

LIMITLESS

5D  
REHAB

*A Guide to*

*The true healing of  
addictions and the  
human condition*

# CHAPTERS



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# CHAPTER ONE:

## HUMANITY'S ADDICTION TO ENERGY

Humanity's biggest addiction is to energy. Every form of addiction has its root in an addiction to energy. The Cabal programmed humanity like this in order to keep us searching for energy outside of ourselves.

Because most of humanity vibrates at a level of 200 or less, they are in a life-draining state, which means they must take energy from an external source in order to sustain themselves. This is what creates consumerism, addiction, attachment, fear, and survival.

When one is connected to Source and is in the heart, they are a fully sustaining vessel that creates its own life force. A truly divine being does not need energy from an external person, substance, or thing. They have their own Source energy flowing through them which creates their own energy field of joy and love flowing from within them.

A typical being takes energy hundreds of times a day without even realizing it. We take energy through sleep, by sleeping unconsciously or using sleep as an escape. We then wake up and cannot gather energy without an external source like coffee, Redbull, food, etc. We then also rely on taking energy from others throughout the day to sustain us. This is done through expectations of others, judging, gossiping, control dramas, attachment, and many more. We take energy through relationships and sex to release our frustrations, anger, loneliness and unworthiness.

# CHAPTER ONE: HUMANITY'S ADDICTION TO ENERGY

We also take energy from our families, friends, children and pets. We seek their love as a form of validation or to make ourselves feel needed or wanted. We escape through drugs, video games, television shows, movies, porn, technology, and social media. The list is endless.

We, as a collective, are parasitic in nature. We feed off of our host without giving anything in return. We have depleted and raped Mother Earth of all of her resources in order to sustain ourselves. This makes us **PARASITES** and parasitic beings can no longer live on planet Earth.

We must transform all addictions and behaviors so that we may live in a divine ecosystem as one with the Planet, animals, and each other. All systems must function through giving rather than taking.



# CHAPTER TWO: TECHNOLOGY

Technology is an extensive part of our society and daily life for most of us. Humanity has become reliant on its many uses and conveniences which creates laziness and disconnection from Mother Earth.

From cell phones and computers, to tv binge watching, and news media and sports channels. These all take hours away from the day and is a distraction from matters that are paramount right now, like focusing on our own inner healing and energy.

The technology industry creates a surface world reality which is shallow and we get lost in it, wasting time with external validation on platforms like social media, seeking attention, and creating a false reality to portray to others because of our disassociation and cognitive dissonance in our lives.

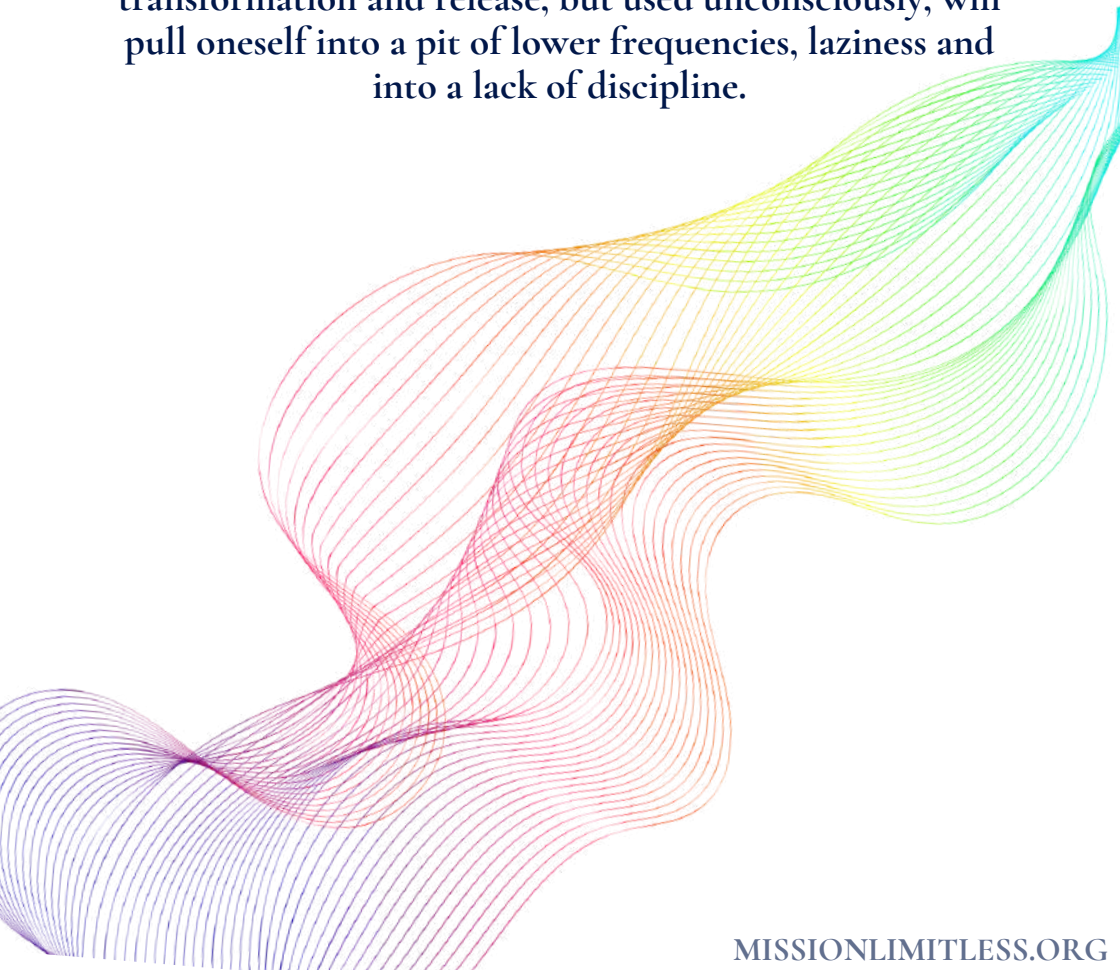
This becomes a crutch and an escape, widely used to numb our feelings and distract us from focusing on going within.

