

## Process for Releasing Anchor #2: *Hating or Resenting Money to Loving Money*

*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:** Imagine that money is your lover and has come to your door to make love to you. What do I say to your lover called money to make him or her go away?

**A.** You're never here when I need you! You're always too late!

**Step #2:** Take a deep Clearing Breath™, feel and release what is coming up. Say aloud, "I release..."

**A.** the anger that I have towards money never being there when I need it.

**Step #3:** Take another deep Clearing Breath™. Repeat **Steps 1 - 3** until all the information has been released.

**Step #4:** Then ask, "What could you say to money to talk him/her into coming in and loving you once again?"

**A.** I'm so sorry that I blamed you for everything. I now realize that my beliefs have kept you from flowing into my life. I promise to no longer get angry with you.

**Step #5:** Claim your new relationship with money.

**A.** I'm so sorry for...

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B. I promise to...

C. From now on I choose to love you, to honor you, to care for you.

### **Daily Tool for Retraining Your Mind and Raising Your Vibration Out of the Energies of Anchor #2: Hating or Resenting Money to Loving Money**

**Step #1:** Take 10% of everything that comes into your life and put it into an abundance account for you as a symbol of honoring you and never spend it. Start a relationship with this account and have conversations with this account every day. Make sure that your conversations are loving, caring and expansive.

This will change your relationship from hating, resenting or being neutral with money to having a loving, caring expansive relationship that is ever expanding into more and more abundance.