



The Scoe Romero We are all 1 Healing Hub: A Free Be Limitless LLC Resource List!

A compilation of my favorite resources for self-discovery, self-care, self-empowerment and spirituality. From apps, providers & video content, it's all here. Please enjoy and find what works for you. Information is free, so is choosing to heal. When I was getting off medication I was forced to be honest and understand myself and find ways to cope. I learned that I could heal along the way, so I wanted to create a one stop "What do you have to lose?" Shop to help others do the same. Once you know how you can't say you don't, and this is how we take charge of our lives. Self-accountability, Self-responsibility and application. The foundation is both looking at you in the mirror and the tools are all here. Find freedom by understanding, connecting with you and releasing what isn't. *The Real You* awaits 😊

Mindset App Helped me when I was starting my journey! - [Peptalk Motivation](#),

Spirituality, abundance, motivation, energy, empowerment & healing all in one playlist bundle - [@scoeromero's Favorite Video Resources for a Limitless Mindset - YouTube](#)

My favorite Sound Healing Content Creator - [Chakra Vibrations - YouTube](#)

My favorite therapist! (I've never had her as a therapist but I've seen her in action.) We started working in mental health together. We now speak on stages and create cool healing initiatives together. She's real. She's compassionate. She is not only a survivor, she embodies balance, healing & thriving. [Kait Glover, LCSW - C, MD | Psychotherapist | Get Virtual Care](#)


My favorite self discovery/spirituality apps - Astrology App that helped me understand my strengths and weaknesses within to work on and improve myself. [ASTROGRAPH - TimePassages Astrology Software for PC, Mac & iPhone](#) Numerology app that has really cool tools and insights: [World Numerology | Free Numerology Reading, Daily Forecast, App](#) My human design: [ALIGN WITH HUMAN DESIGN - Home](#) Favorite astrologer for deep wisdom, reading and content: [Moon Girl Astrology](#) Best astrology reading I've ever received: [Home - Robert Glasscock 4Sight Astrology](#)

My favorite Reiki master who is a ball of sunshine and has helped me work through my deepest energetic wounds that needed to be released within my body, as well as inner child regression reiki and more!! I felt my energy flowing after her first session. She is intuitive, she is wonderful, she is pure here's her site with reiki and more <3 [Metaphysical Margie](#)

My youtube has my Ted Talk, music (also on spotify apple etc.) for healing (in natural tuning scale of 432/ solfeggio) as well as sound bowl guided meditation collab at Frederick Buddhist Temple and more self-care/ sitdown content! Check it out here! [Scoe Romero - YouTube](#) Instagram too!

I learned so much about the science of fruit (I'm mainly fruitarian) from this guy's site! Learn and compare our anatomy (from jaw to stomach) to that of other animals in the animal kingdom as well as what foods are creating the most inflammation/mucus and more here [Eat to Live - Yah'ki Awakened](#) I also really love Dr Robert Morse! He has some really insightful videos on youtube.

Gym Membership that has everything you need, affordable and not too bougie (I'm always there to be growing not comfortable!!) Sauna there was so vital in helping me look forward to going when I hated going (starting out) [LA Fitness | Gym and Fitness Club | Join Today](#)



Best and most healing spa experience I've ever been to with a variety of crystal saunas, steam rooms, cold rooms. And even ion neutralizing, King Spa Really sets a bar for healing and brings eastern culture to VA

[King Spa Virginia: Experience the #1 Korean Day Spa in VA](#)

Sun up to sun down, you are welcome to visit. Come here to heal and find peace within, it's my favorite most calming energetic space in Maryland [XA LOI TEMPLE MARYLAND - Xa Loi Temple Meditation Center](#)

Parasite Bacteria overgrowth and Fungal overgrowth is impacting most of us and we have no idea. I'll speak for me, I had no idea. I did a detox after learning about a lot of this stuff from a content creator [Travis Woodring \(@trav.health\) • Instagram photos and videos](#) who was impacted by this and started his own company with the most essential herbs and protocol to kill unwanted bacteria parasites etc. within. Trust me, it worked. It was gross, insightful and effective. Parasites and SIBO impact mental health, chronic ailments and our physical body. CDC says at least 50,000,000 Americans have parasites and many other countries use herbs and natural antibiotics to detox. Find the product I used (and the company I eventually partnered with after reaching out) more info here: [LunaLab - ManaLunaLabs](#)

FAQ down below!