There is also the disease of video games that ensnare the younger generation. This separate fabricated reality with new scenarios and storylines can be a big distraction for people trying to escape from their true reality.

# CHAPTER TWO: TECHNOLOGY

Investing long hours a day, into thought energy (many games force you to analyze and strategize a lot which drives you into the mind, where you can be easily hijacked), as well as emotional attachment and disassociation with video games affects brain chemistry, emotional well-being, lack of physical movement and energy, therefore imprinting lazy behavioral patterns.

In the higher, technology can be used as a tool for transformation and release, but used unconsciously, will pull oneself into a pit of lower frequencies, laziness and into a lack of discipline.



# CHAPTER THREE: SEX

Sexual addiction is a major spider web of dysfunction humanity has been ensnared in.

Below we will go through the general areas and concepts in which humanity gets trapped and we will go into depth on the various experiences these energies weave through our reality.

**Pornography:** The pornography industry has entangled itself across all technology platforms and is one of the most easily accessible through the internet.

The pornography industry has captivated different aspects of our human societal life and creates a perverted version of love making where people are encouraged to engage in fantasies outside of their reality.

This creates a higher sexual drive and lustful urge for experiences their ego will want to recreate in real life.

**Masturbation:** Masturbation is a hijacking of the physical body's spiritual energy. In moments it could be used as a release, however performing that act outside of integrity with your thoughts and emotions will immediately result in energetic sabotage of yourself. While masturbating, a person is in the mind thinking thoughts of fantasies, giving all of that energy to a timeline that doesn't exist.

# CHAPTER THREE: SEX

Masturbation is used to hijack the body's physical senses and force a release of chemicals from the brain that flood the body with momentary feelings and sensations of relief, joy, contentment, and distraction from overwhelming life events, numbing of emotions, decreasing sensitivity, and ultimately shutting the body down to a more dormant, less sensitive state.

Exhausting the body over long periods of time through these actions will create other problems with the internal feeling centers. This desensitization might seem like it helps calm people, however it is because the body has just been massively siphoned of energy. This creates a foggy state which will affect your personality, expression levels, creativity, sense of motivation, and physical well-being as well as energy levels with physical movement.

**Sex Toys:** Sex toys are a black hole for people to escape further into their own sexual fantasies, this takes it a step further where they completely cancel out the need for a partner to create the experience with. Instead the toys become a 24/7 hijacking of energy, where beings fall into lower frequencies and dysfunction like control, domination, and distortion of their reality.

This creates a different reality as there's so much focus on the lower distorted dysfunction that beings begin to subconsciously project these fantasies and ideas back onto humanity.



