

LIMITLESS

A Guide to

SELF LOVE AND
FINDING
WHOLENESS
WITHIN

for children and young adults

MISSIONLIMITLESS.ORG





Thank you!

*I am so grateful that you are
choosing to invest in yourself.*

Enjoy the journey!



Spiritual Disciplines Introduction



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

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

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

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

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

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

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

Daily Self-love Discipline Index

The importance of consistent spiritual disciplines is very undervalued. These disciplines are how we build a relationship with our true self (higher self) and our hearts. When we are able to trust ourselves (our hearts), we come home to ourselves and become our own best friend. We empower ourselves to deal with everything that is a part of life in a calm responsive manner, rather than an unconscious, reactive one. These disciplines and tools can be adapted to different ages through parent/child communication, but a 5 year old could be able to practice a lot of these as they are simple.

Read the Morning Gratitude Prayer out loud every morning

Create a Gratitude journal or share 5 different things you are grateful for daily

Create an Expression Journal

Read the 10 Love in Action Codes Daily

Conscious Breathing as often as possible

Sungazing at Sunrise and Sunset for 10 minutes a day

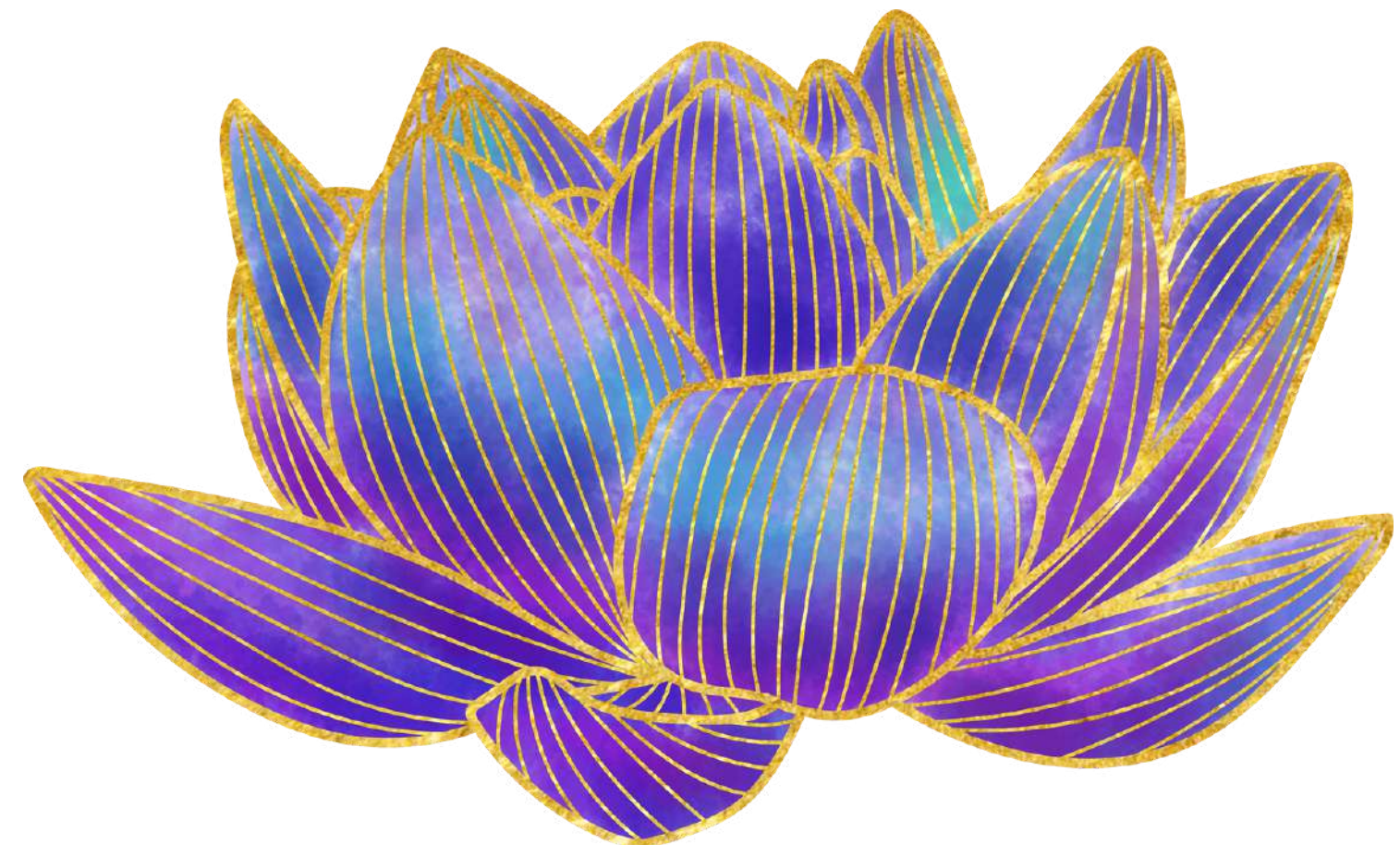
Daily Honouring of your Chakras

Conscious writing

I AM Mirror Affirmations

Grounding ... Go Barefoot!

Tree Meditation



Daily Self-love Discipline Index

Move your body
Drink lots of Water
Learn to Cut Chords
Use the Rainbow Bubble
Use the Violet Flame
Find your Child-like Wonder
Call out the EGO
Ceremonies
Moon and star gazing
Rest Consciously

Stay Present, be aware of what is happening around you .. everything is talking to you.
Be kind to yourself, don't judge or beat yourself up while you are healing and transforming.



The Morning Gratitude Prayer



*Being in
Gratitude attracts
more to be grateful
for*

*Thank
you*

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Morning Gratitude Prayer

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

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

~ MOTHEROFALLCREATION
LOVEHASWON.ORG

Create a Gratitude Journal

Being Grateful and showing Gratitude attracts more experiences to be grateful for and brings amazing amounts of joy into your life.

Write down or share with a friend or parent, 5 different things that you are grateful for each day.

