



HOW TO BREAK ANXIETY LOOPS AND START MANIFESTING

A Lev Emunah Therapy Mini-Guide by Vanessa

Introduction: Why Anxiety and Manifestation Don't Mix

When you're trapped in anxiety or self-doubt, your mind and body are locked in survival mode. You're replaying past fears or rehearsing future disasters which blocks your ability to feel safe, aligned, and creative.

Lev Emunah Therapy teaches that true manifestation begins not with doing more, but with freeing the heart. When you release the loops of anxiety, you make space for clarity, peace, and the flow of what you truly desire.

▼ **Step 1: Notice the Loop**

Most people aren't aware they're caught in a loop. Anxiety loops sound like: "What if I fail?" "What if they reject me?" "I should be further along by now." Try this: Next time you catch one of these thoughts, pause and name it out loud: "This is an anxiety loop."

▼ **Step 2: Feel Without Judgment (Ima 'Mother' Process)**

Anxiety usually hides an unmet need — for safety, love, validation, or certainty. Instead of pushing feelings away, give them a voice. Try this: Sit quietly, place a hand on your heart, and ask: "What am I really feeling right now?" Don't fix. Just feel.

▼ **Step 3: Identify the Unmet Need**

Every loop is attached to a need. For example: Fear of rejection → need for acceptance. Fear of failure → need for support or guidance. Fear of loss → need for safety. Try this: Journal the sentence: "Underneath my fear, what I really need is..."

▼ **Step 4: Release the Old Story (Abba 'Father' Process)**

When the need is seen, you can choose to release the story keeping you trapped. Try this: Say: "I no longer choose to carry the story that I am unsafe/alone/unworthy. I release it now."

▼ **Step 5: Re-Align and Manifest**

Now that the loop is dissolved, you can consciously plant a new seed. Manifestation begins here. Try this: Write down one statement of alignment: "I am safe and supported." "I attract people who value me." "I am open to receiving abundance." Then visualize yourself living that reality — feel it in your body.

Quick Recap

1. Notice The Loop
2. Feel Without Judgment
3. Identify The Unmet Need
4. Release The Old Story
5. Re-Align and Manifest

This is the process I guide my clients through using Lev Emunah Therapy, combined with hypnotherapy, NLP, & compassionate communication. If you're tired of living in anxiety loops & ready to manifest peace, clarity, & purpose, I'd love to guide you! DM or email me to schedule your breakthrough session where we'll uncover your loop and align you with your next step.

