***Clearing Energy Work***

Energy Work for, getting to the bottom of what is in our body and energy fields and our stories of the past so we can cut the cords to them and not drag them into our future

So this is a simple yet powerful metaphor of getting things out and cutting the cords to the old stories that keep us from moving forward into a life with more joy, love and abundance in all areas of our life. It is an exercise of calling back your power.

Take paper and start to write the things that you would like to cut cords with. The stories about past relationships, past or present family or ancestral energy or old stories that you no longer resonate with. Old messages that keep coming up that you want to release, addictions to worry, food, or taking care of others needs to ignore your own etc…… Work, Friends, old stories about Money and self-worth. Health Problems, Etc…..

These stories are tied to you and this is an opportunity to do the ground work, literally since this is 1st charkra work. ( root energy) and to ask your Guardian Angels, Guides, Higher Power to help release the negative cords and energy attached to you. The stories are keeping you stuck, they sit in your body and mind so this is a way of unlodging them. After writing your list then write this on your paper

***I release the cords that have bound me now or in the past eons upon eons. I release what no longer serves me in a gentle and loving way. May my creativity be released so I can create change in the world and live my Joy, passion and abundance, I do this all with love. Return to Sender All that is not mine.***

After this fold up the paper or tear in into pieces as you repeat the above. You can tie up the paper if you decide to fold it and bind it with a string of yarn or?? to represent the cord. Then burn or release the paper away from you cutting the cords to the negative energy that is attached to any of the things you have listed. Just allow it to leave, sometimes you can have things come up to assist with what is needed to complete this process. The person or ?? could emerge to test and give you an opportunity to do the work if needed. Blessings and Hugs, Pamela Annette