A few examples to get you started:

The food I have to eat each day

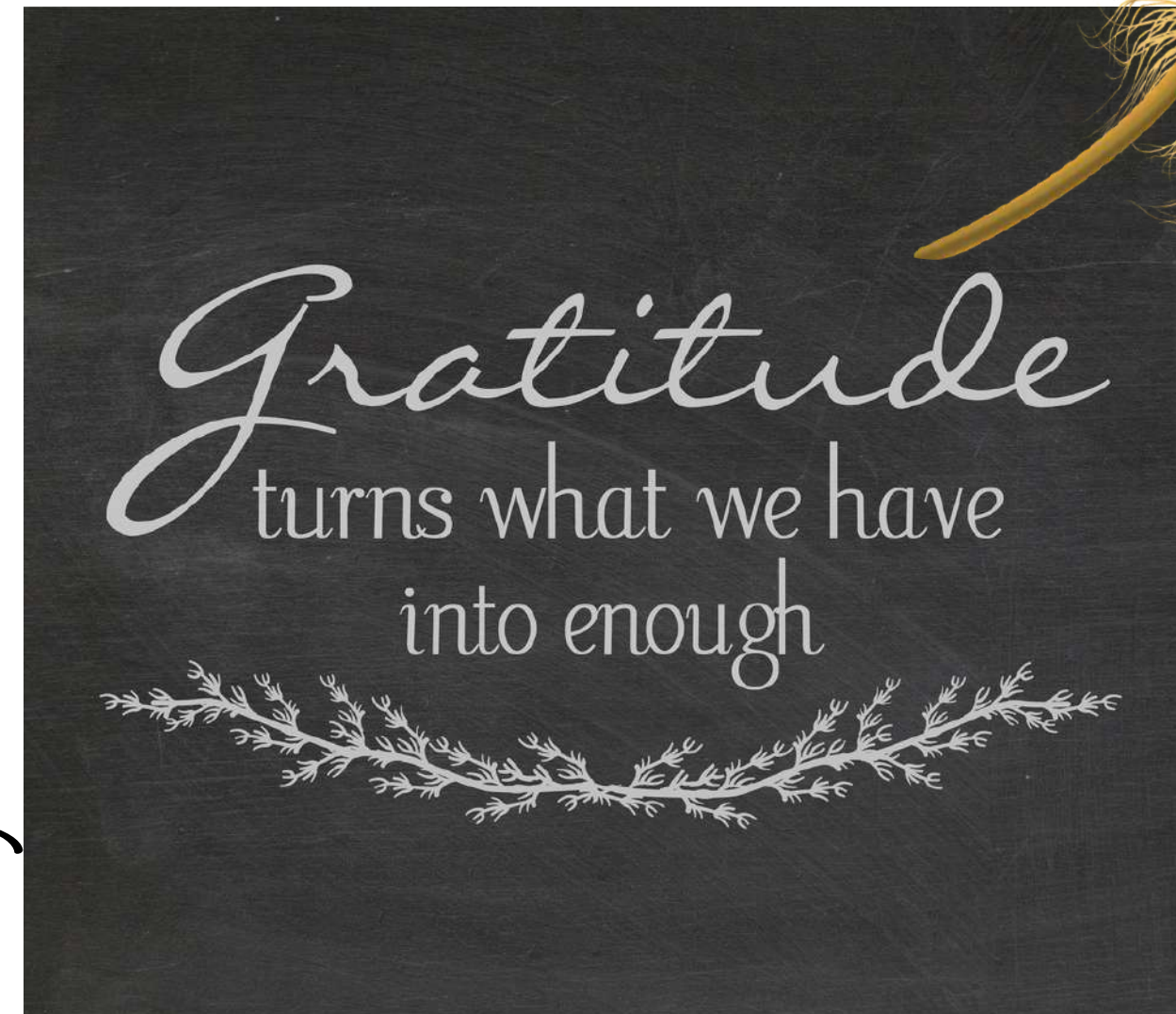
My warm bed

Hot water

The Sunshine



Thank you



Create an Expression Journal



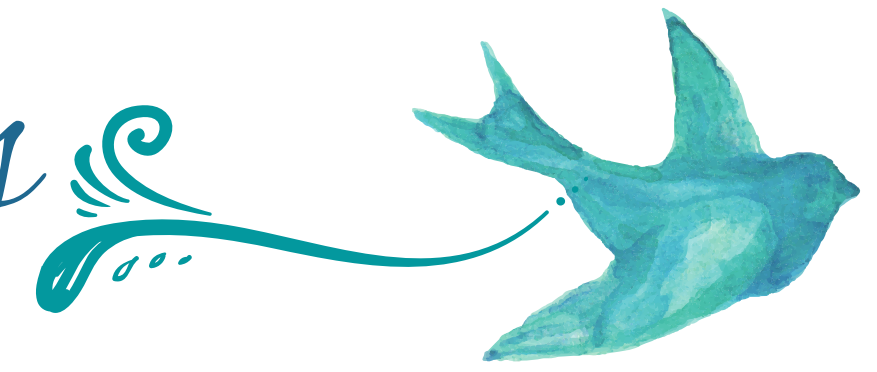
Conscious writing is really helpful, sometimes our minds can feel like a washing machine with thousands of thoughts going on inside there and they can create overwhelm as we attach more thoughts and make a story in our heads. By writing things down and 'emptying your head' those thousands of thoughts actually only end up being 12 when you write them down, and those 12 generally come from 2 or 3 real issues or things we need to take action on.

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

If you are searching for answers to questions, ask your Angels to assist you while writing and the answers will come to you.



The Ten Love in Action Codes



The Code:
Ten Intentions for a Better PLANET,
WHICH IS THE FOCUS
To have the code work in your life, say
it once a day...

