

## Process for Releasing Anchor #1: *Feeling Unworthy and Undeserving*

*Below is your exercise. The blue highlight is an example of an answer that you could give. There is no right or wrong way to answer the questions. Just feel into your heart and your truth. You will be amazed at what you reveal to yourself.*

**Step #1:** Go in front of a mirror.

**Step #2:** Look into your little one eyes and ask, "Why do you feel that you don't deserve?" Allow yourself to feel all of the feelings and emotions that are coming up as you speak and keep breathing. Then ask him or her if she will release what is coming up.

**A.** I feel that I've done bad things and that I don't deserve to have a wonderful life. Will you release the shame and bad feelings little one?

Feel through those energies while breathing. Once the feeling or emotion has cleared then say aloud.

**Step #3:** Say aloud to acknowledge to yourself and the universe, "I release..."

**A.** the shame and bad feelings about me from my past."

**Step #4:** Take a deep Clearing Breath™

**Step #5:** Claim your new vibration by filling in this statement, "I deserve..."

**A.** to know that I and my past are perfect."

**B.** to know that I am worthy and deserving of a magnificent life."

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- C. to have money be easy and effortless."
- D. to ask for what I know I am worth."
- E. to honor myself as a gift to the world that I am."

If you get to **step #5** and feel that you don't believe your "I deserve \_\_\_\_\_" statement. That means that you are still vibrationally connected to this anchor of feeling unworthy or undeserving. You need to go back to **step #2** and feel more thoroughly everything that is coming up. Once you feel and breathe through ALL of the trapped emotions and feelings you will feel spacious and be free to re-write your future with your "I deserve \_\_\_\_\_" statement.

### **Daily Tool for Retraining Your Mind and Raising Your Vibration Out of the Energies of Anchor #1: Feeling Unworthy and Undeserving**

When someone gives you a paycheck, cash, or a gift, take a moment and make yourself receive.

**Step #1:** Bring your awareness up to the energy of love and support knowing how worthy and deserving you are.

**Step #2:** Breathe that love into your heart.

**Step #3:** Expand your vibration and receive.