

LIMITLESS LIVING

Unleashing Abundance

The Limitless Living Integration Process Sheet – Facilitating For

Others

Once you uncover the limiting belief, make a note of it, and follow the below steps, when facilitating it with another person:

1. Repeat the belief to them and ask them to say it out loud, *“On a scale of 1 to 10, how true is this belief? (where 10 is true and 1 is not true at all)”*
2. Once a number has been established, make a quick note of it, and ask, *“Where in the body do you perceive or feel this belief? How does it make you feel?”*
3. Once they have a sense or knowing of what the emotion is, and where in the body it is, repeat it back to them, *“So the belief is ... and you perceive it in the ... and it makes you feel...”*

Then, say to them, *“Feel the emotion fully and truly welcome it. Allow it. Just welcome it fully. Hold it in your hand and embrace it fully. Embrace this feeling fully. Really allow it. Keep welcoming it, and let it know it is welcome. It is a feeling that is waiting to be accepted and embraced. Just welcome it fully. Keep surrounding it with your love. You can even place your other hand on the feeling and love it.”*

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NOTE: If the person you are working with is uncomfortable with the idea of self-love, then you can explore acceptance or allowance of the emotion. The concept is to allow the emotion and let it be present, versus pushing it away or resisting it, as resistance causes it to remain, versus acceptance allows a space for freedom.

4. Then ask, *“So go ahead and close your eyes and take a gentle breath in and out. Allow yourself to feel this feeling of ... in your ... fully. Just get a sense or knowing of how old you were when you felt this old feeling, who was there, what age were you and what were you wearing or not wearing. Just get a sense or knowing of how old you were, when you felt this old feeling before.”*
5. Then ask, *“Place the old memory or series of memories on a movie screen and let it go blank for now. You can just get a sense of it. You do not need to see it perfectly. Just a sense of knowing that past incident or series of incidents.”* Be really encouraging and create a space for allowance.

You can say, *“It's ok, take your time. It can just be a sense or knowing. The memory can also be of now, as you just felt the feeling associated with the belief. So, check-in with yourself when you felt that old belief before. Just get a sense or knowing - you do not need to get it right or perfectly”*

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NOTE: If the memory is a traumatic memory, ask them to:

“Move the memory far away, distance yourself from it, make it even further away till it feels safe.”

Check that they feel ok to proceed.

6. Then ask, *“Bring the past you from that past memory, to come and sit next to you and hold their hand. Ask them what positive qualities or resources they needed, in that old memory that would have helped them handle the situation better.”* Give them time and be encouraging.

You can also add, *“Examples of positive qualities include, courage, strength, self-love, you are safe, self-acceptance, self-respect.”*

NOTE: In case, they come up with a resource that is not in their control, like the other person saying sorry, ask, *“If they were to say sorry, what would it make you feel?”* If they are stuck, you can invite the mentor to brainstorm positive qualities or resources that would have been helpful in that past experience.

After encouraging, if memories still do not show up, it's ok. This can happen because, they might want the details of the memory, or the memory has been blocked, or they have already cleared the past memory. If the belief is showing up, it means there is something there

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though. So, after reassuring and letting them know, that they only need to bring up what they remember.

7. Once they uncover positive qualities or resources, get them to breathe in the positive qualities, *“Place in the hand of the past you, the positive qualities. Let the present day you, squeeze the hand of the past you, and get them to breathe in all those qualities.”*

NOTE: If needed, you can be encouraging, by saying, *“Great, beautiful, just breathe that in”* or *“That’s right”* or *“That’s wonderful ”* or *“Yes, just keep going”* or *“How lovely”* or *“You are doing great”*, as they breathe in those qualities.

8. Then, ask them to, *“Send the past you back onto the movie screen with all the positive qualities, and notice how you are handling things differently.”*
9. Notice their facial expressions and body language, and notice how it starts to change or relax. Ask them, *“How are you feeling?”*

Let them share their thoughts and insights. Be really encouraging. Let all the thoughts be welcomed. Ask them, *“How do you feel about that old belief now?”*