The First Love in action ~ Support Life

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

~I SUPPORT LIFE~

The Third Love in Action ~
Set Your Course

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

~I SET MY COURSE~

The Fifth Love in Action ~ Stay Positive

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

~I STAY POSITIVE~

The Second Love in Action ~
Seek Truth

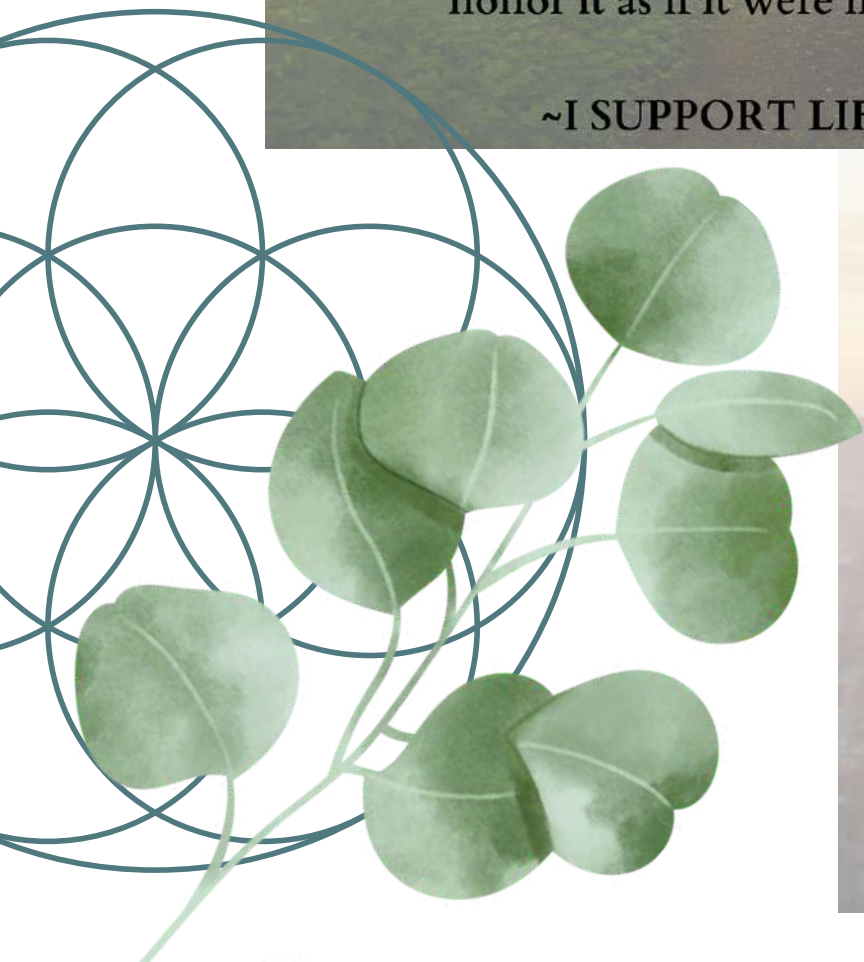
I follow my inner compass and discard
ALL beliefs that are no longer serving
me. I go to the source. I seek truth.

~THE TRUTH IS LOVE IS ALL
THAT EXISTS ~

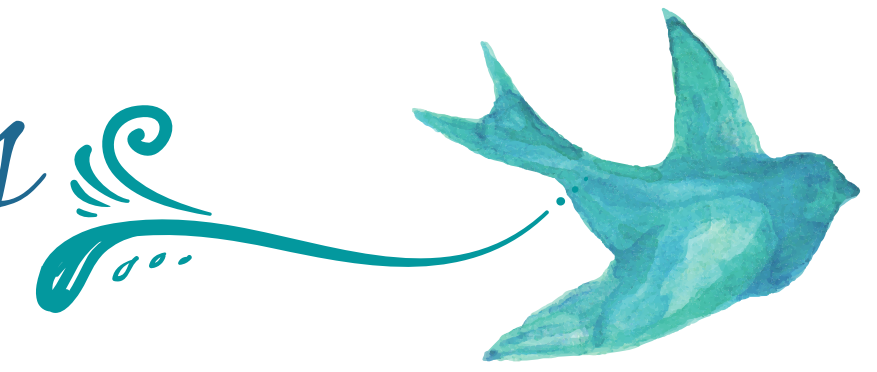
The Fourth Love in Action ~ Simplify

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

~I SIMPLIFY~



The Ten Love in Action Codes



The Sixth Love in Action ~ Synchronize

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

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

~I SYNCHRONIZE~

The 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 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~

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 Ninth Love in Action ~ Co-Create I Assist

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

~I SHARE MY VISION~



Conscious Breathing

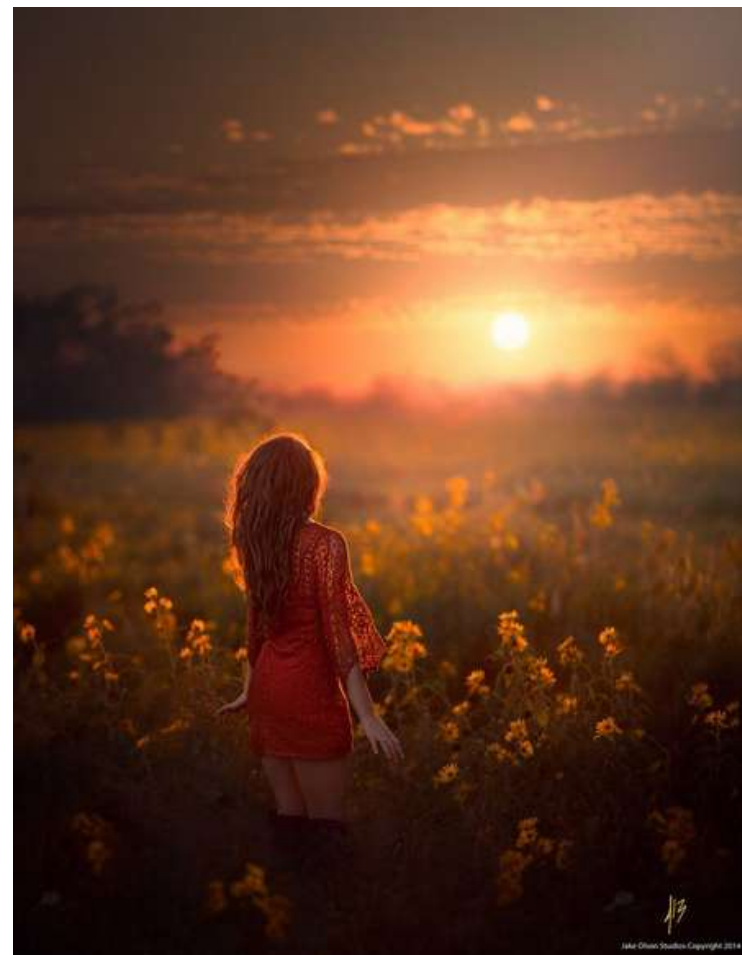
You cannot think when you are taking deep conscious breaths... Breathe in gratitude through your nose and fill your belly, hold it and breathe out love through your mouth 3 of these will release a lot of tension, do this as often as possible every day, shallow breathing traps energy and causes anxiety.