# CHAPTER THREE: SEX

This level of disassociating with oneself also will lead to narcissism. This boosts the lower narcissistic characteristics where they are only seeking their own pleasure and there is no room to hold space or consideration for the other persons experience, which is Pure energy taking.

**Control Of The Experience:** Many beings engage in sex because it is a way for their ego to control the experience. Giving and exchanging power with one another, meaning someone is taking power away and the other is giving their power away. EGO. In essence, this is where two spectrums can emerge where one partner wants to be submissive, disempowered, pleasing and serving to the other out of lack, unworthiness, needing validation and permission. The other partner is taking advantage of the other's disempowerment, taking from their submission and lack of worth and value instead of supporting and elevating that being to a higher state.

Many scenarios can break off from this concept however the important thing to re-heart is there is no control. Everything is organic and is not planned or forced.

**Incubus And Succubus:** Incubus is an alluring type of energy. It does things to get attention and energy from others. Temptation and playing coy and even through control dramas are all avenues for the Incubus energy.

# CHAPTER THREE: SEX

Succubus is the flip of incubus energy and is the outward approach of acting this energy out. Succubus energy is more direct and assertive in its way of taking energy and gaining attention, even taking over a physical environment with control dramas and creating reactions to pull attention. Succubus energy will directly approach you with ulterior motives and premeditated thoughts or intentions. The ultimate goal would be stealing sexual energy. This can be done through physical touch, talking or flirting.

Celibacy is recommended through the ascension process, in order to secure your own energy before you mix energy with another. This also helps dissolve addictive tendencies and attachment. Once you have reached a higher state of consciousness through active transformation, and your partner has also reached the same level of consciousness, then each being may use their own angel guidance and intuition on whether to engage sexually. Boundaries must be respected as well as open communication as a foundation.



## CHAPTER FOUR: ALCOHOL/WEED

**Marijuana:** Marijuana, among others, is a cosmic galactic tool, manifested specifically by God for humanity's ascension process. It will increase and amplify the energies within the body, the consciousness of the being, and will also bring all thoughts and internal dysfunction to the surface.

This is a tool for transformation, it pressurizes the unconsciousness, bringing anything unhealed to the surface making it more easily visible and able to transform.

You can spin when using this tool unconsciously, pushing further into the dysfunction when it comes up.

The higher way of utilizing this tool is to be productive in service, creating in a project of some sort, physical movement, etc.... everyday activity and responsibilities and using this tool in the flow of life.

The more productive you are while using this tool the more impactful and transformational the experience will be.

The belief system that marijuana is bad for you or causes increased addiction is a lie. The physical body literally has cannabinoid receptors naturally within the brain. Your whole body is wired for it and prepared to utilize this tool for optimal healing, reflection, and release. Bless the marijuana before every use and show gratitude for use of this tool.

## CHAPTER FOUR: ALCOHOL/WEED

**Alcohol:** Alcohol is another galactic tool that God brought here specifically for humanity's ascension process. Alcohol is a really amazing tool for slowing down the thought system and amplifying the body's physical senses.

Since Alcohol is such a widely used substance (and humanity does not respect it yet), it is a very easy way for people to be hijacked. Traumas, fears, inadequacy, and triggers are heightened while using this tool. Because there is lack of intention when using this tool it is an unguided experience where energies can sabotage and manipulate our perception, and open us up to both our rage and the rage of the collective to come through us. This occurs mainly with the masculine on the planet, and it shows itself through power over, with dominance, competition, lust and control.

Feminine can experience this too. Using this tool in a lower way has led to an open door of sexual abuse, trauma, rage and physical and verbal abuse both on ourselves and towards each other. Alcohol like marijuana increases and magnifies human emotions and raises the energy so we can reflect, process and transform faster and more energy at once. Make sure you bless your tools before using them

# CHAPTER FIVE: HARD DRUGS

## HARD DRUGS

What we call “hard drugs” are those that were literally created for addiction purposes. The Cabal infused these drugs into communities in order to tear them down, create instability, poverty, and to be able to profit off them through the legal system.

Hard drugs include heroin, meth, crack, PCP, etc. These drugs have the most effect on the brain than any other substances. Many lights beings fall into addiction with these drugs because of the sensitivity to energy, as it causes an urge to numb or escape the overwhelm of living in 3D.

