRATITUDE, I AM WORTHINESS,**

**I AM COURAGE, I AM NURTURING, I AM ORGANIC,
I AM COMPASSION, I AM EMPATHY,**

I AM CONSISTENCY, I AM INTEGRITY,

**I AM JOY, I AM TOLERANCE, I AM PURE THOUGHT,
I AM RECEPTIVITY, I AM PATIENCE,**

**I AM TRANSPARENT, I AM SELF-LOVE, I AM BEAUTY,
I AM KINDNESS, I AM CHILD LIKE WONDER,**

**I AM BRILLIANCE, I AM PURITY, I AM WISDOM,
I AM RESPONSIVE, I AM PERSEVERANCE,**

I AM INNER STRENGTH, I AM ABUNDANCE,

I AM INTUITION, I AM DIVINE INTELLIGENCE,

**I AM TENACITY, I AM SELFLESSNESS, I AM PASSION,
I AM WILLPOWER, I AM HONOR, I AM TRUTH,**

**I AM FAITH, I AM TRUST, I AM EMPOWERMENT,
I AM GRACE, I AM LAUGHTER, I AM CHARITY,**

I AM HUMILITY, I AM PERCEPTION,

I AM FULL FEELING, I AM GENUINE,

I AM HEART-CENTRED, I AM NON-ATTACHMENT,

I AM PROACTIVE, I AM HUMBLE, I AM DEDICATION.

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SELF LOVE PRACTICES: MOTHER GAIA MIRROR AFFIRMATIONS - 1

- I AM RECEIVING GUIDANCE AT ALL TIMES FROM PRIME CREATOR AND RECEIVING HELP FROM ALL THE HIGHEST REALMS AS WELL AS FROM ALL THE REALMS IN PHYSICAL EXISTENCE. GOD IS UTILIZING ME FOR A HIGHER PURPOSE.
 - I AM LIVING IN GRACE AND GRATITUDE.
 - I AM LIVING THE CELESTINE PROPHECIES, ALL OF THEM.
 - I AM SUCCESSFUL.
 - I AM AT ALL TIMES PRACTICING LOVE IN ACTION.
- I HAVE RELEASED ALL THE BLOCKS THAT KEEP ME FROM MANIFESTING MY DREAMS.
- I AM A GALACTIC HUMAN BEING AND TAKE FULL RESPONSIBILITY FOR THIS ROLE AND TASK.
- I AM REPRESENTING MOTHER AND FATHER GOD HERE ON EARTH AND ACCEPT THIS RESPONSIBILITY.
 - I TRUST MYSELF COMPLETELY.
 - I AM TRAVELING EVERYWHERE ON THE PLANET TO SPREAD THE MESSAGE.
 - I AM PASSION AND PASSIONATE.
- I AM IN FULL CONSCIOUSNESS AND UTILIZING EACH EXPERIENCE OF THE PAST TO CREATE GRANDNESS IN THE MOMENT OF NOW.
- I AM BRINGING INTO FULL CONSCIOUSNESS ALL OF THESE ASPECTS TO UTILIZE AS A LEADER IN HEAVEN ON EARTH.
- ALL MY DNA 13 STRANDS ARE ALL NOW FULLY CONNECTED AND ACTIVATED. THANK YOU.
 - I AM A MAGICAL CELESTIAL BEING.
 - I AM A LEADER FROM THE DIVINE.
- ALL MY DREAMS ARE COMING TRUE EFFORTLESSLY, THE DREAM THAT WE ARE ALL ONE,
 - I AM A DIVINE HUMAN ANGE.
 - I AM A GRAND TEACHER OF THE REAL TRUTH.
- I AM ONE OF PRIME CREATORS FIRST CREATIONS AND BELONG TO MOTHER AND FATHER GODS FAMILY.
- I AM RECEIVING UN-CONDITIONAL LOVE AS WELL AS GIVING UN-CONDITIONAL LOVE AT ALL TIMES.
- I AM TRANSMUTING ALL INTO HIGHER VIBRATIONS THROUGH THE BREATH AND THROUGH MY CONSTANT LOVE COMING FROM SOURCE.
- I AM LIVING THE GRANDEST DREAM AND HIGHEST OUTCOME FOR THE WORLD.
 - I AM THE SECOND COMING QFS COMING VERY SOON.
- I SEE EVERYTHING IN ONE POLARITY LOVE, GRACE AND FORGIVENESS = PEACE.
- I AM A WAYSHOWER AND A GRAND SPIRITUAL TEACHER OF UN-CONDITIONAL LOVE.

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SELF LOVE PRACTICES: MOTHER GAIA MIRROR AFFIRMATIONS - 2

- I AM HUMBLE AND WITH HUMILITY OF MY LIGHT AND GRANDNESS.
- I AM CHANNELLING IN THROUGH MY HEART PRIME CREATOR'S LOVE FOR ALL OF HUMANITY.
 - I HAVE SHATTERED THE GLASS CEILING.
- I AM BUILDING POWERFUL UN-CONDITIONAL LOVE BRIDGES IN ALL MY RELATIONSHIPS.
 - I AM MAGNIFICENT AND BRILLIANT.
 - I AM A DIAMOND.
 - I AM THE MORNING STAR!
 - I AM MANIFESTING HEAVEN.
- I AM HEAVEN! I HAVE THE KEY GOD HAS GIVEN ME AND HAVE UNLOCKED THE DOOR.
 - I AM WORTHY AND I DESERVE THE BEST.
 - I AM BEAUTIFUL AND ELEGANT.
 - I AM GRAND.
 - I AM TRUTH.
 - I AM SUPERHUMAN.
 - I AM MULTIDIMENSIONAL.
 - I AM IN THE 13TH DIMENSION.
 - I AM ALL KNOWLEDGEABLE.
 - I AM ALL KNOWING AND KNOW NOTHING, DIVINE DICHOTOMY.
- I AM JOY, ABUNDANCE, HAPPINESS, PEACE, AND PURE UN-CONDITIONAL LOVE AND I AM HARMONY AND IT'S ALL FLOWING BEAUTIFULLY INTO MY LIFE.
- I AM RECEIVING ABUNDANCE TO UTILIZE FOR THE HIGHEST GOOD.
 - I AM LOOKING THROUGH THE EYES OF GOD.
 - I AM LAUGHTER.
 - I AM PLAYFULNESS.
 - I AM OVER THE RAINBOW.
 - I AM WHO I SAY I AM, I AM THAT I AM.
- I AM MELDING BACK INTO THE ONE. I ASK AND GIVE PERMISSION FOR THIS. I AM IN THE ONENESS CONSCIOUSNESS.
- I AM PERFECT, WHOLE, AND COMPLETELY ALIGNED FOR THE HIGHEST GOOD AT ALL TIMES.
 - I AM IN MY CRYSTALLINE BODY.
 - I AM MULTI DIMENSIONAL.
 - I AM RECEIVING GIFTS TO USE FOR THE HIGHEST GOOD.
 - I AM LIVING IN THE MOMENT IN THE SPACE OF NIRVANA.
 - I HAVE WORLDLY SUCCESS FLOWING INTO MY LIFE EFFORTLESSLY.
 - I AM ALIVE FOR ETERNITY AND ACCEPT FULLY THAT THIS IS MY HOME.

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SELF LOVE PRACTICES: MOTHER GAIA MIRROR AFFIRMATIONS - 3

· I AM IN TRUE REALITY.

· I AM THE ABUNDANCE OF KUNDALINI.

· I AM GUIDED, GUARDED, PROTECTED, AND LINED UP WITH HIGHEST GOOD.

· I AM COMFORTABLE AT ALL TIMES ON THIS JOURNEY.

· I AM PERFECT AND I AM IN PERFECT WHOLE HEALTH.

· I AM CREATING A TRUE LOVE STORY WITH PRIME CREATOR. THIS IS THE NEW STORY FOR THE GOLDEN AGE IN WHICH I AM TO EXPERIENCE THIS.

· I AM THE GREATEST LOVE OF ALL.

· I AM THE CURRENT BIBLE AND LIVING THE STORY.

· I AM HAVING MY CAKE AND EATING IT TOO.

· I BELIEVE IN TOO GOOD TO BE TRUE.

· EVERYTHING THAT ENTERS MY BODY IS EITHER HEALING OR NEUTRALIZED.

· I AM POSITIVITY.

· I SEE EVERYONE IN THEIR HIGHEST LIGHTS AND HIGHEST TRUTHS.

· I SHINE MY BRIGHTEST LIGHT AND SAY ONLY MY HIGHEST TRUTH AT ALL TIMES.

· MY I AM PRESENCE ALWAYS DICTATES MY EVERY THOUGHT WORD DEED AND ACTIONS FOR THE HIGHEST GOOD.

· I HAVE GRADUATED.

· I AM LIVING IN NEUTRALITY.

· I AM AN ASCENDED MASTER OF PURE REAL LOVE.

· I AM PURE LOVE.

· I AM SURRENDER AND WILL GIVE UP EVERYTHING FOR THE LOVE OF HUMANITY.

· I AM THE MIRACLE AS WELL AS THE ABUNDANCE OF MIRACLES THAT ARE FLOWING INTO MY LIFE.

· I HAVE AN OVERFLOWING CUP OF UN-CONDITIONAL LOVE AND DREAMS TO ACTIVATE FOR ALL OF HUMANITY FOR THE HIGHEST OUTCOME AND THAT IS NOW COMPLETELY ACTIVATED.

· I AM FULFILLING MY MISSION AND CONTRACT SIGNED BY ME AND BY PRIME CREATOR NO MATTER WHAT.

· I AM AN INSTRUMENT FOR GOD I WORK FOR GOD.

· I AM THE GREATEST, GRANDEST VISION /VERSION OF MYSELF I CAN BE FOR GOD. THE DOOR IS OPEN.

· I AM IN DIRECT COMMUNICATION WITH PRIME CREATOR AT ALL TIMES.

· I AM WHO I SAY I AM.

· I AM GAIA.

· I AM LIVING INSIDE OUT!

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SELF LOVE PRACTICES: MOTHER GAIA MIRROR AFFIRMATIONS - 4

I AM THE VISION.

· I AM THE CONFIRMATION.

· I AM WORLDLY SUCCESS.

· ALL OF MY EARTHLY DEBTS ARE PAID FOR AS I HAVE GRADUATED!!

· I AM LEADING BY EXAMPLE.

· I HAVE THE IMPLANT OF NEUTRALITY.

· I AM THE CHANGE ONE INTENDS FOR THE PLANET.

· I AM OPEN AND RECEIVING AT ALL TIMES FOR THE HIGHEST OF ALL.

· I HAVE MADE A CHOICE AND I CHOOSE GOD.

· I AM THE ALPHA AND THE OMEGA.

· I AM THE BLACK AND THE WHITE.

· I AM THE BAD AND THE GOOD.

· I AM EVERYTHING.

· I AM ALL OF IT.

· I AM COMPLETE.

· I AM WHOLE AND BALANCED I HAVE NO THOUGHTS OF MY OWN ONLY GODS.

· I AM LAUGHTER AND PLAYFULNESS.

· I AM LOOKING THROUGH THE EYES OF GOD.

· I AM FULFILMENT.

· I AM THE NEW JERUSALEM!

· I SPEAK THE TRUTH AND NOTHING BUT THE TRUTH SO HELP ME GOD.

· I LOVE MY SELF UN-CONDITIONALLY AND SPREAD AND SHARE THIS WITH EVERYONE.

· EVERYDAY IS FULL OF LAUGHTER, SMILES, PLAYFULNESS, GRACE, FORGIVENESS, PEACE AND EFFORTLESSNESS.

· ALL MY CONTRACTS ARE SEVERED WITH EVERYONE AND EVERYTHING AND REPLACED WITH UN-CONDITIONAL LOVE, PEACE, HARMONY, JOY, LIGHT, TRUTH, GRACE AND FORGIVENESS.

· I AM A DIVINE MAGNIFICENT MAGICAL BEING AWAKENING TO MY HIGHEST POTENTIAL.

· I AM A POWERFUL INSTRUMENT FOR GOD TO UTILIZE FOR THE HIGHEST GOOD AT ALL TIMES. LOVE GRACE AND FORGIVENESS NO MATTER WHAT!

· ALL KARMA AND NEGATIVITY IS TO BE ERASED AND FORGIVEN ALL OF IT!

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SELF LOVE PRACTICES:

I AM AFFIRMATIONS - GROUND TRUTH INTO BEING

“I AM COURAGE”

“I AM PERSEVERANCE”

“I AM TENACITY”

“I AM UNCONDITIONAL LOVE”

“I AM PURITY”

“I AM GENTLENESS”

“I AM KINDNESS”

“I AM COMPASSION”

“I AM WISDOM”

“I AM KNOWLEDGE”

“I AM NURTURING”

“I SPEAK THE TRUTH”

“I AM GRACE”

“I AM INNER STRENGTH”

“I AM WISE”

“I AM ALWAYS LOVING”

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INNER CHILD AFFIRMATIONS

I AM CHILDLIKE WONDER

I AM UNIVERSAL KINDNESS

I AM TRUST

I AM SELF-NURTURING

I AM IMAGINATION

I AM INNOCENCE

I AM LAUGHTER

I AM FORGIVENESS

I AM UNCONDITIONAL LOVE

I AM AUTHENTICITY

I AM SELF-SUPPORTING

I AM OPEN TO EVERYTHING

I AM CURIOUS

I AM PLAY

I AM HEART CENTRED

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**SECTION 11:
SELF LOVE
PRACTICES:
AFFIRMATIONS**

**VOICES FROM PRIME SOURCE
HERSELF.**

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**SELF LOVE PRACTICES:
AFFIRMATIONS - GROUND
TRUTH INTO BEING**

**“I CHOOSE LOVE EVERY
MOMENT”.**

“I CONSTANTLY LET GO”.

**“I LIVE WITHIN TOTAL
TRUST”.**

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SELF LOVE PRACTICES:

INTENTION SETTING

**TAKE A MINUTE EACH DAY AND PUT YOUR
COMPLETE FOCUS ON LOVE ONLY.**

INTENTION:

**“I SET UP MY FIELD TODAY IN GRATITUDE
FOR THE HIGHEST OUTCOME TO UNFOLD”.**

**“I CHOOSE LOVE AND SERVE LOVE IN EVERY
MOMENT”.**

**“I AM HERE TO SERVE LOVE EVERYWHERE
PRESENT IN ALL MOMENTS AND SO IT IS”.**

**THESE INCOMING ENERGIES ARE
REQUIRING ALL PROGRAMMING TO BE
RELEASED. CONSTANT LETTING GO AND
CONSTANT SURRENDERING TO THE
PROCESS WILL HELP YOU GREATLY.**

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SELF LOVE PRACTICES: INTENTIONS & AFFIRMATIONS

COMMUNICATION AFFIRMATION:

I AM IMPECCABLE WITH MY WORD. I SPEAK WITH INTEGRITY. I SAY ONLY WHAT I MEAN. I AVOID USING THE WORD TO SPEAK AGAINST MYSELF OR TO GOSSIP ABOUT OTHERS. I USE THE POWER OF MY WORD IN THE DIRECTION OF TRUTH AND LOVE. I DON'T TAKE ANYTHING PERSONALLY. WHAT OTHERS SAY AND DO IS A PROJECTION OF THEIR OWN ILLUSION, THEIR OWN FANTASY. I AM NON-ATTACHED TO THE OPINIONS AND ACTIONS OF OTHERS. I DON'T MAKE ASSUMPTIONS. I AM COURAGEOUS TO ASK QUESTIONS AND EXPRESS WHAT I REALLY WANT. I COMMUNICATE WITH OTHERS CLEARLY TO AVOID MISUNDERSTANDINGS, SADNESS AND DRAMA. I ALWAYS DO MY BEST.

NURTURING AFFIRMATION:

I AM GENTLE, LOVING AND COMPASSIONATE. I NURTURE MYSELF. I AM CONSCIOUS OF HOW I SPEAK TO MYSELF. I AM SOFT, ACCEPTING AND HOLD SPACE FOR MYSELF. I NURTURE OTHERS, FOCUSING ON MY HIGHERSELF AND THE HIGHER SELF OF OTHERS. I ACKNOWLEDGE THE LOWER, EXPRESS AS REQUIRED AND SET BOUNDARIES. I HOLD SPACE AND I SEND LOVE TO ALL BEINGS ALWAYS. I ENCOURAGE. I SUPPORT.

INTENTION TO LOVE:

LOVE, I LET GO OF EVERYTHING AND THANK YOU FOR HELPING ME ACCOMPLISH THIS EFFORTLESSLY AS POSSIBLE. I WILL ACCEPT ALL THAT IS NOT REAL AND EMBRACE WHAT IS REAL.

PURGING AFFIRMATION:

I NOW RELEASE ANYTHING AND EVERYTHING THAT NO LONGER SERVES MY HIGHER GOOD AND THAT OF THE HIGHEST GOOD OF THE ALL. I SERVE LOVE COMPLETELY. THROUGH MY EVERY THOUGHT, WORD, DEED AND ACTION I SERVE LOVE AND THE HIGHEST GOOD OF THE ALL, IN ALL MOMENTS AND SO IT IS.

FIRE PRAYER:

ATOMS ARE ALL RESTORED TO PERFECT BALANCED HARMONICS WITHIN ALL HUMAN BEINGS. THIS MEANS EACH BODY HOLOGRAM IS TO BE RESTORED TO WHOLENESS OF BEING, CHAKRA SYSTEMS INTO FULL ALIGNMENT AND COMPLETE WHOLE HEALTH, IN THE HIGH VIBRATIONAL FREQUENCY THAT IS NOW POURING INTO THIS EARTH. THIS IS THE GIFT FROM MY HIGHER SELF THAT THE MOMENT HAS COME, FOR THE BEGINNING OF MY ETERNAL LIFE. I AM THE DOOR THAT NO ONE CAN SHUT. I AM THE LIGHT AND I AM THE EXAMPLE OF LOVE IN ACTION. IT'S NOW!

HONOR LOVE AFFIRMATION:

I SWEAR IN FROM THE HIGHEST. I SPEAK THE TRUTH AND NOTHING BUT THE TRUTH. I SERVE LOVE. I HONOUR LOVE. I HONOUR CREATION. I HONOUR TRUTH. I HONOUR THE TRUTH OF WHO EACH OF YOU TRULY ARE. I HONOUR THE TRUE REALITY OF THE LOVE CALLED GOD EVERYWHERE PRESENT.

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SELF LOVE PRACTICES: INTENTIONS & AFFIRMATIONS

I TAKE NOTHING PERSONALLY. I CUT CORDS TO EVERYTHING AND I REATTACH CORDS TO MAGIC, MIRACLES, PURITY, WHOLENESS AND SYNCHRONISTIC EVENTS. I AM CENTRED WITHIN MY BEING. I AM GROUNDED INTO THE CORE OF MOTHER EARTH AND CONNECTED TO SPIRIT. I CLEAR ALL DISTORTIONS FROM MY FIELD AND ASK FOR ONLY PURE WHOLE TRUTH TO BE PRESENT WITHIN MY FIELD. I DISSOLVE ALL BLAME, JUDGEMENT, ANGER, AND RESENTMENT. I TAKE FULL ACCOUNTABILITY FOR MYSELF AND MY ENERGY. I DISSOLVE ALL PAST AND FUTURE. I AM IN THE PRESENT MOMENT OF NOW. I FORGIVE MYSELF, ALL OTHERS AND ALL EVENTS. I SURRENDER FULLY TO THE PRESENT MOMENT. I ACCEPT, EMBRACE AND ALLOW ALL THINGS. I AM A FORCE OF LOVE. I AM DIVINELY GUIDED, GUARDED, PROTECTED AND PROVIDED FOR IN EVERY MOMENT. WHEN I ALLOW MYSELF TO RECEIVE WHAT'S MEANT FOR ME, I ELIMINATE ALL THAT IS NOT. I TRUST MY HIGHER SELF

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SELF LOVE PRACTICES - AFFIRMATIONS

I AM LEADING BY EXAMPLE. I LEAD THE PLANETARY ASCENSION BY EXAMPLE. I AM THE EXAMPLE OF DIVINITY, UNITY, DIVINE JUSTICE, TRUST, FREEDOM AND LOVE. I FULFIL MY CONTRACT WITH SERVICE BY TAKING FULL ACCOUNTABILITY FOR THE COLLECTIVE FAILURES, DYSFUNCTIONS AND OUT OF RIGHT ACTION CHOICES. I AGREE TO CORRECT ALL OUT OF RIGHT ACTION CHOICES AND ALIGN MYSELF WITH UNIVERSAL LAW AND RIGHT ACTION. I AGREE TO ACT IN FULL INTEGRITY WITH MY CONTRACT AND TO ABIDE BY THE DIVINE DECREES. I SURRENDER TO THE DIVINE WILL FOR HUMANITY. I TAKE FULL ACCOUNTABILITY AND RESPONSIBILITY AS PART OF ONENESS FOR TRANSFORMING MY EGO PROGRAMMING. I AM A BEACON OF LIGHT FOR THE LIGHT. I SET THE EXAMPLE FOR UNITY, ACCEPTANCE, COMPASSION, PASSION, TRUST AND LIGHT. I TAKE ALL ACCOUNTABILITY FOR ALL BLAME, PROJECTION, TAKING OF ENERGY AND RESOURCES, GREED, POWER OVER, DOMINANCE AND CONTROL. I AGREE TO WORK IN CO-CREATION AND COLLABORATION WITH ALL OTHER SOVEREIGN BEINGS OF THE WORLD AS ONE.

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**SECTION 12:
SELF LOVE
PRACTICES:
SOVEREIGN BEING
DECREES**

**VOICES FROM PRIME SOURCE
HERSELF.**

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SOVEREIGN BEING DECREES - EVERY BEING IS A SOVEREIGN BEING

A SOVEREIGN BEING ABIDES BY UNIVERSAL LAWS + ALL DIVINE DECREES.

A SOVEREIGN BEING FOLLOWS THEIR GUIDANCE AND THEIR HEART.

A SOVEREIGN BEING HAS RESPECT FOR ALL OTHERS AND THEIR UNIQUE PATH.

A SOVEREIGN BEING EMBRACES, ACCEPTS AND ALLOWS, AND DOES NOT INTERFERE WITH OTHERS.

A SOVEREIGN BEING SEEKS TO BE IN SERVICE TO LOVE IN ALL MOMENTS.

A SOVEREIGN BEING LEADS BY EXAMPLE, NOT BY WORDS.

A SOVEREIGN BEING IS BOTH PASSIONATE AND COMPASSIONATE.

A SOVEREIGN BEING TRUSTS IN THE DIVINE PLAN.

A SOVEREIGN BEING DOES WHAT IS BEST AND HIGHEST FOR ALL.

A SOVEREIGN BEING IS CONSIDERATE OF THEIR COMMUNITY.

A SOVEREIGN BEING RESPECTS ALL OF LIFE AND MOTHER EARTH.

A SOVEREIGN BEING IS EMPOWERED.

A SOVEREIGN BEING SEEKS JOY FOR THE WHOLE.

A SOVEREIGN BEING SURRENDERS TO THE DIVINE FLOW.

A SOVEREIGN BEING CHOOSES LOVE OVER FEAR.

A SOVEREIGN BEING ACTS AND SPEAKS WITH INTEGRITY.

A SOVEREIGN BEING TAKES ACCOUNTABILITY FOR THE WHOLE.

A SOVEREIGN BEING ALWAYS SEEKS TO GROW AND EXPAND.

A SOVEREIGN BEING TREATS EVERY BEING AS SACRED.

A SOVEREIGN BEING TAKES NOTHING PERSONAL.

A SOVEREIGN BEING IS A GIVER.

A SOVEREIGN BEING SPEAKS TRUTH NO MATTER WHAT.

A SOVEREIGN BEING CHOOSES PEACE AND UNDERSTANDING.

A SOVEREIGN BEING IS A MASTER OF THEIR OWN ENERGY.

A SOVEREIGN BEING IS IN THE PRESENT MOMENT OF NOW.

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SELF LOVE PRACTICES: SOVEREIGN BEING DECREES - I AM SOVEREIGN

I DECLARE MY SOVEREIGNTY TO ALL OF CREATION. I ACCEPT RESPONSIBILITY AND ACCOUNTABILITY FOR ALL EXPERIENCES IN MY LIFE. I ACCEPT RESPONSIBILITY AND ACCOUNTABILITY FOR ALL DYSFUNCTION ON THE PLANET. I DEDICATE MYSELF TO MY OWN PERSONAL HEALING AND TRANSFORMATION. I AM FULLY TRANSPARENT AT ALL TIME WITH MYSELF AND OTHERS. I SHARE MY TRUTH WITH OTHERS. I CALL OUT EGO DYSFUNCTION AT ALL TIMES WITH COMPASSION. I LET GO OF ANY PERSON, THING OR ENVIRONMENT THAT IS NO LONGER A VIBRATIONAL MATCH. I DISSOLVE ALL ANGER, BLAME, GUILT, SHAME AND PROJECTION. I LET GO OF ALL SAVIOUR PROGRAMMING. I CONNECT WITH MY ANGELS AND GUIDES DAILY FOR GUIDANCE. I FOLLOW MY GUIDANCE. I AM ALWAYS IN SERVICE TO LOVE. I ASK MY ANGELS AND GUIDES FOR ASSISTANCE WHEN NEEDED. I DECLARE MY VESSEL A VESSEL OF DIVINE WILL ONLY. I SHOW COMPASSION AND KINDNESS TO ALL BEINGS. I DISSOLVE ALL JUDGMENT AND BELIEF SYSTEMS. I LOVE MYSELF AND PRACTICE SELF LOVE DISCIPLINES DAILY. I DISSOLVE ALL CONTROL AND FORCE AND SURRENDER TO DIVINE WILL. I FACE ALL FEARS THAT COME UP WITHIN, I EMBODY COURAGE, BRAVERY AND TRUST. I EMBODY DIVINE EXPRESSION THROUGH ART, SINGING, SPEAKING & WRITING. I FOCUS MY THOUGHTS, ENERGY AND ACTIONS ON NEW EARTH. I CUT CORDS WITH ALL LOWER ENERGIES AND PARADIGMS. I AM CONSCIOUS OF WHERE I AM PLACING MY ENERGY IN ALL MOMENTS. I CUT CORDS WITH LOWER THOUGHTS AND FLIP THEM TO THE HIGHER. I AM ACCOUNTABLE AND PARTICIPATE IN THE ASCENSION BY SHARING, EXPRESSING AND TAKING DIVINE ACTION. I CONNECT WITH MY SOUL TRIBE. I AM OPEN TO CHANGE & GROWTH. I DISSOLVE PAIN AND SUFFERING MENTALITY WITHIN. I PRACTICE ABUNDANT LIVING. I AM IMPECCABLE. I AM THE EXAMPLE I WISH TO SEE. I AM LOVE.

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SECTION 13:

EGO

DISSOLVEMENT

**THE MIND IS THE PROGRAMMING =
ILLUSION**

**(THE SOURCE OF ALL FEAR, PAIN AND
SUFFERING OF HUMANITY).**

**THE BALANCED RIGHT/LEFT BRAIN AND
HEART ARE REAL.**

**THE ONLY TRUE REALITY - LOVE
EVERYWHERE PRESENT.**

EVERYTHING ELSE IS ILLUSION.

VOICES FROM PRIME SOURCE HERSELF.

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**LOOK AT IT.
TRANSFORM
IT.**

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**DYSFUNCTION:
PROGRAMMING THAT
STEMS FROM THE EGO
MIND AND BELIEF SYSTEMS
CARRIED THROUGH DNA.
EGO: THE LOWER THOUGHT
PROGRAMMING THAT
KEEPS US IN A LOW
FREQUENCY - THIS IS THE
MIND.**

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**LET GO AND TRUST
LOVE TO GET TO
ZERO POINT =
PRESENT MOMENT
OF NOW.**

**ZERO POINT = ZERO
EGO TO MAKE IT INTO
5D FREQUENCIES.**

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THE EDGING GOD OUT PROGRAMMED MIND'S MAIN ROLE IS TO TAKE AWAY JOY. AWARENESS TRANSFORMS INTO CONSCIOUSNESS. IF YOU ARE AWARE YOU CAN TRANSFORM IT. THE EGO IS A CONSTRUCT OF BELIEF SYSTEMS. HEAVEN ON EARTH HAS NO BELIEF SYSTEMS, JUST LOVE, WHOLE TRUTH AND WHOLENESS OF BEING.

THINKING IS WHAT KEEPS YOU PROGRAMMED. RELEASE THE FEAR. FACE IT, WALK THROUGH IT, LEAVE IT BEHIND AND YOU ARE FREE OF THE PROGRAM.

UNCONSCIOUSNESS/ILLUSION = GIVING YOUR POWER AWAY.

THE EGO CANNOT BE IN THE PRESENT MOMENT OF NOW BECAUSE IT IS THE UNKNOWN. TRAUMA AND WOUNDING IS THE MAIN WAY WE HAVE BEEN KEPT IN FEAR FREQUENCIES, IN THIS LIFETIME AND PREVIOUS LIFETIMES.

FEAR, PAIN AND SUFFERING IS A BLOCK TO THE EXPERIENCE OF FEELINGS OF REAL LOVE. DROP FEAR AND STEP INTO LOVE & PEACE.

THE EGO = WALLS, DIVISION & THE IMPRISONED MIND. THE EGO IS UNABLE TO SEE TRUE REALITY. IT EXISTS IN THE MIND AND NOT IN THE HEART. IT RUNS FROM TRUTH. IN THE PRESENCE OF TRUTH EGO DIES. WITHIN LOVE EXISTS NO SEPARATION. EGO CANNOT GO INTO ENERGY OF ONLY LOVE WHICH EXISTS IN THE NOW.

ILLUSION = 3D AND DOES NOT EXIST, MEANING IT IS ONLY IGNORANCE THAT WANTS TO CONTROL THE GAME OF ILLUSION.

BREAK THE GLASS CEILING OF FEAR, SEPARATION AND ILLUSION. ALL EGO PROGRAMMING MUST BE DISSOLVED. SOCIETY AND THE ENVIRONMENT HANDED YOU A MASK = ILLUSION AND TAUGHT IGNORANCE SO YOU COULD BE CONTROLLED.

THE LOWER GRID IS THE PAST/FUTURE. TRUE REALITY IS ONLY PRESENT. THE PAST/FUTURE DOES NOT EXIST.

THE EGO WILL FIND ANY REASON TO BLAME, PROJECT AND AVOID TAKING RESPONSIBILITY. IN 3D THE ENERGY IS STATIC. THE EGO CANNOT ENTER INTO 5D FREQUENCIES. DISSOLVE THE EGO, IDENTIFY THE PROGRAMMING AND CONDITIONING AND TRANSFORM. EGO LOOKS FOR WHAT IS WRONG. LOVE LOOKS AT WHAT IS RIGHT. UNCONSCIOUSNESS CAN'T SEE ITSELF.

