

Process for Releasing Anchor #5: *I Don't Want to Deal or Be Aware of 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: Look into a mirror and be present with the part of you that hasn't wanted to be aware of money.

Step #2: Ask that part of you "What does money mean to you? Why do you not want to be aware of it?"

- A. Money means worry. Whenever I look at money I go into worry and fear, so why would I want to be aware of that. I don't want to experience more fear and worry.
- B. I feel like money is a burden, if we could just eliminate money then everything would be wonderful.
- C. Money has ruined (our last relationship etc!) Why would I want to be aware of that?

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

- A. All of the worry and fear that I have with money.
- B. All of the feelings and emotions that I am avoiding feeling.
- C. All of the past hurt, pain, grief, anger and fear around money.

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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 needs to hear and feel in order to know that she can now be fully aware of money.

A. Little one, I know why you haven't wanted to be aware of money. Because of the vibration that we had associated with money it's no wonder that you didn't want to be aware of it. Guess what? I now release all of the emotions and feelings that I have had connected to money. Now you don't have to be scared. You don't have to avoid it.

Step #6: Claim your new relationship with money.

A. My new relationship with money feels like Love, Light and Magic. I love being aware of money. The more I'm aware of money the more I get to dance and play with this love, light and possibilities. I embrace the love, support and nurturing of money!

Daily Tool for Retraining Your Mind and Raising Your Vibration Out of the Energies of Anchor #5: Not Wanting to "Deal" or Be Aware of Money

Step #1: Figure out how much it costs you to live every month.

Step #2: Figure out how much your income is.

Step #3: If your income is less than your expenses then ask, "What can I change about this that would make this work for me?" Or "What job, business, or opportunity can I add to my life that would allow me to make an abundance of money?"