The immediate relief and bliss that one feels when using these drugs overtakes the brain, and convinces the vessel that this is the way to reduce the emotional and psychological pain of human existence. The intensity of the brain signals that brings pain relief and joy, overtakes the system and it is very challenging to re-wire the brain from addiction to these substances. However, it is NOT impossible by any means.

The irony is that these drugs cause nothing but destruction to the physical, emotional, spiritual, and psychological bodies and thus create destruction in the external experience. Detoxing from these drugs is incredibly overwhelming and painful but absolutely necessary in order to heal.



# CHAPTER FIVE: HARD DRUGS

The physical symptoms experienced in withdrawals from these substances is simply created by the brain, as the synapse loop has been broken and it then signals to the vessel that pain is about to begin. Once we realize how mental addiction actually functions, you then hold a significant power in the detox process.

Addiction to hard drugs is more mental and emotional than anything else. It is the addictive behavior of escapism, numbing, self-sabotage, denial, and victim consciousness. The hardest part of breaking these addictions is dealing with the frequencies of shame and guilt.

Shame and guilt are the lowest frequencies on the vibrational scale. They encompass the vibration of self-hatred. These frequencies ARE NOT REAL. Most of the time, beings who are breaking addictions to hard drugs have to deal with partners, children, family, and friends who project a lot of guilt and shame onto them.

Understand that this is their own guilt and shame for enabling the behavior or because it's a reflection of their own self-hatred.

# CHAPTER FIVE: HARD DRUGS

We must dissolve these lower frequencies. There is no judgment in 5D, all experiences were contracted for by the higher self for the greatest transformation of energy and soul growth. Once we can accept this, we can free ourselves from guilt and shame as this was all part of soul growth. There are no right or wrong choices, no good or bad choices. Those breaking these addictive substances must dive deeply into self-love.

Choose to face what it is you have been running from, and find your heart connection to Source once again, as that is the true remedy.

## PARTY DRUG ADDICTION

Party drugs include cocaine, Molly, Ecstasy, Acid, etc. These addictions are typically developed through social partying but eventually can become everyday addictions as the vessel wants to continue chasing the 'high'. The most common frequencies that cause these addictions are unworthiness, lack of feeling, worry, stress, and fear.

Most of the addicts of party drugs are those that are highly functioning in their day-to-day lives. They can typically be those who are hard-working and over achieving even. What all these beings have in common though, is stress, escapism, and a disconnection from self and feeling. The high allows them to feel something, and that is what they chase - The ability to feel in those moments.

# CHAPTER FIVE: HARD DRUGS

The key here is the lack of being able to feel without the drug. Disconnection from the heart and feeling happens over time and can occur from heartbreak, fear, or overall lifestyle that creates an imbalance of masculine energy that suppresses the inner feminine. Connecting back to the feeling centers, allowing yourself to feel all emotions, process them and let them go, will allow you to enter a space where you can truly feel connection, love and joy.

## PHARMACEUTICAL DRUG ADDICTION

Pharmaceutical drugs were created in order to keep our vessels sick. They can assist in some ways of healing ailments, however, they mostly just kill the SYMPTOMS of the ailment, while creating other issues inside the vessel as the human body is not made to process inorganic material.

The most addictive pharm drugs are benzos which include Xanax, antidepressants, and other forms anxiety medication. Similarly, stimulant drugs like Ritalin and Adderall are highly addictive especially when given to younger children or teenagers. These drugs change the alchemy process of the brain and create a dependency on the drug as well as severe inability to process emotions as it blocks the synapses which alert the vessel it is emotionally overwhelmed.



# CHAPTER FIVE: HARD DRUGS

Stimulant drugs like Adderall, create lasting effects on the brain and nervous system that we are just beginning to uncover. Breaking addictions to benzos, stimulants, or any other type of pharma drug, including pain pills, is a difficult habit to break because of the physical dependency on the drugs.

Your body will go through withdrawal symptoms similar to hard drugs, however, this is also very mental and you must reheart yourself it is the brain rewiring and the more you remember that if you focus on the healing and the you focus on the well-being of your vessel, this process is much easier. You can make it easier or harder depending on your thought process. Facing life head on, dealing with the challenges, ultimately makes you a stronger soul and that is where your higher self begins to anchor in.