LOVE AND THE EGO CANNOT EXIST TOGETHER.

ASCENSION REQUIRES ULTIMATE TRUST. TRUSTING AND LOVING ONESELF AND DISSOLVING THE EGO PROGRAMMED MIND.

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WHEN THE EGO DISSOLVES YOU BECOME LIMITLESS

HUMAN CONDITIONING HAS BEEN FEAR, PAIN AND SUFFERING. FANTASIES OF ISOLATION AND SEPARATION. THE MIND IS THE ILLUSION = 3D = FANTASY = BELIEF SYSTEMS = DENSE ENERGIES = STATIC ENERGY = NOTHING. EGO CANNOT ENTER 5D FREQUENCIES.

THE EGO IS THE STATIC PROGRAM MIND. THE EGO MIND IS SIMPLY NOT REAL AND IS A MASK COVERING UP YOUR BEAUTIFUL BRILLIANT LOVE BEING.

EGO = LOWER THOUGHT = FEAR = PAIN.

EGO PROJECTS OUT ALL THE PAIN. WHAT YOU DO TO ANOTHER YOU DO TO YOURSELF. THE EGO PROGRAMMED MIND STOPS THE NATURAL EVOLUTIONARY PROCESS.

HOW TO SHED THE EGO:

FEAR IS CREATED BY EGO. FEAR IS AN ILLUSION. YOU ARE ASKED TO MOVE THROUGH FEAR, RECOGNISE IT, WALK THROUGH IT. FEAR THEN DISSOLVES AS DOES ILLUSION. CONTINUE TO RELEASE ALL THAT IS NOT LOVE. ONE STEP AT A TIME. LET GO. CLINGING TO THE OLD ONLY HOLDS YOU BACK. RESISTANCE ONLY CREATES PAIN. HAVE A BIRDS EYE VIEW. FORGIVE YOURSELF AND ALL OTHERS. IT'S NOT ANYONE'S FAULT. FEEL, CLEAR AND GET BACK IN A STATE OF JOY. FACE ALL FEARS WITHIN = EVOLUTION = ASCENSION.

RELEASE ANYTHING THAT IS NOT LOVE WITHIN OURSELVES AND SEE ALL IS IN DIVINE ORDER FOR OUR HIGHEST EVOLUTION.

ONLY THROUGH FEELINGS DOES ONE GAIN UNDERSTANDING. THROUGH UNDERSTANDING ONE HAS EXPERIENCES. THROUGH EXPERIENCES ONE GAINS WISDOM, WISDOM TO BE. AS AWARENESS EXPANDS SEE WHAT YOU STILL HAVE TO RELEASE. TO BE TRULY HAPPY AND IN JOY (5D = ETERNAL PRESENT MOMENT OF NOW) THE EGO PROGRAMMED MIND HAS TO BE COMPLETELY DISSOLVED (3D). IN 5D THERE ARE NO BELIEF SYSTEMS, ONLY LOVE AND TRUTH.

FEELINGS = OUR NATURAL STATE = PRESENT MOMENT OF NOW.

“I DROP THE EGO NOW. I LET GO OF EVERYTHING. I RESPOND IN LOVE INSTEAD OF REACTING TO FEAR. I ALLOW TO MYSELF FEEL. I SURRENDER TO LOVE. I LET THE PAST GO. I CUT CHORDS TO ALL OF HUMANITY, ALL EGOS, ALL EGO PROGRAMMING'S. I CUT CHORDS TO PAPER MONEY”.

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LOOSE YOUR MIND AND GET INTO YOUR HEART

THE PROGRAMMED EGO MIND IS A LIE. IT IS FALSE. IT IS NOT REAL AND IS GOING TO DISSOLVE. THE EGO PROGRAMMING HAS KEPT HUMANITY LOCKED INTO OPERATING FROM THE 3 LOWER CHAKRAS, SURVIVAL, CONTROL, POSSESSION AND FEAR.

THE EGO IS A CONSTRUCT OF BELIEF SYSTEMS AND THOUGHTS THAT ARE NOT REAL. THE EGO HAS NO ENERGY = BLACK HOLE = NOTHING = ILLUSION. IT IS PURE UNCONSCIOUSNESS LIKE A BLACK HOLE. IT DOESN'T HAVE ANY ATOMS, NO MASS AND NO VOLUME. THE EGO TAKES YOUR JOY AWAY FROM YOU.

THE EGO STEALS LIFE FORCE ENERGY OUT OF YOUR BEING, MAKES YOU HAVE DISEASE, MAKES YOU SICK, ALL THAT ENERGY IS SUCKED OUT OF YOU, THIS IS WHY WE SEE HUMANITY HAVE PHYSICAL DEATHS.

AWARENESS TRANSFORMS INTO CONSCIOUSNESS. IF YOU ARE AWARE YOU CAN TRANSFORM IT.

THE PATH IS RELEASING ALL THE PROGRAMMING, BELIEF SYSTEMS AND BLOCKS SO YOU MAY EXPERIENCE REALITY. THE PROGRAMMING AND CONDITIONING CAME FROM OUR ENVIRONMENT SO DON'T TAKE ANYTHING PERSONALLY.

EGO = UNCONSCIOUSNESS STATE THAT EXISTS IN FEAR. ALL FEARS RESIDE IN ONE'S CONSCIOUSNESS AND SUBCONSCIOUS. THESE SHADOWS MUST BE CONFRONTED AND PURIFIED. THE MIND CANNOT ENTER 5D FREQUENCIES.

HEAVEN ON EARTH HAS NO BELIEF SYSTEMS. JUST LOVE AND WHOLE TRUTH, WHOLENESS OF BEING. THE HEART IS GOD, YOU ARE GOD, THE MIND CAN NEVER BE GOD.

TO DISSOLVE THE EGO IS THROUGH PURE LOVE OF BEING FEARLESS. ACCEPTING FULL RESPONSIBILITY FOR DISSOLVING ALL LOWER THOUGHTS, PROGRAMMING'S, LOWER HABITS AND BEHAVIOURS. TAKING FULL RESPONSIBILITY FOR ONE'S PART IN ALL EXPERIENCES. FINDING THE LESSONS AND BLESSINGS IN ALL EXPERIENCES, AT WHICH POINT ONE'S NEGATIVE FEARS ARE TRANSFORMED INTO BLESSINGS FOR WHICH ONE IS HERE TO LEARN FROM. CUTTING CORDS WITH ANY RESIDUE ENERGIES OF NEGATIVITY, CUTTING CORDS TO ALL NEGATIVE THOUGHT PATTERNS AND REPLACING THEM WITH POSITIVE AFFIRMATIONS, LOVE, GRACE AND FORGIVENESS.

THIS IS ALCHEMY OF ONE'S SPIRITUAL JOURNEY.

IN THE NEW EARTH LOVE IS FEARLESS AND LOVES FEARLESSLY. NO FEAR EXISTS IN PARADISE. ONLY ENLIGHTENMENT, JOY, LOVE AND LAUGHTER EXISTS IN THE HEART OF THIS PARADISE.

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EGO DISSOLVEMENT CEREMONY

KEEP IN YOUR HEART, THE HEART IS GOD, YOU ARE GOD, THE MIND CAN NEVER BE GOD. THE POWERS THAT WEREN'T, PUT THIS CONDITIONING IN PLACE SO YOU COULD BE THEIR PERMANENT SOURCE OF FOOD TO CUT YOU OFF FROM SOURCE, GOD, YOUR BIRTH RIGHT. THE CONDITIONING TURNED YOU INTO A ROBOT. THE HEART IS WHERE YOUR SOUL RESIDES.

THIS IS YOUR JOURNEY, LEAVING THE MIND AND COMING INTO THE HEART. THE HEART IS FEARLESS, WISE, HONOURABLE, GENUINE, POWERFUL, ABUNDANT, UNCONDITIONALLY LOVING. BEING WITHIN THE HEART IS 5D. IT IS A STATE A OF BEING. IT CANNOT BE STUDIED, RATIONALISED OR ANALYSED. LOVE IS FELT, EXPERIENCED BY BEING = PRESENT MOMENT OF NOW.

EGO DISSOLVEMENT:

WRITE DOWN ALL YOU IDENTIFY WITH SELF. THANK YOUR ANGELS AND ASK TO ASSIST IN TRANSFORMING THESE LOWER ENERGIES, READ OUT LOUD AND BURN. YOUR ANGELS ARE WORKING TO HELP YOU CLEAR ALL PROGRAMMINGS.

I TRANSFORM THIS AND ALL CONDITIONING, I ACCEPT RESPONSIBILITY FOR IT, IDENTIFY AND DISSOLVE IT. I AM READY TO FULLY EMBRACE MY FULL ESSENCE.

LACK OF WISDOM, LACK OF EXPERIENCE, LACK OF COMPASSION, LACK OF PERCEPTION, LACK OF INTEGRITY, LACK OF HONOR, LACK OF EMPATHY, LACK OF FEELING, CHILD HOOD TRAUMA, INCUBUS/SUCCUBUS TAKING OF ENERGY THROUGH TOUCH/WORDS, DISRESPECT OR HATRED TOWARDS FEMININE, SUPERIORITY, THINKING YOU KNOW BETTER BASED ON NOTHING, ADDICTION, ADDICTION TO SUGAR, INCONSISTENCY, OBSESSION, ATTACHMENT TO 3D FAMILY AND FRIENDS, POSSESSION, CONTROL, POWER OVER, ENTITLEMENT, SELF-IMPORTANCE, NEEDING TO BE RIGHT, UNWORTHINESS, UNGRATEFUL, NO ACCOUNTABILITY, WANTING TO BE FOLLOWED OR FOLLOW, FAKE, UNABLE TO BE GENUINE, COMPULSIVE LYING, REVERENCE OF THE MIND, SEEKING REVERENCE, LINEAR THINKING AND ACTING, IDENTIFYING THINGS FROM THE OUTSIDE, ANAL RETENTIVE, SERVE IMPATIENCE, EASILY DISTRACTED, QUITTER, LAZINESS, COMPLACENT, REACTIVE.

MISSION LIMITLESS

EGO EQUALS LOWER THOUGHTS THAT ARE ILLUSIONARY. THEY ARE NOT REAL. YOUR EGO IS AN ILLUSION. FEAR IS AN ILLUSION. EGO REACTS RATHER THAN RESPONDING.

ANYTHING THAT IS NOT YOUR AUTHENTIC SELF (LOVE) IS EGO - ALSO CALLED UNCONSCIOUSNESS. LOVE RESPONDS. LOVE DOES NOT REACT TO EVENTS. ONLY YOU CAN EXAMINE YOUR OWN EGO ISSUES AND FIGURE OUT WHAT IS CAUSING THEM. BECAUSE EGO ISSUES ARE DIFFERENT FOR ALL OF US, AND WE HAVE ALL HAD DIFFERENT EXPERIENCES THAT CONTRIBUTED TO CREATING OUR EGOS.

WHEN TALKING ABOUT YOUR EGO, DON'T TAKE IT PERSONALLY. IT'S NOT A BAD THING. NOBODY IS TRYING TO INSULT YOU BY POINTING OUT THAT YOU HAVE AN EGO.

EVERYBODY IN THE PROGRAM HAS DEVELOPED AN EGO AND EVERYBODY WHO WANTS TO MOVE TO A HIGHER VIBRATION HAS TO START SHEDDING THEIR EGO. WHEN YOU BEGIN TO UNDERSTAND THIS, YOU WILL LAUGH ABOUT IT AND EMBRACE EFFORTS TO RELEASE EGO.

IN ORDER TO FREE YOURSELF FROM THE PROGRAM, YOU MUST SHED YOUR EGO. YOU CANNOT REACH FULL CONSCIOUSNESS IF YOU DO NOT SHED YOUR EGO. IF YOU DO NOT MAKE EFFORTS TO SHED YOUR EGO, THEN THE 5D FREQUENCIES WILL NOW FORCE ISSUES TO SURFACE AND MAKE THINGS VERY DIFFICULT FOR YOU.

IT'S BETTER TO TAKE CHARGE OF THIS PROCESS RATHER THAN WAITING FOR THE ENERGIES TO CAUSE MULTIPLE ISSUES TO COME UP AND SLAP YOU IN THE FACE ALL AT ONCE.

SHEDDING THE EGO IS NOT SOMETHING THAT WILL HAPPEN ALL AT ONCE. IT IS A PROCESS AND IT CAN BE DIFFICULT FOR SOME. EGO IS LIKE AN ONION. IT HAS MANY LAYERS. SHEDDING THE EGO IS LIKE PEELING AN ONION, LAYER BY LAYER.

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MISSION LIMITLESS

SELF LOVE PRACTICES: EGO DISSOLVEMENT CEREMONY

EGO PROGRAMMED MIND = 3D. THIS CONDITIONING AND LOW DENSITY KNOWN AS ATLANTEAN CONDITIONINGS ORIGINATES IN ATLANTIS. THIS CULMINATED IN VARIOUS CONDITIONING WRAPPED UP IN VERY DENSE LOWER FREQUENCY PROGRAMMING. THIS IS THE CABAL CREATED MIND CONTROL.

KEEP IN YOUR HEART, THE HEART IS GOD, YOU ARE GOD, THE MIND CAN NEVER BE GOD.

THIS IS TRULY EVOLUTION. THE POWERS THAT WEREN'T PUT THIS CONDITIONING IN PLACE SO YOU COULD BE THEIR PERMANENT SOURCE OF FOOD TO CUT YOU OFF FROM SOURCE, GOD, YOUR BIRTH RIGHT. THE CONDITIONING TURNED YOU INTO A ROBOT.

THE HEART IS WHERE YOUR SOUL RESIDES. THIS IS YOUR JOURNEY, LEAVING THE MIND AND COMING INTO THE HEART.

THE HEART IS FEARLESS, WISE, HONOURABLE, GENUINE, POWERFUL, ABUNDANT, UNCONDITIONALLY LOVING. BEING WITHIN THE HEART IS 5D. IT IS A STATE A OF BEING.

IT CANNOT BE STUDIED, RATIONALISED, ANALYSED. LOVE IS FELT, EXPERIENCED BY BEING.

EGO DISSOLVEMENT

WRITE DOWN ALL YOU IDENTIFY WITH SELF. THANK YOUR ANGELS AND ASK TO ASSIST IN TRANSFORMING THESE LOWER ENERGIES, READ OUT LOUD AND BURN. YOUR ANGELS ARE WORKING TO HELP YOU CLEAR ALL PROGRAMMING'S.

I TRANSFORM THIS AND ALL CONDITIONING, I ACCEPT RESPONSIBILITY FOR IT, IDENTIFY AND DISSOLVE IT. I AM READY TO FULLY EMBRACE MY FULL ESSENCE.

LACK OF WISDOM, LACK OF EXPERIENCE, LACK OF COMPASSION, LACK OF PERCEPTION, LACK OF INTEGRITY, LACK OF HONOR, LACK OF EMPATHY, LACK OF FEELING, CHILD HOOD TRAUMA, INCUBUS/SUCCUBUS TAKING OF ENERGY THROUGH TOUCH/WORDS, DISRESPECT OR HATRED TOWARDS FEMININE, SUPERIORITY, THINKING YOU KNOW BETTER BASED ON NOTHING, ADDICTION, ADDICTION TO SUGAR, INCONSISTENCY, OBSESSION, ATTACHMENT TO 3D FAMILY AND FRIENDS, POSSESSION, CONTROL, POWER OVER, ENTITLEMENT, SELF-IMPORTANCE, NEEDING TO BE RIGHT, UNWORTHINESS, UNGRATEFUL, NO ACCOUNTABILITY, WANTING TO BE FOLLOWED OR BE FOLLOWED, FAKE, UNABLE TO BE GENUINE, COMPULSIVE LYING, REVERENCE OF THE MIND, SEEKING REVERENCE, LINEAR THINKING AND ACTING, IDENTIFYING THINGS FROM THE OUTSIDE, ANAL RETENTIVE, SERVE IMPATIENCE, EASILY DISTRACTED, QUITTER, LAZINESS, COMPLACENT, REACTIVE.

MISSION LIMITLESS

EGO, CONTROL DRAMAS & LOWER CHIPS DISSOLVEMENT CEREMONY

THIS CONDITIONING AND LOW DENSITY KNOWN AS ATLANTEAN CONDITIONING ORIGINATES IN ATLANTIS. THIS CULMINATED IN VARIOUS CONDITIONING WRAPPED UP IN VERY DENSE LOWER FREQUENCY PROGRAMMING. THIS IS THE POWERS THAT WEREN'T CREATED, MIND CONTROL. KEEP IN YOUR HEART, THE HEART IS GOD, YOU ARE GOD, THE MIND CAN NEVER BE GOD. THE POWERS THAT WEREN'T, PUT THIS CONDITIONING IN PLACE SO YOU COULD BE THEIR PERMANENT SOURCE OF FOOD TO CUT YOU OFF FROM SOURCE, GOD, YOUR BIRTH RIGHT. THE CONDITIONING TURNED YOU INTO A ROBOT. THE HEART IS WHERE YOUR SOUL RESIDES. THIS IS YOUR JOURNEY, LEAVING THE MIND AND COMING INTO THE HEART. THE HEART IS FEARLESS, WISE, HONOURABLE, GENUINE, POWERFUL, ABUNDANT, UNCONDITIONALLY LOVING. BEING WITHIN THE HEART IS 5D. IT IS A STATE A OF BEING. IT CANNOT BE STUDIED, RATIONALISED OR ANALYSED. LOVE IS FELT, EXPERIENCED BY BEING = PRESENT MOMENT OF NOW.

EGO, CONTROL DRAMAS, LOWER IMPLANT CHIP DISSOLVEMENT:

WRITE DOWN ALL YOU IDENTIFY WITH SELF, THANK YOUR ANGELS AND ASK THEM TO ASSIST IN TRANSFORMING. READ OUT LOUD AND BURN. YOUR ANGELS ARE WORKING TO HELP YOU CLEAR.

"I TRANSFORM THIS AND ALL CONDITIONING. I ACCEPT RESPONSIBILITY FOR IT, IDENTIFY AND DISSOLVE IT. I AM READY TO FULLY EMBRACE MY FULL ESSENCE".

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 FEELINGS, LACK OF SELF-LOVE, UNWORTHINESS, IGNORANCE: IGNORING LOVE, ARROGANCE, ATTACHMENT: TO PEOPLE, PLACES AND THINGS, TAKING: FROM HUMANITY & THE PLANET, INCUBUS & SUCCUBUS ENERGY: THE TAKING OF ENERGY THROUGH WORDS, TOUCH, SEX AND OTHER ABILITIES, CHILDHOOD TRAUMA, CHILDISH BEHAVIOR, ROBOTIC HABITS & BEHAVIOR, DISRESPECT OR HATRED TOWARDS THE FEMININE OR MASCULINE, PREFERENCE TO PAIN & SUFFERING: DUE TO UNWORTHINESS, SUPERIORITY, THINKING YOU KNOW BETTER, ENTITLEMENT, SELF IMPORTANCE, DELUSIONS OF GRANDEUR, FANTASY, NEEDING TO BE RIGHT, CONTROLLING, 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, REVERANCE OF ANIMALS, JUSTIFICATION, PROCRASTINATION, BARGAINING, POVERTY CONSCIOUSNESS: ALWAYS THINKING IN LACK, ADDICTION, ADDICTION TO SUGUAR, LINEAR THINKING AND ACTING, IDENTIFICATION OF THINGS FROM THE OUTSIDE, PRINCESS CONDITIONING, BITCH CONDITIONING, ASSHOLE CONDITIONING, ANAL-RETENTIVE, SEVERE IMPATIENCE, EASILY DISTRACTED, QUITTER, INCONSISTENT, COMPLAINING, LAZINESS, COMPLACENT, REACTIVE, CULTURAL PROGRAMMING, BLOODLUST: WANTING OR AROUSAL OF SEEING BLOOD SHED, SUPER EGO, SPIRITUAL EGO.

I DISSOLVE ALL ANGER, FEAR, GRIEF, ANXIETY/DEPRESSION, WORRY, APATHY, GUILT, SHAME, NEGATIVITY, PAIN/SUFFERING, LACK CONSCIOUSNESS, VICTIM CONSCIOUSNESS, POVERTY CONSCIOUSNESS AND COMPETITION.

I DISSOLVE ALL SUPER EGO PROGRAMMING'S AND FREQUENCIES OF JEALOUSY, MANIPULATION, BLAME, TAKING THINGS PERSONALLY, LACK OF FEELING, POWER OVER, CONTROL, ENTITLEMENT, ARROGANCE, GOD COMPLEX, NEED FOR VALIDATION, LACK OF SELF LOVE, LACK OF ACCOUNTABILITY, FEAR OF REJECTION, FEAR OF JUDGMENT, ADDICTION TO BEING PERFECT, SOCIOPATHIC BEHAVIOUR, IDENTIFICATION FROM THE OUTSIDE.

I DISSOLVE ALL CONTROL DRAMA PROGRAMMING'S AND FREQUENCIES OF INTEGRATOR, ALOOF, INTIMIDATOR AND POOR ME.

I DIVINELY DECREE AND COMMAND ALL ATOMS IN RIGHT ACTION THAT MYSELF AND ALL OF THE COLLECTIVE HAVE AN ETHERIC SURGERY REMOVING ALL IMPLANTS AND NEGATIVE ENERGY CHIPS IN ALL BODIES; THE REVENGE CHIP, THE LACK OF HONOUR CHIP, THE SABOTAGE CHIP, THE GLITCH CHIP, THE BULLY CHIP, THE DNA MANIPULATION CHIP, THE ABANDONMENT CHIP, THE FAIL SAFE SELF CHIP, THE SABOTAGE CHIP, THE NO SURRENDER CHIP, THE MIMIC CHIP, THE WITCH CHIP, THE BRAIN REWIRE CHIP, THE GOD HATE CHIP, THE STAR OF DAVID CHIP, THE BRAIN HEART DISEASE CHIP, THE MASTER CHIP.

THANK YOU, I LOVE YOU.

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**SECTION 14:
SELF LOVE
PRACTICES:
CEREMONIES**

**RELEASING TRAUMA AND GRIEF.
TRANSFORMING LOWER ENERGIES.
FORGIVENESS. HEALING. SETTING
INTENTIONS FOR MANIFESTATION.
ANCHORING INTO THE HIGHER SELF.**

**VOICES FROM PRIME SOURCE
HERSELF.**

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**SELF LOVE PRACTICES:
CEREMONIES**

**CEREMONIES ARE
POWERFUL PRACTICES FOR
RELEASING TRAUMA &
GRIEF, TRANSFORMING
LOWER ENERGIES,
FORGIVENESS, HEALING,
SETTING INTENTIONS FOR
MANIFESTATION, AND
ANCHORING INTO THE
HIGHER SELF.**

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SELF LOVE PRACTICES: CEREMONIES

CEREMONIES ARE POWERFUL PRACTICES FOR RELEASING TRAUMA AND GRIEF, TRANSFORMING LOWER ENERGIES, FORGIVENESS, HEALING, SETTING INTENTIONS FOR MANIFESTATION, AND ANCHORING INTO THE HIGHER SELF. CEREMONIES HELP INTEGRATE BOTH ENERGETIC INTENTIONS AND PHYSICAL ACTIONS.

CEREMONIAL PRACTICES:

BURYING: PLANTING INTENTIONS TO GROUND YOUR DESIRES.

BURNING: TRANSFORMING AND EMBODYING CHANGE.

WATER: RELEASING, CLEANSING, AND HEALING THROUGH FLOW.

CRYSTALS: ENERGISING CEREMONIES BY SENDING INTENTIONS TO THE PLANET.

STEPS FOR A CEREMONY:

1. **SET INTENTIONS:** CLARIFY YOUR GOALS FOR RELEASE, HEALING, TRANSFORMATION, AND MANIFESTATION.

2. **EXPRESS GRATITUDE:** BEGIN WITH GRATITUDE TO ALIGN YOUR ENERGY WITH YOUR INTENTIONS.

- **STEP 1:** WRITE DOWN WHAT YOU ARE THANKFUL FOR IN YOUR LIFE AT THE START OF YOUR CEREMONY.

- **STEP 2:** DETAIL WHAT YOU WISH TO HEAL, RELEASE, TRANSFORM, EMBODY, OR MANIFEST. BE SPECIFIC BUT REMAIN OPEN AND SURRENDER TO THE PROCESS, WHAT IS REAL WILL REMAIN.

- **STEP 3:** NOTE ANYTHING YOU SEEK GUIDANCE OR ASSISTANCE WITH, SUCH AS GAINING CLARITY ON A SITUATION, RELEASING EMOTIONS, OR LETTING GO OF SOMETHING IN YOUR LIFE.

- **STEP 4:** CHOOSE THE ELEMENT YOU WANT TO INCORPORATE IN YOUR CEREMONY. FOCUS YOUR INTENTIONS ON THE PAPER, THEN BURN IT.

CONSISTENCY:

THE MORE CONSISTENTLY YOU PRACTICE CEREMONIES, THE QUICKER YOUR ASCENSION PROCESS CAN UNFOLD. YOU CAN PERFORM CEREMONIES AS OFTEN AS YOU WISH, BUT REMEMBER THAT AFTER EACH, YOU'LL BE TESTED ON WHAT YOU'VE ASKED FOR.

CONDUCT CEREMONIES ESPECIALLY ON POWER DAYS LIKE NEW MOONS, FULL MOONS, ECLIPSES, EQUINOXES, SOLSTICES, AND BIRTHDAYS, AS THESE TIMES OFFER EXTRA MAGIC TO YOUR INTENTIONS.

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STARTING CEREMONY

I DISSOLVE ALL STORY LINES AND ATTACHING TO HUMAN DRAMA. I LET IT ALL GO. IT IS SIMPLY AN ENERGY TO TRANSFORM. I DISSOLVE THE FEAR OF LIVING INSIDE OUT, THE FEAR OF THE EXPERIENCE OF BEING PRESENT AND BEING ONE. I COMPLETELY FORGIVE MYSELF AND ALL OTHER SELVES FOR EVERYTHING I HAVE EXPERIENCED. I SURRENDER, RELEASE AND LET GO OF EVERYTHING I HAVE EVER BEEN TOLD OR TAUGHT. I ACCEPT, EMBRACE AND ALLOW EVERYTHING. I ACCEPT EVERYTHING AS A LESSON AND AN OPPORTUNITY FOR SOUL GROWTH AND I PLACE LOVE WITHIN ALL EVENTS. I CHOOSE TO BE LOVE AND I CHOOSE LOVE IN EVERY MOMENT. I SURRENDER TO LOVE AND LET EVERYTHING GO, ALL THOUGHTS ABOUT THE PAST/FUTURE. I TRUST LOVE. I CHOOSE LOVE. I FORGIVE EVERYTHING, NO MATTER WHAT. LOVE IS THE ANSWER. LOVE IS THE SOLUTION. I AM PRESENT IN THE MOMENT OF NOW AND I FOLLOW THE SIGNS. I SET MY INTENTION TO HEAL, DISSOLVE ALL BELIEF SYSTEMS AND ATTACHMENTS. I SET MY INTENTION TO HEAL TO MY PHYSICAL, EMOTIONAL AND MENTAL BODIES. I SET MY INTENTION TO DISSOLVE ALL LOWER THOUGHTS AND ALIGN TO HIGHEST TIMELINE.

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MISSION LIMITLESS

RELEASE AND EMBODIMENT CEREMONY

I AM GRATEFUL FOR EVERY BREATHING MOMENT. I RELEASE ALL THAT IS HOLDING ME BACK AND I ASK THE LIGHT ENERGY FLOWING THROUGH ME TO CLEAR AND CLEANSE ANY AND ALL LOWER EMOTIONS, TRANSMUTING THEM BACK INTO TRUE FEELINGS OF JOY, GRATITUDE, TRUST AND LOVE. I RELEASE ALL TIME LINES. I FORGIVE EVERYTHING AND EVERYONE. I LET GO OF ALL THE PAST. I DISSOLVE ALL GUILT, FEAR, ANGER, SHAME, RESENTMENT, REGRET, SADNESS AND WORRY. I LET GO OF ALL OF IT FROM THIS MOMENT ON THROUGHOUT ALL TIMELINES. I HAVE CLOSURE FROM ALL PAST EVENTS AND EXPERIENCES AND I PLACE LOVE IN EVERY EXPERIENCE AND EVENT ON ALL TIMELINES.

I CLEAR ALL TIME LINES FROM ALL DIMENSIONS. I CUT CORDS WITH EVERYONE, EVERYTHING AND EVERY EVENT AND I REATTACH CORDS ONLY TO MAGIC, MIRACLES, PURITY, WHOLENESS AND SYNCHRONISTIC EVENTS”.

I CALL IN THE GOLDEN RAINBOW ENERGY TO FLOW THROUGH MY CROWN AND OUT THROUGH MY FEET, CLEANSING MY CHAKRAS AND ANCHORING INTO PUREST LOVE ENERGIES. I ASK FOR A GOLDEN RAINBOW BUBBLE TO BE PLACED AROUND MY PHYSICAL VESSEL, TO PUT ME IN THE HIGHEST VIBRATIONAL STATE, CRYSTALLISE MY FREQUENCY AND TO PREVENT ANY INTERFERENCE ENERGY FROM COMING THROUGH. I CLEAR THE EMOTIONAL BODY OF ALL WOUNDINGS, TRAUMA, GRIEF, ANGER, SHAME AND RESENTMENT.

I CLEAR ALL EVENTS FROM THIS LIFETIME AND ALL PREVIOUS LIFETIMES. I CLEAR EVERY EXPERIENCE OF SUFFERING I HAVE EVER GONE THROUGH. I FORGIVE MYSELF, ALL OTHERS AND ALL EVENTS ON EVERY DIMENSION THROUGHOUT EVERY TIMELINE. I AM GRATEFUL FOR ALL EXPERIENCES AND PEOPLE FOR THE CONSTANT SOUL GROWTH AND I RELEASE EVERYTHING BACK TO THE GALACTIC SUN FOR CLEANSING.

I AM FREE FROM ALL PAST EVENTS AND ALL KARMIC CORDS. WITH THE VIOLET FLAME OF SAINT GERMAINE, I CLEAR MY MENTAL BODY OF ALL EGO MIND PROGRAMMING’S, DISTORTIONS, ILLUSIONS AND LOWER PERSPECTIVES. I AM NO LONGER LIVING IN DENIAL, PROJECTION, POVERTY, BLAME AND VICTIM CONSCIOUSNESS. I CLEANSE MY VESSEL OF ALL EGO PROGRAMS. I COMMAND AND DECREE THE DEATH OF MY EGO AND FOR MY TRUE HEART-BRAIN CONNECTION TO TAKE OVER. I NO LONGER OPERATE IN DUALITY OR POLARITY. I OPERATE IN WHOLENESS AND TRUTH.