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10. Once the old belief seems distant or no longer true, ask them, *“Now that the old belief is no longer true or needed, go ahead and imagine going into every cell in the body, and pressing a delete button, that on pressing removes the belief, removes the consciousness of the belief, as well as the energetic imprint of the belief. You can also just imagine one cell that is a representative cell for the whole body, going right into the DNA, and imagine pressing the delete button, so that old belief is erased forever.”*
11. Then, go ahead and illicit the timeline. Ask them, *“So, what I am going to do right now is, I am going to illicit your timeline, so that we can find the origin of the old belief. So, go ahead and, cast your mind’s eye back to yesterday’s morning, when you woke up and notice, where is that past memory stored? Is it behind you? Is it in front of you? Is it above you? Is it beneath you? Is it to the sides of you? Go ahead and use your finger to point in that direction of, where that old memory, of waking up yesterday is stored. This is known as your Past.”*
- “Now, come to neutral. So, as you come to neutral, go ahead and keep your eyes closed and imagine stepping to the future, to tomorrow. And, as you step to the future, to tomorrow, go ahead and notice yourself waking up in the morning, tomorrow. Now that you can imagine yourself waking up in the morning, tomorrow, just notice where is it in relation to you. Is it above you? Is it beneath you? Is it to the side of you? Is it in front of you or behind you? Once you know where your future is, go ahead and use your finger to point in that direction.”*

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“Now, draw a line from your past to your future. This is known as your Timeline. And, as you know what your timeline is, place that timeline on the ground now, so that it is a straight line, and you know where your past is, and you know where your future is.”

“Go ahead and imagine stepping on your timeline in the present. As you step on your timeline in the present, just imagine now, floating nice and high, above your timeline. As you float, nice and high, above your timeline, go ahead and float to the past. And float to the past, where that old belief that you just uncovered is. Look at yourself from above, you just need to get a sense of yourself from above. You don’t need to see it perfectly.”

“Now ask yourself, is there a time even before this, the origin of the belief. This instance might be the origin, and just check-in with yourself, if there is a time even before this, that was the origin of that old belief. It can be in this lifetime, it can be in the womb, it can be at the time of conception, and it can be even before that. If you believe in past life, it can even be in the past life.”

“Go ahead, and notice yourself floating, to the origin of that belief right now. And, if it’s where you are right now, you can just stay here right now. Now that you have located the origin of the belief, go ahead and

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press the delete button.”

Let them answer, be encouraging.

“Now that you have a sense of it, go ahead and imagine pressing the delete button, and deleting that old belief from your past, and from your timeline, such that it can no longer influence your present. Yes, that’s right, just delete that belief now.”

12. *“Now that the old belief has been deleted, what is your new belief? If needed, ask your mentor to help you, and to brainstorm with them the new belief. A mentor is a guardian angel or someone, whose wisdom you trust.”*
13. *Once they have the new belief, ask them, “Go ahead and place the new belief on your timeline, where the old one was just deleted. Just imagine it being installed in your timeline now, and as you install it, imagine it lighting up your whole timeline. Every single moment from the past, till now, is being programmed, with this new awareness.”*
14. *Once the new belief has been installed in the timeline, ask them, “Now install the new belief, also in every single cell in the body, the space between the cells, and the consciousness in the body-mind. That’s right. Breathe into it, and feel into it.”*

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15. Ask your partner to, *“Bring into your awareness, your Great Flow statement without the “Wouldn’t it be great part”, with just the statement in the present tense, for example, “I am x kg in weight”, “I am married by date and year”, “I have xxx in my bank account.” Then just get a sense or knowing of this statement in front of you on an imaginary movie screen. You do not need to see it perfectly, but just get a sense or knowing. See it, hear it, and feel it. Notice everything about it, in front of you. And ask yourself, “How does it make you feel?”*

Pause. If there is any limiting emotion, go ahead and move to Step 3.

If there is no limiting emotion, then ask them to, *“Imagine what you want again and this time, call it in. Imagine it coming into your body and heart and notice how does it makes you feel?”*

Then, ask them, *“Does it feel free or is there a limiting emotion there?”*

Pause and wait for the answer. If there is a limiting emotion there, then ask them, *“How does it make you feel?”*

Proceed to Step 3. If there are no limiting emotions, then say to them:

“Just stay with visualising what you want”

Move to Step 5.

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Note: If they do not perceive any emotion, then ask:

“Notice if there is any fear or doubt. How does it make you feel?”

If there is any emotional fear or uncertainty, proceed to Step 2.

