THE PROFESSIONAL

Intuitive Healing PROGRAM

Full Course Manual (Lessons 1-7)

Introduction

Welcome to the Professional Intuitive Healing Program!

I am delighted that you have chosen this course and me as your mentor to teach you how to perform spiritual healing sessions for yourself and for your clients!

This course consists of both written and video material. The written material forms the basis of the course and contains all the information you need. Video lectures have been recorded for the material, too. The purpose of the lectures is not to present new information, but simply to reinforce the written material and offer you a different way of taking in the information. I recommend that you read through the written material first and when you are finished with the written module, watch the relevant video lecture.

Please make sure that you complete all homework exercises (including the worksheets) before moving on to the next lesson. If you miss out any of the homework exercises, you may struggle with the later lessons.

Feel free to work through the course at your own pace. The beauty of a home-study course is that you can spend as much or as little time as you like on it each week.

Please do not skip ahead in this course – it has been designed and ordered in a strategic way so that when you reach the end, you will be able to do the healing sessions without any problems. So please do follow the order in which the material is presented.

THE AIM OF THIS COURSE

This course has three functions:

1. It teaches you how to cut negative cords for your clients and for yourself.
2. It will also show you how to release earthbound spirits from people's auras (both ordinary earthbound spirit attachments, and enmeshed earthbound spirit attachments).
3. Finally, it will teach you how to clear 'astral clutter' from a client's energy field.

All of this material is taught over 7 lessons. Let's dive into the first one!

Lesson 1 - Laying the Groundwork

In this lesson, we're going to lay some very necessary groundwork which will prepare you for delivering healing sessions for clients. This groundwork mostly involves developing your intuition, learning to use a pendulum for dowsing, and learning to work with the Divine beings who will be bringing the healing energy during a session. Once you've covered these bases, you'll be ready to move on to lesson 2.

Note that this lesson is all about getting you prepared for working with clients in this way. You won't actually be putting the information to use until lesson 3. So please be patient in the meantime.

OK, with that said, let's get into it...

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Developing Your Intuition for Reading the Energy Body

Obviously my methods for intuitive healing involve using your intuition — the clue is in the words 'intuitive healing'! And as part of your intuitive healing sessions, you are going to diagnose (using your intuition) which type of healing a client needs. You are also going to read the energy body to assess how the client is being impacted by whatever it is you will be clearing for them. And in the case of a cord cutting session, you are also going to channel information about the relationship dynamics which are in the client's cord of attachment.

If you like pendulum dowsing, your pendulum can actually help you with some of this, and do a lot of the work for you.

But you are also going to need to use one of your clair gifts (clairvoyance, clairaudience, clairsentience or claircognizance, or perhaps emotional empathy) to help you to channel further information.

I do recommend that those students who are complete beginners to the intuitive arts do my Intuitive Awakening Course, before working with their intuitive healing

practice clients. But what if you are not a total beginner, yet you feel your intuitive skills might need some brushing up?

This section is for you.

In order to hone your abilities, so that you can intuit accurately for your intuitive healing clients, you should follow my six-step formula for intuitive development, and make sure you have all of the bases below covered.

So let's have a look at those six steps — here they are:

1. Find your strongest intuitive gifts
2. Sensitize & develop those gifts only to start with
3. Learn how to read energy using only those gifts. Find the process for connecting & tuning in that suits your gifts.
4. Learn to raise your vibration at the moment of tuning in
5. Learn to enter the alpha state at will
6. Put all of that together & practise!

Now let's have a look at the formula for developing your intuitive abilities. It consists of several pieces, but if you understand and include each piece, and put them together, you can get there.

1. Find your most natural clair gift or strongest psychic gift

The biggest mistake that people make when developing their psychic abilities, is choosing a gift they don't have and focusing on that in an attempt to develop it.

There are several psychic gifts that you can choose to develop — clairvoyance, clairaudience, clairsentience, claircognizance, and various empath gifts.

A common dead-end road students go down (before they find me and my courses) is they decide: psychic = clairvoyant

...and regardless of whether they naturally have clairvoyance as one of their gifts, they go ahead and try to develop it anyway. When it doesn't go so well, they give up.

Don't be tripped up by the same idea. There are several different gifts that you can use in an intuitive healing session.

On my home page (www.annasayce.com) there is a quiz at the top for finding your strongest intuitive gift. I highly recommend you identify your strongest intuitive gift(s) before you get started with this course, because these are the gifts you are likely to be using when you are doing an intuitive healing session for someone.

So that's step one in this whole process, and probably one of the easiest steps.

Let's have a look at the second step:

2. Sensitize & develop only your strongest gifts

Once you have located your strongest gift(s), you will need to sensitize it.

What does it mean to sensitize a clair gift? It means finding or coming up with an exercise that develops only that gift. So, for example, if you're clairvoyant, you're probably going to focus on guided visualisation, because you strengthen your clairvoyance when you're doing guided meditations or visualisations. This is just one example.

Below you will find my exercises for developing the various gifts. Pick the one that matches your strongest gift(s) and do it regularly.

Two Notes about the Intuitive Gifts:

1. The only gift that we will not be developing in this section is empathy. The reason for this is that natural empaths usually have their gift fully activated already, and require no conscious development). However, empaths excel in reading other people, and so if your strongest gift came up as empathy then you're in luck, because this will really help you in your intuitive healing sessions. If your strongest gift came up as empathy, pick your next strongest gift to develop.

2. Make sure that you choose either **clairaudience** or **claircognizance** as one of your gifts to develop. This is because you will need one of these clairs well honed in order to receive information in an intuitive healing session. Often if you receive info through your clairvoyance or your clairsentience, it is incomplete. For example, you might feel a sensation or 'see' a visual in your mind's eye, but you won't necessarily know what it means unless you have

claircognizance or clairaudience — these two clairs can help you to interpret and bring more details.

Awakening Clairaudience

Awaken your clairaudience and be more open to hearing spiritual guidance by practising the following exercises:

Exercise One: Unpicking the Orchestra

1. Get a pen and paper

2. Put aside a few minutes and listen carefully to all the sounds you hear around you. Write down every single sound that you can hear — such as the sounds of cars passing, the sounds of birds or animals, a plane, people talking, or the sound of music. There will be many sounds which are 'layered' on top of one another, and many of these sounds you will never pay attention to. We normally tune out these noises so that we can concentrate or sleep. But when you tune out noise, you dull your perception, and you become less sensitive to your clairaudience.

When you make an effort to listen consciously to the noise that you might normally tune out, you will hear a multitude of sounds. Your objective with this exercise is to notice each and every one of the sounds that make up this 'orchestra'. Some may be subtle and barely noticeable. The goal here is to heighten your auditory perception. Do this once a day for the next three days. By the third day, ask a question using your inner voice, and see if you get a response. Don't worry if you do not —this is just an experiment for now!

Exercise Two: Reading to Yourself

Read a few pages of a book to yourself – hear yourself reading the words out loud (but only in your head)!

As you are doing this, try to focus on the sound of your voice inside your mind that is reading the words. Focus less on the actual content (for this reason it is best to do this exercise with reading material that is not interesting or thought-provoking).

This 'voice' that you are training yourself to 'hear' is the same inner voice that your Higher Self and Spirit Guides will use to communicate with you. Getting into the habit

of hearing this inner voice enables you to receive clairaudient messages more easily.

Exercise Three: Conjuring up Sounds

For this exercise, I'm going to ask you to 'hear' in your 'inner ear' (aka the voice inside your own head), the following sounds:

- The sound of a plane flying overhead
- The sound of a cello being played
- The sound of a harp being played
- The sound of a cat meowing
- The voice of someone who you haven't heard from in a long time
- The sound of a large waterfall
- What your phone sounds like when you receive a text (if you ever have the sound on)
- A close friend's voice
- The voice of a child you hear often
- A loved one saying 'hello' to you when they answer the phone
- A woman laughing
- A waiter serving you a meal
- The siren of an ambulance
- The voice of a favourite actor/actress/celebrity

I want you to actually hear in your mind, as well as you can, what all of these sound like. Feel free to imagine any dialogue and just improvise.

Awakening Clairsentience

The exercises below are very simple yet very effective – all have been recommended by Spirit Guides in the past to open up clairsentience.

Exercise One: Heighten your Emotional Awareness

Take a few minutes to go inside yourself, focus on your heart (the centre of emotions) and ask yourself 'How do I feel today – what is the underlying emotion present here at my heart chakra?' If you're feeling strong negative emotion and you're not sure why, ask yourself what it's in connection with and see what pops into your head in response. Do this once a day for the next three days.

Exercise Two: Heighten Awareness of Needs

1. In the morning, ask yourself *"What is really important to me and my Higher Self today?"* It may take you a few minutes to get the answer to this. You may 'know' the answer, or you may have a word or an image popping into your head. If you get an emotional reaction when asking this question, make sure you ask what it is in relation to.

2. Write down the response and make sure you honour it for the day. Do this for three mornings in a row.

Exercise Three: Heighten Awareness of Desires

1. Find a partner with whom you can do this exercise.

2. Set a timer for three minutes.

3. Your partner needs to ask you repeatedly and rhythmically,*"What do you want?"*

4. Every time you hear the question, listen to what comes out of your mouth. Put your conscious mind to one side and allow your subconscious or Higher self to respond authentically. Keep searching for your desires until the three minutes are over.

The rhythm for this exercise should be:

Question, answer. Question, answer.

There should be as few pauses as possible. As you get into it, you should find that your answers come more and more from the subconscious mind or Higher self.

Exercise Four: Calling on an Ascended Master or Archangel

This exercise is designed to fill your awareness – physical, emotional or mental – with the presence of a Divine-level being. Here's the process:

1. Be still for a moment and notice one thing about your physical body (this could be the way your weight is shifted, or any tension or aches, anything at all)

2. Now focus on your mind – go within and see if you can put a word on your current mental state (for example: scattered, focused, calm; anxious)

3. Now focus on your emotions – go within and see if you can put a word on your current emotional state

4. Say the name of a Divine being out loud (such as Archangel Michael, Archangel Raphael, Buddha, Jesus, Ganesh)

5. Now take three deep breaths

6. The presence of the Divine being will be with you. Ask the being to ramp up their presence as much as you can handle it

7. Now notice one thing about your physical body

8. Now notice one thing about your mental state

9. Now notice one thing about your emotional state.

Perhaps you won't notice much the first time you do it. But the more you practise this exercise, the more you will experience a different 'after' state. You can experiment and use this exercise to call on many different divine beings – for example, see how the energy of Archangel Michael differs from that of Ascended master Jesus or the Goddess Brigid. These Divine beings will only come to you when asked, and you can perceive their energy through emotions, or the effect on your mind or body. Paying more attention to this 'after' state heightens clairsentience.

Awakening Clairvoyance

Exercise One: Arranging the Flowers

1. Visualize in your mind's eye a vase for flowers.

2. Now see yourself putting a flower in the vase. See the colour of the flower, and make it a certain type of flower such as a tulip, a daffodil, or a poppy, for example.

3. Then see another flower, a different one, being put into the vase. See its colour in your mind's eye. Keep filling the vase with flowers until you have five flowers in there.

4. Then, in your mind's eye, destroy the vase in any way you choose. You can blow it up, smash it with a hammer, or put it in the bin.

If you find this hard to visualize, don't worry. It just means your mind's eye is a little rusty. The more you use it, the easier visualization becomes.

Any activity which uses your visual imagination (including daydreaming) is good for strengthening clairvoyance, because your mind's eye is the machinery that your Spirit Guides and Higher Self use to send you information, in the form of pictures. The more 'well – oiled' the cogs of your imagination are, the easier it is for Spirit to send you clear images!

Exercise Two: Visual Memory Game

1. Take 30 seconds to look at the room you're sitting in. Absorb as many details of the room as you can in 30 seconds.

2. Then set your timer for two minutes, close your eyes, and recreate the room in your mind's eye. Try to see as many details as possible. Fill in the big ones first — the furniture, then put in the smaller details.

Exercise Three: Seeing Auras

The aura is the outline of the energy body. It often looks like a white energy emanating from the person's head and shoulders. You can see it depicted in many pieces of art, in which spiritual teachers and religious figures often have halos around their heads. This is the aura. Some people see colours in the aura. Others just see the white or golden energy of the auric field.

We are most likely to see auras without even trying when we are staring at someone for a long time – someone who is sitting against a white background, when we are in a relaxed state.

Here is an exercise to try:

1. Find a partner for this exercise and ask them to sit or stand against a white background, in a softly lit room

2. Relax your eyes and look at one area of the person's face, such as the mouth or nose

3. At the same time, use your peripheral vision to look at the outline of the person's body. Continue to stare at their nose/mouth while you do this.

It may take a few minutes to see the aura. Take your time. I find that this exercise is very dependent on the lighting and on the white background. I often see my coach's aura over Skype (her room is white and softly lit, and I am often staring at her while I talk because of the nature of Skype webcam). Conditions have to be just right for this exercise.

Exercise Four: Use Crystals

Crystals can be a powerful aid for developing clairvoyance!

Choose a crystal that has a reputation for opening up the third eye (such as lapis lazuli, fluorite or amethyst.) Lie down and place it over your third eye chakra (between your eyebrows) for 20 minutes.

Bear in mind that different crystals work for different people, so if you're interested in using crystals to open up your clairvoyance, you might like to go into a crystal or new-age store with the intention of finding the right stone to help you. You may feel attracted to one crystal in particular.

(Also bear in mind that some people are more receptive to the energies of crystals than others, so if you wish to open up your clairvoyance, make sure this isn't the only exercise you choose, in case you are someone who is not as sensitive or receptive to crystal energy.)

Awakening Claircognizance

Exercise One: Becoming Self-Aware

The aim of this exercise is to become conscious of your own consciousness! Becoming conscious of your thoughts and noticing them is the first step to

awakening claircognizance. This exercise is only for those who are not adept in meditation. If you are an experienced meditator, this exercise will be too easy for you.

1. Begin by inhaling to the count of four, hold your breath to the count of four and exhale to the count of eight

2. Set a timer for three minutes

3. Close your eyes and turn your attention to your breathing. Breathe through the nostrils, without trying to control your breath – simply notice the sensation of the air going in and out of your nostrils. Focus on this sensation. As you're doing this, notice the thoughts you're having. You do not need to do anything or repress them – just observe them. Remain a detached observer for a few minutes, as the thoughts arise.

4. Notice the 'you' (the awareness) that is behind the thoughts and between the thoughts. The 'you' that is between the thoughts is your consciousness.

Exercise Two: The Tarot

This is an exercise you can do if you have a pack of tarot cards (or if you fancy buying some). Only do this exercise if you are not adept in working with the tarot cards. If you have experience using the Tarot or if you know a great deal about the meanings of the cards, this exercise will not work very well for you.

1. Choose three cards from the Major Arcana. The Major Arcana includes the first 21 cards of the pack, such as the Sun, the Lovers, the Tower, and the Chariot.

2. Take the first card on the first day and get a pen and paper. You will need to put aside ten minutes for this exercise. Begin by inhaling to the count of four, hold your breath to the count of four, and exhale to the count of eight.

3. Then tune into the energy of the tarot card you're holding. Look at the image on the card and the symbolism. Every tarot card represents an archetype: a certain type of energy. Ask the tarot card to reveal its energy to you by showing you people who represent this energy – you will probably have someone popping into your head who represents the energy. Ask the tarot card to send you events, colours, feelings or situations which have something to do with the energy of the card. See what pops into your head in response to these questions. Meditate on the card, and see if any information comes into your

head about the meaning of it. Look beyond your conscious mind to see what you know subconsciously about this card.

Exercise Three: Becoming Receptive

Ask yourself the following questions and see what pops into your mind. You do not want to think for this exercise – instead you want to go with the first thing that comes to you, almost automatically. (Even if 'I don't know' is the first thing that comes to you). You're not looking to "get it right" – you just want the first thing that comes, right or wrong.

Questions to ask yourself the first time you do this exercise:

- What kind of day will you have tomorrow?
- What do you most want from doing this course?
- The first female name that comes to mind
- The first male name that comes to mind
- Is there someone from this lifetime who has featured in lots of your past lives?
- What was your name in one of your most recent past lives?
- Where will you be 5 years from now?
- What will you have for dinner next Tuesday?
- A country that is known for its hot weather

Questions to ask yourself repeatedly (to use when you do this exercise over a period of several days in a row:)

- What kind of day will you have tomorrow?

- Where will you be 6/7/8/9/10 years from now? (use a different time range each time you ask.)

- What was your most recent past life like?/what was your past life like, 2 incarnations ago/3 incarnations ago/4 incarnations ago/5 incarnations ago, etc?

The answers you get for the questions above won't necessarily be very meaningful. The purpose of this exercise is more for you to get used to being a receptive vessel, and to experience what it feels like to have something enter your mind, seemingly of its own accord. This is what claircognizance is like, and becoming receptive is the name of the game for this gift.

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If you're not sure if your intuitive gifts are well honed enough for doing an intuitive healing session with someone, I recommend that you use the above exercises to help you.

Now we've covered how to sensitise and develop your clair gifts, let's have a look at the third step for developing your abilities:

3. Get a process for channelling that utilises your strongest gift(s)

Once you have (1) identified and (2) sensitised your strongest intuitive gifts, what you then need to do is find a process to channel that utilises your particular gift. This is another area where people can go wrong — even if you manage to locate your strongest psychic gift and sensitize it, if you then use a way of channelling that DOESN'T use your strongest gift, then you're not going to get anywhere.

This means that when you're doing an intuitive healing session with a client, your technique for 'tuning in' and receiving information about the cord dynamics (for example), or about your client's energy body, is going to involve your strongest clair.

I am going to give you techniques which can help you to 'tune in' but you need to be aware of HOW you're going to receive information once you have tuned in.

If you're clairvoyant, you're probably going to receive visual information about your client's cord. If you're an empath, when you're reading your client's energy body, you are probably going to feel how the client feels as a result of the negative energy that is in her energy body.

If you're clairaudient, you may receive words verbatim when you channel information about the cord. If you're claircognizant, you will just 'know' what kind of dynamics are in the client's cord.

We will cover this in more detail later on. For now, it is just something to be aware of — that you will receive intuitive information during an intuitive healing session through your strongest gifts.

Now onto step four:

4. Learn to raise your vibration at the moment of tuning in

Raising your vibration means: improving your emotional state, usually through the means of breath work + calling on a Divine being. (A Divine being is an ascended master or an Archangel).

This step is important because if your vibration is low (aka you're not feeling too good), say you're depressed, angry or grieving, it can be much harder to tune in for our clients.

What happens when is that when you channel or intuit for clients, you are building a bridge, so to speak. You have to build your half of the bridge and Spirit has to build their half. You meet in the middle between the earthly realm and the astral realm.

But if you're very depressed or if your life is in upheaval, you sometimes can't build your bridge. It's your emotional state that is getting in the way.

So essentially you need a process that you use every single time you connect with Spirit, (consisting of breath-work & calling on the Divine) that allows you to raise your vibration & emotional state, and this makes it much easier to build your half of the bridge, so to speak.

Below I have included my process for doing this. This is actually going to be incorporated into the intuitive healing session protocol later on, anyway. So you do not need to worry too much about it now.

The "Breath-work Exercise"

- Firstly, observe your vibration by going inside and exploring how you feel in yourself for a few moments. What is the underlying emotion? See if you can put a word on your emotional state.

- Now, choose an archangel or an ascended master such as Jesus, Mother Mary, Buddha or Krishna. Any one that appeals to you. Ask this Divine-level being to raise your vibration from wherever you are on the vibrational scale, to something higher. You can say: *"Archangel Michael, please be with me and raise my vibration."* This may sound unlikely, but suspend any doubt and just try it!

- Next do the following breathing exercise: inhale to the count of four, hold your breath to the count of four, and then exhale to the count of eight. Do this three times in total.

- Now check in with your emotional state — how do you feel?

Remember that this exercise is for raising your vibration temporarily. That is all you need to aim for in order to connect with Spirit. Do not worry if you do not remain in a positive or calm state — you do not need to have a permanently or consistently raised vibration to be psychic. Intuitives are not necessarily happier or more joyful than others, they just know how to raise their vibration sufficiently to reach Spirit. So no need to get hung up on being permanently joyful — you can be miserable, in pain, depressed or ill and still be able to connect with Spirit — as long as you practise raising your vibration regularly, that's the main thing!

OK, now let's look at the fifth step necessary for developing your abilities:

5. Learn to enter the alpha state at will

What is the alpha state and what does this have to do with your psychic development?

Did you know that most psychics, when they are doing a reading, will shift out of the most common brainwave (the beta brainwave) that most of us experience in our day to day lives and into a different brainwave (the alpha brain wave), which is associated with a more relaxed state?

Cycles per second	Type of brain wave	Activities
21 > 14	BETA	Fully Conscious / Awake - the conscious mind is busy, concentrating and engaged in this state
14 > 7	ALPHA	Light Sleep / Dreams / Meditation / Daydreams / Creative Visualization / Connection to the subconscious
7 > 4	THETA	Deep Sleep / Lucid Dreaming / Deep Trance / Deep Hypnosis
3 > 1	DELTA	Very deep sleep or an unconscious state

So, in order to channel, you'll need to shift out of a busy, busy, busy mentality and into a more zen, chilled out one. This is actually a measurable state, and your brain waves change when you are in it. It's called the alpha state.

However, you don't need to be in the alpha state all the time in order to develop your abilities. You just need to be able to enter the alpha state at the moment of tuning in.

What might this look like? It could mean 10 mins of meditation daily. It could also mean the regular use of binaural beats.

So, that's an important piece, too. If you're not used to putting yourself into the alpha state at will, you will need to practise doing that, as part of this process.

Now let's look at the final piece of the intuitive development puzzle:

6. Put all of that together & practise!

Finally, you have to put everything I've mentioned in this document together in order to get results and intuit accurately on behalf of your clients.

Miss out one part and you might struggle to do it.

And then don't forget the most important part: PRACTICE. You have to persist at it. Many of you will need to do lots of intuitive healing sessions before you're a pro at channelling information on behalf of your clients in a session.

I know this seems like a lot of pieces to put together. But it's better to have all of your bases covered now, so that you have this foundational piece in place. So, please spend a bit of time at this point considering the six steps in my formula, and ask yourself - which one am I missing? For example, perhaps you know your gifts but you have never sensitized them, so you know at this stage you need to work on that. Work out what your weakest link is, intuitively speaking, and focus on that!

Now that we've had a look at how you can develop your intuition, let's look at another way to receive information during a healing session: pendulum dowsing.

Receiving Intuitive Information Through Dowsing as Part of a Healing Session

The Nature Of The Information You Will 'Pick Up' On As An Intuitive Healer

During the course of an intuitive healing session, we will often need to pick up on very specific information, such as: which chakras are being affected by the negative blockage you're going to clear and so on.

This means that as an intuitive healer, you need to be able to use your intuition to pass on accurate information to your client about what is affecting her, and how it is affecting her. This is usually done through channelling, using one's clairvoyance, clairaudience, claircognizance or clairsentience, or a combination of all those gifts. I am aware that not everyone who is taking this program is going to be a confident channeller.

But there is another way that you can access the information you need during an intuitive healing session, even if you are a total beginner — it's through dowsing with a pendulum.

In later lessons, we're going to cover how you can use your channelling ability to get information during a healing session. But many of you may wish to start by using a pendulum, and so in this section, I'm going to teach you how to find, program, and use a pendulum for working with your healing clients.

What if you already know how to channel?

If you know how to channel, that is fine, and you may wish to use your channelling ability instead to get info for clients. However, I'd recommend you give pendulum dowsing a go, too. The reason I recommend pendulum dowsing (and use it myself) is because it can yield very specific insights, especially when asking yes/no questions, and also when you use pendulum dowsing in conjunction with charts.

To give an example of a yes/no question that you will ask as part of this course:

"Does this client have earthbound spirits that need clearing?"

The answer to this is either going to be 'yes' or 'no'. And you can program your pendulum so that it swings and gives you the correct answer in this regard.

For more complex questions, we can dowse using charts and a series of yes/no questions. You might like to have a look in the 'charts' book that came with this course, to see what I mean. In those charts, you'll see various options located in rows and columns.

For this, we ask questions such as:

"Which chakra are these earthbound spirits primarily affecting? Is it the chakra in row 1, row 2 or row 3?"

Then you ask "Is the affected chakra in column 1, column 2 or column 3?" etc.

Using this way of questioning, you are able to narrow the chakra that is being affected, down to one specific column and row of the chart, according to how your pendulum is swinging. That is how you are able to pinpoint your answer.

There is also a 'negative energies' chart that you can use to pinpoint the type of negative energy that your client is being affected by.

So, we can receive information during these intuitive healing sessions, using a pendulum, the charts or a series of yes/no questions.

You can of course expand on that information using other gifts — like clairvoyance, claircognizance and clairaudience. For me, the pendulum is often just a starting point that points me in the right direction and then I use my channelling abilities to get more info.

If you're an experienced channeller, you can forgo the dowsing altogether and simply use your channelling ability. But I'd only recommend this if you are really against working with a pendulum for whatever reason (e.g. you have done it before and it didn't work for you, or you tried it and hated it.)

Otherwise, I'd suggest that you follow the instructions in this chapter and learn how to dowse as part of an intuitive healing session. That way, regardless of your other channelling abilities, you have an extra tool at your disposal when working with clients, or a way to confirm the insights you're already getting.

STEPS TO PREPARE FOR DOWSING:

OK, so to start with, you will need to get your hands on a pendulum for dowsing.

Pendulums are available in metaphysical shops, and also on the internet. Alternatively, you can use anything that swings on a chain, such as a necklace with a pendant on the end of it. Preferably this pendant would be long and thin so it will swing properly. If you don't yet have a pendulum, you can also read an article on how to choose one, here.

If you need to purchase a pendulum, please do that next.

HOW DOWSING WORKS

Before we cover how to program your pendulum for working as an intuitive healer, let me give you some background information on how dowsing works.

Sometimes people wonder if dowsing is a 'supernatural' process involving spirits.

Dowsing is not spooky at all and does not involve spirits. At least, spirits are not moving your pendulum for you – you are the one who is moving the pendulum.

Here's the process that occurs when you dowse for information during an intuitive healing session:

When you're dowsing for information during an intuitive healing session, the information you get goes from your Higher Self, to your **subconscious mind** (which makes the tiny movements in your wrist and arm) and then to your **conscious mind** (when you see which way the pendulum is swinging).

We will create a connection from your Higher Self to the Divine-level beings in the attunement that is coming up a bit later on.

Getting Your Pendulum Ready for Use

Now let's prepare your pendulum for your intuitive healing work. Please complete the following exercises.

STEP #1: CLEARING YOUR PENDULUM

The first step is to clear your pendulum. We need to do this because all objects absorb energy from their environment and you don't necessarily know where your pendulum has been before you bought it, and the kinds of energies it may be imbued with.

There are a few ways to clear a pendulum:

1. Bury it in the earth for 24 hours. You can also put it in or on the soil of an indoor pot plant.
2. Run it under cold water and then hot water. Alternate between the two six times. (Some crystals such as selenite can be damaged by water, however, so do some research into whether your pendulum can tolerate water, before doing so.)
3. Put it in a bowl of sea salt overnight (for this to work, it needs to be sea salt, not table salt.)

STEP #2: CONNECT TO YOUR HIGHER SELF

Next, create a clear connection from your Higher Self to your subconscious and your conscious mind by holding the pendulum in your hand and saying the following out loud:

"Creator of all beings, Creator of all beings, Creator of all beings, My Higher Self, My Higher Self, My Higher Self, Divine Archangels, Divine Archangels, Divine Archangels, please reinforce the deep and clear connection from my Higher Self to my subconscious mind, to my conscious mind. Please create a clear channel so that all information from my Higher Self flows effortlessly from my Higher Self to my subconscious, to my conscious mind. It is done, it is done; it is done. Thank you."

STEP #3: PROGRAM YOUR PENDULUM FOR WORKING AS AN INTUITIVE HEALER

Now create a surcharge of vital life force by inhaling to the count of four, holding your breath to the count of four, and exhaling to the count of eight. Repeat this twice over for a total of three breaths.

Next, say the following prayer:

"Creator of all beings, Creator of all beings, Creator of all beings, My Higher Self, My Higher Self, My Higher Self, Divine Archangels, Divine Archangels, Divine Archangels, I intend that this pendulum relays answers from my Higher Self at all times, unless I request otherwise. I also intend that all information be in truth and accuracy and 100% aligned with my highest good and the highest good of all."

STEP #4: If this is your first time using a pendulum, do the following exercise:

1. Hold your pendulum out. Just relax your hand and ask the pendulum, "Show me a yes" and just allow the pendulum to swing. It may swing forwards and backwards or from side to side. It may go in a clockwise circle or in a counter-clockwise circle. When you see what your pendulum does in response to a 'yes', write it down and say "Thank you" aloud.

2. Next ask the pendulum, "Show me a no". Observe what the pendulum does in response. It will move in a different way compared to when you asked for a 'yes'. When you write down what it does, say "Thank you".

Note: if you already work with a pendulum, and know which way it swings for yes and no, you do not need to do this step.

Once you have your pendulum fully programmed, you can use it to ask yes/no questions such as 'is this client carrying earthbound spirits in her auric field?'

Homework:

Do steps 1, 2, 3 and 4 detailed above (clear your pendulum, connect it to your higher self, program it and work out which way it swings for 'yes' and 'no'.)

If you have completed my Akashic Record Reading Program or my Intuitive Awakening Program, and you have already gone through these steps once before, and you know how your pendulum swings for 'yes' and 'no', you do not need to repeat these steps because your pendulum is already programmed.

Getting Acquainted With the Divine Beings

Now that we have covered: **(1)** how to program your pendulum to retrieve information during an intuitive healing session, and **(2)** how to develop your intuition, we're ready to look at another important aspect of doing an intuitive healing session: working with Divine beings.

The first step in any intuitive healing session involves bringing in a Divine Being.

Therefore, you need to have a bit of practice around working with Divine Beings, and that is what this section is all about.

What is a Divine Being?

A Divine Being is:

- An Archangel, such as Archangel Michael, Gabriel, Raphael, etc.
- An Ascended Master, such as Jesus, Buddha, Krishna, Ganesh, St Francis, and Mother Mary.

Why we bring in a Divine Being at this stage of the cord-cutting process:

Divine Beings bring spiritual healing energy to your client as part of the cord cutting; we couldn't do a cord cutting without the help of these beings.

In addition, Divine Beings are very good at protecting our energy during a session, to prevent us from absorbing any negative energies from the client.

For this reason, right at the start of an intuitive healing session, we go through a little process which involves bringing in a Divine Being. This is so that the client can receive a spiritual healing, and also to set up a sacred space, creating a peaceful energetic backdrop where the client (and you) are in a safe space, energetically speaking.

This Divine presence will be there in the background throughout the session, underpinning your work and bringing healing and safety.

Let's have a look at some of the Divine Beings we can call on for this session:

Archangels

Archangels are angels of a high rank – the prefix 'arch' means 'chief' or 'ruling'. My work in the Akashic Records has taught me that there are seven realms of existence in the Universe. Each realm holds a particular kind of energy that we associate with life here on earth, and each realm is ruled over by an Archangel. This means that we tend to associate a certain Archangel with a certain type of energy, and we can call on each one for a specific purpose.

There are many Archangels you can work with for cord cutting. Here are the Archangels I commonly work with:

Archangel Gabriel

Archangel Gabriel is the angel associated with writers and communication. Archangel Gabriel can also help with our self-confidence. He is a suitable Archangel to call for a cord-cutting session where communication, self-expression or self-confidence are important themes.

Archangel Raphael

Archangel Raphael brings energies of healing, gentleness and love. He helps to soothe broken hearts and heal wounds. This means that Archangel Raphael is a good angel to bring in for cord-cutting with a client who is grieving or brokenhearted.

Archangel Azrael

Archangel Azrael's name means 'whom God helps'. Archangel Azrael can assist us during times of transition, when we are at a stage where we are finished with one phase of life, but haven't yet started a new chapter.

He is an excellent Archangel to call on for those working in counselling professions or support roles, and he also provides support to those who are grieving. He is a very good Archangel to bring in for those who are in transition or those who have experienced a loss.

Archangel Michael

Archangel Michael is a spiritual protector and warrior, and he is often depicted armed with a sword, given to him by God. His energy is both fierce and loving. He banishes fear and reminds us that light is always more powerful than darkness. Michael is a good Archangel to call on wherever there is anxiety and fear, or where your client feels apprehensive or nervous about the cord-cutting process.

Archangel Uriel

Archangel Uriel is another Archangel who is perfect for cord cutting, because he specialises in emotional healing and difficult relationships, illuminating situations, and enabling us to work through difficult feelings that can make us feel 'stuck'. He is perfect for cord cutting.

Archangel Metatron

Archangel Metatron is also a great choice for cord cutting. He helps us to transform energy and clear out anything negative. He helps us to transform things in our lives that are no longer working for us in general.

As you can see from the descriptions of these various Archangels, they are all good choices to bring in for a cord-cutting session or another type of intuitive healing session.

There are also other Archangels in existence that are not described here; the ones mentioned above are simply those who I tend to work with. Feel free to work with other Archangels if preferred.

Now, let us have a look at another class of Divine Being that we can work with for this session:

Ascended Masters

Ascended Masters are souls that have ascended beyond the need to incarnate here on Earth. They may appear on Earth in human form as healers, prophets, or teachers, but this is not for their own soul growth; instead, it is for the benefit of humankind. Over many years, so many people have called on these Masters that it has lent them energy and they have become spiritual figureheads that we can call upon for assistance and support.

Here are the Ascended Masters I like to work with:

Quan Yin

Quan Yin is a Buddhist Goddess. Her name means 'She who hears prayers'. Her energy is characterised by compassion and she represents feminine power. Quan Yin also teaches harmlessness (i.e. doing no harm) and has a fierce and protective aspect to her energy. Many of my female clients enjoy working with this Goddess.

Ascended Master Jesus

Jesus brings us the energy of Divine Love, forgiveness and compassion. He is another excellent choice for cord cutting.

Mother Mary

Mother Mary is the Ascended Master from the Catholic and Judeo-Christian religions, therefore many Catholics present with this energy around them, and those with a Catholic background may choose to work with this Ascended Master. Mother Mary is a good Ascended Master to call on during a cord cutting session that revolves around parenting, children, fertility, adopting or resolving issues with the mother.

Mother Mary is the archetype of the 'ideal mother.' She has kind, nurturing, serene, patient, and loving energy.

Lakshmi

Lakshmi is the goddess of abundance and good fortune in the Buddhist and Hindu traditions. Her energy is found around those who are striving for abundance, including material abundance, emotional fulfilment and good health, so those clients who are very growth-oriented may choose to work with this Goddess. Lakshmi is not as common a choice for intuitive healing clients, but still a good one.

Ascended Master Krishna

Krishna is a Hindu deity. Krishna's energy can be defined by its joyful quality; his energy is warm, sweet and loving. Krishna helps with romantic relationships, and he is often depicted in paintings and images with his partner, Radha. He is a good choice to bring in for cord cutting sessions between spouses and partners.

Ascended Master Merlin

Merlin was a sage and psychic who was said to have helped King Arthur during 5th Century Camelot in Wales. Merlin represents the inner/subjective realm, internal strength and power, and all forms of intuitive development. For this reason, psychics and those who are immersed in metaphysical topics may be drawn to bringing in Merlin.

Ascended Master Buddha

The name Buddha means 'The Enlightened One' or 'Awakened One.' Buddha brings us serenity and peace, so he is a good Ascended Master to bring in wherever there is a lot of anguish, pain or distress. Because moderation is a key teaching in the Buddhist spiritual tradition, it is also useful to evoke Buddha whenever moderation is a theme for a cord-cutting session. He can help with balance and finding the 'middle path'.

Ascended Master Saint Germain

Saint Germain often appears around those who have communication or healing as their life purpose. His role is to help us to shed anything that hinders our self-expression and with expressing who we truly are in our lives. He is another great choice for healing.

Kali

Kali is a Hindu goddess associated with death, endings, transformations and destruction. Her nickname is 'The Dark Mother'.

Kali's energy is intense, ferocious, determined and courageous. She encourages us to live fearlessly and has a reputation for being available to help us destroy anything which no longer serves us. Kali can help us with dismantling something in our lives which no longer benefits us. She is a very powerful and fierce Goddess and we should not call on her unless we want to 'go nuclear' and tear down existing structures and frameworks in our lives which do not benefit us.

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Later on in this course, I am going to give you a word-for-word breakdown on how to bring in your chosen Divine being and create a sacred space for your client as part of a cord cutting session. But at this point, we are simply going to get to know the Divine beings and introduce you to them, so that you feel more confident when working with them later on.

HOMEWORK EXERCISE:

Explore the Energy of Three Different Divine Beings

Do the 'Breathwork Exercise' (below) once every day for three days. Each time you do it, choose a different Archangel/Ascended Master to call on, so that you can explore and become more familiar with the different energies. (This is good practice, as you will do this exercise at the start of each client session.)

Here is a suggestion for the beings to call on, but feel free to mix and match them for this experiment:

DAY ONE: Mother Mary

DAY TWO: Archangel Michael

DAY THREE: Buddha

The Breathwork Exercise

- Firstly, observe your vibration by going inside and exploring how you feel in yourself for a few moments. What is the underlying emotion? See if you can put a word on your emotional state.
- Now, choose an Archangel (I like Archangel Michael but you can choose any) or choose an Ascended Master (such as Jesus, Mother Mary, Buddha, Krishna, or a Goddess like Ariadne, for example) – any one that appeals to you. Say out loud: "*Archangel Michael* (or the name of your chosen being)*, please be with me.*"
- Then, do the breathing exercise: inhale to the count of four, hold your breath to the count of four and then exhale to the count of eight. Do this three times in total.
- The presence of the Archangel or Ascended Master will now be with you.
- Now check in with your emotional state – how do you feel?

What it feels like to bring in a Divine Being:

Sometimes you don't feel much different, in terms of your emotional state.

Other times you may notice a slight increase in your vibrational state. And occasionally, you can have a full on mystical experience by bringing in a Divine being! (Although this is a lot less common and is more likely to happen at times of adversity.)

I'll give you an example of an experience I had once when bringing in Ascended Master Buddha...

First, a bit of backstory:

I was travelling in South-East Asia a few years ago, and spent a few weeks in Thailand.

I did a house sit in Phuket looking after 9 cats. I also ended up volunteering to foster a 3 week old kitten called Squeaky that was being neglected by its owner and so I didn't actually end up seeing any of the beautiful beaches of Phuket, Thailand – instead I was holed up in my house sit bottle feeding Squeaky every 4 hours round the clock, sleep-deprived, but totally happy!

When it was time to give Squeaky back, I was worried about his uncertain future, so I called on Ascended Master Buddha, and said a prayer that he may be protected and looked out for.

As soon as I called on Ascended Master Buddha, I felt an invisible force, like a tsunami of energy, hit me. It felt like I was kicked out of my body/brain for about 10 seconds. As it was happening, I was out of my mind with peace, grace, and a sense of something sacred and powerful. Then 'It' departed, and I was left with a sense of peace, which somehow communicated to me that I needn't feel so much angst about the kitten. Something much bigger and more powerful than me was going to take it from there.

So, these Divine beings can impart small miracles to us, and I consider that experience to be one of those times. They can also impart healing miracles during an intuitive healing session. You won't be able to see them, or even sometimes feel them when you bring them in at the start of a healing session, but they will be there and you can rest assured they will be doing their part to bring healing to the client.

The Healing Attunement

OK, now we've looked at getting acquainted with the Divine beings, you are ready for the healing attunement that comes with this program.

What is the Healing Attunement?

For each student on this course, I am going to do a little ceremony for you, and have requested that you be given Divine support and assistance, in this role of healer that you are stepping into. For some of you it will be a new role and for others you are already in this role using other modalities. If you already have some experience in the healing or intuitive arts, this attunement I have done will reinforce the support you already have in place, and it will also help to amplify your channeling ability for the intuitive healing sessions that you are learning to do.

(Note: if you haven't already, please send in the form that is in the members area, this gives me the info that is needed to do the above mentioned ceremony for you.)

In addition to this, there is an attunement that you're going to go through to call this Divine support into your life for this role of healer that you're taking on. The attunement is a guided meditation that I'm going to do with you, which will connect you to the Divine realm (aka the realm of the Divine beings we just covered in the last section) and which also activates the healing gifts you have, for those who have not done any healing work before. It also creates a connection from the Divine realm, to your Higher Self, so that it is easier for you to work with Divine beings as part of an intuitive healing session.

WHAT WILL HAPPEN DURING THE ATTUNEMENT?

During the guided meditation, you will meet with Archangel Michael (the Divine protector) and Archangel Raphael, (the Divine physician) and you will be given some energies and gifts that will help you on your path as a healer. You will also create a connection from the Divine realm to your Higher self.

The guided meditation can be found about 1 hour and 20 minutes into the lesson one video lecture. So, at this point you will need to go over and watch the video if you haven't already.

AFTER THE ATTUNEMENT

I hope you enjoyed the attunement process.

Depending on how the attunement went, you may feel 'spaced out' or hyperactive in the hours and days that follow. If so, please take a few days to ground yourself before you proceed. Eat well, sleep well, do some exercise and look after yourself physically. If you feel hyperactive, take a bath with a cup of epsom salt in it to remove any excess energy.

Homework:

Find 10 practice clients for this course – you are going to do a cord cutting or another healing session for them.

When you have decided who to invite to be your practice clients (some guidelines for choosing practice clients are below!), ask your practice clients for this personal information:

- Name
- A recent photo (from the last few years)
- I also like to have the client's date of birth, as this helps to connect me in with their energy, but this is not 100% essential

Let your practice clients know what the cord cutting will cover, so they know what to expect as part of the process. For more specific guidelines, you can take a look at how I present cord cutting sessions on my website. (However, if you take inspiration from this page and want to send it to your practice client, please do re-word it, rather than just copy and paste.)

GUIDELINES FOR CHOOSING PRACTICE CORD CUTTING CLIENTS

- Do not choose close family members or friends as practice clients — you know them too well and it may be difficult to be objective when you come to the part where you need to read the dynamics of the cord.

- The best practice clients are people you know a little, but whom you are not too close to and whose daily lives you are not familiar with. People you have met over the internet on a forum or through an internet community, for example, make good practice clients. You could also ask an acquaintance whom you know in person.

- Make sure the people you choose have an interest in metaphysics and healing. Preferably your practice clients will be interested in personal and spiritual growth, too. Choose open-minded practice clients, for a good experience. Your clients should ideally be familiar with the concept of the chakra system, and believe in it.

NOT SURE WHERE TO FIND YOUR PRACTICE CLIENTS?

Some students do not have spiritual people in their circle of friends or acquaintances and have a hard time finding people to do practice readings for.

In this case, I would recommend finding practice clients online instead. Here are some examples of online places where previous students have found their own practice clients:

- Private/closed Facebook groups - I used to belong to two groups called 'Intuition is Awesome' & 'Intuitively Gifted' — and I believe there are many Facebook groups like this which have been set up for those who are interested in psychic development. If you're unsure about offering healing sessions in such groups, you could email the creator of the group and ask if offering free sessions in the group is OK. If you search for other metaphysical terms on Facebook you might find other groups, too.

- Online forums, such as SpiritualForums.com

- Ask your friends if they know any spiritually minded people who might be interested in a session

- If you're still having trouble finding practice clients, you may wish to contact someone from the 'practice clients' spreadsheet that can be found in the members area. These are other students doing this course who are looking to have a session with another practitioner.

OK, so this concludes lesson 1. Please make sure that you watch the lesson 1 video lecture and have completed all of the exercises before moving on to the next lesson.

Lesson 2 - The Chakra System

The Human Energy Field & Chakra System

Now we're ready to look at lesson 2, which covers the human energy field and chakra system.

This is another 'groundwork' lesson which prepares you for doing intuitive healing sessions with clients.

Why we are covering this early on...

If you were a surgeon whose job it was to operate on a patient, you'd definitely need to know your way around the human body.

Similarly, intuitive healers must have an excellent understanding of energy anatomy, and more specifically, the chakra system, because it is the chakra system that gets "operated on" (to put it crudely) in an intuitive healing session.

My system of intuitive healing involves cutting cords of attachment, releasing ordinary and enmeshed earthbound spirits, and removing astral-level clutter (such as emotional residues, negative thought forms, psychic ties and unwanted influencing energy) from a client's energy field.

All of these negative energies affect clients on the level of their chakra system.

So, the second lesson in this course is going to do a deep dive into the human chakra system. It is an awful lot of information to receive in one go, so don't feel you need to memorise it or even fully integrate it at this stage.

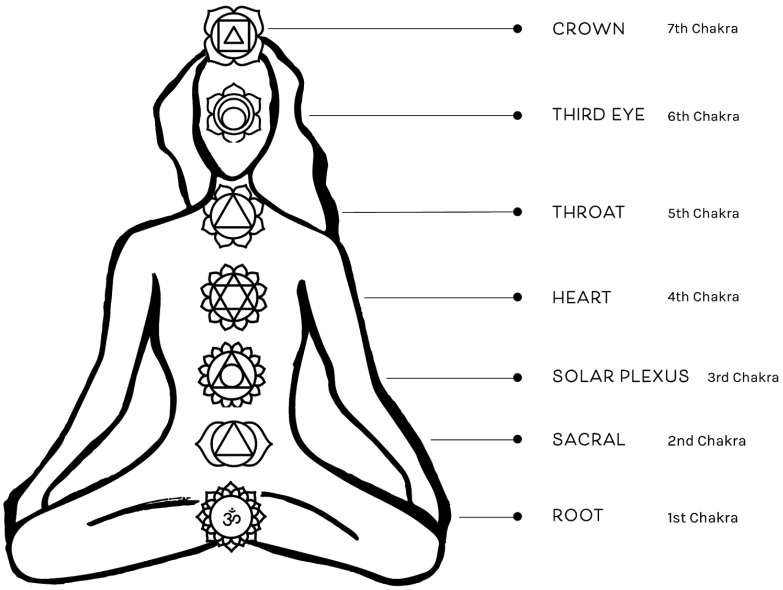
What I am aiming to do by passing on all of this information is create an intuitive framework for you that gets seeded in the brain and this will allow you to intuit more specifically and more effectively because your intuition will be able to draw on the framework that you've already absorbed.

So I'm going to ask you to "absorb" this information (aka read it) a few times on different days. When you go to sleep, it will integrate your subconscious mind and your intuition will be able to use it in future during an intuitive healing session.

OK, let's get into it:

All About the Chakra System

Around the physical human body, there are layers of energy, known as the energy bodies. Together these layers (among them, the mental, emotional, etheric, and spiritual bodies) make up the aura. The energy in the aura is centred around seven main hubs, called 'chakras'.



The chakra is an energy centre that receives life force energy from the Creator. Each chakra receives a different type of life force energy, which is needed for life here on earth. Then that energy is integrated and expressed in an individual's life.

The ways in which each person integrates and expresses those energies become evident upon reading the chakras. They contain information about your life, soul, strengths, lessons, past, and present.

Not everyone receives and integrates energy through these chakras effectively. Cords, earthbound spirits, and astral clutter can negatively affect how we receive and integrate these chakra energies. And removing these negative blockages can release and unblock the chakra energies, so that people can feel more:

- Grounded (root chakra)
- Vital (sacral chakra)
- Confident (solar plexus chakra)
- Compassionate (heart chakra) towards the self and others
- Expressive (throat chakra)
- Perceptive (third eye chakra)
- and spiritually connected (crown chakra.)

So that's a bit of introductory information on the chakra system.

The main way in which we are going to be using the information in this segment, is later on, during a cord cutting or another type of healing session. There is a step to these sessions where we assess the impact of a cord or an earthbound spirit (for example,) on the client's chakra system. We usually pick 1-3 chakras and explain to the client how they are being affected by the negative blockage we're going to work on during the session.

