

MISSION LIMITLESS

AWAKENING 101: SHORT GUIDE

HIGHEST TRUTH & TOOLS 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 = 5D.
VOICES FROM PRIME SOURCE
HERSELF.

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**SECTION 1:
AWAKENING & THE ASCENSION.**

**SECTION 2:
SELF LOVE PRACTICES TO GET INTO
THE PRESENT MOMENT OF NOW =
LOVE EVERYWHERE PRESENT = 5D**

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SELF LOVE TOOLS TO GET INTO THE
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EVERYWHERE PRESENT = 5D**

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PRINCIPLES**

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**SECTION 1:
AWAKENING &
THE ASCENSION
101**

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AWAKENING = LOVE EVERYWHERE PRESENT:

THIS A FULL PLANETARY ASCENSION, BRINGING HUMANITY HOME INTO LOVE AND CO-CREATING A NEW EARTH OF TRUE JOY, LOVE, HONOR, RESPECT, TRUTH, FREEDOM, ONENESS, EQUALITY, AND ABUNDANCE FOR ALL.

AWAKENING = REMEMBERING ONLY LOVE EXISTS.

AWAKENING EQUALS ASCENSION.

UNCONSCIOUSNESS (3D) TO FULL CONSCIOUSNESS (5D AND BEYOND).

FROM FEAR TO LOVE. FROM THE HEAD TO THE HEART.

3D: FEAR, ILLUSION, THE DREAM, SEPARATION, UNCONSCIOUSNESS.

4D: THE VOID. MENTAL & EMOTIONAL DUALITY.

5D: LOVE, FULL CONSCIOUSNESS, TRUE REALITY, UNITY, ONENESS.

5D EQUALS PRESENT MOMENT OF NOW EQUALS LOVE EVERYWHERE PRESENT.

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SELF LOVE IS THE ANSWER:

**ONLY THROUGH SELF LOVE IS
THERE TRUE HEALING.**

**NO ONE IS COMING TO SAVE YOU
OR DO THIS FOR YOU.**

**NOTHING REAL AND TRUE EXISTS
OUTSIDE OF SELF.**

**LOVE COMES FROM WITHIN,
EXPRESSED OUTWARDLY.**

**LOVING THYSELF OPENS THE
DOOR INTO 5D EQUALS PRESENT
MOMENT EQUALS LOVE
EVERYWHERE PRESENT.**

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WHAT IT TAKES:

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.

IT TAKES SURRENDER, LETTING GO OF ALL OUTSIDE ATTACHMENTS THROUGH DISSOLVING ALL BELIEF SYSTEMS AND SIMPLY BEING PRESENT IN LOVE. LOVE IS THEN FREE TO CREATE.

IT REQUIRES A CONSTANT CHOICE, THROUGH CHOOSING LOVE IN EVERY MOMENT. AND A CONSTANT RELEASE OR LETTING GO IN EVERY MOMENT, CONSISTENTLY, TO CONTINUE FORWARD.

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EVERYTHING IS ENERGY:

LOVE IS THE HIGHEST UNDERSTANDING OF ENERGY.

ALL ENERGY IS LOVE. YOU, HUMANITY, ALL OF CREATION IS PURE CONSCIOUSNESS ENERGY = UNCONDITIONAL LOVE. LOVE IS THE MOST POWERFUL ENERGY IN ALL OF CREATION AND COMES FROM WITHIN, EXPRESSED OUTWARDLY.

LOVING THYSELF = LOVE EVERYWHERE PRESENT = 5D.

THE UNKNOWN, ALSO CALLED THE PRESENT MOMENT OF NOW, IS WHERE THE ENERGY OF CREATION AND THE ENERGY OF LOVE COME TOGETHER TO CREATE MORE JOY AND HAPPINESS.

LIKE ENERGY ATTRACTS LIKE ENERGY. EVERY MOMENT THAT YOU CHOOSE LOVE, LOVE CHOOSES YOU. THIS IS TRUE MANIFESTATION AND MIRACLES.

ONCE YOU UNDERSTAND EVERYTHING IS JUST ENERGY, ALL FEELING, THEN YOU CAN MOVE INTO THE HIGHER VELOCITY LIGHT UNDERSTANDINGS. AND BEGIN UTILIZING YOUR ENERGY IN CREATION, WHICH EXPANDS AND BECOMES GRANDER.

LOVE IS THE ONENESS OF THE ALL, WHERE ONLY LOVE EXISTS.

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**THE ONLY TRUE
REALITY THERE IS:**

**LOVE
EVERYWHERE
PRESENT.**

**EVERYTHING ELSE
IS ILLUSION.**

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3D = EVERYTHING LOVE IS NOT:

3D: FEAR, ILLUSION PROGRAM, THE MATRIX, THE MIND, UNCONSCIOUSNESS, DARKNESS, SEPARATION, DUALITY.