16. Then say to your partner, *“Bring into your awareness the limiting emotion. Welcome this emotion entirely. Ask yourself, “Where in the body is this emotion?” Place your hands either where the emotion is, or on your heart and collarbone, and say, I welcome this too. I allow this too. This is welcome. You are welcome.”*

Keep encouraging your partner to welcome the emotion fully.

17. Then, say to your partner, *“Keep welcoming the feeling till it feels like that emotion is no longer there. You can even ask the emotion to pour out into your hand and cover it with the other hand. Just let me know when it feels complete.”*

Give them time and when it feels like it’s completing, ask your partner, *“Bring up the image, sense or sound of what you want”*

Ask them, *“How does it feel now?”*

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Note: If there is any remaining emotion or resistance, where it feels like it cannot be claimed, welcome that too; and if not, go to the next step.

18. Then say to your partner, *“Imagine what you want now again. See it, hear it, and feel it. Notice the image, colours, sounds and feelings of what you want. Now place it on a movie screen in front of you. See it, hear it, and feel it. Notice everything about it. The images, the sounds, the colours, the textures, the shapes, and the feelings. Notice, as if it is real now. Notice what you are doing in the scene. What you are wearing or not wearing.”*

“Imagine a circle in front of you. Then move the image from the movie screen into a circle. Notice how you are living your positive Great Flow Statement, day to day. Then look at this image in the circle from above. Now place all of it into an imaginary circle in front of you. Imagine everything about it – the colours, the sounds, the feelings, what you are wearing, the people who are there or not there. See it, hear it, and feel it fully.”

19. Then say, *“Now, step into the circle, and into the body of the you in the circle. Visualise everything about it as if it has already happened. See yourself in the circle in your body feeling all those feelings and see all that you want in your life already here.”* Pause and notice the change happening.

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20. Then ask your partner, *“Now take a little step out of the circle and bring the image of what you want into your heart. Feel it in every single cell in the body vibrating and pulsating. It’s happened now. That what you wanted is here now. Feel it, breath into it and notice yourself becoming it. Then say out loud, I claim you too. You are mine. We are each-others. I claim you too.”*

Pause and give them time. Then say, *“Whisper to yourself, I claim you too. You are mine. We are each-others. I claim you too.”*

Pause again and give them time. Then say, *“And now, say it silently, I claim you too. You are mine. We are each-others. I claim you too.”*

21. Then ask your partner, *“Now bring into your awareness your positive Great Flow statement that begins with ‘I’. As you do that notice if there are any there any judgments, criticisms or comparisons that prevent you from being in the flow of what you want, from being in an intuitive flow of what is?”*

“For now, label any criticisms, judgments, or expectations as “THIS” and just car park them. You can even whisper them out loud and then, car park them aside. If there are no conscious criticisms, judgments, or

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expectations, that is ok and we will just go ahead and move to the next step anyway.”

The reason to move to the next step anyway is that there can be unconscious resistances.

22. *“So, we will begin by placing the hand on the heart and placing the other hand, either on top of the hand on the heart or on the upper chest, wherever it feels right for you. Just make a connection with yourself first, and take another breath in, and blow it out as if blowing out a candle.”*

23. *“So, we will begin by invoking the energy of healing. You can either say this statement out loud with me, or you can whisper it. “THIS” healing, is on behalf of all points of view, my ancestors, and my future generations, and on completion, will be completely complete.” And just sit with the vibration of “THIS” healing happening, of all the points of you healing, of the healing being complete with our ancestors and our future generations.”*

24. *“Now, as you bring into your awareness the energy of “THIS”, for example the judgements, criticisms, expectations, and sabotage; I am going to start by saying a statement out loud. All you need to do is sit with the statement, contemplate it, and allow any thoughts to be there. All you have to do is notice what is happening. As I say each statement out loud, you can either say it out loud after me or silently on the inside.”*

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22. The Limitless Living Integration Process Sheet Others 06.05.2022

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25. *“After a few moments of sitting with the statement, I might ask you, “What happened?” When I ask you, “What happened?”, you can either share it out loud or keep it silent. Once we complete the process with one statement, we will move to the next until the last statement when the healing becomes completely complete.”*

26. *“So, we will begin now with the first statement. Notice the connection between your hand, your heart and your collar bone and say out loud, “THIS” happened, all that caused me to resonate, identify and connect with “THIS”. Thank you for “THIS” happening. I welcome “THIS” too. I allow “THIS” too. “THIS” is welcome. I claim “THIS” too. Thank you for “resonating, identifying, and connecting with “THIS”.*

“Just sit with this vibration now while maintaining the connection between the heart and the hand. And you can even say on the inside, “THIS” happened, it's over now, I can relax.” As you sit with it, just ask yourself, “What happened?” and as you bring into your awareness, “What happened”, you can either share it out loud or keep it on the inside.”

