

The Fields of Limitation and Limitlessness

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See class notes below!

Join Elizabeth Wood, Seer and Scientist, on a guided journey into limitless consciousness. Do you feel there are heavy energies blocking you at every turn? Nothing seems to work? You know that self work is the key, but you feel bogged down by the details. The fact is, most of the limitations you think you have all fall into 5 energetic fields. These 'Fields of Limitation' are false programs written in your DNA. You can change them! Once you identify them, you can shift them out of your body and step into fields of true limitlessness. In this workshop you will learn exactly how to do that and more. Learn to:

- Identify the Fields of Limitation so you can remove them from your life.
- Use practical methods for erasing these limitations from your DNA and mind.
- Step into the true Fields of Limitlessness and identify them around you.
- Cultivate these Fields of Limitlessness in your material and spiritual world!

Watch the breakthroughs happen and the limiting beliefs melt away. No more bondage or slavery for human kind! We can all claim our sovereignty now. Let's be Limitless!

Fields of limitation NOTES:

Thank you for joining this class!

Let's get started...

A walk through the fields of limitation and their histories:

Field 1: The Field of False Value

How do we value things? We are taught to value according to money. Money is very empty energy. It's a "middleman" energy which doesn't have the same depth energetically that you would receive in a barter or trade situation, which was the original way humans did business. In the beginning, humans lived in bands of family and friends up to about 150 people. That was enough diversity that whomever wanted to be able to be creative could, and enough people that there was plenty of surplus food to go around. Every shared and traded. If you didn't want to stay, you weren't forced to. You could join another band. Free will was the only governance. In modern times we actually still function this way - we still tend to work closely within a group of physical people up to about 150 at maximum. All other systems of organization are an illusion. However, we aren't close to these people usually any more. They are the grocery store clerk, the lady at the post office, the barber, the pet shop owner... etc. that you see every so often. What happened to make us so separate? Partially, it's the Field of False Value.

Once there was money introduced, the natural "transactional" thinking of the human was usurped to become a program based on money and the lie of scarcity. Transactional thinking is merely the idea that if you do an altruistic deed, you naturally put that transaction in the back of the mind so that when you are in need, you might be able to receive from the person you were generous to. In a band of people these "transactions" blend together into a general altruistic way of life with consistent sharing and receiving daily. When money was introduced, then came the concept that it could replace the transactional thinking with a ledger and the idea of debt was placed into social structure. This program has been highly damaging to our closeness - and has created a field of false value which cause individuals to flounder in debt and often despair about financials. There is no "humanness" left in transaction any longer, no altruism, just emptiness and debt! And even worse, now we have fiat currency which renders the monetary system invisible and separates us even more. To illustrate how insidious this system is I suggest going to Youtube and looking up the

interview between Sacha Stone and ex Illuminati insider Ronald Bernard. He points out that the financial system is the foundation of the elite's programs for global control. He says that our birth certificates are actually debt notes to the corporations which are our federal governments - all created and controlled by 8500 people at the top of the elite who are running their global control programs. In their programs war, poverty, and death are their blood sacrifice to demonic entities who feed off human pain. In fact, the elite are servants of the old Matrix system which uses our pain as energy! Our suffering due to the Field of False Value is purposefully programmed into our social and mental structures in order to continue this system of energetic and physical slavery!

The programming around money - the way we are taught to value money and to value all aspects of life according to money - is the field of limitation we need to move out of. This is revolution within. This shift in our programming can allow us to reclaim our money, our altruism, and our relationship with the material and function in the infinite Universe which does not work in terms of scarcity. Let's do a meditation on the field of False Value now, so we can step outside of it... We are multi-dimensional beings and through our FREE WILL we can choose to undo the contracts we were born into!

"I am a Soul. I am a ray of light from Source God. I am infinite and can function beyond all cages, systems, jails, contracts and programs. I see myself in this field of false value - and I've been told that my time, body, energy, food, water, relationships, and all the material world are all valuable according to a monetary amount. This field of False Value is a constructed limitation. It is not of Light nor part of my Free Will. I am beyond this and in fact INFINITE. I choose to restore my position on this planet as a FREE human being. My value is INFINITE. The value of ALL THINGS is INFINITE."