EGO PROGRAM MIND = LOWER THOUGHTS, ILLUSIONARY BELIEF SYSTEMS ABOUT SELF TO TAKE AWAY JOY, PAST MEMORIES + EMOTIONS, WOUNDING, TRAUMA, PAIN, SUFFERING, LESSONS.

NOTHING IS REAL IN 3D.

OUR CONTRACT TO BREAK FREE OF ILLUSION. THE MIND IS THE PROGRAMMING EQUAS ILLUSION (THE SOURCE OF ALL FEAR, PAIN AND SUFFERING OF HUMANITY).

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4D = THE VOID – MENTAL AND EMOTIONAL DUALITY:

TO WALK ACROSS THE BRIDGE TO 5D, ALL YOU HAVE TO CHOOSE TO BE, IS LOVE AND SAY "I CHOOSE LOVE IN EVERY MOMENT".

4D = MENTAL AND EMOTIONAL DUALITY. DENSE THOUGHTS = MEMORIES AND EMOTIONS. ALL MUST BE RELEASED FROM CHAKRAS (ENERGY CENTRES THE BODY).

TO BE FREE FROM THE ILLUSION, ONE MUST SURRENDER AND LET GO TO GET INTO THE PRESENT MOMENT OF NOW, WHERE ALL LOVE IS.

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 LIFE. 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 = NATURAL STATE OF BEING.

ILLUSION OF SEPARATION = UNCONSCIOUSNESS. SIMPLY LET EVERYTHING GO, ONLY THAT WHICH IS REAL AND TRUE CAN REMAIN.

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'S REALLY THIS SIMPLE.

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

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

LOVING SELF FIRST OPENS THE DOORS TO ALL DOORS.

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5D = PRESENT MOMENT OF NOW = LOVE EVERYWHERE PRESENT

5D EQUALS PRESENT MOMENT OF NOW, LOVE EVERYWHERE PRESENT, THE HIGHER GRID, TRUE REALITY, UNITY, FULL CONSCIOUSNESS, ONENESS. FEELINGS OF JOY AND LOVE.

THE ONLY TRUE REALITY THERE IS EQUALS LOVE EVERYWHERE PRESENT. EVERYTHING ELSE IS ILLUSION.

FULL CONSCIOUSNESS EQUALS PRESENT MOMENT OF NOW.

HEART/BRAIN CONNECTION EQUALS TRUE DIVINE CONNECTION.

THE RIGHT BRAIN IS THE CONNECTION TO LOVE, HIGHER THOUGHT = ALL POSSIBILITIES.

TRUE REALITY EQUALS NO PAST/FUTURE EQUALS PRESENT MOMENT OF NOW.

HOW TO MOVE FROM 3D TO 5D:

SELF LOVE, TRANSFORM FROM THE INSIDE. GRACE AND FORGIVENESS OF SELF AND ALL SELVES. ALL PROGRAMMING MUST BE RELEASED AND REMEMBER YOU ARE LOVE.

RELEASE ALL DRAMAS, TRAUMA BY FULLY FEELING AND LETTING GO. MOVE INTO REAL REALITY AND THE REAL TRUTH.

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 ELSE NOT IN THE PRESENT MOMENT OF NOW.

FACE THESE THINGS. STEP INTO REAL REALITY AND TAKE BACK YOUR LIGHT AND TRUE POWER.

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**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.**

**AS UNCONSCIOUSNESS DISSOLVES, THE SPACE IS THEN
OPEN FOR LOVE TO POUR IN GRANDER AMOUNTS OF
JOY TO BE EXPERIENCED.**

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

**IT'S SO SIMPLE, 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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**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, YOU ARE
ABLE TO TRANSFORM ALL LOWER
ENERGY AKA EGO OR
UNCONSCIOUSNESS INTO THE
HIGHEST FORM OF ENERGY, AND
CONNECT INTO THE ONENESS YOU ARE
EQUALS FULL CONSCIOUSNESS
EQUALS LOVE EVERYWHERE PRESENT
EQUALS PRESENT MOMENT OF NOW
EQUALS 5D.**

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**THE ONLY ACTION IS
THAT OF LOVE IN
ACTION. THIS REQUIRES
YOU CHOOSING LOVE IN
EVERY MOMENT.**

**THE ENERGY OF LOVE IN
ACTION PRODUCES
MORE ENERGY OF LOVE,
WHICH IS THE REAL
ENERGY.**

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**5D EQUALS PRESENT MOMENT
OF NOW EQUALS FEELINGS
EQUALS LOVE EVERYWHERE
PRESENT.**

**FEELINGS ONLY EXIST IN THE
PRESENT. FEELINGS ARE THE
ONLY EXPERIENCE OF LOVE
EQUALS JOY.**

**TRUE FEELINGS ARE ALL
HIGHER THOUGHTS OF LOVE.
JOY IS OUR NATURAL STATE OF
BEING.**

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3D = EGO = DISCONNECTION FROM SELF

KNOW THE EGO IS NOT THE TRUE BEING. EGO IS UNCONSCIOUSNESS, THAT IS DISCONNECTED TO TRUE REALITY, DISCONNECTION FROM SOURCE.