DEEP BREATHS
are like little love
notes to your body.

The seeds of
possibility are
found in the
space between breaths

Sun Gazing

Sun Gazing is Powerful, when you are staring at the sun, you are connecting to Source Consciousness and Universal Plasma energy. This is where you receive great vital energy, information and downloads. We have been taught that the sun is bad for our eyes, but this is not true. 10 minutes at sunrise and sunset daily is sufficient. If you find it difficult in the beginning, just keep your eyes closed and let your 3rd eye face and receive that energy.



8
BENEFITS
OF
SUN GAZING

1. Stress Relief
2. Increased Energy
3. Reduced hunger cravings
4. Reducing and releasing of mental/physical blockages
5. Improved eyesight
6. Increases the size of the pineal gland
7. More production of serotonin and melatonin
8. Stimulation of pineal gland.

www.kimblogs.com



Honouring your Chakras



HONOURING THE CHAKRAS

ROOT CHAKRA

Energetic Requirement TRUST
DAY: Monday COLOUR: Red

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

An affirmation that aligns you with the Root Chakra is:

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

HONOURING THE CHAKRAS

SACRAL CHAKRA

Energetic Requirement: CREATIVITY
DAY: Tuesday COLOUR: Orange

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

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



Honouring your Chakras



HONOURING THE CHAKRAS

SOLAR PLEXUS

Energetic Requirement: DIVINE EMPOWERMENT

DAY: Wednesday COLOUR: Yellow

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

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

HONOURING THE CHAKRAS

HEART CHAKRA

Energetic Requirement UNCONDITIONAL LOVE

DAY: Thursday COLOUR: Green/Pink

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

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



Honouring your Chakras



HONOURING THE CHAKRAS

THROAT CHAKRA

Energetic Requirement **DIVINE EXPRESSION**
DAY: Friday COLOUR: Blue

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

Throat Chakra is:

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

HONOURING THE CHAKRAS

3rd EYE CHAKRA

Energetic Requirement **DIVINE INTUITION**
DAY: Saturday COLOUR: Indigo

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

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

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



Honouring your Chakras



HONOURING THE CHAKRAS

CROWN CHAKRA

Energetic Requirement DIVINE INTELLIGENCE

DAY: Sunday COLOUR: White/Violet
Honor your Crown Chakra on Sunday by wearing White or Violet, eating White or Violet foods and taking time to consciously honor your chakra. An affirmation that aligns you with the Crown Chakra is:

**'I am so grateful that I am connected to the Divine Mother of the universe.
I am Light. I trust.'**

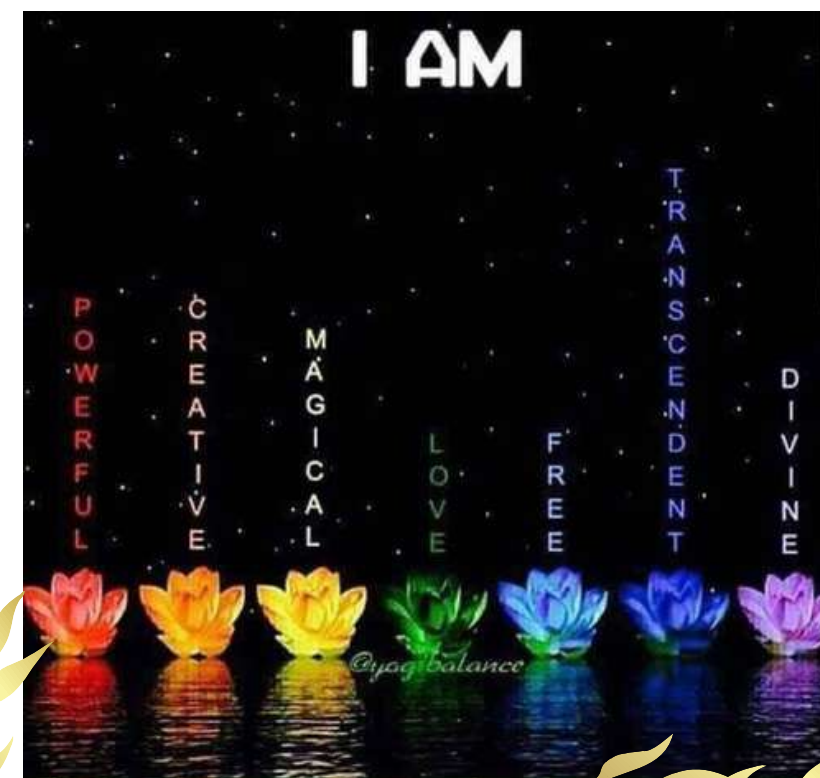


I AM Mirror Affirmations

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

Use as many as possible and repeat them a couple times each ... do this daily.

- I AM Strong
- I AM Powerful
- I AM Safe
- I AM Expressive
- I AM Love
- I AM Worthy
- I AM Protected
- I AM Abundant



Grounding



Grounding, is just putting your bare feet on the ground, it's simple, but when you are connecting with Mother Earth it is like taking handfuls of anti-oxidants through your feet... it supports organ function on a cellular level down to the tissues of the organs and therefore the entire body.

The benefits are huge, it alkalizes your body, reduces inflammation (the cause of all diseases) and healing naturally occurs. 10 minutes a day will make such a difference to your energy, any anxiety, sleep and health ... wearing shoes all the time literally makes you sick.



Tree Meditation



Trees carry Ancient Wisdom and are deeply connected to the Earth.