Breathe - and breathe knowing that it is Source God's energy moving through you, animating this infinitely valuable body...

Field 2: The Field of False Time

From the first field of False Value stems the other fields of limitation. To continue the program of False Value and maintain a perfect slave race, we've also been programmed to have a false concept of time. Scientifically there is no past or future, it's all collapsed into an infinite present. This is hard to wrap our brains around because it's the function of the body to have memory and plan for the future. However, this natural function has been corrupted and reprogrammed. The past, often filled with trauma for humans, has become a source of anxiety and worry for us instead of learning and compassion. Like a slave beaten for supposed wrong doings, we cower and worry that we might be punished again. We now concern ourselves with the memory of pain, allowing that energy to be sucked away into the mouths of demonic entities awaiting our despairs. Literally, our pain from the past and the pasts of our ancestors written in our DNA causes energy to leak out of our bodies and spirits. Furthermore, worrying about the future and how we might get out of whatever situation we are in, or do better than we are now, also causes energy to leak out of us. This function of the Field of False Time - creating energy leakages into the perceived false past and future, keeps us from the most important focus of all - the present. The revolution of stepping out of this False Time is based in your Free Will to choose to reign in your power and reclaim the present. This present is where all the action is! It's where you can create the future and heal the past! It is so powerful that the purposeful concept of false time has been laid out for generations in order to keep us from our power. Let's meditate on this Field of False Time so we can step out of it into the present and reclaim our power.

“I am a Soul. I am a ray of light from Source God. I am infinite and can function beyond worry and anxiety about the past and future. I see myself in this field of false time - and I’ve been told that my time should be spent being worried about the past and being worried about my future. This field of False Time is a constructed limitation. It is not of Light nor part of my Free Will. I am beyond this and in fact fully PRESENT. I choose to restore my position on this planet as a FREE human being. My time and all action is always PRESENT. The function of the Universe is always in the PRESENT.”

Breathe - and breathe knowing that it is Source God’s energy moving through you, animating this fully present body...

Field 3: The Field of False Energy Use

With a concern for how we will make ends meet, we use energy and money as a means to an end. We have been programmed to stop considering the power of our energy use and how it is in fact a constant reminder of the incredible web of life we are connected to! When we use energy to meet our ends, we let the power of our mindfulness leak out to be used by darkness instead. We buy into the lie of scarcity. All that mind power is spent planning for the future, or worrying that the past will happen again. We consume without being present. What happens when we break out of this Field of False Energy Use? Every breath, drink, bite of food, purchase, object we use becomes sacred.

Original humans used energy with incredible mindfulness. The disconnect between the human body, spirit and natural surroundings was not there. The bite of food was done with presence and consideration, gratitude and gentleness. That bite or drink was precious. It moved through the body and the mind was conscious of the nourishment occurring by the sacred law of destruction. The branches broken to create a home, the mud used to seal

the walls, the food gathered in the morning time, the wood burned for the fire, all these things were sacred in everyone's minds.

Now we live in a world where we are purposefully separated from the intimacy with nature. This is absolutely constructed. We now wear shoes, live in houses, drive cars on pavement all purposefully created to unground us from Earth and mindfulness. If you aren't convinced, just look at the anthropological studies which examine native feet who have never worn a shoe compared to modern feet. Those native feet were incredibly healthy compared to modern unhealthy shoed feet. We know via lots of science that being barefooted on the ground can alleviate pain, reduce inflammation, alleviate depression, and more. Our separateness has been constructed to keep us ill and in pain, which as you know, is fed upon by those who would enslave us.

We live in a world where consumerism is god. We are bombarded by systematic advertisement which is merely propaganda for worthlessness. "You aren't perfect, you need this." And what is worse - the items we buy to attain perfection are indirectly part of nature and Earth. All the processed food and bottles of water, all the cans of ravioli, dinosaur shaped chicken meat, cheese flavored fish shaped crackers, fast food full of sugar and salt, is not meant for our further perfection. It's not created to nourish. It's created to cause addiction, dependence, obsession and mental illness. It's created to keep us worrying about our future health and made cheaply so we think we are getting a "good deal". The message is "eat this, it's quick, it saves you money and time". We are then further separated from the people, the Earth, the plants, the animals which are the source of that food. We are separated from the people that make the things we buy. Hundreds and hundreds of people touched that food and those items. What energy did they put into it? Were they worried about the past and the future while they made that? Were they worried about the quotas and the money? What would happen if they were fully present, mindful and connected to us?