27. *“Now take a breath in and blow it out as if blowing out a candle. Now, I will say the next statement, “All the places, in my body, mind and life, where “THIS” is stored is healing now. Thank you for healing all the*

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places in my body, mind, and life, where “THIS” is stored. With my eternal thanks.... Thank you.”

“Sit with this vibration of all the places in the body, mind, and life, where “THIS” may be stored. Just open into the energy of all those places, where “THIS” is stored. You can also imagine all the places in the body, mind, and life, where “THIS” is stored.”

28. *“You can now imagine a magical cleaning instrument that you want to use to clean all the places where “THIS” is stored. With the cleaning instrument go ahead and clean all the places in the body, mind, and life, where “THIS” is stored.”*

“Clean it completely, even all the little areas, even all the large areas, even all the spaces in between, clean everything, large or small or the spaces in between. Take your time, allowing the magical instrument, to do the cleaning at the deepest level. Cleaning the feet, the ankles, the legs, the hips, the belly, the torso, the neck, the head, the back, the arms, and the whole body. And when that's complete, you can just give me a signal by nodding your head and let me know the cleaning is completely complete. And if it isn't completely complete, just know that this process will continue.”

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29. *“Once it has all been cleaned, you can place all that has been cleaned into a magical box and send it to the Universe. Let the Universe transmute it all to unconditional love. Just let it be free. As you allow it to transmute into love, notice for yourself, “What happened?” When that's complete, you can share out loud, “What happened?” Just whisper it out loud.”*
30. *“Take a breath in, and out, and we will focus on the next statement. You can say the statement out loud, with me or silently in your mind's eye, “All the parts that got something from “THIS”, are healing now. Thank you for healing all the parts that got something from “THIS”.*
31. *“As you sit with it now, explore the energy of all the different parts, imagine the different parts, healing now, integrating now and completing now. You can even ask yourself, “What happened?” and bring into your awareness, what happened. You can either keep it silent or share it out loud.”*
32. *“So, take another breath in, and out, we will begin with the next statement. Say out loud, “All the connections and communications related to “THIS” are completing now. Thank you, for completing all the connections and communications related to “THIS”.*

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33. *“Now, bring into your awareness, all the connections and communications related to “THIS”, whether they are with yourself, a Divine Power, or the Universe or whether the communications and connections are with other people, bring it all into your awareness now.”*
34. *“If you need to have a conversation with someone related to this; it can be yourself, other people, or a Higher Power, let that conversation happen now. And if there’s no conversation, we’ll just sit silently for a bit. Allow yourself to express it fully, how you felt about “THIS” in connection to these people. Get whatever has to be communicated off your chest completely.”*
35. *“As you get it off your chest completely, let the other people involved, which can also be yourself, reply from a deeper place, not from the surface level, but reply from a level of understanding and wisdom. As they reply to you, notice how you feel about it, and if you feel the need to reply, go ahead and do that.”*
36. *“Keep communicating, till it feels empty and light. It’s best to speak out loud. Get off your chest any disappointments, dejections, disapprovals; just give yourself a voice and get it out of the system. The reason to speak it out loud, is it frees the past energy from the nervous system and unlocks it from the mind. So, just speak freely.”*

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37. *“So, I’ll say the statement again, “All the connections and communications related to “THIS” are completing now. Thank you, for completing all the connections and communications related to “THIS”. Then ask yourself, “What happened?” And just sit with it, sit with the energy of what happened.”*
38. *“Now, we will begin with the next statement. Go ahead and take a breath in and letting it out as if blowing out a candle. Bring into the awareness, the origins of “THIS” and say out loud, “All the origins of “THIS” are healing now. Thank you, for healing all the origins of “THIS”. You can even say out loud with me. You might even like to notice if there are any energetic cords or ties that connect you to the origins of “THIS”.*
- “Sometimes it can be a cord to a past relationship connected to judgement, a pattern connected to expectation, a past situation or a circumstance that is no longer needed. If there is any cord, then go ahead and invite a mentor and place in the mentors hand a magical cutting instrument; and go ahead and cut the cord to that past situation, to all expectations, to all judgements, to all separations, and to all comparisons. Freeing yourself completely from the origins of “THIS”.*
39. *“Sit with the vibration of all the origins of “THIS”, healing now. Whether the origins are from this life, from the womb, from the time of conception, or even before that, allowing all the origins of “THIS” to heal.*

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Ask yourself, "What happened?" When that's complete, just give me a signal or you can share with me what happened."