So this is about **giving validation** to the client regarding how this particular blockage has been affecting her on a subtle, energetic level — on the level of her emotions, thoughts, beliefs or behaviours. Often the client will be aware on some level of how it is affecting her and that is where the validation comes in. Other times, a client will lack awareness of how she is being affected, so this step can also be illuminating for some clients.

But before we can learn how to read the chakras, we need to thoroughly understand the chakra system and that is what this lesson is all about.

Before we get into the nitty gritty of the chakras, let's cover the basic principles that underlie the human chakra system.

The first principle is:

#1: The Chakra System As a Mirror: 'As Above, so Below'

The chakra system is a perfect mirror of who we are, and what is going on for us.

Healthy chakras = happiness and balance.
Happiness and balance = healthy chakras.

We can affect the health and balance of our chakras through the choices and decisions we make.

Likewise, our chakras affect our lives – either we are able to project our soul gifts to people and let our personality shine, or the negative energy in our chakras can keep us stuck in our lives. This is because we project whatever is in our chakras — whether it is negative energy or unencumbered soul gifts.

Basically, our chakras and the positive or negative energy in them can affect the quality of our lives.

Likewise, our lives can affect the health of our chakras.
You get the point!

The relationship works both ways.

In addition, when we make a change in our lives, it will show in our chakras. And when we heal our chakras, it impacts on our human lives.

Because the chakra system is a perfect mirror for your human life, it's an incredibly grounded system for measuring balance and happiness in a person's life.

Now onto the second principle of energy:

#2: Like Attracts Like

If there is an imbalance in the aura, it's much easier to go further in the direction of this imbalance because we attract more of what is already in our auras.

Let's say for example you have the energy of 'betrayal' in your heart chakra, perhaps because your last partner abandoned you. When you start dating again, you project mistrust which causes others to reject you. This rejection brings back memories of the last time you were rejected. You begin to wonder if relationships are worth the trouble, which reinforces the energies which are already in your heart chakra. It can become a vicious cycle.

#3: We All Read One Anothers' Auras & Chakras (Unconsciously)

The third principle of energy is that we all read information from the chakras unconsciously, often without knowing we're doing it. This concept is often referred to as 'picking up vibes'. We are constantly picking up information about other people. This ability to read auras alerts us to people we should stay away from. It also alerts us to people we're drawn to.

Have you ever met someone whom you felt was 'creepy' or whom you disliked, before they had even opened their mouth? When this happens, you will be responding to an energy present in the person's aura. The person doesn't even have to speak in order to communicate the energy.

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OK, next we're going to do a deep dive into the human chakra system.

The Seven Major Chakras

In this section, I am going to give some general information about each of the 7 major chakras, including what the chakra relates to; and what it looks like when the chakra is in balance and out of balance. This is just a general overview of the chakra system. We are going to drill down into specifics a bit later when we look at the chakra 'databanks'.

I imagine that some of the information in this section is not going to be new to some of you on this course, depending on how much learning you've done in this area in the past. However, because many intuitive healing students are total beginners, I am going to assume that you know nothing. Even if you are an old pro who has an excellent understanding of the chakra system, I think you can still learn something new from this section, so please follow along anyway, in spite of your current knowledge base.

The Root Chakra

The root chakra is located at the base of the spine (at the perineum) and is associated with the colour red. On a physical level, the root chakra affects the health of the adrenals, colon, rectum, blood, feet and legs.

This chakra is the centre of our physical well-being, and is our 'energetic foundation'. All aspects of our physicality are represented here, including survival, money, 'groundedness', connection to reality, tribe, community and family.

This chakra is about the basics we need to have in place in order to survive, which include food, shelter, physical comfort and warmth, and personal safety.

As soon as the umbilical cord is cut when we are born, our new life force activates our root chakra and then travels upward to awaken the other chakras (although the 'awakening' of the other chakras will usually occur later on).

At the moment of birth, we find ourselves totally reliant upon other human beings for nourishment and protection. Consequently, our early years are a time of great significance for this chakra. If we grow up in a safe environment where our physical needs are met, the root chakra will be stable and happy. If we grow up in an unstable or unsafe environment, the development of this chakra will be adversely affected.

Once we enter adulthood, this chakra becomes more active once again, since we must fend for ourselves and make our way in the world in a financial sense. The root chakra is concerned with basic matters, such as 'how can I make enough money to support myself'?

When the Root Chakra Is In Balance

When the root chakra is free of negative energy and in proportion, it shows in a person's demeanour and attitude. A balanced root chakra comes through as confidence and self-assurance that one's needs will be met. Such a person is easy-going and does not worry for her survival. A person with a balanced root chakra knows that there is enough to go round. Invariably she is grounded and connected to the reality of her physical environment.

When the Root Chakra Is Out of Balance

When this chakra is out of balance, it can manifest as:

- Worry and anxiety that you won't have enough
- The belief that survival is a constant struggle
- Feeling that you need to be aggressive, pushy or manipulative in order to get what you need; walking all over other people in the name of material survival
- Persistent denial of reality; living in one's own world
- Feeling a desire to isolate oneself from others
- Feeling unwelcome and unwanted by others in the community
- Meanness and stinginess
- Feeling that one has to sacrifice one's principles or throw integrity or dignity to one side, in order to fulfil material needs

Reasons for Root Chakra Imbalances and Blockages

Let's look at the circumstances and events which commonly cause imbalances or blockages in the root chakra.

Blockages and Imbalances from Childhood

What happens to us during childhood (when we are so utterly reliant upon others) shapes the development of our root chakra, for better or worse. For this reason many root chakra imbalances will have their roots in childhood. Here are some childhood situations which can cause issues in the root chakra, unless they are healed:

- Growing up in a stressful, unsafe or chaotic home
- Having unreliable/inconsistent parents or care-givers
- Childhood neglect; not having your basic needs met
- Being suddenly or frequently uprooted from one's home/school without warning
- Growing up in care (i.e. in foster homes or orphanages)

Here are some other possible reasons for a weak or imbalanced root chakra:

- Physical isolation
- Having had your physical survival threatened (i.e. during an accident or some other trauma)
- Living from pay cheque to pay cheque, or living in a state of uncertainty about how you'll support yourself in the near future
- Being under the threat of being laid off at work
- Constant travel
- Losing a family member through death or abandonment
- Drastically changing your diet or cutting out whole food groups
- Having a baby
- Getting married
- Getting divorced
- Having an accident or being injured
- Contracting an illness
- Starting a new business
- Finding yourself in a part of the world that is not your home, away from family, friends and your support network
- Going to university

As you can see, any big life change or major break from familiarity can unsettle the root chakra.

My Root Chakra Imbalance

Just to give you an idea of what this can look like for people, I want to share a story from a time in my life when my root chakra was out of balance.

I had a very weakened root chakra in my early twenties. When I was 23, I left my grandparents' house and moved to London. I had just quit my teaching job in Spain, and had recently started my new business as an Akashic Record reader and healer.

The money I earned at the time was barely enough to support myself in such an expensive city, plus I had no savings to fall back on. I knew very few people in London, and most of my family lived overseas in New Zealand.

I was staying on a friend's couch initially, then ended up moving into a flat with someone who turned out to be a drug user. I was desperate to move out, so I very quickly moved in with housemates with whom I had nothing in common. Our flat never felt like 'home' to me. I ended up disliking London, and spent several months longing to live somewhere more rural.

Having my own home-based business, it was also hard for me to feel a sense of community or belonging, since I had no co-workers and few friends in the capital.

I wanted to share this because it illustrates quite well a scenario that I sometimes see for clients, which is a perfect storm of conditions coming together at the same time to weaken the root chakra.

Now let's have a look at the second major chakra.

The Sacral Chakra

The sacral chakra is located just below the belly button, and is associated with the colour orange. On a physical level, the sacral chakra affects the health of the bladder, hips, spleen, and the reproductive organs.

The sacral chakra is the centre of our creativity, vitality, desires, and sexuality. While the root chakra is very much about **what we need**, by contrast the sacral chakra is about **what we want**.

The function of the sacral chakra is to make us aware of all the possibilities for pleasure and enjoyment around us. This chakra is about good times, good food, sexuality, sensuality, and other physical pleasures such as cultural pursuits and the appreciation of beauty. This chakra awakens our senses, and helps us to notice what is wonderful about being physically incarnated on planet earth.

The truth inherent in the sacral chakra is this: earth is a playground, not just a school. Life is to be enjoyed, not merely endured.

The sacral chakra is also the seat of creativity. The creativity arising from the sacral chakra is not sourced so much from Divine inspiration (that would be the realm of the crown chakra), but rather from human ingenuity born of great desire. This chakra is about finding creative ways to get the things you want out of life.

It is no accident that both sexuality and creativity are governed by this chakra (sexuality is another type of creative energy.)

When the Sacral Chakra Is In Balance

A person with a balanced sacral chakra understands the importance of recreation, play and enjoyment in her life. She knows that these are important for her soul as well as her body, and she makes time in her life for pleasure.

She knows sex to be a part of her personal self-expression.

She is able to partake of the pleasures and joys of life.

When the Sacral Chakra Is Out of Balance

When this chakra is out of balance, it can manifest as:

- Being out of touch with the body – neglecting and exhausting it
- Sex addiction
- Being miserly with the small pleasures of life – not allowing oneself to take enjoyment in the little things
- Being out of touch with one's emotions and sensual nature – sometimes this can manifest as a strong connection to the intellect, at the expense of the emotions
- Not allowing time for relaxation or recreation
- A lack of spontaneity
- A lack of energy, vitality and joy

Common Reasons for Sacral Chakra Imbalances and Blockages

- A very weakened root chakra:

  The root chakra becomes weakened when your basic needs are not being met or your survival is threatened. It is very difficult to take pleasure in life when you fear for your survival. At times like these, the root chakra's concerns become more important, and this inhibits the energy of the sacral chakra.

Those who have had their physical survival threatened in a long-term way in the past often have under-developed sacral chakras.

- Having no time for pleasure or joy; believing that play and hobbies are a waste of time
- Having experienced sexual abuse
- Advocating austerity; not recognizing our human need for comfort, enjoyment, warmth, stimulation, or beauty
- Being chronically miserly and mean, even when you have resources to spare
- Growing up in a family that did not place any value on joy, feelings, or pleasure
- Having a history of opening yourself up sexually to partners who mistreat you

OK, so that was the sacral chakra. Let's move on now to the third major chakra - the solar plexus.

The Solar Plexus Chakra

The solar plexus chakra is located just above the belly button, and is associated with the colour yellow. On a physical level, the solar plexus chakra affects the health of the stomach, pancreas, gallbladder, liver, and small intestine.

The solar plexus chakra governs all aspects of **personal power**.

Power encompasses many qualities, including strength, courage, fortitude, and the ability to achieve. Having a strong solar plexus chakra means you are able to get what you want in life: to set goals and take action on them.

The energy of the solar plexus becomes very pronounced during the teenage years. We often associate this stage with conflict between the teenager and her parents. This is because the solar plexus is becoming stronger at this time, and we begin to develop our own 'inner adult' – the part of us that can make choices and decisions independently of our parents. The burgeoning solar plexus energy also helps us to form an identity and sense of self that is separate from the family unit in which we have grown up.

The solar plexus chakra also governs the realm of taking responsibility for your life. The truth inherent in this chakra is that we are responsible for our own happiness and success; we have the power to direct the course of our lives through our actions, habits, and choices.

When the Solar Plexus Chakra Is In Balance

A balanced solar plexus chakra allows you to be both assertive and respectful when dealing with other people.

It also means that you can set a goal, and then take actions that are aligned with that goal. When the solar plexus chakra is strong and in balance, you have the stamina and focus to 'stay the course' and see your plan through to the end.

Those who have a balanced solar plexus understand what is and what is not within their sphere of influence. Such a person does not try to change other people, or interfere in situations which are none of her business. She understands that others have free will too.

When the Solar Plexus Is Out of Balance

When there is an imbalance in the solar plexus chakra, it can manifest as one of the following:

- Fear – being controlled by your own fears or someone else's fears about life
- Aggressive behaviour, such as making personal attacks on people
- Passive behaviour
- An inability to stand up for oneself; allowing others to intrude on one's space
- Defensiveness
- Feeling threatened or jealous in relationships
- Engaging in power plays or manipulative behaviour in order to gain control over others
- Oversensitivity to criticism
- Perfectionism; an inability to admit to weakness; a need to appear in control
- Feeling lethargic or unmotivated; having no direction in life
- A tendency to blame others for one's unhappiness or lack of success; shying away from claiming ownership of one's life
- Angry explosions – when the solar plexus is imbalanced, a person may feel unable to assert their boundaries and will constantly 'let things go'. Such a person is likely to become excessively angry when the resentments pile up.
- Feeling as if you don't have a choice in how other people treat you, or what kind of life you create for yourself.

Reasons for Solar Plexus Chakra Imbalances and Blockages

- Growing up with an overbearing or controlling parent:

  Being taught to mindlessly surrender to authority at all times as a child or adolescent can affect our sense of sovereignty.

  This can result in a lack of independence later on because this person has not learned to make decisions independently early on in life. Such a person may feel a constant need to run their decisions past someone else, and doing this weakens the solar plexus chakra.

- Having tendencies towards 'people pleasing'

- Having been in an abusive relationship:

  Abusive relationships wreak havoc on the solar plexus chakra because they set up patterns of behaviour and belief which drain one's sovereignty and personal power.

- Having been part of an organization or group that seeks to curb your self-authority or independence of thought:

  An example of an organization that seeks to do this is a religious cult. Any religious group that encourages you to abandon your self-authority and discernment is detrimental to the solar plexus chakra. This also occurs when a religious follower feels unable to question the tenets of their religion or faith.

OK, let's move on to the fourth major chakra - the heart chakra.

The Heart Chakra

The heart chakra is located in the centre of the chest. It is associated with the colour green. On a physical level, the heart chakra affects the health of the lungs, heart, shoulders, breasts, circulation, thymus gland, hands, and arms.

All kinds of loving relationships are governed by the heart chakra. Through this energy center, the human heart is designed to be connected to compassion, generosity, forgiveness, and love.

Carolyn Myss, author of the book *Anatomy of the Spirit*, calls the heart chakra '*the central powerhouse of the human energy system*.' This is because the heart chakra is the bridge and mediator between the upper and lower chakras.
The lower chakras are concerned with **needing** (the root chakra), **wanting** (the sacral chakra), and **getting** (the solar plexus chakra). The upper chakras are about our connection to spirit, self-expression, intuition and intellect. And at the centre of these 'higher' and 'lower' energies lies the heart chakra. It tempers our human needs, desires, goals, words and actions, and brings love and emotion into the equation. When balanced, the heart chakra prompts us to ask the question in all our endeavours: 'Does this really serve me and others'? and 'Is it kind'?

I often think of the heart chakra as being like a cup or a fountain: it is necessary to fill it with the energies of self-acceptance, love, and nurturing. If it is full, you have something to give to others. But if you do not attend to your own needs and emotional health, your heart chakra will be 'running on empty'. As a result, when you give to others, you will feel drained, resentful, and as if you have nothing to give.

The relationship that you have with yourself is the relationship that you will have with others. If your self-talk is kind, and you treat yourself well, it is likely that you will also be kind to others. Love and regard – both for the self and for others – spring from the same source: the heart chakra.

When the Heart Chakra Is In Balance

A balanced heart chakra allows us to be kind, tolerant, accepting, respectful, and sensitive to the emotions of others.

When the heart chakra is in balance, we are able to honour our emotional aspect and emotional needs. We understand what makes us feel good, and we instinctively stay away from that which hurts us. We are conscious of our emotions and able to feel them. We honour the messages that our emotions bring us.

We understand that we have inherent value and a right to be here, simply because we are human. And in turn, we understand that everyone else is valuable.

We aim to create a sense of emotional stability in our lives, and the choices we make reflect this. We do not seek out emotional drama. We acknowledge that our decisions affect others, and we care about the impact we have on other people.

We understand suffering, and are able to respond with sensitivity to the suffering and emotions of others. We may wear our scars with pride, but we do not use our past wounds to manipulate others or to gain special treatment.

Heartbreak and the Heart Chakra

When our hearts break, it can make us more compassionate and more responsive to the suffering of others, and it can also make us appreciate our blessings.

Here is an interesting quotation from the poet Kahlil Gibran about the transformative power of suffering:

"The deeper that sorrow carves into your being, the more joy you can contain.

Is not the cup that holds your wine the very cup that burned in the potter's oven?

And is not the lute that soothes your spirit, the very wood that was hollowed with knives?

When you are joyous, look deep into your heart and you shall find that it is only that which has given you sorrow that is giving you joy.

When you are sorrowful, look again in your heart and you shall see that, in truth, you are weeping for that which has been your delight."

Paradoxically, hardship and heartbreak can transform and strengthen the heart chakra in that they allow us to become more aware of our own emotional vulnerabilities.

When the Heart Chakra Is Out of Balance

When this chakra is out of balance, it can manifest as:

- Being emotionally closed off and having walls around your heart; an inability to be emotionally intimate
- Over-giving to those around you (to the point where you are personally depleted)
- An inability to receive love, appreciation or support from others
- Not liking who you are; being unable to see what is good about you
- Seeing only faults and shortcomings in other people; being overly critical
- Feeling superior; looking down on others

- Pre-empting rejection: pushing away others before they can reject you
- Taking on pain from others empathically
- Intolerance & bigotry
- Cynicism; a lack of belief in the fundamental goodness of human beings
- Feeling isolated from the rest of humanity
- Harbouring hatred: whether for one person who has wronged you, or for a number of people, such as an ethnic or political group.

Reasons for Heart Chakra Imbalances and Blockages

- Abandonment or betrayal:

  Painful abandonment may cause a person to put walls up around their heart chakra, and refuse to allow anyone to get close to them.

- An underactive solar plexus chakra:

  When the solar plexus chakra is underactive, it is more difficult to set boundaries and honour the self — people are liable to walk all over us. It can become unsafe to open up to people and share ourselves. Thus, imbalances in the solar plexus can also affect the heart chakra.

- Lack of willingness to accept or heal the difficult things that have caused us pain:

  The heart chakra can be in a perpetual state of 'stuckness' when a person refuses to face or heal an event that has caused her pain. There may be a lack of belief in healing.

  In other scenarios, there may be issues with moving on from those events or people that have caused us pain. Carolyn Myss calls this 'woundology' – the state of using our past wounds as currency, in order to manipulate others.

- Unhealed traumas:

  When one has been through a trauma or abuse, an important part of healing is for someone to witness your pain and trauma for you. In the absence of a compassionate witness, the heart chakra can shut down, resulting in a state of what author and psychologist Alice Miller calls 'emotional blindness', in

which one is unable to be emotionally responsive or sensitive to the emotional needs of others. This reflects a fundamental truth of the heart chakra, which is that it is very difficult to give to others that which we have not received ourselves.

OK, let's look at the fifth major chakra now.

The Throat Chakra

The throat chakra is located at the back of the neck, and is associated with the colour blue. On a physical level, the throat chakra affects the health of the jaw, throat, thyroid, trachea, oesophagus, teeth, ears, and mouth.

All forms of self-expression are centred at this chakra, including the expression of feelings, desires, beliefs, opinions, needs, intentions and thoughts. The throat chakra is the mouthpiece for both the heart and the mind, and it sits between the heart chakra and the third eye chakra, which govern the heart and the mind respectively.

This chakra also governs listening, teaching, and learning.

When the Throat Chakra Is In Balance

When this chakra is in balance, we are able to communicate our ideas, thoughts, desires and feelings effectively, clearly, and confidently. We can communicate from the heart and assert ourselves verbally. We understand that our words have power and impact on others, and we choose them wisely. In addition, we are inclined to listen carefully to what others communicate.

When the Throat Chakra Is Out of Balance

When this chakra is out of balance, it can manifest as:

- Shyness or the inability to express oneself clearly or confidently. Someone who has a weak throat chakra will speak too quietly and lack the confidence to express opinions and preferences. They may also fail to speak up when it is really needed.
- Inability to be discreet and keep secrets
- Telling lies or embellishing the facts to make them more interesting
- Endeavouring to suppress your opinions, beliefs, feelings and desires in order to keep others happy

- An inability to listen to others and be present in conversation – this can manifest as behaviours such as constantly interrupting others while they are talking
- Keeping quiet to avoid judgment from others
- Talking to fill a silence; fearing silence
- Constant complaining
- Extreme secrecy: being unable to open up to anyone
- Sarcasm that permeates all one's communications
- Being a know-it-all; needing to be right about everything
- Dominating conversation so that others can't get a word in edgewise
- Being unwilling to express needs and desires; expecting others to guess what we want and need
- Being judgmental and preachy; believing that we know what is best for others
- Two-faced behaviour – saying things about someone behind their back that you would not be willing to say to their face.

Reasons for Throat Chakra Imbalances and Blockages

Sometimes it can take a person a whole lifetime (or indeed several lifetimes) to learn the lessons of the throat chakra. These include learning the importance of using our voice in order to claim what is ours, defend ourselves, and assert our boundaries verbally, in addition to learning to speak our truth confidently.

Every interpersonal conflict is an opportunity to honour ourselves through the throat chakra.

Here are some common reasons for throat chakra imbalances:

Domineering Family Members

Our family and background have a large impact on the development of the throat chakra, and this is useful on the soul level. Sometimes a soul may come into a lifetime with a primary life lesson around the theme of speaking one's truth (such as authenticity or courage). The soul may purposely choose domineering parents and family members, in order to learn the importance of speaking up for the self.

Living under a Political or a Religious Dictatorship

The society and political/religious climate in which we live affects the development of the throat chakra. Living in a society where freedom of speech does not exist is detrimental for the throat chakra.

Past Life Trauma

Some souls have a fear of being persecuted for speaking their truth, simply because this has happened in a past life. The result of this may be that a person feels they are simply not allowed to speak the truth or talk about their views, especially in the face of opposition by someone they perceive to be an authority figure. This blockage can stem from past life events that the person only remembers in their subconscious mind.

Taking Too Much Responsibility for the Reactions of Others

Spending a lot of time around manipulative or controlling people who need you to behave in a certain way (i.e. to their liking) negatively affects the throat chakra. When one has to 'tread on eggshells' and cannot speak the truth with someone out of fear, this can cause a person to suppress their throat chakra energy.

Limiting Beliefs about Anger

Anger is a helpful emotion, as it gives us the courage and motivation to speak out and stand up for ourselves when we have been violated or dishonoured.

However, an unhelpful belief that exists in some cultures is that 'nice' people don't get angry or express dissatisfaction in any way. This can lead to the bottling up of frustration, and the anger that is stored at the throat chakra can come out in a variety of subtle ways. This often manifests through passive aggression.

Suppressing your throat chakra energy can also lead to an excess build-up of anger and resentment, especially if you have failed to stand up for yourself or your interests appropriately over a number of years. Any energy that is trapped and suppressed at the throat chakra will eventually be released with greater force and intensity.

Taking on Unwanted Influencing Energy

Accumulating a great deal of unwanted influencing energy in one's energy field (i.e. being dominated by others) can affect one's ability to disagree with others and speak up for oneself over time. Removing this type of energetic 'clutter' from the energy field

can be very healing for the throat chakra. (More on this type of negative energy in lesson 7 of this course.)

Living with Abuse

Being on the receiving end of verbal abuse as a child takes its toll on the throat chakra, as does being brought up around constant fighting, abuse and arguing.

Victims of abuse may have a 'shut up and take it' mentality. This can originate when a person is punished severely, or abused further if they complain or confront the abuser in any way. Sometimes in the short term, suppressing the throat chakra is the necessary choice, especially when physical survival is threatened. In that situation, swallowing anger serves a survival mechanism. However, this is unhealthy for the throat chakra over the long term.

Suppressed throat chakra energy can often result in a chronic physical condition that does not disappear until we face the issue and resolve it. In my experience, throat chakra issues can manifest very quickly into a person's physical body, resulting in an ache in the back of your neck, or a sore throat, for example. Hence the term: 'she's a pain in the neck'. Another example of trapped throat chakra energy is when a person develops a persistent and ongoing cough that will not go away, but which seems to have no medical cause. I call this a 'protest cough' – a way of subconsciously protesting something in life that you feel unable to speak up about in any other way.

Excessive Consumption of News and Trashy TV programs

Regular consumption of depressing television or radio programs can negatively affect the throat chakra and keep us in a vibration of depression, fear, and helplessness, because the communications that we take in also affect the throat chakra.

Now let's have a look at the sixth major chakra.

The Third Eye Chakra

The third eye chakra is located between the eyebrows, and is associated with the colour violet. On a physical level, the third eye chakra affects the health of the brain, eyes, nervous system, pituitary gland, and pineal gland.

This chakra is the centre of our intuition, perceptions, imagination, and intellect. It is where we see ourselves, other people, and the world clearly and with accuracy. So the third eye chakra is about the lens that we use to see the world, the beliefs that we hold about ourselves and others, and how we use the power of our insight and clarity to help us to move forward in our lives.

It is also where we envision, dream and strategize for what we want to create.

When the Third Eye Chakra Is In Balance

When this chakra is in balance, we enjoy a state of mental clarity, and are easily able to concentrate, memorise, analyse, and understand. We are perceptive and willing to face up to the truth, no matter how ugly or inconvenient it may be. We are able to intuitively read between the lines, and trust our intuitive senses. We have an accurate self-image, and are able to see the positive things about ourselves, as well as our faults.

We are willing to exercise our discernment and question the beliefs that have been handed down to us, and decide whether or not those beliefs are truly ours. Rather than listening to outside authorities and taking their word for it, we are able to tune in to our inner authority, the part of us that decides what is true for us, and live according to our own beliefs.

Intellectually speaking, we understand that truth is relative. We are able to put ourselves in the shoes of another person, and see from another's perspective, although this does not necessarily mean that we change our own.

When the Third Eye Chakra Is Out of Balance

The central challenge of the third eye chakra is this:

"We don't see things as they are, we see them as we are."

— Anaïs Nin

We all see life through our own lens, and sometimes that lens can be clouded because of our own self-deceptions, or false beliefs that others have taught us. The challenge of the third eye chakra is to gain awareness and to see situations and problems with objectivity, so that we may move forward with more insight and a fresh perception.

When this chakra is out of balance, it can manifest as:

- Paranoia
- Narrow-mindedness: a belief that there is only one 'right' path for everyone
- Overactive clairvoyance: being unable to 'switch off' one's celestial sight
- Too much subjectivity: being absorbed in one's inner life to the exclusion of everything else
- Narcissism and a grandiose self-image
- Poor memory
- Too much intellectualising; and the inability to experience the emotional or spiritual side of life
- Caring more about appearances and 'keeping up with the Joneses' than about what really lies under the surface
- Too much thinking, not enough action
- Denial of reality
- Being unable to see beyond the surface of life
- Intellectual inflexibility: an unwillingness to see something from another person's point of view; a need to be right; 'black and white' thinking
- Being a Pollyanna: refusing to acknowledge negativity; rejecting one's 'shadow'
- Believing that other people have a more negative view of us than they really do; having a self-image that does not align with reality
- Hyper-vigilance and anxiety; the mind 'running away with itself' thinking of terrible scenarios.

Reasons for Third Eye Chakra Imbalances and Blockages

Fear and Procrastination

Sometimes the third eye chakra can be overactive when a person lives 'in their head' too much. The root of this issue may be found in the solar plexus chakra. Such a person may procrastinate or fear taking action and substitutes thinking for action.

Denial; Inability to Face the Truth

"It is only when we have the courage to face things exactly as they are without any self-deception or illusion that a light will develop out of events by which the path to success may be recognized." — I Ching

The third eye chakra is adversely affected when there is something in our lives that we refuse to face up to. Sometimes there might be something so awful happening right under our noses that we can't admit it. When we can't see the truth of past situations and relationships, this creates issues for the third eye chakra and our insight in the present.

The more willing we are to face up to the truth in our lives, the stronger the third eye chakra will be.

A Refusal to Go Near the Big Questions of Life

When a person has a nihilistic view of life and finds no meaning in anything, and refuses to search for any, this can lead to an underdeveloped third eye chakra.

Dogma

Ideally, for the third eye chakra to be in balance, our search for truth will go beyond dogma or rigid teachings received from an outside authority. When we are unable to search for our own truth, and adhere blindly to someone else's, this creates a kind of blindness at the third eye chakra, such that we are unable to discover and use our own lens through which to see life independently.

Abuse

Those who have been subjected to emotional or psychological abuse tend to have blockages at the third eye chakra. Emotional and psychological abuse often has a component of making another person believe that their perceptions are incorrect (called 'invalidation' and gaslighting). The aim of this abuse is to undermine another person's trust in their intuition, mind, and perceptions so that they are easier to control. Such abuse can create a blockage at the third eye chakra. This is essentially a misalignment with reality, in which the person views themselves as less intelligent or competent at making decisions than they really are.

Cannabis

When a person uses recreational drugs such as cannabis, they are accessing the astral realm using their drug of choice to create that connection. It is an artificial connection, but it opens up the third eye chakra nonetheless. Used regularly, the drug may create an overactive third eye chakra, to the detriment of the lower chakras.

Root Chakra Weakness

Often an overactive third eye chakra can be the result of a wound in the root chakra databanks, relating to safety and security.

People who grew up in an unsafe environment, experiencing abuse, neglect and trauma often have an overactive third eye chakra.

This is because the child requires extra parenting, and learns to receive it from spiritual sources. The child will also learn to dissociate (i.e. exit the body energetically) during trauma or abuse, and regularly leaving one's body in this way over time will result in developing a sensitivity to the planes that lie beyond the physical. This strengthens the third eye chakra, often to the detriment of the lower chakras.

Another way in which a person commonly copes with such a situation is to heighten the senses in order to pre-empt abuse or attacks, and to protect the self. This creates a state of hypervigilance and anxiety at the third eye chakra.

Now let's take a look at the final major chakra I wish to cover:

The Crown Chakra

The crown chakra is located at the top of the head, and is associated with the colour white.

This chakra is the centre of our spiritual connection - our relationship with our higher selves and with the Divine intelligence. This chakra is about our soul's plan; what we choose for ourselves before we even come to earth, and to what extent we allow that spiritual plan to integrate our lives and guide our path here.

Earlier in this lesson we discussed the lower chakras, such as the root chakra, the sacral chakra, and the solar plexus chakra. These lower chakras are about needing, wanting, having, and doing. The lower chakras are integrated with the ego and the fear-based human mind – they keep us safe and happy in the physical.

By contrast, the crown chakra encourages us to see the wider view of life and our place in it, which goes beyond our human concerns for survival. Through our connection to our higher self (at the crown chakra), we may receive information about our reasons for incarnating – including our life lessons, our soul gifts and the

contributions we are here to make, and the unconscious patterns and fears that we are here to transcend.

To the lower chakras, the worst thing that could happen is death. To the crown chakra, the worst thing that could happen is that we do not fully embrace our gifts, or follow our highest path and purpose, and that we live in fear.

When the Crown Chakra Is In Balance

When this chakra is in balance, we feel connected to our higher self. We are aware that we are spiritual beings having a human experience. We recognise that the Divine intelligence has control over our lives, and the hand we are dealt at birth. We are able to surrender to circumstances which are out of our control, while simultaneously making the best of them.

We recognise that what happens to us in life is not meant as a punishment or random coincidence, but a way for the soul to grow and evolve.

A balanced crown chakra enables us to trust our souls and the Divine intelligence on our path through life, and to have faith. When the crown chakra is balanced, we have the courage to make choices that align with our spirit, even when those choices seem inconvenient, unconventional, or ill-advised, from the outside looking in.
We understand that death is not the end.

When the Crown Chakra Is Out of Balance

When this chakra is out of balance, it can manifest as:

- Feeling abandoned by God
- A belief in an angry, punishing God
- Spiritual escapism/bypassing
- Fatalism; believing that God/the Universe should do for us; waiting for a permission slip from the Universe before we try anything; relying excessively on signs and omens
- Inability to surrender to circumstances outside of our control; fighting the intractable forces of fate rather than working with them
- Despair and hopelessness
- Believing that God favours you because of your religion; feeling entitled to special treatment from God.

Reasons for Crown Chakra Imbalances and Blockages

A Spiritual Awakening

The crown chakra often opens for the first time when we go through a tragedy or a 'dark night of the soul'. Events such as these remind us that our time here is limited, and that we do not have as much control over our lives as we would like to have. This realization encourages us to begin a relationship with a higher level of our own consciousness, and/or a higher being outside of ourselves.

Spiritual awakenings can also occur during near death experiences and midlife crises, when people reconsider their lives and find that there is not enough meaning in their relationships, or in the activities in which they invest most of their time.

Another common outcome of a spiritual awakening is the development of a burning desire and urgency to align with one's highest path and purpose, use one's gifts, and do work that will make a positive contribution to the world.

Following a spiritual awakening, the crown chakra may be too large, and this may feel overwhelming. Over time, the person will integrate their new-found sense of spirituality into their lives in a way that is more comfortable and manageable.

Limited Beliefs Disseminated by Religious Authorities

Certain religions teach concepts which create problems for the crown chakra. For example, some espouse the idea that God is angry or punishing, and that we will go to hell if we don't strictly adhere to God's commandments. Such teachings bring fear into the crown chakra, and negatively affect our relationship with the Divine.

Being overtly or devoutly religious does not necessarily translate to a healthy and balanced crown chakra. Sometimes people are going through the motions, rather than nurturing a genuine relationship with the Divine.

Being Abused or Persecuted For One's Spiritual Beliefs/Feeling Abandoned by God

Past life experiences involving religious persecution can often affect the crown chakra in subsequent incarnations. For example, souls who died in the Holocaust may present with crown chakra issues such as lack of faith, anxiety, or feeling abandoned by God.

Spiritual Entitlement

When we go through difficult experiences in life, we either turn it to our advantage (i.e. make lemonade out of the lemons that come our way), or we become angry, bitter and sorry for ourselves. We may become obsessed with our misfortunes, and feel jealous when others have it easier than we do. When this is the case for someone, this kind of pattern will usually present at the crown chakra.

Trauma

The crown chakra is one of the chakras that is most impacted by an experience of trauma, especially for those who normally believe in a higher power or feel that the Universe 'has their back'. Trauma can cause us to lose our faith in God and feel abandoned by a higher power because it affects our sense of safety. Secretly most of us believe that awful things do not happen to people like us. Then when something awful does happen, we can feel betrayed by God.

OK, now that we've covered the more general information about the chakra system, I am going to drill down into more details on the chakras, through the chakra databanks.

The Chakra Databanks

Each of the seven major chakras holds dozens of "databanks" within it.

Databanks are 'aspects' of a chakra, almost like sub-chakras unto themselves. Let's take the example of a databank at the **throat chakra,** which is the centre of communication and self-expression. One databank here is expressing feelings. Another databank might be public speaking. Another still might be advocating for oneself.

Why Learn About Chakra Databanks?

At the beginning of the intuitive healing process, you are going to tune in to the client's chakras to find out how they are being affected by a cord of attachment (to give one example).

You will often pick up straight away on some type of negative energy that is connected to a particular chakra (for example you might pick up that there is some fear energy in the solar plexus chakra.)

So what might this fear be connected to?

Well, the solar plexus governs a few different life areas, including personal power in relationships, getting things done/achievement, self-determination and self-confidence.

Perhaps it is a **fear of being engulfed or dominated, that causes anxiety for the client in her relationships?**

Or maybe it is a **fear of taking action, that impacts on the client and makes her procrastinate on her goals?**

Maybe it is **a fear of making choices and decisions independently, with no input from anyone else?**

By knowing more about the chakra databanks, we can pinpoint this fear and find out what it is connected to. That way, we can translate it into how it impacts the client on the level of her emotions, thoughts or behaviours.

So the information given in this chapter about the chakra databanks is essentially a thorough frame of reference through which to interpret the information you pick up about the chakras.

Through experience you will also build your own 'inner menu' of emotions and signals by which to read the chakras. Learning about all the different chakra databanks may help you to start building this 'inner menu' or frame of reference.

In this document, I provide all the chakra databanks I know about. Then at the beginning of each section, I also provide the quick version — the databanks that most often come up in cord cutting sessions for each chakra, along with the negative energies most commonly found at the chakras.

In the charts book, you will also find some charts which will enable you to use these databanks when you're dowsing with a pendulum. For now, you don't need to worry about any of this because we're not going to apply this information yet. At this point, we're only going to look at the theory instead of the practice. When it's time for you to put this information into practice, I am also going to give you clear instructions for doing so.

But for now, you can just sit back and absorb the information in this section.

Different Aspects of Chakra Databanks

Just so you know, there are three aspects of chakra databanks that we can 'read'. You won't necessarily need to read all of these in an intuitive healing session, but I have talked about them here for your general knowledge as a healer.

1. **Size**

We can read a chakra databank first of all by looking at its size.

Taking the throat chakra databank of 'comfort level with public speaking' as an example, upon measuring a databank such as this one, you may find that it is very small and not projected outwards from the body at all. In this case, we would know that the person whose public speaking databank was tiny probably does not enjoy public speaking. It might really scare them.

On the other hand, someone who has a 'comfort with public speaking' databank which is projected outside of the body and a large databank clearly has a high level of comfort with speaking in front of a large audience. This person's presence in the room, while public speaking, will be felt by all who listen to him/her. People who have a strong public speaking databank may include orators such as politicians and members of government who have to give speeches, and performers.

The size of chakra databanks – whether they are large or small – is reflected in our lives.

When someone has a chakra databank that is large, it can mean it's an area of life that a person feels passionate about and it often points to a soul gift in that area.

Although please note that sometimes a small or large databank is appropriate, depending on the person. The appropriate size of your chakra databanks depends very much on your personality, talents, values, choices, lifestyle, and life path. For example, a person who is born with strong teaching talents and who as a result chooses the teaching profession may have larger throat chakra databanks than someone who does not use their voice every day, and this is appropriate on the soul level.

2. Negative Energy in Chakra Databanks

The second aspect of chakra databanks that we may 'pick up on' is the negative energy within a databank.

Negative energy is either stored up emotional or spiritual pain and suffering, or patterns which cause suffering.

Negative energy can do one of two things to chakra databanks – it can cause them to 'under-function' meaning that the energy and the soul gifts in our chakra databanks become inhibited. When this happens, our soul gifts and true personality have a harder time coming through, because they're bogged down with negative energy to some degree. Chakra databanks can also 'over-function' which can manifest as behaviours which attempt to overcompensate for the negative energy.

What Does Negative Energy Look Like In Reality?

A child who grows up with an alcoholic or abusive parent may learn in their early years to shut out the reality of the family situation through some sort of escapism, whether it's through video games, too much studying, reading, or whatever. So, there is a pattern of avoidance in the chakra databank of '*connecting to reality*' at the root chakra.

When this person grows up, she might continue to seek escapist adventures to an unhealthy degree, in order to make the challenges of life disappear. Maybe it is drugs or video games. We all need some escapism from time to time, but when it becomes unhealthy is when it affects the person's life adversely and they find it hard to moderate or stop the behaviour.

So in situations like that, the pattern of avoidance will still be present in the databank of 'connection to reality'.

3. Soul Gifts Within Chakra Databanks

The third area that we can 'read' within a chakra databank is the positive energy, which translates to our soul gifts and positive qualities.

For example, in the crown chakra there is a databank called 'trusting in God/the Universe'. One gift of the soul in this databank might be a sense of serenity and trust that everything happens for a reason.

Indeed, some of the soul gifts encoded in the Akashic Records are also encoded in the aura, the only difference being that if we only read the aura, we have no idea why a person has a gift — we don't know where it comes from. So, for example, we might be able to tell that a person loves exploring, but we won't know that the client is, in fact, an explorer soul (which we can tell from the Akashic Records).

A note on location of energies and databanks:

Note that some databanks I have placed at a certain chakra, whereas others may place them in another chakra. It does not matter where you place these energies, as long as you read them somewhere.

The Root Chakra Databanks at a Glance

Survival & Resources	Groundedness	Ethics & Integrity	Occupying a Physical Body	Safety	Tribe, Family & Community
Earning money Saving money Spending money Comfort level with wealth/money Interest in money Willingness to assume responsibility for survival Survival instincts Ability to let go Confidence in ability to provide for oneself	Connection to reality Objective vs subjective reality Interest in human life Stability and routine Physical roots Relationship with linear time	Acting with integrity Ability to honour commitments	How the body is treated Physical nourishment Presence in the room Appetite Physical/ sensory sensitivity Physical stamina Physical strength	Sense of physical safety Sense of physical safety in various settings: ● Home ● Work ● In the street, etc	Connection to family Connection to 'tribe' Sense of belonging to community Ability to move away from unhelpful inherited beliefs Connection with country of origin/ residence Inherited ethical/moral codes

Quick Version - the Root Chakra

The root chakra databanks which tend to be most affected by cords of attachment (in particular) are:

1. Connection to reality
2. Confidence in ability to provide for oneself
3. Sense of safety in the world

The negative energies which I pick up on most frequently at the root chakra (during an intuitive healing session) include:

1. **Trauma** — the root chakra and the crown chakra appear to be the two chakras most impacted by traumas. This is because trauma commonly impacts on a person's sense of physical safety (root chakra) and on a person's faith in a higher power (centred at the crown chakra.)

2. **Fear** or **anxiety** — often the result of trauma and/or economic insecurity

3. **Avoidance** or **dissociation** or **escapism** - again, this is often related to grief, pain or trauma that has affected the client at some point. Dissociation can occur when a person experiences trauma and exits their consciousness as a form of self-protection.

Patterns like these in the chakra databank relating to connection to reality can be somewhat common, and they can sometimes be problematic because these energies can result in compulsive or addictive behaviours.

Avoidance of pain or grief is at the heart of many addictions, where a person may abuse substances, drink, work too much, use pornography, etc, to 'check out' and avoid whatever it is they are feeling, or whatever it is is waiting for them in the background to be acknowledged.

Root Chakra Databanks

Survival & Resources

- **Earning money**
  By reading this databank we can tell how much ability a person has for making money.

- **Saving money**
  What are this person's patterns with saving money? Does this person need to save a lot of money in order to feel secure?

- **Spending money**
  What are this person's patterns with spending money? Does she spend money wisely? Does money 'burn a hold in her pocket'? Does she spend more than she has? etc.

- **Comfort level with money & wealth**
  Through reading this databank, it is possible to explore a person's relationship with money. In this databank there could be guilt, anxiety about greed or having too much.

- **Interest in money**
  Is this person invested in earning money and being financially solvent & comfortable?

- **Willingness to assume responsibility for one's survival**
  Is this person willing and able to provide for herself or does she want someone else to take care of her?

- **Survival instincts**
  What would this person be willing to do in order to survive?

- **Letting go**
  In this databank we can find patterns of releasing with ease, or hoarding at the other end of the spectrum.

- **Confidence in ability to provide for oneself**
  Does this person feel that she has to fight for her survival? Is she able to see the opportunities she has available to her to support herself financially? Does this person feel her gifts can be used to earn money? etc.

Groundedness

- **Connection to reality**
  The Science Fiction author Philip K. Dick calls reality "that which, when you stop believing in it, doesn't go away."

  A strong connection to reality allows us to face up to how things really are and admit the truth. This in turn enables us to take action based on the truth of the situation. A strong connection to reality is at the centre of being grounded in one's life.

  This databank can be weakened by trauma and substance abuse. When people have a small connection to reality, it is usually to protect themselves, because reality was too harsh at some time and it caused the person to retreat from reality.

  After I cut the cord to my father (and this cord had a massive impact on my connection to reality), it was as if I was "brought back down to earth" and it was not pretty. I was suddenly in contact with a lot of pain I was holding and became aware of difficult patterns around personal power that were holding me back.

- **Objective vs. subjective reality**
  This databank contains information about our balance between connection to objective and subjective reality. Objective reality means the facts about a situation; the cold, hard reality that can't be denied. Subjective reality means how we feel about the situation.

  Those who have a rich inner life often have a strong connection to their subjective reality.

  Some people have a stronger connection to objective reality. Professions such as medicine, engineering and the sciences train people to focus much more on objective reality. Those who have a stronger connection to objective reality

than to their subjective reality may find less meaning in life. They may seek objective evidence or proof before they can believe in something.

- **Interest in/commitment to human life**
  How invested is this person in her life; how committed is she to the process of living?

- **Stability & routine**
  The root chakra thrives on stability and routine.

  At this databank we can find out if a person feels a sense of security from their routine. Does this person feel stable in her life, home, or at work?

- **Physical roots**
  Is this a person who gains a sense of solidity and stability from having their roots in one place? Does this person travel around a lot?

- **Relationship with linear time**
  An important part of life on earth is linear time. Things do not happen instantly, as they do in the spirit realm.

  This is an alien concept to the spiritual side in us because when we are not in a body, things happen very fast. A deceased spirit can think of a loved one and be with that person in spirit, in an instant. Here on earth things are obviously very different. You can't just think of someone and instantly be with them. Winter doesn't turn to summer overnight nor does night turn to day instantly.

  At this databank, we can find out how a person feels about this aspect of life. Do they respect this principle of step by step that is part of linear time?

  Negative energy at this databank may cause a need for short term 'quick fixes' or a need for instant gratification.

Ethics & Integrity

- **Acting with integrity**
  Does integrity matter to this person?

  Behaviours such as cheating, lying or being dishonest create an unstable

foundation for the root chakra.

- **Ability to honour commitments**
  Does this person honour her agreements and follow up on her promises?

Occupying a Physical Body

- **Relationship with physical body**

  By reading this databank, we can find out how a person relates to their body. Is this person invested in their physical health? Does this person feel somehow removed or alienated from her physicality due to something like trauma? Does she believe she is only her body and nothing more?

- **Physical nourishment**
  Is this person's body well nourished?

- **Presence in the room**
  How does this person occupy her body? Is she fully present? Do other people notice her?

- **Appetite & relationship with food**
  In this databank you can find out about a person's appetite. This is where preoccupation with food and survival may show (for example, among people who have lived through a famine or hard times) or where eating disorders may show.

- **Physical/sensory sensitivity**
  How acutely is this person aware of their physical experience? How strongly does this person feel sensations such as fatigue, hunger, pain, etc?

- **Physical stamina**
  How much physical stamina or willpower does this person have?

- **Physical strength**
  How much physical strength does this person have? How do they feel about their physical strength?

Safety

- **Sense of physical safety**
  How physically safe or vulnerable does this person usually feel? How safe does she feel in various settings, such as at home or at work? If a person is significantly affected by trauma, the results will show in this databank.

Tribe, Family & Community

- **Connection to family**
  This databank represents our 'roots' in the area of family. It contains all kinds of information on how connected one feels to one's family. Historically, having our place in our family has helped human beings to remain safe (safety in numbers.) Although we may not need to physically stick together as a family unit these days in order to guarantee our physical survival, being part of our family of origin can give us a place where we belong and this strengthens the root chakra (at least for those who enjoy being around their family of origin).

- **Connection to 'tribe'**
  This is a databank which historically has been a very prominent one but is perhaps less so these days for most people in Western society. Your 'tribe' is the group of people within your social or cultural group, who you relate to and feel a sense of kinship with. This may be people who have similar political beliefs, your friends, your extended family or even those who support the same sports teams as you. This databank contains information about your relationship to this group.

- **Sense of belonging to community**
  To what extent does this person feel they belong in their community?

- **Ability to move away from unhelpful inherited beliefs**
  Ideally we will retain those inherited teachings that serve us, and discard those that do not serve us. Being connected to our families can bring us strength, yet this connection can also weaken us if we feel obliged to take on beliefs, values or a lifestyle that don't align with who we are.

- **Connection with country of origin**
  Does this person feel she belongs in the country she comes from? If the country of residence is different from the country of origin, what are her feelings about living there? Does she feel attached to her country of residence

or origin?

- **Inherited moral/ethical codes**
  This databank tells us about what a person was taught about right and wrong, growing up.

