

CREATING AN ANCHOR

An “anchor” is a tool to help you access a desired feeling state (peace, love, joy, good enough, courage, etc.), which in turn will help you to raise your vibration!

Did you ever hear a song and instantaneously travel back through time, to some wonderful experience, such as your first love? Or, can you remember what it feels like when you're looking through your rearview mirror and you see a flashing red light 10 feet behind you! These are anchors. An anchor can be a word, a touch, a sound or an object. It can be something we feel, see, hear, taste or smell. Anchors have the incredible power to instantaneously create feelings and sensations.

Remember Pavlov's dogs salivating when they heard a bell ringing, announcing that food was coming? That's how anchors work with us humans. They set up strong expectations within our entire being.

Anchors are everywhere, especially in the world of advertising. Even my dog gets hungry when she sees the golden arches, and she's a vegetarian!

When you are in an intense emotional state and a specific stimulus is provided at the peak of that state, the stimulus and emotional state become neurologically linked. Then, whenever the stimulus is once again triggered, the intense emotional state will automatically occur. Putting it simply, it's the way we're wired!

Now let's learn how to create this magic:

The first thing you do is think of a feeling that you would like to be able to access any time you want, such as love, joy, courage, confidence, etc. Okay, you can do sexiness! That's close enough. The next thing is to think of a past experience where you felt this feeling. It can be any time in your past, whether you were two years old or twenty or just yesterday. What is important here is simply that you are feeling the experience. Now close your eyes and actually bring yourself back into that experience. See what you were seeing then, hear what you were hearing then, and feel the feelings you were feeling.

Now, build up the feelings of that time until you reach a peak where it feels so good that you think you are going to explode! At this point, take any two fingers and gently push them together for the count of four. At that moment open your eyes and your fingers at the same time. You have just created an anchor. Congratulations! Now you simply repeat that process about ten times. This is called "stacking anchors." To test your anchor, simply take the same two fingers and push them together. At that moment the feeling should fill your whole body! Do this stacking of 10 a few times a day.

Remember, with any exercise like this practice moves you from effort to expert. It's sort of like going to the gym and doing a set of repetitions ten times each in order to build your muscles. The only difference is that here you are building your life!

Now, whenever you want to experience the feelings you have anchored, all you need to do is push your fingers together and voila! Here's the thing: whenever you create an anchor, remember to write down which fingers represent which anchor (i.e. right thumb and index finger = joy). Don't mix up your anchors...like going for forgiveness and pushing your sexy anchor! Or, maybe that would work!

Excerpted from the “The Unofficial Guide for Living Successfully on Planet Earth” by Barbra Gilman. All content is copyrighted by the author.