WITH THE TURQUOISE FLAME OF BLISS, HIGHER CONSCIOUSNESS AND CLEANSING, I ASK MY HIGHER SELF TO COMPLETELY INTEGRATE INTO MY FIELD. I RELEASE ALL BELIEF SYSTEMS, ATTACHMENTS AND CONSTRUCTS THAT ARE BLOCKING THIS CONNECTION. I AM EMANATING BLISS. I ENTER THE CRYSTALLINE STATE. I AM CONNECTED TO THE ONE. I CALL IN THE GOLDEN RAINBOW ENERGY. I DECREE THAT ONLY LOVERS, GIVERS AND THOSE OF THE HIGHEST LIGHT ARE ALLOWED IN MY SPACE AT ANY TIME. I SEE THE NEW EARTH IN EVERYTHING. I SEE LOVE IN EVERYTHING.

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VICTIM TO VICTOR

OUR HIGHER SELF HAS AGREED TO ALL EXPERIENCES.

WE TRANSFORM VICTIM CONSCIOUSNESS TO BEING THE VICTOR OF OUR LIFE.

FORGIVENESS AND ACCOUNTABILITY FOR ALL EXPERIENCES IS KEY.

ONCE WE HEAL OUR TRAUMAS WE BECOME THE HEALERS, WE WALK THE PATH AND BECOME THE CHANGE WE WISH TO SEE.

ENERGY + ACTION = MANIFESTATION. THIS IS HOW WE CHANGE OUR REALITY AND SHIFT INTO A HIGHER STATE OF CONSCIOUSNESS.

FORGIVENESS WITH INTENT TO DISSOLVE ALL ENERGETIC CHORDS WITH THESE EVENTS.

WRITE A LOVE LETTER TO YOURSELF THAT YOU CAN READ WHEN YOU ARE FEELING LOW.

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FORGIVENESS

**TO RELEASE OR RESOLVE
IMBALANCED FREQUENCY
PATTERNS YOU HAVE
CREATED BETWEEN
YOURSELF AND OTHERS AS
YOU RETURN TO CENTRE.**

**FORGIVENESS MEANS
FREEING YOURSELF FROM
NEGATIVE EMOTIONS SO YOU
MAY CONTINUE TO RECEIVE
LIGHT.**

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FORGIVENESS

GET OUT OF YOUR MIND TO REALLY CONNECT IN WITH YOUR HEART. PEOPLE ARE TRAPPED BY ALL THOUGHTS IN THEIR MINDS, AND IT'S FEAR THAT KEEPS THEM THERE. THE DARK PLACES WITHIN YOU, YOU NEED TO FACE DIRECTLY. IT'S WHERE YOU'VE STORED ALL THE PAINFUL EMOTIONS YOU'VE GATHERED UP THROUGHOUT YOUR LIVES. SIMPLY UNPROCESSED EMOTIONS THAT NEED TO BE FELT AND THEN RELEASED. THEY CAN'T HURT YOU. AS LONG AS YOU HOLD ONTO THEM, YOU'RE HURTING YOURSELF. WHEN YOUR BODY'S VIBRATION IS RAISED AT A VERY HIGH LEVEL = YOU EXPERIENCE JOY.

FORGIVENESS MEANS TO RELEASE OR RESOLVE IMBALANCED FREQUENCY PATTERNS YOU HAVE CREATED BETWEEN YOURSELF AND OTHERS AS YOU STRIVE TO RETURN TO CENTRE. FORGIVENESS MEANS FREEING YOURSELF FROM NEGATIVE EMOTIONS SO YOU MAY CONTINUE TO RECEIVE LIGHT.

FORGIVENESS AND RELEASE CEREMONY:

WITH FULL HEART INTENT SAY OUT LOUD OR WRITE OUT. READ OUT LOUD AND/OR BURN. CUT CORDS WITH ALL EMOTIONS. SET INTENTION TO TRANSFORM FOR THE HIGHEST GOOD OF ALL. ALLOW IN DIVINE UNDERSTANDING OF NOT NEEDING TO KNOW. FULL FORGIVENESS FOR ONE ANOTHER AND YOURSELF IN THE NO MATTER WHAT. TRUST LOVE TO TRANSFORM. LET GO. FORGIVE AND LOVE.

"I AM GRATEFUL FOR ALL I HAVE EXPERIENCED. I ACCEPT FULL RESPONSIBILITY FOR ALL MY EXPERIENCES NO MATTER WHAT. I FORGIVE ALL OF IT. I LOVE MYSELF. I FORGIVE MYSELF. I LOVE ALL OTHER BEINGS. I FORGIVE THEM. I SIMPLY LET GO".

Mother of all Creation

MISSION LIMITLESS

GRATITUDE, ACCEPTANCE AND FORGIVENESS

GRATITUDE, ACCEPTANCE AND FORGIVENESS FOR LIFE'S EXPERIENCES PROPELS HEALING AND TRANSFORMS THE LOWER ENERGIES INTO COMPASSION. COMPASSION FOR SELF AND ALL SELVES. THIS IS HOW TO TRANSFORM CYCLES OF KARMIC LESSONS AND HEAL.

OUR HIGHER-SELF ORCHESTRATED EXPERIENCES THAT GIVE YOU HIGHER UNDERSTANDINGS AND WISDOM FOR SOUL GROWTH. YOU CAME TO PLANET EARTH = HEART TO LEARN ONE LESSON. LOVE YOURSELVES AND LOVE EACH OTHER. THROUGH THIS SIMPLE ACTION ALONE YOU LIFT YOURSELVES OUT OF DUALITY.

FORGIVENESS AND RELEASE CEREMONY:

WITH FULL HEART INTENT SAY OUT LOUD OR WRITE OUT. READ OUT LOUD AND/OR BURN. CUT CHORDS WITH ALL EMOTIONS. SET INTENTION TO TRANSFORM FOR THE HIGHEST GOOD OF ALL. ALLOW IN DIVINE UNDERSTANDING OF NOT NEEDING TO KNOW. FULL FORGIVENESS FOR ONE ANOTHER AND YOURSELF IN THE NO MATTER WHAT. TRUST LOVE TO TRANSFORM. LET GO. FORGIVE AND LOVE.

“I SET MY INTENTION TO FULLY TRANSFORM FOR THE HIGHEST GOOD OF ALL. I ALLOW IN DIVINE UNDERSTANDING OF NOT NEEDING TO KNOW. I AM FULL FORGIVENESS FOR ALL BEINGS AND MYSELF IN THE NO MATTER WHAT. I TRUST LOVE TO TRANSFORM. I LET GO. I FORGIVE AND LOVE. I AM GRATEFUL FOR ALL I HAVE EXPERIENCED. I ACCEPT FULL RESPONSIBILITY FOR ALL MY EXPERIENCES NO MATTER WHAT. I FORGIVE ALL OF IT. I LOVE MYSELF. I FORGIVE MYSELF. I LOVE ALL OTHER BEINGS. I FORGIVE THEM.
I SIMPLY LET GO”.

“I DON'T TAKE ANYTHING PERSONALLY. I ACCEPT EVERYTHING AS A LESSON AND AN OPPORTUNITY FOR SOUL GROWTH. I PLACE LOVE WITHIN ALL EVENTS AND MYSELF. I DON'T EVER GIVE UP. I AM COMMITTED, CONSTANT, PERSISTENT, OVERFLOWING, EVER PRESENT, COMPLETE LOVE UNCONDITIONALLY. I UNDERSTAND THE LESSON OF LETTING GO, OF ALL THE STUFF I WAS TOLD FROM SOCIETY AND BECOME THE BEING WHO I REALLY AM. I AM BALANCE. I AM IN MY CENTRE AND IN MY CENTRE I FEEL CONNECTED TO EVERYTHING. I AM CONNECTED DIRECTLY WITH ALL LOVE IS AND ONLY THE HIGHEST EXPERIENCE IN LOVE WILL UNFOLD AND OCCUR.”

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MISSION LIMITLESS

SELF LOVE PRACTICES: UNIVERSAL LOVE CEREMONY

(CAN SAY OUT LOUD AND/OR WRITE OUT AS A CEREMONY)

I AM UNIVERSAL LOVE. I LOVE ALL BEINGS ON PLANET EARTH UNCONDITIONALLY. I LOVE THEM WITHOUT JUDGMENT AND I SEE ALL BEINGS IN THE HIGHER. I SEEK TO BRING UNDERSTANDING, CLARITY, KINDNESS AND HARMONY. FORGIVENESS MEANS I DO NOT HOLD ONTO ANY WRONG DOINGS, NOR DO I SEEK TO PUNISH OR GAIN REVENGE FOR THOSE WHO HAVE ACTED OUTSIDE OF UNIVERSAL LAW. I FORGIVE OTHERS AS I FORGIVE MYSELF WITH THE UNDERSTANDING THAT WE ALL EVOLVING OUT OF THE HUMAN PROGRAMMING. COMPASSION DOES NOT MEAN I ENABLE ACTIONS OUTSIDE OF UNIVERSAL LAW. I HAVE COMPASSION FOR THOSE WHO HAVE BECOME OUT OF ALIGNMENT WITH THEIR SOUL. I SHOW COMPASSION AND EMPATHY AS I ALLOW OTHERS TO LEARN THEIR LESSONS AND RECEIVE THEIR SOUL GROWTH.

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SELF LOVE PRACTICES: DIVINE TRAIT EMBODIMENT CEREMONY

DIVINE TRAITS = BALANCED HARMONIC FREQUENCIES = PRESENT MOMENT OF NOW =
UNCONDITIONAL LOVE = 5D.

THE BALANCING OF THE HARMONICS IS "BALANCING" OUT THE BRAIN AND BODY TO THE HIGHER FREQUENCIES OF LIGHT AND TRUTH INFORMATION. EVERYONE ON THIS PLANET CONTAINS FEMININE AND MASCULINE ENERGIES. THE FEMALE IS 51% FEMININE AND 49% MASCULINE AND VICE VERSA IN THE MALE. A MALE IS 49% FEMININE AND 51% MASCULINE.

RIGHT NOW, EVERYONE WILL BE BRINGING FORTH THIS BALANCE WITHIN THEMSELVES. BALANCED HARMONICS = THE SPECTRUM OF DIVINE HEAVEN FREQUENCIES = RECONNECTS HUMANITY INTO THE ONE = HIGHER SELF-EMBODIMENT = 5D REALITY CONSCIOUSNESS = LOVE EVERYWHERE PRESENT = ALL ONE EQUALLY = DIVINE EMBODIMENT OF THE ENERGIES OF LOVE AND TRUTH.

DEAR ALL OF CREATION,

I AM SO GRATEFUL FOR ALL YOUR LOVING SUPPORT AND GUIDANCE. I AM SO GRATEFUL THAT MY THAT MY RIGHT BRAIN HAS OVERTAKEN MY LEFT BRAIN. THAT MY PINEAL GLAND HAS COME ONLINE AND HAS BEEN ACTIVATED. WITH FULL HEART INTENT, I DIVINELY DECREE AND COMMAND ALL ATOMS IN RIGHT ACTION THAT I EMBODY THE FOLLOWING FREQUENCIES:

I AM ACCOUNTABILITY, I AM UNCONDITIONAL LOVE, I AM GRATITUDE, I AM WORTHINESS, I AM COURAGE, I AM NURTURING, I AM ORGANIC, I AM COMPASSION, I AM EMPATHY, I AM CONSISTENCY, I AM INTEGRITY, I AM JOY, I AM TOLERANCE, I AM PURE THOUGHT, I AM RECEPTIVITY, I AM PATIENCE, I AM TRANSPARENCY, I AM SELF-LOVE, I AM BEAUTY, I AM KINDNESS, I AM CHILD LIKE WONDER, I AM BRILLIANCE, I AM PURITY, I AM WISDOM, I AM RESPONSIVE, I AM PERSEVERANCE, I AM INNER STRENGTH, I AM ABUNDANCE, I AM INTUITION, I AM DIVINE INTELLIGENCE, I AM TENACITY, I AM SELFLESSNESS, I AM PASSION, I AM DIVINE WILLPOWER, I AM HONOR, I AM TRUTH, I AM FAITH, I AM TRUST, I AM EMPOWERMENT, I AM GRACE, I AM LAUGHTER, I AM CHARITY, I AM HUMILITY, I AM PERCEPTION, I AM DIVINE FULL FEELING, I AM GENUINE, I AM HEART-CENTRED, I AM NON-ATTACHMENT, I AM PROACTIVE, I AM HUMBLE, I AM DEDICATION.

I DIVINELY DECREE AND COMMAND ALL ATOMS IN RIGHT ACTION THAT I AND THE COLLECTIVE ACTIVATE THE FOLLOWING ANGEL CHIPS, ACTIVATING OUR ANCIENT REMEMBRANCES, GIFTS AND COSMIC LINEAGES:

ARCHANGEL CHIP, MASTER CHIP, ELOHIM CHIP, ADVANCED ELOHIM CHIP, AGARTHAN CHIP, ELEMENTAL CHIP, GUARDIAN CHIP, KNIGHTS TO THE TEMPLAR/SISTERHOOD OF THE ROSE CHIP, BIRD TRIBE CHIP, WINGMAKER CHIP, FIGURE OF 8 RAINBOW CHIP, STAR OF DAVID/BALANCED HARMONICS CHIP, GFOL CHIP (GALACTIC FEDERATION OF LIGHT), PLEIADIAN CHIP, ARCTURIAN CHIP, SOVEREIGNTY CHIP, BLUE STAR CHIP, LUMERIAN CHIP, AQUAMARINE CHIP, HOLY GRAIL CHIP. THANK YOU, I LOVE YOU.

MISSION LIMITLESS

SELF LOVE PRACTICES: UNIVERSAL LOVE CEREMONY

WRITE OUT AND WITH FULL HEART INTENT SAY OUT LOUD AND BURN.

I AM SO GRATEFUL FOR EVERYTHING. TO BE HERE, IN THE BIGGEST EVENT IN ALL OF CREATION, ON MY PATH BACK TO LOVE EVERYWHERE PRESENT. FOR TRUSTING LOVE. FOR SERVING LOVE. FOR THE MIRACLES TODAY. FOR THE JOY. FOR THE MAGICAL SYNCHRONISTIC EVENTS. FOR MY EVERY THOUGHT, SPOKEN WORDS AND ACTIONS SERVING LOVE AND THE GREATER GOOD OF ALL IN ALL MOMENTS. I SURRENDER AND TRUST LOVE IN EVERY MOMENT. I AM A FULL PARTICIPANT IN MY LIFE AND IN SERVICE TO LOVE AND UNITY.

I COMMAND ALL ATOMS IN RIGHT ACTION. I LET GO OF EVERYTHING THAT IS NOT A LOVING THOUGHT. I LOVE MYSELF AND EACH OTHER. I AM FREE. I AM IN SERVICE TO ALL LOVE IS, FOR THE GREATER OF ALL ON PLANET EARTH = HEART. I FULLY PARTICIPATE IN MY DIVINE CONTRACT IN SERVICE TO LOVE AND THE WHOLE TRUTH. I AM MAKING A COMMITMENT TO SERVE LOVE AND LOVE ONLY. I ASK AND GIVE PERMISSION THAT MY I AM PRESENCE STEP FORWARD AND THAT MY EVERY THOUGHT, WORD AND ACTION IS FOREVER IN ACCORDANCE WITH THE DIVINE PLAN. I SURRENDER INTO THE PRESENT MOMENT OF NOW. I RELEASE ALL INTO THE LIGHT. I CHOOSE ONLY LOVE.

ONCE I CHOOSE LOVE I REPLACE THE OLD PROGRAMMING WITH THE NEW BEING. I LET GO OF BEING RIGHT OR WRONG, I CHOOSE TO BE HAPPY. I SPEAK THE TRUTH AND NOTHING BUT THE TRUTH. I SERVE LOVE. I HONOUR LOVE. I HONOUR CREATION. I HONOUR TRUTH. I HONOUR THE TRUTH OF WHO EACH OF YOU TRULY ARE. I HONOUR THE TRUE REALITY OF LOVE EVERYWHERE PRESENT. I CHOOSE LOVE OVER FEAR. I CONSTANTLY LET GO, I LIVE WITHIN TOTAL TRUST.

I AM UNIVERSAL LOVE. I LOVE ALL BEINGS ON PLANET EARTH UNCONDITIONALLY. I LOVE THEM WITHOUT JUDGMENT AND I SEE ALL BEINGS IN THE HIGHER. I SEEK TO BRING UNDERSTANDING, CLARITY, KINDNESS AND HARMONY. FORGIVENESS MEANS I DO NOT HOLD ONTO ANY WRONG DOINGS, NOR DO I SEEK TO PUNISH OR GAIN REVENGE FOR THOSE WHO HAVE ACTED OUTSIDE OF UNIVERSAL LAW. I FORGIVE OTHERS AS I FORGIVE MYSELF WITH THE UNDERSTANDING THAT WE ALL EVOLVING OUT OF THE HUMAN PROGRAMMING.

COMPASSION DOES NOT MEAN I ENABLE ACTIONS OUTSIDE OF UNIVERSAL LAW. I HAVE COMPASSION FOR THOSE WHO HAVE BECOME OUT OF ALIGNMENT WITH THEIR SOUL. I SHOW COMPASSION AND EMPATHY AS I ALLOW OTHERS TO LEARN THEIR LESSONS AND RECEIVE THEIR SOUL GROWTH.

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SELF LOVE PRACTICES: RELEASE CEREMONY

I CUT CHORDS WITH ALL EMOTIONS, SETTING THE INTENTION TO TRANSFORM FOR HIGHEST GOOD OF ALL, ALLOWING IN DIVINE UNDERSTANDING, OF NOT NEEDING TO KNOW, FULL FORGIVENESS FOR MYSELF AND ALL SELVES IN THE NO MATTER WHAT. I TRUST LOVE TO TRANSFORM. I LET GO, I FORGIVE, I LOVE. I RELEASE ALL BLOCKED ENERGY. I RELEASE ALL CONTROL AND LIVE IN THE UNKNOWN. I DISSOLVE ALL SAVIOUR PROGRAMMING AND/OR SEEKING A SAVIOUR. I FORGIVE MYSELF, ALL OTHERS, AND ALL EVENTS. I DISSOLVE ALL VICTIM CONSCIOUSNESS. I LET GO OF THE PAST. I DISSOLVE ALL FEAR OF JUDGEMENT. I DISSOLVE FEAR AND THINKING I KNOW BETTER.

I DISSOLVE MAKING ASSUMPTIONS. I SEE THE HIGHER PERSPECTIVE IN ALL THINGS. FROM MY EARLIEST TRAUMA IN THIS LIFETIME AND ALL LIFETIMES I DISSOLVE ALL FEAR, PAIN, HURT AND SET MY INTENT FOR ALL ENERGIES TO BE RELEASED. I ASK FOR ALL RELATIONSHIP WOUNDING TO BE RELEASED, DISSOLVED AND HEALED.

I ASK FOR ALL BLOCKS TO LISTENING TO BE REMOVED, FOCUS ON TRULY LISTENING AND FEELING FREQUENCY WITH OTHERS WORDS. I TAKE ACCOUNTABILITY FOR ALL EXPERIENCES THAT HAVE CREATED WOUNDING AND DISSOLVE BLAME, AND EMBODY FORGIVENESS TO AND FOR ALL. I LET GO OF ALL EMOTIONS OF LOSS, HEARTBREAK AND FEAR. I SEE THE LESSON OR BLESSING IN EVERY EXPERIENCE. I TRANSFORM ALL LOWER ENERGIES OF ALL EXPERIENCES, EMBRACING EVERY EXPERIENCE AND FINDING THE BLESSING WITH ALL THE SADNESS AND GRIEF. I FORGIVE EVERYONE IN MY LIFE THAT HAS HURT ME, ABANDONED ME, REJECTED ME, ABUSED ME, AND I SEND THEM UNCONDITIONAL LOVE. I UNDERSTAND THEY TOO ARE WOUNDED.

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SELF LOVE PRACTICES:

SOUL RETRIEVAL CEREMONY

**I DIVINELY DECREE FOR FULL SOUL
RETRIEVAL SINCE MY FIRST
INCARNATION. I RETRIEVE ALL
ASPECTS OF REAL EVENTS WHICH
OCCURRED THROUGHOUT ALL
LIFETIMES, THE IMPLANTED
MEMORIES/ILLUSION DISSOLVE
THROUGH THE PURE GOLDEN
EMERALD VIOLET RAINBOW LIGHT
ENERGY. I BRING ALL THE REAL
EVENTS BACK INTO THE SOUL BODY
HOLOGRAM WHICH RECONNECTS
WITH MY HIGHER SELF.**

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**SECTION 15:
SELF LOVE PRACTICES:
FOUNDATIONAL
PRACTICES**

**VOICES FROM PRIME SOURCE
HERSELF.**

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**THE 10 CORE UNDERSTANDINGS
FOR 5D LIVING AND BEING:**

WE ARE ALL ONE.

WE ARE MADE FROM LOVE.

LOVE IS THE ONLY ANSWER.

**LOVE IS THE SINGLE MOST
POWERFUL TOOL IN THE UNIVERSE.**

LOVE IS REAL.

LOVE IS GOD.

GOD EQUAL WHOLE TRUTH.

GRACE AND FORGIVENESS EQUAL

PEACE.

HEAVEN IS NOW HERE.

LOVE IS FREEDOM.

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THE TEN LOVE IN ACTION CODES:

10 INTENTIONS FOR A BETTER PLANET, WHICH IS THE FOCUS.

THE FIRST LOVE IN ACTION: SUPPORT LIFE.

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 I DISCARD ALL BELIEFS, ALL EGOS, ALL ILLUSIONS, AND ALL FANTASIES. I GO TO THE SOURCE. I SEEK TRUTH. THE TRUTH IS THAT 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 ALWAYS ROOM FOR SOMETHING MORE TO COME IN, AND BETTER. 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 BE LOVE IN ACTION. I ACCEPT THE GIFTS FROM ALL MY EXPERIENCES. I AM LIVING IN GRACE AND GRATITUDE. I STAY POSITIVE.

THE SIXTH LOVE IN ACTION: SYNCHRONIZE.

AFTER INTENDING AND SURRENDERING, I TAKE ACTION BY FOLLOWING THE OPPORTUNITIES WHICH ARE PRESENTED TO ME. I AM IN THE ONENESS ENERGY. 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 AM ASSISTING IN THE CO-CREATION AND MANIFESTATION OF HEAVEN ON EARTH = HEART, BY ENVISIONING THIS AND BEING IN UNITY CONSCIOUSNESS WITH OTHERS TO CO-CREATE, AND THROUGH BEING CONSCIOUS IN ACTION AND TELLING OTHERS ABOUT IT, I SHARE MY VISION IN CO-CREATION.

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.

MISSION LIMITLESS

THE UNIVERSAL LAWS AND CORE UNDERSTANDINGS FOR THE CO-CREATION FOR THE NEW EARTH

WE SUPPORT HONESTY AND TRUTH.

WE SUPPORT MOTHER EARTH = HEART, THE DIVINE PLAN, YOUR MISSION &
HEAVEN CONSCIOUSNESS.

WE SUPPORT LIVING OUR GRANDEST HAPPINESS, JOY, CREATIVITY, PEACE
AND HARMONY.

WE SUPPORT WHO YOU TRULY ARE AS GODS, GODDESSES, MAGICAL
CELESTIAL BEINGS.

WE SUPPORT UNCONDITIONAL LOVE, MIRACLES, AND GOD EQUAL YOU.

WE SUPPORT IMAGINATION, INSPIRATION, AND MEDITATION.

WE SUPPORT PASSION, PLAYFULNESS, AND LAUGHTER.

WE SUPPORT BEAUTY, PERFECT HEALTH, WHOLENESS OF BEING, WHOLE
TRUTH, AND HEALING.

WE SUPPORT ALL OF CREATION AND SET INTENTIONS FOR THE HIGHEST
GOOD.

WE SUPPORT VISION, FULL TRUST IN LOVE, AND MIRACLES.

WE SUPPORT KINDNESS AND SMILES.

WE SUPPORT ONENESS, GRANDNESS, AND LIVING IN THE MOMENT.

WE SUPPORT THE ONE RIVER OF LIFE AND ALL OF LIFE WE HONOR AND
RESPECT.

WE SUPPORT OUR GALACTIC BROTHERS AND SISTERS.

WE SUPPORT ABUNDANCE, MAGICAL SYNCHRONISTIC EVENTS,
TREASURES, AND GIFTS.

WE SUPPORT LIVING IN A STATE OF GRATITUDE

WE SUPPORT THE TRUE FREEDOM AND LIVING LIFE IN REALITY. WE ARE
ALWAYS BEING LOVE IN EVERY MOMENT, LOVE IN ACTION.

WE SUPPORT NATURE IN ALL HER BEAUTY AND WISDOM.

WE SUPPORT MANIFESTING ALL OF ONE'S DREAMS OF LOVE.

WE SUPPORT RAINBOWS IN BUILDING BRIDGES OF LOVE TO ONE
ANOTHER.

WE SUPPORT ANGELS AND ALL WHO SERVE THE HIGHEST GOOD FOR ALL
OF CREATION WITH PURE, TRUE, LOVING INTENTIONS.

WE SUPPORT BECOMING THE GREATEST, GRANDEST VISION, VERSION ONE
CAN BE.

MISSION LIMITLESS

SELF LOVE PRACTICES - GROUND TRUTHS INTO BEING: THE FOUR UNDERSTANDINGS

1. DO NOT EVER TAKE ANYTHING PERSONALLY. ACCEPT EVERYTHING AS A LESSON AND AN OPPORTUNITY FOR SOUL GROWTH. PLACE LOVE WITHIN THIS EVENT AND YOURSELF.
2. DON'T GIVE UP. THE TRUE BEING WITHIN IS COMMITTED, CONSTANT, PERSISTENT, OVERFLOWING, EVER PRESENT, COMPLETE LOVE UNCONDITIONALLY.
3. UNDERSTAND THE LESSON OF LETTING GO. OF EVERYTHING YOU WERE TOLD FROM SOCIETY AND BECOME THE BEING WHO YOU REALLY ARE.
4. BALANCE. BE IN YOUR CENTRE. AND IN YOUR CENTRE, FEEL CONNECTED TO EVERYTHING, WHICH YOU ARE BY THE WAY. IT'S ALWAYS BEEN THERE. IT CANNOT GO AWAY.
IT JUST GOES DEEPER.

YOU KNOW YOU TAKE 3 STEPS TOWARD SOMETHING, AND THE FOURTH STEP IS WHAT YOU HAVE CREATED. THIS REFERS TO THE UNDERSTANDINGS. ONCE YOU ARE IN BALANCE AND HEART CENTRE, YOU ARE CONNECTED DIRECTLY WITH ALL LOVE IS. THE HIGHEST UNDERSTANDING IS THAT FROM NOW ON, ONLY THE HIGHEST EXPERIENCE IN LOVE WILL UNFOLD AND OCCUR.

AFFIRMATIONS.

I DO NOT TAKE ANYTHING PERSONALLY. I ACCEPT EVERYTHING AS A LESSON AND AN OPPORTUNITY FOR SOUL GROWTH. I PLACE LOVE WITHIN ALL EVENTS AND MYSELF. I DON'T GIVE UP. I AM COMMITTED, CONSTANT, PERSISTENT, OVERFLOWING, EVER PRESENT, COMPLETE LOVE UNCONDITIONALLY. I UNDERSTAND THE LESSON OF LETTING GO, OF EVERYTHING I WAS TOLD FROM SOCIETY AND BECOME THE BEING WHO I REALLY AM. I AM BALANCE. I AM IN MY HEART CENTRE. IN MY HEART CENTRE I FEEL CONNECTED TO EVERYTHING. I AM CONNECTED DIRECTLY WITH ALL LOVE IS AND ONLY THE HIGHEST EXPERIENCE IN LOVE WILL UNFOLD AND OCCUR.

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SELF LOVE PRACTICES - GROUND TRUTHS INTO BEING: THE FOUR AGREEMENTS - DON MIGUEL RUEZ (PRINCIPLES FOR COMMUNICATING WITH OTHERS)

VIBRATION BECOMES MOST IMPORTANT WHEN WE LOOK AT INTENT BEHIND EVERY ACTION, WORD AND CONSUMPTION OF ANYTHING. BE CONSCIOUS OF YOUR INTENT BEFORE YOU SPEAK OR ACT, AS INTENT CAN CHANGE THE FREQUENCY OF THE EXPERIENCE. CONSCIOUSLY TRANSFORM ANYTHING AND EVERYTHING WE INTERACT WITH.

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 ILLUSION, THEIR OWN FANTASY. 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 THIS 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 TO WHEN YOU ARE HEALTHILY AS OPPOSED TO SICK. UNDER ANY CIRCUMSTANCE, SIMPLY DO YOUR BEST, BE YOUR BEST AND YOU WILL AVOID SELF-JUDGEMENT, SELF-ABUSE AND REGRET.

AFFIRMATIONS – SAY OUT LOUD

I AM IMPECCABLE WITH MY WORD, I SPEAK WITH INTEGRITY, I SAY ONLY WHAT I MEAN. I AVOID USING THE WORD TO SPEAK AGAINST MYSELF OR TO GOSSIP ABOUT OTHERS. I USE THE POWER OF MY WORD IN THE DIRECTION OF TRUTH AND LOVE.

I DON'T TAKE ANYTHING PERSONALLY. WHAT OTHERS SAY AND DO IS A PROJECTION OF THEIR OWN ILLUSION, THEIR OWN FANTASY. I AM NON-ATTACHED TO THE OPINIONS AND ACTIONS OF OTHERS. I DON'T MAKE ASSUMPTIONS. I AM COURAGEOUS TO ASK QUESTIONS AND EXPRESS WHAT I REALLY WANT. I COMMUNICATE WITH OTHERS CLEARLY TO AVOID MISUNDERSTANDINGS, SADNESS AND DRAMA. I ALWAYS DO MY BEST.

MISSION LIMITLESS

BREAKDOWN = BREAKTHROUGH. RECOMMENDATIONS AS THE RELEASE OF OLD PROGRAMMING IS COMING UP TO SURFACE

ALL OF YOU ARE MOVING INTO HIGHER VIBRATIONS. THIS TAKES A BREAKDOWN, AND THEN A BREAKTHROUGH. WHENEVER YOU FEEL A BREAKDOWN OCCURRING, BLESS THIS EXPERIENCE, AND KNOW THAT YOU ARE PREPARING FOR A BREAKTHROUGH. THIS IS THE SAME AS "WHEN ONE DOOR CLOSES, ANOTHER DOOR OPENS", INTO GRANDER POSSIBILITIES AND EXPERIENCES FOR YOU. THE BREAKDOWN MAY NOT FEEL GOOD AT FIRST, BUT JUST KNOW THAT IT'S REQUIRED FOR YOU TO MOVE INTO HIGHER AND HIGHER VIBRATING ENERGIES. THE BREAKDOWN IS LETTING GO! IT'S LIKE BREAKING DOWN THE WALLS OF ISOLATION AND SEPARATION. THEN YOU ARE ABLE TO MOVE INTO ONENESS. THE PLANET IS ONENESS WITH THE ALL= EARTH = HEART = LOVE EVERYWHERE PRESENT.