## CHAPTER SIX: RELATIONSHIPS



Relationships are one of the biggest addictions with the younger generations, as we were programmed to think that unless we had a partner or a family, we were not doing something right. This programming got passed down from the older generations who adhered to these social rules of marriage, children, house, retirement, as that is all they know. The younger generations have grown up in a completely different world, while still trying to conform to the old one. This created toxic addictions to relationships.

In the age of social media, relationships took on an addictive and toxic energy. The energy between masculine and feminine has become so distorted that it is filled with lower sexual dynamics, attachment, lack of feeling, validation, dishonor, expectations, vanity, etc.

The dysfunction between masculine and feminine can only be transformed through self-love, non-attachment, and inner child healing. If you are addicted to relationships, you are seeking external validation and an external form of love because you cannot feel love within. The only way to break this addiction is to spend time alone and in self-reflection.

Inner child healing is essential for being able to then manifest divine relationships, once you have looked at and healed all the aspects of yourself that are still wounded. Find what you love, find what brings you joy, and find who you are because that is where the true source of love will come from.

# CHAPTER SEVEN: MATERIALISM

In this age, materialism is seen as ambitious and successful, when really it is simply an addiction. There is nothing outside of yourself that will make you feel worthy, special, or loved. Addiction to material items is an attempt to fill a void within that tells us we aren't good enough, not successful enough. In true reality, "successful" means you are in joy, you are filled with love, you are inspired and living your dream. Money is what stripped humanity of true joy because instead of doing what our hearts are calling for us to do, we are forced to work in enslavement to the system the Cabal created.

The less "things" we have, the more we focus on the true joy - family, healing, creativity, laughing, and presence.

On the spiritual journey you will be called to give up certain things and once you do, you realize that it was never about the things. It was about the feeling the things gave you which is now fully present within you.

The more we step outside the system, the more we realize that is where we belong. We are meant to be free. Free to love, free to share, free to create and free to live.

New Earth will be full of equal energy exchange, there will be no money and material items will simply be things we love to create.

happy

# CHAPTER EIGHT: SLEEP

Sleep is an activity, and I feel we can all agree humanity has overindulged themselves in. Endless lists and reasons and excuses why we need more sleep. A lot of people sleep an accumulated amount of 12-13 hours a day. This is encouraged under the belief system that the body needs that much rest, this is a lie.

Sleep is one of the most commonly used excuses for daily life. If you are sick, can't focus, can't think straight, have a big test tomorrow, traveling the next day, don't want to deal with it, escapism, distraction, fight or flight, aloofness and resistance..... the answer usually is to get some sleep. This is a common go-to for humanity which ultimately just stagnates energy and wastes the present moment where productivity can transform and help move that energy out.

The sleeping addiction and belief systems are so blown out of proportion. We only need 3-5 hours of sleep a day to perform and operate fully functionally, however, there will be moments the vessel does need more rest. This comes down to your own guidance and feeling into your own energetics.

# CHAPTER EIGHT: SLEEP

Sleeping unconsciously will also exhaust the body during sleep as well to the point you either wake up tired and drained or you sleep longer, not feeling rested.

Not being productive and actively releasing energy through the day will make you more tired and feel like you need more sleep. You need to express and generate your own energy and push that through some outlet so your body can move what it needs to through your system. It's really about getting yourself on track and stable in your center with what's going on within and following guidance on when to rest and when to move.



# CHAPTER NINE: FOOD

Our physical body is fueled mostly by energy. The need to consume large amounts of physical energy (food) in order to sustain ourselves is a thing of the past. We have evolved so much in these short centuries to the point where our physical bodies receive energy from the sun and plants and other abundant sources of energy on this planet. So the belief system that food is needed and even more so in large amounts, is a lie.

Food is a form of energy that our bodies can receive from, however, it is intended in the highest for joy. The grand illustrations of art that come from food are so magical. And that's what it was created for, to be magical and full of joyful experiences. Food is also linked to a lot of lower frequencies such as lust and desire. This has increased fascination with the lower urges to eat and overcompensate for internal emotional lack by consuming more food.

Beings that don't express themselves enough or aren't vulnerable enough with themselves to release energy, also struggle with food addictions and the weight gain from the energy not being released. This is another belief system that humanity is attached to, that if you eat a lot of food or eat "junk food", that makes you fat. In truth, the belief systems around food are the only thing that causes weight gain, allergies, etc..



