

free soul



Creating an Anchor Image

A powerful Anchor Image helps you anchor in a new reality that you want to create. It infuses your life with fresh energy, and magnetism that steers you in the right direction

How to create an anchor image

Pick a moment in the future that most fully captures you having, being, doing or experiencing what you want. Or the moment when you realize what you had intended has become your reality.

Describe this moment and your image in writing:

Include your own facial expression, the emotions you feel, the energy in your body, what you wear, what your environment looks like, the angle of the sun, what time of day is it, or what sources of light illuminate the space, what sounds you hear, what scent is in the air, what surfaces you can touch, the last taste in your mouth, the food you have or will be eating soon... whether you are alone, or with people, what do they do... etc...

Describe the image in as much living detail as possible.

Main action: **Bring your image back often and feel the emotions that it bring to life!**

Advanced Techniques

Apart from doing that, there are several advanced techniques you can use in order to program your future with your anchor image. Here are two of them:

Multiple Space Technique

- Bring up the image, visualize it as your future self, and see what your future self sees, feel what it feels... let all senses come alive.
- Then slip out of the body and stand a little away from your future self and see the scene from a distance, perhaps from the doorway. You can also walk around the scene and look at it from different directions.
- Then slip back into the body, and see and feel everything from the inside again.
- Next lift up and away and see yourself from an approximately 45 degree angle.
- In the end, slip back into the body and look through your future eyes again.

You can repeat the above sequence, if you like.

Deepening Questions

What exactly is it that I want? (describe and define it clearly)

Why do I want it?

(Don't give an explanation, but describe your motivation. Find the awareness that this is to some degree a new motivation, because up until now the bigger part of you apparently wanted to create something different)

Why don't I want the old ... any more?

What do my fears and resistances say about what I want?

(This may bring up parts of you that represent the amalgamation of your parents inside of you, or society, or the collective unconscious in you)

Optional:

Talk to these parts and ask them what they really need...

What do I really now desire?

(This may have changed in some way after you have gone through the first questions)

What do I honestly expect?