

Clearing Negative Energy Through Cord Cutting

Indigenous wisdom and modern science tell us that the human organism is not just a physical structure made of molecules, that, like everything else, we are energetically interconnected with Universal energy and to all life through the biofield, the electro-magnetic field that surrounds all living organisms.

If you are especially empathic you may unconsciously absorb and hold onto other people's energy. It is quite common for people to involuntarily create energetic cords of attachment. It is human nature to hold onto the energy of others even though they may not be healthy or are no longer part of our lives. Think of this practice as energy hygiene.

When we connect with another person, especially in family of origins, romantically or with any person(s) we have close contact with, we activate an energetic cord with them. This cord has the ability to share energy and transmit a high frequency of communication, which may explain why we often feel and connect telepathically to our partners thoughts and emotions.

All interactions with other people, whether in person or not, create entanglements that can drain our energy or give us energy. As we continue through the relationship every interaction, thought, emotion and feeling are energetically absorbed and added to the cord.

When the cord is healthy, it can create a vibrant source of energetic exchange. But when the cord is unhealthy, it can often lead to feeling controlled or drained in energy.

This is especially true when it comes to any close relationships that are addictive, compulsive, destructive and unhealthy. Cutting the cord can help break the energetic attachments embedded in your energy fields and can help you to move on to receive new opportunities in your life.

Most of us will intuitively know how strong our cord is with someone, but if you are unsure, a good measure is how strongly or how often you think or feel towards someone, especially if the thoughts are obsessive, manipulative or fearful.

The Cord Cutting Ritual

- Find a quiet place where you can be alone and not disturbed. Begin by closing your eyes and taking a few deep breaths.
- You can call upon your spirit guides and your Ancestors to help guide you through the process. Upon feeling the presence of your guides, you may recite the following intentions or words of your own:

“Dear Spirit Guides and Ancestral Spirits, I call upon you to help me heal, let go, and cut any etheric cords that are no longer serving my higher purpose. I ask that all cords attached to me that are not aligned with love, light and positive attention be released. Help me to release them and surround me with a healing light to protect me from future attachments. Thank You.”

- Once relaxed, visualize the person you are feeling entangled with standing before you.
- As they stand before you, do your own body scan to notice the sensations of where you feel this person is “hooking” into you.
- See the cords joining you and the other person. Note the quality and color.
- Say: *“I command that you take back your energy, you do not have my permission to hook into me.”*
- Unhook the cord attached to that person and see that it returns back to that person.
- Unhook your cord from them and see that it returns back to you.
- Declare your intention and say:

“I release this energy. It is with love that I bless you that you keep all your energy for yourself. May you be blessed with love to continue your life journey without my energy.”

- If it doesn’t unhook or that there is residual energy still there, psychically imagine that you cut the cord. See that the cord returns back to its source.
- Next, move one of your hands with an up and downward motion over your Solar Plexus or wherever you feel the cord. Visualize “chopping” the cord and by doing so, you are breaking the flow of energy to the other person. Again, repeat your firm intention to break this cord now for good.
- Use your selenite blade to cut the cord close to your body (the etheric body) while you repeat the command blessing.

Sealing your own energy field and creating an energetic shield:

- Once cut, seal off the area that you just removed the cord by visualizing **electric-blue light** descending down through your crown into your body to fill the hole. Breathe the light through your own energy field. Feel it’s protective features.
- Once the hole is filled allow the light cocoon you to create an electric-blue shield.
- Take a moment and give your guides gratitude for all the support you are receiving to live your life with love that is uplifting and empowering.
- Give yourself the same gratitude with words of appreciation for taking the time to establish the practice of energy hygiene.
- Repeat as necessary, especially if the person pops into your mind and you find yourself thinking of them, or if you start to have negative emotions that drain and leave you exhausted or even those that you may not be able to pinpoint.

Often times when we cut these energetic attachments loose, we may feel like we are abandoning the other person. But it is the negative aspects of the entanglement that are destructive that must be cleared so you know what energy is yours and what is there's. Interactions with these people can retrigger, but cleaning house so to speak is a proactive action allowing you to know your own boundaries and limits.

After the ritual is over, smudge your surroundings, take a warm bath, drink plenty of water and relax in a peaceful or comfortable setting.

You will know if the ritual worked as you should feel lighter, more energized and more balanced.

Other helpful tools:

- Selenite blade to cut cords
- Black Tourmaline chunks to put at your doorways to block psychic attack

Please let me know how it goes and how you feel!