The Sacral Chakra Databanks at a Glance

Pleasure & enjoyment	Sexuality	Desire nature	Vitality & Creativity
Life enjoyment Importance placed on recreation & relaxation Sense of occasion Pampering/ nurturing the physical self Appreciation of beauty Playfulness/sense of fun Sense of humour	Libido Comfort with sexuality Comfort with sexual orientation	Strength of desires Awareness of desires	Energy & vitality Openness to new experiences Resourcefulness/ creativity

Quick Version - the Sacral Chakra

The sacral chakra databanks which tend to be most affected by cords of attachment (in particular) are:

1. Enjoyment of one's human life
2. Awareness of desires
3. Vitality/energy levels

The negative energies which I pick up on most frequently at the sacral chakra (during an intuitive healing session) include:

1. **Abstinence** or **self-denial** with the pleasures of life
2. **Depression**

Sacral Chakra Databanks

Pleasure and Enjoyment

- **Life enjoyment**
  How much pleasure and fulfilment is this person currently experiencing in their human life?

- **Importance placed on recreation and relaxation**
  What are this person's attitudes around hobbies and playtime? Does this person currently have hobbies that give them pleasure? Does this person place any importance on resting and recuperating?

- **Sense of occasion**
  This is the databank of marking special occasions and the milestones of life appropriately.

  Is this someone who likes to mark special occasions like birthdays and celebrations? Can she make an occasion something special?

- **Pampering/nurturing the physical self**
  This is the databank of taking care of the physical self. Does this person place any importance on grooming, pampering and caring for the body?

- **Appreciation of beauty**
  How open is this person to noticing beauty? Does she appreciate beauty?

- **Sense of fun**
  Does this person like to bring fun and laughter into her own life?

  Is this person in touch with their 'inner child'? Is she able to laugh and play, or is she someone who takes life very seriously?

- **Sense of humour**
  Does this person allow their sense of humour to bring a sense of lightness and proportion to life? What is her humour style? What kind of humour does she appreciate?

Sexuality

- **Libido**
  This databank reveals how strong a person's libido and sexual energy is.

- **Comfort with sexuality**
  This databank is about how comfortable one is with one's sexual nature and desires. Any hang ups related to one's sexuality will obviously be found here.

- **Comfort with sexual orientation**
  This databank is present mainly in those people who go against the grain of what has been historically 'acceptable' in terms of sexuality in our society.

Desire Nature

- **Strength of desires**
  The sacral chakra is the seat of our desires. How strong are this person's desires?

- **Awareness of desires**
  Is this person in touch with her own desires and priorities?

Creativity & Vitality

- **Energy and vitality**
  What are this person's energy levels like? How vital and energetic does she feel?

- **Openness to new experiences**
  How open is this person to exploring? Does she have an adventurous side?

- **Creativity & resourcefulness**
  How resourceful is this person? How does she find solutions to problems and find ways to get what she wants?

The Solar Plexus Chakra Databanks at a Glance

*Whether or not one has these databanks activated in one's aura depends upon one's lifestyle & career

Personal power in relationships	**Sovereignty & independence**	**Getting things done**	**Self-confidence**
Sharing power in relationships Holding an energetic space for oneself Handling conflict Energetic boundaries Respecting the boundaries and privacy of others Self-importance/ ego Power/leadership integrity*	Self-determination Independence of thought The extent to which one feels in control of one's life path Honouring the free will of others Relationship to authority Sense of responsibility	Taking action to move towards goals Drive and motivation to succeed Work ethic Willingness to take risks/make mistakes Self-discipline Keeping promises and commitments to the self Finishing what one starts Dealing with the practical aspects of life Determination/ willpower	Self-confidence in general Self-confidence at work Pride taken in personal achievements and character

Quick Version - the Solar Plexus Chakra

The solar plexus chakra databanks which tend to be most affected by cords of attachment (in particular) are:

1. **Sharing power in relationships** - Exploring power dynamics can for some souls be a huge source of growth and so this databank comes up again and again for my clients.

2. **Dealing with conflict** - Conflict occurs everywhere and a person will ideally be able to navigate conflicts and endeavour to find win/win solutions for all parties.

3. **The extent to which one feels in control of one's life path** - Some people do not see the power they have to effect change in their own lives. Exercising one's power to change, grow or progress in life is too scary for some.

4. **Taking action -** Negative energies that can trip people up here include doubt, fear & perfectionism.

5. **Willingness to take risks & make mistakes** - To be able to move forward in life, at times we must be open to experimenting, making mistakes and trying something new which might not work out.

The negative energies which I pick up on most frequently at the solar plexus chakra (during an intuitive healing session) include:

1. Helplessness - where a person is not owning their power
2. Victimisation - often the result of abuse
3. Fear - a biggie for the solar plexus chakra
4. Frustration
5. Impatience
6. Passiveness - again, where a person is perhaps not stepping up to the plate and owning their power.
7. Stuckness - an energy of inertia, a bit like being stuck in a hole that one feels one cannot climb out of.
8. Perfectionism - this trips people up at the solar plexus, but it tends to have its roots in the heart chakra (relationship with oneself.)
9. Obedience

Solar Plexus Databanks

Personal Power in Relationships

- **Sharing power in relationships**
  This is the databank of control and personal power in relationships. Here we find patterns relating to how comfortable a person feels about sharing power in their relationships – does she prefer to feel in control of the relationship? Is this someone who gives her power away to others or who lets others walk all over her? Or is there a healthy middle path for this person between those two. Does she respect the need for both parties to feel in control? Does she feel that her desires/needs are the only one that matter? These are all questions that can be answered by reading this databank.

  Note that we have separate power sharing databanks for every possible context, such as sharing power in work relationships and sharing power in romantic relationships.

  This is also the databank of protecting what is yours through assertive behaviour. Does this person make sure that others respect her boundaries and limits? Can she confront violations and invasions?

- **Holding an energetic space for oneself**
  This is the databank of 'holding your own' energetically. The results of this databank can show in practice when a person is confronted with an overpowering or domineering personality. Some may shrink away from a strong or powerful personality and this may manifest as a feeling of intimidation or inhibition. Others can be themselves and still meet the dominant energy without feeling intimidated.

- **Ability to handle conflict**
  This databank holds information regarding how a person deals with conflict. For example: is this someone who feels confident dealing with conflict? Does this person feel stressed or intimidated at the prospect of conflict?

  What is this person's power style in a situation in which there is potential to gain or lose something.) Does she seek win/win situations?

- **Control of one's energetic boundaries**
  This databank can sometimes be weak among empaths, who will often feel like they have no control over what comes into their energy and personal space.

- **Respecting the boundaries and privacy of others**
  To what extent does this person honour the boundaries and privacy of others? Is this a person who feels the need to interfere in others' lives?

- **Self-importance/ego**
  Does this person have a healthy sense that she matters? What is this person's perception of her place in the world? Does she see herself as more important than others? Or does she see others as more important (or somewhere between those two?)

- **Power/leadership integrity**
  Note that not everyone will have this databank. Having this databank depends on whether a person ever finds herself in a position of power.

  When this databank is present, it can answer questions such as: does this person wield their power with integrity?

Sovereignty and Independence

- **Self-determination**

  This databank is about our ability to make decisions independently of other people.

  By reading this databank we can find out how free a person feels to live as she chooses. Does she feel a need to consult others and seek 'permission' from others?

- **Independence of thought**
  Is this person able to have thoughts, opinions and beliefs that are different from those around her? Does she like to 'follow the herd' in terms of beliefs and opinions? Is she able to justify her views or has she blindly inherited beliefs and opinions, without thinking them through?

- **How in control one feels of one's life path**
  Does this person feel that her fate is in her hands? If not, who holds the power (according to this person?) Does she feel weighed down by the desires or will of another person? Does she feel that nothing she does can make any difference to her path or her fate?

  Is this person able to rise above difficult situations? Does she see herself as a victim of circumstance? Does she waste energy complaining and moaning about things she cannot change? Or does she focus on what she can change? These are questions that can be answered by looking at this databank.

  Obviously a large part of what happens to us in life is out of our control, but we can always choose how we respond to what life throws at us, and we can often turn lemons into lemonade, as the saying goes.

- **Honouring the free will of others**
  Does this person feel the need to 'rescue' other people from their problems? Does she give others the space to grow? Does this person habitually endeavour to control outcomes that are outside of her control?

- **Relationship to authority**
  Centred here are patterns related to how we deal with authority figures. Here we may find dynamics relating to rebellion and conformity. How willing is this person to obey reasonable rules that benefit the community? At the other extreme you may find patterns such as a desire to push against the status quo purely for the sake of it.

- **Sense of responsibility**
  Does this person have a healthy sense of what is and is not her responsibility? Does she feel responsible for everyone and anyone? Is she co-dependent? Does she believe she can create change in other peoples' lives or do other peoples' growing for them? Does she take responsibility for her life and the consequences of her choices?

Personal Effectiveness & Getting Things Done

- **Taking action to move towards goals**
  This is the centre of personal effectiveness. Is this person able or willing to take the actions that can move her towards her goals? This databank may

show a high level of personal effectiveness or there may be negative energies here which reflect procrastination.

- **Drive and motivation to succeed**
  This databank contains information about how motivated a person is to achieve their goals. Through reading this databank, you can find out if a person is not bothered about achievement or driven to succeed (or somewhere between the two.)

- **Work ethic**
  Through reading this databank you can find out: how much is this person willing to work for what they want? You can also tell if someone is an 'over-achiever' or a workaholic by reading this databank.

- **Self-discipline**
  How much control does this person exercise over her own impulses, desires and behaviours?

- **Willingness to take risks & make mistakes**
  Is this person willing to take a risk if she thinks it will move her closer towards her goals? What is her comfort level with taking risks? Is she open to getting it wrong?

- **Keeping promises and commitments to the self**
  This databank is the centre of following through on one's promises. Does this person keep the resolutions and commitments that really matter to her? Does she manage to stay accountable to herself?

- **Finishing what one starts**
  Is this person able to finish what she starts? What is her staying power like?

- **Dealing with the practical aspects of life**
  Is this person able to do the practical things in life such as getting to work on time and paying bills?

- **Determination and the power of your will**
  How strong is this person's will to get what they want? How much determination do they possess to have what they want? How willing is this

person to find solutions to problems and overcome obstacles that stand in her way? How quickly/easily does she give up on her dreams?

Self-Confidence

- **Self confidence in general**
  How confident does this person feel in her own abilities? In social situations? In her own judgment?

- **Self-confidence at work**
  How confident does this person feel at work/in professional situations?

- **Pride taken in personal achievements and character**
  Does this person give herself credit for her achievements and who she is? Does this person feel good about herself and who she is?

The Heart Chakra Databanks at a Glance

Emotional life	Relationships with the self	Relationship with others	Healing
Emotional awareness	Self-worth/ self-esteem	Balance of give & take in relationships	Willingness to heal
Emotional stability	Feeling satisfied with one's achievements	Emotional connection to loved ones	Acceptance of life events
Emotional courage	Embracing one's uniqueness	Empathising	Forgiving the self
Emotional availability	Self-talk	Receiving love	Forgiving others
Ability to let go	Valuing one's gifts	Giving love	
	Valuing one's finite resources	Accepting others/tolerance	
	Self-acceptance	Connection to humanity/oneness	
		Valuing others	
		Trusting others	
		Commitment in romantic relationships	
		How much of the self it is safe to reveal	
		Feeling understood/seen in relationships	

Quick Version - the Heart Chakra

The heart chakra databanks which tend to be most affected by cords of attachment (in particular) are:

1. **Balance of give & take in relationships** - some of my cord cutting clients have primary life lessons that are centred around caring for the self and valuing the self. They often grow up in families which teach them to put others first, or in scenarios where they have to parent themselves and parent their parent from an early age, rather than the other way round. They may then take these dynamics into their adult relationships and have trouble with people pleasing and co-dependence. These clients often get a lot out of cord cutting.
2. Self-worth/self-esteem
3. Receiving love
4. Ability to trust
5. Self-acceptance

The negative energies which I pick up on most frequently at the heart chakra (during an intuitive healing session) include:

- **Avoidance** - The medical doctor John Sarno, in his book about chronic pain and emotions '*The Mind Body Prescription*', posits that the human unconscious has evolved to repress many of the negative emotions that we feel, because historically it has not always been safe to express or act on them. Therefore as humans we are wired to defend ourselves from our own pain. Avoidance of emotional pain can result in addictions and chronic physical pain.
- **Shame** - Shame is different from guilt - guilt is knowing a behaviour is wrong and it was not a good choice, and feeling bad about that, whereas shame is about feeling one is a bad person, as opposed to the behaviour being wrong. Usually when this energy is present, this is someone who has been shamed by another person.
- **Abandonment** - A huge one for the heart chakra. Some of the people who come for cord cutting sessions have been abandoned by a parental figure or by a loved one.
- **Betrayal**
- **Loss/grief/pain** - We all eventually lose what we love, through death or some other circumstance. This is the central dilemma of the heart chakra.
- Self-criticism
- Fear of letting go

- Self-denial
- Unworthiness

Heart Chakra Databanks

Emotional Life

- **Emotional awareness**
  Does this person know what she is feeling? How acutely does she experience her emotions? Is she able to compartmentalise her emotions? etc.

  If a person buries their emotions, it will show in this databank.

- **Emotional stability**
  How emotionally stable is this person?

- **Emotional courage**
  Emotional courage means the ability to take a risk and be vulnerable in relationships, even though one may have been hurt before.

- **Emotional availability**
  What is the potential for emotional connection with others? Is this person's heart open or closed?

- **Ability to let go**
  This is not the material letting go of the root chakra databank we have already covered, but the emotional version of that. Can this person say goodbye to people and things that are leaving /have left her life? How easily does she let go, on an emotional level, of what doesn't serve her?

Relationship with the Self

- **Self-worth/self-esteem**
  Does this person believe she is loveable?

  Does this person give herself the same respect that she gives to others? Does she feel she matters?

- Where does her self-worth come from? Is it based on who she is, her achievements, her looks, her productivity, her bank balance or how much she is needed by others?

- **Feeling satisfied with one's achievements**
  Can this person be satisfied with what she's achieved?

  Is she able to congratulate herself and see her achievements as 'enough'?

- **Embracing one's uniqueness**
  How accepting is this person of what is unique about her, even if her uniqueness goes against the grain of society?

- **Self-talk**
  What is this person's self-talk like? Does she talk kindly to herself?

- **Valuing one's gifts**
  Does this person value her abilities and talents or does she take them for granted? Does she ask for appropriate remuneration in exchange for her gifts?

- **Valuing one's finite resources, such as time, energy and money**
  Does this person understand that her time and energy are valuable resources?

  Does she know and respect her own limits as a human being with finite resources?

- **Self-acceptance**
  How much does this person like & accept herself? Is she comfortable with her perceived faults and shortcomings?

Relationships with Others

- **Balance of give & take in relationships**
  How altruistic is this person? Does she put other peoples' needs above her own?

  Is there an appropriate balance between giving and receiving?

- **Emotional connection to loved ones**
  There will be one databank per major relationship. This includes parents, children, partner, family members, and close friends (as applicable). By reading these databanks, we can read any emotional connection.

- **Receiving love**
  How worthy does this person feel of love? Is she able to receive love in all its forms? This also includes awareness of how loved one is. A person can have a story or a belief such as 'no-one loves me' in order to push away the love that does come their way.

- **Giving love**
  How does this person give love? How easy is it for this person to love others? How much does this person have to give in relationships?

  Ideally the databanks of receiving love and giving love will be roughly the same size.

- **Empathising**
  How easy is it for this person to put herself in another's shoes?

- **Accepting others/tolerance**
  How accepting is this person of other people? Does she accept the faults and imperfections of others?

  How much love and compassion does this person have for the shadow side in herself and in others?

  If a person harbours bigotry or hatred (such as misogyny, racism, or homophobia) towards a particular group of people, it will show at this databank.

- **Valuing others**
  How does this person view other people? (this is often a reflection of one's own self regard or esteem.)

  If a person derives their own worth from their achievements, looks or socio-economic status, it is likely that others will be judged or assessed for

worth using the same yardstick.

- **Connection to humanity/oneness**
  How connected does this person feel to the rest of humanity? Does she feel she is part of a global community and does she care about humanity on a grand scale? There is a version of this databank present at the root chakra, too, but this one is more about the emotional connection.

- **Trusting others**
  How easy is it for this person to trust others?

- **Commitment in a romantic relationship**
  Does this person have the capacity to commit to a romantic relationship? Is commitment an important value for this person?

- **How much of the self it is safe to reveal**
  How safe does this person feel to reveal who she really is? How vulnerable on an emotional level is this person able to be with others?

- **Feeling understood/seen in relationships**
  Does this person feel her emotions can be validated by others? Does she feel that it is possible for another person to really see who she is and understand what she is going through?

Healing

- **Willingness to heal**
  Is this person so attached to the bad things that have happened to her (and her perceived misfortune) that she cannot move beyond them? Does she believe healing is possible?

- **Acceptance of life events**
  Is this person able to accept the things that have happened to her in life? Does she feel a need to know why bad things have happened? Does she feel mistreated by life?

- **Forgiving the self**
  Is this person able to forgive herself for past transgressions? There may be

energies such as shame, guilt and self-criticism here.

- **Forgiving others**
  How readily does this person forgive others? What are her beliefs about forgiveness?

The Throat Chakra Databanks at a Glance

Self-Expression	Listening & understanding	Communication with Spirit
Speaking one's truth	Listening	Clairaudience/ hearing one's 'inner voice'
Expressing feelings	Understanding	
Expressing desires	Ability to keep a secret	
Asking for help		
Disagreement & conflict		
Advocating for oneself		
Self-expression at work		
Social communication		
Getting to the point		
Expressing appreciation		
Adapting communication		
Having 'difficult conversations'		
Negotiation		
Writing for self-expression		
Confidence in self-expression		
Verbal integrity		
Self-disclosure		
Projecting personality		
Presence while public speaking		
Teaching, explaining & instructing		
Awareness of communication		

Quick Version - the Throat Chakra

The throat chakra databanks which tend to be most affected by cords of attachment (in particular) are:

1. **Speaking one's truth -** Sometimes it can take a person a whole lifetime (or more likely, many lifetimes) to learn the lessons of the throat chakra. One of the central lessons of the throat chakra is about learning to speak our truth clearly and confidently. Every interpersonal conflict that crops up in our relationships is an opportunity to speak our truth through the throat chakra, but it can often be a difficult thing to do. For this reason, this databank comes up often for my clients.
2. **Advocating for oneself**
3. **Having difficult conversations**

The negative energies which I pick up on most frequently at the throat chakra include:

- **Obedience/timidity/fear** - the presence of any of these three often indicates that the client has been in an emotionally abusive relationship or may have endured abuse during their upbringing.

- **Anger -** anger is associated with/originates at the lower chakras. It usually seeks expression through the throat chakra, but it may not find that expression, because this can be a difficult emotion for people to communicate (women in particular are socialised not to give expression to their anger). This is possibly why this is the most common energy I find at the throat chakra, during cord cutting sessions for women.

The Throat Chakra Databanks

Self-Expression

- **Speaking one's truth**
  This is the databank of expressing one's opinions and thoughts, authentically, and clearly

- **Expressing feelings**
  Is this person able to communicate and express her feelings to those she is close to, including the not-so-pleasant ones, such as anger or sadness?

- **Expressing desires**
  Is this person able to communicate her desires?

- **Asking for help**
  Is this person able to ask for what she needs? How easy is it for her to ask for help?

- **Disagreement & conflict**
  Is this person able to state when she disagrees with someone or something? How does this person navigate conflict and disagreements? (there is another variant of this databank at the solar plexus, but this one at the throat chakra is specifically pertaining to self-expression in situations of conflict.)

- **Advocating for oneself**
  This is the databank of standing up for oneself and expressing it verbally. Does this person verbalise her boundaries? Does she assert herself? Is this person able to defend herself against bullies?

- **Self-expression at work**
  Is this person an effective communicator at work?

- **Social communication**
  How does this person express herself in social situations? How does she feel talking to people she doesn't know? Does this person make it easy for others to talk to her and get to know her?

- **Getting to the point**
  This is the databank of concise and clear self-expression. Is this person able to express herself concisely?

- **Expressing appreciation**
  Does this person express appreciation for others & give compliments?

- **Adapting communication**
  Does this person adapt her communication to her listener? Does she express what is appropriate for her audience? If this databank is overactive, it may indicate a person who heavily censors her communication in order to be accepted or liked.

- **Having 'difficult conversations'**
  This is the databank which represents communication when we're dissatisfied or unhappy with something, including those times when we make complaints and objections. By reading this databank, we can find out if a person is able to make complaints or objections effectively.

- **Negotiation**
  How skilled is this person in negotiating? Does she seek a win/win scenario?

- **Writing for self-expression**
  How skilled is this person as a writer? Is it easy for this person to communicate her feelings, thoughts and ideas using writing?

- **Self-confidence in self-expression**
  How much confidence does this person have in the area of self-expression?

- **Verbal integrity**
  This is the databank of telling the truth. Is honesty and truthfulness an important value for this person?

- **Self-disclosure**
  Is this person willing to share information about herself with others?

- **Projecting personality through verbal interactions**
  Does this person express her personality in conversations and interactions? Is

she in a position to 'be herself' and express it verbally?

- **Presence while public speaking**
  By reading this databank, we can find out how comfortable this person is with public speaking. A large presence here indicates someone who can hold the energy when talking to a roomful of people and who is a charismatic and effective public speaker.

- **Teaching, explaining and instructing**
  If this databank is very active, it indicates someone who teaches as part of their profession.

- **Awareness of words/care while talking**
  How present is this person to the heart of what she is saying? Does she measure her words?

Listening & Understanding

- **Listening**
  Through reading this databank, we can know how present a person is likely to be with their conversation partner.

  This databank can also indicate to us whether a person balances talking with listening.

- **Understanding**
  How well does this person comprehend what is communicated to her by other people? E.g does she only hear what she wants to hear? Is this person able to hear beyond what a person says, to what is inferred?

- **Ability to keep a secret**
  How discreet is this person? Is she able to keep secrets?

Communication with Spirit

- **Clairaudient activity/hearing inner voice**
  Does this person receive clairaudient information from her Higher self and the astral realm?

The Third Eye Chakra Databanks at a Glance

Intuition	Perceptions	The Intellect	Imagination & Inspiration
Connection to the astral realm	Self-perception	Mental clarity	Daydreaming
Clairvoyance	Trust in one's perceptions	Intellect	Visualisation
Claircognizance	Perception of available choices	Concentration	Creative inspiration
Interest in perceiving beyond the surface	Perceptiveness	Memory	
Telepathy	How this person thinks others perceive her	Degree of open-mindedness	
Remembering dreams	Perception of one's own life and situation	Problem-solving ability	
Trust in intuition	Dedication to truth	Capacity to see other points of view	
	Ability to bring insight	Decision making	
	Seeing the good	Planning/ strategising	
	Openness to influence		

Quick Version - the Third Eye Chakra

The third eye chakra databanks which tend to be most affected by cords of attachment (in particular) are:

1. **Self-perception**
   Very common one to be affected. Some of the clients have a self-image that does not align with reality. This databank often comes up when a client is cutting the cord to a critical person or cutting a cord to an emotionally or psychologically abusive person. In the relationship, the client has often been criticised repeatedly or told that they are not good enough in some way. These people may have an underdeveloped view of their own capabilities or qualities as a result.

2. **Trust in one's perceptions**
   This is very similar to the above: the same events and relationships that adversely affect self-perception can also affect perception of the world and others.

3. **Trust in intuition**
   Also see above. It is likely that this is a relationship that has undermined the client's trust in their own perceptions and intuition. To give one example, this can occur in situations of relationship infidelity or deceptions, where the client has known something is going on, but is told they are imagining it.

4. **Perception of available choices**
   This databank reminds me of the eight of swords card in the Tarot. The figure in the eight of swords card is blindfolded and trapped by a row of swords. She does not realise that at any time, she can take off her blindfold and remove the swords from her path.

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Many of us behave this way at times. We can be limited by our perception of the choices we have ahead of us — sometimes we have choices right in front of us that we don't even see. This can be because of our conditioning — perhaps life or someone else at some point has taught us that the opportunities or choices we have are in short supply. And so we choose in the same way we always have, without even realising that this time, we are free to choose something different.

For this reason, this databank can often come up during a cord-cutting sessions, because it is often another person or a past experience that has taught/influenced us to believe something limiting about the choices available to us.

The negative energies which I pick up on most frequently at the third eye include:

- **Self-doubt -** relating to our own perceptions or intuition. We might question ourselves and think "am I really seeing this correctly?"
- **Self-criticism -** relating to our own self-perception. Sometimes we can internalise external criticisms that we have received in the past and make them part of our own thinking.
- **Escapism -** this may be found when the lower chakras are underactive and the client escapes into the astral realm or the realm of daydream/fantasy as a result. Can be linked to trauma.
- **Limitation** - often related to perception of available choices, as discussed above.
- **Distortion** - this energy can affect how accurately we see life, oneself or another person.

The Third Eye Chakra Databanks

Intuition

- **Connection to the astral realm**
  How easily and clearly is this person able to communicate with her Spirit Guides and Guardian Angels?

- **Clairvoyance**
  Clairvoyance is our ability to see the subtle/spiritual realms of life. Is this person open to their clairvoyance? Do they receive intuition this way?

- **Claircognizance**
  Claircognizance is our ability to receive information from Spirit through the mind. Is this person open to their claircognizance? Are they likely to receive intuition through this clair?

- **Interest in perceiving beyond the surface**
  How motivated is this person in finding out about what lies under the surface? How interested are they in the mysteries of life?

- **Telepathy**
  How 'in tune' is this person with the thoughts of others? Does this person receive information through the psychic ties they have with other people?

- **Remembering dreams**
  How much does this person tend to remember about her nocturnal dreams?

- **Trust in intuition**
  How much trust does this person place in their intuition?

Perceptions

- **Self-perception**
  This is the databank of one's thoughts and beliefs about oneself — does the self-image this person holds align with reality?

- **Trust in one's own perceptions**
  How much trust and confidence does this person have in her perceptions? Is she easily convinced that her way of seeing things is not accurate? Does she think other people know better than her?

- **Perception of available choices**
  Does this person clearly see the path and options in front of her? Or does she have a limited view of what is available to her?

- **Perceptiveness**
  How perceptive is this person? How much of what is happening around her does she notice? How detail-oriented is she?

- **How this person thinks others perceive her**
  What does this person believe that others think of her? Is this view in alignment with reality?

- **Perception of one's life and situation**
  Is this person able to perceive her own life and personal situation accurately? How objective is she able to be?

- **Dedication to truth**
  How motivated is this person to get to the bottom of things? How willing is she to face up to inconvenient truths?

- **Ability to bring insight**
  To what extent is this person able to cut past the clutter and confusion, get to the heart of a matter and see what is most relevant, for herself or for other people?

- **Seeing the good**
  How optimistic is this person? Is she able to see the silver lining in situations and extract something positive?

- **Openness to influence**
  Does this person listen to other people and their opinions? Does this person allow her self-image to be affected by what other people think of her? Empaths who take on a lot of unwanted influencing energy can be affected here.

Intellect

- **Mental clarity**
  How clear are this person's thought processes? Is she distracted by mind chatter? Is she able to easily see what is relevant and remove any confusion?

- **Intellect**
  How active is this person's mind?

  What are this person's strengths? (Does she have spatial, interpersonal, linguistic, mathematical, kinaesthetic intelligence, etc.)

- **Concentration**
  What are this person's powers of concentration like? Is she easily distracted or able to focus deeply?

- **Memory**
  How much capacity does this person have for retaining information?

- **Degree of open-mindedness**
  How open is this person to learning new things or seeing issues from another perspective? How attached is this person to their current beliefs? Are they willing to change their beliefs when they have outgrown them?

- **Problem-solving ability**
  Is this person good at coming up with strategies to solve problems?

- **Capacity to see other points of view**
  Is this person able to see other peoples' viewpoints and put themselves in another person's shoes?

  A gift for intellectual empathy may show in this databank.

- **Decision making**
  How does this person make her decisions?

- **Planning/strategising**
  How does this person plan or map out the steps she needs to take to achieve a goal?

Imagination & Inspiration

- **Daydreaming**
  Does this person tend to daydream?

- **Visualisation**
  How easy is it for this person to visualise in their mind's eye?

- **Creative inspiration**
  Does this person receive inspiration from the astral or divine realms in their creative endeavours?

The Crown Chakra Databanks at a Glance

Connection to the Divine realm
Faith in the Divine
Ability to channel from the Divine realm
Awareness of life purpose
Relationship with mortality
Spiritual oneness
Acknowledging one's Divinity
Soul memory

Quick Version - the Crown Chakra

The crown chakra databanks which tend to be most affected by cords of attachment (in particular) are:

1. Faith in the Divine - the tension central to this chakra is the one between human control (ego) and divine control. As humans, we generally want our lives to go a certain way, but when things happen that are outside of our control, that thwart our human plans and hopes, the impact can sometimes be felt at this chakra, in our trust in the Divine and in our relationship to the Divine. The more traumatic the experience that thwarts our plans, and the more the client believes in a higher power, the more likely it is to show up at the crown chakra.

2. Connection to the Divine realm

The negative energies which I pick up on most frequently at the crown chakra include:

- **Abandonment/betrayal** - A common one for the crown chakra. This is often the result of a traumatic experience or grief. For people of faith, traumas sometimes have the result of disrupting our relationship with God/Spirit, because it is normal to feel that if God really loved us, (s)/he would not have allowed X, Y or Z to happen. Grief is also an intensely isolating experience,

spiritually speaking. Grieving often feels like walking through the wilderness all alone, with no exit point in sight. We are accompanied in our grief by Spirit/God, but we often do not feel it

- **Trauma -** see above
- **Anger** - see above (abandonment/betrayal.)
- **Fear** - fear of death or fear of God
- **Disillusionment** - related to experiences of trauma. This is the energy that often results when abandonment or betrayal goes unhealed and calcifies in the person's psyche. The person may become cynical and disillusioned in life and in God.

The Crown Chakra Databanks

- **Connection to the Divine realm**
  This databank contains information about the quality of one's relationship with God/Source, the Archangels or Ascended Masters.
- **Faith in the Divine**
  In this databank, on the positive side we may find energies such as faith, peace, or serenity. These energies are present when a person believes that the universe has her back. Or that everything works out for the best. Conversely, negative patterns such as anxiety, insecurity and fear may be present when a person does not believe these things.
- **Ability to channel from the Divine realm**
  Does this person receive communication from Ascended Masters/Archangels? Is he/she open to 'Divine downloads' from Source?
- **Awareness of life purpose**
  How aware is this person of their gifts and highest path and purpose?
- **Relationship with mortality**
  How does this person feel about death — theirs and other peoples'? From this databank, we can find out information about a person's feelings and beliefs about their mortality.
- **Spiritual oneness**
  How spiritually connected does this person feel to the rest of creation? This is not the primal connection experienced at the root chakra or the emotional one at the heart chakra, but the one that may be felt during spiritual experiences.
- **Acknowledging one's Divinity**
  Does this person know that they are a divinely created being?

- **Soul memory**
  This databank contains information regarding our past life memories and soul connection memories. When a person has a very open crown chakra, it is easier for them to recall past lives and consciously recognise soul connections with other people.

Please note: There are more crown chakra databanks than are presented here relating to spiritual connection, but many of them are too abstract for our purposes.

Also note, the databanks I have listed in this document as the ones most likely to come up during cord cutting sessions are based on my own experiences.

As you may be attracting different clients, based on your own soul gifts and past experiences in this life and other lifetimes, you may find that different databanks come up. So keep an open mind if you pick up on a databank not mentioned here. There are dozens in each chakra. I have listed the ones I believe to be most relevant.

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So that concludes the information about the chakra system. In order to absorb it, please read it at least a couple of times on different days. This gives your unconscious mind time to assimilate the information.

Lesson 3 - The Earthbound Spirit Release Session

The Earthbound Spirit Release Session

Now that we've laid the groundwork for doing healing sessions, we are now ready to learn the actual techniques, starting with the earthbound spirit release.

I'm going to teach you how to do an earthbound spirit release before we learn to do any of the other healing sessions you're going to learn. There are 3 reasons this is covered right at the start of this program:

1. On occasion, when a client books in for a cord cutting, you may find that they are carrying earthbound spirits with them. And if a client has earthbound spirits in their auric field, it's a bad idea to do a cord cutting. So, you need to be able to do an earthbound spirit release before you even consider cutting a cord for someone.

2. An earthbound spirit release is actually the easiest type of session to do with a client, so it's a good way for you to dip your toes into the pool of intuitive healing, rather than get thrown in at the deep end!

3. You will be learning to do an earthbound spirit release session for yourself, so that you can begin this course with a clear auric field (and this will help with your intuitive healing work, too.) Not everyone who does this course will have earthbound spirit attachments, but we will do it anyway as a precaution.

So, I mentioned above that **it's a bad idea to do a cord cutting with a client who has earthbound spirits in their auric field**. Here are the two reasons why:

1. If you are an empath with very flexible energetic boundaries, when you tune into a client during a cord cutting, it is possible that the earthbound spirits in their auric field may "migrate" over to yours. Therefore, for the sake of being cautious, we do not do cord cutting sessions for clients who are carrying earthbound spirits with them. We do a session to clear the earthbound spirits first, and we propose this alternative session to clients.

2. The second reason we don't cut cords for people who have earthbound spirits in their auric field, is because such a person is less likely to feel the benefits of a cord cutting. Earthbound spirits amplify our own negative emotions and they

can make us feel emotionally volatile, when we are carrying a lot of them. This can often obscure the benefits of the cord cutting work, and so the results won't be as noticeable.

Before we get into the protocol for releasing earthbound spirits, we will want to look at what exactly earthbound spirits are and how people end up with these spirits in their energy field.

What Are Earthbound Spirits?

Earthbound spirits are the mental and emotional bodies of deceased people who have not fully crossed over after death.

They are also sometimes referred to as ghosts or 'astral entities'.

The common feature all earthbound spirits have is that they do not want to cross over to the other side for some reason and because of this they resonate with negative energies such as 'stuckness', fearfulness, unhappiness, and pain.

Here are a few reasons earthbound spirits won't fully cross over:

- Addictions (when a person is dependent upon a physical substance, such as alcohol or some other drug, the emotional and mental body may be so attached to that substance that the person is reluctant to leave the Earth plane upon death)
- Fear of God's judgment/hell
- An extraordinary level of attachment to a loved one(s)
- Lack of awareness of having died
- No belief in the afterlife
- Guilt or trauma from having committed suicide (especially when under the influence of alcohol or drugs)
- A need for vengeance
- Any other unfinished business

Earthbound spirits are commonly found in public places that sometimes see sadness and pain, such as hospitals, funeral parlours, prisons, cemeteries and police stations. Some who were attached to an earthly substance such as alcohol, may also be drawn to places which serve alcohol, such as bars and clubs.

How Does A Person End up With Earthbound Spirits in Their Aura?

Earthbound Spirits are drawn to the following people:

- People who smoke marijuana (which opens up your energy and attracts earthbound spirits, like moths to a flame)
- Those who get very drunk (so drunk that they lose control and don't know what's going on anymore)
- Those who open themselves up to channel without having any training, considering or caring about who or what they might be channelling
- Reiki practitioners (Earthbound spirits love Reiki energy)
- People with naturally very porous and open energy fields, like empaths*

(*Empaths are able to merge with other peoples' energy fields — their energetic openness allows them to leave their own energy body and feel into other peoples' energy. Unfortunately, this energetic openness also causes empaths to unconsciously explore other peoples' energy fields and to habitually bring back earthbound spirits with them when they return to their own energy field, without even knowing this has occurred.)

The Two Types of Earthbound Spirit

There are two different types of earthbound spirit that we will learn about as part of this program:

- The ordinary earthbound spirit (wherever in this course I refer to an 'earthbound spirit', know that I am referring to this type)
- The enmeshed earthbound spirit

It is the ordinary earthbound spirit that we are going to learn to release in this module.

Ordinary earthbound spirits are:

- Attached to the outside of a client's auric field.
- Easy to clear from a person's aura
- Pretty common.

There is another type of earthbound spirit, which is the **enmeshed earthbound spirit**. We will cover these in detail in a later lesson. But just so you understand the difference for now between the two types, these enmeshed spirit attachments are:

- Attached to the INSIDE of your client's auric field, and occupying a small portion of her life force energy
- Uncommon
- Deeply attached to clients, and you cannot release them using the same technique you'd use to clear an ordinary earthbound spirit. The technique that we'll learn to release these spirits is much more complicated, and so I'm saving it until the end of the course.

So now that you understand the two categories of earthbound spirit, next, I want to talk a little bit about why it is important to avoid earthbound spirits and why clients should get them cleared from their energy field in a session.

The Negative Effects of Earthbound Spirit Attachment

There are three main reasons why we would want to avoid inviting earthbound spirits into our energy fields. The first is that they drain energy. One of these spirits will drain a very small amount of energy, but the more attaching spirits you have, the more draining it gets. For example, two hundred earthbound spirits would be a sizeable drain on your energetic resources. Two thousand would be a massive drain on your energy.

To illustrate this point, think of a small electrical appliance in your home, such as an electric alarm clock. One small appliance uses up very little electricity and won't make a large dent in your electricity bill each month. But if you had two hundred such appliances plugged into your wall, you'd soon notice that you were paying a lot more for your electricity. Two thousand, two hundred or even twenty earthbound spirits are very taxing on the human energy system in the same way that appliances are taxing on your electricity bill. It's not uncommon to find ten or twenty earthbound spirits attached to a client. Removing these spirits and releasing them into the light can often help to improve a person's energy levels. The most common effect of doing this kind of healing session, is that the client feels lighter.

Negative Emotions & Earthbound Spirits

The second reason why earthbound spirits are to be avoided is because by their nature they are very unstable and susceptible to negative emotions. When earthbound spirits attach to a person, they amplify and echo any pain and negative emotion in that person's energy field. So if you feel angry and have earthbound spirits in your energy field, that anger will be amplified. The same goes for any fear or pain you are carrying. Those negative emotions can certainly be reduced by removing any attaching earthbound spirits, although removing the earthbound spirits will do

nothing to remove the actual root cause of the negative emotion. Earthbound spirits simply echo negative emotion that is already there in you — they do not create it.

Earthbound Spirits & Intuitive Accuracy

The third reason we want to release (and avoid) earthbound spirits is because they can affect a person's intuitive accuracy. If you have an earthbound spirit in your aura, and you 'tune in' to Spirit with no psychic development training, you may end up channelling that spirit, perhaps assuming that it's your Spirit Guide. This is because it is easier to connect with earthbound spirits than it is to connect with Spirit Guides. (Earthbound spirits are closer to the earth plane, vibrationally speaking, than your Spirit Guides are.)

However, it is not beneficial to channel spiritual guidance from such a spirit. The earthly equivalent of channelling and consulting an earthbound spirit is like approaching someone with significant life problems that are keeping them very stuck or unhappy, and asking for their advice on your personal problems. The advice is less likely to be helpful or high-vibrational because it is more likely to come from a place of confusion, disorientation, fear or stuckness.

Professional Intuitives and Earthbound Spirits

Note that people who do readings for others are particularly at risk of attracting earthbound spirits, so your clients who are professional intuitives or Reiki practitioners will be often be 'picking up' earthbound spirit attachments, unless they have a way to repel these spirits or they have a naturally closed energy field (which is less common for people in the spiritual industry.)

Most professional intuitives & Reiki practitioners have a habitually porous energy field by virtue of being an generally empathic or intuitive person when they're not working. A professional intuitive or Reiki practitioner can also take on earthbound spirits when they ARE working (usually from their clients).

This is because as mentioned, earthbound spirits love Reiki energy. It seems to really attract them. And then for the professional intuitives, they're opening up their own energy fields on a regular basis in order to do readings for clients. So let's say the professional intuitive is in a session with a client, who has attaching earthbound spirits (which is not uncommon for an empathic and open spiritual seeker). The aura of the professional intuitive is most likely big, open and full of spiritual light. If the client has earthbound spirit attachments, those spirits can unfortunately migrate over to the intuitive's energy field. Earthbound spirits will always gravitate towards

the aura that is of the highest vibration—the aura with the most light and openness. Just like human beings, earthbound spirits tend to favour people who have the brightest auras.

So, spiritual workers can benefit a lot from this type of session, and in fact you'll do it for yourself at the end of this module, in case you have any earthbound spirit attachments.

The Benefits of an Earthbound Spirit Release Session

So, to summarise the benefits of this type of session, clients often feel:

- Lighter
- More energetic
- More emotionally stable
- More confident in their psychic development/channelling processes, that they are channelling the right beings (such as their guides/angels).

The degree to which this session will be beneficial will also depend on the number of earthbound spirit attachments. If a client has 200 or 2000 attachments, they're going to really feel the results of this session. If they have only one or a few, they may not notice the results as much. You should still however proceed with this type of session, before you do a cord cutting, no matter how many attachments the client has, because you don't want your client to be accidentally channelling this type of spirit or receiving "guidance" from these beings (which is more likely to happen when the client is carrying earthbound spirits with her.)

An Important Note on 'Negative Entities'

One of the biggest myths about earthbound spirits is that they are somehow negative (indeed, some healing modalities refer to these spirits as 'negative entities').

Earthbound spirits are not inherently negative or demonic. The trait that they all have in common is that they are reluctant to cross over to the other side, perhaps because of addiction, fear or pain of some kind. This can make them seem negative, but this is a state of mind — not a permanent, soul-level trait. In most other ways, they are just like you and me – only not in a body, and quite confused, stuck or unhappy!

The Protocol for Releasing Earthbound Spirits

Please note that a shortened version of the protocol below is also given in the 'cheat sheets' book. Below I give explanations for the various steps, in addition to actually giving you the protocol you need to clear these spirits.

So as mentioned, we need to check every new cord cutting client for earthbound spirits. Before you can do this, you need to bring in a Divine being and set up a sacred space — instructions for that below:

STEP ONE - Call in a Divine being of your client's choice:

- Tell your client that for a healing session, you need to bring in either an Ascended Master or an Archangel. Tell the client who you usually work with (e.g. "I usually work with Archangel Michael") but if they have another preference, let you know. Once you have their preference, or if they have no preference, let them know you're going to take a moment to bring in the Divine being now and create a sacred space for the healing:

- Go within and see how you feel. Try to put a word on it.

- Say ***Archangel Michael*** (or whichever Divine Being the client has chosen), ***please be present and in charge of this healing session.***

- Do the following breathing exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.

- Go within and see if you can put a word on what you are feeling. You might notice a little difference now that you have called in the Divine Being, or you may not! (Either way is fine).

STEP TWO - Create a sacred space for the healing:

- Ask for violet flames and gold and silver light for the room you are in, and also for the client's room that they are in. The violet flames are a receptacle for cleared negative energies and the gold and silver light is to protect the space:

  Archangel Michael (or the Divine being you personally called in for this), ***please place violet flames, one in every corner of the room that (client's name) is in, and***

one in every corner of the room I'm in. Also please place violet flames in the centre of both of these rooms. This is to clean up any stale or negative energy.

Next, please place gold and silver light around the edges of the room that (client's name) is in. And around the edges of the room I'm in. This is to seal the energy in this place so that only energies of the highest vibration may enter.

STEP THREE - Check for earthbound spirits

Use your pendulum to ask:

"Does this client have any earthbound spirits in their auric field?"

If the answer is 'yes', go ahead with the following steps:

STEP FOUR - Explain the situation

If you are told that the person has earthbound spirits in their auric field, then next, you will want to explain to the client that you recommend a different type of session for them at this time. You will want to tell her that you sense the presence of earthbound spirits in her auric field and you would like to clear them.

I usually say something like:

"I've noticed something in your energy field which I think would interfere with you receiving the benefits of a cord cutting, so I recommend we do something else. I feel you have some earthbound spirit attachments and I'd like to clear those for you instead."

Spend a bit of time explaining the following points about earthbound spirits (this usually takes me 5 minutes or so:)

- What they are
- Why they don't cross over
- Who earthbound spirits are drawn to
- The 3 main ways in which they can affect us
- Why it is a good idea to clear them before doing a cord cutting
- That we have a way of preventing the client from attracting these earthbound spirits in the future through a piece of homework that you are going to pass on to her

- Also let the client know that as part of the clearing, you can clear earthbound spirits from their home and from any other space they would like to include in the process

- Explain also that this is a healing not just for the client, but also for the spirits who are with her, because they will finally be able to cross over to the light.

Usually, once you have gone through these points, the client agrees to go ahead with this type of healing. I have never had a client decline to have the healing. But in a situation like that, you would need to refund the client's session fee, and say that you're not comfortable doing a cord cutting with them at this time.

Once the client has agreed to have this type of session, ask her if she would like you to clear anywhere else, besides her aura - does she want you to clear her home? She may also want to include other people in the clearing process. It is OK to clear her dependents (i.e. children under the age of 16) and if you do that, you will need to add a section in the ceremony along the following lines: "we also ask for (name of child)'s aura to be cleared, if his/her soul is in agreement with that."

So, to recap here is what you've done so far:

1. You've brought in a Divine being
2. You've set up a sacred space
3. You've explained to the client all about earthbound spirits and you have got her permission to go ahead and clear them.

STEP FIVE: Next, you need to find out a bit more about these spirits and how they are affecting your client...

At this point, what you will want to do is tune into the clients' aura to find out how these spirits are impacting on her chakra system. Before you do, tell your client that you are going to find out how the earthbound spirits have been impacting her on the level of her chakra system, and that this usually takes you a few minutes. Ask her to go within (while you're off reading her chakra system) and see if she can put a word on how she currently feels. Tell her you'll be back in a few minutes. Then I usually mute the client and let her know, so that I can read her chakra system undisturbed.

The first question to ask is: *"How many of these spirits are with the client?"*

Use your pendulum to ask, is it more than 5 or less than 5? Go up in increments of 5 until you have the right number. When you get close to the right number, go up in increments of 1.

For example, is it more than 5? Yes. It is more than 10? No. Is it more than 6? Yes. Is it more than 7? No. By following this process, you have your correct number of attached earthbound spirits, which is 7.

The second question to ask is: *"Which chakra is most impacted by this/these earthbound spirit(s)?"*

You can use the chakra chart to dowse on the chakra.

I usually find that the earthbound spirits are impacting on one chakra in particular, and it is often connected to the reason the earthbound spirits are with the client in the first place.

I find that everyone has a low-vibrational energy that they tend to specialise in — a negative place they go to, when morale is low. (This is usually related to our primary life lesson.) We tend to attract spirits who have the same negative energy, and it's usually the reason they didn't cross over in the first place.

So, for example, if we tend to feel shame or guilt about past actions when we're feeling down, we will attract a spirit who resonates with shame or guilt. And maybe the spirit we attract doesn't cross over because that spirit did something bad in their most recent past life and they don't feel confident they aren't going to hell if they do cross over. So we attract earthbound spirits (like attract like), and the ones that are with us are not there by accident. Another example could be that the client is grieving a loss and is carrying pain in her heart chakra. If she is open to earthbound spirits and engages with them energetically, the ones she will attract will probably also resonate with pain.

The third question to ask is: *"Which type of negative energy do/does this/these spirit(s) resonate with?"*

You can use the negative energy chart to find out which negative energy/energies these earthbound spirits resonate with. You don't need to get a lot of detail, just an indication of why the spirits chose to attach to your client. There is something within her that resonates with them.

The fourth (and an optional) question to ask is: *"Which chakra databank is most affected by this/these earthbound spirit(s)?"*

Use the 'quick databanks' chart to find out. If the databank is not on the 'quick databanks' chart, use the 'full databanks' one.