FAQ:

Q- I Thought you were a mental health guy. Why all this spiritual stuff?

A: I am multifaceted and curious and the more I learned about the mind, the deeper I went to understand it. These tools helped me in healing energetically and better understanding myself, my mind, and understanding how consciousness ties it all together. Neuroscience and quantum physics go hand in hand with much of these spiritual resources.

Q: Sounds ____ "Woo Woo", "Evil," etc.


A: These resources helped me first hand connect better to myself and to nature. I have hid this side of myself from groups of people out of fear of judgement/ being misunderstood for too long. They helped me, they can help others. If they are not for you, that's okay! These helped me become more kind, heal, and ultimately the actions with information determine our character. We've been kept in the dark from healing and deeper truths for too long. I'm here to help humanity and embody love by digging to the root and understanding truth by understanding all. I provide resources, inspiration for some, imperfection for others, and ultimately represent pro-choice in all areas of life 😊

Q: You don't have a degree. How do you know this stuff works?

A: My lack of degree doesn't disqualify me from sharing information that has helped me. A degree isn't the only mark of intelligence. There are different ways of life, not just the traditional western way, and I am looking to help integrate balance and both. Please don't take my word for it, I'm not here to tell you this is what you have to do/ the only way. Principles of naturopathic medicine are principles of self care and self empowerment which promote healing of mind body and spirit without relying on things that are not natural. I believe in learning from experience through trial and error, so feel free to apply what you learn here or you don't have to! That's the beauty of choice. I'm not all or nothing. Do what's best for you and always do your own due diligence.

Q: You have bipolar. You're medication free. This is dangerous for people, especially kids, to hear!

A: I share my story along with universal forms of self-care so that kids take charge of their lives. I still see my therapist and psychiatrist and NEVER tell anyone, especially kids, to go off medications. I am very careful in my message because if I'm not you would be right, it would be dangerous. Often people assume, and this is the real danger here. I was affected by a medication lawsuit for ten years unknowingly that my psychiatrist never told me about. I'm 3 years medication free from a strict self care plan, discipline and always let people know it takes work and comes at a cost. I found the gift in bipolar, but not after being impacted by the illness. Clarity in communication is so very important, and meds had a helpful place in my stability for a long time. BUT I found healing and recovery in my own way, and I have the right to do so and share that experience. I always do so carefully because danger comes when context is removed, and I never want people to endanger themselves, simple ensure that everyone's voice is heard and choices are honored. I can show them what worked for me, and what it took in hopes that they will find a path that best suits them.





Sean "Scoe Romero" Driscoll CPRS

Here's What I Do!

Certified Peer Support Specialist
Trainer/Consultant at
University of Maryland, Baltimore
Co-Founder: Konnect the Dots Inc
Founder: Be Limitless LLC

Here's my Bio!

Sean "Scoe Romero" Driscoll is a 29 year old multifaceted mental health professional, musician and entrepreneur. Currently he spends much of his time serving in his role at University of MD Baltimore School of Medicine as a Trainer/ Consultant of Peer Support Specialists in Maryland Early Intervention Programs, (one of which he was in as a patient at 16 years of age.) He has spent the last two and a half years at UMB after spending more than six and a half serving clients directly as a peer support specialist at major mental health systems in Baltimore City and Howard County. With a mission to create a kinder world by removing limitations we place on ourselves and one another, Sean uses vulnerability to show what that feels like, and firsthand solutions towards a healthier approach.

His business, Be Limitless LLC, which was inspired by his own journey of loneliness in overcoming odds and doing things his own way, serves as a bridge between traditional western medicine and preventative eastern medicine, showing an empowerment-based naturopathic approach towards recovery. After being affected by a class action lawsuit for a medication he was on since 17 years old, he found an alternative and unique road to maintaining stability and now thriving with bipolar. His extensive self-care routine is highlighted at his first Ted Talk at Natcon25 in May entitled "Conquer the Mind, Harness the Gift: Be Authentic, Be You, Be Limitless!"

Sean's life work is not to tell people what they can or cannot do, and he is not anti-medication. He simply serves as a vital connecting point between patients and providers alike by helping to find solutions and ensuring that everyone has an opportunity to be heard in healthcare



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