THE FOLLOWING ARE RECOMMENDATIONS AS THE RELEASE OF ALL THE OLD PROGRAMMING IS COMING UP TO THE SURFACE FOR MANY. MAKE SURE YOU BREATHE, BE PATIENT WITH YOURSELF AND WITH OTHERS. STAY FOCUSED IN THE PRESENT MOMENT. THIS IS GOING TO BE UNCOMFORTABLE FOR SOME AS THIS CLEARING TAKES PLACE. LET US LOVE EACH OTHER AND SUPPORT ONE ANOTHER.

BREAKDOWN = BREAKTHROUGH.

COMMUNICATION = PROGRESS.

WITH GREAT UNDERSTANDING = OVERFLOWING = GRANDER RESPONSIBILITY.

IN THE FIELD OF NOW = FOREVER WE WILL MEET YOU THERE.

YOU WILL NOT TAKE THINGS PERSONALLY. YOU WILL BE GENTLE WITH YOURSELVES AND EACH OTHER. YOU WILL NOT FEED INTO FEARS, DOUBT, WORRY, RESENTMENT OR NEGATIVITY. YOU WILL ASK FOR HELP. YOU WILL REINVENT YOURSELVES DAILY TO ADJUST INTO COMPLETE ALIGNMENT WITH YOUR PURPOSE FOR THE HIGHEST GOOD AT ALL MOMENTS.

YOU WILL DISCUSS YOUR FEELINGS INSTEAD OF "EVENTS". WHEN REQUIRED, YOU WILL ASK THESE 3 QUESTIONS: 1. WHAT ARE YOU DOING? 2. IS IT WORKING FOR YOU. 3. IF NOT WHAT IS THE NEW PLAN?

WILLINGNESS = PROGRESS.

YOU WILL HEAR THE OTHER PERSON AND RESPECT THEIR PERCEPTION. HOWEVER, YOU WILL TELL THE TRUTH, BECAUSE LOVE ALWAYS CALLS A SPADE A SPADE. REAL LOVE DOES ANYWAY. YOU WILL NURTURE EACH OTHER AND PLAY WELL TOGETHER. YOU ARE MAKING A CONSCIOUS DECISION TO BE ONE WITH CREATION.

THROUGH THIS YOU ARE COMMITTED TO THE TEN LOVE IN ACTION CODES, HEART MEDITATION, PERSONAL STATEMENTS OF GRATITUDE AND INTENSIONS ON BUILDING A BETTER PLANET. BRINGING THE VISION INTO EXISTENCE. JOIN US, AS WE ARE ALL EMBARKING NOW ON THE NEW VISION OF HEAVEN ON EARTH, EFFORTLESSLY, THROUGH UN-CONDITIONAL LOVE AND TRUE COMPASSION.

YOUR PURPOSE IS TO SERVE LOVE FOR THE HIGHEST GOOD AT ALL TIMES, AND ARE COMMITTED TO YOUR OWN SPIRITUAL GROWTH. AT THE SAME TIME, EACH OTHER'S INDIVIDUAL SPIRITUAL GROWTH. YOU WILL JOIN TOGETHER AS ONE WITH SOURCE, IN ONE SHARED PURPOSE, WHICH IS TO CREATE A "REAL" LOVE STORY, THAT WILL SET THE EXAMPLE OF TRUE UN-CONDITIONAL LOVE, PEACE, LAUGHTER, PLAYFULNESS, JOY AND HARMONY AS BEING. SETTING THE EXAMPLE AS LIGHTWORKERS, OUR UN-CONDITIONAL LOVE FOR EACH OTHER WILL GROW, PRODUCING GRAND MANIFESTATIONS OF OUR HIGHEST VISIONS AND GRAND REALISATIONS OF "WHO YOU TRULY ARE" GOD, IN THIS NOW EXPANDED CONSCIOUSNESS WHERE ONLY LOVE IS.

YOU WILL BE ASSISTING IN THE CLEAN UP AND RESTORATION OF PLANET EARTH = HEART. AS WE GROW TOGETHER, THE UNIVERSE WILL RESPOND, BLOSSOMING US INTO A BEAUTIFUL GLOWING FLOWER, FIBONACCI, BLUE STAR NATION.

MISSION LIMITLESS

SELF LOVE PRACTICES - GROUND TRUTHS INTO BEING: BREAKDOWN = BREAKTHROUGH

READ OUT LOUD WITH FULL HEART INTENT AND FEELING.

I AM CONSCIOUSLY BREATHING. I AM PATIENT WITH MYSELF AND WITH OTHERS.

I AM BEING IN THE PRESENT MOMENT.

I WILL NOT TAKE THINGS PERSONALLY. I AM GENTLE WITH MYSELF AND OTHERS.

I WILL NOT FEED INTO FEARS, DOUBTS, WORRY, RESENTMENT OR NEGATIVITY.

I WILL ASK FOR HELP. I WILL REINVENT MYSELF DAILY TO ADJUST INTO COMPLETE ALIGNMENT WITH MY PURPOSE FOR THE HIGHEST GOOD OF ALL IN ALL MOMENTS.

I WILL DISCUSS MY FEELINGS INSTEAD OF EVENTS.

WHEN REQUIRED, I WILL ASK MYSELF: WHAT AM I DOING? IS IT WORKING FOR ME?

IF NOT, WHAT IS THE NEW PLAN?

I WILL HEAR THE OTHER PERSON AND RESPECT THEIR PERCEPTION. I WILL TELL THE TRUTH, BECAUSE LOVE CALLS A SPACE A SPADE. I AM MAKING CONSCIOUS DECISION TO BE ONE WITH ALL OF CREATION. I AM COMMITTED TO THE TEN LOVE

IN ACTION CODES, HEART MEDITATION AND PERSONAL STATEMENTS OF

GRATITUDE. MY INTENTION IS BUILDING A BETTER PLANET AND BRINGING THE

VISION INTO EXISTENCE THROUGH UNCONDITIONAL LOVE AND TRUE

COMPASSION.

I RELEASE ALL THAT IS NOT LOVE AND EMBRACE ALL THAT IS. I AM HERE TO SERVE LOVE EVERYWHERE PRESENT, IN ALL MOMENTS AND SO IT IS. I AM IN JOY IN THE

NO MATTER WHAT. I AM AN EXAMPLE OF LOVE AND TRUTH.

MY PURPOSE IS TO SERVE LOVE FOR THE HIGHEST GOOD AT ALL TIMES AND I AM COMMITTED TO MY OWN SPIRITUAL GROWTH AND AT THE SAME TIME EACH

OTHER'S INDIVIDUAL SPIRITUAL GROWTH. I JOIN TOGETHER AS ONE WITH

SOURCE IN ONE SHARED PURPOSE WHICH IS TO CREATE A "REAL" LOVE STORY,

THAT WILL SET THE EXAMPLE OF TRUE UN-CONDITIONAL LOVE, PEACE, LAUGHTER, PLAYFULNESS, JOY AND HARMONY. I AM BEING AND SETTING THE EXAMPLE AS A

LIGHTWORKER. MY UN-CONDITIONAL LOVE FOR ALL WILL GROW, PRODUCING

GRAND MANIFESTATIONS OF MY HIGHEST VISIONS AND GRAND REALIZATIONS OF "WHO I TRULY AM " - GOD, IN THIS NOW EXPANDED CONSCIOUSNESS WHERE ONLY

LOVE IS. I AM ASSISTING IN THE CLEAN UP AND RESTORATION OF THE PLANET

EARTH=HEART, AS WE GROW TOGETHER THE UNIVERSE WILL RESPOND

BLOSSOMING US INTO A BEAUTIFUL GLOWING FLOWER, BLUE STAR NATION.

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MISSION LIMITLESS

FACING YOUR MIRROR - YOUR TRUE FREEDOM - 1

WHEN YOU ARE WRITING OR SPEAKING TO SOMEONE, LOOK AT YOUR WORDS CAREFULLY. WHAT YOU TRY AND EXPLAIN TO SOMEONE IS USUALLY WHAT YOU YOURSELF NEED TO UNDERSTAND. PEOPLE TEND TO PROJECT THEIR FEARS, DOUBTS, ILLUSIONS AND EMOTIONS ONTO OTHER PEOPLE BECAUSE THEY DON'T WANT TO HAVE TO FACE THEM. THEY USE OTHERS AS A MIRROR IN ORDER TO SEE WHAT THEY NEED TO FACE WITHIN THEMSELVES.

THE EMOTIONS THAT YOU MUST FACE TEND TO COME UP OVER AND OVER AGAIN REPEATING THEMSELVES UNTIL YOU ARE ABLE TO RECOGNIZE THEM, UNDERSTAND THEM AND THEN LET THEM GO. WHEN YOU PUSH THOSE FEELINGS AWAY WITHOUT FACING THEM, YOU PROJECT THEM ONTO OTHER PEOPLE.

THIS IS WHY CERTAIN THINGS REPEAT THEMSELVES WITHIN YOUR LIFE. WHEN YOU AVOID SOMETHING, YOU STILL CARRY IT WITH YOU AS AN ATTACHMENT, UNTIL YOU TAKE THE TIME TO GO THROUGH IT. WHEN YOU FACE THAT ATTACHMENT AND UNDERSTAND THAT IT'S AN ILLUSION, THAT THERE IS NOTHING TO ATTACH YOURSELF TO, IT'S SIMPLE TO LET GO.

WHEN YOU FIND YOURSELF ATTACKING ANOTHER WITH WORDS AND THOUGHTS, ASK YOURSELF WHY. BREAK IT DOWN SO THAT YOU ARE ABLE TO GO THROUGH IT. ONCE YOU GO THROUGH THOSE ISSUES YOU REALIZE IT'S ALREADY GONE.

THE PAST IS GONE AND THERE IS NOTHING LEFT TO HOLD ONTO. LETTING GO OF THE ATTACHMENTS IS FREEING. YOU ARE FREE FROM THE ILLUSION THAT YOU HAD ATTACHED YOURSELF TO AND WERE TRYING TO HOLD ONTO. YOU MIGHT NOT HAVE EVEN REALISED IT WAS THERE, BECAUSE YOU WOULD CONTINUE TO PUSH IT AWAY WITHOUT ACKNOWLEDGING IT, AND PUSHED IT FARTHER AND FARTHER AWAY INTO YOUR SUBCONSCIOUS MIND.

WHEN YOU LASH OUT AT ANOTHER, IT'S YOUR EGO POPPING UP AND REACTING TO THE SITUATION. WHEN SOMETHING YOU SEE OR HEAR GOES AGAINST WHAT YOU "BELIEVE", YOU BECOME UPSET BECAUSE YOU ARE HOLDING ON. YOU FEEL LIKE YOU HAVE TO CLING TO THOSE BELIEFS AND JUSTIFY THAT YOU ARE CORRECT BY REACTING TO A TRUTH THAT GOES AGAINST YOUR BELIEFS. EGO DOES NOT WANT TO HEAR IT. EGO WANTS TO THINK THAT IT HAS ALL THE ANSWERS AND IS ALWAYS CORRECT. THE EGO NEEDS TO BE TAKEN OUT OF THE PICTURE. BREAK IT DOWN AND LET IT DIE, FOR IT IS NOT SERVING ANY PURPOSE. TRUE SPIRITUAL GROWTH OCCURS WHEN YOU BREAK DOWN PAST "BELIEFS" AND LET GO OF THEM.

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FACING YOUR MIRROR - YOUR TRUE FREEDOM - 2

A NEW FOUNDATION IS THEN BUILT WITHIN THE REALITY OF UNIVERSAL TRUTH.

TRUTH BUILT UPON EGO IS ON A FOUNDATION OF ILLUSION. IT WILL COME CRASHING DOWN AT ANY MOMENT. ILLUSION IS NON-EXISTENT, SO WHY NOT TEAR DOWN THE SHAKY FOUNDATION AND REBUILD UPON SOMETHING THAT IS SOLID. WOULD YOU RATHER BE THE PERSON WHOM BUILDS THEIR HOUSE UPON THE SAND AND HAVE IT WASHED AWAY, OR WOULD YOU RATHER BUILD IT UPON THE SOLID ROCK OF REALITY AND HAVE IT LAST?

TRUTH IS FELT WITHIN EVERY ATOM OF YOUR BEING. IT'S NOT READ IN BOOKS, (EVEN THOUGH SOME CLAIM THAT IT IS) FOR EACH EXPERIENCE OF TRUTH IS AS UNIQUE AS YOU ARE. REAL TRUTH IS EXPERIENCED THROUGH THE FEELING OF UNITY WITH ALL OF CREATION. OUR MESSAGES ARE MEANT TO ALLOW YOU TO REACH AN OH MY GOD EXPERIENCE, WHERE YOU OPEN UP AND FEEL THAT TRUTH WITHIN FOR YOURSELF. IT'S DIVINE GNOSIS, UNDERSTANDING THROUGH FEELING AND EXPERIENCE.

WE WANT YOU TO OPEN UP AND EMBRACE THE TRUTH IN YOURSELF WITH CLEAR UNDERSTANDING. WE ARE STRIVING TO GIVE YOU SOME TRUTH AND WAYS TO EMBRACE YOUR OWN TRUE BEING WITH THE TRUTH AND LOVE THAT YOU ARE.

WE ARE ATTEMPTING TO HELP POINT OUT YOUR EGO TO YOU SO YOU CAN DISMISS IT AND BE FREE FROM THE ILLUSION IT HAD CREATED. WE WANT YOU TO AWAKEN TO THE DIVINE BRILLIANCE THAT YOU ARE, AS THIS CONTRIBUTES TO THE ALL, WHICH IS THE DIVINE PLAN! WITHIN THE PRESENT MOMENT OF NOW YOU ARE THAT UNIQUE SPARK OF LOVE.

OPEN UP AND EMBRACE THE BEAUTY AND LOVE THAT YOU ARE WITH OPEN ARMS. ALLOW YOUR HEART TO OVERFLOW WITH THE LOVE THAT IS EVERYTHING. FACE YOUR EGO AND YOUR ILLUSIONS HEAD ON, RAMMING THEM WITH YOUR HORNS LIKE A BULL, CHARGE RIGHT THROUGH THEM, INSTEAD OF TURNING TAIL AND RUNNING WITH EGO PULLING ON YOUR LEASH. LOOK AT THEM WITHIN YOURSELF OR WITHIN THE MIRROR OF ANOTHER AND WATCH AS THEY DISAPPEAR.

FOR WHAT YOU RESIST, PERSISTS. AND WHAT YOU LOOK AT DISAPPEARS. SMILE AS YOU FEEL LIGHTER AFTER YOU LET IT GO. FEEL, AND JUST BE THE LOVE YOU ARE, EVERYWHERE PRESENT AND EQUAL TO EVERYTHING! THIS IS YOUR TRUE FREEDOM!

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**SECTION 16:
SELF LOVE PRACTICES:
TRIGGERS & SPINNING:**

**TRIGGER = BREAKDOWN TO
BREAKTHROUGH. OPPORTUNITIES
FOR SELF-TRANSFORMATION
SPINNING: WHEN OUR SYSTEM IS
OVERWHELMED AND WE ARE
UNABLE TO STAY GROUNDED AND
CENTRED.**

**VOICES FROM PRIME SOURCE
HERSELF.**

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TRIGGERS:

THE ASCENSION PROCESS INVOLVES EMOTIONAL PURGING, WHICH CAN BE DIFFICULT DUE TO TRIGGERS.

HOWEVER, TRIGGERS ARE VALUABLE AS THEY REVEAL WHERE WE ARE STILL HOLDING ONTO LOWER EMOTIONS, BELIEF SYSTEMS, OR WOUNDS THAT NEED HEALING.

THE MORE INTENSE THE TRIGGER, THE GREATER THE POTENTIAL BREAKTHROUGH.

TRIGGERS ARE A CATALYST FOR HEALING.

TRIGGERS REVEAL UNHEALED PARTS OF OURSELVES AND ARE OPPORTUNITIES FOR SELF-TRANSFORMATION.

THEY INDICATE UNCONSCIOUS ENERGIES AND VIBRATIONS THAT NEED TO BE ADDRESSED.

EMBRACE TRIGGERS AS REFLECTIONS SHOWING WHAT NEEDS HEALING AND WHERE TO FOCUS LOVE AND COMPASSION.

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TRIGGERS:

STUCK IN A THOUGHT LOOP HOLE. WE ARE REFUSING TO SURRENDER TO THE WILL OF FINDING OUR WAY OUT. THESE ENERGIES WILL BRING EVERYTHING OUT TO THE SURFACE.

IF YOU CAN'T GET TO SURRENDER IT SPINS YOU AND YOU CAN'T GET OUT OF IT.

THE KEY IS TO TRANSFORM THE ENERGIES QUICKLY. HIGHLY RECOMMEND USING THE RAINBOW SWORD FOR DISSOLVING ALL LOWER THOUGHTS. VISUALISE THE SWORD CUTTING THE THOUGHT. USE WITH ALL LOWER THOUGHTS. YOU CAN ALSO SAY "CANCEL, CLEAR DELETE".

BRING YOUR ENERGY BACK TO HEART CENTRE.

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**TRIGGER = LOWER THOUGHT = EMOTION + MEMORY =
HOLDING ONTO WOUNDS, PAIN AND SUFFERING**

**TAKE ACCOUNTABILITY FOR ALL EXPERIENCES WITH THE INTENTION
TO HEAL AND EVOLVE. TO TRANSFORM THE ENERGY, ONE MUST
PROCESS AND SHIFT TO A HIGHER VIBRATION. THIS TRANSFORMS
THE LOWER ENERGY TO A HIGHER ENERGY. FEEL THE TRIGGER, BE
AWARE IT IS NOT REAL. CONSCIOUSLY RELEASE. BREATHE IN AND
OUT LOVE.**

**CRYING, JOURNALLING, HUGGING A PILLOW, HUGGING A TREE,
MOVEMENT, MOMENTS IN NATURE WILL ALL HELP.**

**WRITE OUT EMOTIONS & THOUGHTS. THIS WILL HELP TO DISSOLVE
THEM.**

“I EMBRACE, I ACCEPT, I ALLOW, I LET GO AND I RELEASE”.

**“I DISSOLVE ALL BLAME, JUDGEMENT, EXTERNALISATION,
PROJECTION. I FORGIVE MYSELF AND EVERYONE.”**

FORGIVENESS AND RELEASE CEREMONY:

**WITH FULL HEART INTENT SAY OUT LOUD OR WRITE OUT. READ OUT
LOUD AND/OR BURN. CUT CORDS WITH ALL EMOTIONS. SET
INTENTION TO TRANSFORM FOR THE HIGHEST GOOD OF ALL.
ALLOW IN DIVINE UNDERSTANDING OF NOT NEEDING TO KNOW.
FULL FORGIVENESS FOR ONE ANOTHER AND YOURSELF IN THE NO
MATTER WHAT. TRUST LOVE TO TRANSFORM. LET GO. FORGIVE
AND LOVE.**

**“I AM GRATEFUL FOR ALL I HAVE EXPERIENCED. I ACCEPT FULL
RESPONSIBILITY FOR ALL MY EXPERIENCES NO MATTER WHAT. I
FORGIVE ALL OF IT. I LOVE MYSELF. I FORGIVE MYSELF. I LOVE ALL
OTHER BEINGS. I FORGIVE THEM. I SIMPLY LET GO”.**

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SPINNING - COMING BACK TO HEART CENTRE

MOVING UP IN CONSCIOUSNESS ONE CAN SPIN WITH ENERGY. STEP BACK, BACK INTO YOUR HEART CENTRE.

SPINNING; WHEN ONE'S CONSCIOUSNESS IS NOT STABLE ONE CAN EXPERIENCE LOWER THOUGHTS, EMOTIONS AND BEING UNCLEAR ABOUT WHAT IS HAPPENING. ONE CAN BE IN CONFUSION, FEELING STUCK, NOT MOVING FORWARD, NOT IN LOVE, NOT GROUNDED, GETTING INTO DOUBT AND DOUBTING LOVE. THE EGO MIND IS TAKING YOU OUT OF THE PRESENT MOMENT OF NOW, CHOOSING THE MIND OVER LOVE, FEELING ISOLATION AND SEPARATION. RESISTANCE IS CAUSING CONFUSION. THIS IS NOT HELPING THE ASCENSION PROCESS AND HUMANITY.

GET BACK INTO YOUR CENTRE. IN ANY SITUATION, MAKE SURE YOU ARE IN BALANCE, IN YOUR HEART CENTRE AND THE HIGHEST ALIGNMENT. TRANSMUTE THE DENSE ENERGY. BRING THE ENERGY IN AND GROUND. BE IN YOUR BODY, CENTRE INTO YOUR HEART. LETTING GO OF ANY THOUGHTS THAT AREN'T OF LOVE, JOY OR HAPPINESS AND STAY AWAY FROM DRAMA.

BREATHE. DRINK WATER. CUT CORDS. GROUND.

“I DON'T TAKE ANYTHING PERSONALLY. I ACCEPT EVERYTHING AS A LESSON AND TRANSFORMATION FOR SOUL GROWTH AND I PLACE LOVE IN ALL EVENTS”. “I ACCEPT, EMBRACE, ALLOW AND RELEASE”. “I LET GO”. “I SURRENDER”. “I AM UNATTACHED IN ALL MOMENTS”. “I AM GUIDED, GUARDED, PROTECTED AND LINED UP WITH THE HIGHEST GOOD IN ALL MOMENTS”.

PARTICIPATING = BLISS = BEING LOVE IN SIMPLE SERVICE WILL KEEP YOU GROUNDED. RAISE UP TO OBSERVER STATUS OF WHATS HAPPENING AROUND YOU.

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TRIGGERS & SPINNING - COMING BACK TO HEART CENTRE

WHEN FEELING TRIGGERED – ACCEPT, EMBRACE, ALLOW,
RELEASE AND LOVE YOURSELF THROUGH THE PROCESS.

ALL TRIGGERS ARE EXPERIENCES FOR SOUL GROWTH,
SIMPLY ENERGY TO TRANSFORM.

EVERYTHING IS A LESSON, BLESSING OR BOTH.

TRIGGERS = WOUNDS = HOLDING ONTO PAIN/SUFFERING =
LOWER THOUGHTS = EGO.

TAKE ACCOUNTABILITY FOR ALL EXPERIENCES WITH THE
INTENTION TO HEAL AND EVOLVE, DISSOLVING ALL BLAME,
JUDGEMENT, EXTERNALISATION AND PROJECTION.

FORGIVE EVERYONE AND FULLY ACCEPT ALL EXPERIENCES.
WE ARE EACH OTHER'S MIRRORS.

TO TRANSFORM ENERGY, ONE MUST PROCESS AND SHIFT
TO A HIGHER VIBRATION. THIS TRANSFORMS THE LOWER
ENERGY TO HIGHER ENERGY. FEEL THE TRIGGER, BE AWARE
IT IS NOT REAL AND CONSCIOUSLY RELEASE.

BREATHING (NON-REACTION), CRYING, JOURNALING,
HUGGING A PILLOW AND EXPRESSING WILL HELP TO
DISSOLVE THE TRIGGER.

“I ACCEPT, EMBRACE, ALLOW AND RELEASE”

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FEELING INTENSE ENERGIES AND TRIGGERS

LOVE ENERGIES ARE PUTTING PRESSURE ON DENSER UNCONSCIOUS ENERGIES TO TRANSFORM AND A DEEP RELEASE IS UNDERWAY.

LOVE IS THE MOST POWERFUL ENERGY IN ALL OF CREATION. LIGHT ENERGIES ARE CHANGING OUR DNA, CELLS, ELECTRICAL SYSTEM AND CHAKRAS.

THE ENERGY IS FOR FORWARD MOVEMENT INTO HIGHER VIBRATION, FELT BY THOSE CHOOSING TO MOVE INTO THE 5D FREQUENCIES. RESISTANCE WILL CAUSE DISCOMFORT.

ACCEPT, EMBRACE, ALLOW, LET IT ALL GO AND RELEASE. STAY CENTRED, BE PRESENT, BE GENTLE ON YOURSELF, BREATHE IN AND OUT LOVE, GROUND, GO INTO NATURE. THIS WILL ASSIST YOU.

“I AM NON-ATTACHED TO EVERYTHING, WHAT IT ALL LOOKS LIKE. I DON’T HAVE EXPECTATIONS, I STAY HEART CENTRED”. “I AM OPEN TO RECEIVE ALL THE GIFTS THE ENERGIES BRING”.

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FEELING INTENSE ENERGIES AND TRIGGERS

SOLAR FLARES, SOLAR ACTIVITY = LIGHT ENERGY FROM GALACTIC CENTRE = ALL HIGHER DIMENSIONAL ENERGIES = LIGHT ENERGY ENTERING THE ATMOSPHERE. THE DIVINE INTERVENTION IS IN ACTION. NO LETTING-UP EACH DAY.

YOU'VE GOT THIS. KEEP GOING. KEEP CHOOSING LOVE.

ENERGIES ARE CONTINUING A CHANGE IN CONSCIOUSNESS. ALL PART OF THE PROGRAMMING TO BE TRANSFORMED TO LOVE.

MOVE THROUGH FEAR. FEAR IS AN ILLUSION, RECOGNISE IT, WALK THROUGH IT. FEAR DISSOLVES AS DOES ILLUSION.

“I AM OPENING MYSELF TO RECEIVE ALL THE GIFTS THE ENERGIES BRING”.

ALL THAT IS NOT REAL WILL COME UP TO THE SURFACE NOW AND BE TRANSFORMED INTO LOVE.

“I LET GO AND I TRUST LOVE”.

ALL ENERGIES NOT ALIGNED WITH THE HIGHER SELF ARE BEING RELEASED RIGHT NOW.

“I EMBRACE, ACCEPT, ALLOW AND I REMEMBER THE TRUTH – ALL IS LOVE IN REALITY”.

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FEELING INTENSE ENERGIES AND TRIGGERS

INCOMING ENERGIES REQUIRE ALL PROGRAMMING TO BE RELEASED. CONSTANTLY LETTING GO & SURRENDERING TO THE PROCESS WILL ASSIST YOU GREATLY.

THE FREQUENCIES OF LOVE ENERGY COMING IN ARE ASSISTING HUMANITY TO HIGHER VIBRATIONS OF UNITY AND PEACE.

THIS IS PUSHING ALL LOWER ENERGIES TO THE SURFACE TO BE REPLACED WITH HIGHER ENERGIES, PUTTING INTO PLACE ALL POSSIBILITIES FOR THE HIGHEST OUTCOME.

THE FEMININE ENERGY IS REQUIRED FOR THIS PLANETS ASCENSION AND HAS ARRIVED. THE FEMININE ENERGY IS UNCONDITIONAL LOVE & COMPASSION.

THE ENERGY OF LOVE & COMPASSION IS EXACTLY WHAT THIS PLANET NEEDS & REQUIRES. THIS IS THE DIVINE INTERVENTION UNFOLDING RIGHT NOW.

“I AM UNCONDITIONAL LOVE.” “I AM COMPASSION.”

“I ACCEPT, EMBRACE, ALLOW AND RELEASE.”

“I AM THE LIVING LIGHT CHAMBER”.

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**FEELING INTENSE ENERGIES AND
TRIGGERS**

**ASCENSION SYMPTOMS CAN INCLUDE:
AGITATION, AGGRESSION, DIZZINESS,
FEAR, EXHAUSTION, ANXIOUSNESS,
OVERWHELM, HEADACHES, HEART
CHAKRA PALPITATIONS, BODY ACHES
AND PAINS.**

**ALL PROGRAMMING IS COMING UP TO
BE CLEANSED IN LOVE.**

**“I LET GO, I BREATHE, I STAY HEART
CENTRED AND I JUST MOVE THROUGH
THE ENERGIES.”**

**ALLOW THE ENERGIES TO FLOW OUT,
AS THEY LEAVE HIGHER ENERGIES WILL
BE RECEIVED TO FILL YOU UP.**

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FEELING INTENSE ENERGIES?

THESE LOVE ENERGIES ARE ONLY GOING TO GET MORE INTENSE. IF YOU ARE SENSITIVE TO THE ENERGY, YOU ARE FEELING THIS.

THE REMEDY IS TO GROUND, BARE FOOT OUTSIDE. ALSO, A TREE MEDITATION WHERE YOU SIT WITH THE TREE, STAND WITH THE TREE, LAY WITH THE TREE OR EVEN CONNECT WITH THE TREE INSIDE OF YOUR HOUSE, WILL ASSIST YOU.

LET GO OF ALL YOUR THOUGHTS AND JUST FOCUS ON YOUR BREATH.

BREATHING IN THROUGH THE NOSE, ALL THE ATOMS OF LOVE COMING OUT OF THE TREE. AND ON THE OUT BREATH, BREATHING OUT ALL THE ENERGIES WHICH ARE NOT IN ALIGNMENT WITH THE HIGHER SELF.

THIS IS A SIMPLE WAY TO GROUND YOURSELF IN THESE ENERGIES.

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FEELING STUCK?

IF YOU FEEL YOU ARE STUCK. FIRST LET GO OF ALL ATTACHMENTS FROM THE PROGRAM MIND THEN SET ALL THOUGHTS FREE, ONLY THE REAL THOUGHTS COME BACK TO YOU. “I LET GO ALL OF ALL ATTACHMENTS, ALL BELIEF SYSTEMS, ALL LOWER THOUGHTS”.

WHY YOU ARE FEELING STUCK? THIS IS BECAUSE YOU ARE RESISTING FACING YOUR ILLUSIONS OR UNCONSCIOUSNESS. THIS EVENT FOR YOU, FEELING STUCK, IS YOUR PERSONAL WAKEUP CALL FROM YOUR HIGHER SELF. UNTIL YOU FACE THIS, YOU WILL REMAIN STUCK. THE ONLY WAY OUT IS THROUGH. THIS IS THE REALITY OF THE ENERGY POURING INTO PLANET EARTH = HEART. THOSE DEEPLY AFFECTED BY THIS TRANSFIGURATION EVENT, ARE THOSE DEEPLY INGRAINED IN ILLUSION. THIS WILL CAUSE MANY SYMPTOMS, SUCH AS AN INCREASE IN HEADACHES, WORSE THEN YOUR SO CALLED MIGRAINES. THIS IS DUE TO THE RESISTANCE OF THE ENERGY OF LOVE AND TRUTH.

