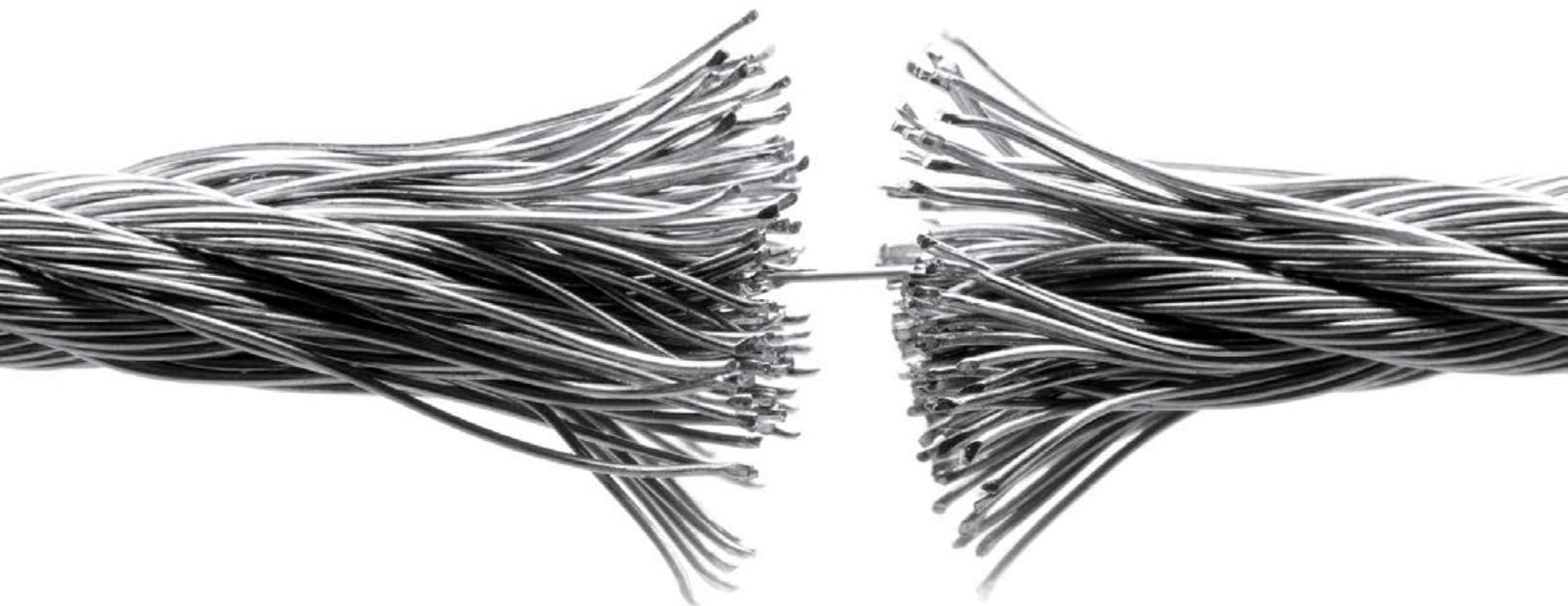


Cord Cutting Meditation

Clearing Foreign Energy & Reclaiming Your Energy



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Cord Meditation

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Connections



Third Eye - Spiritual Connection



Throat - What was said or not said



Heart - The exchange of "heart"



Solar-Plexus - Where emotions & feelings are stored

In this process you send and receive life-sustaining SPIRIT energy. **Energy goes where you pay ATTENTION and what you INTEND creates the END RESULT:** A clear energy field.

Removing The Energy Of 20 People And Reclaiming Yours

- List your parents / guardians first.
- List your immediate family (brothers, sisters, children) and influential family members.
- List any significant "Xs" and, if appropriate, current significant other.
- List your friends, co-workers and any other family members that come to mind.
- List any name that comes to mind until you have filled the page. List names regardless of whether you believe your interactions are primarily positive or negative. It is important to understand that this is not about "good" or "bad" energy. This is simply about removing energy that is not yours.

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Cord Cutting Meditation

1. You will start with the name in the 20th box and work your way backwards. This means the last person you cut cords with will be the person you wrote in box #1.
2. Envision the person 15 feet in front of you.
3. Attach cords from you to the person in the four places shown on the previous page: Third eye (between the brows), throat, heart, and solar-plexus (a few inches above the navel). Some people see something similar to an electrical cord, others see something similar to a rope, cord, or string; whatever you envision is correct for you.
4. Energy moves on the breath. As you take deep breaths in and out, picture the energy moving across the cords. You may see movement and/or light. You may feel the energy is moving. You may not see or feel it, but you may have a sense of knowing. Even if you do not see, feel, or know the energy is moving, but rest assured the process is still working!
5. Exhale, thinking about sending their energy back to them (it is theirs and they need it!). Continue to take deep breaths until you see, feel, or know the energy is no longer moving. For most people this is 1-4 breaths, but use as many as you need. If you can't see, feel, or know the energy is moving, then do 4 breathes and move onto the next step.
6. Inhale, calling your spirit and energy back to you (you need your energy and they do not!). Continue to take deep breaths until you see, feel, or know the energy is no longer moving. For most people this is 1-4 breaths, but use as many as you need. If you can't see, feel, or know the energy is moving, then do 4 breathes and move onto the next step.
7. When the energy stops moving (or after 8 breaths), detach or cut each cord from the bottom up (solar-plexus, heart, throat, third eye) or detach all at the same time, whatever feels right to you.

When detaching the cords, some people visualize cutting the cords with a machete, knife, or scissors. Others envision unplugging the cords. Do whatever is most comfortable.

8. Appreciate the person for what they are teaching you in this life; Forgive them if there is anything that needs to be forgiven; Love them (even if this is hard to do, try your best) and Release them. Watch them leave the room.

ONLY if the person you are cutting cords with is deceased, before you release them, ask if they have anything to say.

After you work through this exercise, make it a practice to clean up your energy daily. Each evening simply scan your day and if you had any uncomfortable interactions, envision the person, attach cords, quickly breath in (claiming your energy) and out (sending their energy back), detach cords and you are good to go!

Cord Cutting

Cleaning And Reclaiming Your Energy



Click below and watch as I walk you through the Cord Cutting exercise.