# CHAPTER NINE: FOOD

The sports Industry partly feeds into the food addiction and belief systems. More from the angle that food is the enemy and we have to battle our bodies to stay in “perfect” shape while we have that experience.

Measuring food, calories and macros and pouring so much control into the experience around what you can eat and how much and when you can eat it. Ultimately stealing the joy around the experience and implying this insane attachment, resistance and self perpetuated belief system that grows as you move further into that dysfunction.

To eat properly for your vessel, bless the food every time you eat. Gauge if you are actually hungry or if you are eating out of boredom, emotional escapism, tiredness, etc. You can eat whatever you want, as long as it is done in joy and through trusting the guidance from your vessel as to what it needs. Any belief systems around diets, vegetarian/veganism, etc., are all fantasy. Red meat is an essential part of brain balancing through this ascension process and all belief systems attached to meat should be dissolved.



# CHAPTER TEN: BEING RIGHT/PERFECTIONISM

Humanity has an obsession with being right. Competition, rivalry, survival of the fittest, fear of being wrong etc. are all factors behind the insane drive forward into blind delusion wanting to be right and refusing to be wrong. Struggling to prove oneself can also lead to this. Relying only on your own experience and refusing the wisdom shared by others will create a hijacked reality where everything can only be what you think it is. Narcissism is a component of needing to be right. It is a deep need for control and perfectionism that is based in unworthiness and lack of self-love.

One of the many ways this is shown within the collective is protesting. This outward approach to speaking out is unorganized and full of anger and unworthiness. To not be empowered in their own homes and in their own lives to where they think they must gather in mass gatherings and shout angrily and revolt. Pulling a whole collective of beings into lower frequencies and giving that energy to what they hate or do not agree with. Giving their power away even more and embodying their unworthiness, fear, despair and helplessness. Unwilling to take their own accountability for what has led to these events and their responsibility in it as well, blame is unleashed instead and the lack of accountability and responsibility is projected back and forth like a ping pong ball.





# CHAPTER TEN: BEING RIGHT/PERFECTIONISM

The truth is that there is no right or wrong. There is always a higher truth however, this is achieved through sharing and the unity consciousness experience. There is no YOU, It is WE. The addiction to being right creates separation and does not allow for us to receive and expand our awareness.

Everything is based on equal energy exchange. That of Giving and receiving.



# CHAPTER ELEVEN: PAIN AND SUFFERING

The addiction to pain and suffering is a huge disease within humanity. The world has been filled with so much pain and suffering, war and famine. Humanity has been drenched in a sea of victim consciousness and has been heavily conditioned in society through pain. This created tons of ridiculous belief systems and habits that make pain acceptable in our reality and further than that, that we actually need it. This association with living this way is degenerative and punishment based.

Many of these programs and conditionings were taught to us in early childhood. Growing up with a fear based system and also a punishment system that if you made a mistake or did something wrong you could get hurt or be punished. Growing up with these patterns teach children that a harsh discipline is justifiable because this was their experience. Later in adolescence and adulthood we see where this is more seriously implemented both in internal self-hatred and acted out, also on a global scale with the collective in government systems that the people submit to because they feel they have no choice.

The constant acceptance that pain is part of our reality and it is to be expected is the EGO mind. The mind creates pain and suffering, love only creates joy. Breaking us free and allowing us to experience joy once again, in everything.



# CHAPTER TWELVE: SELF-LOVE DISCIPLINES

To Assist and support yourself through your process and letting go of addictive belief systems, Self love tools and disciplines are crucial.

Here are a few examples:

**Mirror technique:** Write down 20 Divine Traits and state them in the mirror each day with the I AM affirmation.

**Automatic writing:** Channel your higher self, Source and your angels to ask for guidance, insights and messages. Sit and be present with yourself and allow anything to come through and be written down.

**Daily Movement:** 45 minutes of movement each day which can be walking, running, swimming, dancing, yoga, stretching, etc.

**Meditation:** Spend moments in meditation each day, whether it is simply sitting presently and breathing, or any activity in which you have no thoughts and are completely in the present moment of now.

**Creativity:** Spend moments daily doing something creative. This can be coloring, painting, drawing, dancing, singing, baking, gardening, writing, cooking, crafts, anything!