Sit by a tree and just stare and pay it attention, show it gratitude for the oxygen that you get to breathe, take conscious breathes and send it love and it will speak to you, nature is full of Sacred Geometry (it is all feminine energy). Sacred Geometry holds the Codes of Creation, by paying attention to nature, Sacred Geometry communicates with you on a cellular level and will re-heart you of who you really are.

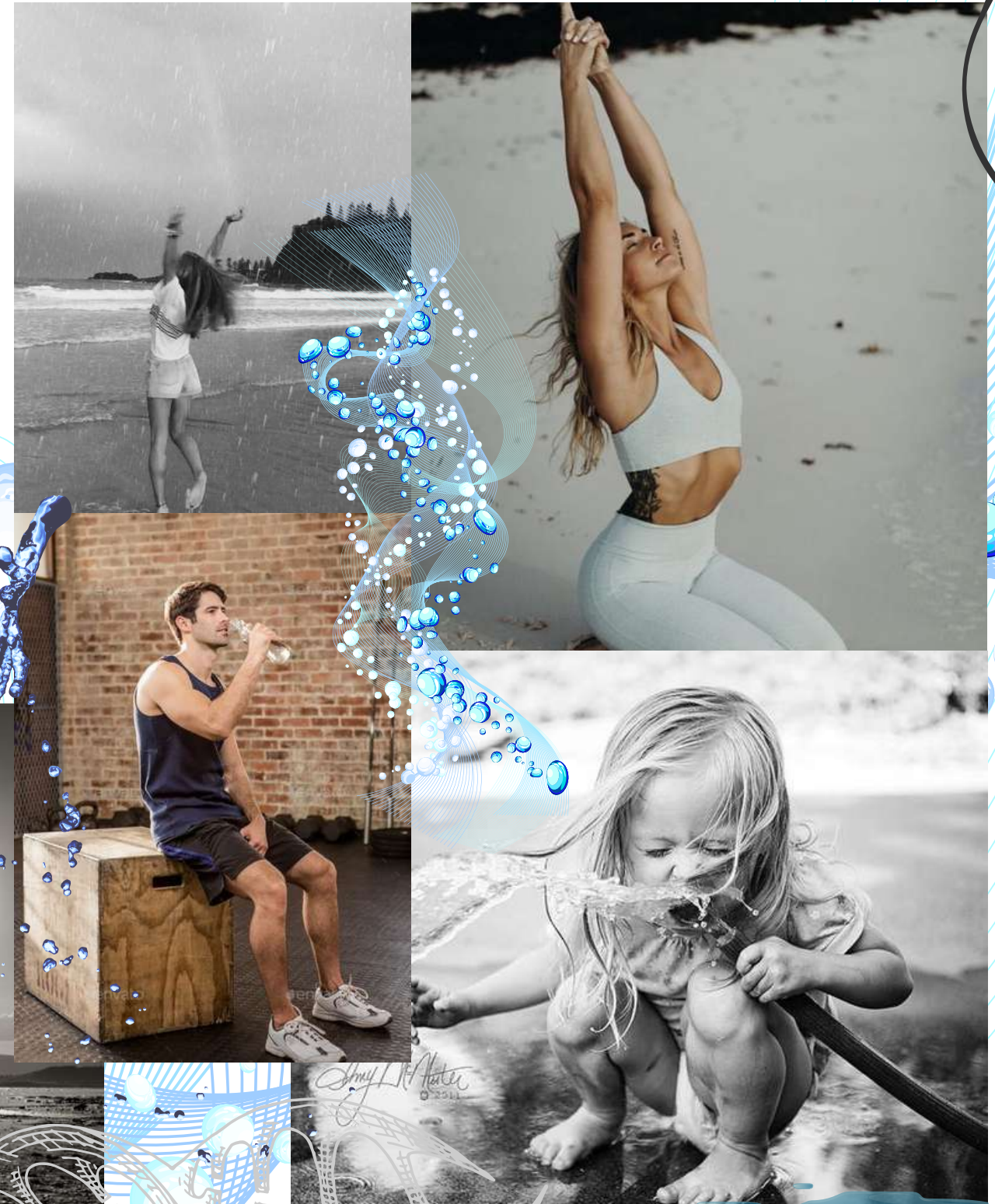
When you are feeling low or stressed, HUG a tree, they absorb all that stress, Mother Earth knows how to take care of that for you, just let it go...



Move Energy & Drink lots of Water

Energy is meant to be moved, so move that energy, any time you are feeling stuck, anxious, just move some energy ... stretch, go for a ride on your bike, play catch with your dog, go for a run or a walk. Do what makes your body feel good.

Our light bodies are upgrading from Carbon DNA to Crystal DNA (Liquid Crystal), so it is important to make sure you are also drinking a lot of water to assist your body through this process.