40. *"As you breathe in, and out, we are going to move to the next part of the process. Go ahead, and take another long deep breath in, and out. Bring into your awareness, anything and everything that needs forgiveness, keep your hand on your heart and collar bone, as you bring it into your awareness, go ahead and say out loud with me, "I forgive anyone I hurt related to "THIS", including the Universe and myself. Thank you for forgiving anyone I hurt, related to "THIS", including the Universe and myself. I forgive anyone who hurt me, related to "THIS", including the Universe and myself. Thank you, for forgiving anyone who hurt me related to "THIS", including the Universe and myself."*

41. *"As you say it, with the energy of forgiveness, you can say out loud or silently, "I forgive anyone I blamed for "THIS", including the Universe and myself. Thank you, for forgiving anyone I blamed for "THIS", including the Universe and myself. I forgive anyone that blamed me for "THIS", including the Universe and myself. Thank you, for forgiving anyone that blamed me for "THIS", including the Universe and myself."*

42. *"As you take another breath in, and out, say out loud after me, "I release myself, from any, and all attachment that keeps me from the truth of who I am. I claim me, I claim who I am. I claim what my soul*

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wants for me. I claim my purpose consciously known and unknown, fully in this lifetime. I accept everything and I allow myself to live as an expression of who I am, surrendering everything now. I bring the awareness back into this moment, back into this millisecond. I welcome this moment now. I allow this moment now.”

43. *“Now, imagine yourself like an empty vessel, through which all the gifts of the Universe flow, free from judgements, expectations, separations, and sabotage; an empty vessel with the Universal energy, inside and outside, a container of all that is, and notice now, what do you choose for yourself?”*

“Say out loud, “I choose.” End the statement with what your soul chooses for you. Then say out loud, “I choose to resonate, identify and connect with...” End the statement with what you choose. You can choose qualities like love, freedom, a specific desire or goal, anything, and everything that you are drawn to. You, can also choose to connect with this moment and being present in every moment, knowing yourself to be an instrument of channel of all that is.”

44. *“Now, say out loud, “Anything that remains about “THIS” healing, is completing now. Thank you, for completing anything that remains about “THIS” healing.” Open into the vibration of completion now, and say out loud, “THIS” healing is completely complete, with my grateful thanks.”*

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45. *“So go ahead and take a long breath in through the nose, and out through your mouth. Now take another breath, and sigh it out, and just let the shoulders drop and the belly flop. Take another long breath in through the nose and sigh it out again through the mouth.”*
46. *“And as you take another breath in, this time blow it out through the mouth as if you are blowing out a candle. Bring all your awareness to this moment. This millisecond. No thought of past, no thought of future, only this moment.”*
47. *“Now place your hand on your heart and bring into your heart someone that you love. It can be a person, it can be nature, for example the oceans, flowers, or animals, or it can even be a situation. Go ahead and bring what you love in your heart now. Surround it with your love, understanding, and compassion.”*
48. *“Feel that compassion growing and expanding. You might even like to experience this compassion in your heart as love and care and understanding, without any judgment. Allow this compassion in your heart. Let this compassion radiate out of your heart, into the room that you're in right now. Let it radiate out to the house that you live in. And let it radiate out to the country that you live in. To all the countries in the world. The stars, the galaxies, the cosmos. And let the sense of*

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compassion, unconditional love and care come back into your heart. As if giving the sense of compassion to yourself now.”