Once you have gathered your information, you will want to explain to your client:

- How many spirits are with her (and translate this into how much impact they will be having on her — if a client doesn't have many, don't hesitate to explain if you think she isn't going to feel much difference from letting these spirits go, but also tell her that it's still important to release these spirits whether a person has 3 of them or 300 because she may accidentally channel them.)
- What negative energy they bring to her
- Which chakra they are impacting & how this may be affecting her

Example: Client has 5 earthbound spirits which are affecting her at the solar plexus chakra. The energy they bring is 'anxiety' and they are affecting her at the databank of 'willingness to make mistakes'. This translates into perfectionism and anxiety about taking action; a fear of taking risks.

Note: I do not channel extra information about the spirits, such as who they are, are they male/female etc, and I don't recommend you waste your time doing this. The reason for me not bothering to channel extra information is that I was taught these earthbound spirits are a bit like picking up bubblegum on your shoe. It isn't personal. If they're with us, it's just because we're susceptible to them. The enmeshed earthbound spirits on the other hand, are personal, and are with us for a reason, and we have a much closer relationship with an enmeshed spirit. We'll find out more about that later on in this course.

STEP SIX: Explain what will happen next...

Ask the client if she'd like to clear her home in addition to her aura. Let her know that we may as well, seeing as it doesn't take much effort to add this into the clearing request. I don't offer to clear dependents (i.e. children under the age of 16) unless the client specifically requests it.

Now explain to the client what you are going to do next (*"We're going to do a healing ceremony to help these spirits cross over into the light. I am going to repeat one line of it over*

and over until they have fully crossed over. If you're sensitive to energy, you might feel something happening while I am doing this. Or you may not.")
I tell people to sit back, relax and enjoy the ceremony (it's a lovely one...)

STEP SEVEN: Next, clear the earthbound spirits

Have a moment to reconnect with yourself, be still and take a few deep breaths. Then say the following prayer (for this prayer I am assuming you called on Archangel Michael for the ceremony):

I call forth all earthbound spirits in (client's name's) aura & home, for healing now. This is a ceremony to bring you release from the earth plane, and relocation.

Know that your life on earth is over. It is completely finished. It was whatever it was and it is time to let it go.

Dear one(s), you are healed and forgiven (repeat until you are sleepy, sigh, yawn or until you feel that the spirits have crossed over. It usually takes somewhere between 10 seconds and five minutes). I check with my pendulum when I think this has happened.

You are completely safe and the presence of the Divine is with you. You are filled with Divine light, to illuminate the way forward to your next right place of expression. You are filled with Divine Love, as you are beloved by the Creator and worthy of love. You are filled with Divine Truth, as you realise that the earth plane is no longer your home. There is a much better place for you to go to.

You are free from fear, pain, and any other heavy emotions which have kept you stuck in the earth's vibrations.

Dear souls, it is now time for you to move on to the other side, where your loved ones are waiting for you to join them in Spirit. Archangel Michael will guide you now to your own personal heaven. The energies of love, joy and peace await you there.

I ask Archangel Michael to bring down a stream of golden light to guide each of you back into the light of Spirit now.

Thank you Archangel Michael.

STEP EIGHT: Cut psychic ties between the spirits and yourself & the client

I call on Archangel Michael to hereby release any psychic ties which may have been formed between me and the earthbound spirits we've released today. And also between (client's name) and these earthbound spirits. I ask Archangel Michael to dissolve these ties of energy in every dimension with a golden light beam.

Now bring in new love, light and peace for everyone concerned. Thank you. It is done, it is done, it is done.

STEP NINE: Close off your aura

I call on Archangel Michael to fill and surround me and client, and client's home, with Divine Love, Divine Truth and Divine Light. And to close off our auras to all but my Higher selves and those beings of the highest vibration who are meant to be with us on our respective spiritual paths.

STEP TEN: Thank the Divine being

"Thank you Archangel Michael for bringing the healing energy of the session"
Now I just say to the client: We're done — those souls are crossed over.

STEP ELEVEN: Ask the client to 'tune in'

I also ask the client to tune back into herself and feel what it is that she's feeling. See if it is a bit different from before.

STEP TWELVE: Passing on the homework to your client

Next, I say to the client: "I want to give you a piece of homework that you can do to reprogram your subconscious mind so that you do not engage with these earthbound spirits in the future."

This piece of homework is in the form of a prayer, which goes as follows:

I close off my aura to all except my Higher Self, and those beings of the highest vibrations, who are meant to be with me on my spiritual path.

I get the client to repeat it back to me, to check they have written it down right, or you can send it to her by email.

You will want to check with Spirit how long the client needs to say this for — you can use your pendulum to find out. E.g. ask: is it 30 sec, 1 min, 2 mins, 3 mins, etc. Until you have the right number of mins. The maximum amount of time the client needs to say it for is usually 3 mins per day.
Next, tell the client: *"This prayer needs to be recited, over and over, for _____ minutes a day for a total of 21 days."*

And you will also want to explain to her what it does: e.g. *"The prayer closes off your energy field to all beings except your Higher Self, Spirit Guides, Guardian Angels, evolved Ancestors, deceased loved ones, and any other beings that are meant to be with you on your soul's path. This effectively bars 'just any old spirit' from communicating with you, so that you do not need to worry about attracting earthbound spirits in the future, and you don't have to do this healing again."*

I also tell clients, *"while you say this prayer, you are reprogramming your subconscious mind, so do it mindfully like a meditation. Don't have anyone else in the room at the time. Also, do ensure that there are no other words that you can hear at the same time (i.e. no television/radio on in the background)."*

Potential Client Questions About the 21-day Prayer

Below I've posted a couple of frequently asked questions about this 21-day prayer, and my answers to them, in case your client asks them.

Question #1: I'm concerned that the 21-Day Prayer for avoiding earthbound spirits will block me off from communicating with my deceased loved ones...because I'm not sure if my deceased loved ones have the highest of vibrations.

Answer: In my experience, this prayer does not cut us off from any deceased loved ones who are with you at the choice of your soul. However, if you are worried about this, you can add adapt the prayer so it reads:

"I close off my aura to all but my higher self, and those beings of the highest vibration who are meant to be with me on my spiritual path, including my deceased loved ones."

Question #2: "I'm a professional medium — will saying the 21-Day Prayer for avoiding earthbound spirits block other peoples' deceased loved ones from contacting me? (...because I'm not sure if my clients' deceased loved ones always have the highest of vibrations.)

Answer: If you are a medium, you can add adapt the prayer as follows:

"I close off my aura to all but my higher self, and those beings of the highest vibration who are meant to be with me on my spiritual path, including my deceased loved ones and the deceased loved ones of my mediumship clients."

Question #3: Sometimes people ask the following question about the homework —"Should I do this prayer every day from now on?"

My answer is no — you don't need to do it every day for the rest of your life. Just 21 days is enough. Doing it daily won't do any harm but it also won't help either. People sometimes ask this out of fear — they think, the more they do the prayer, the more protected they will be, but it doesn't work like that. If you program your energy field to be protected from these spirits, it will work. This prayer is about re-doing your energetic boundaries once. So that's why you don't need to do it forever.

STEP THIRTEEN: Next, answer any other questions

Before you wrap up the session, ask your client if she has any questions about this process.

STEP FOURTEEN: Wrap up the session

Cut psychic ties:

Archangel Michael, I ask you to clear all psychic ties that may have formed between me and (name of client). Please dissolve all these ties with a beam of gold light, in every dimension, through time and space. Please fill me and (client's name) with the energies of love, truth, light and power. Thank you.

Cleanse emotional residues:

Archangel Michael, remove from my energy field any negative emotional energies that do not belong to me.

Remove from my aura anything that is not my burden to carry.
Remove from my aura anything that is not my burden to carry.
Remove from my aura anything that is not my burden to carry.

Cleanse my aura of all this energy now.

Close off your aura:

I call on Archangel Michael to fill and surround me and (client's name) with Divine Love, Divine Truth, and Divine Light. Please close off my energy field to all beings except my Higher Self and those beings of the highest vibration who are meant to be with me on my spiritual path.

Say goodbye.

Further Info on the Prayer/Explanation of the Prayer's Wording

Everything in this prayer is designed to soothe the earthbound spirits and encourage them to cross over. The underlying emotion of the prayer is one of peace and love.

Through this prayer, the spirits are reminded that they are Divinely created beings, with another place to be. They are reminded that the Creator loves them. They are reminded of the truth of who they are. They are reminded that they do not have to be tied to the earth's vibrations anymore, and that they can release any pain and fear. And finally, they are reminded that they are forgiven from anything they feel they did wrong in their most recent lifetime. Any resistance to crossing over is healed.

A Note on the Origins of These Techniques

These spiritual healing techniques come from an organization called 'Teaching of the Inner Christ' via a past mentor of mine. They have a website: www.teachingoftheinnerchrist.com.

Why I Prefer Not to Advertise This Sort of Session

If you go to my website, you'll notice this earthbound spirit release session is nowhere to be found. Shelly (the resident intuitive healer who works via my website) offers cord cutting sessions, but not earthbound spirit release sessions.

Over time, we have come to find that this is the best way of offering earthbound spirit release sessions — by offering cord cutting sessions instead, and then when you find earthbound spirit attachments, offering to clear those for people.

The reason for this is that people who don't have earthbound spirit attachments will often book an earthbound spirit release session. And the people who need it most often will not book.

I tend to find that 1 in 10 or maybe 1 in 15 people need an earthbound spirit release. If you offer these sessions publicly, (depending on who you attract on your website or wherever it is you offer the sessions), you would possibly have to refund many clients who book this specific session. This is variable however, it depends on the demographic. For example, if you work with lots of Reiki practitioners or cannabis users (and you might not even know you are working with these people), you may have lots of clients show up with earthbound spirits.

An alternative would be to offer Intuitive Healing sessions on your website (rather than cord cutting) and explain that this encompasses earthbound spirit release, enmeshed earthbound spirit release, aura clearing and cord cutting. But also clarify with your clients that you will be working on whatever comes up in the session, so if they book, they do need to be open to that.

On my website, Shelly writes the following for her cord cutting sessions:

Please note the following terms:
"In some situations, a Cord-Cutting session may not be appropriate, because there are certain types of energetic 'clutter' that occasionally need to be cleared from a client's auric field before he/she can benefit from a Cord-Cutting session. This does not happen very often, but Shelly will let you know if this is the case for you at the beginning of the session, and clearly explain what she recommends you clear instead. You will be given the choice to proceed with a different type of healing session."

NOTE: please do not copy and paste the above. If you wish to write something along those lines, please put it in your own words.

How Long Does the Earthbound Spirit Release Session Take?

It usually takes me less than half an hour.

In this case if your client has booked in for a 60-min cord cutting, you may wish to refund half of the session fee.

However, if for some reason it takes longer (for example, you find you have to repeat the line "you are healed and forgiven" over and over for a long time) then you may wish to charge the same amount as you would for a cord cutting session.

Homework

3 pieces of homework:

1. Do this earthbound spirit release session for yourself. Use the cheat sheet I am providing in the members area entitled 'Cheat Sheet — Doing An Earthbound Spirit Release for Yourself'

2. Do the 21-day prayer to close off your aura to this type of spirit for good, for 3 mins daily. Follow the instructions to make sure you do this when there is no background noise (such as TV or music with words in it.)

3. Complete the earthbound spirit worksheet.

You do not need to do homework tasks 1 and 2 if you have completed my Akashic Record Reading Program and had this session already with me or Debra Reeves (who works via my website and does this session with my students sometimes), or if you have already done this ceremony for yourself (it is in some of my other courses, too.)

Please note that you must have done the 21-day prayer for 21 days in a row. If you did not complete it or you missed a day, you need to do BOTH the earthbound spirit release again, and the 21-day prayer again.

An Alternative to Using the Pendulum for Step 5 in the Earthbound Spirit Release Process

I always recommend using a pendulum to check whether a client has earthbound spirits that need clearing (and to find out information on how the spirits are affecting your client) simply because it is the simplest and most accurate way to get your answers.

However, let's say that for whatever reason, you cannot use the pendulum. In that case, here is how I would go about this process without a pendulum.

STEP FIVE - Gather more information about these spirits & pass it on

Tell your client you are just going to gather a bit of info about these spirits, you are going to put her on mute while you do it and you'll be back in several minutes (note: it usually takes longer to do this whole process below using your clair senses instead of your pendulum, especially if you're a new intuitive healer.)

While you're off doing this, ask the client to take a few moments to notice how she is feeling in her emotions and her body.

Next, you're going to channel some information. To prepare for the channelling, do the breathing part from the breath-work exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.

If you're quick at visualising, take a moment to open your chakras as per the process given in my Chakra Meditation (if you're not quick, skip it).

Next, close your eyes. Visualise your client sitting opposite you at a table. If you're already sitting at a table or desk, you may wish to visualise the person sitting opposite you in that room. Now imagine taking their hands from across the table and holding each hand in yours. This connects you to their energy.

See a golden white light just above your crown chakra (above your head). See this light turn into a large 'dome' that is directly above you. It grows downward and envelops you and the person you're reading in golden light. Now you both have a

golden curtain of energy around you on all sides, and you are enclosed in this space with the person you're reading. If you prefer, you can also imagine putting up a tent around you both to create that space.

Then say: "please show me the truth of (client's name's) energy"

Next, ask the following question:

"Does this client have earthbound spirits with her?"

How you get a response will depend on your strongest clair senses.

If you're clairvoyant, you may see dark energy or a dark patch in the person's energy field.

If you're clairaudient, you may hear a 'yes' or 'no'.

If you're claircognizant, you will have an impression or know whether or not this person has earthbound spirits attached to them.

If you're clairsentient or an empath, you may be able to feel the presence of these beings. The energy of an earthbound spirit feels a bit funky or weird. It's a bit like you're walking and suddenly finding yourself wandered into a bad part of town. To me, it's the same energy or feeling' as a run-down part of town. Or similar to the energy of an untidy & dirty thrift store.

You may also get a sinking feeling or feel something negative all of a sudden. If you don't feel anything or you feel neutral, the likely answer to the question is 'no'.

Next ask the following question:

"How many of these spirits are with the client?"

You may have a number popping into your head visually, if you're clairvoyant.
If you're clairaudient, you will hear a number.

What you can also do is start counting in your head, starting from 1, and then get a sense claircognizantly or clairsentiently for whether it's more or less than 2/3/4/5 etc. Keep counting in increments of 5 or 10 if it's not in single digits.

Next, you will want to ask:

"Which chakra is most impacted by this/these earthbound spirit(s)?"

You may see the client's chakra highlighted in your mind's eye, if you're clairvoyant.

You may hear which chakra it is, if you're clairaudient.

If you're claircognizant, you will know which chakra it is or you may have the name of the chakra pop into your head.

Here's a quick exercise that can help you, if you're a new intuitive: "If you were 'making it up', which chakra would you choose?"

Usually the one that pops into your mind for this question is the right chakra.

The next question to ask is:

"Which type of negative energy do/does this/these spirit(s) resonate with the most?"
Look at the negative energy chart and see if your eyes are drawn to one energy in particular. One of the energies may jump out at you.

If you're clairsentient or an empath, you may feel something within yourself. Spirit may remind you of an event or an occasion in your own life that has a particular emotion or energy associated with it. Pay attention to everything that comes up, because it can have meaning for this exercise.

To develop these clair senses further, don't forget to do the awakening/sensitizing exercises in lesson one.

Fears Around Working With Earthbound Spirits

While we're covering earthbound spirits in general, I wanted to share a question I recently received from a student about this topic, and my response to it. I think it will help those of you who feel some apprehensiveness around working with earthbound spirits.

Question:

Hi Anna,

I've got a question about earthbound spirits, but need to give you the context first.

Many years ago I stayed at a hotel in an area where historically there were hundreds of deaths, as a freak flood washed down the valley taking houses and people with it. During the night I was partially awake because I was aware of having lots of chats with earthbound spirits one after another and talking to them about moving on to the light. (This has never happened before or since and was before I even knew much about them.)

Then a really horrible one came in that energetically went through the motions of raping me, although physically I couldn't feel anything, the intent was there and I was trying to move to get away and make a noise, as I knew I was asleep but couldn't move, but I was also really awake and was aware of the whole thing. Needless to say, I didn't like staying in hotels for a while.

I don't want to worry or upset your students, or bring in an element to the training that you weren't planning on, or to take you off track, so I really don't mind if you share that or don't on the call, I defer to your preference on that. But personally I have some questions around that which feel important to me as we're covering earthbound spirits.

Questions: Are there some cases of troublesome earthbound spirits where it isn't appropriate to engage with them and move them on to the light? What if they don't want to go, are we working against their free will?

Jane.

Answer:

Hi Jane,

If you bring in a Divine being (aka Ascended Master or Archangel) at the beginning of a session, you won't have an issue with earthbound spirits behaving in a threatening way towards you. The Divine beings bring the safety aspect.

I've never had any trouble with an earthbound spirit refusing to cross over. An analogy for the stuckness would be if you were stuck in an airport and had to live there for years on end, going nowhere and unable to leave.

No-one wants to be in that limbo, and when you use the method I am providing, reminding the spirit that there's a better place to be, and that there won't be any negative consequences to crossing over, it's really a no brainer. All of them have gone. Sometimes you do have to repeat the "you are healed and forgiven" line from the prayer for several minutes until their resistance is completely gone.

To work with earthbound spirits, you have to see them for what they are, which is stuck, scared, powerless-feeling spirits. If they lash out, it's because they're like a cornered animal, and they can't do you any damage.

They don't have the power to energetically violate us, unless we grant that power (sometimes we unconsciously grant it through fear, so you have to remain in your power, and remember they can't hurt you & that the Divine beings have your back.)

I have pasted an energetic sovereignty prayer below, which you can use if you are nervous about working with these spirits. It will strengthen your own energy field.

Say the following:

"*According to the universal law of creation*
My body and my energy field were given to me and only to me,
(say your name)
To hold only all that is me, all of my energy, all of my power
And all that benefits me.

My body and my energy field inherently are not designed
To hold anything that is not me or does not benefit me.
Anything that is not me, or may be harmful to me,
Is automatically rejected by my energy field.
I have ultimate control over what my energy field holds.
In my body and my field I, (say your name) RULE."

You can say the above prayer as often as you like, and it is most effective when you memorise it.

You might also find this article interesting: Why I Don't Believe in Psychic Attack

I hope that helps,

Anna.

Keeping Earthbound Spirits Out Of Your Space

Another common question that students have once they have cleared earthbound spirits from their space is: “Is there a way to keep these energies out of my home in the future?” The answer to that question is yes, and in this section I will teach you how.

HOW TO KEEP NEGATIVE ENERGIES OUT OF YOUR SPACE

We can keep earthbound spirits out by doing a protective blessing (which means placing energetic protection around the space) with the help of a Divine-level being, such as an Archangel or an Ascended Master.

HOW TO DO A PROTECTIVE BLESSING

The protective blessing I am going to pass on to you involves charging crystals with the energy of spiritual protection and then placing them at the four corners of your space.

HERE ARE THE STEPS TO DO THIS:

1. Lay your hands on four crystals - these should be one of the following:

- Amethyst
- Black tourmaline
- Fluorite
- Tourmalinated quartz
- Black obsidian
- Jasper
- Smokey quartz

The crystals above are known for their protective qualities. You can choose the same type of crystal or a variety of types. You can also use crystals you already own, or you can buy new ones. And it does not matter what size the crystals are — you can use large ones or small ones.

2. Next, clear the crystals. You can do this by alternating washing them in hot and cold water (alternate between the two six times.) Or you can clear them by burying

them in a pot plant or in soil outside for 24 hours. You could also place them in bright sunshine for two days (only do this in sunny weather). Or bury them in a bowl of sea salt for 24 hours.

3. Once the crystals are cleared, you will want to charge them. To do this, hold them in your hands or in your lap, and say the following:

Archangel Michael, please be with me for this protective blessing.

Then do the following breathing exercises: inhale to the count of four, hold to the count of four, and exhale to the count of eight. Do this a total of three times.

Next, say the following prayer:

I call upon Archangel Michael, and the Guardians of the Four Directions to bring down a protective column of white light in the centre of this property and four columns of white light for each corner of the property.

(Take a moment to see this happening, if you are able to visualise it.)

I ask for the crystals which will soon be placed at the four corners of this property to be charged with these energies of protection. Please connect these energy columns and crystals to one another to form a protective structure around this property.

Specifically, I ask for incoming earthbound spirits to be disallowed from entering this space.

I ask Archangel Michael to place violet flames – one in every corner of this property – to clear and transmute any negative energy that is created from within. I also ask for these to remain in place as long as I occupy this space.

I ask for emissaries of Archangel Michael to stand watch and protect this property at the four corners to deflect any other incoming negative energy, and to make this place as if invisible to anyone with negative or malicious intent. I also ask for the benevolent elemental spirits connected to the land to guard this space.

Thank you for being here. I ask for the blessing of Archangel Michael, any ancestral land spirits that may be here, and Mother Earth and Father Sky on this property. Please fill this space with the energies of love, light, grace, harmony, prosperity and joy.
Thank you. It is done, it is done, it is done.

4. Finally, once you have said the prayer, **the four crystals need to be put at the four corners of your space.**

Here are some guidelines for putting them in place:

If the property consists of a house and garden at the back and in front of the house, then the crystals should be placed in the furthermost corners (i.e. in the gardens). If you have soil in the four corners of your space (i.e. the furthermost corners of your property are in a garden) then full or partial burial is also a good idea. (However, if you can't bury the crystals, then this is still okay. If you live in an apartment, for instance, then the crystals can be placed in the internal four corners of the inside space.)

If you do not want to use crystals or don't have access to any, however, you can still use the prayer to do a protective blessing for your space. Having crystals in place is definitely more powerful and long-lasting in terms of protection, but in the absence of crystals, a space can still benefit from having the blessing done without them.

In that case, here is an alternative version of the prayer that you can use:

I call upon Archangel Michael, and the Guardians of the four Directions to bring down a protective column of white light in the centre of this property and four columns of white light for each corner of the property. (Take a moment to see this happening, if you are able to visualise it.)

Please connect these energy columns to one another to form a protective structure around this property.

Specifically, I ask for incoming earthbound spirits to be disallowed from entering this space.
I ask Archangel Michael to place violet flames – one in every corner of this property – to clear and transmute any negative energy that is created from within. And for these to burn as long as I occupy this space.

I ask for emissaries of Archangel Michael to stand watch and protect this property at the four corners to deflect any other incoming negative energy, and to make this place as if invisible to anyone with negative or malicious intent. I also ask for the benevolent elemental spirits connected to the land to guard this space. Thank you for being here. I ask for the blessing of Archangel Michael, any ancestral land spirits that may be here, and Mother Earth and Father

Sky on this property. Please fill it with the energies of love, light, grace, harmony, prosperity and joy.

Thank you. It is done, it is done, it is done.

Pendulum Dowsing FAQ's

When you do an earthbound spirit release, you will be using your pendulum for some of the steps. So, at this point I want to cover some frequently asked questions about the process of pendulum dowsing, just in case they come up for you.

Question #1: My pendulum swings too slowly and the movements are too small for me to make them out. What is going on?

Answer: It is actually very common & normal when you're a beginner for your pendulum to take a wee while to move initially. It usually gets quicker, the more experienced you are. However, if you want to speed it up, or your pendulum movements are too small to discern – here are a few tips to help you (— please note that the solution for both of these problems: **the pendulum moving too slowly,** and **the movements being too small** almost always have the same cause.)

1. Relax your arm!

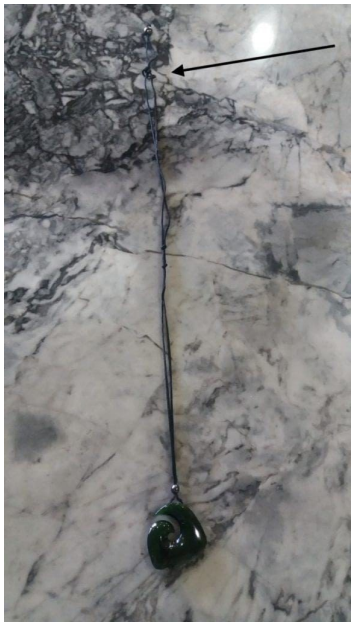
Often when the movements are too small or slow, it is because your arm is tense, and it is making it difficult for the movements to come through. This is often connected to some worry around 'getting it right'. So try relaxing your muscles – you're not going to get more accurate answers by clenching your arm.

Here's a relaxation exercise you can do before dowsing: clench every muscle in your body really hard (including your insides, your pelvic floor, and your face.)

Hold that for 10 seconds and then let go. You will now be slightly more relaxed than you were before. Do it a few times if necessary.

2. Make sure you're holding your pendulum in the right place

What beginners sometimes do is hold their pendulum close to the end of the string – at the top:



And that's not good because the movement of the pendulum is going to be too slow if you hold it all the way up here.

So the ideal place to hold your pendulum (to have sufficient control of it) is about half way down the string (about 6 inches from the pendulum). You can see some little knots I have tied for myself around the place I like to hold my pendulum.

You don't want to hold it all the way down the string near the pendulum, either. In the middle is best – holding it at either extreme is not good because it can either slow the pendulum down or it's just so close that it's very fast.

3. Support your arm properly

Rest your elbow on something. If not, you can end up clenching your arm muscles to support the pendulum, and that can lead to **smaller** or **slower movements**. I usually rest my elbow (the elbow on the arm I am using to dowse) on a table.

Or if I don't have a surface in front of me, I rest it in my other hand (I have my other arm across my belly and with the hand just underneath the other elbow.)

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Question #2: I ask my pendulum a question, and sometimes have the answer pop into my head before the pendulum responds! It is quite off-putting – it makes me feel like I am making the answers up, and my thoughts are taking over?

Answer: Actually, it IS totally normal to have the answers pop into your head before the pendulum has time to respond. This frequently happens to my students – it means you have some claircognizance and that is kicking in. It doesn't generally mean your thoughts are taking over.

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Question #3: I am getting conflicting answers from my pendulum. How do I deal with that?

Answer: Firstly, never ask the same question twice. Always go with your first answer. If you start second-guessing the first answer you got because you are attached to 'getting it right', it can really mess up the whole process and bring the energy of doubt into it. Asking again is like saying to Spirit: "I'm not sure about the first answer – can you give me another one?" That is not productive because you are then affecting the outcome of the dowsing, based on the answer that your ego wants.

Secondly, stillness (so, getting into the alpha state...we discussed this in lesson 1) is important for dowsing. The pendulum responds to your thoughts as well as to your questions.

So, if you ask a question in your head, the pendulum will respond to the question that you asked. But if a few seconds later you have the thought *"Hmm, am I doing this right?"* or *"I'm not sure what I'm doing here,"* the pendulum will respond to that too, and give you a response! So keep your mind clear and focus only on the question at hand – otherwise you'll get a jumble of answers to questions you're asking without realising you're asking them, or thoughts you're having without realising you're having them.

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Question #4: When asking a question with a pendulum, do I need to ask the question out loud or is it okay if I ask questions with my inner voice?

Answer: You don't need to ask questions out loud unless you want to. Most people use their inner voice. It's up to you.

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Question #5: If I am asking a series of questions while dowsing should I stop the pendulum between questions?

Answer: Yes, if your pendulum has responded with its answer and is not winding down its movements, I think it's best to stop it physically and move on to the next question.

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Question #6: Sometimes when I ask a question while dowsing, the pendulum waits 10 seconds to move before it responds – is this normal?

Answer: Yes. Your description of the pendulum taking a wee while to move is actually very common and normal when you're a beginner. It usually gets quicker, the more experienced you are.

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Question #7: Should I energetically cleanse my pendulum between dowsing sessions?

Answer: I probably wouldn't bother clearing your pendulum between uses (that would be overkill as far as I'm concerned), but it can be a good idea to clear your pendulum every couple of months, as objects can take on energetic residues from their environment. To clear it periodically, do the same thing as you did to clear it when you first started using it — bury it in a pot plant or put it outside in the soil overnight. You can also bury your pendulum in a bowl of sea salt, as this can effectively clear any negative energies your pendulum may have picked up.

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Question #8: I wondered if there were similarities between using an Ouija board and pendulums? I've heard that both are dangerous to use. Are pendulums 'safer' or is there a similar risk? I would appreciate your answers and perhaps a little reassurance

Answer: All sorts of things can be dangerous if used incorrectly. And a pendulum is one of those things. Let me explain:

Firstly, using a pendulum is nothing like using an Ouija board. Ouija boards rely on physical movements from poltergeist spirits that have amassed enough energy in the physical to be able to move objects. Poltergeists, being in a sort of limbo between dead and living, do not have access to such energy in themselves so they draw it from incarnated souls, which is where the scary phenomena start to occur (people feeling influenced/possessed etc) and then of course objects moving by themselves. These poltergeist spirits, to be powerful enough to draw energy from incarnated people and move objects, tend to be spirits of those who have been dead for a long time and not crossed over, usually because they are very low vibrational (i.e. stuck in fear, anger, revenge). So they can be scary spirits too because they are so angry/frustrated/afraid.

When you use a pendulum the way I teach you to do it, spirits do not move the pendulum. The answers come from your Higher Self, to your subconscious mind, and then to your conscious mind via the tiny movements in your wrist/arm. You've programmed the pendulum to work this way (in lesson 1) and in addition you have done the Earthbound Spirit Release Prayer and the 21-day prayer, so it's not like you go into it asking any Tom, Dick or Harry spirit to come through. In fact, if you've followed my lessons, there won't be a single spirit in your vicinity who can affect your pendulum, nor would you be open to it if you've completed the 21-day prayer for avoiding earthbound spirits. Those steps make your pendulum very safe and reliable to use.

I hope that offers you some reassurance.

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Question #9: I am so lousy at dowsing. For one, my hand shakes a lot. And when I receive an answer it often changes. It may swing clockwise, then counter clockwise, then side to side, then diagonally. Plus the swings are weak and shaky to begin with. How should I proceed, is there something I am doing wrong here?

Answer: Sometimes when you are not getting accurate information through dowsing, it can be because you have some unconscious blocks or fears around using the pendulum. This could come from a past life when you were killed or hurt for using your intuitive skills or spiritual guidance. Or it could just be your conscious mind telling you that you can't make dowsing work for you.

Using one or more of the following clearing statements should help you get the pendulum to respond to your questions. I would recommend saying them out loud. (These affirmations were passed on to me by Kate Strong, a colleague of mine):

"I release all fear of using the pendulum. I release all belief, perception, and judgement that I cannot or should not use a pendulum. I release all need and desire to believe that I cannot or should not use a pendulum. I now completely accept and believe and instruct my subconscious to accept and believe on every level of my being, conscious and subconscious, that I can use a pendulum, and that I will receive strong signals and accurate information."

"I release all fear of answering the question. I release all resistance to the answer. I give my subconscious mind permission to answer the question."

These statements reprogram the subconscious mind to replace fear or resistance. In the beginning, you may find it necessary to use releasing statements several times to obtain a yes or no answer from your pendulum.

If you're still having issues after using these prayers, please let me know.

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Question #10: This might be a bit of a silly question but I think I've found a pendulum that I would like to use however, aside from clearing/cleansing it, is it okay to wear it as jewellery in social situations or would it be better to just put it away when not using it as a dowsing tool?

Answer: Yes this is fine to also wear your pendulum. But you would need to clear it after you have worn it in a social situation. I'd recommend burying it in sea salt or in a pot plant or outside in the soil.

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Question #11: If I buy a new pendulum in the future, do I need to go through the 'attunement' process of asking it to show me 'yes' and 'no'?

Answer: Yes. If you use a different pendulum, i.e. one that is not the one you originally programmed, it's a good idea to go through all the instructions again to program it.

Lesson 4 - The Cord Cutting Session (Part 1)

Cord Cutting Introduction

We're now ready to start learning how to cut a cord of attachment.

In this document, I'm going to cover some introductory information about cord cutting, including the following:

- What negative cords are
- The benefits of cord cutting
- How the process works
- Why we form negative cords in the first place
- Which kinds of relationships and issues are particularly suited to this type of session

To begin with, what are negative cords?

Negative cords are astral-level, energetic connections that we form when we have a significant relationship or encounter with someone. This negative cord is an energetic structure which contains all the negative patterns and dynamics of the relationship between two people. Energy flows back and forth between two people through these cords — you contribute energy into that cord, and the other person does too.

The more emotional, difficult or intense your experience with a person/place/thing has been, the bigger the negative cord between you will be. Negative patterns of emotion, thought and behaviour circulate in these negative cords until they are cut. These negative energies can filter through to the subconscious mind and affect our behaviour, thoughts and feelings.

We all have many negative cords attached to our auras. Some are substantial, some are more minor, and some are in-between. Minor cords sometimes deposit so little negative energy into our auras that they may not always be worth removing, but the larger ones are almost always worth cutting.

There are several principles which underlie the concept of forming and cutting negative cords. These may not seem relevant at first glance, but to help you to

understand how these cords get formed in the first place, I think it is a good idea to cover the underlying concepts.

Concepts Underlying the Process of Forming and Cutting Cords

The first concept underlying the formation of negative cords (and the cutting of them, too) is this:

1. Everything is made of energy

In the words of Bill Hicks, "All matter is energy condensed to slow vibration."

This means that everything in this physical world which appears to be solid and made of physical matter also has an energetic component to it. This includes the natural world – trees, animals, plants and land – and it includes man-made objects and buildings.

This unseen energetic world is like an underlay of the physical world. What appears to us to be solid matter is actually a slow vibrating mass of energy which our five senses perceive to be solid. However, if we use our 'sixth sense' (meaning our psychic ability or energetic sensitivity), we may become aware of the underlying energy behind the matter.

As human beings, we also have an energetic overlay to us in the form of our energy field (also called the aura). This aura is an invisible field that surrounds each of us.

Everything is made of energy, so that's the first important principle behind cord cutting.

Here is the second principle behind the formation and cutting of negative cords:

2. Humans form energetic attachments – positive and negative

Becoming attached to people, places and things is simply a part of being human. In order to get our needs met and increase our odds of survival, we have evolved to form attachments to one another. These attachments manifest emotionally and psychologically, **but they have an energetic component to them, too, which also impacts us in unseen ways.**

This means that when we interact with other people, places, animals and objects, we are not just interacting verbally, physically, emotionally and psychologically – our energy is also interacting with their energy too. If there is particular significance to the relationship or encounter that we have with another person/place/animal or object, a cord of attachment is formed, too.

Other types of attachment

To put the negative cords that are the focus of this course into perspective, I want to have a look at the two other types of energetic attachment that we can form to people, places, animals and objects.

1. Soul ties

This is the Divine-level energetic attachment which encapsulates all the positive energy of our relationship to a person, place, animal or an object. This soul tie contains everything that is positive about the relationship between you and another person.

If you have a relationship with someone that involves soul growth and learning (which is often the case, since as souls, a lot of our learning and growth comes from our relationships) then this soul tie between you both will hold all of the information about what that growth involves. It also holds any love and affection that exists between two people.

We have these soul ties with anyone who is important to us or who has impacted us in some way. If there's nothing that seems positive about the relationship with another person, there may not be anything particularly positive encoded within the soul tie, but instead, it will contain information about the soul contract and why these two souls have chosen this experience together.

So, the soul tie contains information about your soul's path, or tells the story of an experience, situation or relationship in the grand scheme of your life and your soul's path. The soul tie is not something that we can cut, nor does it affect us negatively.

2. Psychic ties

Psychic ties are tiny energetic connections which form between you and another person. They are created when you interact with someone else, either in person or at a distance. They look like really small threads of energy, akin to webs of energy between us. You do not even have to be personally acquainted with someone in order to form psychic ties to them – we can form ties to people we watch on television, and those we read about in newspapers or magazines.

When these psychic ties form, it means that a minor psychic and telepathic connection has been formed between you and another person. These ties exist on the level of the astral realm and the unconscious mind. This means that you are more likely to think of the other person out of the blue, and be connected to what they think and feel. If you are an empath, having psychic ties to someone means that you will feel as if you are 'hooked in' to that person's emotions or thoughts, in a subtle but impactful way.

Perhaps you have had the experience of knowing when someone close to you has just sent you an email, or if you think of someone, and then the next minute, they ring you on the phone! These little intuitive messages come through the psychic ties we have to people, and empaths are more susceptible to such experiences.

This is the type of energetic connection that people cut when they talk about calling on the angels and cutting cords using a method that takes only a few minutes. Later on in this program, I will teach you how to cut this type of attachment too, but bear in mind that it is not something that will yield amazing results in terms of healing. Instead, it simply helps to free up a bit of our energy (and this applies especially to empaths).

What Differentiates Cords of Attachment From The Two Attachments Discussed Above

The difference between the negative cords of attachment (the focus of this lesson) and the two other types of attachment above is that the cords we are going to cut are negative, and they can and do affect us adversely, whereas the other two attachments do not affect us as much adversely.

Cutting Cords of Attachment

Cord cutting is about working through and severing the negative connection we might have to a particular person (or place, animal or object) so that the heavy or difficult patterns and dynamics which are contributed into the cord (by both you and the other party) are no longer affecting you.

Cord cutting has been around for centuries. The concept of negative cords is thought to have its roots in the healing traditions passed down by Native Americans, who believed in the idea that harmful or toxic relationships can manifest as energetic connections that can be cut.

Which Cords Are Worth Cutting

As already mentioned, some cords are more substantial than others. The more emotional, challenging, long-lasting or intense an encounter or relationship with a person is, the more likely it is that we are to form a significant cord to the other person.

Here are some example of the biggest cords that we tend to form:

Parents/guardians – substantial negative cords to our parents are formed, usually not long after birth.

On the soul level. our relationships with our parents can be an important outlet through which to explore and learn our life lessons, because our early years have such a big impact on our approach to life and relationships later on. Indeed, we choose our parents even before we incarnate, so these cords can be pretty big for some people. I have had lots of clients who want to cut a cord to a parent. Cutting a cord to a parent can be one of the most impactful types of cord cutting that I have seen.

(Note that we always form cords of attachment to our biological parents, even if we are adopted and our biological parent did not raise us.)

Other important family members – siblings, children, parents-in-law, etc.

Important people from your formative years – including childhood friends, teachers, etc.

Your partner/spouse – it can often be helpful to cut the negative cord in an existing relationship where there are challenges (which of course applies to many relationships). Sometimes people think that cutting the negative cord means cutting the connection or weakening it. But it isn't about that. The negative cord only contains the challenging energies and dynamics from the relationship. So if you want to improve your relationship, it can help to cut this negative cord and the two parties can still be connected afterwards. It can only improve the relationship. (Remember that there is also a soul tie between two people that contains everything that is positive about the relationship, and this cannot be cut.)

Close friends – especially when a friendship has ended under difficult circumstances, or when a friendship is going through challenges.

Past, significant romantic relationships – it can be therapeutic to do a cord cutting when there has been a break-up or divorce, as it can help with letting go and assist with the grieving process. This type of session is commonly requested among my clients.

Sexual partners – sexual relationships in particular can cause us to form substantial cords, because of the intimate nature of these experiences, and the fact that we merge energetically with another person during sex. We form cords with anyone we have sex with, and substantial cords are formed with a partner who is involved in conceiving a child and the person one sleeps with for the first time.

Abusers – we tend to form large negative cords to those who have mistreated us in some way, whether the abuse is emotional, physical, verbal or sexual. Cord-cutting can be particularly helpful for people who come from dysfunctional or abusive families. Such people often want to do a cord cutting as part of their healing process and when working with clients, those are some of the best results that I have seen. Often, when we cut a cord to an abuser, the trauma of past experiences involving abuse can be lessened or can lose its power over us.

Anyone involved with you in a major accident, and anyone who caused an accident, trauma, or injury for you – the effects of a traumatic experience involving another person can often be lessened by cutting the cord to the person who caused it or experienced it with you.

Those involved in any past or present experience that is particularly difficult or upsetting – such as childhood bullies, difficult employers, employees, co-workers or clients.

Smaller cords may be formed to people we don't know who irritate or annoy us. For example, we may form smaller cords to people we have never met but who we dislike, such as politicians or celebrities. The US President Donald Trump is a prime example of the type of cord that falls into this category for people.

Cords to Animals, Places & Objects

Please note that we can form negative cords to groups of people, places, animals and objects, too. In some cases, these cords may be small, in other cases, they can be substantial and impactful cords.

Animals

For example, in the case of **animals**, you may form a cord to a dog that bit you, or a pet that you have/had a loving but also challenging relationship with (for example: pets with behavioural issues such as separation anxiety.)

Places

As for **places**, we usually form cords to places and homes we have lived in. There is always a soul tie to places too, because as human beings, we are nourished by and draw energy from the land we are living on. But if there were heavy or difficult energies which complicated the relationship that we had to our home, there can also be a negative cord too.

For example, let's say that a person has a challenging time buying their home (perhaps the deal nearly falls through during the buying process). They will often form a negative cord to that home as a result, and sometimes it can be helpful to cut those, too.

Groups

I also mentioned that we can form cords to **groups** of people. For example, someone who spends time within a cult will form a cord to the whole group, in addition to certain members of that cult.

To give another example, someone who has been oppressed by a group of people (whether that is an organisation, an ethnic group, political group or a religious group) will form a cord to the group as a whole. For example, I once had an older African American client who had been discriminated against and mistreated throughout her life on the basis of her ethnicity, and she wanted to cut the cord to "white America" to let go of the collective negative energies associated with the events and situations she had encountered in the past. This sort of cord cutting is possible, too.

Divine beings

You can also cut a cord with **God** or with other deities for those involved in polytheistic religions. I have done that for people who have had negative experiences with organised religion. Of course, in a situation like that, the cord the person is forming to God will not be to the genuine Divine Intelligence, but instead to the idea of God that the person became familiar with as part of their religion. For example: the idea of an angry or a jealous God in the Christian religion, or the idea of a God who only accepts heterosexuals. These are distorted ideas of God that we can form negative cords to, based upon our experiences, but these ideas are nothing to do with Source, or Spirit, or God in the true sense.

Objects

We can also form negative cords to **objects** that have negative associations, or which otherwise have some history or meaning for us. (Often these cords are minor ones.)

Benefits of Cord Cutting

Next I want to cover the potential benefits of cord cutting. What kind of benefits can we expect from cutting a cord?

The first thing to know is that, although not every cord is the same and results vary from one cord-cutting scenario to the next, cord cutting can and does help us to heal from difficult relationships and experiences, transcend limiting patterns in our lives, extract the lessons from the past, and gravitate towards healthy relationships and positive dynamics in the future.

I have seen cord cutting help people to work through grief and loss, improve ongoing relationships and even help to change ingrained negative behaviours and habits.

Some of the common issues that come up in cord-cutting sessions include:

- Harsh childhoods/toxic parents and families of origin
- Grief and loss (cord cutting can often help with the grieving process)
- Addictions
- Co-dependence
- Abusive relationships/distorted love

As cord-cutting practitioners, we often deal with the kinds of issues that people enter psychotherapy or counselling for, but these issues are obviously dealt with from a spiritual and energetic perspective.

On an energetic level, cord cutting can help to balance our chakras.

Some common chakra-balancing effects of cord cutting that I have seen include:

- More grounding at the root chakra and feeling more present in one's life and in one's body
- Increased sense of personal power at the solar plexus
- More courage to express oneself authentically and honestly (throat chakra)
- Greater trust in one's intuition (third eye chakra) and seeing oneself and the world more accurately
- Greater connection with Source (crown chakra)

Frequently Asked Questions about Cord Cutting

Next, I want to answer some commonly asked questions about the process of forming and cutting cords.

Why do we cords form in the first place?

To answer this question, let's take a look at the context within which negative cords are formed:

Souls choose to incarnate here on earth because this is a place where we evolve through the presence of light and dark.

Something that I resonate with strongly, which I read in the 'Conversations with God' series of books, is that negativity exists in the world because God wanted to experience relativity. The idea is that the Big Bang was effectively a shattering of God's energy into small particles (souls) so that God could experience Itself as many polar opposites.

In seeing opposites, we get to experience negativity as well as positivity. Without the dark, there is no experience of light, and vice versa. In this process, we understand what we stand for on the soul level, and we ultimately come to identify ourselves as beings of love and light (which is indeed what we are).

This is exemplified in a quote by the poet and mystic Kahlil Gibran:

"The deeper that sorrow carves into your being, the more joy you can contain.

Is not the cup that holds your wine the very cup that burned in the potter's oven?

And is not the lute that soothes your spirit, the very wood that was hollowed with knives?

When you are joyous, look deep into your heart and you shall find that it is only that which has given you sorrow that is giving you joy.

When you are sorrowful, look again in your heart and you shall see that, in truth, you are weeping for that which has been your delight."

As souls, we aim to explore the positive themes of love, truth, power, peace, faith and wholeness. We can explore these most effectively by experiencing their opposites, such as oppression, distorted or abusive love, grief & loss, trauma, and addiction.

It is clear that we learn through both positive and negative experiences. The positive learning experiences are reflected in the soul ties we have with people, and the negative learning experiences are reflected in negative cords.

Can you cut a cord to a deceased person?

Yes, you can. It makes no difference if the 'cordee' is alive or dead.

Can we cut cords at a distance or must cord cutting be done in person?

Cord cutting can be done over the phone or in person. It makes no difference to the results if you are in a room with the client or halfway across the world. For this type of session, we are working with energy and we can do that at a distance.

(However, note that cord cutting ideally should not be done by email or online chat — it should be an interactive, live session where the client must make a verbal input, discuss the dynamics and give permission.)

Does cord cutting affect the other person? Is it going to affect them negatively or are they going to feel alienated from me?

No, cord cutting doesn't affect the other person, because if you think of the cord as a structure between two people, the cord is only going to be cut on your end, not on the other person's end. You can't actually cut it on their end.

If the 'cordee' is particularly perceptive, they might pick up that there's been an energetic shift in the relationship once the cord has been cut. It may be a pleasant shift, such as a feeling that there's less baggage, and that something has been freed up.

However, the cordee may be affected through a different mechanism. If you change the way you're behaving and responding to another person, because (energetically or literally) you're putting out something different yourself in terms of your behaviour, that can have a knock-on effect on the other person and how they respond to you, which in turn, can change the dynamic. However, it's not that the cordee has had any energy work done on them; all the work was done on you.

Why can't we just ask Archangel Michael to cut our cords instantly and be done with it?

What usually happens when someone asks Archangel Michael to cut all their cords and it happens in 30 seconds, is that the person is cutting their psychic ties (not the negative cord).

Psychic ties, as mentioned, are small connections that form between you and another person when you interact. They look like tiny threads, akin to webs of energy communication that form between us. They form between you and anyone you interact with. This could be in person, such as close family members and friends, or it could be from a distance, such as people you watch on television, artists whose music you listen to and people you read about in newspapers.

When these psychic ties form, it means that a little psychic connection has been formed between you and the other person. This tie will exist on the level of the unconscious mind. This means that you are more likely to think of the other person out of the blue and be connected with what they think and feel.

By contrast, a negative cord is formed when you become interested in another person. You have some energetic investment or interest in the relationship, whether that's positive or negative. The relationships in which negative cords form tend to have energy behind them, whereas psychic ties do not have a lot of energy behind them.

Psychic ties can be cut very quickly, whereas negative cords need more time and exploration of the dynamics contained within them before they can be cut. This is because there are valuable life lessons encoded within our negative cords, and these lessons are not encoded in psychic ties. Our negative cords help us to evolve on a human level and on a soul level. So, if we are to learn from our experiences and relationships, we need to have a look at what is contained within a negative cord before we cut it. We are short-changing ourselves if we do not do this, and as a result, the cord cutting process will not be complete.

Can I cut all my own cords, or should I have someone else to do it for me?

Yes, you can cut many of your own cords, but for the biggest cords (such as a cord to a parent, or to someone who caused a traumatic situation for you), I would recommend that you get those cut by someone else.

How I Discovered Cord Cutting

I discovered cord cutting as a way to help my clients back in 2007.