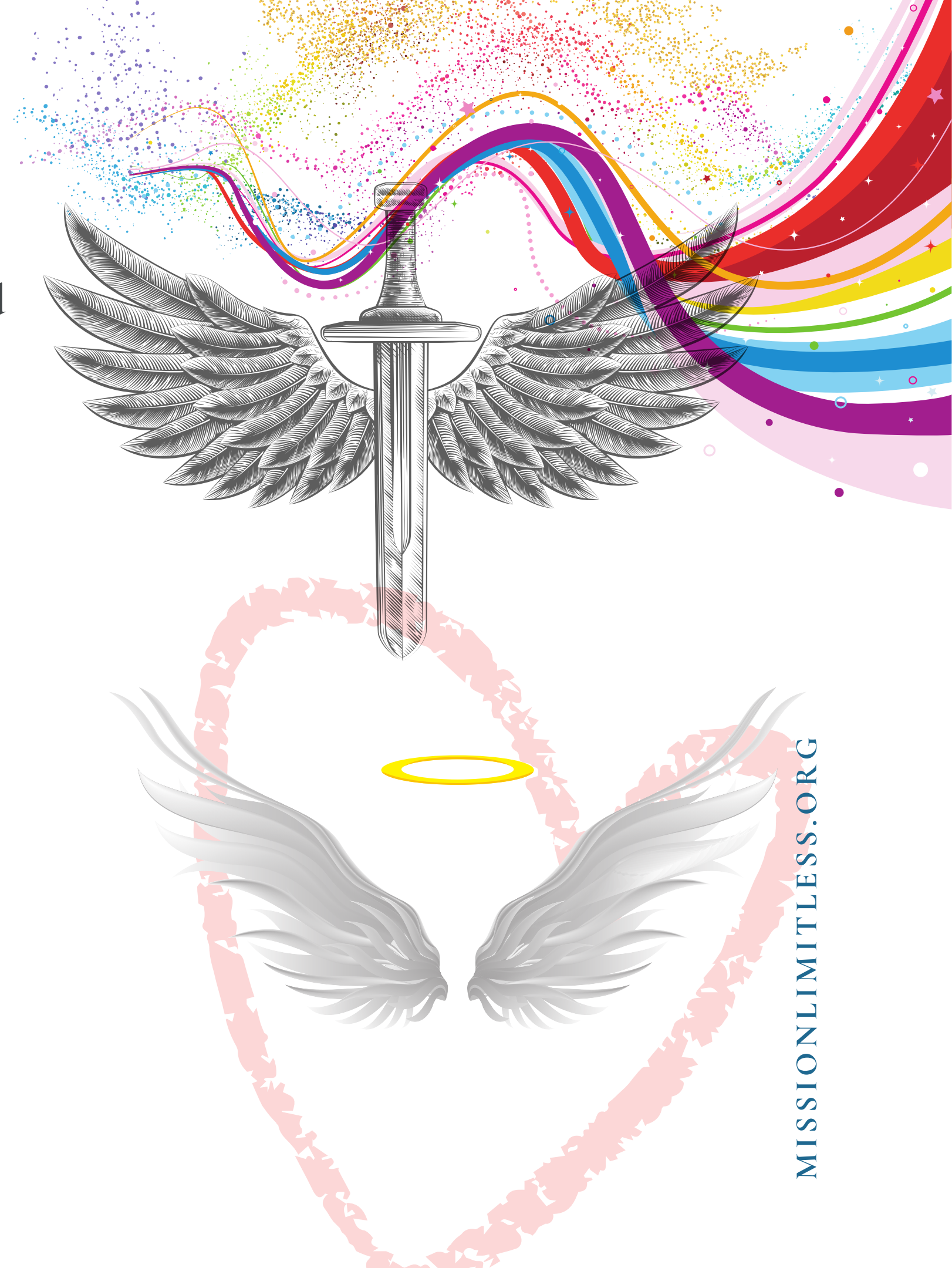
Cut Energetic Chords

After spending time with people in any shape or form it is suggested that we cut chords with them. This is Essential after having a negative or conflicting conversation and do this before you go to sleep every night and after you wake up to clear your energy field.

The wording you can use:

Archangel Michael, I ask you to assist in using your Golden, Rainbow sword to cut all energetic chords with everyone and everything I came into contact with today. I command all atoms and energy back to sender and bring all my atoms and energy back to me.

I ask you to only reconnect those chords that are of love, whole, pure, true, real and for my highest good. Thank you!



Use the Rainbow Bubble

Energetic protection is so important.

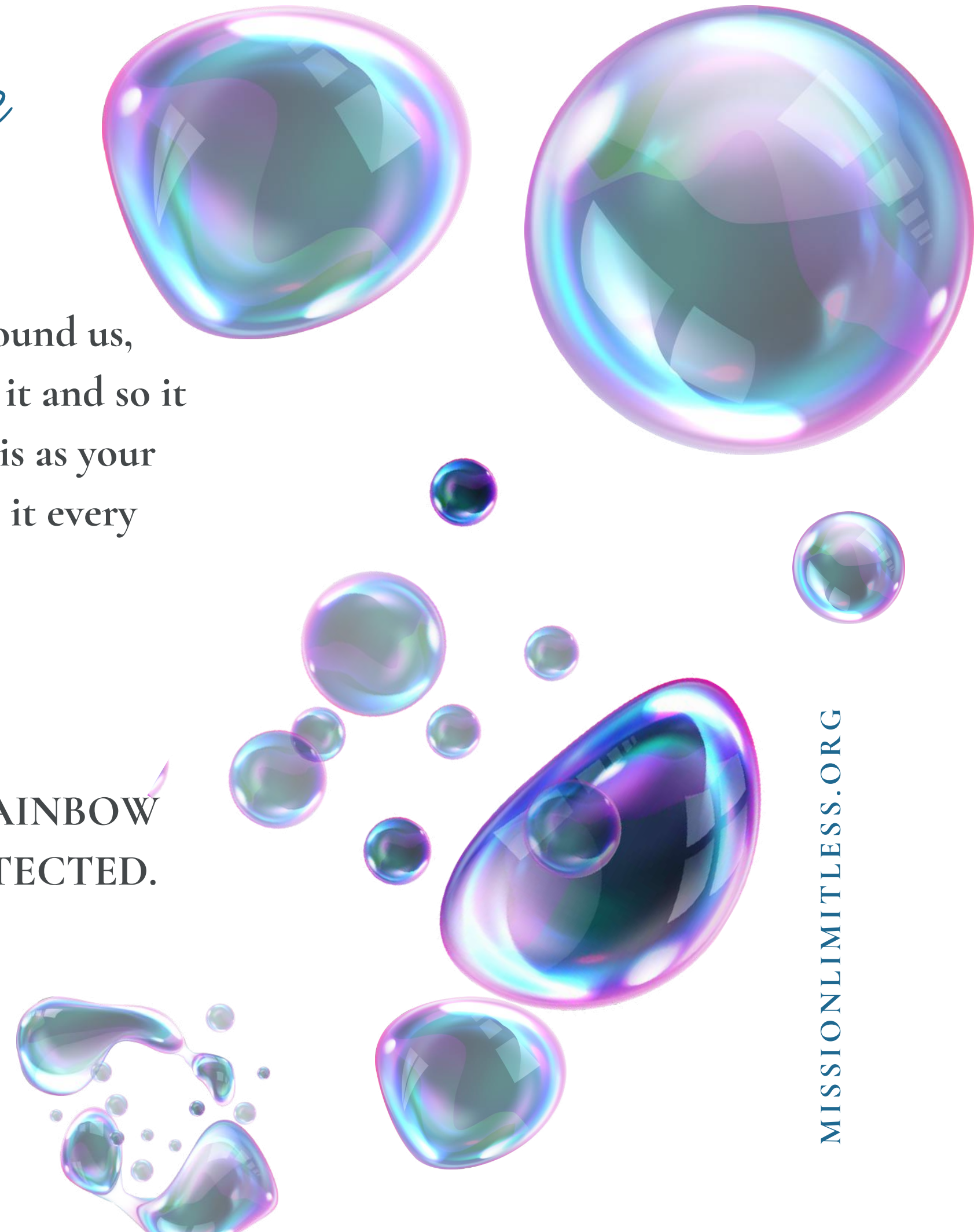
We are each born with a Rainbow Bubble of protective energy around us, but because this is never taught or made aware to us, we don't use it and so it weakens. We can activate it with our words and intention. Use this as your protection whenever you feel you need it. Recommend activating it every time you leave the house.

