

## Process for Releasing Anchor #3: *Feeling Lack, Scarcity or "Not Enough"*

*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:** Look into a mirror and be present with the part of you that feels lacking, needing, or not enough. Ask your little one: "What did you want or need from your parents that they didn't give you?"

**A.** Unconditional love

**Step #2:** Feel and breathe through everything that is coming up for your little one.

**Step #3:** Keep asking that question again and again listening to your little one, feeling and breathing through all of the feelings and emotions that are coming up. Say aloud, "I release..."

**A.** all the feelings, emotions and beliefs that I am not loved.

**Step #4:** Once she/he has nothing left to say and she/he feels spacious bring your awareness up, feel your Divine Self. Breathe your Divine Self into your heart.

**Step #5:** Tell your little one everything she/he needs to hear and feel in order to release and transform into abundance.

**A.** Sweetheart, it wasn't your fault that your parents didn't love you unconditionally. They couldn't give you unconditional love because they didn't give themselves unconditional love. It had nothing to do with you. You are loved. You are lovable. I love you unconditionally. The truth is you have always been loved. Would you be willing to receive that?

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**Daily Tool for Retraining Your Mind and Raising Your Vibration Out of the Energies of Anchor #3: The Lie of Lack, Scarcity and Not Enough**

**Step #1:** When your mind is trying to get you to believe that there is "not enough" or a lack of something challenge your mind.

**Step #2:** Ask questions that would begin to open up this possibility for you.

**Step #3:** When you get a hit on "how" the Universe would like to bring in this possibility for you, take that inspired action. Make that phone call, go to that event, sign up for that class.