UNCONSCIOUSNESS IS THE ILLUSION THAT EACH OF US ARE SEPARATE FROM ANOTHER. IT IS DUALISTIC LIMITED THINKING AND IS NOT INTELLIGENCE. EMOTIONS ARE ALL EGO. FULLY FEEL, LET IT GO. LOVE IS NOT AN EMOTION. REAL LOVE IS FEELING. BEING PRESENT WITHIN ONE'S SELF, LOVING THYSELF FIRST IS NOT EGO.

FOR THE BEING IS ALWAYS LOVE AND WHEN YOU'RE PRESENT IN THE NOW YOU RECOGNISE THE GOD WITHIN, THAT IS LOVE EVERYWHERE PRESENT. THIS IS BEING AND EXPERIENCING YOURSELF AS ONE WITH CREATION.

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.

THOUGHTS EQUAL INTERNAL DIALOGUE. YOU THINK YOUR THOUGHTS ARE REAL. THE ONLY THOUGHT THAT IS REAL IS THE FIRST ORIGINAL THOUGHT, AND THAT IS LOVE. LOVE IS YOUR NATURAL STATE OF EXISTENCE. THERE IS NOTHING ELSE. THE INTERNAL DIALOGUE PREVENTS YOU FROM BEING PRESENT.

WHEN YOU CHOOSE LOVE EVERY MOMENT, YOU BECOME THE EXPRESSION OF THE LOVE CALLED GOD EVERYWHERE PRESENT. FEELINGS AND LOVE ONLY EXIST IN THE PRESENT MOMENT OF NOW, AND LOVE EXPRESSES THROUGH YOU, BEING LOVE.

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FEELING IS ONLY EXPERIENCED IN THE PRESENT MOMENT OF NOW

FEELING IS ONLY EXPERIENCED IN THE PRESENT
MOMENT OF NOW. EMOTIONS ARE FROM THE PAST,
WHICH DO NOT EXIST.

TO BE TOTALLY FREE, YOU HAVE TO LET GO OF ALL
ATTACHMENTS. EMOTIONS ARE ACTUALLY
ATTACHMENTS THAT STEM FROM PAST EVENTS.
FEELING IS NON-ATTACHMENT AND IS ONLY
EXPERIENCED AND EXPRESSED IN THE NOW.

INTEGRATE THE MENTAL AND EMOTIONAL TOGETHER
INTO UNIFIED PASSION, WHICH BECOMES
COMPASSION.

FEELING = FREEDOM = LOVE UNCONDITIONAL.
FEELING IS THE ONLY REAL AND TRUE EXPERIENCE.
ANYTHING BUT FEELING IS JUST A LIE. FEELING IS
THE EXPERIENCE OF JOY, HAPPINESS, AND THE
CONNECTION TO SOURCE, WHERE ONLY LOVE EXISTS.
IF YOU KNOW AND CAN UNDERSTAND THAT THE
INTERNAL DIALOGUE IS NOT REAL, IT WILL BE EASIER
TO SEE IT FOR WHAT IT IS.

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AWARENESS TRANSFORMS INTO

CONSCIOUSNESS = SPIRIT

THE MORE YOU ARE AWARE OF THE UNCONSCIOUSNESS AKA LOWER THOUGHTS, YOU CAN EASILY TRANSFORM THESE THOUGHTS INTO FEELINGS = FULL CONSCIOUSNESS, THAT ARE ONLY OF JOY AND LOVE.

THE "MIND" WHICH PROJECTS OUTSIDE AND HAS LOW VIBRATIONAL THOUGHTS, DISSOLVES, SO THAT THE DIVINE BEING CAN RAISE UP INTO THE TRUE DIVINITY FROM WITHIN. AND BEGIN ONCE AGAIN "FEELING" INSTEAD OF "THINKING", TAKING THE TRUE BEING INTO A COLLECTIVE CONSCIOUSNESS, A GOD CONSCIOUSNESS. ONLY THE MIND THINKS [PROJECTS OUTSIDE]. THE HEART FEELS FROM THE INSIDE, WHERE GOD IS THERE, WITHIN ONLY.

