***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.

So 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.***

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.

Best time to do this is on or within 5 days of the full moon. But it can be used anytime you need to do cord work.

Journal about the things that come up

Blessings and Hugs,

Pamela Annette

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## **BY**MADISYN TAYLOR

*Sometimes the emotions we are feeling belong to the person we are in a connection with, and an energetic cord must be severed.*

In every relationship, people are constantly exchanging energy that can become a cord connecting two people. This energetic cord forms just below the breastbone and can remain long after a relationship has ended. This unbroken cord may leave an open channel between you and another person, through which emotions and energy can continue to flow. If you are unaware that the cord exists, it is easy to feel the other person's emotions and mistakenly think that they are yours. Besides the fact that this can limit the amount of closure you can experience in a relationship, letting this cord remain intact can leave you with a continued sense of sadness while creating feelings of lethargy as your own energy is sapped from you. Cutting the cord can help you separate yourself from old baggage, unnecessary attachments, and release you from connections that are no longer serving you.

Finding and cutting unwanted cords is a simple, gentle process that is best done alone and when you are relaxed. It is important that you are strong in your intention to release the cord between you and someone else. To begin, breathe deeply and perform a simple centering meditation. When you are ready, visualize or sense the cords that are connecting you to other people. Run your fingers through the cords to separate them until you find the cord you wish to sever. There is no need to worry, because the cord you need to sever will feel just right. When you have found it, determine where the cut should be made and then visualize the cord being cleanly cut. If you need assistance, Archangel Michael can be called upon to help you with his sword. Afterwards, if you feel that cutting the cord has left spaces in your energy field, then visualize those spaces being filled with healing sunlight.

There may be times where cutting a cord can help free a relative or loved one to reach new stages of growth. You're not severing a relationship, but you are severing the cords that are no longer serving you both. At other times, a cord may simply refuse to be cut because it is still serving a higher purpose. It is also important to remember that cutting a cord with someone is not a replacement for doing your emotional work with people. It can, however, be an enactment of that work upon its completion. In any case, cutting a relationship cord should always be viewed as a positive and nurturing act. By cutting the cords that no longer need to be there, you are setting yourself and others free from the ties that bind