HOW TO RELEASE UNCONSCIOUSNESS AND EGO:

BREATHE:

TAKE DEEP BREATHS IN THROUGH THE NOSE AND ENVISION A FREE-FLOWING PURE CONSCIOUSNESS ENERGY POURING INTO YOU, ALLOW THIS BREATH OF PURE LOVE FILL YOUR WHOLE BODY. AND THEN RELEASE THE BREATH THROUGH THE MOUTH, ENVISIONING THE RELEASE AS ALL THE OLD UNCONSCIOUSNESS ENERGY. DURING THIS PROCESS YOU ARE FILLING YOUR WHOLE BODY WITH ATOMS OF PURE CONSCIOUSNESS ENERGY. THIS ASSISTS IN THE PROCESS OF RELEASING THE ILLUSION. THIS TECHNIQUE CAN ALSO BE USED TO HELP YOU RAISE YOUR VIBRATIONS.

AFTER YOU CLEAR ALL THE LOWER ENERGIES, WHERE THE PROGRAM KEPT YOU STUCK IN, THE LOWER CHAKRAS, YOU ARE NOW BEING GIVEN AN OPPORTUNITY TO CLEAR THOSE AWAY AND MOVE INTO THE HIGHER CHAKRAS, CONNECTED INTO THE UPPER REALMS, AND THE HIGHER GRID (5D AND BEYOND).

DURING YOUR RELEASE OF THE LOWER ENERGIES, YOU MAY EXPERIENCE RELIEF AND TEARS IN YOUR EYES. THESE ARE HOLY AND SACRED TEARS, REPRESENTING THE TRUTH, THAT YOU ARE A HOLY AND SACRED BEING AND THIS IS RELEASE FROM YOUR BONDAGE. UTILISE THESE ENERGIES COMING IN FOR YOUR HEALING PROCESS. BREATHE THESE ENERGIES COMING IN, RELEASE AND BE CLEAR. PLEASE REMEMBER THIS, YOU ARE NOT HERE TO SAVE ANYONE, EVERYONE MUST SAVE THEMSELVES.

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FEELING ANXIETY OR STRESS

FOCUS ON BREATHING TECHNIQUES FOR YOUR ANXIETY AND REMIND YOURSELF THAT YOU ARE SAFE AND PROTECTED, AND THERE IS NOTHING FOR YOU TO FEAR.

BREATHE IN LOVE, BREATHE OUT LOVE.

TAKE DEEP BREATHS IN THROUGH THE NOSE, FEEL IT FILL YOUR WHOLE BODY, AND THEN RELEASE THE BREATH THROUGH THE MOUTH.

DURING THIS PROCESS YOU ARE FILLING YOUR WHOLE BODY WITH ATOMS OF PURE CONSCIOUSNESS ENERGY.

THIS ASSISTS IN THE PROCESS OF RELEASING THE ILLUSION.

THIS TECHNIQUE CAN ALSO BE USED TO HELP YOU RAISE YOUR VIBRATION.

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**SECTION 17:
SELF LOVE PRACTICES:
THE RAINBOW SWORD
TECHNIQUE FOR
DISSOLVING ALL LOWER
THOUGHTS**

**VOICES FROM PRIME SOURCE
HERSELF.**

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NAVIGATING THE ENERGIES

ENERGIES WILL BRING EVERYTHING TO THE SURFACE. TRANSFORM ENERGIES QUICKLY. WHEN STUCK IN A THOUGHT LOOP HOLE, WE ARE REFUSING TO SURRENDER TO THE WILL OF FINDING OUR WAY OUT. IF YOU CAN'T GET TO SURRENDER IT SPINS YOU AND YOU CAN'T GET OUT OF IT.

HIGHLY RECOMMEND:

USING THE RAINBOW SWORD FOR DISSOLVING ALL LOWER THOUGHTS. VISUALISE THE SWORD CUTTING THE THOUGHT. USE WITH ALL LOWER THOUGHTS. YOU CAN ALSO SAY “CANCEL, CLEAR, DELETE”.

CUTTING ENERGETIC CORDS:

REPEAT THROUGHOUT THE DAY:

“I CUT CORDS TO EVERYTHING AND I REATTACH CORDS TO MAGIC, MIRACLES, PURITY, WHOLENESS AND SYNCHRONISTIC EVENTS”.

“I COMMAND ALL ATOMS AND ENERGY BACK TO SENDER THAT IS NOT MINE AND COMMAND ALL MY ATOMS AND ENERGY BACK TO ME IN FULL ALIGNMENT. AND SO IT IS”.

USING THE RAINBOW BUBBLE FOR ENERGETIC SHIELDING:

“THANK YOU ANGELS, I ASK FOR A GOLDEN RAINBOW BUBBLE TO BE PLACED AROUND MY PHYSICAL VESSEL TO CRYSTALIZE MY FREQUENCY, PLACE ME IN THE HIGHEST VIBRATIONAL STATE AND FOR PROTECTION FROM ALL LOWER ENERGIES. I AM FULLY PROTECTED. AND SO IT IS”.

VIOLET FLAME PROTECTION:

“VIOLET FLAME, I ASK YOU TO GO BEFORE ME, REMOVING ALL OBSTACLES AND HIGHLIGHTING MY HIGHEST PATH WITH MAGICAL MOMENTS AND SYNCHRONISTIC EVENTS. AND SO IT IS”.

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THE RAINBOW SWORD TECHNIQUE FOR DISSOLVING ALL LOWER THOUGHTS

THE RAINBOW SWORD TECHNIQUE CAN BE USED TO
KEEP YOURSELF IN THE PRESENT MOMENT OF NOW.

WHEN YOU HAVE THOUGHTS THAT ARE NOT REAL
THOUGHTS, FOR EXAMPLE, BLAME, SHAME, GUILT, FEAR,
SUFFERING, UNWORTHINESS, WORRYING ABOUT THE
FUTURE, WORRYING ABOUT THE PAST, THINKING ABOUT
THE FUTURE, THINKING ABOUT THE PAST. THESE ARE
NOT REAL THOUGHTS AND ARE WASTING YOUR ENERGY
IN THE LOWER THOUGHT SYSTEM.

WHEN YOU HAVE THESE THOUGHTS USE THE RAINBOW
SWORD. VISUALISE/FEEL CUTTING THAT LOWER
THOUGHT WITH THE RAINBOW SWORD AND BRING
YOUR ENERGY BACK INTO THE PRESENT MOMENT OF
NOW WHERE YOUR ENERGY CAN BE UTILISED FOR
YOURSELF AND OTHERS FOR THE HIGHEST GOOD.

YOU CAN ALSO SAY "CANCEL, CLEAR, DELETE".

LET GO OF ALL YOUR THOUGHTS. ONLY THE REAL ONES
= LOVE & JOY WILL STAY = PRESENT MOMENT OF NOW.

"I CUT CORDS WITH ALL LOWER THOUGHTS."

"I CHOOSE LOVE IN EVERY MOMENT."

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THE RAINBOW SWORD TECHNIQUE FOR DISSOLVING ALL LOWER THOUGHTS

HUMANITY IS CLEARING THE FIRST FEARFUL THOUGHT EVER THOUGHT; FEAR, SEPARATION AND UNWORTHINESS OF LOVE.

HUMANITY HAVE LOWER THOUGHTS WHICH ARE NOT REAL (BLAME, SHAME, GUILT, FEAR, SUFFERING, UNWORTHINESS, THINKING ABOUT AND WORRYING ABOUT THE FUTURE, THINKING ABOUT THE PAST, WORRYING ABOUT THE PAST). THIS IS A WASTE OF ENERGY, A NEVER-ENDING BLACK HOLE.

WHEN YOU FIND YOURSELF IN LOWER THOUGHTS, USE YOUR RAINBOW SWORD TO CUT THAT THOUGHT AND BRING YOUR ENERGY BACK INTO THE PRESENT MOMENT OF NOW. YOUR LIFE FORCE ENERGY CAN THEN BE UTILISED FOR YOURSELF AND FOR THE HIGHEST GOOD FOR ALL OTHERS. REAL LOVE IS UNCONDITIONAL LOVE.

“I LET GO OF EVERYTHING I HAVE THOUGHT OR LEARNED IN THIS 3D REALM.” “I AM PRESENT IN LOVE”.

ALL YOU HAVE TO DO IS BE COMPLETELY PRESENT. THE CENTRE OF YOUR HEART = PRESENT MOMENT OF NOW. THE PRESENT MOMENT OF NOW IS TRUE REALITY.

BEING PRESENT IN THE MOMENT OF NOW IS WHERE THE MAGICAL SYNCHRONISTIC EVENTS UNFOLD, WHERE PEOPLE, PACES, THINGS BEGIN TO MAGICALLY APPEAR.

RUN A PRAYER WHEEL TO GET BACK INTO THE PRESENT.

“I FOCUS ON LOVE”. “I AM BEING COMPLETELY PRESENT”. “I AM THE LIVING LIGHT CHAMBER”. “I CHOOSE LOVE IN EVERY MOMENT”.

BREATHE IN AND OUT LOVE. CUT ALL LOWER THOUGHTS WITH THE RAINBOW SWORD OR SAY CANCEL, CLEAR, DELETE.

THE PAST NO LONGER EXISTS. THIS MEANS PAST MEMORIES DO NOT EXIST. “I LET GO AND I AM FREE TO EXPERIENCE INCOMING MIRACLES”

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THE RAINBOW SWORD TECHNIQUE FOR DISSOLVING ALL LOWER THOUGHTS

HUMANITIES THOUGHTS GOT HIJACKED. ANY THOUGHT THAT DOESN'T BRING YOU JOY ARE FALSE THOUGHTS. STOP FEEDING THEM. HUMANITY HAS BEEN PROGRAMMED AND CONDITIONED TO WORRY AND THINK ABOUT THE PAST AND WORRY AND THINK ABOUT THE FUTURE, GIVING THEIR POWER AWAY.

GET INTO THE PRESENT MOMENT OF NOW. THAT IS YOUR PROTECTION. THAT IS WHEN YOU STOP FEEDING THEM. STAY PRESENT. DON'T GO DOWN RABBIT HOLES OF THOUGHTS OF THE PAST/FUTURE.

VISUALISE THE GOLDEN RAINBOW SWORD CUTTING THROUGH THE LOWER THOUGHT. CUT THE THROUGH THE LOWER THOUGHT. BRING YOUR ENERGY BACK TO PRESENT MOMENT OF NOW SO YOUR ENERGY CAN BE UTILISED FOR YOUR HIGHEST GOOD AND EVERYONE'S HIGHEST GOOD.

STAY PRESENT, FOLLOW SYNCHRONISTIC EVENTS AND KEEP THOUGHTS CLEAR. CONTINUED RELEASE OF THE PAST AS RECENT UP TO THE PRIOR MOMENT. GUARD YOUR THOUGHTS. EVERYTHING AFFECTS EVERYTHING ELSE. FOCUS ON LOVE.

THE PAST NO LONGER EXISTS. THIS MEANS PAST MEMORIES DO NOT EXIST. "I LET GO AND I AM FREE TO EXPERIENCE INCOMING MIRACLES". "I CHOOSE LOVE IN EVERY MOMENT."

RE-HEART. USE THE GOLDEN RAINBOW SWORD TO CUT ANY THOUGHT THAT DOESN'T BRING YOU JOY. ONLY THOUGHTS THAT BRING YOU JOY ARE REAL THOUGHTS. YOU CAN ALSO SAY "CANCEL, CLEAR, DELETE".

THERE IS NOTHING MORE IMPORTANT THAN TO GET INTO THE PRESENT MOMENT OF NOW.

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THE RAINBOW SWORD TECHNIQUE FOR DISSOLVING ALL LOWER THOUGHTS

DENSITY = LOW VIBRATIONAL THOUGHTS = ILLUSION.

STAY PRESENT AS LOVE DISSOLVES ALL REMAINING
DENSITY = UNCONSCIOUSNESS = ILLUSION.

AS UNCONSCIOUSNESS DISSOLVES, THIS ALLOW SPACE
FOR GRANDER AMOUNTS OF JOY TO BE EXPERIENCED.

LOWER THOUGHTS ARE SELF-SABOTAGING, MISERY, PAIN
AND SUFFERING. THIS IS THE PROGRAM AKA THE MIND.

LOWER THOUGHTS EXIST IN THE PAST/FUTURE. THEY ARE
NEVER IN THE PRESENT MOMENT. LOWER THOUGHTS
ONLY EXIST IN THE MIND AND IGNORANCE.

PURE THOUGHT ONLY EXISTS IN THE PRESENT MOMENT
OF NOW = THOUGHTS OF LOVE = SUPPORTING LOVE
UNCONDITIONALLY = FEELING JOY.

WHEN YOU HAVE A THOUGHT THAT IS NOT LOVE OR JOY,
CUT IT STRAIGHT AWAY. SAY "CLEAR, CANCEL, DELETE".

VISUALISE A PURE GOLDEN RAINBOW SWORD, CUTTING
THROUGH THE LOWER THOUGHT, PULL YOUR ENERGY
BACK INTO THE PRESENT MOMENT OF NOW.

"I STAY PRESENT. I AM GRATEFUL. I AM PURE THOUGHT. I
AM THE LIVING LIGHT CHAMBER. I CHOOSE LOVE IN
EVERY MOMENT." BREATHE IN LOVE, BREATHE OUT LOVE.

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SELF LOVE PRACTICES: THE RAINBOW SWORD TECHNIQUE FOR DISSOLVING ALL LOWER THOUGHTS

**PURE THOUGHT ONLY EXISTS IN THE PRESENT MOMENT OF NOW =
THOUGHTS OF JOY = SUPPORTING LOVE UNCONDITIONALLY.**

**LOWER THOUGHTS ARE SELF-SABOTAGING, MISERY, PAIN AND SUFFERING.
THIS IS THE PROGRAM AKA MIND. THE MIND THINKS, PROJECTS OUTSIDE
AND HAS LOWER VIBRATIONAL THOUGHTS. LOWER THOUGHTS EXIST IN THE
PAST/FUTURE, NEVER IN THE PRESENT MOMENT. LOWER THOUGHTS ONLY
EXIST IN THE MIND AND IGNORANCE. ANY THOUGHT THAT DOES NOT SERVE
SELF AND THE GREATER GOOD OF ALL IS FROM COLLECTIVE
CONSCIOUSNESS = ILLUSION.**

**THE ASTRAL REALM AND ALL LOWER THOUGHTS WERE DISSOLVED IN JUNE
2009, WHERE ALL THESE THOUGHTS WERE HELD. ALL THOUGHTS OF
DUALITY/ILLUSION DO NOT EXIST. WHAT WE ARE WITNESSING IS PEOPLE
GOING THROUGH THEIR ATTACHMENTS TO THEM AND THE ILLUSION THAT
THEY ARE STILL THERE.**

**INTERNAL DIALOGUE = THE PROGRAM. YOU THINK YOU ARE YOUR
THOUGHTS AND YOU THINK YOUR THOUGHTS ARE REAL. THIS PREVENTS
YOU FROM BEING PRESENT. WHY CONTINUE TO HOLD ONTO SOMETHING
THAT DOESN'T EXIST? TO MOVE OUT OF DUALITY YOU HAVE TO RELEASE ALL
YOUR LOWER THOUGHTS AND MOVE THROUGH THEM. LET GO OF FEAR, PAIN
AND SUFFERING. LIGHT IS A LOVE THOUGHT. THE ONLY THOUGHT THAT IS
REAL IS LOVE. THERE IS NOTHING ELSE.**

**THE ORIGINAL FIRST THOUGHT = BEING = LOVE IN ACTION.
ONLY REAL THOUGHTS OCCUR BEING PRESENT = LOVE = ALL THAT EXISTS.
THE ONLY THOUGHT THAT OCCURS IS MORE LOVE. BY BEING PRESENT.
FIRST ORIGINAL THOUGHT = BEING PRESENT = LOVE EVERYWHERE PRESENT.
VISUALISE A PURE GOLDEN RAINBOW SWORD, CUT THROUGH THE LOWER
THOUGHT. YOU CAN ALSO SAY "CLEAR, CANCEL, DELETE". PULL YOUR
ENERGY BACK INTO THE PRESENT MOMENT OF NOW. REPEAT. CONSTANT
USE WILL DISSOLVE ALL LOWER THOUGHTS.**

**"I STAY PRESENT AND IN PURE THOUGHT FOR THE HIGHEST GOOD OF ALL".
"I AM THE LIVING LIGHT CHAMBER". "I CHOOSE LOVE IN EVERY MOMENT".
BREATHE IN LOVE, BREATHE OUT LOVE.**

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**SECTION 18:
SELF LOVE PRACTICES:
SADNESS, PAIN AND
GRIEF**

**VOICES FROM PRIME SOURCE
HERSELF.**

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DENSITY:

**BUILT UP LOWER
EMOTIONS AND THOUGHTS
THAT CREATE PAIN,
ILLNESS AND DISEASE IF
NOT PROCESSED AND
RELEASED.**

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**HOLDING ONTO PAIN AND SUFFERING -
FORGIVENESS FOR EVERYTHING**

**HOLDING ONTO PAIN AND SUFFERING? LET IT
GO NOW. RELEASE THIS TO BEGIN YOUR
MISSION, IN SERVICE TO LOVE ON THIS PLANET.
BY DIVINE BIRTH RIGHT, THIS IS YOUR PLANET.
IT IS TIME TO LOVE, FORGIVE AND HEAL, LOVE
EACH OTHER. FORGIVE EVERYTHING, CLEAR
THE ENERGY AND MOVE FORWARD.**

**“I FORGIVE MYSELF AND EVERYONE,
WHATEVER I OR THEY DID IN ILLUSION IT WAS
AN ILLUSION. ALL I HAVE EXPERIENCED I LOVE
ALL OF IT, I FORGIVE ALL OF IT.**

**I ACCEPT FULL RESPONSIBILITY FOR ALL MY
EXPERIENCES NO MATTER WHAT. I LOVE
MYSELF. I FORGIVE MYSELF.**

**I LOVE ALL OTHER BEINGS. I FORGIVE THEM.
I SIMPLY LET GO. I LET GO OF ALL THAT NO
LONGER SERVES ME (THIS IS HOW TO
TRANSFORM AND END LOWER CYCLES).**

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SELF LOVE PRACTICES:

FEELING EMOTIONAL, SADNESS OR GRIEF

“I SURRENDER, I ACCEPT, EMBRACE, ALLOW AND RELEASE”. "I DON'T TAKE ANYTHING PERSONALLY.

I ACCEPT EVERYTHING AS A LESSON AND AN OPPORTUNITY FOR SOUL GROWTH, AND I PLACE LOVE WITHIN ALL EVENTS AND MYSELF”. (LOVE UNIFIES THE MEMORY AND EMOTION TO COMPASSION).

“I DON'T EVER GIVE UP, I AM COMMITTED, CONSISTENT, PERSISTENT, OVERFLOWING, EVER PRESENT, COMPLETE AND UNCONDITIONAL LOVE”.

“I LET GO OF EVERYTHING I WAS EVER TOLD OR TAUGHT FROM THE PRIOR MOMENT ON”. “I AM IN MY HEART CENTRE AND CONNECTED TO EVERYTHING, I AM CONNECTED DIRECTLY WITH ALL LOVE”.

BREATHE IN AND OUT LOVE, BREATHE IN AND OUT LOVE, BREATHE IN AND OUT LOVE.

JOURNAL, MOVEMENT, CRY, HUG A TREE, GROUND. LET GO. BE KIND TO YOURSELF.

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SELF LOVE PRACTICES:

UNDERSTANDING AND NAVIGATING GRIEF

WHEN ONE BEGINS TO AWAKEN AND EXPERIENCES THEIR FIRST EGO DEATH, ONE MOVES THROUGH THE SEVEN STAGES OF GRIEF. THIS PROCESS INVOLVES MOURNING WHAT WAS ONCE BELIEVED TO BE TRUE BUT HAS BEEN REVEALED AS AN ILLUSION. WE GRIEVE OUR FORMER SENSE OF SELF AND IDENTITY, AND THE OLD WORLD TO WHICH WE WERE ATTACHED BUT IS NOW SLIPPING AWAY. UNDERSTANDING THE SEVEN STAGES OF GRIEF WILL BE ESSENTIAL FOR ALL AS WE COLLECTIVELY UNDERGO THIS MASSIVE TRANSITION AND TRANSFORMATION, PROCESSING EMOTIONS AND ENERGIES WE EXPERIENCE AND ARE COLLECTIVELY PROCESSING.

SELF-LOVE, COMPASSION, GRACE AND FORGIVENESS WILL BE ESSENTIAL AS ALL DARKNESS COMES TO THE LIGHT. AWARENESS OF THE STAGES OF GRIEF AND WHAT TO EXPECT SO YOU CAN PROCESS, RELEASE, LET GO.

STAGE 1 – SHOCK & DENIAL – THIS CAN RESULT IN GLITCHING OF THE MIND, CONFUSION, BLAME, PROJECTION AND OVERWHELM. DENYING THE REALITY OF THE SITUATION TO AVOID PAIN.

SHOCK PROVIDES EMOTIONAL PROTECTION, PREVENTING YOU FROM BEING OVERWHELMED.

STAGE 2 - PAIN & GUILT – AS SHOCK FADES, PAIN CAN SET IN. EMOTIONS OF GUILT OR REMORSE OVER PAST ACTIONS MAY SURFACE, AND LIFE MAY FEEL CHAOTIC AND FRIGHTENING. IT IS CRUCIAL TO FULLY EXPERIENCE THIS PAIN RATHER THAN AVOIDING IT.

STAGE 3 – ANGER & BARGAINING – FRUSTRATION CAN TURN INTO ANGER, JUDGEMENT, RAGE, POTENTIALLY LEADING TO UNWARRANTED BLAME. THIS STAGE INVOLVES THE RELEASE OF PENT-UP EMOTIONS AND QUESTIONING FATE. YOU MAY TRY TO NEGOTIATE FOR A WAY OUT OF DESPAIR.

STAGE 4 – DEPRESSION, REFLECTION, LONELINESS - A PERIOD OF DEEP SADNESS AND REFLECTION MAY OCCUR, OFTEN MISUNDERSTOOD BY WELL-MEANING OUTSIDERS. THIS STAGE INVOLVES REALIZING THE FULL EXTENT OF YOUR LOSS, LEADING TO FEELINGS OF EMPTINESS AND DESPAIR.

STAGE 5 - THE UPWARD TURN - AS YOU BEGIN TO ADJUST, LIFE BECOMES CALMER AND MORE ORGANISED. PHYSICAL SYMPTOMS SUBSIDE, AND THE DEPRESSION LIFTS.

STAGE 6 - RECONSTRUCTION & WORKING THROUGH. YOU BECOME MORE FUNCTIONAL, SEEKING PRACTICAL SOLUTIONS, HELP AND GUIDANCE.

STAGE 7 – ACCEPTANCE AND HOPE – PURIFICATION AND TRANSFORMATION OF SELF. YOU LEARN TO ACCEPT THE REALITY OF YOUR SITUATION. ACCEPTANCE DOES NOT MEAN INSTANT HAPPINESS, BUT IT ALLOWS FOR A WAY FORWARD. YOU BEGIN TO PLAN FOR THE FUTURE AND FIND JOY IN LIFE AGAIN.

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SELF LOVE PRACTICES:

UNDERSTANDING AND NAVIGATING GRIEF

HUMANITY RESIDES AT DIFFERENT STAGES OF GRIEF.

CONSIDER THE FOLLOWING STEPS TO NAVIGATE YOUR OWN GRIEF:

- **ACKNOWLEDGE PAINFUL MEMORIES: REFLECT ON MEMORIES OR EXPERIENCES THAT STILL CAUSE HEARTACHE AND ASK THE ANGELS TO ACTIVATE THE GRIEVING PROCESS, HEALING ALL HEART BREAK.**
- **EXPRESS YOUR FEELINGS: WRITE DOWN OR SHARE YOUR EMOTIONS WITHOUT SELF-JUDGMENT. VULNERABILITY AND DETACHMENT FROM SEEKING ANSWERS CAN AID THIS PHASE.**
- **FORGIVENESS AND RELEASE: ACCEPT YOUR NEW REALITY BY JOURNALING OR WRITING A CEREMONY TO LET GO OF GUILT AND RELEASE ALL THAT YOU HAVE LOVED AND LOST. MAKE PEACE WITH THE PAST AND PRESENT THROUGH ACCEPTANCE AND SURRENDER. WHAT IS REAL WILL REMAIN.**
- **AFFIRMATIONS: "I AM LOVE, I EMBRACE, ACCEPT, ALLOW AND LET GO, I AM WORTHY OF ALL LOVE."**
- **STAY PRESENT: FOCUS ON YOUR BREATH TO REMAIN GROUNDED AND PRESENT. BREATHE IN AND OUT LOVE.**
- **PRACTICE GRATITUDE.**
- **HYDRATE: DRINK PLENTY OF BLESSED WATER.**
- **ALTERNATE HOT/COLD SHOWERS.**
- **DETOXIFY: ENGAGE IN HEAVY METAL DETOXIFICATION.**
- **LIMIT SUGAR INTAKE.**

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GRIEF CEREMONY

**WRITE, READ OUT LOUD WITH FULL HEART INTENT
AND BURN (SAFELY).**

**I ASK MY ANGELS TO HELP ME IN LETTING GO OF
ALL GUILT, DEPRESSION, ALL THOUGHTS OF
RELIVING THE PAST OVER AND OVER. I KNOW
THIS PHASE WILL PASS. I AM FOCUSING MY
ENERGY IN STAYING IN THE PRESENT WITH
BREATH AND TRUST IN LOVE. I HAVE
APPRECIATION AND ACCEPTANCE OF ALL
EXPERIENCES. I AM GRATEFUL FOR MY
CONTRACT. I AM A GOD SPARK WITH AN
IMPORTANT ROLE ON THIS PLANET. I SET MY
INTENTION FOR COMPLETE HEALING AND I LET
GO OF ALL OUTCOMES. THERE IS LIGHT AT THE
END OF THE TUNNEL FOR ME. I ASK MY ANGELS
TO ACTIVATE THE GRIEVING PROCESS, RELEASING
WOUNDING, GRIEF, HEALING ALL HEART BREAK
AND FULLY LOVING MYSELF. I AM KIND AND
NURTURING TO MYSELF.**

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**SECTION 19:
SELF LOVE
PRACTICES:
BELIEF SYSTEMS**

**VOICES FROM PRIME SOURCE
HERSELF.**

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LETTING GO OF ALL BELIEF SYSTEMS

GET CLEAR. CLEAR OUT ALL BELIEF SYSTEMS. CLEAR OUT ALL THOUGHTS.

YOU DON'T NEED THEM BECAUSE WHAT YOU NEED IS PROVIDED FOR YOU IN THE PRESENT MOMENT OF NOW.

BELIEF SYSTEMS = FEAR = ONLY A BLOCK TO EXPERIENCING REAL LOVE.

“I LET GO OF EVERY BELIEF SYSTEM.”

“I LET GO OF EVERYTHING I HAVE EVER BEEN TOLD, TAUGHT OR THOUGHT. ONLY THAT WHICH IS TRUE AND REAL WILL REMAIN”.

“I SURRENDER TO LOVE AND I DROP THE ILLUSION OF FEAR”.

“I EXPECT MIRACLES. I AM A MIRACLE. I AM WORTHY OF ALL LOVE IS”.

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SELF LOVE PRACTICES: EGO DISSOLVEMENT CEREMONY

EGO PROGRAMMED MIND = 3D. THIS CONDITIONING AND LOW DENSITY KNOWN AS ATLANTIAN CONDITIONINGS ORIGINATES IN ATLANTIS. THIS CULMINATED IN VARIOUS CONDITIONING WRAPPED UP IN VERY DENSE LOWER FREQUENCY PROGRAMMING. THIS IS THE CABAL CREATED MIND CONTROL.

KEEP IN YOUR HEART, THE HEART IS GOD, YOU ARE GOD, THE MIND CAN NEVER BE GOD.

THIS IS TRULY EVOLUTION. THE POWERS THAT WEREN'T PUT THIS CONDITIONING IN PLACE SO YOU COULD BE THEIR PERMANENT SOURCE OF FOOD TO CUT YOU OFF FROM SOURCE, GOD, YOUR BIRTH RIGHT. THE CONDITIONING TURNED YOU INTO A ROBOT.

THE HEART IS WHERE YOUR SOUL RESIDES. THIS IS YOUR JOURNEY, LEAVING THE MIND AND COMING INTO THE HEART.

THE HEART IS FEARLESS, WISE, HONOURABLE, GENUINE, POWERFUL, ABUNDANT, UNCONDITIONALLY LOVING. BEING WITHIN THE HEART IS 5D. IT IS A STATE A OF BEING.

IT CANNOT BE STUDIED, RATIONALISED, ANALYSED. LOVE IS FELT, EXPERIENCED BY BEING.

EGO DISSOLVEMENT

WRITE DOWN ALL YOU IDENTIFY WITH SELF. THANK YOUR ANGELS AND ASK TO ASSIST IN TRANSFORMING THESE LOWER ENERGIES, READ OUT LOUD AND BURN. YOUR ANGELS ARE WORKING TO HELP YOU CLEAR ALL PROGRAMMING'S.

I TRANSFORM THIS AND ALL CONDITIONING, I ACCEPT RESPONSIBILITY FOR IT, IDENTIFY AND DISSOLVE IT. I AM READY TO FULLY EMBRACE MY FULL ESSENCE.

LACK OF WISDOM, LACK OF EXPERIENCE, LACK OF COMPASSION, LACK OF PERCEPTION, LACK OF INTEGRITY, LACK OF HONOR, LACK OF EMPATHY, LACK OF FEELING, CHILD HOOD TRAUMA, INCUBUS/SUCCUBUS TAKING OF ENERGY THROUGH TOUCH/WORDS, DISRESPECT OR HATRED TOWARDS FEMININE, SUPERIORITY, THINKING YOU KNOW BETTER BASED ON NOTHING, ADDICTION, ADDICTION TO SUGAR, INCONSISTENCY, OBSESSION, ATTACHMENT TO 3D FAMILY AND FRIENDS, POSSESSION, CONTROL, POWER OVER, ENTITLEMENT, SELF-IMPORTANCE, NEEDING TO BE RIGHT, UNWORTHINESS, UNGRATEFUL, NO ACCOUNTABILITY, WANTING TO BE FOLLOWED OR BE FOLLOWED, FAKE, UNABLE TO BE GENUINE, COMPULSIVE LYING, REVERENCE OF THE MIND, SEEKING REVERENCE, LINEAR THINKING AND ACTING, IDENTIFYING THINGS FROM THE OUTSIDE, ANAL RETENTIVE, SERVE IMPATIENCE, EASILY DISTRACTED, QUITTER, LAZINESS, COMPLACENT, REACTIVE.