DIAMONDS HAVE BEAUTY AND ELEGANCE, THEY SHINE BRIGHT AND EACH FACET HOLDS ITS OWN UNIQUENESS. EACH OF YOU ARE A BEAUTIFUL DIAMOND INSIDE, WAITING TO SHINE ON THE PLANET.

EACH ARE THE MIRACLE, THE MAGIC, AND EACH A PART OF THIS WHOLE MAGNIFICENT DESIGN. AS YOU FALL APART TO BE PUT TOGETHER AGAIN, THIS IS SO WE STAND TOGETHER AS ONE. JOY COMES FROM THE UNDERSTANDING AND THE EXPERIENCE OF WHAT TRUTH REALLY IS.

WHEN YOU ARE CONSTANTLY PRESENT AND LIVING IN THE MOMENT, YOU ARE THEN IN THE EXPERIENCE OF TRUE REALITY, AND ALL YOU EXPERIENCE IS JOY.

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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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LOVE IS ALWAYS TESTED. IT COMES TO TOTAL SURRENDER AND SERVICE.

ENERGY IS WITHIN EVERYONE AND EVERYTHING. LOVE IS THE GLUE THAT BINDS EVERYTHING TOGETHER. HUMANITY HAS A CHOICE TO GO WITH THE FLOW OF LOVE WHICH IS BALANCED HARMONICS (5D), OR FEAR WHICH IS A STATIC STATE OF BEING (3D).

ONLY GIVERS, THOSE IN THE HEART CAN INHERIT THE NEW EARTH. THERE IS A CHOICE THAT ALL OF US HAVE TO MAKE AT ONE POINT IN OUR LIVES. THAT CHOICE TO MAKE, IS TO EITHER BE A "GIVER" OF LOVE AND LIGHT OR A "TAKER".

IT IS THE "TAKER" THAT LITERALLY TAKES THE JOY FROM OTHERS AS WELL AS FROM MOTHER EARTH AND THE PLANET AS A WHOLE CONSCIOUSNESS.

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

EVERYONE ON THIS PLANET WAS CHOSEN, HANDPICKED, OUT OF THE GODZILLIONS OF BEINGS IN EXISTENCE TO BE HERE FOR THIS EXPERIENCE. ALL OF HUMANITY WERE THE ONES, SPECIFICALLY CHOSEN FOR THIS EXPERIENCE OF AWAKENING FROM OUT OF THE DREAM OF ILLUSION.

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LET GO OF EVERYTHING YOU HAVE EVER THOUGHT OR LEARNED HERE IN THIS 3D REALM, AND SIMPLY BE PRESENT IN LOVE, AND THEN LOVE HAS GOT YOU.

THE MIND IS THE ILLUSION, THAT SOMETHING OUTSIDE OF YOURSELF EXISTS. THAT THERE IS SOMETHING OTHER THAN "THE PRESENT MOMENT OF NOW THAT EXISTS.

IN TRUE REALITY THERE IS NO PAST, NO FUTURE. ONLY "THE PRESENT MOMENT OF NOW".

WHEN YOU ARE IN THE PRESENT MOMENT OF NOW, YOU ARE CONNECTED INTO THE ONE. WHICH IS ALL THERE REALLY IS. LOVE IS ONE WITH EVERYTHING.

WHEN THE RIGHT AND LEFT BRAIN ARE IN SYNC (THIS IS ACHIEVED THROUGH THE LETTING GO OF ALL OUTSIDE ATTACHMENTS), YOU SET YOURSELF FREE, AND YOU LET GO OF CONTROL.

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THE RETURN OF CHILD LIKE WONDER = INNOCENCE =
PRESENT MOMENT OF NOW = LOVE EVERYWHERE
PRESENT

IN CHILDLIKENESS, YOU'RE 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 (5D) 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 RESIDES.

THESE ARE THE KEYS TO THE KINGDOM OF ALL MULTI
DIMENSIONAL 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.

INNER CHILD HEALING IS RETURNING TO OUR INNOCENCE,
EMBODYING CHILDLIKE WONDER AND ESSENCE.

THIS IS KEY TO HEALING THE PLANET. HEALING OUR OWN
INNER WOUNDS AND ALLOWING INNOCENCE BACK IN.

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**THE RETURN OF CHILD LIKE WONDER = INNOCENCE =
PRESENT MOMENT OF NOW = LOVE EVERYWHERE
PRESENT**

CHILDLIKE NATURE IS TO GIVE TO OTHERS, RECEIVE FROM OTHERS AND HELP OTHERS. 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. WHAT ELSE CAN LOVE ACCOMPLISH? LOVE IS ALWAYS OVERLY ABUNDANT. THE CUP THAT KEEPS FILLING UP. LOVE HAS EVERYTHING, IS EVERYTHING.