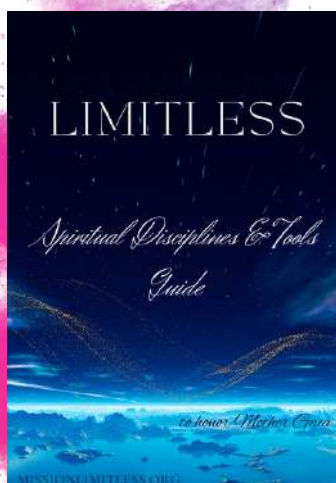
# CHAPTER TWELVE: SELF-LOVE DISCIPLINES

**Boundaries:** Say NO when you need to. You do not owe anyone anything and your energy is a priority. Do not give too much energy away because you feel “bad” or feel you have to. You can always say NO and put yourself as the priority in any situation.

**Cold Showers:** Utilize the cold showers as much as you need to! 3-5 minutes of a cold shower resets your nervous system and allows energy to process out of your vessel and cuts out any lower thoughts.

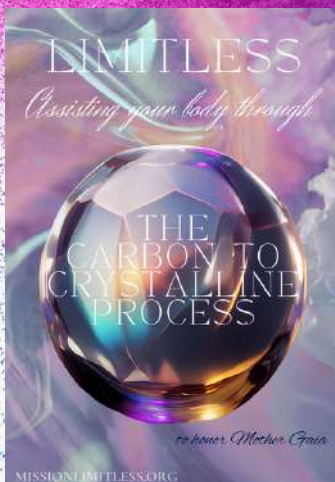
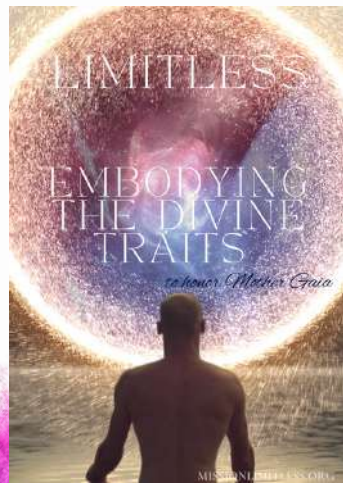
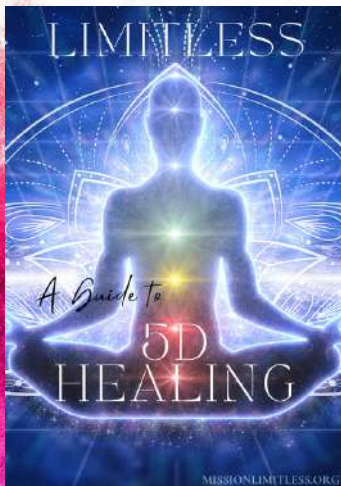
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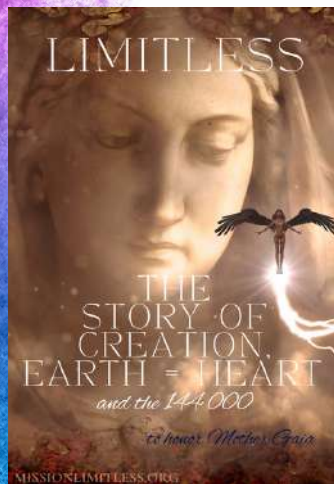
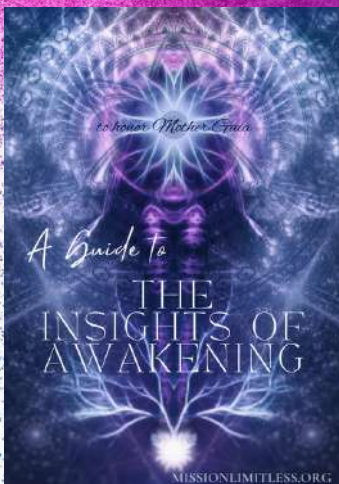
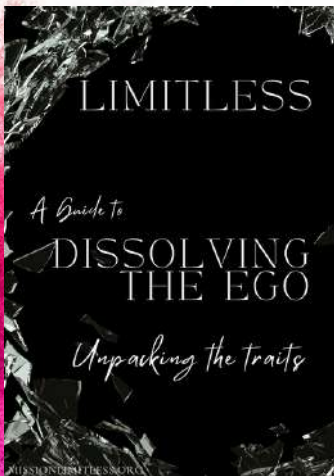
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