MISSION LIMITLESS

EGO, CONTROL DRAMAS & LOWER CHIPS DISSOLVEMENT CEREMONY

THIS CONDITIONING AND LOW DENSITY KNOWN AS ATLANTEAN CONDITIONING ORIGINATES IN ATLANTIS. THIS CULMINATED IN VARIOUS CONDITIONING WRAPPED UP IN VERY DENSE LOWER FREQUENCY PROGRAMMING. THIS IS THE POWERS THAT WEREN'T CREATED, MIND CONTROL. KEEP IN YOUR HEART, THE HEART IS GOD, YOU ARE GOD, THE MIND CAN NEVER BE GOD. THE POWERS THAT WEREN'T, PUT THIS CONDITIONING IN PLACE SO YOU COULD BE THEIR PERMANENT SOURCE OF FOOD TO CUT YOU OFF FROM SOURCE, GOD, YOUR BIRTH RIGHT. THE CONDITIONING TURNED YOU INTO A ROBOT. THE HEART IS WHERE YOUR SOUL RESIDES. THIS IS YOUR JOURNEY, LEAVING THE MIND AND COMING INTO THE HEART. THE HEART IS FEARLESS, WISE, HONOURABLE, GENUINE, POWERFUL, ABUNDANT, UNCONDITIONALLY LOVING. BEING WITHIN THE HEART IS 5D. IT IS A STATE A OF BEING. IT CANNOT BE STUDIED, RATIONALISED OR ANALYSED. LOVE IS FELT, EXPERIENCED BY BEING = PRESENT MOMENT OF NOW.

EGO, CONTROL DRAMAS, LOWER IMPLANT CHIP DISSOLVEMENT:

WRITE DOWN ALL YOU IDENTIFY WITH SELF, THANK YOUR ANGELS AND ASK THEM TO ASSIST IN TRANSFORMING. READ OUT LOUD AND BURN. YOUR ANGELS ARE WORKING TO HELP YOU CLEAR.

"I TRANSFORM THIS AND ALL CONDITIONING. I ACCEPT RESPONSIBILITY FOR IT, IDENTIFY AND DISSOLVE IT. I AM READY TO FULLY EMBRACE MY FULL ESSENCE".

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 FEELINGS, LACK OF SELF-LOVE, UNWORTHINESS, IGNORANCE: IGNORING LOVE, ARROGANCE, ATTACHMENT: TO PEOPLE, PLACES AND THINGS, TAKING: FROM HUMANITY & THE PLANET, INCUBUS & SUCCUBUS ENERGY: THE TAKING OF ENERGY THROUGH WORDS, TOUCH, SEX AND OTHER ABILITIES, CHILDHOOD TRAUMA, CHILDISH BEHAVIOR, ROBOTIC HABITS & BEHAVIOR, DISRESPECT OR HATRED TOWARDS THE FEMININE OR MASCULINE, PREFERENCE TO PAIN & SUFFERING: DUE TO UNWORTHINESS, SUPERIORITY, THINKING YOU KNOW BETTER, ENTITLEMENT, SELF IMPORTANCE, DELUSIONS OF GRANDEUR, FANTASY, NEEDING TO BE RIGHT, CONTROLLING, 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, REVERANCE OF ANIMALS, JUSTIFICATION, PROCRASTINATION, BARGAINING, POVERTY CONSCIOUSNESS: ALWAYS THINKING IN LACK, ADDICTION, ADDICTION TO SUGUAR, LINEAR THINKING AND ACTING, IDENTIFICATION OF THINGS FROM THE OUTSIDE, PRINCESS CONDITIONING, BITCH CONDITIONING, ASSHOLE CONDITIONING, ANAL-RETENTIVE, SEVERE IMPATIENCE, EASILY DISTRACTED, QUITTER, INCONSISTENT, COMPLAINING, LAZINESS, COMPLACENT, REACTIVE, CULTURAL PROGRAMMING, BLOODLUST: WANTING OR AROUSAL OF SEEING BLOOD SHED, SUPER EGO, SPIRITUAL EGO.

I DISSOLVE ALL ANGER, FEAR, GRIEF, ANXIETY/DEPRESSION, WORRY, APATHY, GUILT, SHAME, NEGATIVITY, PAIN/SUFFERING, LACK CONSCIOUSNESS, VICTIM CONSCIOUSNESS, POVERTY CONSCIOUSNESS AND COMPETITION.

I DISSOLVE ALL SUPER EGO PROGRAMMING'S AND FREQUENCIES OF JEALOUSY, MANIPULATION, BLAME, TAKING THINGS PERSONALLY, LACK OF FEELING, POWER OVER, CONTROL, ENTITLEMENT, ARROGANCE, GOD COMPLEX, NEED FOR VALIDATION, LACK OF SELF LOVE, LACK OF ACCOUNTABILITY, FEAR OF REJECTION, FEAR OF JUDGMENT, ADDICTION TO BEING PERFECT, SOCIOPATHIC BEHAVIOUR, IDENTIFICATION FROM THE OUTSIDE.

I DISSOLVE ALL CONTROL DRAMA PROGRAMMING'S AND FREQUENCIES OF INTEGRATOR, ALOOF, INTIMIDATOR AND POOR ME.

I DIVINELY DECREE AND COMMAND ALL ATOMS IN RIGHT ACTION THAT MYSELF AND ALL OF THE COLLECTIVE HAVE AN ETHERIC SURGERY REMOVING ALL IMPLANTS AND NEGATIVE ENERGY CHIPS IN ALL BODIES; THE REVENGE CHIP, THE LACK OF HONOUR CHIP, THE SABOTAGE CHIP, THE GLITCH CHIP, THE BULLY CHIP, THE DNA MANIPULATION CHIP, THE ABANDONMENT CHIP, THE FAIL SAFE SELF CHIP, THE SABOTAGE CHIP, THE NO SURRENDER CHIP, THE MIMIC CHIP, THE WITCH CHIP, THE BRAIN REWIRE CHIP, THE GOD HATE CHIP, THE STAR OF DAVID CHIP, THE BRAIN HEART DISEASE CHIP, THE MASTER CHIP.

THANK YOU, I LOVE YOU.

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**SECTION 20:
SELF LOVE TOOLS &
PRACTICES**

**VOICES FROM PRIME SOURCE
HERSELF.**

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1. MOVEMENT
2. TREE MEDITATION
3. ANGELS AND GUIDE ASSISTANCE
4. FOCUS ON HIGHER PERSPECTIVE
5. COLD SHOWER
6. DRINK WATER
7. GROUNDING
8. FIND YOUR CHILD LIKE WONDER
9. MOON AND STAR GAZING
10. 7 DAY GARLIC PINEAL CLEANSE
11. BEING PRESENT
12. HUG A PILLOW
13. MONITOR FEELINGS
14. BLACK RAINBOW MIRROR TECHNIQUE
15. MASTERING BEING PRESENT
16. CONSCIOUS BREATHING
17. CONSCIOUS BREATHING
18. ENERGETIC PATTERN REFLECTION
19. EMOTIONAL RELEASE
20. AFFIRMATIONS IN NATURE
21. SELF OBSERVATION
22. HO'PONOPONO PRAYER
23. SIT IN SILENCE
24. HOW AM I FEELING
25. WRITE YOUR OWN AMAZING STORY
26. DREAM JOURNALLING
27. BREATHE AND RELEASE PRACTICE
28. INNER DIALOGUE
29. REST/SLEEP CONSCIOUSLY
30. ASK ANGELS FOR 3 CONFIRMS
31. BLESSING FOOD AND DRINK
32. SUN GAZING
33. CREATING A SACRED SPACE
34. OIL PULLING WITH COCONUT OIL
35. ONLY MY STATE OF BEING MATTERS
36. FEELING FEAR
37. STAYING PRESENT AND FOLLOWING THE SYNCHRONISTIC EVENTS
38. WING OPENING DEVICE
39. TEST IN ALL MOMENTS
40. BRAIN ACTIVATION
41. FLYING
42. BREAKING CYCLES
43. BODY TEMPLE OPTIMISATION
44. PROJECTING ONTO OTHERS

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SELF LOVE PRACTICES: MOVEMENT

**TO KEEP OUR VESSELS IN A STATE OF
PROCESSING ENERGY, WE MUST MOVE ENERGY.**

**ANY TIME YOU ARE FEELING STUCK, ANXIOUS,
STRESSED JUST MOVE YOUR BODY.**

**MOVEMENT, SERVICE, CLEANING, DANCING,
STRETCHING, WALKING, YOGA ETC.**

**BE IN JOY, BE PRESENT AND MOVE THE
ENERGY.**

**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.**

**RECOMMENDATION - 45 MINUTES OF
MOVEMENT PER DAY.**

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SELF LOVE PRACTICES:

TREE MEDITATION & TIME IN NATURE

SPEND TIME WITH THE TREES AND IN NATURE. ALL OF EARTH AND ALL OF NATURE IS LIVING IN TRUE REALITY IN PURE DIVINE VIBRATION.

SIT WITH A TREE, STAND WITH A TREE, LAY WITH A TREE OR EVEN CONNECT WITH A TREE INSIDE OF YOUR HOUSE.

LET GO OF ALL YOUR THOUGHTS AND JUST FOCUS ON YOUR BREATH.

BREATHING IN THROUGH THE NOSE, ALL THE ATOMS OF LOVE COMING OUT OF THE TREE. ON THE OUT BREATH, BREATHING OUT ALL THE ENERGIES WHICH ARE NOT IN ALIGNMENT WITH YOUR HIGHER SELF.

THIS IS A SIMPLE WAY TO GROUND YOURSELF IN THESE ENERGIES.

KEEP A JOURNAL WITH YOU AND WRITE DOWN WHAT COMES THROUGH. “ANGELS/HIGHER SELF PLEASE PROVIDE ANY INFORMATION OR GUIDANCE THAT IS HIGHEST TO RECEIVE”.

TREE MEDITATIONS ASSIST IN THE ACTIVATION OF THE 7 CHAKRAS.

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**SELF LOVE PRACTICES:
ANGELS AND GUIDES ASSISTANCE**

**ASK YOUR ANGELS AND GUIDES FOR
ASSISTANCE AROUND THE CLOCK. THAT IS
WHAT THEY ARE HERE FOR.**

**IF YOU ASK AND ARE WILLING TO RECEIVE THE
HELP, YOU WILL RECEIVE.**

**DO NOT EVER THINK YOU ARE NOT WORTHY OF
RECEIVING HELP.**

**KNOW THAT YOU ARE VERY LOVED AND
WORTHY OF ALL HELP AND ASSISTANCE IN
ACCORDANCE WITH THE GREATEST GOOD OF
YOUR BEING.**

**ASK YOUR GUIDES TO TAKE YOU ON JOURNEYS
OF LEARNING, HEALING, LOVE AND LIGHT (WITH
NO FEAR).**

**THERE ARE NO LIMITS TO WHERE YOUR LIGHT
BODY CAN AND WILL TRAVEL.**

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SELF LOVE PRACTICES:

FOCUS ON THE HIGHER

PERSPECTIVE IN EVERYTHING

**“I FOCUS ON THE HIGHER
PERSPECTIVE IN
EVERYTHING”.**

**I ACCEPT EVERYTHING AS
A LESSON AND AN
OPPORTUNITY FOR SOUL
GROWTH AND I PLACE
LOVE IN ALL EVENTS AND
MYSELF”.**

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SELF LOVE PRACTICES:

COLD SHOWER/BATH

TAKING A COLD SHOWER OR BATH RESETS THE NERVOUS SYSTEM LEADING TO TRANSFORMATION, HEALING, AND GROWTH.

THE WATER DOESN'T HAVE TO BE ICE-COLD UNLESS YOU PREFER IT THAT WAY.

YOU CAN IMMERSE YOURSELF IN A COLD OR COOL SHOWER FOR AS LONG AS YOU FEEL GUIDED, OR TURN THE WATER COLD FOR THE LAST FEW MOMENTS OF YOUR REGULAR SHOWER.

START WITH JUST A FEW MOMENTS AND GRADUALLY INCREASE THE DURATION AS YOUR BODY ADJUSTS TO THE TEMPERATURE.

COLD SHOWERS CAN BE A USEFUL TOOL WHEN YOU FEEL TIRED OR YOUR ENERGY IS LOW, HELPING TO RESET THE NERVOUS SYSTEM AND BRING YOU INTO THE PRESENT MOMENT.

THE MORE YOU PRACTICE, THE MORE YOU WILL ENJOY IT!

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SELF LOVE PRACTICES:

DRINK WATER

OUR LIGHT BODIES ARE UPGRADING FROM CARBON DNA TO CRYSTALLINE DNA. HYDRATION ASSISTS IN INTEGRATING ENERGIES AND THE ASCENSION PROCESS. THE BODY IS MADE UP OF AROUND 65% WATER. MOVING TO SPIRIT REQUIRES DRINKING MORE WATER.

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. RECOMMENDATION OF 10-12 GLASSES OF WATER PER DAY.

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. "THANK YOU FOR BLESSING THIS WATER WITH LOVE, FULL HEALING, AND POSITIVITY". YOU CAN BLESS 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 OF HOW POWERFUL THIS INFLUENCES THE WATER MOLECULES. WATER IS LIVING CONSCIOUSNESS AND HOLDS MEMORY.

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SELF LOVE PRACTICES: GROUNDING

CENTRE YOUR ENERGY THROUGH CONNECTING WITH MOTHER EARTH, BAREFOOT ON THE GROUND. WHEN YOU DO THIS, YOU ARE CONNECTING YOUR WHOLE BODY AND ESSENCE.

WHEN YOU GROUND IT IS LIKE TAKING HANDFULS OF ANTIOXIDANTS INTO YOUR BODY THROUGH YOUR FEET. GROUNDING SUPPORTS ORGAN FUNCTION ON A CELLULAR LEVEL. THE BENEFITS ARE HUGE. GROUNDING ALKALISES 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.

ONCE YOU ARE DISCIPLINED IN UTILISING 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.

IF YOU ARE WHEELCHAIR BOUND, OR UNABLE TO WALK, YOU CAN PUT YOUR HANDS ON A PLANT/TREE TO GROUND.

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SELF LOVE PRACTICES: 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 FAVOURITE MUSIC, DANCING, SPENDING TIME CONNECTING WITH ANIMALS?

DID PLAYING ON A SWING BRING YOU JOY? DID CLIMBING A TREE EXCITE YOU? DID DRAWING A PICTURE INSPIRE YOU? DID COLOURING IN CALM YOU?

DID READING A FAIRYTALE TAKE YOU INTO MOMENTS OF WONDER?

DID BUILDING A SANDCASTLE GROUND YOU? DID SWIMMING BRING ABOUT LAUGHTER? DID KICKING A BALL IN THE PARK BRING YOU JOY? DID PLAYING

ON THE MERRY-GO-ROUND BRING FEELINGS OF JOY? DID HAVING A TEA PARTY IN THE GARDEN WITH YOUR FRIENDS RAISE YOUR VIBRATION? DID

MAKING A SPECIAL BED FOR YOUR PET DEEPEN THE CONNECTION BETWEEN YOU? DID YOU EVER COLOUR IN WITH THE OPPOSITE HAND, LAUGHING OUT

LOUD AS YOU COLOURED OVER THE LINES? DID YOU EVER PLAY WITH YOUR FRIENDS WHO NO-ONE ELSE COULD SEE?

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 IS THE HIGHEST VIBRATION 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! LEARN A NEW CRAFT, TAKE UP A NEW HOBBY.

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.

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.

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**SELF LOVE PRACTICES:
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.**

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SELF LOVE PRACTICES:

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.**

DO NOT COOK THE GARLIC.

**A SANDWICH WITH EGG AND MAYONNAISE
SEEMS TO BE THE MOST PALATABLE AS THE
MAYONNAISE REDUCES THE BURN BECAUSE OF
ITS VINEGAR CONTENT.**

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SELF LOVE PRACTICES: MEDITATION – BEING PRESENT

MEDITATION IS ABOUT BEING FULLY PRESENT IN THE MOMENT, FREE FROM DISTRACTIONS AND THOUGHTS. IT CAN TAKE VARIOUS FORMS, WHETHER STILL OR ACTIVE. STILL MEDITATION, OFTEN DONE IN SOLITUDE AND NATURE, FOCUSES ON BREATH, WHILE ACTIVE MEDITATION INVOLVES MOVEMENT AND TASKS.

SOME EXAMPLES INCLUDE CLOSED EYE MEDITATION, VISUALISING, BREATH WORK, SUN GAZING, TREE MEDITATIONS, WALKING, GARDENING, YOGA, COOKING, CREATING ART, LISTENING TO MUSIC, ENGAGING IN HANDS-ON ACTIVITIES.

TO DEAL WITH LOWER THOUGHTS, VISUALIZE A GOLDEN RAINBOW SWORD AND SWIPE THROUGH THE LOWER THOUGHT OR SAY “CANCEL, CLEAR, DELETE”. THEN, REFOCUS ON THE PRESENT MOMENT. REPEAT THE MANTRA, "I CUT CORDS WITH ANYTHING THAT DOESN'T SERVE ME AND RECONNECT WITH PURE, LOVING ENERGY."

MEDITATION IS CRUCIAL FOR SPIRITUAL GROWTH, ALIGNING YOUR ENERGY AND FOSTERING CONNECTION. TRY A DAILY TREE MEDITATION OR ANY OTHER FORM THAT RESONATES WITH YOU.

DURING MEDITATION, ASK YOUR ANGELS OR HIGHER SELF FOR GUIDANCE AND RECORD ANY INSIGHTS IN A JOURNAL. THIS PRACTICE, KNOWN AS AUTOMATIC WRITING, ACTIVATES ALL SEVEN CHAKRAS AND INTEGRATES THE HIGHER SELF. START MEDITATION WITH THREE DEEP BREATHS, INHALING LOVE AND EXHALING LOVE TO TRANSFORM YOUR ENVIRONMENT.

VISUALISE HEALING FLAMES ENTERING THROUGH YOUR NOSE, FLOWING THROUGH YOUR BODY, AND RELEASING DENSITY. CONSISTENT MEDITATION AND AUTOMATIC WRITING HELP ANCHOR YOUR HIGHER SELF AND MAINTAIN PRESENCE, CONNECTION TO THE DIVINE, AND ALIGNMENT WITH UNIVERSAL ENERGIES.

RE-HEART, EVERYONE'S MEDITATION PRACTICE IS UNIQUE, SO FIND WHAT WORKS BEST FOR YOU.

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SELF LOVE PRACTICES:

HUG A PILLOW

FEELING THE

ENERGIES?

HUG A PILLOW AND

RELEASE ENDORPHINS

IN THE BRAIN TO GET

INTO HIGHER STATES

OF JOY.

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SELF LOVE PRACTICES:

MONITOR FEELINGS

JOY IS YOUR NATURAL STATE. FEELING JOY, HOWEVER, CAN SOMETIMES BE A CHALLENGE DURING THESE CHAOTIC TIMES.

IF YOU CAN MONITOR YOUR FEELINGS, DISCOVERING WHEN YOU MOVE OUT OF JOY, YOU CAN HELP YOURSELF MOVE BACK INTO JOY MORE EASILY.

EXPERIMENT TODAY.

IMAGINE A JOY METER INSIDE YOUR HEART.

WHEN IT SHOWS YOU HAVE MOVED OUT OF JOY, TAKE ACTIONS TO REMEDY THE SITUATION.

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SELF LOVE PRACTICES:

BLACK RAINBOW MIRROR TECHNIQUE

**USED FOR TRANSFORMATION,
PURGING, DISSOLVING OF LOWER
FREQUENCIES.**

**THE BLACK RAINBOW MIRROR HOLDS
ALL RAY COLOURS.**

**“I ASK MY ANGEL AND GUIDE TEAMS
FOR THE BLACK RAINBOW MIRROR”.**

**“I ASK FOR ALL DENSITY & TOXINS,
WITHIN MY PHYSICAL, EMOTIONAL,
MENTAL, SPIRITUAL, ETHERIC AND
ENERGETIC BODIES, TO BE RELEASED
INTO THE BLACK RAINBOW MIRROR”.**

BREATHE IN AND OUT LOVE.

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SELF LOVE PRACTICES: MASTERING BEING PRESENT

**CUTTING CORDS, DISSOLVING ALL LOWER THOUGHTS,
PRACTICING STILLNESS AND PRESENTNESS DISSOLVES
EVERYTHING THAT IS NOT REAL.**

**CUTTING ENERGETIC CORDS. REPEAT THROUGHOUT THE
DAY: “I CUT CORDS TO EVERYTHING AND I REATTACH
CORDS TO MAGIC, MIRACLES, PURITY, WHOLENESS AND
SYNCHRONISTIC EVENTS”.**

**USING THE RAINBOW SWORD FOR DISSOLVING ALL LOWER
THOUGHTS. VISUALISE THE SWORD CUTTING THE
THOUGHT. USE WITH ALL LOWER THOUGHTS. YOU CAN
ALSO SAY “CANCEL, CLEAR, DELETE”.**

WHAT IS REAL AND TRUE WILL REMAIN.

**PRACTICE WRITING EVERYTHING DOWN, FEELINGS,
THOUGHTS, EXPERIENCES. LET EVERYTHING GO, WHAT IS
NOT REAL WILL DISSOLVE.**

**FOCUS ON BREATHING IN AND OUT LOVE. THIS
ESTABLISHES A CONSCIOUS CONNECTION WITH YOUR
BODY.**

**CONSCIOUSLY INTEND TO OPEN UP YOUR HEART AND
FEELING CENTRES. “I AM HEART CENTRED”.**

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SELF LOVE PRACTICES: CONSCIOUS BREATHING

**AIR CONTAINS LIVING ENERGY. AS YOU BREATHE
AIR INTO YOUR LUNGS, EMBRACE THE ENERGY.
ALWAYS REMEMBER TO CONSCIOUSLY BREATHE.
BREATH IS YOUR HEART BEING FILLED WITH LIFE
ENERGY WHICH YOUR HEART SO GENEROUSLY
SHARES WITH YOUR BRAIN AND THE REST OF YOUR
CELLS MAKING YOU UP, SO YOU CAN BE HERE TO
PLAY IN CREATION AS LIFE IN FULL AWAKENING,
PRESENT, AWAKE AND AWARE.**

**BREATHE IN LOVE, BREATHE OUT LOVE.
BREATHE IN LOVE, BREATHE OUT LOVE.
BREATHE IN LOVE, BREATHE OUT LOVE.**

**THIS BREATHING TECHNIQUE HELPS RELEASE
LOWER ENERGY FROM YOUR FIELD TO REMAIN
CENTRED.**

**ON THE DEEP IN BREATH, TAKE LOVE ENERGY
ATOMS IN. AS YOU BREATHE OUT RELEASE THE
OLD ENERGY.**

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SELF LOVE PRACTICES:

CONSCIOUS BREATHING

**UTILISE THE BREATH FOR THE
HEALING PROCESS.**

BREATHE IN LOVE & OUT LOVE.

**THIS CHANGES THE FREQUENCIES
IN US AND AROUND US.**

**BREATHE IN LOVE THROUGH THE
NOSE, BREATHE OUT, RELEASING
DENSITY THROUGH THE MOUTH.**

**BREATHING ASSISTS IN THE
PROCESS OF RELEASING THE
ILLUSION/FEAR/3D.**

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SELF LOVE PRACTICES:

ENERGETIC PATTERNS REFLECTION

REFLECT ON THE ENERGETIC PATTERNS THAT HAVE APPEARED IN YOUR LIFE. NOTICE ANY RECURRING THEMES OR SITUATIONS THAT KEEP COMING UP. THESE TESTS AND CHALLENGES CAN PROVIDE INSIGHTS INTO AREAS WHERE YOU ARE BEING CALLED TO GROW AND EVOLVE. IF YOU DON'T LEARN THE LESSON, THE TESTS WILL REPEAT, OFTEN MANIFESTING IN DIFFERENT FORMS BUT CARRYING THE SAME UNDERLYING ENERGY.

TO IDENTIFY A RECURRING PATTERN, PAY ATTENTION TO THOUGHTS LIKE "I ALWAYS" OR "I NEVER" OR "I ALWAYS END UP BEING HURT" OR "I NEVER HAVE ANY SUPPORT."

CONSIDER WHICH ENERGIES WITHIN YOU ARE CONTRIBUTING TO THESE PATTERNS. THESE ARE OFTEN LINKED TO YOUR BELIEF SYSTEMS OR PAST WOUNDS. WHEN TRAUMA OR EMOTIONAL WOUNDS GO UNHEALED, WE RECREATE EXPERIENCES THAT TRIGGER THOSE WOUNDS.

WRITE A CEREMONY AND SET THE INTENTION TO BECOME AWARE OF ALL UNCONSCIOUS ENERGIES WITHIN YOU. ASK TO START HEALING ANY UNCONSCIOUS WOUNDS.

FORGIVENESS AND RELEASE CEREMONY:

WITH FULL HEART INTENT SAY OUT LOUD OR WRITE OUT. READ OUT LOUD AND/OR BURN. CUT CORDS WITH ALL EMOTIONS. SET INTENTION TO TRANSFORM FOR THE HIGHEST GOOD OF ALL. ALLOW IN DIVINE UNDERSTANDING OF NOT NEEDING TO KNOW. FULL FORGIVENESS FOR ONE ANOTHER AND YOURSELF IN THE NO MATTER WHAT. TRUST LOVE TO TRANSFORM. LET GO. FORGIVE AND LOVE.

"I AM GRATEFUL FOR ALL I HAVE EXPERIENCED. I ACCEPT FULL RESPONSIBILITY FOR ALL MY EXPERIENCES NO MATTER WHAT. I FORGIVE ALL OF IT. I LOVE MYSELF. I FORGIVE MYSELF. I LOVE ALL OTHER BEINGS. I FORGIVE THEM. I SIMPLY LET GO".

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SELF LOVE PRACTICES: EMOTIONAL RELEASE

CREATE A LIST OF MOMENTS WHEN YOU FELT HURT, WOUNDED, OR TRAUMATISED. YOU DON'T NEED TO RELIVE THESE EXPERIENCES. SIMPLY VIEW THEM WITH DETACHMENT.

WRITE DOWN WHAT YOU FELT AT THAT TIME AND HOW YOU FEEL ABOUT IT NOW. LIST ANY INSTANCES WHERE YOU MAY HAVE HURT OR WOUNDED SOMEONE ELSE, EVEN UNINTENTIONALLY, AND NOTE YOUR FEELINGS ABOUT THOSE EXPERIENCES THEN AND NOW.

THIS PROCESS MAY BRING UP STORED EMOTIONS LIKE GUILT, ANGER, RESENTMENT, SHAME, JUDGMENT, OR GRIEF. ALLOW THESE EMOTIONS TO SURFACE AS NEEDED; THEY ARE PART OF THE HEALING PROCESS.

NEXT, WRITE A FORGIVENESS CEREMONY FOR ALL THESE EVENTS AND PEOPLE, INCLUDING YOURSELF, AND THEN BURN IT. NOTICE THE SENSE OF RELEASE AND SPACE THAT FOLLOWS. YOU CAN REPEAT THIS CEREMONY AS OFTEN AS NECESSARY, AS THESE FEELINGS MAY ARISE MULTIPLE TIMES. AS YOU PRACTICE FORGIVENESS, YOU MIGHT ALSO NEED TO ESTABLISH BOUNDARIES. FORGIVING AND LOVING OTHERS UNCONDITIONALLY DOESN'T MEAN TOLERATING THEIR DYSFUNCTION. USE DISCERNMENT TO MAINTAIN HEALTHY BOUNDARIES.

FORGIVENESS AND RELEASE CEREMONY:

WITH FULL HEART INTENT SAY OUT LOUD OR WRITE OUT. READ OUT LOUD AND/OR BURN. CUT CORDS WITH ALL EMOTIONS. SET INTENTION TO TRANSFORM FOR THE HIGHEST GOOD OF ALL. ALLOW IN DIVINE UNDERSTANDING OF NOT NEEDING TO KNOW. FULL FORGIVENESS FOR ONE ANOTHER AND YOURSELF IN THE NO MATTER WHAT. TRUST LOVE TO TRANSFORM. LET GO. FORGIVE AND LOVE.

“I AM GRATEFUL FOR ALL I HAVE EXPERIENCED. I ACCEPT FULL RESPONSIBILITY FOR ALL MY EXPERIENCES NO MATTER WHAT. I FORGIVE ALL OF IT. I LOVE MYSELF. I FORGIVE MYSELF. I LOVE ALL OTHER BEINGS. I FORGIVE THEM. I SIMPLY LET GO”.

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**SELF LOVE PRACTICES: AFFIRMATIONS IN NATURE
SIT OR STAND IN NATURE. BY A TREE OR BY THE WATER.
SAY THE FOLLOWING AFFIRMATIONS.**

**“I LET LOVE FLOW THROUGH MY SOUL. I LET LIGHT
FLOW IN MY HEART. I LET WARMTH RADIATE MY BEING.
I LET PURITY SHIMMER IN MY BONES. I LET KINDNESS
RESOUND IN MY VOICE. I LET CLARITY SHINE THROUGH
MY HEART. I LET COMFORT AND PEACE SURROUND MY
LIFE, TOUCHING ALL WHOM I MEET. I LET COMFORT AND
PEACE IN THE WORLD, BRINGING ALL BEINGS INTO
PERFECT UNITY”.**

STATE THE FOLLOWING I AM AFFIRMATIONS.

**“I AM GRATEFUL FOR WHERE I AM AT IN THIS MOMENT.
I AM IN THE FLOW. I AM JOY AT ALL MOMENTS.
I AM GRATEFUL FOR IT ALL. I AM CALM AND AT PEACE.
I AM IN FULL TRUST THAT EVERYTHING WILL HAPPEN IN
DIVINE TIME. I BREATHE IN LOVE AND BREATHE OUT
LOVE. I FORGIVE MYSELF & ALL OTHERS. I AM PATIENT
WITH MYSELF. I TREAT OTHERS WITH PATIENCE AND
RESPECT. I LISTEN WITH PATIENCE AND LOVE.
I AM JOYFUL AND CONTENT WITH MY LIFE. MY HEART IS
OPEN TO MIRACULOUS THINGS HAPPENING FOR ME.
I TRUST THE UNIVERSES TIMING. EVERYTHING I NEED
COMES TO ME EXACTLY AT THE RIGHT MOMENT. I TREAT
OTHERS WITH PATIENCE, KINDNESS, AND LOVE”.**

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SELF LOVE PRACTICES: SELF-OBSERVATION

THIS ACTIVITY IS A VALUABLE TOOL FOR SOUL GROWTH AND EVOLUTION.

BY ADOPTING THE OBSERVER PERSPECTIVE INSTEAD OF TAKING OUR EXPERIENCES PERSONALLY, WE CAN TRANSFORM ATTACHMENTS & EMOTIONS AND BECOME AWARE OF OUR VICTIM MINDSET.

SPEND A DAY OBSERVING YOURSELF AND NOTICING WHEN YOU JUDGE. BECOME SOMEONE WHO STUDIES THE PROGRAMMING WITHIN YOURSELF, AS BECOMING AWARE OF WHEN WE JUDGE ALLOWS US TO TRANSFORM THAT JUDGMENT.

WHENEVER YOU CATCH YOURSELF SLIPPING INTO JUDGMENT, FLIP IT AROUND AND FIND A COMPLIMENT, A POSITIVE ASPECT, OR SOMETHING TO BE GRATEFUL FOR TO REPLACE THE JUDGMENT.