INNOCENCE IS A CHILDLIKE QUALITY OF LOVE. INNOCENCE IS THE TRUE ESSENCE OF WHO ALL OF HUMANITY IS, AS TRUE LIGHT BEINGS. CHILDLIKE AS WONDER AND MAGIC. THIS EXPERIENCE EXISTS IN THE PRESENT MOMENT OF NOW. THIS IS ALL THERE REALLY IS. EVERY MOMENT IS NEW.

THIS IS CREATION. THIS IS PRESENTNESS. LOVE BEING EVERYWHERE PRESENT.

MAKE PEACE WITH THE PAST. EVERYTHING WAS DIVINELY PLANNED TO HELP ARRIVE AT EXACTLY WHERE WE ARE.

LETTING GO OF ANY UNDERLYING ANGER, RESENTMENT, ATTACHMENT, REGRET, GUILT, SHAME AND ONE IS FREE TO BE THE INNER CHILD AGAIN. WE ARE RETURNING TO CHILDLIKE WONDER & INNOCENCE, JOY, LAUGHTER, KINDNESS, SERVICE TO OTHERS, SYNERGY, COOPERATION, CREATIVITY, FREEDOM, & EXPRESSION.

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**WE ARE RETURNING TO
CHILDLIKE WONDER,
INNOCENCE, KINDNESS,
BEING PRESENT, FILLED
WITH OVERFLOWING
JOY
EQUALS PRESENT
MOMENT OF NOW
EQUALS LOVE
EVERYWHERE PRESENT.**

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THE PROCESS:

SURRENDER. LET GO OF EVERYTHING. SIMPLY BE PRESENT IN LOVE. WHAT IS TRUE AND REAL WILL REMAIN.

SURRENDERING TO LOVE, DROPS THE ILLUSION OF FEAR BY ACCEPTING, EMBRACING AND ALLOWING EVERYTHING & TRUSTING LOVE.

FEAR IS THE BLOCK TO EXPERIENCE FEELING OF LOVE AND TRUE JOY. LOVE HAS NO BELIEF SYSTEMS.

ALLOW, EMBRACE, AND LET GO OF ALL BELIEF SYSTEMS, ALL ILLUSIONS, AND EVERYTHING YOU HAVE EVER BEEN TAUGHT OR TOLD.

WORK THROUGH TRIGGERS. MEMORIES ATTACHED TO EMOTIONS. FULLY FEEL AND LET THEM GO.

FORGIVENESS FOR SELF AND ALL SELVES.

EMBRACE, ACCEPT, ALLOW AND REMEMBER ALL IS LOVE IN REALITY.

DISSOLVE ALL LOWER THOUGHTS. ANY THOUGHT THAT DOESN'T BRING YOU JOY IS THE PROGRAM. USE THE GOLDEN RAINBOW SWORD TECHNIQUE OR SAY "CANCEL, CLEAR, DELETE. BRING YOUR ENERGY BACK TO HEART CENTRE AND THE PRESENT MOMENT.

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BE PRESENT IN THE MOMENT OF NOW.

ALL ELSE FOLLOWS THIS

THE TRUTH IS WITHIN YOU, NOT OUTSIDE OF YOU. EMBRACE, ACCEPT, ALLOW AND REMEMBER THE TRUTH, ALL IS LOVE IN REALITY.

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

IT REQUIRES A CONSTANT CHOICE, THROUGH CHOOSING LOVE IN EVERY MOMENT. A CONSTANT RELEASE OR LETTING GO IN EVERY MOMENT, CONSISTENTLY, TO CONTINUE FORWARD. ONLY THAT WHICH IS REAL AND TRUE CAN REMAIN. THE ONLY TRUE REALITY THERE IS LOVE EVERYWHERE PRESENT. EVERYTHING ELSE IS ILLUSION.

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NOTHING IS PERSONAL. WE ARE ALL INTERCONNECTED THROUGH UNITY CONSCIOUSNESS. ALL FRACTALS OF LOVE. ALL CONTRACTED TO TAKE ON CERTAIN EXPERIENCES, TRIGGERS AND CERTAIN PROGRAMMING TO TRANSFORM FOR THE COLLECTIVE.

ACCEPT EVERYTHING AS A LESSON AND AN OPPORTUNITY FOR SOUL GROWTH AND PLACE LOVE WITHIN ALL EVENTS. 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.

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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 HAVE 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.