The wording you can use:

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

Then imagine a rainbow bubble being placed around you

You can also activate this around those that you love.



Using the Violet Flame

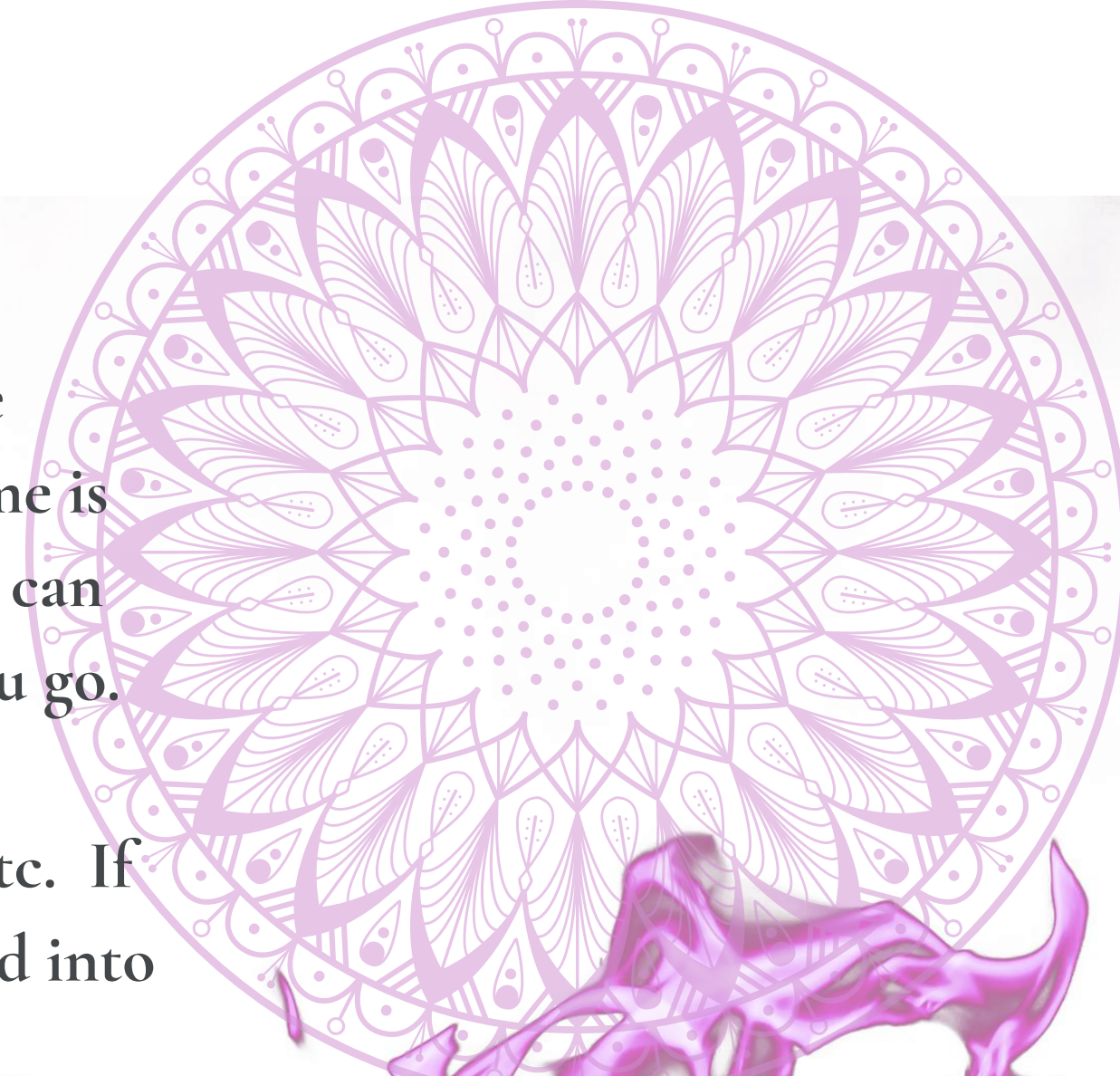
When we understand that everything is energy we become Alchemists. When we understand how to use the tools, they assist us in transformation. The Violet Flame is one of those tools and is very powerful in transforming energy. The Violet flame can be used in blessing everything you consume and clearing the path, everywhere you go.

It is important to have gratitude and to bless your food, your water, your treats etc. If people who are preparing your food are in a bad mood, that energy is transformed into your meal, so bless everything with your own intentions for your body before consuming.

The wording you can use:

Violet Flame, I ask you to enter this meal, transforming all that is not pure into love and bless, nurture and heal my body and bring me joy.

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



Find your Child-like Wonder

Child-like Wonder is our true essence of innocence, to be in wonder of the beauty and experience of all things. 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?

Tap into those joys, bring more of that playful to 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 a very high vibrational energy.



Calling the EGO out

The EGO is an inorganic program and needs attachments to validate itself. The EGO is addicted to Pain and Suffering and keeps us in Victim Consciousness. The EGO blames externally and does not want to take responsibility.

The EGO represents everything love is not. The EGO looks at any situation and finds what is “wrong” with it, rather than seeing everything as a lesson or blessing, as love does. When you are triggered and feeling like the victim and go into blame mode, stop, observe and see what that situation is showing you where you need to heal and love that part of yourself. Everyone external is just a mirror to show you something about yourself.



