

Subtle Energies and Intuitive Skills

Cord Severing Procedures

1. Ground your Body and Presence to Earth. Drop In & Kick Back.
2. Scan your Body and Chakras for Cords.
3. If you see a cord, see who it is connected to, where it is connected, and take note of its strength and qualities.
4. Inquire as to the usefulness and benefits of the cord and if it serves your highest good. If you see that the cord does not serve your highest good, put out an intention to sever it.
5. Holding space with an open heart, invite the other person connected to the cord to the process with a Spirit to Spirit Greeting.
6. Procedure 1, the Swift Cut: Invite Archangel Michael with his burning sword of blue flames to sweep the sword through the cord at its center. Intend a sweep that is appropriate for the qualities and strength of the cord. As the cord is cut, watch its total disintegration from the place of the cut to each end through its roots.
7. Procedure 2, the Weed Pull: Embody the energy of a mindful gardener pulling weeds in a garden. "Soften the soil" around the base of the cord to loosen it. Reach in and around the roots and gently wiggle, pry and pull them from the soil. Be careful to get all the roots. Let the end go, freeing yourself of the cord.
8. Repair the spaces left by the presence of the cord with creative imagery and healing intentions.
9. With Love in your heart, Give Gratitude for the process.
10. Say a Spirit to Spirit "Goodbye, and until we meet again."

***Connecting Physical Presence to Spiritual Awareness and Mindful Actions,
then Using them to Awaken and Serve.***