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

**THE ANSWER IS SO SIMPLE:
“I LET EVERYTHING GO, ONLY
THAT WHICH IS REAL AND
TRUE CAN RETURN”.**

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**JUST BE PRESENT
AND FOLLOW THE
SYNCHRONISTIC
EVENTS EQUALS
PRESENT
MOMENT OF NOW**

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SECTION 2:

SELF LOVE

PRACTICES TO GET

INTO THE PRESENT

MOMENT OF NOW

EQUALS LOVE

EVERYWHERE

PRESENT EQUALS

5D

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THE ASCENSION PROCESS 101

BEING PRESENT

YOU ARE ALREADY THERE - ENJOY

**IF YOU CAN HEAR TRUTH,
YOUR BODY AND SOUL WILL
TELL YOU THROUGH
FEELINGS.**

**HERE IS THE ONE SIMPLE
TRUTH THAT IF YOU GET IT, IT
SETS YOU FREE:**

**BE PRESENT IN THE MOMENT
OF NOW FOR ALL ELSE
FOLLOWS THIS.**

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SURRENDER TO LOVE EVERY MOMENT = PRESENT MOMENT OF NOW (EASIEST WAY THROUGH).

LOVE ENERGY IS WITHIN EVERYONE AND EVERYTHING. LOVE IS THE GLUE THAT BINDS EVERYTHING TOGETHER. HUMANITY HAS A CHOICE TO GO WITH THE FLOW OF LOVE WHICH IS BALANCED HARMONICS = PRESENT MOMENT, OR FEAR WHICH IS A STATIC STATE OF BEING.

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

EMBRACE, ACCEPT, ALLOW AND REMEMBER THE TRUTH, ALL IS LOVE IN REALITY.

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

THE PROCESS REQUIRES A CONSTANT CHOICE, THROUGH CHOOSING LOVE IN EVERY MOMENT.

A CONSTANT RELEASE OR LETTING GO IN EVERY MOMENT, CONSISTENTLY, TO CONTINUE FORWARD. ONLY THAT WHICH IS REAL AND TRUE CAN REMAIN = LOVE EVERYWHERE PRESENT.

THE ONLY TRUE REALITY THERE IS = LOVE EVERYWHERE PRESENT. EVERYTHING ELSE IS ILLUSION. THE TRUTH (LOVE) IS WITHIN YOU, NOT OUTSIDE OF YOU.

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ONLY LOVE IS REAL. ONLY THOUGHTS OF LOVE ARE REAL.
FEELINGS ONLY EXIST IN THE PRESENT. FEELING ONLY THE
EXPERIENCE OF LOVE = JOY = PRESENT MOMENT OF NOW.
SURRENDER TO PRESENT MOMENT = LOVE EVERYWHERE
PRESENT.

LET GO OF ALL BELIEF SYSTEMS, EVERYTHING YOU HAVE
THOUGHT, BEEN TOLD OR TAUGHT. ONLY WHAT IS REAL AND
TRUE WILL REMAIN (LOVE).

ACCEPTANCE AND ALLOWING. HAVE FAITH EVERYTHING IS
UNFOLDING FOR HIGHEST GOOD. THE UNIVERSE IS SUPPORTING
ALL FOR GROWTH AND EXPANSION.

BEING PRESENT IN THE "NOW" MOMENT OF LOVE = EMBRACE,
ACCEPT AND ALLOW = REMEMBER ALL IS LOVE IN REALITY.

UNDERSTAND THAT ALL IS JUST ENERGY AND MOVE INTO
TRANSFORMING EMOTIONAL AND MENTAL DUALITY INTO UNIFIED
PASSION TO EXPERIENCE YOUR NATURAL STATE OF FEELINGS =
JOY.

THE HIGHER ENERGETIC ALWAYS TRANSFORMS THE LOWER.
LOVE IS THE MOST POWERFUL ENERGY IN ALL OF CREATION.
LOVE IN ACTION IS THE HIGHEST POSSIBLE THOUGHT IN THE
MANIFEST.

INTENTION AND PRAYER ARE THE MOST IMPORTANT TOOL IN THE
ASCENSION PROCESS.

THE TRUTH IS WITHIN YOU, NOT OUTSIDE OF YOU. THE EGO IS
ALWAYS REACTIVE, WHILE LOVE RESPONDS IN ACTION.

LET GO OF ALL YOUR THOUGHTS. ONLY THE REAL ONES = LOVE &
JOY WILL STAY = PRESENT MOMENT OF NOW = DIVINE
INTELLIGENCE.

