

Process for Releasing Anchor #4: *Money is Dangerous*

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 money is dangerous.

Step #2: Ask that part of you "If you had too much money what do you think would happen that you're most afraid of little one?" Feel and breathe though everything that is coming up.

- A. I feel like something bad is going to happen.
- B. I feel like I will lose it or someone will steal it.
- C. I feel like people will want me for my money.
- B. I'm scared that people are going to judge me or separate from me.

Step #3: Then say aloud, "I release..."

- A. All of the fear that something bad is going to happen.
- B. Every lifetime where I have been killed for money.
- C. Not trusting myself with knowing who I can and can't trust in my life.
- B. The fear that people are going to judge me. It is just their judgments of themselves anyway.

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Repeat **steps 1 - 3** until nothing else comes up.

Step #4: Bring your awareness up into your divine self and take 3 deep breaths, breathing in the energy and perspective of your Divine Self.

Step #5: Tell your little one everything she/he needs to hear and feel in order to release and transform into knowing how safe and loved she/he is.

A. Little one, you don't have to be scared. I'm here now. I'll protect you. I will make sure that no one hurts you. It's ok for you to have too much money now. It's ok for you to be successful now. If someone judges you then that's ok. We know that those are just their judgments of themselves, and they have nothing to do with you. It's ok for you to shine, for you to stand out, for you to be a leader and have too much money!

Step #6: Claim your new relationship with money!

A. I now know that I am supported by money. I now know that I am loved by money! I now know that having wealth adds to the support and contribution in my life. I now know that money is easy and effortless.

Daily Tool for Retraining Your Mind and Raising Your Vibration Out of the Energies of Anchor #4: Money Is Dangerous

Step #1: Carry an amount of money in cash in your wallet that you believe a "rich person" would have and never spend it. This will dissipate the fear of having money.

Step #2: If you ever feel like you can't afford something, open your wallet and take out the money and think, "I can afford this. I have the money right here. I can have this. I can have anything. (This will also dissolve Anchor #3: The Lie of Lack, Scarcity and Not Enough.)"

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Step #3: Whenever you look into your wallet take a look at that money, take a deep breath and say "I love having you in my life. Thank you for being here. Thank you for your love and support. I love you. If you want to play around, you could do a little "a-bun-dance" singing and dancing around "I'm abundant; I can have anything!"