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SELF LOVE PRACTICES:

HO'PONOPONO PRAYER

“I’M SORRY, PLEASE FORGIVE ME, THANK YOU, I LOVE YOU”.

HO'OPONONO IS ABOUT TAKING RESPONSIBILITY FOR EVERYTHING THAT AFFECTS YOUR STATE OF BEING. IT IS THE ART OF ACCEPTANCE, FORGIVENESS AND CLEANSING OF THE ENERGIES THAT YOU ATTRACT INTO YOUR LIFE.

I AM SORRY:

WHEN YOU SAY I'M SORRY YOU ARE RECOGNISING AND ACCEPTING RESPONSIBILITY FOR THE ACTIONS, THOUGHTS AND EMOTIONS THAT HAVE CAUSED CONFLICT TO MANIFEST INTO YOUR AND ALL OTHERS EXPERIENCE.

PLEASE FORGIVE ME:

THE WORDS PLEASE FORGIVE ME ARE SAID AS A REQUEST TO MAKE AMENDS WITH YOUR HIGHER SELF AND THE UNIVERSE.

THANK YOU:

THANK YOU IS THE OPPORTUNITY TO SHOW GRATITUDE TO YOUR HIGHER SELF AS WELL AS THE UNIVERSE FOR ALLOWING YOUR NEGATIVE THOUGHTS, ACTIONS AND EMOTIONS TO BE CLEARED.

I LOVE YOU:

I LOVE YOU CAN BE SENT OUT TO THE UNIVERSE AS A FORM OF GRATITUDE. WHEN YOU USE THE WORDS IN THIS WAY YOU ARE STATING I LOVE YOU FOR ALLOWING ME THIS EARTH EXPERIENCE.

REPEAT THIS ANCIENT HAWAIIAN HEALING MANTRA:

"I AM SORRY, PLEASE FORGIVE ME, THANK YOU, I LOVE YOU."

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SELF LOVE PRACTICES:

SIT IN SILENCE FOR 15 MINUTES

**FEEL YOUR HEART
CENTRE.**

**LET GO OF YOUR
THOUGHTS.**

FOCUS ON THE BREATH.

**BREATHE IN AND OUT
LOVE.**

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SELF LOVE PRACTICES:
HOW AM I FEELING?

HOW DO I FEEL?

DO I HAVE ANY PAIN IN MY BODY?

DO I FEEL EMOTIONAL?

DO I HAVE RACING THOUGHTS?

DO I FEEL HEALTHY?

WHAT DO I NEED TO PROCESS?

**WHAT DO I NEED TO WORK THROUGH PHYSICALLY,
EMOTIONALLY, MENTALLY AND TRANSFORM?**

**IS THERE ANYTHING THAT MAY HAVE TRIGGERED ME
IN SOME WAY?**

**ALLOW YOURSELF TO SIT WITH AND PROCESS WHAT
COMES UP.**

**A WAY TO PROCESS HOW YOU ARE FEELING IS BY
ASKING YOURSELF "WHY DO I FEEL THIS WAY?" OR
"WHAT IS THIS FEELING SHOWING ME ABOUT
MYSELF?"**

JOURNAL, ACCEPT, EMBRACE, ALLOW AND RELEASE.

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SELF LOVE PRACTICES:
WRITE YOUR OWN AMAZING
STORY

**REWRITE YOUR LIFE STORY, STARTING
FROM TODAY.**

**TAKE A JOURNAL, CONNECT WITH YOUR
HIGHER SELF AND FREE WRITE.**

**FOR EXAMPLE, YOU MIGHT SAY, "I LOVE MY
INCREDIBLE LIFE. EVERY DAY BRINGS
MAGICAL EXPERIENCES. I AM AN AMAZING
PERSON WITH COUNTLESS BLESSED
GIFTS....."**

**IMAGINE STARTING FRESH AND CREATING
THE LIFE YOU WANT TO LIVE, LIKE PAINTING
ON A BLANK CANVAS. WRITE OUT AND KEEP
IN YOUR SELF-LOVE PRACTICES.**

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**SELF LOVE PRACTICES:
DREAM JOURNALLING**

**DO YOU REHEART YOUR DREAMS?
WHAT MESSAGES DO YOUR DREAMS
CONVEY?**

**BEFORE GOING TO SLEEP, SET AN
INTENTION TO REST CONSCIOUSLY
AND ASK YOUR ANGELS TO REVEAL
MESSAGES THAT ARE IMPORTANT FOR
YOUR SOUL'S PATH AND PURPOSE
DURING YOUR DREAMTIME.**

**KEEP A DREAM JOURNAL TO RECORD
ANYTHING SIGNIFICANT YOU
EXPERIENCE.**

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SELF LOVE PRACTICES:
BREATH AND RELEASE PRACTICE

FIND A COMFORTABLE SPACE TO EITHER SIT OR LAY DOWN, WITH YOUR LEGS UNCROSSED AND YOUR HANDS RESTING QUIETLY ON YOUR HEART.

NOW FOCUS ON SIMPLY THE AIR YOU FEEL STREAMING IN AND OUT OF YOUR BODY. FEEL THE AIR FILL YOUR LUNGS, IN THROUGH THE NOSE. FEEL WITH THE OUT-BREATH ALL OLD AIR LEAVING YOUR BODY, OUT OF THE MOUTH.

ALLOW EVERY THOUGHT THAT MAY COME UP TO SIMPLY PASS THROUGH YOUR SPACE AND LET IT GO, FLOATING AWAY AGAIN.

FOCUS ON YOUR BREATH.

HOLD THE INTENTION OF NEW FRESH AIR = LOVE ENERGY TO STREAM IN AND FILL YOU UP. AND ALL THE OLD, STAGNANT, DENSITY WITHIN YOU LEAVING YOUR BODY. YOU CAN IMAGINE PURE BRIGHT HEAVENLY LIGHT TO STREAM IN WITH THE AIR, FILLING YOU FULLY WITH ABUNDANT LOVE FROM SOURCE, IN EVERY CELL OF YOUR BODY.

THE FOLLOWING AFFIRMATIONS CAN HELP YOU RELEASE WHAT DOES NOT SERVE YOU.

“I RELEASE, I RELEASE, I RELEASE. I RELEASE ALL THAT IS NOT LOVE. I CUT CORDS WITH ALL LOWER ENERGIES. I AM ALWAYS CONNECTED WITH ALL LOVE IS. I AM ONE WITH CREATION AND NEVER ALONE. I AM FLOWING ABUNDANCE. I AM THE LIGHT. I FEEL MY WARMTH. I AM PEACEFUL AND SAFE IN MY HEART. I AM A FREQUENCY MATCH TO PRIME SOURCE”.

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SELF LOVE PRACTICES:

WHAT DOES YOUR INNER DIALOGUE SOUND LIKE?

ARE YOU BEING TOO HARD ON YOURSELF?

WHAT DOES YOUR INNER DIALOGUE SOUND LIKE?

TAKE A MOMENT TO BE STILL. FOR FIVE MINUTES, WRITE DOWN EVERYTHING YOU HEAR INSIDE YOUR HEAD, WHETHER WORDS OR PHRASES. BE HONEST AND ALLOW WHATEVER COMES THROUGH WITHOUT CONTROLLING IT. BASED ON WHAT YOU'VE WRITTEN, CREATE AFFIRMATIONS TO USE WITH THE MIRROR TECHNIQUE. TRANSFORM ANY LOWER VIBRATIONAL WORDS INTO HIGHER ONES.

FOR EXAMPLE, IF YOU WROTE "WORTHLESS", YOU CAN CHANGE IT TO "I AM WORTHINESS". "I AM WORTHY OF ALL LOVE."

YOU CAN ALSO REFER TO DIVINE TRAITS FOR HIGHER VIBRATIONAL, SELF-LOVING WORDS.

REPEAT THE AFFIRMATIONS YOU'VE WRITTEN WHILE LOOKING INTO YOUR EYES AS OFTEN AS YOU FEEL GUIDED. HANG THEM ON YOUR MIRROR, AND WHEN ONE CATCHES YOUR EYE, SPEAK IT OUT LOUD.

THE MOMENT WE BECOME AWARE OF OUR JUDGMENT AND CATCH OURSELVES, WE CAN DETACH AND NOT IDENTIFY WITH THAT PERSPECTIVE. ASK YOURSELF, DO YOU WANT TO BE RIGHT OR HAPPY?

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MISSION LIMITLESS
SELF LOVE PRACTICES:
REST/SLEEP CONSCIOUSLY

BEFORE YOU GO TO SLEEP IT IS RECOMMENDED TO CLEAR YOUR ENERGY, SET UP PROTECTION AND SET INTENTIONS FOR THE NEXT DAY. THE COSMIC EGG CHAMBERS ARE DESIGNED BY YOUR ANGEL HEALING TEAMS FOR YOUR SPECIFIC HEALING NEEDS.

BEFORE YOU GO TO SLEEP:

“I CUT CORDS TO EVERYTHING AND I REATTACH CORDS TO MAGIC, MIRACLES, PURITY, WHOLENESS AND SYNCHRONISTIC EVENTS”.

“I SET MY INTENTION AND ASK MY HIGHER SELF, ANGELS & GUIDES TO ASSIST ME TO SLEEP CONSCIOUSLY. I ASK THAT MY BODY IS PROTECTED, HEALED AND RESTED WHILE I SLEEP AND I AM PLACED IN THE COSMIC GOLDEN EGG CHAMBER. THAT I AM TAKEN TO THE HIGHEST TIMELINE TO BE OF THE GREATEST SERVICE TO ALL OF HUMANITY. I ASK TO BE WOKEN UP WHEN IT IS IN THE HIGHEST. THAT I WAKE UP ENERGISED, FULL OF JOY, UNCONDITIONAL LOVE, LAUGHTER, GRATITUDE AND EXCITEMENT FOR THE DAY. THANK YOU ANGELS”. “I ASK TO VIEW PRIME CREATORS’ RECORDS BEFORE I GO TO SLEEP AND RECEIVE THE DOWNLOADS”.

BRAIN ACTIVATION:

"THANK YOU HIGHER SELF, ANGELS, GALACTIC'S, MOTHER AND FATHER OF ALL CREATION, FOR ALL DIVINE DOWNLOADS, UPGRADES, & CODES. I EMBRACE, ACCEPT AND ALLOW ALL HEALING. I ASK FOR ALL BRAIN UPGRADES, DNA ACTIVATIONS, & HEART HEALING. I COMMAND MY RIGHT BRAIN TO OVERTAKE MY LEFT BRAIN, AND FOR MY BRAIN TO MERGE BACK INTO ONENESS. I COMMAND MY BRAIN TO ACTIVATE ITS FULL USAGE & FULL CONSCIOUSNESS”.

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MISSION LIMITLESS

SELF LOVE PRACTICES:

ASK YOUR ANGELS/GUIDES FOR 3 CONFIRMS

DURING THE PROCESS OF AWAKENING AS YOU RECEIVE INFORMATION, ASK FOR VALIDATION 3 TIMES, YOU WILL ALWAYS GET THIS IF IT IS TRUTH.

IF YOU DO NOT KNOW WHAT TO DO THAT'S OK NOT TO MAKE ANY DECISIONS. STAY OPEN, SURRENDER, ASK FOR CLARITY ON HOW TO PROCEED FOR YOUR HIGHEST GOOD. THE UNIVERSE WILL ALWAYS BRING IT TO YOU.

ASK YOUR ANGELS FOR ASSISTANCE.

PAY ATTENTION, BE AWARE, AND FOLLOW THE SIGNS.

LET GO, CONTINUE ON AND TRUST LOVE NO MATTER WHAT. THIS CAN BE SCARY FOR MANY, BUT IT'S THE TRUTH AND IN REALITY, IT'S GRANDER THAN ANY ILLUSION.

WHEN IN DOUBT AND/OR CONFUSED, ASK YOUR ANGELS. FIRST LET IT GO. IF YOU NEED TO UNDERSTAND, IT'S GOING TO COME BACK TO YOU.

IF IT'S REAL, AND KEEPS COMING BACK, TRUST AND ASK THE ANGELS TO VALIDATE IT. "ANGELS CAN I GET A VALIDATION FOR THIS, THANK YOU".

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MISSION LIMITLESS

SELF LOVE PRACTICES:

BLESSING FOOD & DRINK

WHEN YOU BLESS SOMETHING YOU CHANGE THE ATOMS. YES WE ARE THAT POWERFUL. PURE INTENTION PUT INTO A SUBSTANCE CHANGES THE MOLECULAR STRUCTURE OF SUBSTANCE TO A HIGHER VIBRATION.

BLESS FOOD/DRINK, AND IN THAT, YOU RAISE THE ATOMS TO HIGHER FREQUENCIES.

“I ASK FOR ALL INGREDIENTS TO BE TRANSFORMED INTO THE HIGHEST ORGANIC INGREDIENTS, INFUSED WITH PLASMA RAINBOW LIGHT, HEALING AND JOY”.

“I ASK FOR THIS TO BE TRANSFORMED INTO THE HIGHEST ORGANIC INGREDIENTS THAT ARE HEALING AND HARMONIOUS FOR MY BODY”.

“I INFUSE EVERYTHING WITH PURIFIED DIAMOND EMERALD VIOLET RAINBOW ENERGIES. I CLEAR ALL INORGANIC MATERIAL FROM THE BODY. TO BE REPLACED WITH PURIFIED DIAMOND EMERALD RAINBOW INFUSED PLASMA ENERGY”.

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MISSION LIMITLESS

SELF LOVE PRACTICES: SUN GAZING

THE SUN IS ONE OF OUR MOST POWERFUL HEALING TOOLS. SUN GAZING ASSISTS IN HEALING THE SOLAR PLEXUS AND ACTIVATING OUR DIVINE INTELLIGENCE SYSTEMS.

THE SUN CONTAINS IMPORTANT ACTIVATION CODES THAT ASSIST US TO RISE TO THE FREQUENCY OF LOVE. THIS IS WHERE WE RECEIVE GREAT SOURCES OF OUR ENERGY, INFORMATION AND DOWNLOADS.

YOU CAN SUN GAZE AT ANY TIME OF THE DAY. YOUR EYES WILL NEED TRAINING.

AS THE SUN ENTERS YOUR EYES, IT HELPS TRANSFORM DENSITY WITHIN.

START IN THE MORNINGS OR EVENINGS AND STARE AT THE SUN HOLDING YOUR EYES OPEN, IN SURRENDER TO LOVE AND YOUR HEART.

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MISSION LIMITLESS

SELF LOVE PRACTICES:

PROTECTION TOOL FOR CREATING A SCARED SPACE

THIS TOOL IS VERY EFFECTIVE IN SETTING UP A TUBE OF LIGHT BETWEEN BEINGS SO THEY CAN CONNECT HEART TO HEART, SETTING UP SACRED SPACE AND NONE MAY INTERFERE, INFORMATION CAN BE SHARED AT A HIGHER VIBRATIONAL FREQUENCY, UNDERSTOOD AND ASSIMILATED WITH EASE AND GRACE. THIS CAN BE USED WHEN IN GROUPS, WHEN TWO OR MORE BEINGS COME TOGETHER.

TO DECLARE A SACRED SPACE, SURROUND YOURSELF IN A TUBE OF LIGHT FROM SOURCE. CUT ALL ENERGY CORDS TO AND FROM YOU, GIVE THANKS AND RELEASE THEM. FILL YOURSELF WITH LIGHT, OPEN UP YOUR HEART AND SHINE YOUR LOVE SURROUNDING YOURSELF IN A GOLDEN SHIELD OF UNCONDITIONAL LOVE. BRING IN THE VIOLET RAY TO TRANSMUTE ANY DISCORDANT ENERGY AND STATE TO THE UNIVERSE:

“I AM SOURCE, I AM SOVEREIGN AND I AM FREE. I CUT ENERGETIC CHORDS TO EVERYTHING AND EVERYONE AND I REATTACH ENERGETIC CHORDS TO EVERYTHING THAT IS WHOLE, PURE, TRUE, REAL AND OF LOVE. I SURROUND MYSELF WITH A TUBE OF LIGHT, OPEN UP MY HEART AND SURROUND MYSELF WITH A GOLDEN SHIELD OF UNCONDITIONAL LOVE”.

“I BRING IN THE VIOLET RAY TO TRANSMUTE ANY DISCORDANT ENERGY. I NOW DECLARE SACRED SPACE BETWEEN US, AS WE CONNECT IN OUR HEARTS FOR THE HIGHEST GOOD OF ALL. NONE MAY CROSS AND SO IT IS”.

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MISSION LIMITLESS
SELF LOVE PRACTICES:
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. OIL PULL AS SOON AS YOU WAKE UP TO GET RID OF THOSE TOXINS. 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 5-20 MINUTES, PUSHING IT BETWEEN ALL YOUR TEETH AS WELL.

YOU MAY NEED TO START WITH A SHORTER TIME AND SMALLER AMOUNT IF YOU ARE NOT USED TO IT.

PLEASE DON'T SWALLOW. SPIT WHAT IS IN YOUR MOUTH INTO A BIN AND NOT INTO YOUR BASIN OR SINK AS THIS IS AN OIL AND CAN BLOCK DRAINS. RINSE YOUR MOUTH WITH WARM SALT WATER AND CARRY ON YOUR DAY.

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MISSION LIMITLESS
SELF LOVE PRACTICES:
ONLY MY STATE OF BEING
MATTERS

**“CIRCUMSTANCES DON’T
MATTER, ONLY MY STATE OF
BEING MATTERS”.**

**“CIRCUMSTANCES DON’T
MATTER, ONLY MY STATE OF
BEING MATTERS”.**

**“CIRCUMSTANCES DON’T
MATTER, ONLY MY STATE OF
BEING MATTERS”.**

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MISSION LIMITLESS
SELF LOVE PRACTICES:
FEELING FEAR

**FEELING FEAR (KNOT IN
STOMACH), BREATHE THROUGH
IT.**

**BREATHE IN LOVE, BREATHE OUT
LOVE.**

**I ACCEPT, EMBRACE, ALLOW AND
RELEASE.**

**DENSITY IS COMING UP,
BREATHE, BE PATIENT WITH
YOURSELF AND OTHERS.**

STAY FOCUSSED IN THE PRESENT.

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MISSION LIMITLESS
SELF LOVE PRACTICES:
STAYING PRESENT & SYNCHRONISTIC
EVENTS

SYNCHRONISTIC EVENTS ARE YOUR GUIDEPOSTS THAT LET YOU KNOW YOU ARE IN THE PRESENT MOMENT OF NOW AND THAT YOU ARE FOLLOWING YOUR DESTINY.

THIS IS THE TRUE ALIGNMENT, SEEING THE BIGGER PICTURE AND RECEIVING BLESSINGS, MIRACLES AND MAGICAL SYNCHRONISTIC EVENTS, PEOPLE, PLACES AND THINGS.

ENERGIES ARE FLOWING THROUGH YOU, THESE WILL FLOW IN, THEN YOU INTEGRATE, THEN MORE COMES IN.

THESE ENERGIES WILL BE INCREASING SYNCHRONISTIC EVENTS, JOY, CONNECTIONS AND MORE AWAKENING.

THIS CAN ONLY OCCUR IN THE PRESENT MOMENT OF NOW WHEN THESE ENERGIES ARE COMPLETELY PRESENT WITH YOU. THIS IS WHEN THE TRUE MANIFESTATION OF THE NEW EARTH WILL UNFOLD.

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**SELF LOVE PRACTICES:
STAYING PRESENT**

**“I OPEN MY
AUTOMATIC WING
OPENING DEVICE”.**

**THIS ASSISTS YOU
INTO THE PRESENT
MOMENT OF NOW.**

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SELF LOVE PRACTICES:

THE TEST IN ALL

MOMENTS:

RETURN TO LOVE =

THE PRESENT

MOMENT OF NOW

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**SELF LOVE PRACTICES:
AFFIRMATION FOR
BEING PRESENT**

**“I AM THE LIVING
LIGHT CHAMBER” –
REMOVES ARTIFICIAL
BLOCKS IN THE
RNA/DNA.**

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**SELF LOVE PRACTICES:
BRAIN ACTIVATION**

**THANK YOU HIGHER SELF, ANGELS,
GALACTIC'S & SOURCE FOR ALL DIVINE
DOWNLOADS, UPGRADES, & CODES.
I EMBRACE, ACCEPT AND ALLOW ALL
HEALING. I ASK FOR ALL BRAIN
UPGRADES, DNA ACTIVATIONS, & HEART
HEALING.**

**I ASK THAT ALL HEART/BRAIN IMPLANTS
AND LOCKS ARE REMOVED.**

**I COMMAND MY RIGHT BRAIN TO
OVERTAKE MY LEFT BRAIN, AND FOR MY
BRAIN TO MERGE BACK INTO ONENESS.
I COMMAND MY BRAIN TO ACTIVATE ITS
FULL USAGE & FULL CONSCIOUSNESS.**

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SELF LOVE PRACTICES: FLYING

**THE HEART HAS WINGS, THE
WINGS EXTEND OUT THROUGH
THE SHOULDER BLADES.**

**TO OPEN THE WINGS JUST
IMAGINE YOUR BODY BEING
MADE OF AIR, AND THE WINGS OF
THE HEART OPEN AND YOU ARE
FREE TO FLY.**

**THE ONLY REQUIREMENT TO FLY
IS YOU HAVE TO LET GO OF THE
GROUND AND OPEN YOUR
WINGS.**

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**SELF LOVE PRACTICES:
HOW TO BREAK CYCLES**

**I ACCEPT FULL ACCOUNTABILITY
AND RESPONSIBILITY FOR ALL
MY EXPERIENCES.**

I EMBRACE WHAT HAPPENED.

I ACCEPT WHAT HAPPENED.

**I ALLOW WHAT HAPPENED AND I
MOVE FORWARD.**

**I LOVE MYSELF, I FORGIVE
MYSELF, I FORGIVE THE OTHER
BEING, I LOVE THE OTHER BEING
AND I LET GO.**

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MISSION LIMITLESS

SELF LOVE PRACTICES:

OVER/UNDER

WEIGHT/MENTAL/EMOTIONAL

STRESS

**“I ASK FOR
BODY TEMPLE
OPTIMISM”.**

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MISSION LIMITLESS

**SELF LOVE PRACTICES:
PROJECTING TO OTHERS**

**EGO IS IN PAIN AND PROJECTS PAIN
OUT.**

**IF YOU ARE PROJECTING OUT TO
OTHER PEOPLE, STOP, BE AWARE, GO
LOOK IN THE MIRROR.**

**SAY IT TO YOURSELF SO YOU CAN
DISSOLVE IT.**

THERE IS NO RIGHT OR WRONG.

**FILL YOURSELF WITH HAPPY
THOUGHTS, JOY IS RIGHT ACTION.**

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**SECTION 21:
THE 4 STAGES OF
AWAKENING**

**VOICES FROM PRIME SOURCE
HERSELF.**

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THE 4 STAGES OF AWAKENING

THE STAGES OF AWAKENING CAN OCCUR SIMULTANEOUSLY, IN A NONLINEAR ORDER, AND OFTEN REPEAT AS DEEPER LAYERS OF UNDERSTANDING UNFOLD. THIS PROCESS ENCOMPASSES PHYSICAL, EMOTIONAL, MENTAL, AND SPIRITUAL HEALING.

- **INITIAL LEARNING AND INTEGRATION:** AT THE BEGINNING OF THE JOURNEY, A SIGNIFICANT PORTION INVOLVES LEARNING AND INTEGRATING NEW INFORMATION. THIS STAGE REQUIRES TIME TO ABSORB, FEEL, AND START APPLYING HEALING TOOLS AND PRACTICES.
- **ACTIVE TRANSFORMATION:** IN THIS STAGE, YOU BEGIN MOVING THROUGH DIFFERENT STATES, APPLYING TOOLS AND TECHNIQUES, AND ACTIVELY ENGAGING IN THE ENERGETIC WORK NEEDED TO DISSOLVE OLD PROGRAMMING AND ACTIVATE YOUR HIGHER SELF.
- **DEEPER HEALING AND PARTICIPATION:** AS YOU PROGRESS, YOU REVISIT STAGES, HEALING DEEPER LAYERS OF YOURSELF (LIKE PEELING OFF LAYERS OF AN ONION) AND LETTING GO OF ASPECTS OF YOUR OLD IDENTITY. YOUR ROLE MAY SHIFT TOWARD PARTICIPATION, WHERE YOU PASS ON INFORMATION AND SERVE AS A GUIDE TO OTHERS. THIS LEADS TO MASTERY AND FULFILLING YOUR SOUL CONTRACT.
- **DEATH AND REBIRTH:** AWAKENING INITIATES A DEATH AND REBIRTH PROCESS, OFTEN EXPERIENCED AS THE "DARK NIGHT OF THE SOUL." THIS INVOLVES UNRAVELLING TRUTHS, DISMANTLING ATTACHMENTS, BELIEF SYSTEMS, AND IDENTITIES. WHAT NO LONGER RESONATES WITH YOUR AWAKENED SELF WILL BEGIN TO DISSOLVE, MAKING ROOM FOR TRANSFORMATION.

AS YOU NAVIGATE THIS CHALLENGING SPIRITUAL JOURNEY, YOU WILL FACE TESTS AND CHALLENGES THAT ENCOURAGE YOU TO CONSCIOUSLY CREATE A NEW REALITY. YOU WILL CONTINUE TO ENCOUNTER LESSONS IN THE EXTERNAL WORLD, PROVIDING OPPORTUNITIES TO RESOLVE PAST KARMA AND FURTHER YOUR GROWTH.

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THE 4 STAGES OF AWAKENING

EACH STAGE INVOLVES DIFFERENT ENERGIES, LESSONS, AND AWARENESS. THE STAGES MAY OCCUR SIMULTANEOUSLY OR IN DIFFERENT ORDERS, BUT REMEMBER THAT OUR JOURNEYS ARE ONGOING. ONCE WE REACH A CERTAIN LEVEL OF AWARENESS, OUR TRANSFORMATIONS WILL BECOME MORE ORGANIC, WITH INSIGHTS ARISING FROM WITHIN.

THE FOUR STAGES OF AWAKENING:

PHYSICAL HEALING STAGE

EMOTIONAL HEALING STAGE

MENTAL HEALING STAGE

SPIRITUAL HEALING STAGE

AT THE START, YOU'LL FOCUS ON LEARNING AND INTEGRATING INFORMATION, WHICH TAKES TIME TO ABSORB AND APPLY. AS YOU MOVE THROUGH THE STAGES, YOU'LL APPLY TOOLS AND TECHNIQUES TO DISSOLVE PROGRAMMING AND ACTIVATE YOUR HIGHER SELF. REPEATEDLY MOVING THROUGH THESE STAGES ALLOWS YOU TO HEAL DEEPER LAYERS AND LET GO OF PARTS OF YOUR OLD SELF. THIS SHIFT LEADS TO ACTIVE PARTICIPATION IN THE ASCENSION PROCESS, EVENTUALLY GUIDING YOU TO SELF-MASTERY AND FULFILLING YOUR SOUL CONTRACT.

REGARDLESS OF THE STAGE, THERE IS ALWAYS A DEATH AND REBIRTH PROCESS, OFTEN CALLED THE DARK NIGHT OF THE SOUL. AS YOU AWAKEN, YOUR IDENTITY, ATTACHMENTS, BELIEFS, AND KNOWLEDGE BEGIN TO DISSOLVE. THIS CAN BE PAINFUL BUT IS CRUCIAL TO THE SPIRITUAL JOURNEY. MAKING IT THROUGH THESE CHALLENGES ALLOWS YOU TO CONSCIOUSLY CREATE A NEW REALITY, FACING ONGOING TESTS AND LESSONS TO RESOLVE PAST KARMA AND CONVERGE ALL PAST KARMIC LESSONS INTO THE PRESENT MOMENT.

COMMITMENT TO THE JOURNEY IS ESSENTIAL. EVERYONE HAS A UNIQUE PATH AND LEVEL OF RESPONSIBILITY IN THEIR SOUL CONTRACTS, WHICH MAY INVOLVE SHARING WISDOM, SPREADING LOVE AND KINDNESS, LEADING OTHERS, OR TAKING THE PATH OF A MASTER.

REMEMBER, NOTHING IS PERSONAL. WE ARE ALL INTERCONNECTED THROUGH UNITY CONSCIOUSNESS. LET GO OF TRYING TO "FIGURE IT OUT" WITH THE MIND AND TRUST THE HEART AS YOUR GUIDE. LAUGHTER IS THE BEST MEDICINE, ESPECIALLY DURING CHALLENGING TIMES.

WE ARE ALL ACTORS IN A COSMIC PLAY, AND EVERY ROLE, EVEN THOSE PLAYING DARK OR DEEP SLEEPER ROLES, IS IMPORTANT FOR OUR GROWTH.

THE MORE WE CAN REMAIN NON-ATTACHED AND FOCUS ON INNER CHANGE, THE EASIER THIS TRANSITION WILL BE. THERE IS NO RUSH. BE PATIENT AND GENTLE WITH YOURSELF. EVERYTHING IS PART OF THE DIVINE PLAN, AND THE MORE WE SURRENDER TO IT, THE MORE FULFILLING OUR JOURNEYS WILL BE.

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**PROCESS LOWER EMOTIONS IN 4
BODIES.**

**EMBRACE EVERY EMOTION AND
TRANSMUTE TO THE HIGHER.**

**CHAKRAS HOLD EMOTIONAL
MEMORIES AND ARE BEING REMOVED.**

**THE LOVE WITHIN YOU RECONNECTS
YOUR FEELING CENTRES, FEELINGS ARE
LOVE, LOVE IS CREATION.**

**“I SET MY INTENTION TO HEAL MY
PHYSICAL, EMOTIONAL, MENTAL AND
SPIRITUAL BODIES. TO DISSOLVE ALL
LOWER THOUGHTS AND REALIGN TO
MY HIGHEST TIMELINE”.**

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PHYSICAL HEALING STAGE

THE PHYSICAL HEALING STAGE IS OFTEN THE FIRST STEP IN THE ASCENSION PROCESS BUT CAN REOCCUR AS YOU PROGRESS.

INITIALLY, FOCUS ON ANY PAIN, ILLNESS, OR AILMENT YOUR BODY IS EXPERIENCING. ADDRESSING THESE PHYSICAL ISSUES IS CRUCIAL BECAUSE A DENSE BODY CANNOT ANCHOR HIGHER FREQUENCY ENERGIES UNTIL IT IS CLEARED.

START BY IDENTIFYING THE AREAS OF YOUR BODY THAT ARE EXPERIENCING PAIN OR ILLNESS. EACH BODY PART CORRESPONDS TO ONE OF THE CHAKRAS, AND ISSUES OFTEN ARISE FROM BLOCKED OR DAMAGED CHAKRAS DUE TO TRAUMA, WOUNDING, OR TOXINS. TO TRULY HEAL, IDENTIFY THE ENERGETIC ROOT CAUSE.