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**I CHOOSE TO SERVE LOVE IN EVERY
MOMENT. I CHOOSE TO BE LOVE IN
ACTION IN EVERY MOMENT. I AM
DEDICATED AND COMMITTED TO
SERVE IN WHOLE TRUTH AND PURE
LOVE IN EVERY MOMENT.**

**I ALLOW LOVE TO TRANSFORM MY
ENTIRE BEING.**

**I SET UP MY FIELD TODAY IN
GRATITUDE FOR EVERY BREATHING
MOMENT FOR THE HIGHEST
OUTCOME TO UNFOLD.**

**I EMBRACE, ACCEPT, ALLOW,
SURRENDER AND REMEMBER ALL IS
LOVE IN REALITY.**

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DAILY INTENTION:

I CONSTANTLY RELEASE AND LET GO IN EVERY MOMENT, CONSISTENTLY, TO CONTINUE FORWARD. ONLY THAT WHICH IS REAL AND TRUE (LOVE) CAN REMAIN. ONLY LOVERS, GIVERS, THOSE OF THE HIGHEST LIGHT ARE AROUND ME AT ALL TIMES. I SEE LOVE IN EVERYTHING. I SURRENDER IN EVERY MOMENT TO LOVE. I AM PRESENT AND FOLLOW THE SYNCHRONICITIES. I CHOOSE LOVE IN EVERY MOMENT. I AM LOVE IN ACTION IN EVERY MOMENT. I ALLOW LOVE TO TRANSFORM MY ENTIRE BEING. I EMBRACE, ACCEPT, ALLOW, SURRENDER AND REMEMBER ALL IS LOVE IN REALITY. I AM HEART CENTRED AND PRESENT IN THE MOMENT OF NOW.

I TRUST IN LOVE AS LOVE IS THE ONLY REAL AND I KEEP MY FOCUS ON THAT. ALL THAT IS REAL IS LOVE. EVERYTHING ELSE LIKE FEAR IS NOT. I LOOK AT IT, BE AWARE AND LET IT GO. I FORGIVE MYSELF AND GET ON WITH IT INTO THE PRESENT MOMENT OF NOW. ONLY LOVE IS REAL AND ONLY LOVE EXISTS.

I USE THE GOLDEN RAINBOW SWORD EVERY TIME I AM NOT PRESENT. I SLICE THE LOWER THOUGHT AND GET BACK INTO THE PRESENT.

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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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GRATITUDE

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: 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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**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: 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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**THE RETURN OF CHILD LIKE WONDER = INNOCENCE =
PRESENT MOMENT OF NOW = LOVE EVERYWHERE PRESENT.**

**CORE PROGRAMMING PLAYED OUT IN CHILDHOOD. LET GO OF ANY
UNDERLYING ANGER, RESENTMENT, ATTACHMENT, REGRET, GUILT,
SHAME AND ONE IS FREE TO BE THE INNER CHILD AGAIN. WE ARE
RETURNING TO CHILDLIKE WONDER & INNOCENCE, JOY, LAUGHTER,
KINDNESS, SERVICE TO OTHERS, SYNERGY, COOPERATION,
CREATIVITY, FREEDOM, & EXPRESSION**

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.**

CONNECTING WITH YOUR INNER CHILD:

AFFIRMATIONS (HANDS OVER HEART) "I LOVE YOU, I AM LISTENING".

**WRITE A LOVE LETTER TO YOUR INNER CHILD FROM YOUR CURRENT
SELF. EXPRESS GRATITUDE, APPRECIATION, LOVE AND ANYTHING
YOU FEEL SHE/HE NEEDS TO KNOW AND BE AWARE OF. ASK FOR
FORGIVENESS WHERE YOU FEEL YOU NEED TO.**

**WRITE A LOVE LETTER FROM YOUR INNER CHILD TO CURRENT SELF.
EXPRESS GRATITUDE, APPRECIATION, LOVE AND ANYTHING YOU
FEEL SHE/HE NEEDS TO KNOW AND BE AWARE OF. ASK FOR
FORGIVENESS WHERE YOU FEEL YOU NEED TO.**

**TELL HER/HIM: "I WILL NOT FORGET YOU, I WILL NOT ABANDON YOU,
I WILL MEET YOU DAILY, I SEE YOU, I HEAR YOU, I FEEL YOU, I AM YOU,
I AM HERE FOR YOU NOW".**

**WHAT CAN YOU DO TODAY TO RECONNECT WITH YOUR CHILDLIKE
WONDER?**

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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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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.

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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.

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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.

SELF LOVE PRACTICES:

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 EQUAL FEAR EQUAL BLOCKS
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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**HIGHLY RECOMMEND
LETTING GO OF ALL LOWER
THOUGHTS WHICH ARE NOT
BRINGING YOU JOY.
SAY CANCEL/CLEAR/DELETE
OR VISUALISE USE THE
GOLDEN RAINBOW SWORD
AND SLICE THROUGH ALL
LOWER THOUGHTS.
BRING YOUR ENERGY BACK
TO THE HEART CENTRE AND
PRESENT.**

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SPINNING

SPINNING: LOWER THOUGHTS, FEAR, CONSCIOUSNESS NOT STABLE AND NOT GROUNDED. THINKING ABOUT PAST THOUGHTS OR EVENTS, SOMETHING THAT MIGHT NOT MAKE YOU FEEL GOOD, NOT CLEAR ABOUT INFORMATION, CONFUSION WITH WHATS GOING ON, NOT FEELING WE HAVE THE PUZZLE PIECE IN FRONT OF US, NOT LISTENING & NOT TRUSTING.