What would happen if you were fully present, mindful and connected to them?

The world will become very different - a New Earth - when we remember and relive the sacred use of energy. This means that each little cheesy fish shaped cracker you pop into your mouth that you are thinking about the wheat farmer who grew the wheat, the fields and plants, the farmer who harvested it, the people who ground it, the people who baked it in a factory, the people who boxed it, and more... It means that when you sweep your floor, you're thinking about the people and the Earth who made that broom. It means that we consider all the web of life which provides us with our things and our food. And slowly we will find that the energy of items which are more in tune with nature (a natural broom vs a plastic one, an apple instead of dino shaped chicken meat) feel better to be one with. Because that's what happens when you return to the limitless field of sacred energy use - you feel more connected to things that bring you into harmony with the planet and universe, that more directly connect you to the web. And this creates better health and longevity. It helps you to take back your power again and take back your mind. Let's meditate on this field of False Use of Energy so we can step out of it...

“I am a Soul. I am a ray of light from Source God. I am sacred and free from all messages of worthlessness. I am connected to the Earth, it's people and living beings, and the Universe. I see myself in this field of false use of energy - and I've been told that I am not good enough and must buy things to become better. I've been told that I don't have to consider the time, energy, people, plants, animals and resources which go into the things I use. This field of False Use of Energy is a constructed limitation. It is not of Light nor part of my Free Will. I am beyond this and in fact MINDFUL. I choose to restore my position on this planet as a FREE human being. My mindfulness is SACRED. The CONNECTION I have with ALL THINGS is SACRED.”

Breathe - and breathe knowing that it is Source God's energy moving through you, animating this endlessly connected body...

Field 4: The Field of the Fear of Death

A slave isn't a perfect slave unless they are afraid to die. Humans have unnaturally been programmed to think about death, do everything to avoid possible death, spend money to avoid death, on a daily basis. Why is this unnatural? We are the only animals which have a constant consideration of and ongoing daily fear of death. It's part of our cultures through time. We've been led to build our societies, religions, hopes and dreams on the fear of death. Death is separated from us and even glorified. The fear of death is effectively placed into our psychology. We listen to stories, watch shows and read books about torture and death, vicariously living while others die, and then we say "well at least it wasn't me". Billions of dollars are spent on things that might keep us alive longer and separate us from the Laws of the Universe. Trillions are spent to elongate our lives even at the cost of quality of life. Don't imagine the elite are not using this system to elongate their own lives - they easily use it to do so at the cost of other's lives.

This unnatural fear and obsession with Death is not to be misunderstood however. The body has a natural desire to live. The Gut Mind serves you to communicate how you can live safely and in harmony with the Earth. That's its spiritual gift to us - intuition. However, the fear of Death permeates our minds and hearts and keeps us from being present! Its function as a program is to create enough fear that it can be fed upon and create a deeper separation between humans and nature. What would happen if we did not deny Death and its power any longer?

Death is a function of one of the 4 Laws of the Universe. They are Creation, Preservation, Destruction, and Integration. The last law describes why we need Death and why we should not be afraid of it. Integration is the Law

which explains that all the other 3 laws must work together as one. They cannot function without each other. The Universe would simply not exist. It's also the Law which points out that nothing actually "dies". Death as a total end does not exist! In all functions of the Universe in all 12 dimensions, nothing ever ends, it simply changes. Destruction is the word we use for how the 3D forms we perceive change. The energy of the Universe does not work with scarcity. It works with infinity. When we love the Universe and ourselves, we love all these laws equally, including the function of Death.