Around this time, I trained in a healing modality that taught me to cut cords simply by asking Archangel Michael to cut them. My clients kept telling me that they did not feel that this made much difference to them or gave them much relief, and they were sure that the cords had come back. This turned out to be common feedback from my clients that the next time a client told me this, I tuned into her energy field and I found that the cords had indeed returned. In effect, the work we had done was just temporary.

In the end, I came across the concept of 'psychic ties' and the penny dropped that I had been cutting these smaller connections for people.

As mentioned previously, you can't cut a negative cord just by asking for it to be so. Unlike psychic ties, cords contain life lessons and information that we can't just ask to have dismissed from our lives. We need to gain awareness of the energies, learn from them and process them properly before we can release them.

Around this time, I came across a different process for cord cutting. The lady who originated this method, which is the method I am going to teach you, was a cord-cutting practitioner called Joanna Lester. (As a side note, it was taught to me by someone whose name I don't like giving out because she has spiritually abused her clients over the years and I wouldn't want to refer any people her way. A lot of people have approached me wanting to cut a cord to this woman and I've heard many disturbing stories in that vein, so the person who taught me remains nameless for that reason. The technique was great, but the person who taught it to me was not so great.)

However, the originator of the technique you will use was Joanna Lester, and I know very little about her except that she was based in the USA and was a very effective healer who worked with Barbara Brennan, the 'Hands of Light' author.

I used the cord cutting method I learned for about 10 years and over time, I adapted it for hundreds of my own clients. During this time, I also cut over 50 of my own cords to people in my life. Some of them I cut myself, and some were cut by other practitioners. I have gained so many benefits from cutting my own cords and having them cut. If you're interested, you can read more about my experiences with cord cutting here: Cord Cutting — A Spiritual Technology That Changed My Life.

Here is a general summary of the cord-cutting process:

1. Bring in a Divine Being (either an Ascended Master or an Archangel) and set up a sacred space for the session.

2. Check for earthbound spirits in the client's auric field (if there are earthbound spirits, do an Earthbound Spirit Release instead.)

3. Help the client decide who to cut a cord with, and if necessary, obtain some guidance on which cord would be a good one to cut. Confirm with Spirit that this is a good cord for the client to cut right now.

4. Help the client come up with a suitable intention for the session.

5. Read the client's energy field and locate the chakras which are being most affected by the negative cord they have chosen to cut. Describe how the client's chakras are being impacted by the negative cord.

6. Find where the cord is located on the client's energy body.

7. Cut the cord.

8. In the place of that cord, ask the client if they would like to request certain positive energies to come into their energy field to help them in the healing and releasing process.

9. Find out about the negative dynamics that were contained within the cord. Some of the negative dynamics will be coming from the client, and others will be from the 'cordee'. This part is called the 'energy dialogue', because it often looks like a conversation between the two people. The energy dialogue may contain negative emotions, beliefs and thoughts, and it might even contain information about past events and occurrences in the relationship. You will find out this information for your client through channelling or through using dowsing with charts.

10. Discuss the dynamics that you found with the client. Ask the client questions about the energy dialogue. These questions are designed to help them to reflect and talk about the relationship.

11. Tune into Spirit and find out if there are any recommended steps for the client to take next which might help to integrate the healing. Alternatively, find out if there are any messages for the client from Spirit around this relationship or healing.

The entire cord-cutting process usually lasts between 45 and 60 minutes. I will guide you through this process in a lot of detail in the lessons that follow this one, and when you have learned the method, you will be able to turn to your 10 practice clients to put this information to work.

So that concludes the overall introduction to the modality of cord cutting. In the next lesson, let's get into the nitty-gritty of how you can cut a cord.

The Cord Cutting Session Protocol — Part 1

Below I have given you the instructions you need to cut a cord of attachment for a client, along with some explanations for the various steps. In this document, we look at the first half of the cord cutting protocol (I have separated the process into two halves.)

In the next lesson, I'll give you the second half of the process along with a cheat sheet, which contains all the steps you need, without the lengthy explanations that are in this document.

So, let's have a look at the first step for cutting a cord. (Note that the first two steps for cord cutting are the same as the first two steps for releasing an earthbound spirit.)

STEP ONE — Call in a Divine Being of Your Client's Choice:

- Tell your client that for a healing session, you need to bring in either an Ascended Master or an Archangel. Let the client know who you usually work with (e.g. "I usually work with Archangel Michael") but if they have another preference, you can go with that. Once you have their preference, or if they have no preference, let them know you're going to take a moment to bring in the Divine being now and create a sacred space for the healing (put the client on mute and do the following out loud so that the client can hear you:)

- Go within and see how you feel. Try to put a word on it.

- Say ***Archangel Michael*** (or whichever Divine Being the client has chosen), ***please be present and in charge of this healing session.***

- Do the following breathing exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.

- Go within and see if you can put a word on what you are feeling. You might notice a little difference now that you have called in the Divine Being, or you may not! (Either way is fine).

Step 1 FAQ's:

Below are some questions I have often been asked in the past about step one of the cord cutting session. I want to include them here in case any other students have the same questions:

Question #1: "My client asked to bring in a Divine being who I had not heard of, and I wasn't sure if this was a Divine being. I did some research but I couldn't be certain. How should I proceed?"

Answer: This can sometimes happen. In the past, I have had clients suggest Ascended Masters who were dubious choices, such as deceased celebrities. Such celebrities may or may not be Ascended Masters; but we don't want to take the chance that they're not.

If you are unsure, tell your client that you would rather work with a being that you know 100% belongs to the Divine Realm (because only Divine beings can bring healing energy), and ask them to choose a different one, or suggest one for them.

Question #2: "My client wanted to bring in a Catholic saint for this part of the session. Would that be OK?"

Answer: Catholic saints are not necessarily Divine beings, so they should be avoided during a cord-cutting session.

Question #3: "Can we bring in a Spirit Guide or a deceased relative, instead of an Archangel/Ascended Master?"

Answer: No. It's not a good idea to bring in a Spirit Guide or a deceased loved one for healing. These are not Divine beings and they cannot bring healing in the same way Divine beings do. Astral-level beings, such as Spirit Guides, are more suited to bringing us guidance rather than healing.

Question #4: "Can I bring in God instead of an Archangel or an Ascended Master?"

Answer: Yes.

Question #5: "My client wants to bring in more than one Divine being. Is that okay?"

Answer: Yes, that will work, however I would recommend restricting the number of Divine beings to two.

Let's have a look at the second step now:

STEP TWO — Create a Sacred Space for the Healing:

- Ask for violet flames and gold and silver light for the room you are in, and also for the client's room that they are in. The violet flames are a receptacle for cleared negative energies and the gold and silver light is to protect your (and the client's) space:

  Archangel Michael (or the Divine being you personally called in for this), ***please place violet flames, one in every corner of the room that (client's name) is in, and one in every corner of the room I'm in. Also please place violet flames in the centre of both of these rooms. This is to clean up any stale or negative energy.***

  Next, please place gold and silver light around the edges of the room that (client's name) is in. And around the edges of the room I'm in. This is to seal the energy in this place so that only energies of the highest vibration may enter.

STEP THREE — Check For Earthbound Spirits

Use your pendulum to ask:

"Does this client have any earthbound spirits in their auric field?"

If the answer is 'yes', revert to the Earthbound Spirit Release protocol, because we should not do a cord cutting for a client who has earthbound spirits attached to her auric field.

If the answer is 'no', continue with the cord-cutting session.

STEP FOUR — Choosing Which Cord to Cut

Next, ask the client one of the following two questions:

- **Do you know who you would like to cut a cord with? Or would you like some help deciding?**

- **Would you like to tell me a little bit about why you booked this session and what you have in mind?**

Give the client a chance to talk and explain her motivation for booking.

Her situation will usually fall into one of the following two scenarios:

- #1: The client knows exactly who she wants to cut a cord with
- #2: She has some ideas of who to cut with; but she wants some help deciding

(It's not that common for a client to show up to a session and have no idea of who to cut with. If this happens, you will need to list out some of the types of relationships I mentioned in the 'Introduction to Cord Cutting' section that can be helpful to cut, such as parents, siblings, exes, etc, and see if that helps the client to narrow it down to a few possible cords.)

Let's look at scenario #1 first (i.e. the client knows who they want to cut with)

In this situation, you will need to use your pendulum to ask:

"Do I have permission to go ahead and cut this cord?"

The answer to this will usually be 'yes'. If you get a 'no', obviously you will need to heed that. (When you ask questions such as this during a cord cutting session, the permission — or not — will come from the Divine being that you called in for the session.)

Here are some of the possible reasons why you have got a 'no':

- **The client is not emotionally or psychologically stable enough to have a cord cut**: this is not a very common scenario. But occasionally you will have a client book a session who is dealing with a mental health crisis. Or they may be going through something emotionally that requires masses of energy (for example, they are grieving a loss and in the thick of it right now.) A client must have the emotional/psychological resources to be able to receive the healing in a cord cutting session and integrate the shift that it creates for them. Occasionally it transpires that the client is not in that position.

- **This is not the right time to cut a particular cord**: sometimes Spirit can see what is coming up for a person in the next few weeks or months and perhaps it

is not a time in the person's life that is conducive to getting this sort of healing session and processing the issues or memories that may come to the surface. I have had this response occasionally from Spirit, and there is always an element of mystery to it. We don't necessarily know why, but we heed it anyway.

- **You're not the right person to cut this cord for the client**: I don't think this applies very often, but it can occur. For the example of the woman I talked about in the previous chapter, who wanted to cut a cord to 'white America', not everybody is going to be the right person to cut that cord. She chose me (a white woman) to cut that cord but I can see how Spirit could have instead decided that I was not the right person to cut that for her. Sometimes it can be the case that the client needs to have the cord cut with a practitioner who has been through a similar relationship or experience, because of the understanding they can bring to the client.

If you got a 'no', using your pendulum, ask whether it is due to one of the reasons above. If it's the first scenario (i.e. the client is not emotionally or psychologically stable enough to have a cord cut), you will want to refund the client's session fee and end the session.

If it's the second or third scenario (i.e. it's not the right time or you're not the right person to cut this cord), you can ask the client to list out other cords she'd possibly like to cut and then ask "Do I have permission to go ahead and cut this cord?" for the others. If you get permission to cut all of the other cords listed out, you can ask the question below ("Which cord would be most in alignment with my client's highest path and purpose to cut today?")

I know this sounds a bit complicated. For a more succinct version of the above, please refer to the cheat sheet!

Now let's look at scenario #2 (where the client needs help deciding who to cut with):

So, this scenario is where the client has a few ideas of who to cut with; but they want some help deciding.

In this situation, you'll want to ask the client to give you more than one name to look at. You also want to know who this person is to the client i.e. the client's ex-husband or her sister. List them out on paper.

Next, ask:

- **"Which cord would be most in alignment with my client's highest path and purpose to cut today?"**

And you can also ask:

- **"How significant are these cords on a scale of 1-10?"**

I tend to ask the first question, and then also find out how significant the cord is, just out of interest.

So, to give an example:

Sandra is not sure who she wants to cut a cord with. She is considering cutting a cord to the following people:

- Her mother
- Her ex-husband
- A man who assaulted her when she was a teenager
- A friend from high school

It turns out that the cord that is most in alignment with her highest path and purpose to cut is the one to her mother, which is 10 out of 10 on the significance scale.

Sandra's high school friend who ended the friendship one day with no explanation, is an 8. This was a relationship and an experience that made a big impact on her in her formative years.

The cord to the perpetrator of the assault is a 10 — this was a seriously traumatic experience that impacted on Sandra for a long time.

Her ex-husband is a 7. This relationship did not have too many negative experiences attached to it, and its ending was not acrimonious.

A Note on Significance:

A ‘significant’ cord means it is connected to a relationship in which the client has learned a lot, or grown a lot, often through negative experiences and dynamics. With significant cords, there is usually a soul contract between the two people (i.e. they came into each other’s lives for a reason and this was set up on the other side before they incarnated.)

Anything 8 or above is a significant cord. 6-7 is not as significant — this sort of cord is often connected to a relationship that has a lot of positive aspects and not many negative ones.

Anything 5 or under is a minor cord. These are often connected to people who caused or who were part of a negative experience for us, but perhaps one that didn’t totally traumatise us. So, it could be that the annoying politician, whose policies you don’t agree with, is a 5.

More on Spirit Recommending Who to Cut With

Sometimes Spirit might recommend that we cut an insignificant cord, or one that wasn’t exactly at the top of the client’s list of people to cut with.

When this happens, I advise the client to go with it anyway, because experience has taught me that in those cases, it is for a reason.

For example, I cut several cords for “Annette” (I’ve changed her name here to protect her anonymity.) She came to our first session with a list of cords to cut, and some of them were 10/10 cords (i.e. really significant ones.)

But instead Spirit told me we needed to cut the cord to her sister, which didn’t make much sense to her, nor was it a significant cord, but she went with the suggestion. She gave me a testimonial later which included the following words:

“In our first session, Anna recommended I cut the cord to my sister. I was surprised as my sister and I have a great and loving relationship. Even though I was skeptical I decided to trust this guidance.

Two months later, my sister was going through a health issue, which was very unusual as she has always been very healthy. After extensive testing she turned out to be OK.

During the ordeal, however, she was a mess, and our family lived in distress and fear. I was the only one who was calm, realistic, and constructive, and for the first time in my life, I felt grown up in regards to my family. Being the youngest, I was always protected, and the one needing reassurance.

This time around, my family came to me for support for the first time, and it felt very good. (Had Anna not cut the cord, maybe I too would have been a wreck!)"

So in such cases, Spirit will see something we cannot see, and will advise accordingly. My recommendation is that you trust it.

But of course, we always give the client a choice. If Spirit says that cutting the 6/10 cord to her sister is in her highest path and purpose, rather than cutting the 10/10 cord to her father, but she is not convinced and wants to cut the one with her father, as long as we have permission from Spirit to go ahead, you can follow the client's lead. But my preference is to steer the client towards trusting the recommendations from Spirit.

if somebody comes to you and says I want to cut with so-and-so and it's something you've never even thought of before, like cutting the cord to 'White America' (i.e. the example I gave earlier in this protocol), you can ask 'can I cut this cord or not?', and you'll either get a yes or no.

STEP FIVE — Setting the Intention

This part of the process is all about coming up with a suitable intention for the healing session. The purpose of setting an intention is:

1. To drive the healing in a certain direction, where possible
2. To have a way to assess results of the process

Through the intention, we are saying to the Divine realm that we want help with something in particular. Although in the end we have no control over where the healing goes or how it manifests, we are nevertheless making a specific request of the Divine, which can often have powerful results.

In addition, having an intention for the session means we can later assess the results of the cord cutting.

I tell clients to look back over the intention they set, a couple of months after the session and they will know whether or not the session was successful or not. Most of the time, it has been. Sometimes clients are amazed when they look back at their intention and see how it has come to pass since then.

To elicit an intention from the client, I usually say something along the following lines:

"At this point I'd like us to set an intention for this session, to drive the healing in a certain direction. I am wondering what comes to mind for you, when I ask, what would be a good outcome of this cord cutting for you?"

This outcome could be related to the relationship with the 'cordee', or it could be a more general intention for the client's life.

Here are some examples of intentions my clients have set in the past:

"To let go of any past resentments connected to the relationship with X"

"To be calmer"

"To feel more self-love and more compassion for the self."

"To release all energetic ties to X and be able to move forward with a serious relationship with someone else"

"To forgive X"

"To feel more self-confident"

Occasionally clients need some guidance with this part of the session, as they can at times come up with unsuitable intentions. Here are some examples of unsuitable intentions:

Unrealistic intentions or intentions with too many facets to them

Sometimes clients will bring a whole list of things that they would like to change about their lives and work these into the intention.

For example:

"I want to improve my relationship with my husband. I also want to lose 5 pounds, find a new job and get out of debt."

Ideally we don't want to work requests into these intentions which sound like we're asking God or the Universe to fix something for us without our participation because often the things we want to change about our lives are part of our life lessons. For example, perhaps the client's life lesson is moderation, she overspends, and she needs to explore being frugal or money management before she can get out of debt and be financially successful in the future.

Or perhaps she doesn't currently have the motivation to lose weight. Maybe she is already at a healthy weight and deep down she's not that bothered about losing those last 5 pounds.

In situations like these, I ask the client to narrow the intention down to one focus, and maybe think about what energy do they need/want more of in order to achieve one of these external goals, such as the weight loss goal or the debt goal. Pinpoint that energy and ask the Divine for that as part of the intention.

So we could ask her to narrow the intention down to the most important aspect, and she may decide it is:

"I want to improve my relationship with my husband"

Or if she decides that one of the other goals is more important, such as getting out of debt, she may decide that she needs more focus or persistence to achieve this, and her intention could be:

"To become more focused and persistent in my journey getting out of debt"

Let's have a look at another type of intention which is also a no-no:

Intentions which are completely dependent on the cooperation of another person

Intentions like:

"I want my mother to respect my boundaries more"...

...Are problematic because we cannot control how another person behaves. We can only control how we behave.

I have come across clients who are a bit stuck on the idea that we can heal someone else or change someone else, through work like this.

Re-working an intention like this is an important first step in taking the focus off the other person (and what they are doing or not doing that bothers the client.) It can help the client to take back their power in the relationship, and let go of what they cannot control.

The intention above could be reworded as the following:

"I want to set and enforce boundaries more effectively with my mother"

Intentions which are worded in the negative

Another type of intention which needs re-working is the intention that states what the client does not want. These intentions need to be re-worked into its opposite.

So for example:

"I don't want to feel so anxious all the time"

Can be reworked into something like:

"I want to be calmer"

I was taught that positive intentions are more beneficial than negative intentions because they are stating what we would like to move towards, rather than what we want to get away from. Forward movement and progress towards something we do want, is often more powerful than the energy of moving away from something we do not want.

Let's have a look at the next step now:

STEP SIX — Reading the Client's Chakras to Assess the Impact of the Cord

For this part of the process, you are going to tell the client that now you are going to take a few minutes to read her chakras, to find out how this particular cord of attachment is affecting her.

First of all, I ask clients if they are familiar at all with the chakra system.

Most clients say yes, they have some degree of familiarity.

If they have no knowledge of the chakra system, I usually explain by saying something like the following:

"As spiritual beings having a human experience, we also have an energetic component to us, which is our energy body. Within our energy body, there is the chakra system, which is like an energetic grid composed of seven major points. These seven major points each correspond to an important area of human life. For example, the heart chakra corresponds to love and relationships.

We all receive vital life force energy from the Creator (or Source), and we integrate and process this energy through the chakras, however not everyone integrates this energy effectively, due to blockages in the chakras. A cord of attachment that we are cutting today for you, is one such blockage. So I'm going to tell you how this blockage is affecting your chakra system."

I usually tell clients I will be back in about five minutes and then put them on mute. When you're a beginner, this process can take you around 10 minutes, or longer, so feel free to warn your practice client and don't be embarrassed about it. You're still learning so it's fine that it takes a while.

The first question to ask for this step is:

"Which three chakras are most impacted by this cord of attachment?"

(It may be the case that all chakras are being affected but I usually narrow it down to 3 for the sake of brevity, otherwise it can take you a long time examining how the cord affects all the chakras.)

You can use the chakras chart to dowse on the chakras or you can simply ask *"Is the first affected chakra the first one/second one/third one"*, etc. Until you narrow it down to the right one.

I usually find that the cord is impacting on three chakras in particular but in some cases, you may only find one or two chakras are impacted.

The second question to ask (for each chakra that comes up) is:

"Which chakra databank in this chakra is most affected?"

Use the 'quick databanks' chart to find out. If the databank is not on the 'quick databanks' chart, use the 'full databanks' one.

The third question to ask is**:**

"Which type of negative energy does this cord bring to this chakra databank?"

You can use the negative energy chart to find out which negative energy/energies the cord is contributing to the chakra.

Once you have gathered your information, you will want to spend a minute or two looking over the findings of your pendulum dowsing to see how it all hangs together. You need to make sense of it before you can explain it to your client.

If you're new to this process and you're really stumped by the databank that came up, go back to basics and simply pass on the type of negative energy that this cord contributes to a particular chakra, and explain it in the simple terms below.

Negative energy at the root chakra — tends to affect grounding and sense of safety in the world

Negative energy at the sacral chakra — tends to affect energy, vitality and life enjoyment

At the solar plexus — tends to affect ability to take action, self-confidence, and ability to share power in relationships

At the heart chakra — tends to affect the ability to love oneself; and give & receive love in relationships

At the throat chakra — tends to affect ability to speak one's truth and communicate desires, opinions, needs, thoughts, etc.

At the third eye chakra — tends to adversely affect intuition & trust in one's perceptions

At the crown chakra — tends to block connection with the Divine in some way.
If you understand how it all hangs together (i.e. the negative energy & databank that came up make sense), next, explain to your client:

- Which 3 chakras are impacted
- Go through the chakras one by one. Explain for each: which type of negative energy the cord is bringing to the chakra in question and specifically where (i.e. which databank)

If you do not wish to use dowsing for this step, here is an alternative process:

- Do the breath-work exercise — inhale to the count of 4, hold to the count of 4, exhale to the count of 8. Repeat for a total of 3 times.

- Next, close your eyes. Visualise your client sitting opposite you at a table. If you're already sitting at a table or desk, you may wish to visualise the person sitting opposite you in that room. Now imagine taking their hands from across the table and holding each hand in yours. This connects you to their energy.

- See a golden white light just above your crown chakra (above your head). See this light turn into a large 'dome' that is directly above you. It grows downward and envelops you and the person you're reading in golden light. Now you both have a golden curtain of energy around you on all sides, and you are enclosed in this space with the person you're reading. If you prefer, you can also imagine putting up a tent around you both to create that space.

- Then say, using your inner voice: ***"please show me the truth of (client's name's) energy"***

- Ask to be shown the first chakra that is being affected by the cord and use your clair senses to perceive which one is being impacted. You may see the client's chakra highlighted in your mind's eye if you're clairvoyant. You may hear which chakra it is, if you're clairaudient. If you're claircognizant, you will know which chakra it is or you may have the name of the chakra pop into your head. Here's a quick exercise that can help you, if you're a new intuitive: "If you were 'making it up', which chakra would you choose?" Usually the one that

pops into your mind for this question is the right chakra.

- Take the first chakra that came up and ask: ***"What is the negative energy that is stored in this chakra related to this cord?"***

See what comes to you: you might see a metaphor or a symbol if you are clairvoyant. If you are clairsentient, you might feel the type of negative energy or feel a past event or experience from your own life that relates to this chakra. Often with clairsentient info, you need to ask questions to gain more clarity (i.e. what is this feeling about?) If you are claircognizant, you might just know what it is. I am clairsentient and claircognizant, so information comes to me through feelings and then I receive more meaning or clarification about it through my claircognizance.

Your job is to decode what you pick up, and ideally describe to the client how it is affecting her. Don't worry if you don't understand everything that you are picking up. Sometimes the client may understand a symbol that you don't.

Take your time with this step. With your practice clients, you can feel free to warn them that you are new to this process and it may take some time. Practice makes perfect, so at the beginning it can feel very clunky.

If you feel like you are losing your connection to Spirit while channelling, just do the breath-work exercise a few times and that will increase your vibration and re-establish the connection.

Here are some examples of how info might come to you using this alternative method:

Client who is cutting a cord to an abusive co-worker

I ask which chakras are being affected by this cord. I am told: the solar plexus, the throat and the third eye chakra.

When I tune in to the **solar plexus**, I see a deer in the headlights. I sense there is fear/terror energy in here related to this cord. (This cord is connected to a traumatic confrontation with a co-worker that turned violent.) Tuning into the solar plexus, I feel 'cornered'. I feel anxiety and a loss of control.

When I tune in to the **throat chakra**, I feel anger that is repressed.

Tuning in to the **third eye chakra**, I feel very unsettled and shaken. I feel the energy of having one's confidence shaken up in terms of how the client assesses situations and threats.

Spirit will often draw on my own past experiences of being shaken up, angry or afraid to share these messages with me. If your intuitive process is anything like mine, then the difficult things you have experienced in the past can make you better at recognising these energies.

You may need to experiment a little and come up with your own process that works for you, based on your own intuitive gifts.

The main thing to remember when encountering fear while channelling is that you are being of service and Spirit will help you. Spirit has your back. You can use the affirmation "Spirit, make me a vessel" to calm your nerves if there are any. Focus on service.

Passing on Insights

When I've got the information, I tell the client that I'm going to tell her how this cord is affecting her on the level of her chakra system.

I may say something like: *"the first chakra I'm going to tell you about is the throat chakra (for example.)* Then I say*: you may or may not know that this is the chakra that is associated with communication and self-expression. So this cord is affecting your self-expression. I feel like the throat chakra is being a bit strangled, like you can't say what is on your mind; you're afraid to."*

So I tend to give a quick explanation of what each chakra represents when explaining, unless the client has already told me she is super familiar with the chakra system.

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After you have shared the insights about the three chakras (whether that was through dowsing or your intuition), ask the client if any of that makes sense or if she has any questions. Sometimes people say, 'oh wow, that made total sense', occasionally people sound mystified as if they don't know what I'm talking about (don't stress if that is the case) and sometimes people just say 'nope, no questions.'

Don’t be thrown by peoples’ responses at this stage. Sometimes we look for validation of our insights and other people don’t give it because they are not focusing on you, instead they are still absorbing, or sometimes they don’t even have awareness of these patterns yet (as the contents of a cord, and their effects on the chakras, can be unconscious.) Sometimes people just don’t talk much. So don’t worry at all if people don’t give you validation. Occasionally what you pick up here doesn’t make sense until you explore the dynamics of the cord later in the session.

So that is one half of the process. In the next lesson, we will go into the second half.

Lesson 5 - The Cord Cutting Session (Part 2)

The Cord Cutting Session Protocol — Part 2

In this section I give the second half of the instructions you need to cut a cord of attachment for a client, along with some explanations for the various steps. (In part 1 of the Cord Cutting Session Protocol, we covered steps 1-6 of the process. In this one, we look at steps 7-12.)

Please note that a shortened version of the protocol is also given in the cord cutting 'cheat sheet' (you can refer to the cheat sheet when doing a client session, as it contains everything you need and nothing more). Whereas here I am giving the explanations for the various steps, in addition to actually giving you the protocol you need to cut a cord for a client.

So, now let's look at the next step in the cord cutting process...

STEP SEVEN — Locating the cord on the energy body:

Finding out the location of the cord on the energy body is not the most important step in this process, but it can hold some symbolism as to the dynamics of the relationship or the nature of the encounter between two people. However, it is not a necessary step and you can also skip it if you wish, or if you're short on time.

Note that this step is more relevant where the practitioner is cutting a cord in person, because in person, the actual step of cutting the cord usually occurs at the area of the body where the cord is found to be located. As most of us are going to be working at a distance, we won't physically be working with the bodily location that comes up, hence why this is more of a symbolic step.

In terms of the location, I usually see the cord located somewhere on the client's energy body, rather than at a major chakra. (However, you may occasionally find one that is located at a major chakra.) In my experience, it's more common to find them somewhere on the energy body.

Common locations (at least in my experience) for cords are at areas like the ears, hips, elbows, and knees.
Note that there are many minor chakras all over the energy body that correspond to these areas (i.e. hands, hips, ears or elbows) and so technically, the cord location can

often be found at a minor chakra, but I don't concern myself with the minor chakras too much simply because clients often don't know about the minor chakras. Instead I just describe the location in terms of a body part.

Here is how to find out the location of the cord on the client's energy body:

- Tell your client that now you're going to go off and find the location of the cord on her energy body and explain that this can be interesting information for us to have. Tell her that sometimes it has significance and sometimes it doesn't, but we'll find out. Put her on mute.
- Then, either use the 'cord location' chart & pendulum dowsing to locate the cord on the body, or use the steps below.
- Raise your vibration with the breath-work exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.
- Say: "Show me where this cord is located." See if an area of the body pops into your mind. You might get this as a word, or just an impression or a gut feeling that the cord is located in a particular place. If this occurs, check with your pendulum if it is the place the cord is located.
- If you're clairvoyant, an alternative technique would be to see in your mind's eye the outline of the human body and scan slowly from top to bottom. See if you are drawn to one area in particular as you're scanning. Check with your pendulum if it is the place the cord is located.

Next, tell the client where the cord is located. Some people just say, "okay" and others may ask you if this has any significance. Sometimes the symbolism is really obvious but if you don't know the significance, feel free to say so.

Below I give some locations I've seen in the past and what they have meant:

- I've seen cords located wrapped around peoples' wrists. "Handcuffs" is what comes to mind in a scenario like that. You know there is likely to be some element of feeling trapped or restricted in such a case

- I've also seen cords wrapped around peoples' necks, which can feel a bit alarming when you see it. Again, this conjures up a feeling of being trapped, restricted or imprisoned, and there may be an element of abuse in the relationship (however don't always assume this is the case)

- It's common for cords to be found at the hips or pelvis, especially for women. A cord to a woman's partner, mother or children may commonly be found in this area

- I often see cords attached to the side of the head, although I don't see any particular significance to this one unless it is right on the ear, and in that case there will often be an element of the client being influenced very much by verbal input from the cordee

- A cord at the knee or the elbow is often about flexibility and how rigid we choose to be in our relationships, behaviours and habits

- The arms and hands are about connection, trust, give and take in relationships, and 'reaching out' (there is a branch of the heart meridian that starts at the chest and runs down the arms...there is also a connection between the heart chakra and the minor hand chakras)

- The spine can be about having a "backbone" and the courage to advocate for oneself or for others

- The feet are often about grounding

- Seeing a cord attached to a shoulder may indicate a sense of the client being burdened by the relationship

- Sometimes I've seen cords that start at a particular location, then seem to touch other areas of the energy body too — these can appear a bit like a winding snake in the energy body. I feel this has particular significance so take note of the path the cord travels and the locations associated with it

- If you're unsure about the area that came up for a client, after the session, you may wish to Google "spiritual significance of X (i.e. lungs) and see what comes up. Also use your common sense. The parts of the body obviously have a function, and can also be seen metaphorically when you make that function about life in general. For example: the digestive system is used to take in nutrients, but could also be about assimilating and 'digesting' life experiences or emotions

- If the cord is found at a particular major chakra, its impact will be on the whole chakra, so you don't need to narrow it down to a particular databank. If that is the case, just describe to the client what that chakra is about.

Make sure you check with your pendulum before you assume one of the explanations above is the correct one.

And feel free to simply pass on the location, without explaining any symbolism, if you prefer or if you don't feel there is any.

STEP EIGHT — Getting client permission & cutting the cord:

For this step, tell the client that we're now ready to cut this cord. Ask the client if you have their permission to cut the cord and if they're ready to let this cord go for good (they usually say, "Yes — go ahead!")

Alternatively, you can have the client read out this statement (you might like to email it to her prior to the session.)

Archangel Michael, please cut this cord of attachment so that what belongs to (cordee's name) is returned to (cordee's name) and so that there is no more back and forth of emotion & energy between us, but only love.

If the relationship did not involve any kind of affection or love, use the following (note that 'love' is substituted for 'peace')

Archangel Michael, please cut this cord of attachment so that what belongs to (cordee's name) is returned to (cordee's name) and so that there is no more back and forth of emotion & energy between us, ***but only peace****.*

Then I say to the client: "OK, Archangel Michael is going to cut this cord now." I put her on mute for a moment.

Then I ask Archangel Michael to go ahead and cut the cord by saying the following out loud:

"Archangel Michael, please cut this cord of attachment now".
At this point, you may 'see' and 'feel' the cord cutting happening for the client.

You may also wish to come up with a ritual for the cord cutting or you can do nothing — it doesn't matter.

Personally, I always clap twice (to symbolise the cord breaking apart.) I circle with my hands while the cord is coming out. I 'see' the cord exiting the client's energy body and it being thrown into the violet flames. Sometimes I make the movement of pulling the cord out and putting it into the violet flames myself.
So, that's my ritual that I go through and if you like, you can come up with your own that feels right to you.

Note however, that you're not really the one cutting it (the Divine being is), instead you're 'seeing' it happening and 'feeling' it happening for the client; and my ritual just connects me with that reality of it occurring for the client.

If you prefer, you can just sit there in silence for a moment until you feel you're ready to continue with the next step.

STEP NINE — Bringing in positive energies

When cutting a cord, it can be helpful to bring in some positive energies temporarily, to replace what has been taken out. (This can help with the healing and integration process.) These energies are mostly to support the person during the adjustment period after the cord comes out, especially when it is a significant cord that has been cut. The client can choose anything positive that they'd like to go in there.

Here are the steps for doing this:

1. Ask the client if they would like to ask for certain positive energies to go into the place in their energy body where the cord has come out. Explain that when a negative cord comes out, it can be helpful to replace it with some positive energies of the client's choice. Then give her some examples or ideas. For example: *"Sometimes people like to put in the energies of: love, peace, strength, self-compassion, power, or self-love, etc."*

2. Use your pendulum to find out how many days these energies need to be with the client (it's usually 21 days, but can sometimes be a shorter period.)

3. And then say out loud, *"Archangel Michael, please have the energies of X, Y and Z be with _____ for X number of days until the healing and the rebalancing is complete. Thank you."*

STEP TEN — Researching the dynamics of the cord

For this step, you are going to do some research into the negative energies in the cord that were running back and forth between the client and the cordee.

(These energies could be things that were felt, things that were thought, things that were said or things that happened. Often I find that half of the dynamics come from the client and half come from the cordee.)

At this point, I tell the client that I'm going to find out what was in this cord that just got cut. I also explain it may take me several minutes to find out.

Then, using my pendulum, I ask: "*Is the first negative energy from the client?*" If it's not, then you know it's from the cordee.

Then I ask (using the chart) *"Which is the first negative energy?"* Then I write that down. (Be sure to write everything down as you receive it.)

I ask to be given the several most important or impactful energies ONLY. Usually there are between 6-10 and the most common number is 8. Technically we could go on forever reading the dynamics of any given relationship, so we do need to set a limit otherwise we will be there all day discussing the dynamics. (Plus the energies that are lower down on the list may not be as relevant.)

Once you've done your dowsing, you will probably end up with something like this:

Client: *Anxiety*

Cordee*: Anger*

Client*: Timidity*

Cordee*: Avoidance*

Client: *Suffering*

Cordee*: Persecution*

Client: *Rejection*

***Cordee**: Withholding*

As you can see, when you're using the charts, you're asking for the basic energies that were in the cord, so you won't always have the full context of what the energies are all about. Instead, you just get a sense of an energetic "conversation" that the client & cordee were having.

To gain more details, you can also ask more questions using your pendulum. For example, with the energy of persecution that the cordee brought into the cord, you can ask things like *"Does this relate to the cordee feeling persecuted?"*, or *"Does it relate to wishing to 'persecute' or make my client suffer in some way?"*

So, there's usually some more yes/no questions you can throw in there to find out.

You can also ask more open-ended questions like 'what is this anxiety about?' or 'what was the cordee withholding?'

This is where your channelling skills can come into play.

If you're claircognizant, see what pops into your mind upon asking such questions. If you're clairaudient, you may hear the answer. If you're clairvoyant, you may see something which symbolises the answer and if you're clairsentient you may feel something that constitutes the answer. Sometimes you may see or feel something and not know what it means. In that case, you will need to ask for more information or details.

This step is like putting a jigsaw puzzle together and you get better and quicker at it over time. Unless you're already an experienced channeller, don't expect to get all the insights you want straight away on the first go. It takes time to develop your skills in this area, and you need to start putting the jigsaw puzzle together using yes/no questions at first, and do that for a while before insights start coming to you more naturally.

Feel free to tell the client that this could take a while as you get used to this step. It could take 2 minutes or it could take 10. It typically takes me around 5 minutes. You can tell your practice clients *"I am new at this, so please bear with me."*

Here are some tips that can help you channel in the moment:

- Do the breath-work exercise multiple times throughout the reading, whenever you feel you are losing your connection or not getting the answers you need
- Going into the alpha state regularly when you're not working (using binaural beats or meditation) can be helpful, because it helps you to get into that state more quickly when you are doing a cord cutting session
- Having someone on the other line waiting helps focus your mind and can make the process quicker and easier than you might think.

Personally, I find that over time I have developed a clairvoyant shorthand, where Spirit gives me certain images and they mean something for me (this can take some time to develop.)

For example, if I see a deer in the headlights, that's a trauma 'freeze' response that is quite common as a trauma response (especially among women.) We often hear about fight or flight as a trauma response but some people, when they go through something overwhelming and life-threatening, will freeze. So the deer in the headlights means that for me.

I also find being an empath really helps me with this step, so empaths pay attention to the feelings that come up when you research these negative energies. When researching the dynamics, you may be reminded of a difficult experience that you yourself have had, and how you felt during that experience. Pay attention to these thoughts that come up. Spirit is drawing your attention to something that is relevant to the client.

If you don't understand what something is about, ask: *"What does this mean?"*
Be aware also that with the negative energies chart, there is a range to the energies in terms of how constructive or destructive they can be.

To give one example, for the energy of 'obedience': that is an energy that can be constructive because sometimes we need to do as we're told by an authority in order to stay safe. In other situations, obedience might not be appropriate because we're adults with free will.
Similarly, anger can be constructive if we pay attention to its messages, or it can be downright destructive, if it is expressed inappropriately.

Lust is another energy that has a range. It could be appropriate in a sexual relationship that feels safe and respectful, but on the destructive end, it can be sleazy, objectifying or point to something that may have a disrespectful element to it.

So you can also ask, for example: *"What type of anger is this?"* or *"Tell me more about this energy of lust?"* or *"What is this anxiety connected to?"*

Channel all you can and then check with your pendulum.

A note on 'performance anxiety': if you're feeling intimidated by this step, please read this article: Feel Free to Screw It Up.

You do not need to be perfect on this step right away, so please don't put pressure on yourself. That's what your practice clients are for and that's why you're not charging them.

(If you wanted to, you could do dozens of practice sessions before you hang out your shingle as a cord cutting practitioner, especially if you feel like you're a slow learner or if you lack confidence. It is totally up to you. The 10 practice clients recommended is a starting point and 10 practice sessions may be enough, especially for those who are already working as healers or psychics...)

Validating Trauma/Grief/Toxicity for the Client

Something that I do want to mention here, is to watch for signs of trauma, grief, insecure attachments or toxic relationship in the cord dynamics, so that you can bring that up with the client.

This is complex and such a large topic that I am going to go into these in a separate lesson next week. For this stage, we want to shed light on things that the client may not have considered or realised, such as the fact that some of the energies in the cord are quite toxic (maybe she's starting to wake up to the fact that the relationship was toxic), or that there is trauma in the cord, or that there's grief to be worked through. We want to validate and witness these, because a cord cutting isn't necessarily going to resolve trauma or have someone work through all their grief in one session. Sometimes it can do something miraculous for someone, although at other times it doesn't. We want to watch for these energies and themes so we can recommend further resources and validate these experiences.
More on that later.

When One Person Dominates the Cord Energies

Note that sometimes the dynamics in the cord can be dominated by one person and that can be about that person being dominating (it's a bit like the other person can't get a word in edgeways.) Most commonly, it can point to a real lack of investment on the part of the person who has very little input. Sometimes it can be a reflection of insecure attachment styles at play (usually the anxious and avoidant 'dance') — more on that next week, too.

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Just so you can see what this often looks like for me, here's another example of the cord items for a cord that I cut for a client who was attacked by an abusive co-worker.

I am also providing these to show you what the cord items often look like if you don't use the negative energies chart and you just channel (or if you combine dowsing with channelling.)

Cordee: *I saw a steamroller, like 'I am going to roll over you!' I am going to squash you; the energy of intimidation.*

Client: *I also feel how the client felt in that position; I felt the trauma, the fear, the anger, etc. Terrified, deer in headlights*

Client: *Crying, she feels stuck in a nightmare; feeling trapped*

Cordee*: "I am going to make you pay" – revenge*

Client*: Feeling like her confidence is shaken up – doubting herself and her judgement.*

Client*: Looking over her shoulder – "what's coming next?"*

Cordee*: Being in a cloud, not being aware, sort of in a bubble; not able to access insights or empathy*

Client*: Wanting to let go, feeling exhausted, defeated, and run down.*

STEP ELEVEN — Talking about the dynamics of the cord

So, now you've done some research on the dynamics and it's time to tell the client about what you picked up.

I usually explain to the client (or remind her) of the following, before I read out the dynamics & energies:

- That cords contain negative energies
- Some of those energies are from her, and some are from the cordee
- These energies were affecting her subconsciously

Next, read out the energies that came up one by one and say who they came from.

Now you are going to ask the client to process the contents of the cord with you, and hopefully extract some of the lessons. You will also witness her experiences and feelings.

I start off this section of the session by telling the client, **"Next what I want to do is have a chat about the energies contained within this cord, and how they've been affecting you."**

I also ask: **"Did you recognise the energies I described? Was anything a surprise to you?"**

Give him/her a chance to reflect on that.

Sometimes the client will say that yes, they know exactly what I am referring to and other times they may not be sure (cord energies can be unconscious.)

At this point, do not focus too much on the validation for yourself, and don't be thrown if you don't get the validation from your client in terms of what you picked up.

Next, say to the client:

"Since the energies found within that cord are coming into your energetic field, how do you think the energies from this cord have been affecting you/your life/your relationships? Does anything come to mind?"

Often, people will have something (or a lot) to say in response.

If the client is saying nothing, I sometimes say **"If nothing is coming to mind, I've got a few ideas about how these energies have been affecting you."**

Then I look over at the cord items once again. I look at the chakras which were most affected (in step 5), and I use my claircognizance and ask Spirit to show me how this person has been impacted. I open my mouth and see what comes out. The more you do this, the better you get at it. So in the early days, you might need to take a couple of minutes to 'tune in' and see what comes to you around this.

The Power of Validation

First of all, you have intuited the dynamics and told the client about them. Now you are telling her how she has been affected.

This is very validating for people. And validation is one of the things people sometimes need in order to heal or move on from a situation. They need to have it reflected back to them that yes, it happened, and yes, it was painful/tough/impactful.

Of course we can also get this validation from ourselves, but it is human nature to be influenced by our interactions with other people and how they see us, and for this reason, there is something about the human psyche that benefits from another person coming in and saying, "I can see how this would have been _____ for you."

This validation and witnessing is an important part of the healing process. Sometimes the client is not always consciously aware of how the situation, experience or relationship has affected them. Bringing this into their awareness is a key part of the process.

Also remember that validation can be extra important if the relationship/experience the client is seeking to heal had an abusive element or was with a highly narcissistic individual. In such situations, the client's subjective experiences may have been denied and minimized. So it can be a relief for the client to hear someone validate them and say "I understand how this would have been _____ for you."

Another question I ask clients is:

"Have you seen these dynamics at work in other relationships/life areas?" Or would you consider this a one-off? (often it isn't.)

(This is a really important question for clients to become aware of patterns, so don't skip it.)

Be aware of the 'repetition compulsion' at work here.

The 'repetition compulsion' refers to an in-built urge to unconsciously seek out similar traumatic events or relationships in the future in a bid to re-play, resolve and process what has happened to us in the past. We keep repeating the same old circumstances that caused the original trauma, until we find resolution.

To give one common example, people who grow up with abusive parents in childhood will often be drawn to abusive partners later on. By being drawn to a similar energy or dynamic, the mind seeks to resolve or somehow change the outcome of the original traumatic experience.

So because of this, the answer to the above question ("Is this a pattern for you?") is often "yes".

Extracting the Lessons

Inherent in most (but not all) difficult experiences or relationships is a lesson. (Note that minor cords may not have lessons attached to them.) Part of the healing comes from exploring what the lesson in the experience might have been.

And so another helpful question to ask as part of this process is: **"What do you think you learned (if anything) from this experience/relationship?"**

Another variant of this question is:

"If you could have this experience or relationship again, is there anything you would have done differently?" (This has clients reflecting on what their role was in the experience, or what responsibility they want to take.)

If the client has had other cords cut with you, and you have seen the same theme come up repeatedly, witness that for her. It is probably connected to her life lesson(s). *(As a side note, I keep a spreadsheet of cord cutting clients with a list of what we have worked in the past in previous sessions, so that I can remember the themes that came up during other sessions.)*

If you have done an Akashic Record reading with the client (I mention that because I know many of the students on this course have also done my Akashic Record Reading Program), it can also be interesting to bring up her life lessons that came up

in that reading, and see how they might have been playing out in the cord. Or ask her if she thinks these life lessons have been reflected in the dynamics in any way.

If your client has no idea what she learned from this situation/relationship, have a look at the cord dynamics yourself and see if anything comes to mind for you.

If you get to the point where you've discussed the cord dynamics but you're not sure if the meaning or lessons of the dynamics has been extracted during this section, tell the client that you just want to check that we're done with the step and that there isn't anything else to discuss. Then 'tune in', using the breath-work exercise, and ask Spirit 'what is the lesson inherent in this cord?' If you're claircognizant, start writing or see if something pops into your head. If you're clairaudient, see what comes to you in terms of what you hear or words popping into your mind.

This process of extracting the meaning or lesson happens organically during a cord cutting session. There is an 'unfolding' process that occurs — you don't need to scramble to get to it. You'll be supported by Spirit in this process. Let it unfold over the course of a session and you should have it by the end.

If you get stumped at any point or your mind goes blank (this happens!), say to the client: *"Hang on, I need to get some guidance from Spirit to see what we need to talk about next."*

Feel free to take a break to channel or check in with Spirit in case you aren't great at channeling while you are talking at the same time.

In terms of wrapping up this stage of the session, you will know when it is time to wrap up when you feel like you have gotten to the core of the situation/relationship.

How to Be a Good Witness

As you ask the above questions and listen to the answers, you will need to hold a space for the client to express what is on her mind. You will be witnessing, empathising and listening. Here are some tips to help you to do this:

- Be 100% present to what the client is saying. It is important that you give her your full attention. Do make sure your phone is switched off, and that you will not be interrupted by children or pets during the session.

- Try not to judge other people involved in the experience. For example, if her boss was unreasonable, don't say things like "what a jerk!" We can acknowledge another person's bad behaviour or abusive ways, but it's best to do it in a way that does not bring too much anger or outrage to the situation. We can often frame things in a more neutral way, but in a way that also validates the client.

- Don't suggest solutions to problems at this stage. We can fail to be present to our clients in the witnessing stage if we're busy brainstorming a way to get her out of a situation or her "life back on track". That will come later, and from Spirit, in the final stage, if it's appropriate.

- You don't necessarily need to have lots to say or have all the answers. Don't be afraid of pauses as you work out what you want to say or ask next.

- When you speak, endeavour to be warm and responsive. Treat every client as a special person. Our focus here is on bringing validation, affirmation, understanding and attentiveness.

- Listen to what clients have to say — it is important. Don't cut them off or interrupt all the time. The person who taught me this cord cutting process had a bad habit of cutting me off when I was speaking about the dynamics and it made me feel irritated and unseen whenever I had a cord cut with her. This hour is the client's hour so let them talk. This cord cutting session may be the first time someone has listened to them about an issue or a relationship.

- Be gentle in your approach. Don't bring tough love or criticise the client...this is not the place for that energy. A cord cutting is a place to process grief, traumatic experiences, difficult relationships, pain and other tough experiences. It needs to be a safe space.

- You need to be (or become) comfortable with strong emotions such as pain, anger or grief that come out during the session. People often cry during this stage. Sometimes they apologise for crying, and I tell them "No, please go ahead and have a cry, it is cathartic." Don't try to fix these emotions, or tell people to cheer up/see the positive side, or attempt to make clients feel better.

- If you believe that we choose our parents before we are born, don't assume that everyone you work with shares this belief — not all clients believe that we

choose certain experiences before we are born. So if you want to weave this belief into the session somehow (I do at times) say something like “I”m not sure if this is a belief you share, but…”

- Do not try to guide your clients towards forgiveness or hold forgiveness as a higher goal for your client.