SPINNING = OUT OF THE PRESENT MOMENT.

SIMPLY LET GO. LET BE. IF IT'S REAL AND TRUE IT WILL COME BACK. IF IT WASN'T, IT WON'T.

REMAIN UNATTACHED IN ALL MOMENTS.

SURRENDER TO LOVE, PRESENT MOMENT. LET GO. USE THE RAINBOW SWORD AND CHOP ALL LOWER THOUGHTS.

STEP BACK, GET GROUNDED, MEDITATE (CONSCIOUS BREATHING IN AND OUT LOVE) AND HEART CENTRE.

“I SURRENDER, I EMBRACE, ACCEPT, ALLOW AND LET GO”. “I CHOOSE LOVE IN EVERY MOMENT”. BREATHE IN AND OUT LOVE.

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

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.

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CLEARING EMOTIONS

RESISTANCE CREATES PAIN.

WHAT YOU RESIST PERSISTS.

WHAT YOU LOOK AT DISAPPEARS.

**FEEL IT TO HEAL IT. CONFRONT
IT, BE AWARE OF IT. MAKE PEACE**

WITH IT. LET GO. TRANSFORM.

“I SURRENDER TO LOVE”.

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

BREATHE AND RELAX.

JUST BREATHE AND RELAX.

LET GO AND ALLOW.

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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".

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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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FORGIVENESS CEREMONY

By Dolores Cannon:

**Feel the person in your heart, what they look like
and say out loud:**

**_____ we tried, we really tried. It didn't
work. Let's tear up the contract.**

**I forgive you, I release you. I let you go. You go
your way with love. I go my way. We don't have
to be connected any more, at all.**

**I forgive myself for all I did. I forgive everyone
who has harmed me in this life, or in any life that
I have ever lived. I forgive them, I release them
and let them go.**

**And I forgive myself for anyone I have harmed in
this life or in any other life in any way at all.
I forgive myself, release and let it go.**

**To add intent, write this down after saying it.
Read it, tear it up it up and burn it.**

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**SECTION 3:
TOOLS TO GET INTO
THE PRESENT
MOMENT OF NOW =
LOVE EVERYWHERE
PRESENT = 5D**

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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:

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: 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: 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:
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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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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**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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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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SECTION 4: PRINCIPLES

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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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**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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WE ARE ALL ONE UNIQUE COLLECTIVE CONSCIOUSNESS.

WE ARE ALL ONE, AND WITHIN LOVE WE ARE ALL EQUAL.

EACH OF YOU ARE MADE IN LOVE. EVERY ATOM AND CELL IS
CREATED BY LOVE.

TRUTH IS LOVE, PURE LOVE, & THERE EXISTS ONLY ONE TRUTH,
LOVE.

LOVE IS THE ONLY ANSWER.

LOVE IS THE SINGLE MOST POWERFUL ENERGY IN ALL OF CREATION.

CREATION IS MADE OF LOVE AND THE UNKNOWABLE.

LOVE IS ALL ENERGY EXPRESSED COMPLETELY IN THE PRESENT
MOMENT OF NOW.

CREATION IS CREATED FROM WITHIN EXPRESSED OUTWARDLY.

LOVE IS FREEDOM.

LOVE = TRUTH = GOD = YOU = ONE = ALL OF US TOGETHER AS ONE.

LOVE, GRACE AND FORGIVENESS = PEACE.

EARTH = HEART = HEAVEN.

HEAVEN IS NOW HERE.

YOU ARE THE MISSING PIECE OF THE PUZZLE YOU HAVE BEEN
SEARCHING & SEEKING FOR.

YOUR AWAKENING OCCURS WHEN YOU RECOGNIZE, "WHO YOU
TRULY ARE", LOVE, GOD, TRUTH, BRILLIANT, SHINING LIGHTS, AND
ONE WITH ALL THAT IS.

WITHIN LOVE UNCONDITIONAL FOR THE ALL, WE AWAKE THE
PLANET.

FOR SPEAKING TRUTH IS LOVE UNCONDITIONAL, LOVE IS ALL THAT
EXISTS.

THE ORIGINAL FOCUS IS LOVE. BE LOVE, CHOOSE LOVE & SAY LOVE.
LET GO. CHOOSE LOVE EVERY MOMENT, THEN LOVE BECOMES THE
ONLY REALITY AND EXPERIENCE.

YOU ARE LOVE.

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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 -
WWW.MISSIONLIMITLESS.ORG**

**WE ARE DONATION BASED. THANK FOR YOU
SHARING -
WWW.MISSIONLIMITLESS.ORG/DONATION**

**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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