To work within this concept we can become mindful of how Death serves us. The food we eat, all sentient, dies for our continued life, and our bodies will also die to continue life on Earth and the Universe. A hundred million cells in your body die each day so another hundred million can be born. The generations die so new generations can live, change, and create or recreate. The planets and suns die to create new planets and suns. The bacteria which feeds on the nutrients in our Gut will feed on our bodies when we die. It's a beautiful cradle to cradle dance of Creation, Preservation, Destruction and how they function Integrated as One. Let's meditate on this field of the Fear of Death so we may step out of it...

"I am a Soul. I am a ray of light from Source God. I am sacred and free from all Fear of Death. I am connected to the Laws of the Universe and they function within me. I see myself in this field of false Fear of Death - and I've been told that I must be afraid of this powerful and natural function of the Universe. This field of False Fear of Death is a constructed limitation. It is not of Light nor part of my Free Will. I am beyond this and in fact INTEGRATED and ONE with Destruction as I am with Creation and Preservation. I choose to restore my position on this planet as a FREE human being. My body and soul are ONE with the Dance of Creation."

Breathe - and breathe knowing that it is Source God's energy moving through you, animating this body functioning in the Laws of the Universe...

Field 5: The False Field of Forgetting

A perfect slave forgets who they are in order to serve their master. They must do so in order to survive, so they are told. The greatest fear of the elite is that we will REMEMBER who we are. When we do, as we do now, we remember our incredible power. The Soul entering into the body is one of the most powerful events in the Universe. The human, a Soul within an organic body machine, creates such huge amounts of energy that it would boggle the mind for you to realize how your thoughts and deeds ripple through the Universe. To understand this, we need to understand how the original human functioned on Earth.

Original humans brought the great experiment in consciousness to Earth by inhabiting the bodies of Homo Erectus, causing the DNA of that being to become Homo Sapien. Those original humans were able to bring through all 12 dimensions of energy into their reality. The power was so great that it gained the attention of huge amounts of beings - including from other dimensions. This power has not diminished! Your purpose hasn't changed! We are here to bring through all 12 dimensions of energy still. The age of our enslavement and forgetting is over.

The lie that we are born into these bodies without memory of who we are causes many people great suffering, which is fed upon. This forgetting causes us to feel deeply separated from others and from Source God. Perfect for enslavement! Then we will do just about anything to regain that light and connection, and that feeds the other fields of limitation. The fact is that we are not born to forget and that supposed contract is a lie. How do we know this? Copious scientific ethnographic documentation has shown that we do remember who we are, and who we have been before. While reincarnation is not always the case, it often is, and can be very well correlated with reality. Furthermore, I'm also talking about the fact that we are souls. The soul energy, direct from Source God, is endlessly powerful.

It's through the Free Will of the Sovereign Soul which we animate these bodies! It's through the Free Will of the Sovereign Soul which we create all that is around us and create all on the inner planes - other dimensions! Let's meditate on the field of False Forgetting so we can step out of it...

"I am a Soul. I am a ray of light from Source God. I am a powerful interdimensional being who has the free will of the Soul. I am connected to the lives that my Soul had before and the lives of all Souls in the present. I see myself in this field of false Field of Forgetting and I've been told that I agreed to forget who I am - a powerful Soul with it's own history. This field of False Forgetting is a constructed limitation. It is not of Light nor part of my Free Will. I am beyond this and in fact have ACCESS to ALL TIME in the present moment. I choose to restore my position on this planet as a FREE human being. My body is not my only identity - I am a SOUL who REMEMBERS."

Breathe - and breathe knowing that it is Source God's energy moving through you, animating this body from your Soul's Free Will...

5 min break

The Fields of Limitlessness

Now it's time to cultivate the fields of limitlessness in our lives. Remember this is an experiment! We're navigating new waters and it's our road map - written by our measurable experiences - which can help future humans maintain their freedom from the False Fields of Limitation. Be willing to try new ways to break through. Be willing to be consistent and not give up or give into the False Fields. Talk about these ideas with others. Share! The more we teach and share, the more we learn. There is no wrong way for us to leave behind the Fields of Limitation and no perfect way to embrace the Fields of Limitlessness. Limitlessness is mostly a mindset. It's a constant choice by your Free Will Soul to maintain freedom. It will cause huge shifts

in your life, sometimes uncomfortable ones. Be willing, be open. The breakthroughs will be worth it. I will describe from here on out ways that you can practice bringing these Fields of Limitlessness into your life.