**THE EGO
LOVES PAIN**

*and it doesn't want
you to heal...*

EGO vs SOUL

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

Ego says, "Once
everything falls into
place, I'll feel peace."
Spirit says, "Find your
peace, and then
everything will fall
into place."

-Marlene Williamson

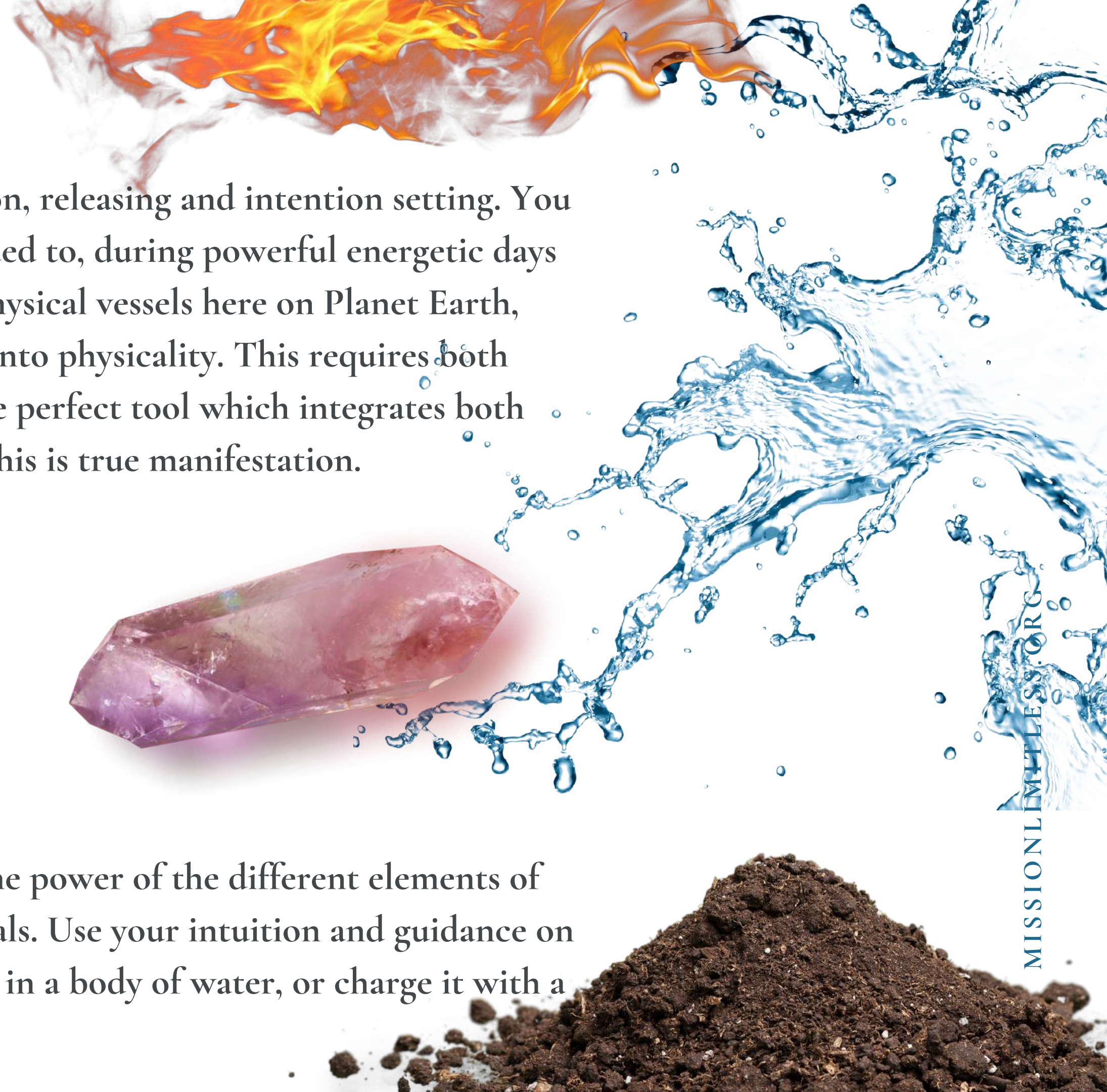
Ceremonies

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

Ceremonies are best done for the following:

- transforming lower energetics
- releasing grief or trauma
- anchoring in our higher selves
- setting intentions for manifestations

When we do ceremonies, it is great to bring in the power of the different elements of nature, including the earth, water, fire and crystals. Use your intuition and guidance on whether to bury your ceremony, burn it, place it in a body of water, or charge it with a crystal.



Moon and Star Gazing

Just like Sun Gazing, Moon and Star Gazing is also connecting you to Source Energy, and the Codes of Creation in Sacred Geometry, just stare at the Moon and Stars and travel in wonder and see what messages come to you.



Rest Consciously

Before you go to sleep, cut chords with everyone and everything and reattach chords like in the cutting chords practice. Then intend and ask the Angels to assist you to rest consciously. The Dream machine, inside the Pyramids was hijacked and they attack us during our Dreamtime if we are resting unconsciously. Also ask the Angels that your body is protected, healed and rested while you sleep and that you are taken to the Highest Timeline to be of the greatest service to all of humanity.

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



Notes

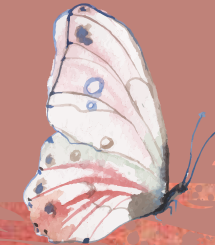
Re-hearting you that there is nothing to fear - FEAR is only False Evidence
Appearing Real

Letting go of the programming takes time, patience and consistency ... it will
serve you well

Be Gentle with yourself while you are healing, do not beat yourself up if you fall
back. Recognize it, thank it for showing itself to you, let it go and then be
grander in the next moment.

When you feel yourself overwhelmed, come back to the present moment.

RIGHT NOW, everything is fine, you have food to eat, a bed to sleep in and
you are safe and loved. When you are grateful for the small things you will be
given more to be grateful for and you create space for miracles to happen by
letting go of worry. Worry is a complete waste of imagination.





All Limitless Content



Honors

Mother Gaia