Forgiveness, when we come to it too early, often inhibits true healing. Some spiritual traditions such as Christianity encourage forgiveness whether a person is ready or not. In some cases, it can be a form of ‘spiritual bypassing’ where we find a premature resolution by failing to look at or confront our difficult feelings towards someone.

In my opinion, forgiveness is not necessary for healing. Forgiveness is a spontaneous act of grace and letting go, that occurs when the soul is ready. It does not always happen in every case, and in my experience, a person who does not forgive is not any less ‘healed’ than someone who does.

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Part of being a good witness means you have at one time had someone witness your most difficult or painful experiences. If this has never happened, and you have significant unresolved feelings about past traumas, difficult relationships, early childhood experiences or whatever, then you may be limited in your ability to witness for others. It is harder to give to others what we have never received ourselves. (This is one reason why psychotherapists in training have to undergo therapy themselves.)

We do not need to be “perfect” or completely healed to do good healing work with others, but we do need to have awareness of our own pain or difficult emotions in order to be responsive to other peoples’. We must be aware of the times our own parents have disappointed or hurt us, and aware of their faults.

If you feel you have unresolved difficult relationships with your family of origin or traumas which have not been addressed or processed, I recommend that you try some of the methods for healing trauma recommended in the lesson that is coming up next week, or try some counselling or cord cutting sessions. It will make you more responsive as a witness for your clients.

To sum up, the healing in a cord-cutting session comes from:

- Validation and witnessing of the client's experiences
- The client understanding the life lessons inherent in an experience or relationship and gaining awareness of how the cord affected them
- The Divine being, who is bringing the healing energy.

You don't need to strive too hard for the healing to happen. (Remember, the Divine being actually does the majority of the work in terms of the healing.)

OK, so that is everything I have to say about discussing the dynamics. I know it is a lot. If you feel overwhelmed at this stage, don't worry — you can just use the cheat sheet when working with a client. That will give you everything you need for this session and nothing more.

STEP TWELVE — Homework & checking in

Before you get off the phone with the client, you will want to tune into Spirit and ask for a final step or piece of advice for the client. A piece of 'homework', if you like.

I usually say: *"What I'm going to do now to wrap up this session, is tune into Spirit and find out if there is a message or a recommended next step for you to take around this cord/relationship/situation. Sometimes there is and sometimes there isn't."*

Sometimes there is something the client needs to do or just a bit of perspective that Spirit can bring to the relationship or the relationship pattern.

In terms of how you can actually do this, please check out the 'Channelling Exercises' that I have given at the end of this lesson.

Some examples of final messages/steps that I've been given in the past:

- Insight into the nature of the past lives that the two people have shared (I'm going to talk more about this in a later lesson.)
- A suggestion for further healing (e.g. Spirit will sometimes tell me something like the client would benefit from psychotherapy/counselling, past life regression, or EMDR for trauma.)

- Client needs to read a certain book that you know of (e.g. you might feel you want to pass on a recommendation for the book 'Attached' for anxiously attached people who are in a relationship with an avoidantly attached person.)

- Message from Spirit: client is holding in a lot of negative emotions about this situation. Needs to let those emotions out. For grief: listen to sad music. For anger: beat some pillows or go out to the middle of nowhere and scream. Do boxing.

- Sometimes the message will be about what is going to occur over the next few days or how the healing will manifest: e.g. *"You might feel like you are on an emotional rollercoaster over the next few days - this is all part of the emotional release as a result of the cord cutting."*

(If the cord feels like a very heavy/intense one, I tell the client that these can make us feel very emotional following the session. And advise that the client bears this in mind over the next few days. I tell people to get lots of sleep, drink lots of water, eat well, rest. Don't try to do too much. Sometimes people need to make a bit of space for the releasing process that will happen.)

Here are some more examples of messages from Spirit I've received in the past for clients:

- Message from Spirit: "Your intuition is good. Your gut will guide you. You can trust yourself." - that was the message at the end of a cord cutting for a woman who was cheated on by her partner, suspected it and was told she was imagining it. Over time the relationship with this man contributed towards an erosion of trust in her own judgments. A message like the one above can sound trite to you, but you should pass it on anyway. It will usually be what the person needs to hear to heal or move on from something difficult.

- Message from Spirit for a client with a narcissistic mother "she isn't going to be satisfied, whether you give everything you can to her, or whether you give her nothing at all. The dissatisfaction on her part will always be there. So give what feels right to you and makes you happy, and do not depend on her reaction to feel good about yourself."

- Encouraging message from Spirit: "You are doing really well. You are on the right track. This situation has been so challenging and has taken a lot of

courage to resolve but you are on the road to a good place."

- Message from Spirit: "Notice your limiting thought patterns that come up around relationships - there are lots of men out there to meet but you have been telling yourself you will never find someone else like him again. Do not tell yourself that there was only ever one man for you and you have missed the boat. Believing it will keep you from meeting someone new in the future."

- On occasion, I have been given a song that the client needs to listen to. I don't always know why but it can mean something to them.

Sometimes there is no homework at all and usually that means that you have got to the core lesson and there's not a whole lot more that can be said around it.

The message that comes through at the end can sometimes encapsulate/summarize the lesson that they needed to extract from the relationship/situation.

At this stage, if you are not able to channel messages (or even if you are), you might also want to pick an oracle card with a message to pass on to your client. I remember when I had the cord cut to my mother (which was my biggest cord), the practitioner picked a card from Kyle Gray's Angel Prayers Oracle Card Deck, and the card she pulled was "The Divine Mother"

The meaning of the card was:

"You are never too old to be mothered, and the Divine Mother sends her blessings to you at this time so that you can feel wrapped and secure in her love. You are being encouraged to love yourself and to see that you are deserving of love so that the Divine Mother can work with your Angels to bring healing and miracles into your life. You are a being of unconditional love – it is natural to love and be loved because it is who you are."

(The cord cutting session we did was all about self-worth and self-love because I grew up with a narcissistic mother and nothing I did was ever good enough, and I was also given the message that I was not good enough.) So, I remember the message from this card strongly affected me at the time — it made me feel so supported by Spirit in my healing process.

So that is a nice card deck to try. I'm sure there are many other suitable card decks out there, too.

Ending the Session

Next, check in with the client, and say: is there anything else you want to bring up or say about this before we finish.

Sometimes in response to this, people ask:

"How is the healing going to unfold?"

or

"How is this going to help me?"

These sorts of questions are not simple to answer because we don't know how the healing will unfold. Healing comes from the Divine and we do not have control over that aspect. Plus, every session is different.

You will also want to let people know that the healing can unfold in subtle ways. It is not usually dramatic. Tell the client to look back on the intention 2 months from now and see if it has manifested. Results often show up in a way that the client doesn't even notice until she looks back on the intention.

If your client seems quite hung up on this, you can tune into their chakras at the end. Look at the chakras that came up in the beginning and tune into those again, and see what you pick up on.

STEP THIRTEEN: End the session

Cut psychic ties:

Archangel Michael, I ask you to clear all psychic ties that may have formed between me and (name of client). Please dissolve all these ties with a beam of gold light, in every dimension, through time and space. Please fill me and (client's name) with the energies of love, truth, light and power. Thank you.

Cleanse emotional residues:

Archangel Michael, remove from my energy field any negative emotional energies that do not belong to me.

Remove from my aura anything that is not my burden to carry.
Remove from my aura anything that is not my burden to carry.
Remove from my aura anything that is not my burden to carry.

Cleanse my aura of all this energy now.

Close off your aura:

I call on Archangel Michael to fill and surround me and (client's name) with Divine Love, Divine Truth, and Divine Light. Please close off my energy field to all beings except my Higher Self and those beings of the highest vibration who are meant to be with me on my spiritual path.

Say goodbye.

If you made a recording of the call, send the recording off. I usually do this straight away so that I can let go of the session energetically.

I also spend five minutes after the session is over writing down some details about it in a spreadsheet. I write down the name of the person I worked with, who they cut with, their life lesson(s) (if I know it/them), and the theme/story/pattern of the cord cutting if there was one. Recording this information is helpful in the event that the client books another session with you. In that situation, it allows you to go back and see what you have worked on with this client before and see any themes that may come up over time. Otherwise you will forget.

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Your Homework for this Lesson: Cut a Minor Cord of Your Own

To do this, use the cheat sheet entitled 'Cheat Sheet for Cutting a Cord of Attachment for Yourself.'

Here's some guidelines for the kind of cord you want to choose for this exercise:

A minor cord is one with someone who may have caused you annoyance, but who has not directly caused anything traumatic for you. It may be someone who has disappointed you, but not overly so. Or it could be someone who was on the periphery of a bad experience for you, who made the situation worse or didn't help (but not someone who directly caused it for you.)

Here are a few examples of people you might have smaller cords with:

- A celebrity or public figure you dislike
- A politician whose views you find objectionable
- A customer service person (or stranger) who was rude to you recently.

It does not have to be anything major, and it may seem petty. If it seems petty, it is probably an ideal minor cord to choose for this stage.

For this exercise, you will also want to check on the significance of the cord on a scale of 1-10 (as detailed in the last lesson). You are looking for a cord that is a 5 or below on the significance scale.

Some guidelines on what you are not ready for at this stage:

1. Please don't use the information given in this document to do a cord cutting right away for a client yet. Before you can do that, we need to cover the various scenarios that often come up for clients, and we'll do that in the next lesson. Please be patient. After that, you'll be ready to work with your 10 practice clients.

2. Do not pick a major cord to cut for yourself yet. If you do at this stage, you'll be short-changing yourself.

3. Do not choose a close family member or anyone you've been close to in the past, as your minor cord to cut, even if they come up as a 5 or below.

Just a note that minor cords may not have lessons attached to them, and cutting them is unlikely to make an impact on your quality of life either. That is not the point of this exercise, so don't worry if it doesn't do much for you. The biggest healing usually comes from cutting the major cords, and the point of this exercise (cutting a

minor cord) is just for you to practise doing this process for the first time with yourself, in a low-pressure setting.

You can also cut more minor cords if you'd like to do more than one, in order to get some more practice. However, I would not advise cutting more than 3 per week.

If you signed up for the apprenticeship level, once you have cut your minor cord, please fill out the feedback form and send it to: students@annasayce.com

Matching Cords to Intentions

This is just a little 'footnote' to the cord cutting process that I have taught you in this lesson:

I wanted to make you aware of another way to approach step 3 of the cord cutting process when cutting a cord for yourself.

One of the cool ways in which we can use cord cutting, is by bringing a personal growth intention into a session, such as "I'd like to become more self-confident" or "I'd like to be calmer" and then ask Spirit, which cord of attachment should I cut to help me bring about this intention?

To do this, you need to have a sizeable list of possible cords and then dowse on which one would be the best to cut to bring about your intention. Ideally, you want to have at least 7-10 cords on your list to give yourself the best chance of picking the right one for your intention. More than 10 would be even better.

This can be quite effective in creating change and reaching our goals. I've been doing this for myself for years, having cut over 50 of my own cords.

We can also approach cord cutting in this way with clients, if the client has a particular goal that they would like to work on, and a whole list of possible cords to cut. You can go down the list with the pendulum and ask, which one would best help my client to bring about this intention?

Channelling Exercises — Clairaudience & Claircognizance

Below I have given some more detailed channelling processes that you can use in a healing session. They are especially useful for the step of a cord cutting session which involves getting 'homework' from Spirit for the client.

Because these processes are more lengthy and complex, if you're a new channeller you might want to start by using them in your own cord cutting sessions,when you're cutting a minor cord for yourself. When you get used to using them for yourself, you can then start to bring these techniques into a client session.

Channelling Exercise #1: Automatic Writing

Here is a process you can use for automatic writing:

1. Bring up a blank Word document or get a pen and paper (I prefer typing as it is quicker for me, but feel free to choose whichever you are most comfortable using).

2. Write out the question you want answered

3. Open your chakras if you're a quick visualiser (if you're not, you can skip this step)

4. Now, do the 'Breath-work Exercise' to raise your vibration.

    - Firstly observe your vibration by going inside and exploring how you feel in yourself for a few moments. See if you can put a word on your vibrational/emotional state. It may be sad, annoyed, anxious, excited, content, curious, etc. What is the underlying emotion?

    - Next, inhale to the count of four, hold your breath to the count of four, and then exhale to the count of eight. Do this three times in total.

- Then, go inside again for a few moments and check in with your emotional state – has it changed from what you felt before?

5. Begin writing an answer to each question. Always begin with "*Spirit is telling me...*" If you are not 'getting' anything, keep typing – write about how you aren't getting anything, and break into a monologue if need be. For example: write out "*Spirit is telling me, Spirit is telling me, Spirit is telling me*" until you actually 'get' something coming through.

6. If you don't get anything in response to the questions, do the breathing part of the 'Breath-work Exercise' again (i.e. inhale to the count of 4, hold to the count of 4 and exhale to the count of 8). Sometimes I need to do the breathing exercise a few times before I get any info.

7. When you have finished writing, go back over what you have written. If it is not very coherent or easily readable, try to pick out the common themes and underlying threads. You may want to edit the information until it makes sense.

8. If there is something you don't understand in the written material, feel free to ask "*Is there any more information I need to have around this*?" or "*Is there anything else I am missing around this*?" and continue channelling.

Some Tips and Requirements for Automatic Writing

Put the Mind to One Side

Do not allow the thinking mind to interfere and punch holes in what you have written. The more you can repress the thinking mind during this exercise, the more insightful the writing will be.

In addition, allow yourself to explore and play with this technique for cutting a cord for yourself, and do not put pressure on yourself to 'get' something. In order to get comfortable with it and be experienced in using this technique, you will need to give yourself permission to 'get it wrong'. When I am doing a reading, my mind can occasionally butt in with objections while I am channelling. The mind does not want you to look silly or be wrong, thus this is a risky exercise to do for the conscious mind. So do expect some objections from that part of you. Bring the energy of lightness, play and exploration to it, as much as you can.

Channelling Exercise #2: Claircognizance

This channelling exercise is also for claircognizants.

Here are the steps:

1. Choose a question to ask Spirit around one of the dynamics or energies, like for example: “What is this anxiety related to?”

2. Raise your vibration using the ‘Breath-work Exercise’

3. Bring stillness to your mind with a minute of meditation or binaural beats

4. Open your chakras (if visualizing is not your forte, you can also intend to open each one by verbalizing it - for example, by saying *“root chakra, please expand now”* - and feel them opening)

5. Ask a question using your ‘inner voice’

6. Pay attention to the first thought/impression/idea that pops into your head in response. Note: sometimes impressions can be subtle – almost like the sense we get before we even have a conscious thought.

7. If you did not get a response, try a bit of meditation or keep raising your vibration using the ‘Breath-work exercise’ — do this as many times as you need to.

Channelling Exercise #3: Clairaudience

This third exercise is a simple yet very effective one that utilises your clairaudience.

Here are the steps:

1. Choose a question to ask Spirit around one of the dynamics or energies, like for example: “What is this anxiety related to?”

2. Raise your vibration using the ‘Breath-work Exercise’

3. Bring stillness to your mind with a minute of meditation or binaural beats

4. Open your chakras (if visualizing is not your forte, you can also intend to open each one by verbalizing it - for example, by saying “root chakra, please expand now” - and feel them opening)

5. Then put your hand on your heart and ask your question out loud and in the very same breath, say: “Spirit says...” and speak your answer without thinking. Don’t even give your brain time to think between the question and the answer.

Lesson 6 - Common Client Scenarios for Cord Cutting

In this lesson, I am going to cover some common scenarios that come up during cord cutting sessions. This will help you should you encounter similar situations with your clients. Namely, we are going to look at:

- Past life energies
- Attachment theory
- Psychic attack (or fear of psychic attack)
- Limerence
- Grief
- Toxic relationships
- & Trauma

Finding Energies in the Cord Dynamics that Come From Neither the Client nor the Cordee

On occasion, you may find past life energies (or other peoples' energies) in a cord of attachment. In this document, I am going to go over how to interpret these, and their potential effects on the client.

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In the course of step ten (researching the dynamics within a cord) you may get the sense that the next energy comes from neither the cordee nor the client, but from somewhere else. This is fairly rare in my experience but I wanted to cover it in case it comes up for you.

You are more likely to recognise it when you have cut multiple cords for a client, for example if you are working with a client who has cut a cord to most of her family members, such as her siblings, and her mother. When she cuts the cord to her father, you notice energy from the mother in the cord to her father. You might recognise it because clairsentiently, something about this energy will remind you of the session you did where you cut the cord to the client's mother.

When this happens, it is often the case that the person whose energy is in the cord is interfering in the relationship.

It may also be reflective of triangulation or more specifically, narcissistic triangulation.

So, that is a possibility to look out for. As I said, it isn't very common but it can occur.

Energies Coming in from Past Lives

In the course of my Akashic Record Readings, I have often found that we have multiple past lives with the significant people in our lives. (It isn't uncommon to find that we have had 10-30 lifetimes with a family member or loved one.)

When a client accesses past life information (usually when a present life situation or relationship has echoes of a past life one), it is as if a doorway to the past life opens in the unconscious mind. These past life energies may penetrate into the cord of attachment and affect the relationship.

A recent example that came up in my client work was a mother who wanted to cut the cord of attachment to her daughter. Her daughter was in her twenties but had had separation anxiety with the mother for as long as they could remember, and was having a lot of trouble gaining the kind of independence that would be appropriate for someone in her twenties.

I found that within the cord, there were the energies of a past life in 1920s America. In that lifetime, the roles were switched. The mother was the son and the daughter was the father, and they lived on a farm. The son died in an accident (suffocated in a grain silo) while the father had his back turned for a few minutes. The father blamed himself for the accident and told himself that if only he hadn't let his son out of his sight, the accident wouldn't have occurred.

When the daughter was born into this new lifetime, with the mother who had been her son in that previous lifetime, she did not want to let her mother out of her sight even for a moment. This had been going on for years (ever since she was born, in fact) and had caused much exasperation and distress for the mother.

So, that is one example of how past life energies can find their way into present life cords, and impact on relationships.

If you've found past life energy in a cord and you want more details on what it refers to, use the protocol below.

How to Explore Past Life Energies in More Detail

If you're new to channelling, and you want to gain more information about the past life that came up for the client, I do have a set of questions and some charts that can help you with this, specifically, the 'countries' chart, the 'roles' chart, the 'time' chart and the 'situational descriptions' chart.

To gain more info, begin by asking the following questions, using your pendulum:

1. In this past life, was the client male or female in that lifetime?

2. Was the cordee male or female in that lifetime?

3. What was the client's role in that lifetime? (see the 'roles' chart)

4. What was the cordee's role in that lifetime? (see the 'roles' chart)

5. When did this lifetime take place? (see the 'time' chart)

6. Where did this lifetime take place? (see the 'countries chart'*)

7. Is there a situational description which matches the events or relationship of that lifetime? (see 'situational descriptions*' chart) – note that the situational description that comes up may relate to a life lesson the client was learning in that lifetime, or it may refer to a significant event of that lifetime, which might still be affecting the relationship negatively.

*Note: The countries chart allows you to find the area of the world where the client was once incarnated. However, bear in mind that the name of the area or country may have since changed. So if you find that a client incarnated in Iran, bear in mind that it could have been Persia when the client was incarnated there. So, when you deliver this information to a client, it is usually better to phrase it as 'you were once incarnated in the area which is now Iran'.

Once you have asked these questions, you should have some idea of what occurred in that lifetime and its relevance to the cord dynamics. You may just 'know' what happened in that lifetime, and you may receive more details on the events of the past

incarnation. If you don't understand the situational description, you may wish to Google it. If you meditate on the situational description and ask the question "what does this refer to?", you may find that something more specific comes to you via your claircognizance or clairaudience.

The process above can be a little involved and drawn-out. If you find it takes you a long time, you can also hang up and let the client know you'll call her back in 10-15 minutes.

How to Get More Detailed Information on Past Lives Using Clairvoyance

For finding out more information on the relevant past life, there is also an alternative to the method above. It involves using your clairvoyance to do research into a past life.

Using Your Clairvoyance to Do Past Life Research

For this exercise, begin by doing the 'breath-work' exercise to raise your vibration. The breath-work exercise goes as follows:

- First, observe your vibration by 'going within' and exploring how you feel in yourself for a few moments - what is the underlying emotion? See if you can put a word on your emotional state.
- Next do this breathing exercise: inhale to the count of four, hold your breath to the count of four and then exhale to the count of eight. Do this three times in total.
- Now check in with your emotional state – how do you feel?

Next, ask the following question (using your inner voice or out loud): 'Please show me the past life relationship that has the most relevance to these cord dynamics.'

Then, see what comes into your mind's eye. Usually an image or a scene will come to you within a minute or two and you will 'see' the events from a previous lifetime, which are leaking into the cord.

What to do if past life energies come up

When there's past life energies in a cord, I usually recommend a past life regression to the client, in addition to cord cutting, if they feel like the relationship pattern or negative energy has not shifted following the cord cutting.

Past life energy coming up constitutes Spirit pointing us towards the fact that these patterns go much deeper than a present-life cord of attachment.

Please read this article for more information about past life regression. (It includes information on how to find a good past life regressionist, so you can advise clients on this).

Attachment Theory & Cord Cutting

I wanted to create a section on **attachment theory** in the realm of cord cutting, because as a cord cutting practitioner I have often been asked by my clients to cut a cord with a romantic partner, past or present, and I have found that knowledge of attachment theory can be useful for such sessions. It can sometimes help explain dynamics that occur between two people in a romantic relationship.

What is Attachment Theory?

Based on years of research in the area of emotional attachment, psychologists have found that people behave in one of three ways in relationships:

Anxiously attached people tend to think about their relationships a lot, and may feel insecure about their partner's capacity to love them and be there for them. **Avoidant** people tend to keep their partners at arm's length, equating closeness with a loss of independence, while **securely attached** people are comfortable being close to others, and habitually behave in a warm, loving and reliable way.

So, broadly, there are three attachment types (anxious, avoidant and secure) that govern how we respond and behave in our romantic relationships.

For the most part, the attachment style that we have (i.e. how we relate to loved ones) in our romantic relationships is closely linked to how our caregivers responded to us in our early years.

Children whose caregivers were sensitive and attuned to their emotional needs tend to grow up with a **secure** attachment style. These people expect other people to behave in a warm, responsive way towards them, because that is what they have

experienced in the past. And they generally behave in the same way towards others. They are comfortable with connection and closeness.

Children whose caregivers were not attuned to their emotional needs, or were unresponsive or inconsistently there for them emotionally may grow up with an **anxious** attachment style. This means the child habitually became distressed at the lack of response and attunement from their caregivers, and made efforts to increase the attunement and connection, often to no avail.

These children tend to need and want a lot of reassurance and connection in their relationships later on, as a result of this attachment style. They often believe that other people want less closeness than them, and that it is difficult to get their needs for connection and closeness met.

People with an **avoidant** attachment style also usually grow up with one or more caregivers who are not consistently there for them, who are unresponsive, and not well attuned to their emotional needs. But rather than becoming distressed by the lack of connection (like the anxiously attached children) these children tend to withdraw from their caregivers, and tell themselves that they are unaffected. Essentially, they learn that people are not to be relied upon, and they do not feel comfortable relying on others to meet their emotional needs.

These children carry these beliefs and feelings about relationships into their romantic relationships later on, and as a result, they are often distant partners who feel uncomfortable with a lot of closeness and connection.

Note that people with an **anxious** attachment style and people with an **avoidant** style are often drawn to one another. This is because they reinforce one another's beliefs about relationships and love. Avoidantly attached people reinforce anxiously attached peoples' belief that it is hard to get their emotional needs met in relationships, and anxiously attached people, with their repeated (and often futile) attempts to get closer to the avoidant, reinforce avoidantly attached people's belief that they often feel suffocated in relationships, and that too much closeness makes them uncomfortable.

The fact is, anxiously attached people often feel more comfortable being in relationships with securely attached people, who can provide them with the connection, reassurance and closeness they desire. And avoidantly attached people

tend to be better suited to secures as well, since some securely attached people can give them the space they desire, while also being able to provide connection.

How this applies to cord cutting sessions

The reason I delve into attachment styles in this course is because I often get clients wanting to cut a cord with a romantic partner, past or present (or even just someone they dated more casually). A common scenario is for these clients to want to cut a cord to someone who has an avoidant attachment style (although the client often does not yet know that this applies to them). The client may have either a secure or an anxious attachment style, but came across an avoidant in the course of their dating adventures.

Getting into a relationship with an avoidantly attached person can often end up being a highly negative experience for an anxiously attached person, who does not get their needs met, and ends up feeling more stressed as a result. So I get a fair few clients with this attachment style booking a cord cutting session following such an experience. In essence, they want to make sense of the experience, and get it out of their system.

Secure people can also in some cases feel negatively impacted by an experience with an avoidant, as the avoidantly attached person will also thwart their attempts at connection at times.

Thus both types may come in for a cord cutting if they have been involved in this dynamic with their cordee, and in the later stages of the cord cutting process, we sometimes get the opportunity to validate them and put words to a dynamic they haven't yet been able to put their finger on.

Many people (unless they have a background in psychology) have not heard of attachment theory. But having this knowledge can sometimes be very validating and enlightening for our clients. For anxiously attached people, it is particularly valuable, as having this awareness allows the anxiously attached person to seek out secures in future, and to possibly bypass the avoidants in their future dating experiences, if they so wish.

Below I have included a transcript from a session I did with a client called Manaia. She was dating a man called James, who was an avoidant. This was something I was able to deduce from channelling the dynamics, and Manaia later confirmed my impressions.

Please have a read of this transcript, and then take note of the comments at the end.

Transcript of Cord Cutting Session - Manaia

Anna: Alright. So how do you pronounce your name, I was just wondering. Is it Manaia?

Manaia: Oh yes, that's it.

Anna: Okay. Great. So have you ever had a cord cutting before?

Manaia: I've had it twice before. That was a year or two years ago.

Anna: Okay - so you're somewhat familiar with the process.

Manaia: Yes.

Anna: Okay.

So the first thing I would like to do is bring in a Divine level energy, which is either an Archangel or an Ascended Master, and is the Divine energy that brings the healing in the session.

Manaia: Okay.

Anna: I wanted to ask you, Do you have any preference at all as to who we bring in? Or do you just want me to choose.

Manaia: Um, Archangel Michael.

Anna: Okay, yup. I usually work with Archangel Michael too.

So I'm just going to take a couple of minutes to bring in Archangel Michael, and to prepare the space for this healing.

Manaia: Okay.

Anna: For you and for me.

I'm just going to pop you on mute and I'll be right back.

Manaia: Okay.

Anna: Archangel Michael, please be present and in charge of this healing session.

Archangel Michael, I ask for violet flames to be placed, one in every corner of this room that I'm in, and one in every corner of the room that Manaia is in, and also in the centre of both of these rooms.

And this is to clean up and neutralize any stale or negative energy that we may process during the session or that may be present in the spaces.

And also, Archangel Michael, please place gold and silver light around the edges of this room that I'm in, and around the edges of Manaia's room.

And this is to seal the energy in these places so that only energies of the highest vibrations may enter.

Thank you.

Okay. Next I want to find out who we're going to cut with and just check in with Archangel Michael and make sure that this is a suitable cord to cut.

So do you want to tell me a little bit about why you booked this session.

Manaia: As in, why I booked the session?

Anna: Yeah, yeah.

And whether there was a specific person you wanted to cut with or whether you just wanna.. you want to give me a few choices and we can check in with Spirit and see which one would be most suitable.

It's up to you.

Manaia: Yeah, so, the reason why I booked this session is because it's a problematic relationship dynamic, I have to say, between me and a certain male.

Anna: Okay.

Manaia: But there are... There is one significant male called James, but I'm just gonna check in with... But there is an option of 3 males that I can choose through to cut cords with.

Anna: Okay.

Manaia: It's either James or... Mason or Liam.

So I just want to check in with Archangel Michael which one is the most important one.

Anna: Okay, James, Mason or Liam.

Alright, and I'm just going to take a moment and ask if there is one in particular that would be a good one to cut today.

I won't be a second.

Manaia: Okay.

Anna: Okay. I feel the first one is the most important one to cut.

Manaia: Which one is it, sorry?

Anna: James.

Manaia: Okay.

Anna: I feel it's the one that's.. would be right to cut today.

So we've got.. we have permission to go ahead with that one. Sounds like it's a good one to cut.

And, before we get started, sometimes it can be good for us to set an intention around what would be a good outcome of cutting this cord for you.

So, when I ask that question, does anything come to mind…?

Manaia: Um.. I feel it's about me getting my emotional stability again, like not feeling so drained anymore. So I want to feel, I want to feel more at peace.

Anna: Okay.

Manaia: Yeah.

Anna: I'm just writing this down.

Okay, sounds good.

So what I'm going to do next is I'm going to have a tune-in to your chakra system. Are you familiar at all with the idea of the chakra system?

Manaia: Yes, yes I am.

Anna: Okay. Brilliant.

So what I usually do is I'll just have a quick scan of your energy field and I'm going to ask the question when I do this: How is this cord impacting you?

And I'll usually hone in on three chakras, and I'll tell you about what I'm picking up around how this cord, because obviously the cord of attachment, it's coming in to you, is attached to your energy field and it does impact certain areas of your energy field in certain ways.

So we want to find out **how** it's impacting you.

While I do this, it'll take me a few minutes to do, at least. I'm just going to pop you on mute again and I'll be right back.

Manaia: Okay.

Anna: And while I'm busy doing it, can I also get you to tune in to how you're feeling emotionally at the moment. And see if you can put a word on that, or maybe a few different words if it's more than one thing that you're picking up on.

And I'll be back in a few minutes.

Manaia: Okay.

Anna: Okay. Thanks for waiting.

First of all, the main one that I was honing in on was your throat chakra. The throat chakra, you might know, is the chakra relating to communication and self-expression.

It's where we express feelings and say what needs to be said.

There were a couple of energies sitting in the throat chakra related to this cord. One was irritation. The other one felt like frustration. It felt like the energy of things that upset you that you didn't express. Things that went unsaid. It feels like a blocked energy.

I was given a visual of just this block of wood sitting there. It felt like just something repressing, sort of impeding the flow of that throat chakra energy.

So it could have been one big thing that you repressed that you didn't say at one time, or it could be a series of smaller things.

But I think part of the work that we're going to be doing with this to let go of this cord is to remove that restriction around your throat chakra.

Manaia: Um hmm.

Anna: Because I feel like it's setting up or reinforcing some kind of pattern that could affect other relationships and sort of impede that, that flow as I mentioned.

So that's the first thing that I saw.

The second thing was at your third eye chakra. The third eye chakra is the energy centre of how you see the world, how you see other people and yourself. So your perceptions, your intuition...

I felt like there was the energy of confusion here. Like this cord was causing you to, sort of make it harder for you to see situations clearly. More specifically, see this situation of what was going on with this relationship clearly.

It felt like this, I mean, the visual that I was given was like this smoke that was sitting in front of your third eye chakra, sort of this relationship leaving this mist in its wake, where you're trying to see what's happening and waiting for the dust to settle. And just not being able to see clearly.

So I feel like this cord is impacting, or having you question the way that you're seeing things when they happen.

Manaia: Um hmm.

Anna: So there were two main chakras that came up and I actually think we're really going to be working on the throat chakra for this session.

So I just wanted to check in with you. How did you feel when you tuned in emotionally?

Manaia: Emotionally, I feel just a lot of sadness. Like, a lot of sadness, a lot of ... Like a sense of loss. And... I think that I feel angry but I think... I think I have the sadness and loneliness more than the anger actually.

Anna: Yes. I feel that the anger was what I was picking up on at the throat chakra. That's the block sitting there.

So I think that the anger and the sadness, those two are connected. And when you move the anger out, the sadness will flow through you more easily.

So did that make sense? Was any of that surprising, what I just mentioned to you?

Manaia: The throat chakra, the block on the throat one, really, really makes sense. Because I feel like I haven't been able to be myself with him.

Anna: Okay.

Manaia: The third eye was a bit of a surprise.

Yeah, well it, it's confusing. The whole thing with him and me is sort of complicated, very confusing because his actions and his feelings don't align, so I just can't really tell which one is the truth so I got really confused.

Anna: Yeah. That's um, I think that's what I'm picking up on at your third eye chakra.

Manaia: Yeah.

Anna: That sense of, What the heck is going on? Sort of like this temporary mist hanging in front of you while you're trying to work out what's happening.

So I think it is related to that.

It'll be interesting to see when we actually tune in to the cord and see what's in there, to get a bit more perspective on that.

Manaia: Um hmm.

Anna: I feel like these, when I come across that sort of energy at the third eye chakra, I always think it's good to get rid of because if you leave it there, I think it has the capacity to confuse you long-term, in terms of doubting your own impressions and your intuition.

Manaia: Mmm.

Anna: Because I think you're, when I tuned in to you, I thought, this is somebody who knows her own mind. This is somebody who sees things as they are. So it's this kind of confusion that's, it's just something that can have you doubting that. You know that intuition, that natural intuition that you have.

Manaia: Yeah.

Anna: Which is not good long-term so this is just some energy we want to get rid of.

Manaia: Yes.

Anna: Okay.

So what I want to do next is, I'm just going to tune in to your energy body once again and find out where the cord is located. So sometimes I find that they are located at a particular area on your physical body. Sometimes this can be meaningful.

So I'm just going to tune in and find out about that. Won't be a second.

Manaia: Okay.

Anna: Okay. So the cord is located at your left ear. To me, that's symbolic because the ears are connected to the throat chakra.

Manaia: Okay.

Anna: So that makes sense based on what we've just said.

Okay. And I just wanted to get your permission as well. This is just to confirm that I have permission from you to go ahead and cut the cord between you and James. And also that you give Archangel Michael permission to go ahead and cut this cord.

Manaia: Yes.

Anna: Okay. Brilliant.

So I'm just going to ask Archangel Michael to go ahead and cut this and I'll be right back.

Archangel Michael, please go ahead and cut the cord between Manaia and James so that there is no more back and forth of emotion & energies between them, and so that what belongs to James is returned to James.

Thank you.

It is done. It is done. It is done.

Okay. So Archangel Michael is just in the process of doing that.

I wanted to check in with you.

When we take out a cord like this, it's always a good idea to put something positive back in. So we can ask Archangel Michael to put in any kind of energy that you like in now, and I'll just give you some examples of what people sometimes ask for.

Sometimes Divine love, strength, courage, peace, confidence, self-knowledge, self-love... So anything you like, really.

Is there anything... any energies that you would like Archangel Michael to pop back in there..

Manaia: Um... I think it's more self-belief, actually. Self-belief and courage.

Anna: Um hmm. Okay.

So Archangel Michael, thank you for taking out this cord and we ask you to please replace it with the Divine energies of courage and self-belief. And please have those energies be with Manaia for 21 days or longer, until the healing and the processing has been completed. Thank you.

Okay, great. So what I'm going to do next is, I'm going to tune in to this cord and find out what kind of energies it contained. I usually get, like a conversation between you and, in this case, James.

And, it takes me several minutes to get, and then I'll come back and I'll tell you what I've picked up, and then we can have a chat about it.

So I'm just going to put you on mute again.

Manaia: Yup *(waits several minutes)*

Anna: Alright.

So I've got the energies in the cord and I'm gonna read them out to you.

Just to give you a bit of background on what it is exactly I'm going to tell you about. These are the negative dynamics because this is a negative cord that we're cutting.

When you have a relationship with somebody that's impactful, there are two cords that you create. One is the spiritual cord which contains all of the positive stuff, you

know, the soul contracts between you, the good energies, so obviously it's not about that. We don't touch that one.

It's the – this one is the shadow side of the relationship. Obviously it's just the negative side.

And also the energies that cords contain, they can be one-off feelings or perceptions from events, or they can be general energies that are present throughout.

So the first energy I picked up on was from you. This felt like the energy of disappointment and disillusionment. It felt like negative feelings in general towards men, sort of like a sense of, Men are all the same. So sort of having an expectation that's not being met by this person.

Manaia: Um hmm.

Anna: Okay.

The next energy was from him and it was an evasive energy. The words that I wrote down was sort of not being able to pin him down, in terms of... It felt like, generally, this is somebody who doesn't... who is not very good at committing. But it also felt specific, as in, cancelling plans or being evasive in that way.

So it's like this evasive energy where you go to rely on this person and they're not there, or you, yeah, sort of not being able to pin him down in that sense.

Manaia: Um hmm.

Anna: The next energy was from you. And this was, this feels like that throat chakra energy that we mentioned. So it felt like a self-conscious energy creeping in, like there's not enough free communication. It's like the energy of having something to say but sort of feeling, Hmm, should I say this? How will it be received?

It's that energy you talked about of not being able to be yourself.

Manaia: Um hmm.

Anna: The next energy was from you and it was also another energy that you've mentioned. It's like feeling lonely. And I feel like it follows on from what we've just

said because I think that's a lonely place to be, to feel like you have something to say but you can't really express it.

So it's like this sense of feeling lonely because this person isn't going to get you, or get what you have to say.

Manaia: Um hmm.

Anna: The next energy is from James, and this is like the energy of 'I need you'.

'I need you', it felt like a dependent energy, or like a sense of, 'we can't cut the connection', or 'don't cut the connection'.

The next energy was from you and this is the energy of irritation and bottling up feelings while helping him out in some way. So this is the energy of helping him but not looking out for yourself.

Manaia: Okay.

Anna: Or attending to him, what he wants, while not paying attention to what it is that you want. So it feels like the energy of self-sacrifice and there's some anger or irritation around that.

Manaia: Um hmm.

Anna: The next energy is from James, and this feels similar to the last one. It feels like he's kind of saying, 'It's all about me', 'it's about my needs', 'I feel bad, please be there for me'. It's the energy of feeling sorry for himself, 'feel sorry for me'.

Yeah, and the next energy is from him and it's just the energy of anger.

Then the final energy is from you, and this one says, this one – it's like a suspicion, where you feel like you've realized that he doesn't have your best interests in mind, or maybe he's not that good for you.

So it's like sadness. It's like a sense that maybe he doesn't care about me.

So that's how the cord concludes these dynamics.

So what I want to do now is just check in with you and have a chat about some of these energies.

Just wondering, was this somebody that you wanted to be in a relationship with but it was not possible to pin him down or what exactly was the situation?

Manaia: Um, I think yeah, I'm expecting, I wanted, I wanted to be close to him but... There is just something that just doesn't happen. It just doesn't happen.

Anna: Okay.

When I told you about these energies, what kind of reaction did you have? Is there anything in there that is surprising or does it make sense?

Manaia: Well the energies that come from me, it's an eye opener, actually. You know, the disappointment and disillusionment, that I understand because that's what I felt most of the time.

And feeling self-conscious as well. I wasn't really thinking that I was being self-conscious, I was just feeling afraid at the time.

Anna: Okay.

Manaia: I was just feeling the fear of, if I say something, will it be the wrong thing to say?

So yeah, now that you said it's self-conscious, it makes sense to me, so...

There's a lot of feeling of self-doubt and feeling of I'm-not-good-enough, the feeling of not believing in what I'm with, not really looking out for myself, not really paying attention to my intuition, betraying myself as well. I feel like I've betrayed myself a lot by helping him but not taking care of myself.

Anna: Okay.

Manaia: So the energy that comes from me, that bottling my feelings up as well, that makes a lot of sense and the last feeling of feeling suspicion, feeling not trusting, it's a lot of mistrust, I feel like I couldn't trust him anymore...

Yeah, and but... the energy that comes from him, it's actually, to me it's actually quite surprising.

Well, I know the fact that he's evasive, he's not very good at committing. That one, yes, I understand. But the feeling of being dependent upon ME? Or feeling that he needed me and all that, feeling anger...

Yeah... I was surprised! Because he never said anything.

Anna: Okay.

Manaia: I think we were a mirror of each other. I think he was being self-conscious as well. So he was probably not telling me what he needs and I'm not telling him what I need.

Anna: Mmm...

Manaia: So...

Anna: Yeah. I felt like... that makes sense.

I feel like between you there is this soul contract in terms of... Because often with these experiences or these relationships that we want to, you know, when we want to cut a cord with somebody, it's because there is something that we've learned.

I did tune in to a life lesson around this whole experience and this relationship. I felt it was connected to what I picked up at the third eye chakra. It was the life lesson of confidence.

I think confidence in yourself, confidence in what you offer in a relationship or a friendship, and sort of valuing that. Valuing what you bring to other people and what you contribute to a relationship, and being confident in yourself.

So I feel like this relationship has been teaching you that. And, I guess confidence in also looking out for your own needs.

Manaia: Yeah.

Anna: So... yeah.

I feel like, some of these energies from James, I do feel like they were things that were possibly unsaid, you know, sort of what you mentioned, that there was a lot going on under the surface that was not expressed.

Manaia: Yeah. Yeah. That's right.

Anna: Okay.

So a couple of questions for you. Just to sort of process some of these energies that we're talking about.

One of the questions that I like to ask is, Do you feel like there is something that you learned from this connection, or this experience?

Manaia: I feel like, in hindsight, there are a lot of things like, I wasn't... I doubted myself a lot with him. Like, there are times when I was being myself, but I doubted myself because he wasn't responding like what I expected.

So what I learned from this is about following all parts of me, so not really caring about other people's opinions, I was just being myself. If they don't like me being myself, then they're probably not the right person anyway.

Anna: Yeah.

Manaia: In hindsight as well, I felt like there are a lot of things that I didn't say. I felt like there were times when he cancelled plans or maybe he was making false promises. I didn't say anything because I didn't want to hurt his feelings.

So I felt like I should have said something. I should have said that I feel irritated or I feel upset or I don't like it. But I didn't say it.

So that was my biggest lesson because I was too afraid. I was too afraid to... I was too afraid, and I wasn't being confident, I wasn't really following myself, so... I totally...

I totally get... I'm not really sure whether I'm 100% learning my life lesson through this experience but I'm learning, yeah.

Anna: Yes. I think that when you have the awareness, I think that's enough. I definitely think you knew... With relationships, for it to have a successful relationship with someone, I think sometimes it just comes down to the soul contract that we have with them.

So if you were learning, say for example, the life lesson of confidence that I mentioned, the fact that you went through this experience and you learned those things from it, or you feel like you did, I think that's enough.

That was a successful relationship on the soul level, you know? In the human realm, we think of successful relationships as maybe something that's long-lasting, maybe something that's happy and easy, but Spirit doesn't see it that way.

I believe that sometimes we have soul contracts with people and we just go through the experience and take something from it. And it's because usually it gives us something that we're gonna use later on to help others in some kind of situation or relationship.

So from the spiritual point of view, it sounds like it was a success even though that might sound crazy to hear.

Manaia: I know!

For me, it was, there is some success that I got from this because I interacted with Liam after this experience and I'm feeling like I can express myself. I listen to my intuition and just express myself to him, and if I don't like anything that he suggests, or if I don't like anything that he, you know, I just said that it doesn't work for me.

Anna: Yeah.

Manaia: So yeah, it... I feel a lot more freedom. Like, I feel a lot more free in expressing myself, so yeah definitely I got something out of it.

Yeah, totally.

Anna: Okay. That's great.

So it seems like this process that we're doing today, it feels like it's getting rid of the remnants, really, of that experience. Because it sounds like you've taken what's good

from it, and it's just about processing and releasing anything that's negative that's left over.

Good.

What was the other thing I wanted to mention? Yes!

I don't know whether you've ever heard about attachment styles.

Manaia: Um, not really.

Anna: Okay.

So my suspicion, when I looked through the dynamics that were between you and James, my suspicion was that James possibly has an avoidant attachment style and it's probably a bit complicated for me to explain, but I'm going to explain it anyway and you tell me whether this resonates or not or whether it makes any sense.

There was some research that was done several decades ago by a psychologist who did some experiments where he separated, he put mothers and children in a room and asked the mothers to leave.

And then sort of monitored the reactions of the infants. He found that there were, broadly there were three attachment styles. So three styles in which infants had become attached to their mothers, based on how their mothers responded to them.

There was secure attachment, which is, I think it's about half of the population, which means that when you were a child, you parents responded, or your caregiver responded well to you and was reliably there for you and responded to your emotional needs and comforted you when you cried.

And that usually results in a secure attachment style, which means that you expect people to be there for you and you're used to someone being warm and responsive.

And then there are also two insecure attachment styles. One of them is anxious attachment, where your parent was only there for you sort of inconsistently, so not reliably. And that means that when there is a separation between you and your caregiver, that you're sort of fretting, you can't soothe yourself.

So some people, I think about 20% of the population have an anxious attachment based on how they were raised.

And then the avoidant attachment, and this is the one I suspect for James, it's when your parent or your caregiver also wasn't there for you consistently, but rather than getting distressed about it, you coped by being detached and telling yourself that you didn't, you don't need anyone to take care of you and becoming withdrawn.

So, how you relate to your caregiver, that translates to how you engage with partners romantically, later on. So people who have an avoidant attachment, they're often quite hard to pin down. They don't like committing. They like some degree of distance. They sometimes give mixed messages.

So there were just a couple of energies in here in these dynamics, which reminded me of when I come across this avoidant attachment style in the past among people that I've worked with.

So if this resonates, there is a book called 'Attached' that's written by a guy called Dr. Amir Levine, if you want to find out more about that topic.

Manaia: Um hmm.

Anna: Just in case you wanted to find out more about that, because I think one of the lessons from an experience like this can sometimes just be recognizing when somebody is, has an avoidant attachment style so that you can decide, you know, whether it suits you to be involved with this person.

Does that resonate at all?

Manaia: Yeah, actually that makes sense because his parents are not that affectionate. And there was one time, he was overseas and had a serious car accident which took a long time to recover from, and his parents, basically his whole family didn't even come to visit him.

And he said to me that it was okay, so he pretended that it was okay, but I knew deep down he just wanted them to be there.

Anna: Right.

Manaia: And also, yeah, so he's feeling detached just for the defense mechanism I suppose, and the thing is, with me as well. It was really good in the beginning but when the feelings got too deep, he wasn't responding to me like he used to before.

He became, he sounded like he doesn't care, he sounded like he just doesn't want to connect with me anymore. There wass a lot of disconnection that happened, so I think the more he loves someone, the more he doesn't want to be with that person.

So it's just... it's hard work, I think.

Anna: Yes.

It reminds me of this attachment style. You know, if you just Google 'avoidant attachment style', I think it would be good for you to just do a little bit of research around that, because there are lots of signs and signals that people give out when they have this attachment style, that you can research.

And it makes it difficult long-term to have a connected relationship with somebody who has that attachment style if you are anxiously attached.

And also, it can make you more insecure when you are engaged with somebody with an avoidant attachment style, even if you are somebody who was raised by a responsive caregiver and as a result, you have a secure attachment style.

If you get into a relationship with someone who is avoidant in that way, in some cases, depending on the person, it can actually turn you into somebody who resembles somebody who was raised by an unresponsive caregiver.

Manaia: Mmhmm.

Anna: And if you were somebody who has a more anxious attachment style, if it does make you feel distressed when someone withdraws from you, that attachment style can also be aggravated.

People who have an anxious attachment style, they ideally want to be in a relationship with somebody who's secure because then they will feel more secure. They will feel reassured. They will feel connected.

So this is quite an aggravating attachment style to relate to, if you are somebody who needs a lot of connection and reassurance, who doesn't want to deal with that kind of distance or the withdrawing. So it can be quite hard on the emotional level to get in a relationship with somebody with that avoidant attachment style.

So I would encourage you to do a bit of research into that so that you can avoid that in future because, yes, this cord contains energies which point to that possibly being a part of the dynamics for him.

Manaia: Yeah, yeah. Okay.

Anna: Okay.

The other question I wanted to ask you was, Do you feel like this relationship and this experience, it was kind of a unique experience, in terms of something that you haven't experienced before, it didn't remind you of anything else you've experienced, or do you feel like it, there are echoes, does it remind you of any other relationships that you've had in your life, past or present?

Manaia: It reminded me of my past connection with Liam. That's why I mentioned Liam in the beginning.