The Field of Infinite Value

This field says that ALL THINGS HAVE INFINITE VALUE. This creates an immeasurable equality between us and all the objects and parts of the Universe. This is the most realistic way of describing the Universe because it's all ONE. It's part of the Divine Imagination of Source. It's one single thing. Separation is an illusion. Scarcity is a lie. The only value is one which is limitless.

To bring this into your life practically:

- Take all your bills, taxes, debts and financial statements and lay them out on your table. Feel the energy of anxiety, pain, fear, disappointment come up? That's the Field of False Value. Say out loud "Dear Heart, lift all anxiety, pain, fear and disappointment in my body related to the Field of False Value out of my body NOW." Breathe. "Dear Heart, I choose to step out the Field of False Value NOW. I choose to value all things as Infinitely Valuable NOW." Breathe.
- Practice looking at everyday objects, people, places, living things as infinitely valuable. Look at your cup, your rug, your bills, and everything and say inside "That is/They are worth an infinite amount."

The Field of the Actionable Present

This Field shows us that ALL TIME IS IN THE PRESENT. The past can be healed NOW. The future is created NOW. There is no other place for our energy to go and we can collapse all the ideas of linear time into the

moment. This allows us to have great creative and healing power. All 12 dimensions, all time, all energy is available HERE and NOW.

To bring this into your life practically:

- Heal your past by healing your inner frozen children, your traumatized selves within in the now. Ask them to come forward out of their painful timeline and ask them what it is they need most. Give it to them in the now! Create a spiritual place using your imagination where they can get their needs met. This technique is called the Paradise of the Mind and is in my ebook Healing the Three Minds.
- When you find yourself worrying about the past or the future (thinking about painful events, thinking about why you don't trust, thinking about how you're going to get something done) then pause yourself and say "Dear Heart, lift all pain and anxiety from my body and field NOW. I choose to be in the present NOW." Breathe. Then ask yourself - What can I do right now to heal myself? What can I do right now, one thing, to create the future I want?

The Field of Sacred Use of Energy

This field shows us that using energy actually connects us to all energy - all people, places and things. The use of energy is a sacred act. By returning to mindful use of energy, we can expand our consciousness and bring through all 12 dimensions of energy, fulfilling our true purpose as humans.

To bring this into your life practically:

- Say out loud "Dear Heart, remind me to consider all the people, places, resources, living beings who have created the objects and resources I use NOW." Breathe.
- When you move about your day, ask yourself "Who made these things? Who made this food?" Imagine all the processes, people, places and beings who made those items possible and got them to

you. It's through this Divine Imagination which you will feel an expanded connection to the Universe and the web of life.

The Field of the Celebration of Destruction

Without Destruction there is no life! There is nothing! All energy and material goes back to its Source, the bosom of God. And from there it is born again and again as new Creation, Preserved in the moment. All these Laws Integrated create reality.

To bring this into your life practically:

- Say out loud “Dear Heart, lift from me all unnatural obsession, fear or concern about Death NOW!” Breathe.
- Each time you eat, poop, meditate, or whenever you are aware of death or decay, make it a mental habit to celebrate the Law of Destruction! Bow in gratitude for this force. Thank the cells who have died to make room for new ones each day. Thank the plants, animals, bacteria who die to allow you to live. Thank the soil, the bugs, the microscopic living beings who die around us. Celebration of this Law can transform us and allow us to SURRENDER to Source even more deeply.

The Field of Remembrance

You are a Soul with it's own history, all available NOW. All the information you need is in Source, and Source moves through you NOW. There is nothing you do not have access to.

To bring this into your life practically:

- Say out loud “Dear Heart, lift from me all energies which cause me to believe I'm separated from Source and all knowledge and wisdom NOW. I accept into my body that I have access to the Divine Imagination of Source God always NOW.” Breathe.

- When you need information, simply move into the Heart and ASK Source to show you what you need to know. Then keep moving. Keep searching. Keep asking. Allow the timing and information to flow according to Divine Timing. Surrender to the Oneness that you have with all information. You have a direct connection to Source!