49. *“Letting yourself know, I love you. I am grateful for you. How did I get so lucky to have you in my life? At this time, bring into your heart, what you are grateful for. What you are grateful for in your personal life, in your professional life, and what you are grateful for, for yourself. Bring it all in your heart now. Take your time. Let me know when that’s complete with a signal or nod.”*

50. *“Now bring into your awareness anything and everything that needs forgiving. Perhaps it’s a thought, or an emotion, or even how you might have got triggered. It might be a situation, a person, or yourself. Just whisper out loud what needs forgiving using the statement, “I forgive ...”. Once you have forgiven all that needs forgiving, just let me know with a signal or nod. Now say out loud, “I forgive you, life forgives you, the universe forgives you, all forgiveness is here, all is forgiven”.*

51. *“Now take another breath in and out, and bring into your awareness, your positive Great Flow statement. Notice how you feel about it. And as you notice how you feel about it, you can even go ahead and whisper it out loud. You might even like to say to yourself, I welcome you, I allow you, and I claim you. Feeling so grateful for this awareness about your positive Great Flow statement. And you can even say I am yours, you are mine. We belong to each other.”*

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52. *“And as you do that, go ahead and place your positive Great Flow statement on the movie screen in front of you. And as you place it on the movie screen, go ahead and see, hear and feel everything. Every single thing. The images, the sounds, and the feelings. Notice what you're wearing, or not wearing, how you're speaking, behaving, and interacting. And now place this image from the movie screen in front of you into an imaginary circle on the ground in front of your feet. See everything, hear everything, and feel everything. Now float above the circle and notice the image from above, from a high level. Notice everything about it. See, hear, and feel everything. Now step inside the circle looking through your eyes and breath like you are breathing and feel like you are feeling. You are living the dream now. Now step out of the circle pick up the circle from the ground with your hand and put it in your heart and breathe into the vibration of it. Breathe into the energy of it. Feel it as energy and vibration. All of energy and vibration.”*

53. *“And as you notice that now, connect with your higher purpose. Notice how your higher purpose and how your positive Great Flow statement are connected. And as you notice your higher purpose. Notice your reasons for being on earth this time.”*

54. *“Knowing when you sit in your place of patience, all that you soul wants for you, flows in its own time. And notice how it feels to be living your higher purpose. Notice how it feels to be happy in the now with a vision*

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of the future, with a sense of total connectedness, of who you are, and the reason you are here. And as you stay connected to your higher purpose, see, hear and feel it fully.”

55. *“Notice each day and how you are living that higher purpose in each moment. With every breath you take. Feeling so grateful that you get to live this higher purpose with a sense of compassion and gratitude. Knowing your higher purpose is to serve you and others, to make a difference. Free from judgment and attachment. It is beyond anything you could ever conceive or imagine. It is so vast; boundless like skies, and infinite like the ocean.”*
56. *“And as you notice how you make a difference to yourself and the lives of others. Go ahead and bring into your awareness the art of blessing. Blessing yourself. Blessing all who come on your path allowing those blessings to multiply and expand and amplify throughout all humanity. Throughout all time and space, plugging into the universal energy and universal flow of life, merging with all that is. As you merge now, know that you are completely connected, and life flows just as the universe flows.”*
57. *“Go ahead and take another long breath in and out. Bring your awareness back to this moment and step into the future a day from now. Breathe how you are breathing and feel how you are feeling. Notice how things are transforming, and how you are living your Great flow and*

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Higher purpose day to day. What actions are you taking? How are you feeling?”

58. *“Now go ahead and step into the future a month from now. Breathe how you are breathing and feel how you are feeling. Notice how things are transforming, and how you are living your life as an expression of what you want. How are you feeling?”*

59. *“Now go ahead and step into the future six months from now. Seventy percent of you is already new. Breathe how you are breathing and feel how you are feeling. Notice how things are changing. How are you feeling?”*

60. *“Now go ahead and step into the future a year from now. Not a single cell from today is present a year down the line. Breathe how you are breathing and feel how you are feeling. Notice how things are transforming. How are you feeling?”*

61. *“Now go ahead and step into the future 5 years down the line. Breathe how you are breathing and feel how you are feeling. Notice how things are transforming, and how you are living your life as an expression of what you want. How are you feeling?”*

62. *“The fact you can even conceive of this consciousness means you can start living your life now as a full expression of what your soul most*

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wants for you. You will find you will be able to open your eyes now as soon as all parts of you are fully integrated ready to carry on the healing process perfectly automatically of its own accord without you having to do a thing. You may open your eyes now.”

63. Congratulate your partner and reassure them.