Anna: Okay.

Manaia: At the time, it reminded me because at the time, he was quite evasive as well. And there are a lot of... and he's not very good at committing to plans, and I wasn't being myself. It's very hard for me to...

I experienced a lot of anger, a lot of frustration that I didn't say anything.

Anna: Yeah.

Manaia: So I guess at the time, when that happens, I wasn't really fully learning all of the lessons. That's why I got into this one with James, and finally I got, you know, something out of it. Hopefully.

Anna: Okay. That makes sense.

Okay. Right.

So I feel like we've thoroughly looked into all of those dynamics and talked about them. Is there anything else you wanted to say around it, before we conclude this part of the session?

Manaia: No, nothing I can think of.

Anna: Okay. Great.

Manaia: Okay.

Anna: Alright.

So what I'm going to do to wrap up is, I'm just going to tune in to your chakras again. I just want to get a sense for what is happening on the level of your energy field. Sometimes it can look a bit like a, you know when a dust cloud has been kicked up and it's a bit hard to see what's happening, and other times you can see very clearly.

So I'll tune in and I'm also going to ask Spirit if there's any recommended steps, any messages for you around this relationship.

Manaia: Yes!

Anna: So I'm just going to put you on mute again and I'll be right back.

Okay. So I had a tune in to your energy field. There is still some stuff going on there so I feel like you're still in this processing stage. I did also feel like it felt quite tender at the throat chakra, a bit raw, a bit delicate.

So I do wonder whether you're gonna, it's going to cause some sort of emotional turbulence for you. So if you do feel like you, if you feel a lot of strong sadness, anger, frustration, that sort of thing, over the next week or so, I would say that's really quite connected to this cord. And just know that that's part of the releasing process.

Manaia: Um hmm.

Anna: The other thing that I felt was, get lots of sleep. Because I feel like you're going to process this when you're asleep. And if you don't get enough sleep, it's going to be a rockier process.

The other thing that Spirit said to me was, Success. Well done. You've got it.

I feel like we got to the core of what this was about. And I feel you learned what you were meant to learn.

Manaia: Mmhmm. That's cool.

Anna: The other thing that they said to me was, to pass on to you was, you don't need to get into a relationship with someone who's not connecting with you. They said, you'll know when you've found the right person when there is a strong emotional connection there and it's someone who is seeking out connection with you consistently.

Manaia: Okay.

Anna: So Spirit is saying, look for someone who seeks you out, seeks to connect with you.

If someone is not seeking to connect with you consistently, that's a sign that they're the wrong person.

But I feel like you've, that's already something that you know.

Okay. I think that's everything that I wanted to do in this session. Any questions or anything before we finish?

Manaia: Hmm... I'm good actually. I'm good.

Would you be able to send the recording through email?

Anna: Alright. Yes I'll send it now via Hightail, so you'll get a link. You need to download it within seven days. It expires after that.

Manaia: Thank you very much for that.

Anna: My pleasure. In that case, I'll let you go and enjoy the rest of your evening. Bye Manaia!

Manaia: Bye!

****

Further Notes:
I have done many sessions involving the anxious/avoidant dynamics which resemble the conversation above.

Manaia later emailed me to say that she had found the piece I passed on to her about the avoidant attachment style (and the book I recommended) eye-opening. Therefore it can definitely be helpful to watch out for this anxious/avoidant dynamic in your cord cutting sessions, so that you do not miss an opportunity to validate your client.

Here are some clues that the cordee has an avoidant attachment style (one or more of these will usually come up in the dynamics that you channel):

- You sense an evasive energy, as if the cordee is hard to pin down
- The dynamics indicate that the cordee is not keen on the idea of commitment in general, and seeks a high level of freedom in their relationships
- The dynamics suggest that the cordee is seeking distance at the expense of connection in the relationship
- There is very little input from the cordee – all or most of the energies and dynamics come from the other person, as the avoidant withdraws and stops engaging
- The cordee sends out mixed messages – one moment giving the client the impression they are emotionally available and connected, and the next moment sending the message that they are not.

(Note that you usually want to see more than one sign here for this to possibly apply).

If you're using your pendulum to identify the dynamics using the 'negative energies' chart, you may see the following energies on the part of an avoidantly attached cordee:

- Avoidance (not surprisingly!)
- Fear
- Wariness
- Withdrawal
- Withholding
- Dismissiveness

You may see the following energies from the anxiously attached person in this relationship dynamic:

- Anxiety
- Rejection (i.e. feeling rejected)
- Pain/suffering
- Abandonment (feeling abandoned)

In addition, in the 'setting intention' part of the session, the anxiously attached person may want to restore their peace of mind or their sense of equilibrium. When you read their chakras, you may find the remnants of confusion at one or more chakras (as a result of all the mixed messages). The anxiously attached person may also feel frustrated or angry, and feel affected at the throat chakra as a result of all that is unsaid, as they try to play it cool with their avoidant partner and evade admitting the anxiety they feel in the relationship, for fear of pushing them further away. There is often a lot of miscommunication and lack of communication in these relationships, so this may show at the throat chakra, too.

I haven't (to my knowledge) ever had an avoidantly attached person come in for a cord cutting to get closure on a relationship with an anxiously attached person. This may be because these people tell themselves they are not sufficiently invested in the relationship to want to resolve it. They often do not invest in their relationships as much, and so may not internalise, or find themselves impacted by, the shadow dynamics in the same way an anxiously attached person might.

How to suggest to your client that they were involved with a person with the avoidant attachment style:

Do not tell the client that the cordee *definitely* has an avoidant attachment style – instead tell them your suspicion, give them some more information about the avoidant attachment style, and ask if it resonates.

If it does, I recommend pointing your client towards a book called *Attached* by Dr. Amir Levine and Rachel Heller, which deals with attachment theory in a very digestible, down-to-earth way.

There is also a good Youtube channel by a lady called Thais Gibson, which goes into a lot of detail about the attachment styles and how they can manifest in relationships. I've recommended that to a few clients, too.

Doing some Googling on attachment styles can also be helpful.

Homework:

1. Your homework for this lesson is to read the book *Attached*, as mentioned above. This is fairly important because if you work with clients, you will at some point encounter the anxious/avoidant 'dance' in the dynamics of a cord cutting session, and very often the anxiously attached person does not know that they were involved with an avoidant. Or they may 'know' at an intuitive level, but without being able to put words to their experience. And putting words to an experience (aka. validating the client in their experience) is powerful and healing. This book gives you a really good overview and knowledge of the topic, so that you can potentially spot these dynamics in your sessions and explain them to your client.

2. After you have read this book, your second piece of homework is to ascertain your own attachment style, past and present (note that this can change over time, as stated in the book). If you are with someone now, what attachment styles do you and your partner practice in your relationship?

You may wish to journal about these questions, or simply be aware of the answers to them.

If you have an anxious attachment style, and a history of one or more relationships with an avoidant, it is likely that you will also attract anxiously attached clients who have also been engaged in this kind of dynamic.

When I was younger my attachment style was anxious (although it became more secure after several years in therapy, and through being in a good relationship with a secure) but I have had a few short-lived relationships with avoidantly attached men, and thus I am highly attuned to the energy of the anxious/avoidant 'dance.'

For this reason I attract the same scenario a lot in my cord cutting sessions with clients. If you do not have this history, you may attract fewer clients like that – but even so, it is very common in dating situations, and as result it may come up in your client work at some point.

OK, now we've looked at attachment styles, it's time to delve into another fairly common scenario that I see in my cord cutting sessions with clients: limerence. I expect that this issue will come up from time to time in your client sessions, and so it may be helpful for you to have a bit of background information on the topic.

Limerence & Cord Cutting

Limerence is the psychological term for being madly infatuated with another person. It's a term that was coined by American psychologist Dorothy Tennov in her book 'On Love and Limerence' in 1979. Limerence basically refers to the early stages of being in love.

Limerence is of course usually a positive experience, when it is reciprocated.

However, it can cause significant psychological distress when it is not reciprocated, and it can also turn quite destructive, becoming an obsession that can keep a person in its grip for months, years or even decades. It can also be extremely difficult to break the thinking patterns around limerence, (and we're going to go into the reasons for this in this section). For this reason, you may encounter people with this issue in the course of your work.

The main reason I want to cover this topic here is because not everyone experiences limerence. One of the findings of Tennov's research was that only a segment of the population experiences falling in love in this way. The majority of the people who seek out cord cutting practitioners due to this issue obviously do experience love in this way otherwise they would not be seeking us out. So, as a cord cutting practitioner, you need to have an awareness of this, particularly if you are not someone who has had this experience in the past.

Let's have a look first of all at how Dorothy Tennov defined limerence...

(The limerent refers to the person who is in love and the L.O. - aka limerent object - refers to the person they're in love with.)

Limerence involves:

- Having intrusive thoughts about the L.O.
- Having intense feelings about the L.O. that seem to cause all other thoughts and feelings to fade into the background
- A strong longing for reciprocation of one's feelings
- Lots of daydreaming about the L.O.
- Shyness and insecurity in the L.O.'s presence
- Mood being dependent on how the L.O. is responding to the limerent, or not
- Forgetting about other life areas
- Seeing only the positive in the L.O.

Limerents feel great when the L.O. is paying attention to them, and they feel terrible when they are not. So, the dramatic effect on mood (and irrational/erratic behaviours) are what characterise unrequited limerence.

Let's have a look at why we experience limerence

Humans are evolved to experience limerence because of our propensity towards pair bonding. The evolutionary purpose of pair bonding is to find someone with whom you can reproduce and raise children. Pair bonding often involves limerence, and this has an evolutionary advantage, because it motivates couples to stay together. (The limerence stage of a relationship usually corresponds to the length of time it takes to bear a child and nurture it for its first year of life.) So, from an evolutionary perspective, limerence stabilises the pair bond and this means more likelihood of reproducing, and more likelihood of offspring surviving the first years of life.

On the level of our brains, there are 3 systems that underlie limerence: the reward system, the arousal system and the bonding system. These systems are driven by dopamine, noradrenaline and oxytocin/vasopressin, respectively.

When the limerent meets someone who makes them feel good, their dopamine system identifies that person as a potential reward.

The noradrenaline system becomes activated when the limerent becomes more alert, excited and attentive around their L.O.

The dopamine system also increases their motivation to spend more time with that person.

These stimulating chemicals are produced by the body in reaction to being in the presence of the L.O. The limerent gets used to them, and begins to experience withdrawal in the absence of them (so, when they do not get to see their L.O.) This is why limerents tend to daydream a lot (because it also causes these same chemicals to be produced in the brain.)

In essence, limerence has a strong addictive quality to it. It's an addiction to the neurochemicals produced in the presence of the L.O. It's the same brain circuitry as substances like cocaine, in terms of how we get addicted. And it can be just as difficult as breaking an addiction to something like cocaine, because it is an addiction (in this case, to a person).

Like an addiction, limerence can cause psychological distress when the limerent's feelings are not reciprocated, and they cannot get their 'fix' and cannot break their 'addiction' to the person either.

Note that uncertainty and unavailability heighten limerence. Limerence is more likely to occur for some people wherever there is uncertainty or unavailability, for example if the L.O. is married or otherwise not interested or available. This sparks rumination in the limerent and can really kickstart the cycle of obsession. We see this effect with slot machines and gambling — "maybe this time I'll win." More dopamine is released in situations where the reward is quite uncertain.

So the purpose of this section on limerence is partly for me to emphasise the severity of the challenge that limerents can face when in the grip of an unrequited love. It isn't just a crush. It is hardwired in the brain, and utilises systems that have been refined over millions of years of evolution.

Can cord cutting help with limerence?

Yes, it can, but in most cases the client has to find the message & lesson in the experience. There is usually something positive that can be taken from the difficult experience of limerence.

Often people find that the L.O. inspires them to change their life or improve themselves in some important way. The L.O. often symbolises something powerful for the limerent; something that is missing from their life.

Note also that the most episodes of limerence lasts around 2-3 years, so clients may find that after a few years their obsession abates, with or without help from cord cutting.

When it's more than limerence

You also need to be aware that very occasionally, the limerence that a client will present with will actually be erotomania. This is a delusional belief
characterised by a person strongly (and falsely) believing that another person is in love with them and that they have a relationship with the person, even when they do not. Often it involves someone the client has never even met (such as a famous person or celebrity).

People with erotomania sometimes believe that the loved one is communicating with them telepathically, or through other coded signs such as what they post on social media or what they say on the radio or television. It is usually linked to schizophrenia or bipolar disorder.

Erotomania is supposed to be fairly rare, but I believe I have seen it several times and I also believe that as cord cutting practitioners we attract such people, because of the supernatural element to what we do. Such people may feel we can understand and validate their experiences of telepathy. I have only had perhaps 5 out of 1000 odd clients where there's been a confirmed case of it or a suspected case. Obviously as I am not a mental health professional I cannot know for sure, I can only suspect based on some of the things these clients said to me.

So, if your client has not ever met their loved one, or has only met them once, and talks about telepathically receiving messages from them or receiving covert messages through the TV/social media and is absolutely convinced that this person also loves them, you might want to make a referral to a therapist.

In a situation like that, I would probably say something like, "I think that it would be really good to talk to a therapist about this. There is something you could get from that type of session that you are not going to get out of this one."

Note that much of the information in this section about limerence has come from a good book called 'Living with Limerence'. It's written by a neuroscientist and is aimed at those who are in the grip of unrequited limerence. It's one that I've recommended to clients in the past. It gives a lot of helpful tips on dealing with this experience.

Interesting Links:

- An online article about limerence that covers the topic in more detail
- Living with Limerence (book)

Homework:

Not everyone is capable of experiencing limerence — Dorothy Tennov says that people fall under one of two categories in this regard — limerent or non-limerent. Which category do you fall into? This is an important question to ask yourself, so that you can have an understanding of where other peoples' experiences may differ from yours. You may wish to journal about it or simply ponder on that question.

Note that people with an anxious attachment style are more prone to limerence.

Psychic Attack, Mental Illness & Intuitive Healing

Now let's move on to another topic that can come up from time to time in client sessions - psychic attack.

I wanted to create a chapter that addresses the issue of 'psychic attack' simply because once you start offering intuitive healing sessions to the general public, you may start hearing from people who want you to release a negative/'demonic' spirit for them.

I want to prepare you for this situation (and other situations) so that you can go into it knowing what we can help and can't help people with, and also knowing some of the common misperceptions that are out there in the spiritual community, and how you can correct them for people before you work with them. Sometimes we have to manage expectations and explain the limits of these types of sessions — what they can and can't help with.

As a way into this topic, below I have copied and pasted a couple of the emails I have seen over the last year or so about this topic, so you can see what sort of things come up for people.

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Email one:

My name is Catherine and I hope you are doing well! I am interested in a session and I would like to ask if I could get a recommendation for my situation as I would really really appreciate it.

From a very young age I have these recurring nightmares where this entity attacks me and rapes me. It only allows negative people to enter my life and it makes me feel extremely hopeless.

I ran into a psychic at the mall who told me it was a curse that was placed on me from 3 past lives ago and so she did a chakra cleansing for $500 a chakra. I knew it was ridiculous but did it anyway because I literally feel like I have boulders strapped to my back. When we started to work together the entity started to attack her but she was able to control it. Then the entity would come back and rape me in my sleep and tell me nobody could hear or help me.

Finally after a few weeks of intense meditation I finally feel this thing lifted and I feel amazing but then she came back to me and said she would need $3000 to release it permanently. I felt she totally got greedy and is trying to take advantage of my situation. She said I may feel good now but if I don't finish it off the entity will be back in one month.

Do you know anyone who could see this dark energy and confirm if it is a curse or what is it? I'm tired of going to scammer psychics, I just want someone I can trust who isn't going to take advantage of me.

- Catherine

Email two (note: this was sent to me by a colleague who was asking for my advice on how to respond.)

Hi,

I'm not really sure where to begin. But I need to be heard. I need to be raw and real here for a moment.

My journey with my gifts began because I can see, hear and sense spirits. And it's been something I've done since I was 10 years old. But into adulthood, I began to suppress my gift. Until 2015. I was 25. The man who is now my husband had moved in with me and things began to happen. My children and I were plagued by a dark spirit that we originally thought only to be a poltergeist. But as the years passed, we learned this wasn't the case.

In March of 2016, my husband was growing dark, secluded, angry and very malicious. He got physical with me and these changes in personality continued to worsen. He became very physically and emotionally abusive, which led me to my gifts being reawakened. I would wake up at 3 am with a dark, horned figure standing over me. I couldn't move. I couldn't breathe. And it would tell me that I was going to die. That he, meaning my husband, would kill me.

I was terrified. I didn't know what to do. So, I went to a medium who told me that I'm not going crazy and that I have several gifts. I went to her, fully believing that this was a demonic entity. She confirmed this but told me that, because of my gifts, this is a test for me and that I would need to remove it myself. And that there would be several more to follow.

My husband was under possession. I have since removed 6 from him. Things had gotten better. Until recently.

There is a demon that plagues his family. I know the demon's name. But because it's attached to his entire family, it is near impossible to completely clear my husband of its dark energy. It's taken a liking to his parents home and property where my husband spends most of his time.

He began to be abusive again about 3 weeks ago. To the point where I had to put a protective order in place and it killed me to do so. The order is still in place, but they have lifted the no contact order so that he could come home and receive the help and support he needs. Things were okay for 3 days. Then the abuse started again. And this morning, things got physical once again.

I'm asking for help. For prayers. For knowledge. On how to completely remove this dark entity of it's attachment from my husband. And to prevent it from coming back.

I'm also wondering why it's attached itself to him. And why dark is so drawn to him.

I was told that being a healer, I've attracted many broken people into my life.

I know that some of my purpose here is to learn real love, to teach real love. To give it as well as receive it. I know this is a life lesson. But I don't know how to pass this test. I feel lost. I feel overwhelmed. And it's hard for me to speak this truth because it is completely raw and I fear judgement. But I needed to reach out. I hope this post finds you all well, and I apologize that it's a bit lengthy. Any and all recommendations are appreciated. Thank you."

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First of all, here are a few articles I would like you to read to help you to understand how I deal with correspondence like the above ones:

- Why I Don't Believe in Psychic Attack
- Are Curses Real?
- Curses & Psychic Scams

Here are some of the common misconceptions in the spiritual community (that we saw at play in the two emails above), corrected:

- **We can solve psychological issues solely with spiritual solutions**

Cord cutting is an alternative therapy and therefore it should be used as an addition to psychological therapy, not as a replacement. Cord cutting can help us to create change, but it isn't going to resolve any kind of illness, mental or physical. If it helps someone with those issues, it is a happy side effect of the session, but it is not something we can profess to help anyone with.

Similarly, earthbound spirit release does not work on mental illness. You may get people contacting you asking whether cord cutting or earthbound spirit release may help with their mental illness. Always say no. People with a mental illness are more likely to be carrying earthbound spirits with them, but clearing the spirits will not get to the root of their illness. Psychological issues require psychological or pharmacological interventions. Spiritual solutions like the ones we offer will often also help the client in other ways, but they won't help with mental illness.

- **Earthbound spirits can make us do something, like be violent towards another person**

Abuse and violence in a relationship is not caused by spiritual problems like enmeshed or ordinary spirit attachments, Enmeshed spirits can inhibit a part of our existing personality & chakra system, and they can alienate us from ourselves (more on this later). But they do not make us do anything.

Some further notes on domestic violence, in case you encounter a situation like this in your client work...

Domestic violence is caused by one person wishing to control the other. The violence will not go away after a cord cutting or an earthbound spirit release. Like the woman in the email above, some spiritually-minded people have a tendency to spiritualise their problems in order to avoid the reality of the situation.

If you have read '*Why Does He Do That? Inside the Minds of Angry & Controlling Men*' by Lundy Bancroft (this book is on the reading list), you might have seen the statistic mentioned in the book that on average it takes people 7 attempts to leave an abusive or violent relationship.

Abusive relationships are incredibly difficult to leave, for a variety of reasons.

Often victims of abuse lack the resources to leave. In addition, the manipulation and gaslighting experienced in an abusive relationship undermines a victim's sense of self and perceptions, so that it becomes difficult to know which way is up.

People in this type of relationship become a shell of their former selves and don't feel confident in their own perceptions or decisions anymore. The abuse chips away at peoples' self-esteem over time until when it comes to the time a person really needs to leave, they don't feel able to. Sometimes love for the person makes it harder to leave, because the whole relationship doesn't just consist of abuse; there's also good times. Then there's the trauma bond that is incredibly hard to break.

So if you come across a scenario like this, don't let your client spiritualise the situation. Help them to stay connected to the reality.

I would say that the best time to cut a cord of attachment to a violent person is after someone has left the abusive relationship and is safe.

If you work with a client who wants to leave a violent relationship, you can find and pass along the relevant domestic violence hotline number for their country here:

List of Domestic Violence Hotlines.

Let's have a look at another common misconception in the spiritual community:

- **Demons exist**

Earth is a place where souls come to evolve through light and dark. Therefore, evil exists on earth. However, evil does not exist in the spirit world — there is no devil or hell. The most 'negative' spirit you will encounter in the spirit world is the earthbound spirit, who are negative because they are stuck, not because they are evil. If we are overwhelmed by fear, we may see the spirit world through a fearful lens and mistake earthbound spirits for really scary beings. That is an earthly illusion however, based on our own mindset.

- **Curses can wreak havoc on our lives**

As explained in the two articles on curses I linked to above, curse energy is real, and it can occasionally be received by a person under the right circumstances but it is not as powerful as people think it is, and it certainly doesn't have the power to have bad things happen to us. It can be cleared simply and easily and it does not need to cost thousands of dollars. If it costs several hundred dollars or thousands of dollars to clear, you're looking at a psychic scam.

- **Spirits can rape us or violate us in our sleep**

I also wanted to mention a detail of the first email:

"...Then the entity would come back and rape me in my sleep and tell me nobody could hear or help me."

This is likely to be sleep paralysis. Many times when a person believes a spirit is doing something to them in their sleep, it can be explained by sleep paralysis.

She may also have been picking up on an earthbound spirit in her home in a half waking, half asleep moment, and was frightened by the experience.

I hope that this document clears up many of the misconceptions clients will bring to you.

Next we're going to look at another common scenario that comes up in client sessions: grief. I am covering this next in this lesson so that we can have an awareness of the events which may cause grief, and respond sensitively to our clients' experiences of grief.

Grief & Cord Cutting

"The mourning process is not a matter of universal understanding — we cross the road when the widow walks by because we do not know what to say. We are embarrassed by her grief. We say, "Oh, she has taken it well" with admiration, meaning you can hardly tell she's just suffered a bit of a setback. We use these ridiculous expressions — "Draw a line under it." "Go on with your life." "Put it all behind you."

— Nigella Lawson (who lost her mother, sister and husband before the age of 40.)

As the quote above illustrates, grief and sadness is not something our culture understands well or is comfortable with. Those who go through a loss are encouraged not to "dwell on it" or even process it properly, and as a result, some people carry around unresolved pain and grief in their psyche.

Grief is not just caused by a person one loves passing away. It can also be caused by any change in one's life which involves losing something. It can also be about the loss of something more intangible such as loss of trust, or loss of security.

One of the things I've seen time and again in cord cutting sessions is people who have no awareness that what they are struggling with is grief. And so in the cord cutting process, we may need to validate a loss for our clients, so it is important to have an understanding of the grieving process.

Here are some of the events which commonly cause grief:

- Deaths
- Break ups
- Betrayals
- Loss of a job or career
- Miscarriages
- Abortions
- Estrangements with family members or loved ones

- Loss of a beloved pet
- Traumas (which can cause a loss of security or spiritual faith)
- Retirement
- Emigration
- Infertility
- Loss of financial resources
- A child leaving home
- An accident or life-changing injury
- A loss of a dream or personal goal

Sometimes grief can be caused by something which "should" be a happy, positive event, such as emigrating and starting a new life in another country. We are expected to focus on the happy and exciting aspect of the new start, which can invalidate what we are really feeling, which is often a sense of loss, in adjusting to what we have left behind.

What are some of the effects of not processing grief properly?

Unprocessed grief can cause:

- Depression
- Chronic pain
- Overactive empathy
- Addictions/compulsive behaviours
- Chronic fatigue

Time does not heal all wounds and unprocessed grief does not necessarily go away — it can remind us of its presence in a variety of ways. It waits for the time when it will be recognised for what it is, and worked through. Sometimes it manifests somatically (in the body) in the form of physical pain or illness.

Here are some common signs and symptoms of grief:

- Intense sadness or yearning
- Crying
- Tiredness & exhaustion; feeling emotionally 'burnt out'
- Irritability
- Gastro-intestinal issues
- Preoccupation with loss; worrying that you are going to lose more people or good things in your life

- Nightmares
- Numbness and shock (especially in the first few months.)
- Chest pain; a physical feeling of emptiness & a tightness in the chest
- Forgetfulness (short-term memory seems to disappear)
- Headaches or migraines
- Muscular pain
- Insomnia
- A feeling of restlessness or agitation
- Withdrawing from friends or social activities
- Anxiety/panic attacks
- Loss of appetite
- Eating too much
- Difficulties focusing/concentrating
- Difficulties making decisions
- Clumsiness (e.g. walking into furniture)
- A sense of guilt or thoughts of regret (sometimes over how the person died)
- Anger — with God, with yourself, with the person that died, with the whole world or with the doctors who failed to save him/her
- Questioning your spiritual faith
- A lack of interest in things that used to give you joy.

Some Principles for Working Through Grief

Here is what I have learned about grief. This information was designed to be read by the grieving person.

- It is best not to try to defend oneself against grief. The grieving person must let it pass through them and ride its waves. The waves come and go, and each time they do, it will be slightly less intense than the last time.

- People often do not want a loved one to grieve fully, because they do not want to see their loved one suffer. It is not unusual for friends or loved ones who have not been through a bereavement to fail to understand what the grieving person is going through and to show a lack of support.

- The grieving process is different for each person. It is often helpful to read about other peoples' experiences, but every person's grief path may unfold differently.

- The aim is not to go back to how things were before in one's life — a significant loss changes us forever.

- We do not ever completely finish 100% the grieving process — sometimes a new grief will trigger an old one and we go back and do a bit more grieving of the old one, too.

- The first few months of a loss can sometimes be the easiest time, as shock protects us from the full force of our grief. The understanding of the magnitude of what we have lost seeps into our psyche bit by bit, just enough not to completely overwhelm us.

- Grief is experienced on multiple levels - not just emotionally, but also psychologically, spiritually and physically.

- A significant loss can take years to grieve. The first year is often the hardest and the second year can be very hard, too.

- Tears are important for processing grief. Some men may find it harder to cry than women (testosterone inhibits tears.) I often found that if I had not cried in a while, I would feel a lot of anger or irritability. I used to elicit tears by watching sad movies or listening to sad music, and that would be very cathartic, easing the angry feelings, too. I made a playlist on Youtube of the saddest songs I could find. This is not wallowing. It is a healthy process of eliciting what may be repressed.

- You may also need to release anger. During my grief I took up boxing, I threw crockery against the wall outside in the garden, and I drove out to the middle of nowhere and screamed my lungs out. I also punched pillows.

- You may need to seek out new companions for this part of your journey. Online or offline support groups for people who are grieving can be helpful. You need to have someone around you who can validate or understand what you are going through.

- You are not alone in your grief. It may feel that way. You will feel like you are out on a never-ending trek into a frightening wilderness, where you feel cold, empty and exhausted. The wilderness seems vast and you may lose hope that you will ever come out of it. But there is a beginning, a middle and an ending. I

believe there is an outside force that accompanies you in this process, and it will become clear when you are coming towards the end of your mourning process. Things will happen to show you this (synchronicities.)

Some journaling/reflection exercises for cord-cutting practitioners:

(Sorry that these questions are not so jolly, but I want you to consider the role of sadness/grief in your own life, and your own resilience in recovering from it, so you can do this for clients if and when it is needed.)

- Have you experienced any significant losses in your life?
- Do you remember how grief showed its face in your life at the time?
- Do you feel your grief has been properly processed?
- How did you deal with your grief?

Toxic Relationships & Cord Cutting

In this section, I want to go into the topic of toxic relationships.

I am covering this topic in this course because it can be helpful to have some awareness around what constitutes a toxic relationship, so that we can validate this for our clients in a cord cutting session.

Note that by nature, cords do contain toxic energy, but there is a spectrum of toxicity — some negative energies are stronger than others. Plus we also need to take into account the amount of toxic energy that a cord contains. Some cords are completely toxic while for others, the negative energy isn't quite as toxic.

Here are some signs of a toxic relationship:

(Note that ideally you would want to see more than one sign in the cord dynamics, for this to apply)

- One or both parties find the relationship draining. Make a note if you feel like the energy of fatigue or energy vampirism are present in the cord dynamics as it may be referring to this

- One person often feels dominated or controlled by the other, e.g. one person may have lots of ideas and opinions about how the other should be living their life

- There is criticism energy in the cord (one or both people may be criticising the other frequently)

- One or both people blame the other for their mistakes or their life not being what they had hoped (look out for 'blame' energy in the cord)

- The connection may be shallow, in that one or both people are not opening up to one another or showing any vulnerability because they don't feel safe to ('withdrawal' or 'withholding' energy)

- One or both people may be feeling trapped and like they cannot create any change in the relationship or the situation ('victimisation')

- One person does all the talking; the other does all the listening

- One person in the relationships emphasizes her needs and doesn't seem to care about the other person's needs

- The relationship feels very transactional; one person sees the other primarily as a means to get what they want

- One person doesn't respect the other, or the relationship lacks respect in general

- One person's needs, ideas and suggestions are often disregarded or dismissed

- One person in the relationship is often accused of being 'too sensitive' when they stand up for themselves

- One person is infantilized or treated like a child; there may be one person talking down to the other

- One person may feel they are 'supposed' to ask permission from the other to do things that normally they would not have to ask permission for

- One person often points out the other's flaws and shortcomings
- One person rarely or never apologizes when they are in the wrong
- There is frequent violating of boundaries that goes on
- One person in the relationship is not there emotionally for the other, despite receiving the same support they refuse to give
- One or both people threaten to end the relationship in order to get their way
- One or both people feel angry around the other
- On balance, the relationship is not a source of peace or fulfillment, and causes more anguish or trouble than it contributes positive aspects.

If you find multiple signs of toxicity in a relationship, you will want to validate that for a client by asking her if she feels this was a toxic relationship.

I would usually couch this in the following terms: "It seems like this cord was particularly toxic. I'm wondering if that was reflected in your relationship?"

If your client asks what you mean, be ready to point out which cord items felt particularly toxic to you.

Then let her decide for herself. It is not a good idea to label the relationship as toxic — leave it to the client to decide what resonates with her.

What is the difference between toxic and abusive relationships?

Sometimes there may be signs of abuse in a cord.

Please read this article about what constitutes abuse: How to Recognise the Signs of Emotional & Psychological Abuse.

The main difference between abuse and toxicity is that abuse is all about control.
If you read Lundy Bancroft's book 'Why Does He Do That? Inside the Minds of Angry & Controlling Men (it's on the reading list), you will learn about the mindset of the abuser. There is a common myth out there that abusers are angry and out of control, but it is quite the opposite.

(As an aside, obviously women can be abusers, too. The reason I focus more on abusive men with my reading list is because most of our clients are women, and there are unfortunately next to no resources out there specifically for abused men.)

Not everyone who brings toxicity into a relationship has that abusive mindset. If you see multiple dynamics relating to control, denigration, belittling, humiliation, and generally squashing someone else's light, it's more likely you're dealing with an abusive situation. So, there needs to be a pattern of control for it to be abuse.

As you encounter more of these situations in the cord cutting sessions, you will gain the confidence to suggest to the client that the relationship may have an abusive element; tell her you may be completely off the mark but ask her what she thinks. You need to go into this gently.

Trauma & Cord Cutting

In this section, I want to cover the topic of trauma because this is an energy that can sometimes show itself in the cord dynamics. Trauma can occur within relationships (for example, if one person abuses or betrays another) or a trauma can be experienced by both parties and be found in the cord energies.

In order to work with that, we need to have an understanding of what trauma is and how it affects us. In some cases, we may also need to make a referral to a more specialised trauma therapist. In this section, we're going to cover this in quite a bit of detail.

What is Trauma?

A trauma is an event the mind is unable to process fully at the moment it occurs, due to it being very negative, sudden, and overwhelming. By its very nature, a trauma is something that threatens our survival, or an event we *perceive* to be life threatening.

Undergoing a trauma is effectively like having the rug pulled out from underneath us – it knocks us off our feet, damages our sense of safety in the world, and often undermines our faith or spiritual connection.

Examples of Traumatic Life Events

- Being physically assaulted
- Being raped or sexually abused
- Being involved in, or witnessing a serious accident (or the aftermath thereof)
- Losing your job
- Losing your home
- Being cheated on or betrayed
- Being diagnosed with a serious illness
- A loved one being diagnosed with a serious illness
- Being emotionally/psychologically abused
- Losing a loved one
- Losing a beloved pet
- Having a serious adverse reaction to a medication
- Going into anaphylactic shock
- Having a difficult birth
- Going through a divorce
- Having a near-death experience
- Witnessing an assault or a murder
- Having a miscarriage
- Experiencing a natural disaster (such as an earthquake, hurricane, flood or fire)
- Experiencing or witnessing a terrorist attack
- Having an abortion
- Losing your income or going bankrupt
- Living in a warzone
- Being bullied in the workplace.

Here are some signs that a person may be carrying an unhealed trauma around a past event (the list below was aimed at the trauma sufferer)

- Your mind goes blank when you try to think of a specific past occurrence – you have the sense that you want to avoid it or you have a lot of resistance towards thinking about it
- You still have repeated, upsetting memories or thoughts about a past experience
- You have nightmares about it
- You sometimes avoid places, people, activities or situations that remind you of the past traumatic experience

- You suffer from unexplained physical symptoms that began following a stressful event, such as gastrointestinal problems, aches and pains, fibromyalgia, or chronic fatigue
- You feel withdrawn from life, or distant from other people
- Your present somehow feels dominated by your past
- You often feel powerless
- You suffer from insomnia
- You suffer from depression
- You suffer or have suffered from 'adrenal fatigue'
- You suffer from hypervigilance – you often feel jumpy and 'on edge'
- You have a preoccupation with death and/or loss – you often have fearful thoughts about losing loved ones or other good things in your life
- You often feel 'spacey' or ungrounded.

The Mind-Body Relationship to Trauma

Now let's look at how the body and mind are impacted by trauma.

Trauma & the Work of Peter Levine

Dr Peter Levine is a renowned trauma and stress scholar who has researched the effects of trauma on mammals.

In his studies, he found that animals that spend their lives surrounded by predators show no signs of being traumatized. This is because when a traumatic event occurs, the 'stress chemicals' such as adrenaline that are produced by being in danger are actually used up during the fight or flight process. In addition, the skeletal muscle contraction that naturally occurs when a mammal is in danger is 'shaken out' afterwards (if the animal survives, of course). This happens through physical shaking and trembling movements. In this way, the fear energy has a chance to be processed and discharged through the animal's nervous system soon after the trauma occurs.

This is why people (and animals) shake when they are afraid or in shock. These shaking movements are an innate mechanism to release the fear, tension and adrenaline that course through our bodies when we're afraid or traumatized.

Animals shake freely following traumas, but humans tend to inhibit these movements, for a variety of reasons. We may not want other people to see us so frightened and vulnerable and so we may numb our reactions by having a stiff drink. Or we may tell ourselves to stop shaking and get it together.

What happens when we suppress natural shaking reactions?

When we do not release the adrenaline, tension and fear generated by traumatic events, these can get stored deep in our skeletal muscles and these muscles remain in a state of chronic contraction. So, even though the traumatic event might have passed, the tension generated by the event and stored in the muscles, signals to the body that we are still in danger.

The body responds by raising the levels of stress hormones in the body, such as cortisol and adrenaline. The nervous system, in its 'activated' state, may also get triggered by sights, smells, sounds and other stimuli reminiscent of the original event, which can result in symptoms such as flashbacks and nightmares. These often occur because memories of traumatic events tend to be poorly integrated into our minds.

Trauma & Memory

Normally, when we experience an event, the brain perceives the event as a bunch of data and sends this data to an area of the brain that processes stimuli and connects memories and feelings to past sensations. This is how we learn to recognize things. We learn not to touch a hot stove because we remember that we touched it once before and got burned. We extracted meaning from the experience and made a mental note that it is not good to touch hot stoves.

But when a traumatic experience occurs, we experience it differently. Our brains get so overwhelmed by this awful event that we can't take it in, and the stimuli is not processed fully. Our brains fail to attach the memories and sensations that we felt to the specific event. Bits of memories are instead stored in our unconscious mind, as pictures, feelings and sounds. These are the unresolved memories that can be triggered later on. We do not yet have a cohesive story that we can make out of what happened. Instead, it is a frightening jumble of memories that still doesn't make sense and affects how we respond in our present lives. And they can cause us to perceive danger where there is none.

I have experienced this phenomenon myself. I was living in the city centre of Christchurch, New Zealand when the city was devastated by an earthquake in 2011. For many months after this event, my instinct was to run for cover every time I heard a lorry going past on the road outside my house because I thought it was another earthquake.

The Long Term Effects of Trauma

Believe it or not, being traumatized can also shape our future, setting in motion a powerful domino effect that means we're more likely to encounter further traumas, dramas and negative events if we do not heal.

There are two reasons for this:

1. **When we are traumatized, we are more likely to make poor decisions**

Trauma sufferers tend to make decisions from the part of their brain that is triggered and in 'reactive' mode. This is the reptilian part of the brain that has been around for millions of years.

Normally when we make decisions we utilize the neo-cortex, the part of the brain that is responsible for logic and reasoning. This part of our brain looks at a choice from a rational standpoint, taking in all the information available, and often comes to a sound conclusion that benefits us.

However, when we come at a decision from a traumatized place, the limbic system of the brain (the part of the brain that controls our emotions and fight/flight response) kicks in, and makes decisions based on our emotions at the time.

The next reason traumatized people are likely to encounter further traumas if they don't heal is this:

2. **When we are carrying something unresolved and unprocessed in our psyche, we naturally seek resolution for it by being attracted to similar events**

This is what Freud referred to as the 'repetition compulsion.' The human psyche has an in-built drive to heal and recover from past traumas. In a bid to heal and make sense of traumatic memories, the psyche actually seeks out aspects of the trauma in order to replay it. Essentially, it is prone to staying stuck in the trauma.

To give one common example, people who grow up with abusive parents in childhood will often be drawn to abusive partners later on. By being drawn to a similar energy or dynamic later on, the mind seeks to resolve or somehow change the outcome of the original traumatic experience.

This is why trauma is important to heal.

So, just to recap here's a summary of how trauma affects us:

- When we get traumatised, our skeletal muscles contract. If we do not allow ourselves to tremble and shake following a traumatic event, our muscles will remain chronically contracted and tense
- Our brains, failing to process the overwhelming data that it was faced with at the time, has only taken in fragments of memories, and has not yet made sense of what happened
- This means that the nervous system, when it comes across something even slightly reminiscent of these memories, imagines itself to be back in the traumatizing situation – it pumps out adrenaline, contracts the skeletal muscles and flicks the 'Warning — danger!' switch inside our nervous system
- A psychological phenomenon called the 'repetition compulsion' means we unconsciously seek out similar traumatic events or relationships in the future in a bid to resolve and process what has happened to us in the past. We keep repeating the same old circumstances that caused the original trauma, until we heal.

The power of old traumas can actually look and feel like the hand of destiny in our lives – but in reality what is driving us is our compulsion to heal old events by replaying them over and over until we 'get it right'.

In the next section, I'm going to talk about how we can heal traumas.

Healing from Trauma

Cord cutting can help to lessen the effects of trauma in some cases, but at the same time it is not my favourite modality for healing significant traumas. (It may work better for healing ongoing relational trauma that occurred in the past.)

In order to heal from trauma, we must:

1. Find a way to process and integrate those fragmented memories of the original traumatizing event

2. Work with the physical body to releasing the stored tension and fear that is stored in the muscles

Cord cutting hits the first point, but not the second.

Therefore, the modalities I recommend for trauma recovery are for the most part **body-based therapies** (to help the body to release traumatic tension) and **talk therapies** that help our brains to organize the fragmented memories into a story that makes sense. A combination of these two can be very effective.

Now let's look at the most effective modalities out there for trauma:

Trauma Releasing Exercises (TRE)

TRE (Trauma Releasing Exercises) are DIY trauma recovery exercises that help discharge muscular tension in the body following a traumatic experience. They were created by trauma specialist David Berceli, and they combine techniques from yoga, Tai Chi, bioenergetics, and martial arts practices.

As mentioned earlier, shaking and trembling are natural responses to traumatic events, enabling us to release our fear and adrenaline. TRE artificially induce these trembling movements in the human body, helping to release any tension that is residing in the muscles as a result of stressful or traumatic events.

TRE can be used to heal a sole instance of trauma that one is aware of, or these exercises can be used on a more regular basis to release stress and tension that has built up over time.

To find out more about these exercises for releasing trauma, check out David Berceli's book: *Trauma Releasing Exercises (TRE): A Revolutionary New Method for Stress & Trauma Recovery.*

(Just a note that I have no affiliation with this author or his work – it is simply a resource that my clients and I personally have found both useful and inexpensive for trauma recovery).

Somatic Experiencing

This healing method was pioneered by the abovementioned Dr. Peter Levine, following his research into the stress response in animals and humans.

In a Somatic Experiencing session, the client is guided to access and release trapped trauma/stress energy by tuning in to the physical sensations that she feels in her

body, such as coldness, tightness or tingling. The aim of SE is also to expand awareness of how our mind and body responds in certain stressful situations, and help to create healthier response patterns to stress.

Here is a description of what happens during an Somatic Experiencing session from the Somatic Experiencing website:

"Typically, you will sit comfortably opposite your therapist, be given time to settle, and then asked what issue you'd like to work with.

You'll then be guided to consciously explore – without judgment – related physical sensations, feelings, thoughts and images as they arise.

Through this simple moment-to-moment process – called tracking – it's possible for highly charged stress energy in your body to be properly engaged and released naturally. Examples of this discharge include tingling, warmth, and involuntary muscle movements such as twitching or yawning.

The result of this often subtle mobilisation can be immediate; the trapped survival energy at the root of your symptoms is freed, allowing a new relaxation to establish deep in your body and mind."

This is a modality that is completely focused on releasing traumatic stress, and one that many of my clients have had success with.

You can find the website and practitioners at: TraumaHealing.org

EMDR

EMDR (Eye Movement Desensitization and Reprocessing) is a type of psychotherapy created by Dr. Francine Shapiro that works with memory and the mind. Dr. Shapiro created this technique when she found that she was able to release her traumatic memories effectively by making certain eye movements while thinking about them.

Many of my clients have found this healing method very effective for releasing traumatic experiences.

The EMDR website is at: EMDRIA.org

Craniosacral Therapy

Craniosacral therapy is a type of body work that brings healing through the use of light touch applied to the skull, pelvis and spine. This form of therapy was created by an American physician (Dr. William Garner Sutherland) in the early 1900s. Dr. Sutherland trained as an osteopath, and when working with patients, he found that he was sensing or 'hearing' a subtle movement and rhythmic pattern in the body that reminded him of 'breathing' – except it did not utilize the lungs.

Dr. Sutherland also found, when examining the joints and bones of the skull, that the skull is perfectly designed for these subtle 'inhaling' and 'exhaling' movements. Another of his discoveries was that traumatic events and physical injuries have the effect of hindering this internal rhythm. By utilizing therapeutic touch, Craniosacral therapy helps to release these restrictions in the body caused by traumas so that the body can 'breathe again.'

Craniosacral therapy is especially recommended for traumas that involved physical injury.

Cord Cutting

On a psychological level, cord cutting can help people to process stressful and traumatic events, situations, and relationships and move forward with their lives. On a spiritual/energetic level, it helps to release stuck energies from the auric field.

For this reason, cord cutting is most often recommended for breakups, estrangements, losses, and for relationships which involved traumatic elements such as bullying, abuse or betrayal.

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OK, so now we've covered cord cutting from all angles, we're ready to move on to two other types of intuitive healing sessions - releasing the enmeshed earthbound spirit and doing an aura cleanse.

Lesson 7 - The Enmeshed Earthbound Spirit Release Session & The Aura Cleanse Session

The Enmeshed Earthbound Spirit Release Session

In this lesson, I will first of all cover how to do an enmeshed earthbound spirit release and then how to do an aura cleanse.

I will start by explaining what an enmeshed earthbound spirit is, how to identify when a client has this kind of situation going on, and how enmeshed earthbound spirits can be cleared from a person's auric field.

I also recommend that you have a look at the cheat sheet for enmeshed earthbound spirit release, which contains all the steps you need for releasing an enmeshed earthbound spirit, without the lengthy explanations that are in this document.

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So, earlier on in this course, we covered how to clear ordinary earthbound spirits for people.

Clearing an ordinary earthbound spirit is a relatively straightforward process, as you learned.

An enmeshed earthbound spirit situation, on the other hand, is somewhat different from the ordinary earthbound spirit attachment, and not as straightforward to clear.

Before we go into the nitty gritty of the technique, as a recap, let's have a look at the differences between ordinary earthbound spirits and enmeshed earthbound spirits:

The main difference between these two types of spirit is the location of where they are attached in a person's aura.

Ordinary earthbound spirits (the type I discussed in lesson 3), are attached to the outside of a person's auric field, whereas **the enmeshed earthbound spirit is attached to the inside of the person's auric field**, and as a result, enmeshed

earthbound spirits typically occupy a small portion of the client's life force energy. Ordinary earthbound spirits do not occupy any of the client's life force energy.

Ordinary earthbound spirits 'clutter up' a person's energy field and act like parasites on the client's auric field. Enmeshed earthbound spirits, on the other hand, share the client's consciousness. Essentially, with an enmeshed earthbound spirit situation, two souls are privy to the person's life, and not one. It means that as a result there is a split in the client's consciousness and energy.

An ordinary earthbound spirit that is cluttering up one person's aura may 'migrate' over to another person's aura easily, whereas a spirit that is engaged in an energy sharing situation feels attached to their 'host', and so does not 'migrate' over to another person.

Note: Having an enmeshed earthbound spirit attachment is also called having an energy sharing situation, and I often refer to this phenomenon as 'energy sharing' in this lesson.

Energy sharing sounds scary, but it's not. It just means that a stuck spirit is with the client and trying to help her out in some way. This situation never occurs without the client's permission on some level. Let's have a look at how this kind of situation begins.

How Do We End Up With An Energy Sharing Situation?

An energy sharing situation begins when the client is already carrying one or more earthbound spirits in his/her auric field — the energy sharing will always start in that way *(although bear in mind that not all ordinary earthbound spirit attachments will result in an energy sharing situation, in fact, very few will.)*

Sometimes an energy sharing situation begins immediately after a new earthbound spirit attaches and other times there will be a time lapse between the earthbound spirit approaching the client and the energy sharing situation beginning.

When I say the client is 'approached' by an earthbound spirit, this almost always happens on a subconscious level. It can happen when the client is asleep (so, during a dream), or it can occur for a child in a waking state, at a time when that child is still open to the astral planes and the beings that reside there (note that children tend to lose their openness to the astral realm after the age of 5-6.)

The approach can also happen when the client is drunk or high on cannabis. (Please see this article to find out more about how cannabis makes people vulnerable to taking on earthbound spirit attachments.)

If the client is psychic it can also occur consciously, where the client is aware that they are communicating with and making an energetic agreement with a spirit (although this is quite rare). When this occurs, the client may mistake the spirit for a Spirit Guide.

The Consequences of Energy Sharing

Clients who agree (on an unconscious level) to share their energy with an earthbound spirit do not fully understand the consequences of what they're agreeing to. When the agreement is made between the spirit and the client, the benefits of an energy sharing arrangement are usually overstated, plus the fact that the client will now be sharing energy is not made clear.