AS YOU UNCOVER THESE ENERGETIC ISSUES, INTEGRATE THE EMOTIONAL HEALING STAGE, AS THESE STAGES OFTEN OVERLAP. OUR BODIES ENDURE A LOT DURING ASCENSION, SO IT'S IMPORTANT TO BE NURTURING AND PATIENT.

BASIC ASCENSION TOOLS FOR PHYSICAL HEALING:

- CONSUME ONE SPOONFUL OF COCONUT OIL DAILY
- USE TURMERIC FOR ITS HEALING PROPERTIES
- TRY A GARLIC CLEANSE (7 CLOVES FOR 7 DAYS)
- DRINK WATER THAT HAS BEEN BLESSED
- PRACTICE SUN GAZING
- GROUND YOURSELF BY PLACING YOUR FEET ON THE EARTH DAILY
- ENGAGE IN 45 MINUTES OF MOVEMENT EACH DAY
- PRACTICE DEEP BREATHING (INHALE THROUGH THE NOSE, EXHALE THROUGH THE MOUTH)
- MEDITATE REGULARLY
- TRANSMUTE YOUR FOOD AND DRINKS WITH POSITIVE INTENTION

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PHYSICAL HEALING STAGE

AS YOU UNDERSTAND HOW EMOTIONS AND THOUGHTS AFFECT YOUR BODY, YOU WILL NOTICE THE EFFECTS OF EMOTIONAL WORK AND POSITIVE THINKING. YOUR BODY REFLECTS YOUR CONSCIOUSNESS, AND YOUR FREQUENCY IS YOUR GREATEST HEALING TOOL. FREQUENCIES UNDER 200 ON THE VIBRATIONAL SCALE DRAIN LIFE ENERGY. EMOTIONS LIKE SHAME, GUILT, ANGER, AND FEAR NEED TO BE DISSOLVED AS PART OF YOUR EMOTIONAL HEALING STAGE.

AWARENESS OF WHAT YOU CONSUME IS CRUCIAL.

OPT FOR ORGANIC FOODS, ESPECIALLY FRUITS AND VEGETABLES, WHICH ARE EASILY ABSORBED AND CONVERTED INTO HIGH-FREQUENCY ENERGY. AVOID DIETS OR BELIEFS ABOUT "BAD" FOODS; INSTEAD, PRAY OVER ALL FOOD TO RAISE ITS FREQUENCY.

FOCUS ON ORGANIC AND FRESH FOODS WHILE HEALING, GRADUALLY INTEGRATING OTHER FOODS LATER. AIM TO EAT ORGANIC FRUITS, VEGETABLES, WHOLE GRAINS, FISH, AND RED MEAT. CONTRARY TO SOME BELIEFS, MEAT IS BENEFICIAL, WITH ANIMALS PLAYING A ROLE IN PROVIDING ESSENTIAL NUTRIENTS. RED MEAT, IN PARTICULAR, IS IMPORTANT FOR BRAIN HEALTH AND HEALING.

TUNE INTO YOUR BODY'S NEEDS, DISCERNING WHETHER CRAVINGS ARE EMOTIONAL OR GENUINE. PAY ATTENTION TO HOW YOUR BODY FEELS AFTER EATING. REDUCE SUGAR INTAKE, AS IT IS HARMFUL TO THE BRAIN AND IMMUNE SYSTEM. USE NATURAL RESOURCES LIKE COFFEE AND ORGANIC TOBACCO HEARTFULLY, BLESSING THEM WITH POSITIVE INTENTIONS. AVOID TOXINS FOUND IN PHARMACEUTICALS AND PROCESSED FOODS.

YOUR BODY CAN HEAL ITSELF IF NURTURED PROPERLY. ENGAGE WITH NATURE—SUN GAZING, GROUNDING, MEDITATION, AND CONNECTING WITH PLANTS AND ANIMALS ARE VITAL.

EXPLORE VARIOUS HEALING TOOLS SUCH AS HERBAL REMEDIES, YOGA, QI GONG, CRYSTALS, AND ANIMAL THERAPY TO FIND WHAT WORKS FOR YOU. EACH BODY IS UNIQUE, SO REMAIN OPEN TO TRYING WHAT RESONATES.

UNDERSTAND THAT MANY BELIEFS ABOUT THE BODY ARE OUTDATED. THE HUMAN VESSEL IS A QUANTUM BODY GOVERNED BY DIVINE INTELLIGENCE, BEYOND THE LIMITED UNDERSTANDING OF CONVENTIONAL MEDICINE. THE PHARMACEUTICAL INDUSTRY OFTEN PRIORITIZES PROFIT OVER HEALING, SO BE CAUTIOUS OF PHARMACEUTICAL SOLUTIONS.

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EMOTIONAL HEALING STAGE

THE EMOTIONAL HEALING STAGE OFTEN OVERLAPS WITH OTHER STAGES AND OCCURS IN LAYERS. OUR EMOTIONAL BODIES ARE DAMAGED BY TRAUMA AND CONDITIONING, AND MOST OF US WERE NEVER TAUGHT HOW TO PROCESS AND RELEASE EMOTIONS. AS A RESULT, WE TEND TO SUPPRESS OR CLING TO THEM. THE KEY IS TO NOT TAKE ANYTHING PERSONALLY AND REMAIN NON-ATTACHED TO EMOTIONS.

ALL PHYSICAL ISSUES HAVE AN EMOTIONAL COMPONENT. NEGATIVE EMOTIONS CAN BE INHERITED THROUGH DNA, WHICH IS WHY SOME INFANTS ARE BORN WITH CONDITIONS LIKE ASTHMA OR AUTISM. THESE CAN BE DUE TO INHERITED EMOTIONAL TRAUMAS AND TOXINS PASSED FROM MOTHER TO CHILD.

WORKING THROUGH EMOTIONAL ISSUES IS INTENSE, AND MANY PEOPLE FEEL OVERWHELMED BY THE DEPTH OF THEIR PAIN. THOSE WHO HAVE HURT US PLAY ROLES THAT HELP US HEAL AND RECLAIM OUR POWER. LOWER EMOTIONS STEM FROM PERSONAL ATTACHMENT TO OUR IDENTITIES. EXPERIENCES OF ABUSE, NEGLECT, AND BETRAYAL LEAD TO ANGER, RESENTMENT, GUILT, AND SHAME.

AS SOULS, WE CHOSE TO COME TO EARTH TO HEAL COLLECTIVE KARMA. LIFE IS LIKE A DRAMA, AND ALL OF HUMANITY IS WOUNDED, PASSING ON THESE WOUNDS TO FUTURE GENERATIONS. THERE IS NO BLAME, ONLY A RESPONSIBILITY TO HEAL AS PART OF ASCENSION.

UNPACKING LAYERS OF TRAUMA IS CHALLENGING, ESPECIALLY SINCE MANY STEM FROM CHILDHOOD. CHILDREN DEVELOP EMOTIONAL BODIES BETWEEN AGES 7-14, SHOWING TRAUMA THROUGH BEHAVIOURS LIKE ANGER AND REBELLION. THEY AREN'T TAUGHT HOW TO EXPRESS OR HEAL THESE FEELINGS, SO EMOTIONS ARE STORED.

CONSCIOUSLY UNRAVELLING THESE WOUNDS ALLOWS THEM TO RELEASE. MANY AVOID THIS BECAUSE THE EMOTIONS ARE OVERWHELMING, BUT THIS IS DUE TO JUDGMENT AND ANCESTRAL FEAR. WE OFTEN USE EXTERNAL THINGS LIKE POSSESSIONS, MONEY, OR RELATIONSHIPS TO FILL EMOTIONAL VOIDS.

SOME PEOPLE GET STUCK IN THEIR TRAUMAS, HOLDING ONTO THEM DESPITE THERAPY. THIS HAPPENS WHEN THEY FOCUS TOO MUCH ON THE STORY RATHER THAN VIEWING THEM AS EXPERIENCES TO RELEASE. THE KEY IS TO KEEP GOING EVEN WHEN EMOTIONS ARE PAINFUL, USING TOOLS LIKE DEEP BREATHING, NON-ATTACHMENT, AND FORGIVENESS.

EXPRESS EMOTIONS SAFELY, WHETHER THROUGH CRYING, SCREAMING, OR OTHER MEANS. REMEMBER, NOTHING IS PERSONAL. EVERYTHING IS ENERGY. WE ARE HERE TO TRANSFORM THESE EXPERIENCES FOR THE COLLECTIVE. FIND COMPASSION AND FORGIVENESS FOR THOSE WHO HAVE HURT YOU, AS THEY ARE ALSO WOUNDED. FORGIVENESS CEREMONIES, LIKE WRITING DOWN GRIEVANCES AND BURNING THEM, CAN HELP END KARMIC CYCLES.

GRIEF IS ANOTHER EMOTION THAT NEEDS RELEASING. ALLOW YOURSELF TO GO THROUGH THE STAGES OF GRIEF, ACCEPTING EMOTIONS LIKE ANGER OR DESPAIR. TRYING TO CHANGE HOW WE FEEL ONLY CREATES RESISTANCE. ACCEPTANCE CAN RELEASE ENERGY.

JOURNALING AND AUTOMATIC WRITING ARE USEFUL TOOLS FOR PROCESSING THOUGHTS AND FEELINGS. FOCUS ON INNER STILLNESS THROUGH MEDITATION TO FIND PEACE. IF YOU STRUGGLE WITH STILLNESS, IT MAY INDICATE EMOTIONAL DAMAGE. KEEP PRACTICING, AND HEALING WILL FOLLOW.

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EMOTIONAL HEALING STAGE

TOOLS FOR EMOTIONAL HEALING:

CANDLES, INCENSE, AND SAGE

CRYSTALS

JOURNALING

ACTIVITIES THAT BRING JOY AND PEACE

STILLNESS AND MEDITATION

DEEP BREATHING

MUSIC

CREATIVITY

FOODS THAT BRING JOY

WATER THERAPY (SHOWERS, POOLS, OCEANS)

SACRED TOOLS LIKE MARIJUANA

INNER CHILD PLAY

ADDITIONAL INSIGHTS:

ALLOW YOURSELF TO FEEL, ACCEPT, EMBRACE, AND RELEASE EMOTIONS.

SHADOWS OF EMOTIONS ARE OBSTACLES TO UNCONDITIONAL LOVE, AWAKENING INTUITION, AND DEVELOPING COMPASSION.

EMOTIONS AND MEMORIES ARE DENSE THOUGHTS THAT NEED TO BE RELEASED FROM ALL CHAKRAS TO DISSOLVE SHADOWS AND PROMOTE UNCONDITIONAL LOVE.

UNPROCESSED EMOTIONS CAUSE STAGNANT ENERGY, LEADING TO DISEASE, ILLNESS, AND PAIN. SPEND 15 MINUTES DAILY ON JOURNALING AND REFLECTION.

MASTER YOUR EMOTIONS BY CHOOSING TO TRANSMUTE THEM AND PRACTICING NON-ATTACHMENT.

UNDERSTAND THAT EMOTIONS ARE ENERGY IN MOTION. BY FEELING THEM, YOU ALLOW THEM TO PASS THROUGH AND RELEASE.

USE SELF-CARE PRACTICES TO PROCESS EMOTIONS, ENSURING YOU FEEL, PROCESS, AND RELEASE THEM RATHER THAN REACTING TO TRIGGERS.

RECOGNIZE THAT LOWER EMOTIONS STEM FROM ATTACHMENT, AND PRACTICE LETTING GO.

FOCUS ON BREATHING, FORGIVENESS, AND EMBRACING EMOTIONS TO TRANSFORM THEM TO A HIGHER STATE.

EVERYTHING OUTSIDE THE PRESENT MOMENT CAN CAUSE ATTACHMENT. LET GO OF WHAT IS NOT REAL OR TRUE TO HEAL.

TRIGGERS ARE OPPORTUNITIES TO HEAL AND TRANSFORM; EMBRACE THEM AS PART OF YOUR JOURNEY.

BY LEARNING NOT TO TAKE THINGS PERSONALLY AND NOT ATTACHING TO EMOTIONS, YOU STOP REACTING AND BLAMING OTHERS, ALLOWING FOR HEALING AND TRANSFORMATION.

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MENTAL HEALING STAGE

FOR MANY, THE MENTAL HEALING STAGE COMES AFTER PHYSICAL AND EMOTIONAL HEALING BEGINS. HOWEVER, IF YOU STRUGGLE WITH MENTAL HEALTH ISSUES, THIS MIGHT BE ONE OF THE FIRST STAGES YOU ENCOUNTER. A DAMAGED MENTAL BODY CAN CAUSE ANXIETY, DEPRESSION, FEARS, PARANOIA, THOUGHT LOOPS, AND NEGATIVE PERCEPTIONS. SYMPTOMS LIKE FREQUENT HEADACHES, MIGRAINES, EYE PRESSURE, AND ANXIETY INDICATE STRESS AND DENSITY IN THE MENTAL BODY.

THE MENTAL HEALING STAGE CAN BE CHALLENGING BECAUSE WE ARE DEEPLY ROOTED IN THE EGO MIND AND CONDITIONED TO ATTACH TO OUR THOUGHTS. IN THIS STAGE, WE FOCUS ON DEPROGRAMMING LOWER THOUGHT SYSTEMS – THOUGHTS THAT DON'T BRING JOY OR INSPIRATION. THIS PHASE INVOLVES UNDERSTANDING EGO PROGRAMMING AND ITS EFFECTS ON THOUGHTS AND ACTIONS.

THE EGO IS BASED ON BELIEF SYSTEMS, WHICH ARE ILLUSIONARY THOUGHTS WE MISTAKENLY ACCEPT AS TRUTH. THESE BELIEFS SHAPE OUR PERSPECTIVE OF THE WORLD.

ALL LOWER THOUGHTS STEM FROM FEAR, WHICH IS THE ROOT OF ALL PAIN AND SUFFERING, AND THEY MANIFEST THROUGH DIFFERENT EGO-DRIVEN PROGRAMS.

WHEN THE MENTAL BODY IS FRAGMENTED OR BLOCKED, IT LEADS TO DISTORTED THOUGHTS AND PERCEPTIONS, SUCH AS JUDGMENTS, OPINIONS, AND MENTAL ANXIETY.

THIS IS EVIDENT IN THE COLLECTIVE RISE OF MENTAL ILLNESS, WHICH REFLECTS A SEVERELY DAMAGED OR IMBALANCED MENTAL STATE. ESSENTIALLY, ALL OF HUMANITY STRUGGLES WITH MENTAL IMBALANCE BECAUSE WE LIVE IN THE MIND.

IT'S IMPORTANT TO DISTINGUISH BETWEEN THE BRAIN AND THE MIND. THE BRAIN IS AN ORGAN CRUCIAL FOR DIVINE INTELLIGENCE, INTUITION, AND CREATIVITY. THE MIND, HOWEVER, IS LIKE A PROGRAM OR VIRUS THAT HIJACKS THE BRAIN'S FUNCTIONS.

THE FORCES OF DARKNESS HAVE AIMED TO ENSURE HUMANITY'S MENTAL IMBALANCE, USING TOXINS IN OUR WATER, AIR, FOOD, AND MEDICINE TO DAMAGE THE BRAIN FURTHER.

AS YOU DISSOLVE THE MIND'S PROGRAMMING, YOUR BRAIN STARTS ACTIVATING DORMANT PARTS, ESPECIALLY THE RIGHT BRAIN, WHICH CONNECTS US TO SOURCE, DIVINE

INTUITION, AND GOD CONSCIOUSNESS (THE FEMININE ASPECT). THE LEFT BRAIN, THE MASCULINE ASPECT, HAS BEEN DOMINATED BY THE MIND, FOCUSING ON LOGIC AND REASONING. WHILE NOT INHERENTLY BAD, WITHOUT THE RIGHT BRAIN'S BALANCE, THESE TRAITS BECOME DESTRUCTIVE.

CURRENTLY, THE LEFT BRAIN PREDOMINATES BECAUSE THE RIGHT BRAIN IS MOSTLY INACTIVE. IN A 5D REALITY, WE WOULD USE OUR ENTIRE BRAIN. OVER RELIANCE ON LOGIC LEADS TO SEEING THE WORLD IN DUALITIES – BLACK AND WHITE, RIGHT AND WRONG, WHICH DOESN'T ALIGN WITH THE UNIVERSE'S TRUE NATURE. WHEN WE JUDGE THINGS AS GOOD OR BAD, WE'RE IN THE MIND.

A CLEAR MENTAL BODY HOLDS NO JUDGMENTS OR OPINIONS, RECOGNIZING THAT ALL WISDOM LIES IN THE HEART. IT SEES EVERYTHING AS PART OF A DIVINE PLAN, ALLOWING ONLY DIVINE THOUGHTS, WHICH CREATES A DIFFERENT REALITY.

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MENTAL HEALING STAGE

TO HEAL THE MENTAL BODY, USE THE MANTRA “I DON’T KNOW ANYTHING” TO HELP DISMISS FALSE THOUGHTS. CUT CORDS WITH LOWER THOUGHTS AND REPLACE THEM WITH AFFIRMATIONS LIKE “I AM LOVE,” AND “I AM WORTHY.” DISCIPLINE WITH SPIRITUAL TOOLS IS CRUCIAL DURING THIS PHASE.

TOOLS FOR MENTAL HEALING:

- **CUTTING CORDS: CUT ENERGETIC TIES WITH LOWER THOUGHTS AND EVENTS. REATTACH TO LOVE AND PURITY.**
- **MIRROR AFFIRMATIONS: USE 20 OF YOUR FAVOURITE “I AM” AFFIRMATIONS DAILY.**
- **MEDITATION: PRACTICE STILLNESS AND AVOID THOUGHTS.**
- **AVOID ASSUMPTIONS: SEE THE HIGHER PERSPECTIVE IN ALL THINGS.**
- **ACTIVATE THE RIGHT BRAIN: FOCUS ON VISUALIZATION.**
- **SEEK GUIDANCE: ASK YOUR ANGELS FOR CONFIRMATIONS AND SYNCHRONICITIES.**

SUMMARY:

- **A DAMAGED MENTAL BODY RESULTS IN ANXIETY, DEPRESSION, FEAR, PARANOIA, AND THOUGHT LOOPS.**
- **HEALING INVOLVES DEPROGRAMMING LOWER THOUGHT SYSTEMS AND UNDERSTANDING EGO PROGRAMMING.**
- **THE EGO IS BASED ON BELIEF SYSTEMS – ILLUSIONARY THOUGHTS WE BELIEVE TO BE TRUE.**
- **A CLEAR MENTAL BODY HOLDS NO JUDGMENTS OR OPINIONS AND RECOGNIZES WISDOM LIES IN THE HEART.**
- **USE TOOLS LIKE CUTTING CORDS, AFFIRMATIONS, INNER CHILD HEALING AND MEDITATION TO HEAL THE MENTAL BODY AND CREATE A DIFFERENT REALITY.**

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SPIRITUAL HEALING STAGE

THIS STAGE USUALLY OCCURS AFTER THE MENTAL BODY HAS HEALED. IF THE MENTAL BODY IS STILL DAMAGED, IT CAN BE DIFFICULT TO CONNECT TO YOUR HEART AND FEEL THE TRUTHS OF HIGHER CONSCIOUSNESS. TRYING TO UNDERSTAND SPIRITUALITY AND ENERGY WITH AN UNHEALED MENTAL BODY CAN LEAD TO SPIRITUAL OR SUPER EGO. THE BIGGEST OBSTACLES TO SPIRITUAL HEALING ARE RELIGIOUS BELIEF SYSTEMS AND OUR DEEP SENSE OF SEPARATION FROM GOD OR THE DIVINE MOTHER. ALL HUMANS EXPERIENCE A WOUND OF SEPARATION FROM SOURCE BECAUSE, WHEN WE ENTER THE PHYSICAL WORLD, WE FORGET THAT WE ARE ALL PARTS OF SOURCE. WE ARE THEN INFLUENCED BY RELIGIOUS BELIEFS, WHICH THE DARK INTENTIONALLY DISTORTED BY EMPHASIZING AN EXTERNAL, MASCULINE GOD AND OMITTING THE FEMININE ASPECT—THE MOTHER, WHO IS THE CREATOR AND BRINGER OF LIFE. THIS CREATES A SPIRITUAL IMBALANCE, LEAVING MANY WITH SPIRITUAL WOUNDS DESPITE FINDING CONNECTION THROUGH RELIGION.

DURING THIS PHASE, LET GO OF PRECONCEIVED NOTIONS ABOUT GOD AND CONNECT WITH THE MOTHER ASPECT, OR MOTHER GOD. IF THIS TRIGGERS DISCOMFORT, REFLECT ON ANY MOTHER/FEMININE WOUNDS YOU HAVE OR ANY SUPPRESSION OF YOUR INNER FEMININE. THIS REFLECTION HELPS HEAL THE SEPARATION FROM GOD AND BRINGS BALANCE.

REFLECT ON INTERNAL BALANCE BETWEEN MASCULINE AND FEMININE ENERGIES. DIVINE FEMININE ARE 51% FEMININE AND 49% MASCULINE ENERGY. MASCULINE ARE 51% MASCULINE AND 49% FEMININE ENERGY. THE FEMININE INCLUDES UNCONDITIONAL LOVE, RECEIVING, INTUITION, COMPASSION, CREATIVITY AND RECEPTIVITY, WHILE THE MASCULINE INVOLVES COURAGE, INTEGRITY, DISCIPLINE, AND ACTION. FOCUS ON STRENGTHENING THE ASPECTS YOU LACK TO ACHIEVE INNER BALANCE.

IN THIS STAGE, YOU MAY START UNDERSTANDING YOUR PURPOSE ON EARTH, RECEIVING INSIGHTS AND CONNECTIONS TO YOUR ANGELS THROUGH SYNCHRONICITIES AND MESSAGES. THIS ACTIVATION OF THE HIGHER SELF IS BEST EXPLORED THROUGH AUTOMATIC WRITING. SIT QUIETLY, CLEAR YOUR MIND, AND ASK YOUR ANGELS OR HIGHER SELF FOR WISDOM. WRITE WHATEVER COMES TO YOU WITHOUT SECOND-GUESSING. TRUST THAT THESE MESSAGES ARE MEANT FOR YOU, AND CONNECT WITH SOURCE OR THE MOTHER FOR FURTHER GUIDANCE.

SPIRITUAL DISCIPLINES ARE CRUCIAL AS YOUR SPIRITUAL BODY HEALS AND YOU INTEGRATE LOST SOUL FRAGMENTS. YOU MAY EXPERIENCE FLASHBACKS OF PAST LIVES OR FEEL NEW ENERGIES. TO PREVENT SPIRITUAL EGO, WRITE DOWN THESE EXPERIENCES AND THEN LET THEM GO. IF THOUGHTS RECUR THREE TIMES OR YOU RECEIVE THREE CONFIRMATIONS, THEY ARE LIKELY SIGNIFICANT. AVOID ATTACHING TO PAST IDENTITIES; FOCUS ON INTEGRATING THESE PIECES INTO YOUR CURRENT SELF.

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SPIRITUAL HEALING STAGE

BEWARE OF LIGHTWORKER SYNDROME, THE BELIEF THAT ACCESSING HIGHER CONSCIOUSNESS MAKES YOU SUPERIOR. REMEMBER, EVERYONE'S EVOLUTION IS ONGOING. THE SPIRITUAL HEALING STAGE IS CONTINUOUS, MARKED BY NEW INSIGHTS AND AWARENESS. DON'T ATTACH TO INFORMATION DURING THIS PHASE. YOU MAY FEEL CALLED TO SERVE OTHERS, IDENTIFYING AND SHARING YOUR GIFTS WITH THE WORLD. DETACH FROM NEEDING VALIDATION OR EXTERNAL GUIDANCE, TRUST YOUR HEART, AND FOLLOW YOUR INTUITION. DEVELOPING A CLOSER RELATIONSHIP WITH SOURCE AND YOUR HIGHER SELF WILL GUIDE YOU ON YOUR PATH. TRUST THE DIVINE PLAN AND BE OPEN TO CHANGE, WHETHER THAT INVOLVES LEAVING JOBS, RELATIONSHIPS, OR LIVING SITUATIONS FOR GREATER GROWTH.

SPIRITUAL WELLNESS PRACTICES:

- **GRATITUDE AND REFLECTION: DAILY PRACTICES THAT CONNECT YOU TO YOUR INNER SELF.**
- **MEDITATION AND PRAYER: REGULAR MEDITATION HELPS MAINTAIN SPIRITUAL BALANCE.**
- **AFFIRMATIONS: USE DAILY "I AM" AFFIRMATIONS.**
- **GROUNDING AND SUN GAZING: THESE ACTIVITIES HELP MAINTAIN CONNECTION TO SOURCE.**
- **AUTOMATIC WRITING: USE THIS TOOL TO CONNECT WITH YOUR HIGHER SELF AND SOURCE.**

SUMMARY:

- **SPIRITUAL HEALING OCCURS AFTER MENTAL HEALING, AS AN UNHEALED MIND CAN'T CONNECT TO HIGHER CONSCIOUSNESS.**
- **RELIGIOUS BELIEFS AND SEPARATION FROM GOD ARE MAJOR BLOCKS.**
- **LET GO OF PRECONCEIVED IDEAS ABOUT GOD AND CONNECT WITH THE MOTHER ASPECT.**
- **REFLECT ON INTERNAL BALANCE BETWEEN MASCULINE AND FEMININE ENERGIES.**
- **USE AUTOMATIC WRITING TO RECEIVE GUIDANCE FROM YOUR HIGHER SELF AND ANGELS.**
- **BE WARY OF SPIRITUAL EGO AND LIGHTWORKER SYNDROME; FOCUS ON SERVICE AND PERSONAL GROWTH.**
- **TRUST YOURSELF, SOURCE, AND THE DIVINE PLAN FOR GUIDANCE.**

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ASCENSION PROTOCOLS

PHYSICAL HEALING	EMOTIONAL HEALING	MENTAL HEALING	SPIRITUAL HEALING
<ul style="list-style-type: none">• PARASITE CLEANSING• TINCTURE/SUPPLEMENT• CANDIDA CLEANSING• TINCTURE/SUPPLEMENT• -CUT OUT YEAST + SUGAR• FASTING 72 HOURS• GARLIC CLEANSE• COCONUT OIL PULLING• BLESSED WATER• GROUNDING• SUNLIGHT• MOVEMENT• COLD SHOWERS	<ul style="list-style-type: none">• ALLOW ALL FEELINGS TO COME UP + OUT• TAKE ACCOUNTABILITY + DISSOLVE VICTIM/TAKING IT PERSONAL• MASTERING CONTROL DRAMAS• MASTERING TRIGGERS + EMOTIONAL REACTIONS• MASTERING THE VIBRATIONAL SCALE• BREATHE WORK• FORGIVENESS CEREMONIES• JOURNALING• 4 AGREEMENTS	<ul style="list-style-type: none">• EGO DEATH WORK + EGO DEATH CEREMONIES• HEALING THE NERVOUS SYSTEM FROM FIGHT OR FLIGHT• DISSOLVING FEAR THROUGH TRUST• CUTTING CHORDS• I AM AFFIRMATIONS• STILLNESS• HIGHER THOUGHT• SOLITUDE	<ul style="list-style-type: none">• CLEANSING THE AURIC FIELD• -SAGE• SHOWERS/BATHS• VIOLET FLAME• RAINBOW BUBBLE• SHIELDING• SPIRITUAL DISCIPLINES• PRAYER• AUTOMATIC WRITING• CEREMONIES

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TOOLS FOR THE CRYSTALLINE PROCESS

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 72 HOURS: WATER WITH LEMON, JUICES + TEAS MAY BE INCORPORATED

SLEEP: CUTTING SLEEP DOWN 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 MIN OF 30 DAYS.

GARLIC CLEANSE: 1 CLOVE PER DAY X 7 DAYS HELPS CLEANSE THE BODY OF TOXINS AND CHEMICAL

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.

THE BEST TOOLS FOR DETOXING THE EMOTIONAL BODY AND SACRAL CHAKRA ARE 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 + STABILIZE INTO YOUR OWN ENERGY FIELD.

CRAVINGS/URGES: COMPULSIVE BEHAVIOUR 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 + 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, AS WELL AS ANY PAST EMOTIONS THAT MUST BE EXPRESSED.

CEREMONIES: CEREMONIES FOR RELEASING, PURGING, FORGIVENESS, ETC, ARE VERY HELPFUL WITH EMOTIONAL RELEASES.

SOLITUDE: IT IS HIGHLY RECOMMENDED TO SPENT MOMENTS IN PURE SOLITUDE FOR HOURS, DAYS OR WEEKS, SPENDING MOMENTS IN SILENCE + MEDITATION.

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TOOLS FOR THE CRYSTALLINE PROCESS

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 + SPENDING TIME IN THE SUN HELPS PURGE OUR SOLAR PLEXUS AND ACTIVATE OUR DIVINE INTELLIGENCE SYSTEMS.

I AM AFFIRMATIONS: THESE HELP RE-WIRE THE SOLAR PLEXUS INTO EMPOWERMENT RATHER THAN CO-DEPENDENCY.

PARASITE CLEANSSES: THESE ARE RECOMMENDED FOR THOSE WHO HAVE GUT ISSUES THAT REQUIRE CLEANSING.

EGO DEATH CEREMONIES: THESE CEREMONIES SPEED UP THE PROCESS OF EGO DEATH AND THUS RETURN EMPOWERMENT TO THE SOLAR PLEXUS.

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. ONE RECOMMENDATION IS TO GO CAMPING! THIS TENDS TO BE THE MOST UNCOMFORTABLE EXPERIENCE FOR THE EGO, BUT IS ALSO THE MOST TRANSFORMATIONAL.

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ALL CONTENT IS FROM MOTHER OF ALL
CREATION.

THANK YOU FOR SHARING WITH OTHERS,
KEEPING YOUR HEARTS OPEN, STAYING PRESENT
AND CHOOSING LOVE.

WE ARE THE ONES WE HAVE BEEN WAITING FOR
AND WE ARE BEING THE CHANGE WE WISH TO
SEE! LOVE IN ACTION.

WE ARE CO-CREATING HEAVEN ON EARTH
TOGETHER, A WORLD WHERE ONLY LOVE EXISTS.
LOVE HAS WON. TOGETHER WE ARE VICTORIOUS.
AWARENESS, TOOLS & RESOURCES TO ASSIST ON
YOUR AWAKENING JOURNEY -
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WE ARE DONATION BASED. THANK FOR YOU
SHARING -
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CHOOSE LOVE IN EVERY MOMENT THEN LOVE
BECOMES THE ONLY REALITY AND EXPERIENCE.
YOU ARE MADE OF LOVE. BE LOVE, CHOOSE LOVE,
SAY LOVE. "I CHOOSE LOVE EVERY MOMENT".

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