Once the agreement has been made, the spirit begins to occupy some of the client's life force energy and 'helps' the client with the life area that they agreed to help with.

The result of such a scenario is that the disadvantages of the situation outweigh the benefits. The situation will weaken the client, causing her to need extra support in the area the earthbound spirit is "helping" with. And then the spirit steps in to provide that support. It causes a vicious cycle of weakness in a certain area that can feel difficult to remedy.

With an energy sharing situation, we also tend to find that these enmeshed earthbound spirits may initially occupy (as an example) only 1% of the client's life force energy, but ten years later we may find it is occupying 5% of the client's energy. The sharing of energy gradually increases, as the client falters in that particular area of life more and more.

So, the main consequence of having an enmeshed earthbound spirit with you is that it becomes more challenging to reach your potential in a particular area of life, and you may feel blocked from reaching that potential. And the blockage in question is real on the energetic level — it is an enmeshed earthbound spirit that is helping to keep you stuck, and keeping itself stuck, too.

Enmeshed earthbound spirit attachments do not tend to affect us in the ways that ordinary earthbound spirit attachments do. They tend not to affect our intuitive

accuracy in the same way that an ordinary earthbound spirit can. We can hear "guidance" from ordinary earthbound spirits more easily than we do from enmeshed earthbound spirits. Ordinary earthbound spirits also cause more fatigue and negative emotions. The main negative consequence of having an enmeshed earthbound spirit is that it creates a blockage in a chakra and a particular area of life.

Energy Sharing Examples

Now I'm going to give you an example of an actual energy sharing situation that was proposed to a client by an earthbound spirit.

I recently worked with a female client in her mid thirties who grew up in an ex-Soviet, Eastern European country which has a bloody history of repressing political dissidents and crushing critics of the regime.

An earthbound spirit attached to my client when she was at University in her twenties. Around this time she was partying a lot and her long-time romantic relationship was breaking down. She was also suffering from the 'winter blues'.

The earthbound spirit attached to the client at night while she had been out partying (so, at a time when her aura was a bit more open following the consumption of large quantities of alcohol.)

There was subsequently a dialogue that took place between the earthbound spirit and the client, in the state between waking and sleeping, and while she was drunk.

The client was upset about her romantic relationship that was in the process of breaking down, and there was something that she said to her partner at the time which precipitated the breakdown of the relationship. Essentially, she blamed herself for oversharing & saying something that he did not react well to.

This earthbound spirit that was attached to her happened to be a spirit who had been dead for around 60 years and whose death was caused by speaking out against the authorities. (At the time this spirit lost her life, the government was murdering political dissidents in concentration camps.)

This earthbound spirit resonated with the energy of regret, especially as it related to **communication & self-expression** (since her death had been caused by speaking out and this traumatic death was actually the reason she was stuck.)

The dialogue she had with the client was along the lines of:

"I see you're having problems in your relationship because you're saying too much. I can help you to keep your mouth shut in future. This will ensure you don't get into a situation like this again. I know exactly what it's like to suffer after having said too much."

The earthbound spirit was attached to the client's throat chakra and 'reining in' the client's throat chakra energy. The client reported being aware of some kind of block that she had felt at her throat chakra for many years which translated into a hesitancy to express herself, and she had tried in vain to overcome it, without actually knowing what it was. And the earthbound spirit actually felt she was helping the client. The client did not understand on any level that the earthbound spirit was offering her a throat chakra 'blockage' that would be in place long term at the time the 'agreement' was made.

So, this is just one example of the kind of situation that occurs with energy sharing.

Another recent example of an enmeshed spirit attachment that I came across was with a client who was sexually abused by a family member as a child. After an episode of abuse, the child was approached by a spirit who told her that she could make her "invisible" and thus help her dodge the abuse in the future.

When I had a chat with this enmeshed spirit before she was released, it turned out to be a deceased woman who had been unable to protect a loved one from abuse of this kind when she was alive, and so it was the right fit for this scenario. The spirit that was attached to my client also helped to repress her throat chakra, and enabled her to become more quiet and withdrawn, in an attempt to avoid drawing attention from the abuser.

There are plenty of scenarios where hiding one's light and repressing one's feelings and authentic self, could be desirable in the short term, but destructive in the long term. These are the kinds of situations where energy sharing typically begins. And you'll notice that the earthbound spirit that becomes enmeshed has a particular affinity with the client's situation, in terms of their own life story (from their most recent lifetime.)

Note that both of the examples I have given in this document happen to involve repression of the throat chakra, however an earthbound spirit can repress any chakra

and if you work with many clients, over time you should see a variety of scenarios and chakras which are affected.

The Effects of an Energy Sharing Situation on the Earthbound Spirit

So, we've talked about the effects on a client of an energy sharing situation. What about the effects of this situation on the spirit? After all, in this healing it is not only the client who will receive a healing, but also the earthbound spirit.

Earthbound spirits that create energy sharing situations for themselves are already stuck, like any earthbound spirit. But by getting themselves into an energy sharing situation, it creates a new level of feeling trapped. Note that in an energy sharing situation, there will always be an energetic structure hooking the client and the spirit together energetically (i.e. a cord of attachment) that needs to be cut. Since this sort of situation involves an attachment to the client, it becomes a bit more complicated for the spirit to cross over to the other side. The spirit will be emotionally invested in the situation, and may believe that they are helping and making a difference in the client's life.

Usually by the time a client shows up with an energy sharing situation, it has often been going on for some time, and the spirit really will have reached their limit, so to speak, in terms of any evolution or growth that they can gain from the situation. In short, the spirit will be very stuck and unhappy, but also scared and reluctant to cross over to the other side, and thus in a 'Catch-22' situation.

How Much Life Force Energy Will An Enmeshed Spirit Be Occupying?

This will vary. It does tend to be somewhere between 1% and 20% in my experience (it is rare for a spirit to be occupying more than 20% of the client's energy.)

When a spirit is occupying less than a few per cent of the client's energy, it usually does not have enough 'room' to affect the client's life in a significant way. But the client may become aware, consciously or subconsciously, that there is something blocking her/him slightly in the chakra where the enmeshment has taken place. When the spirit occupies more than 15 or 20% of the client's energy, it can cause greater problems, actively limiting and blocking the client from reaching their potential.

Note that these enmeshed spirits do not have the capacity to make a client do anything. Their purpose is actually to repress some part of the client's personality, rather than bring new impulses into the equation.

A Note on the Terminology to Use with Clients

Before we look at the steps you need to go through to heal an energy sharing situation, just a quick note on the terminology to use with our clients:

The scenario that we have covered in this lesson is a possession situation and the healing you will do in this kind of situation is an exorcism. However, because of the associations most clients have with those terms, we do not use them, and you'll notice that I do not refer to these terms anywhere else in this lesson. Instead, it is best to use terms such as 'energy sharing situation' or 'enmeshed earthbound spirit attachment'. And it is also better to refer to the exorcism as an energy sharing healing or an enmeshed earthbound spirit release.

Popular culture (mostly horror movies and TV shows) has given us some inaccurate ideas about what an exorcism is. Having an energy sharing situation does not mean that the spirit controls the client — heads do not spin and bile is not vomited.

Note also that having an enmeshed earthbound spirit attachment does not mean the client is mentally ill. An energy sharing situation is different from having a mental illness. Clients are not going to hear negative voices or feel controlled by a spirit. But the client should feel more free to be their authentic self and reach their goals once the healing is complete.

Identifying that a Client Needs an Energy Sharing Healing

I do not ever advertise this kind of healing to clients and I do not recommend you do either.

One reason for this is that energy sharing is rare. If you do 500 sessions with clients in a year, you are likely to come across no more than a few clients who need this kind of healing. So, if you offer this session on your website, you may get people booking it who do not have this problem. In fact, almost everyone who thinks they have this energetic issue does not. And the people who do have it usually have no idea and might never book this type of session.

The most likely scenario for finding a client who needs an energy sharing healing, is that the client has come in for a cord cutting session but Spirit points out they have an enmeshed earthbound spirit attachment and suggests dealing with that instead.

Having an energy sharing situation doesn't prevent a client from benefiting from cord cutting, so we don't need to check for this situation every time we do a cord cutting (like we do for ordinary earthbound spirits.)

Note also that Spirit hides energy sharing situations from us until they are ready to be cleared. A client must be ready to release the spirit and experience some evolution and healing in the area of life that corresponds to the chakra that is being affected in an energy sharing situation. Sometimes people sense the presence of a spirit with them, and find this reassuring, without even knowing what type of spirit it is. They can unconsciously become attached to the spirit. They may not be ready to let the situation end, for a variety of reasons.

That is why Spirit will obscure this kind of situation from our view until the day the client is ready to release it, so don't be surprised if a long-time client presents with an enmeshed earthbound spirit one day, even when you have checked for this kind of situation at an earlier time. It wasn't that you missed it, it's just that it was hidden from you.

The Enmeshed Earthbound Spirit Release Protocol

Here are the steps to take for an energy sharing healing. Note that it usually takes 45-60 minutes to complete, depending on how quick you are at dowsing & channelling.

STEP ONE — Call in a Divine being of your client's choice:

- Tell your client that for a healing session, you need to bring in either an Ascended Master or an Archangel. Let the client know who you usually work with (e.g. "I usually work with Archangel Michael") but if they have another preference, you can go with that. Once you have their preference, or if they have no preference, let them know you're going to take a moment to bring in the Divine being now and create a sacred space for the healing (put the client on mute and do the following out loud so that the client can hear you:)

- Go within and see how you feel. Try to put a word on it.

- Say ***Archangel Michael*** (or whichever Divine Being the client has chosen), ***please be present and in charge of this healing session.***
- Do the following breathing exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.

- Go within and see if you can put a word on what you are feeling. You might notice a little difference now that you have called in the Divine Being, or you may not! (Either way is fine).

STEP TWO — Create a sacred space for the healing:

- Ask for violet flames and gold and silver light for the room you are in, and also for the client's room that they are in. The violet flames are a receptacle for cleared negative energies and the gold and silver light is to protect your (and the client's) space:

  Archangel Michael (or the Divine being you personally called in for this), ***please place violet flames, one in every corner of the room that (client's name) is in, and one in every corner of the room I'm in. Also please place violet flames in the centre of both of these rooms. This is to clean up any stale or negative energy.***

  Next, please place gold and silver light around the edges of the room that (client's name) is in. And around the edges of the room I'm in. This is to seal the energy in this place so that only energies of the highest vibration may enter.

STEP THREE — Identifying the energy sharing situation

What you're going to do for this step, is address the Divine being that you brought into the session at the beginning and ask (out loud or in your head)

'Does (client's name) have an energy sharing situation currently occurring for him/her?'

If the answer is no, you of course revert to a different session protocol (such as a cord cutting.)

If you find that there is an energy sharing situation going on, explain the following to the client:

- That an energy sharing situation is occurring and define it: i.e. 'this is when an earthbound spirit becomes part of your aura in order to help you in some way, and this is by mutual agreement'. Explain that it becomes a limiting situation after a while and the client is ready for it to be over *(avoid using the words 'possession' and 'exorcism'.)* Explain also that the spirit is not an evil spirit — just a stuck spirit.

- Explain how you normally proceed in this situation: "We'll do a healing ceremony to help this spirit cross over into the light, then I'll be able to give you more information on how this situation came about. There is also a cord of attachment between you and this spirit, so we'll cut that too."

- Talk briefly about the benefits of the session: it can help you to express yourself authentically and just be yourself more fully. It can also make it easier to reach your goals in life. And it sometimes gives you some interesting information that may help you to put past events further into perspective.

- Tell the client that you realise this is a bit unexpected and if they don't want to go ahead, that's fine (you can offer a refund or do a different kind of session), but Spirit thinks this is something worth clearing at this time.

If the client agrees (clients almost always do), continue with the protocol for healing an energy sharing situation.

If the client does not agree, you can either offer a refund of the session fee or proceed to a different type of session.

It's fine to move on to a cord cutting if the client doesn't want to address the energy sharing situation. The enmeshed spirit doesn't readily migrate to someone else's aura (as an ordinary earthbound spirit attachment would.) Nor does having an enmeshed spirit attachment stop a client from benefiting from cord cutting. Enmeshed earthbound spirits create much less energetic 'noise' and emotional drama than ordinary earthbound spirits. Enmeshed spirits can hide quietly in the energy field for years, unnoticed by both the client and the healer, and only coming to light when the client is ready to release the situation.

STEP FOUR — Finding out how the spirit has been affecting the client

For this part of the process, how you are going to proceed depends on how quick you are at channelling and dowsing.

If you're quite slow or new to channelling, you may want to ask the client if you can ring her back in 10-15 minutes because you have quite a bit of research to do first.

If you're fairly quick, you can keep the client waiting on the line.
You are now going to take a few minutes to read the client's chakras to find out how this spirit attachment is affecting her.

I usually put clients on mute and tell them I will be back in several minutes, after I have retrieved the information in steps 4, 5 and 6.

<u>If you're using your pendulum for this step, ask the following questions:</u>

- ***"Which chakra is most impacted by this energy sharing situation?"***
- Then ask: ***"Which type of negative energy does the spirit bring to this chakra?"***
- Also ask: ***"How many chakra databanks in this chakra are affected?"***
- And: ***'Which chakra databanks are being affected?'***

Usually the spirit is affecting the client at one particular chakra, but there may be 1-2 or more databanks affected within that chakra.

Gather this information and put it to one side. You will pass it on a bit later in the session.

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<u>If you're using channelling for this step instead, do the following:</u>

- First of all, do part of the breath-work exercise — inhale to the count of 4, hold to the count of 4, exhale to the count of 8. Repeat for a total of 3 times.

- Next, close your eyes and ask to be shown the chakra that is being most affected by the enmeshed spirit and use your clair senses to perceive which one is being impacted. You may see the chakra highlighted in your mind's eye, if you're clairvoyant. You may hear which chakra it is, if you're clairaudient. If you're claircognizant, you will know which chakra it is or you may have the name of the chakra pop into your head. Here's a quick exercise that can help you, if you're a new intuitive: "If you were 'making it up', which chakra would you choose?" Usually the one that pops into your mind for this question is the right chakra.

- Take the first chakra that came up and ask: "***Which type of negative energy does the spirit bring to this chakra?"***

See what comes to you via your clairs.

- Also ask: ***"How many chakra databanks in this chakra are affected?"***

Then look at the chakra databanks chart and ask which databanks are being most affected by the energy sharing situation. Usually your eyes will be drawn to one or more databanks in particular.

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STEP FIVE — Gain more information about the spirit

For this step, you are going to ask further questions to gain more info about the energy sharing situation and how it occurred. Giving this information to your client will help to validate their experience.

Here are the questions to ask:

- How much of (client's name's) life force energy was this spirit sharing? (in a percentage.) Use the percentages chart.

- Is this spirit male or female?

- How long has this spirit been dead? Start by asking, is it more than 10 years/20 years/30 years. If the answer is no, narrow it down by increments of 5, and then 1, i.e. was it more than 25 years? If not, less than 24? Less than 23? etc. Until you get the right number of years.

- When did the spirit make the agreement with the client and become enmeshed? (I.e. how many years & months ago?) For this, ask: 'Was it more than 1 year ago/more than 2/3/4/5 etc. until you reach the right number of years. Then ask for the month — is it more than 5 years and 1 month ago? 5 years and 2 months ago? Keep going up until you find the right number of months.

- Where on the client's energy body is the cord of attachment to this spirit? (use the 'cord locations' chart.)

(When a spirit makes this kind of agreement with a client to become part of their aura, an energetic attachment is formed; it is essentially a cord of attachment, in this case to a disembodied soul.)

- How was the spirit trying to help?/what was the 'agreement' between the spirit and the client? (Looking at the affected chakra and the affected chakra databank(s) may give you more info on that.)

  For example, if the affected databank is at the sacral chakra, and it's the databank of 'openness to trying something new', the earthbound spirit may have come in to help the client when she tried something new and it didn't work out well. Don't worry if you can't work this one out yet, because later on in this session you're going to dowse on the cord dynamics and that will also give you some extra information.

- How & where did the attachment happen — was it in a dream state? During intoxication? During play or an altered state? (if the client was a child at the time...children enter an altered state of consciousness all the time. If you've ever tried to get a small child's attention while he or she is watching television, you know what I mean.)

Gather this information and put it on to one side. You will pass it on later in the session, along with the information on the impact of the spirit attachment on the client's chakra system.

STEP SIX — Researching the dynamics of the cord

For this step, you are going to do some research into the negative energies in the cord, that are running back and forth between the client and the spirit. (You will cut the cord later in this session.)

Using your pendulum, ask: "*Is the first negative energy from the client?*" (If it's not, then you know it's from the spirit instead.)

Then ask (using the chart): *"Which is the first negative energy?"* Then write that down. (Be sure to write everything down as you receive it.)

I find there's usually only a few energies in the cord. I usually find 2 energies from the enmeshed spirit and one from the client. But just go with whatever comes up — you may find the cord dynamics are longer.

Once you have these energies, look them over and see how they all hang together. Do they give you clues as to what the original agreement was between the client and the spirit? Looking at them together with the chakra databanks can often help you crack this puzzle.

Then put this information to one side for later.

Next, you're going to help the spirit cross over. This involves a cord cutting, along with an earthbound spirit clearing. If you have told the client you'll ring her back, this is the time to call her back.

STEP SEVEN — Prepare the earthbound spirit for what is about to happen & get their agreement for the clearing

First of all, explain to the client that you've gathered some information about the spirit and how it became attached to her, but you're going to give that to her at the end of the session. Now, you're going to help this spirit cross over.

Tell the client that you are about to start talking to the spirit to convince him/her to cross over and let go of their attachment to the client.

Address the enmeshed spirit by speaking the following out loud:

I ask the soul who has been with (client's name), to step forward now.

Dear one, I would like to do a healing for you, so that you no longer feel so trapped and stuck. This healing will set you free so that when you are ready, you can move on to a better place — your soul's next right place of expression.

Archangel Michael is going to show you the way and help you move into the light. This is going to feel so much better than what you have been experiencing in recent times while you've been stuck.

But there are a few things we need to do in order for you to get ready.

First of all, I want you to know that this healing that we're going to do for you has been done many times before for people and it works really well. And it's going to set you free and make

you feel so much better. You won't be blocked from moving forwards on your soul's journey anymore.

In order for us to complete this healing, I need some help from you.

The first thing I need you to do is that because you've been experiencing life with (client's name) and you've been a part of his/her consciousness for a while, you've gathered memories in connection with (client's name's) life. You aren't going to need to access those memories anymore going forward. Could you please let go of all of those memories and information connected to (client's name) beginning from the first time you met (client's name) to this moment now. You don't need to hold onto any memories connected to this experience. They're not yours. You can let them go now and place them into (client's name's) memory banks.

Please go ahead and do that now.

(At this point, I usually wait for ten seconds or so, then proceed.)

Thank you.

And next, after this healing is complete, I am going to request of you that you do not return to (client's name), to me or any places you encountered during your time with (client's name).

I just wanted to get your agreement on that before we proceed.

(Check for agreement using your pendulum.)

If there's any issue with agreement, tell the spirit that in order for him/her to feel better and go free, you are going to need him/her to agree with your request. And ask Archangel Michael (or the Divine being you are working with) to send love, light and truth to the earthbound spirit and tell the spirit that this is about to happen. Watch that happen until any resistance disappears and he/she is ready to move on. (Enmeshed earthbound spirits always agree to this step, but it can sometimes take a little time.)

STEP EIGHT — Do the healing ceremony

Next, say the following out loud:

Dear one, thank you for agreeing to that and for releasing the memories you formed while you were with (client's name.)

Next, we're going to do the healing that will help you to go free and go to your next right place of expression. This healing consists of four energies that Archangel Michael is going to give you: Divine Love, Divine Truth, Divine Power and Divine Light. He's going to give you as much as you need of each of these four Divine energies that will set you free from the heaviness of the earth plane.

Dear one, The first energy that Archangel Michael is going to give to you is Divine Love. This is reminding you of the fact that you are deeply loved by the Creator and Divine Intelligence. You are a special and unique soul who is both deserving of love and deserving of being free and out of this stuck situation you find yourself in.

You are forgiven of anything that you feel you have done wrong in your previous lifetime or any failings, during your time with (client's name.) You are the only one who judges you in this situation and you can let that judgement go now.

(Ask Archangel Michael to impart Divine Love to the earthbound spirit now.)

Dear one, the second energy that you're going to receive from Archangel Michael is Divine Truth.

This is the energy of clarity. With the help of Divine Truth, you can see what a stuck situation you're in. This helps you to see how you managed to get into this situation in the first place, and that the cause of this situation was your own fear and pain. It also helps you to realise that you do not have to be in this situation any longer. You can let it all go now. You don't have to share energy with anyone — you actually have your own energy that belongs only to you, and your own path that belongs only to you. And now it is time for you to be on that path that belongs only to you.

If you don't leave this situation with (client's name) you're going to continue to be stuck, and it won't get any better. And even if you leave him/her and stay on the Earth plane, things are going to continue to be difficult. You aren't helping (client's name) to evolve anymore and you aren't evolving yourself. You're stuck, but thankfully there's a way out of this situation and that's what Archangel Michael is going to give you with this healing.

(Ask Archangel Michael to impart Divine Truth to the earthbound spirit now.)

Dear one, the third energy that Archangel Michael is going to give you is Divine Power.

Divine Power makes you realise that you don't need to draw energy from anyone – you can get it directly from Source. You have your own connection back to Source that lights the way forward and gives you free will as a soul. You have the beauty of free choice and free will, and what a wonderful gift it is! So many exciting possibilities and opportunities lie ahead of you, compared to the path you've been on with (client's name).

(Ask Archangel Michael to impart Divine Power to the earthbound spirit now.)

Dear one, the fourth energy that you are going to receive is Divine Light. Divine Light is here to help you to feel lighter, so that you can start moving on now to your soul's next place of expression. Divine Light is helping you to let go of any energies of fear, pain, and the heaviness of the Earth's vibrations. It is also helping you to release your investment in this situation that you've been in with (client's name.) You are beginning to feel so much lighter and awake. Divine Light is waking you up, and now you're ready to move on, with the help of Archangel Michael, to your soul's next place of expression.

(Ask Archangel Michael to impart Divine Light to the earthbound spirit now.)

STEP NINE - Get permission from the client

Next, say:

"(Client's name) please repeat after me:

Spirit, I now request that you leave me permanently and never return to me or to anyone you encountered during our time together. I also ask that you do not return to any place you went to while you were with me. Go in peace."

(If you wish, you can also send this statement to the client before or during the session so she can read it out.)

STEP TEN - Cut the cord of attachment between the spirit and the client

This is the final step to freeing up the earthbound spirit. At this point, the spirit is going to leave. And you will address the client and the spirit in the following way:

Now I'm asking Archangel Michael to cut the energetic cord between (client's name) and you, dear one. This is the attachment between you and (name of client) and when this is cut, you will go free. Archangel Michael, please cut that cord now, and please remove from (client's name) any parts of this cord which belong to the spirit we've just helped. Please move all of

that forward vibrationally until it dissolves into light, and remove every trace of it, in every dimension.

Dear one, go in peace.

STEP ELEVEN — Bringing in positive energies

Now that the spirit has departed, you will want to bring in some positive energies temporarily, to replace what has been taken out. For this, you follow the same steps that you do for a cord cutting.

Here are the steps for doing this:

1. Ask the client if they would like to ask for certain positive energies to go into the place in their energy body where the cord has come out. Explain that when a negative cord comes out, it can be helpful to replace it with some positive energies of the client's choice. Then give her some examples or ideas. For example: *"Sometimes people like to put in the energies of: love, peace, strength, power, or self-love, etc."*

2. Use your pendulum to find out how many days these energies need to be with the client (it's usually 21 days, but can sometimes be a shorter period.)

3. And then say out loud, *"Archangel Michael, please have the energies of X, Y and Z be with _____ for X number of days until the healing and the rebalancing is complete. Thank you."*

STEP TWELVE — Pass on the information you have gathered about the spirit and the energy sharing situation

At this point, it's time to pass on all the information that you have gathered in steps 4, 5 and 6. You don't need to pass on the cord dynamics — instead, those are just used as extra information to help you to put the 'jigsaw puzzle' of this spirit attachment together, and explain why the spirit attached in the first place.

You also do not need to do a discussion of the dynamics with the client, the way you would when you cut any other cord of attachment.

Instead, you just want to tell her:

- Who the spirit is (male or female?)

- When it became enmeshed
- Where on her energy body it became attached
- How it was affecting her on the level of her chakras (try to translate this into how it would likely have manifested in her life)
- How long the spirit has been dead
- How much of her life force it was occupying (in a percentage)
- What the agreement was (if you understand it — if you don't, just miss this part out)
- How the agreement was made (i.e. in a dream state/during intoxication/during play (if the spirit attached when the client was a child.)

After passing this information on, ask for feedback: e.g. "does this make any sense to you?"

STEP THIRTEEN — Homework & checking in

Before you get off the phone with the client, you will want to tune into Spirit and ask for a final step or piece of advice for the client. A piece of 'homework', if you like.

I usually say: *"What I'm going to do now, to wrap up the session, is tune into Spirit and find out if there is a message or a recommended next step for you to take around this situation. Sometimes there is and sometimes there isn't."*

I often find here that we're completely done and there are no further messages to pass on.

At this stage, if you are not able to channel messages (or even if you are), you might also want to pick an oracle card with a message to pass on to your client.

STEP FOURTEEN — Ending the session

Cut psychic ties:

Archangel Michael, I ask you to clear all psychic ties that may have formed between me and (name of client). Please dissolve all these ties with a beam of gold light, in every dimension, through time and space. Please fill me and (client's name) with the energies of love, truth, light and power. Thank you.

Cleanse emotional residues:

Archangel Michael, remove from my energy field any negative emotional energies that do not belong to me.

Remove from my aura anything that is not my burden to carry.
Remove from my aura anything that is not my burden to carry.
Remove from my aura anything that is not my burden to carry.

Cleanse my aura of all this energy now.

Close off your aura:

I call on Archangel Michael to fill and surround me and (client's name) with Divine Love, Divine Truth, and Divine Light. Please close off my energy field to all beings except my Higher Self and those beings of the highest vibration who are meant to be with me on my spiritual path.

Say goodbye.

If you made a recording of the call, send the recording off. I usually do this straight away so that I can let go of the session energetically.

I also spend five minutes after the session is over writing down some details about it in a spreadsheet. I write down the name of the person I worked with, what we worked on, and which chakra was affected in the enmeshed earthbound spirit situation. Recording this information is helpful in the event that the client books another session with you. In that situation, it allows you to go back and see what you have worked on with this client before and see any themes that may come up over time. Otherwise you may forget.

OK, now we've covered the enmeshed earthbound spirit release, it is time to look at the final type of healing session that we can do with our clients: the Aura Cleanse session.

The Aura Cleanse Session Protocol

In this section, we're going to look at the 4 types of 'astral debris' that we can clear from a person's energy field during an aura cleanse session.

Astral debris is negative astral-level energy 'clutter' that can get into a person's auric field through a variety of mechanisms. These negative energies can accumulate in our energy bodies, including the mental body, emotional body and etheric body.

We covered one type of astral debris (the earthbound spirit) in Lesson 3. There are 4 other types that we can clear from a person's energy field:

- Unwanted influencing energy (UIE)
- Psychic ties
- Emotional residues
- Negative thought forms (NTF's)

In this document we're going to go over what they are and how to clear them for people.

Before we do that, let's have a look at some of the benefits to clearing these types of astral debris from the energy field:

- **Feeling less distracted**

Some of the astral debris that can accumulate in our auras are about other peoples' experiences, and so it can distract us from our own path and experience. Therefore, clearing it can help us to stay focused on our own life.

- **Greater ability to be true to oneself**

Certain types of astral debris can have a controlling aspect to it, in that it can have us feeling that we 'should' do or be something other than what we are, in order to fit in with other people. Clearing it can help us stay true to ourselves.

- **Feeling lighter on the emotional level**

Some types of astral debris are composed of the energetic residue of other peoples' negative emotional and psychological experiences, so releasing them can help us feel lighter.

Now let's go into what these 4 types of astral debris are:

1. Unwanted Influencing Energy

Unwanted influencing energy is essentially the unseen energetic component of controlling, nagging, bossing and coercing behaviours.

This type of energy comes from people who have an agenda for how you should live your life. It can be sent out about absolutely anything: how you spend your money, your daily routine, which university degree you should choose, how you should dress or what you should look like, how you should raise your children, your political or religious views, and even your sexual orientation.

Note that not all unwanted influencing energies which are broadcast are necessarily received. For a person to be affected by this type of energy, there usually needs to be a component of nagging or receiving unsolicited advice repeatedly.

The person on the receiving end also needs to be susceptible to unwanted influencing energy in order for it to be accepted and received. Those who are most susceptible to unwanted influencing energy are those people who grew up around controlling, judgemental or overbearing people, or those who now spend a lot of time around such people. If getting the approval of other people really matters to you, or has been really important to you at some point in your past, you may be susceptible to receiving unwanted influencing energy.

Who Sends This Type of Energy Out Into the World?

Unwanted influencing energy doesn't just come from friends, family or acquaintances — it can also come from religious, political, or commercial organisations.

How Does Unwanted Influencing Energy Affect Us?

Unwanted influencing energy can affect us by making it more difficult to recognise our own needs and desires. It can block our intuition and sense of clarity in life. It can also interfere with free will and keep us stuck in our lives, feeling unable to pursue the paths we wish to follow.

A person who is carrying a lot of UIE may feel like she needs to please others or behave in a 'compliant' way – even while she may rationally understand that as a grown adult, this is not appropriate behaviour.

Are You Carrying Unwanted Influencing Energy In Your Energy Field?

Below is a short quiz which can help people to work out whether they might be affected by this type of 'energetic clutter.' I sometimes do this quiz with clients who are getting an aura cleanse session.

Note how many of the following questions you answer 'yes' to:

1. Do you often feel weighed down by other people's opinions on how you should do things, or what you should choose in your life?
2. Do you sometimes feel like you should be running your decisions and choices (large and small) past someone else before you take action?
3. Do you care a great deal about what other people think of you and your choices?
4. Do you find it hard to know if you are making choices that are truly your own, or choices that someone else (a loved one, or society) has prescribed for you?
5. Is it hard for you to let people know when they are overstepping your boundaries?
6. When you plan to do something that goes against what other people think you 'should' be doing, do you often procrastinate or feel resistance towards taking action?
7. If a problem comes up in such a situation, do you get easily discouraged and feel it's not 'meant to be?'

The more of the questions above that you answered 'yes' to, the more likely it is that you are carrying unwanted influencing energy with you.

How to Avoid Taking on Unwanted Influencing Energy

The best way to avoid unwanted influencing energy is to set really clear boundaries with people, especially those who seek to control, boss or nag others. By letting people know when their suggestions and advice are unwanted, we prohibit this energy from entering our energetic fields.

I personally have been affected by unwanted influencing energy throughout my life, as I grew up with controlling parents and grandparents who wanted to make many of my decisions for me.

When Advice Is Inappropriate

Most of us dislike receiving unsolicited advice – and for good reason. Inappropriate advice thrust on us can undermine our personal power to identify and fix our own problems. But sometimes it can be tricky to distinguish between helpful, constructive criticism and the type of input that encourages the taking on of unwanted influencing energy.

Here are some things to consider/ask yourself when receiving suggestions from others:

1. **Is this person skilled/qualified to make such a suggestion, and have I explicitly or implicitly asked for their help?**

There are of course some types of advice that are useful because they come from highly qualified people that you have hired to assist you. A good example would be a suggestion from an accountant who you have hired to help you to improve your accounting systems. Or it could be a massage therapist who has some helpful stretches for a tight part of your body.

2. **Does this person often think they know what is best for others?**

Is this someone who is often critical or judgmental of other people and the way they do things? Does this person often feel the need to make others wrong?

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If you answer 'no' to the first question and 'yes' to the second, this is someone who is likely to be sending out unwanted influencing energy to others (and perhaps you) on a regular basis.

I once had a session with a client, Stephanie, to clear unwanted influencing energy. Stephanie told me that she felt a lot of this energy had come from a friend who wanted to 'make a project' of Stephanie. Stephanie had until that point just ignored her friend's suggestions, which had taken the form of bombarding Stephanie with solutions for a health issue.

After clearing this unwanted influencing energy in our session, Stephanie began to see the importance of speaking up and letting her friend know that her input wasn't helping. She had to do this multiple times before her friend finally got the message.

Requesting an end to unsolicited advice is the best way to protect oneself from this type of negative energy. Strong boundaries are key.

How to Deflect Unwanted Influencing Energy from Advertisers

Be aware that not all unwanted influencing energy will come from individuals. Advertising and commercial media can contribute to this type of energetic clutter, because it can be in the interests of such sources that you believe you *should* look a certain way, or own something in particular, in order to be acceptable to others. As a result, some people can also be susceptible to unwanted influencing energy from these sources.

Particularly insidious is the unwanted influencing energy that comes from advertising campaigns targeted towards women, that play on our insecurities and encourage us to feel that we are not enough – not pretty enough, not youthful enough, not thin enough, not successful enough, or just plain not good enough. These influencing energies are often programmed into advertising for wrinkle creams, cosmetic surgery, and weight loss programs.

How can we avoid advertising sources of UIE?

Personally, I avoid adverts on television by putting them on mute. I use an Adblocker when I am surfing online, and I do not read women's magazines.

These are just a few preventative measures that you can take to preserve your personal power and disallow UIE from entering your auric field. However, if these measures fail (and they sometimes do), we can also clear these energies out of our auras and do it for our clients, too.

Now let's go on to the second type of energy that can be cleared from the aura in this type of session: psychic ties.

2. Psychic Ties

Psychic ties are small energetic connections that form between you and another person. They look like tiny threads, akin to webs of energy between us. They are created when you interact with someone else, either in person or at a distance. You do not even have to be personally acquainted with someone in order to form psychic ties to them – we can also form ties to people we watch on television, and those we read about in newspapers or magazines.

When these psychic ties form, it means that a minor psychic and telepathic connection has been formed between you and another person. These ties exist on the level of the astral realm and the unconscious mind. This means that you are more likely to think of the other person out of the blue, and be connected with what he/she thinks and feels. Essentially, psychic ties mean you are hooked into another person's emotions or thoughts, in a subtle but impactful way.

You do not even need to feel another person's feelings and have an empathic experience in order to formulate these ties with people. Non-empaths form them too, but the difference is that empaths are usually more aware of and affected by psychic ties than the average person.

Maybe you have had the experience of knowing when someone close to you has just sent you an email, or you have thought of someone and then the next minute, they have rung you on the telephone! These little intuitive messages come through the psychic ties we have to people, and empaths are more susceptible to such experiences.

How Psychic Ties Affect Us

Psychic ties constitute a small energy drain when we have many of them (and most of us have lots of psychic ties to people – some of whom we have never even met). If you habitually read gossip magazines or newspapers, you will form psychic ties to those you read about.

Psychic ties do not usually constitute a major problem on the level of our auras, but if we let them accumulate over time they can clutter up our energy fields, subtly draining us.

Historically, psychic ties have not been a problem for human beings. It is perhaps only in the last century that we have had access to so many stories of real people in the news and in magazines (not to mention on internet blogs and forums). Having energetic access to so many stories and people can be draining on the level of our energy body. The answer is to cut the psychic ties that we form to people.

I especially recommend that empaths do this on a daily basis, because empaths tend to feel the effects of their accumulated psychic ties with other people more than non-empaths do.

I regularly cut psychic ties to people at the following times:

- Last thing at night before I sleep
- After using the internet. Do you ever feel 'hooked in' to the computer, or as if you have some kind of 'internet hangover' after using a computer? You may have picked up a bunch of psychic ties while you were online, especially if you were on social media websites!
- When I want to disconnect from my work and clear my mind to focus on non work-related matters at the end of the day
- When I'm worried about someone, or feeling preoccupied with an interaction that happened during the day.

Note that it is normal to have psychic ties to close family members and friends. Please note that cutting psychic ties to loved ones will not affect your relationship or make you feel disconnected from those you love. In fact these ties may re-attach pretty quickly. Ties to our loved ones are not the biggest source of distraction or clutter in our energy field. We're more interested in releasing psychic ties to strangers and people we do not personally know, since many people have hundreds or thousands of these accumulated over the course of their lifetime.

Let's have a look at another type of 'energetic clutter' that can affect some people – emotional residues.

3. Emotional Residues

Many of us go through life picking up on other people's emotions, both positive and negative. Here are some examples of other people's negative emotional experiences that we come across on a day-to-day basis:

- The emotions of our loved ones who are going through something challenging, such as stress, depression or illness
- The feelings of acquaintances and associates that we come into contact with every day, whose emotional lives we are not necessarily well acquainted with, but whose 'stuff' we may sense nevertheless
- Stories we read in the news about dreadful injustices, including acts of abuse and violence.

Not everyone is sensitive to these experiences. Some people are able to remain unaffected by other peoples' negative emotions. The type of person who is most affected by emotional residues is the empath.

Because empaths care deeply about other people, they can get triggered by others' pain, and their energy fields open up to the other person. That's when emotions can get lodged in the empath's aura, leaving behind an energetic residue in the form of emotional residues.

How These Residues Affect Empaths

Sometimes the empath will experience these emotional residues as feeling what the other person feels on a continuous basis (i.e. your child feels anxious in the morning, so you also feel anxious all day) or the energy you have taken on may be felt simply as a sense of 'heaviness,' fatigue or negativity that you can't quite put your finger on.

Emotional residues tend to end up cluttering up the emotional body (one of the subtle energy bodies.) Fortunately, these emotional residues can be cleared from our auras, and we can do this for our clients.

Now let's look at the fourth type of 'astral clutter' that we can pick up—negative thought forms.

4. Negative Thought Forms

Negative thought forms are the energies created by repeated negative thoughts and words. These energies can end up cluttering up the mental bodies.

Note that not all of the thoughts we think become **thought forms** – the energy of most thoughts dissipates once it is spent. But if we (or another person) give negative thoughts enough energy and they become repeated thoughts, they can take shape as a negative thought form and take up residence in our auras, contributing their underlying negative energies.

We may accumulate negative thought forms if we are surrounded by complainers, gossips, or people with a lot of negative self-talk. Wherever there are people who tend to think negatively, you will generally find negative thought forms. We can also pick up negative thought forms when another person repeatedly tells us something negative about ourselves.

For example, a client of mine, Jenny, had an ex-boyfriend who repeatedly told her she was very shy. Jenny is an introvert who likes to spend time alone, but she does not consider herself to be shy. The more her boyfriend mentioned this character trait, the more shy Jenny felt around new people. This was a negative thought form that had been created by him, resonating with the energy of timidity/shyness, and it was something she had taken on. It was even making her feel like she wanted to hide from the world – negative thought forms can be self-fulfilling prophecies!

We don't just pick up these energies from other people – we can also create them when we repeatedly think negative things about ourselves, for example. Luckily, negative thought forms can be cleared, no matter where they have come from.

Now let's have a look at the protocol we use to clear these 4 types of energy for clients:

The Aura Cleanse Protocol

Here are the steps to take for an aura cleanse. Note that it usually takes about 30-60 minutes to complete, depending on how quick you are at dowsing and channelling, and how much detail you want to go into about the various types of astral debris.

STEP ONE — Call in a Divine being of your client's choice:

- Tell your client that for a healing session, you need to bring in either an Ascended Master or an Archangel. Let the client know who you usually work with (e.g. "I usually work with Archangel Michael") but if they have another preference, you can go with that. Once you have their preference, or if they have no preference, let them know you're going to take a moment to bring in the Divine being now and create a sacred space for the healing (put the client on mute and do the following out loud so that the client can hear you:)

- Go within and see how you feel. Try to put a word on it.

- Say ***Archangel Michael*** (or whichever Divine Being the client has chosen), ***please be present and in charge of this healing session.***

- Do the following breathing exercise: inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this a total of three times.

- Go within and see if you can put a word on what you are feeling. You might notice a little difference now that you have called in the Divine Being, or you may not! (Either way is fine).

STEP TWO — Create a sacred space for the healing:

- Ask for violet flames and gold and silver light for the room you are in, and also for the client's room that they are in. The violet flames are a receptacle for cleared negative energies and the gold and silver light is to protect your (and the client's) space:

  Archangel Michael (or the Divine being you personally called in for this), ***please place violet flames, one in every corner of the room that (client's name) is in, and one in every corner of the room I'm in. Also please place violet flames in the centre of both of these rooms. This is to clean up any stale or negative energy.***

  Next, please place gold and silver light around the edges of the room that (client's name) is in. And around the edges of the room I'm in. This is to seal the energy in this place so that only energies of the highest vibration may enter.

STEP THREE — Check for astral debris in the client's aura

Tell the client you're going to go away for several minutes while you do a read of her aura to find out what needs clearing. Put her on mute.

Then ask the following questions (using your pendulum) about the various types of astral debris:

Unwanted influencing energy

- How much UIE does this client have on a scale of 1-10?

(10 being the maximum amount the client can be burdened by; 1 being the minimum.)

For this, you can ask: 'Is it 1/2/3/4/5?' until you get the right number.)

Psychic ties

- How many psychic ties does she have, on a scale of 1-10?

(If the client gets 8-10 on this scale, you know that she has amassed hundreds or possibly thousands of ties to people over the course of her lifetime.)

Emotional residues

- How many different types of emotional residue is she carrying with her?

(I.e. is it more than 5? more than 10? etc. Go up in increments of 5 until you find the right number. Or go down in increments of 1, if you get a 'no' to the first question, until you narrow it down to the right number.)

If there are fewer than 5-7 emotional residues, you can research them for the client (use the negative energies chart to pinpoint each one.). If there's more than 7-10, I probably wouldn't bother as it can get quite time consuming.

Negative thought forms

- How many different types of negative thought form is she carrying with her?

(I.e. is it more than 5? more than 10? etc. Go up in increments of 5 until you find the right number. Or go down in increments of 1, if you get a 'no' to the first question, until you narrow it down to the right number.)

If there are fewer than 5-7 negative thought forms, research them for the client (use the negative energies chart to pinpoint each one.) If there's more than 7-10, I probably wouldn't bother as it can get quite time consuming.

You can also ask the following for each thought form that comes up:

- Was this negative thought form created by the client, or created by someone else about the client?
- How long ago was this thought form created?

STEP FOUR - Read the chakras to assess the impact of the astral debris

Next, tune into the client's chakra system and ask how her chakras are being affected by this astral debris...

<u>If you're using your pendulum for this step, ask the following questions:</u>

- ***"Which three chakras are most impacted by the astral debris in the client's aura?"*** (I usually ask for 3 but you may find there's only 1 or 2.)
- For each chakra, ask: ***"Which chakra databank in this chakra is most affected?"***

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<u>If you're using channelling for this step, do the following:</u>

- First of all, do part of the breath-work exercise — inhale to the count of 4, hold to the count of 4, exhale to the count of 8. Repeat for a total of 3 times.

- Next, close your eyes and ask to be shown the first chakra that is being affected by the astral debris and use your clair senses to perceive which one is being impacted. You may see the chakra highlighted in your mind's eye, if you're clairvoyant. You may hear which chakra it is, if you're clairaudient. If you're claircognizant, you will know which chakra it is or you may have the name of the chakra pop into your head. Here's a quick exercise that can help you, if you're a new intuitive: "If you were 'making it up', which chakra would you choose?" Usually the one that pops into your mind for this question is the right chakra.

Repeat this for each chakra.

- Also ask: ***"How many chakra databanks in this chakra are affected?"***

Then look at the chakra databanks chart and ask which databanks are being most affected by the astral debris. Usually your eyes will be drawn to one or more databanks in particular.

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STEP FIVE — Pass on this information to the client

Next, spend a bit of time explaining the following points about the various types of astral debris (this usually takes about 10-15 minutes to do):

UIE:

- What unwanted influencing energy is and where it comes from
- How severe the UIE is (on a scale of 1-10)

- You may also wish to do the UIE quiz with the client (which can be found earlier on in this lesson.)

Psychic ties:

- What psychic ties are and how we form them
- How many psychic ties she has (on a scale of 1-10)

Emotional residues:

- What emotional residues are and how we take them on
- How many different types of emotional residue she is carrying
- If there's under 5-7, explain what they are (this step is optional)

Negative thought forms:

- What negative thought forms are and how we end up with them in our auric fields
- How many different types of negative thought form she is carrying with her
- If there's under 5-7, explain what the different types are (this step is optional)
- Pass on info about whether they were created by someone else or the client, and when (this step is also optional.)

Then explain how the astral debris, as a whole, has been affecting her on the level of her chakras.

STEP SIX - Do the clearing process

Explain to the client that as part of this clearing process, you are going to have her tune into her emotional body and physical body at several points during the clearings. It does get a bit repetitive but it is an important part of the process.

If you are doing these clearings back to back (so, say for example you have a client who has an UIE clearing followed by a negative thought form clearing) you do not need to ask her to tune into how she feels both at the beginning and the end of the clearing. **You only need to ask her to do it at the beginning of the whole process, and then at the end of each clearing.**

The UIE clearing:

If this is the first clearing you're doing for the aura cleanse session, first of all, ask the client to tune into/notice how she currently feels in her body and her emotions. She may wish to tell you or she can keep it to herself. Then say the following:

I call upon Archangel Michael (or whichever Divine being you chose for the healing) ***to give full assistance to this process of healing and release of unwanted influencing energy.***

Archangel Michael, please bring forward any and all influencing energies in (client's name's) auric field, from unwanted sources; energies that do not support or align with her authenticity, personal power, peace of mind or prosperity in this world.

Please dissolve them into pure light, so that she feels free to give herself permission to live her life in the way that she chooses; according to her own values, desires and opinions.

Please locate any underlying beliefs or thought forms in (client's name) which contribute to any susceptibility she may have to unwanted influencing energy. Please remove those now and cleanse everything.

I call upon Archangel Michael to dissolve all psychic ties which exist between (client's name) and any sources of unwanted influencing energy that are not in her highest good. Please dissolve these with a beam of gold light, in every dimension, through time and space. Please fill (client's name) with new love, truth, light and power.

Thank you Archangel Michael.

Now ask the client to once again tune into how she feels in her body and emotions. (It may or may not be different.)

The negative thought form clearing

If this is the first clearing you're doing for the aura cleanse session, ask the client to tune into/notice how she currently feels in her body and her emotions. She may wish to tell you or she can keep it to herself. Then say the following:

Archangel Michael (or whichever Divine Being you have chosen**), *please bring forward all negative thought forms (including: name the thought forms here) that have taken up residence in (client's name's) energy body, and transmute those thought forms, so that they dissolve into pure light.***

Also please shine your light of truth into any underlying conceptual patterns which are related to these negative thought forms, and dissolve those too.

Please replace these thought forms and conceptual patterns with new ones, which resonate with love, courage, strength, peace, self-love and personal power.

Thank you.

Now ask the client to once again tune into how she feels in her body and emotions. (It may or may not be different.)

The emotional residue clearing

If this is the first clearing you're doing for the aura cleanse session, ask the client to tune into/notice how she currently feels in her body and her emotions. She may wish to tell you or she can keep it to herself. Then say the following:

Archangel Michael (or whichever Divine Being you have chosen), ***remove from (client's name's) aura any emotional energies that do not belong to her, namely the energies of*** (list out the negative emotional residues you found here.)

Remove from her aura anything that is not her emotional burden to carry.

Remove from her aura anything that is not her burden to carry.

Remove from her aura anything that is not her burden to carry.

Remove from her aura any and all negative emotional energy that does not belong to her.

Cleanse her aura of this energy now.

Now ask the client to once again tune into how she feels in her body and emotions. (It may or may not be different.)

The psychic tie clearing

If this is the first clearing you're doing for the aura cleanse session, ask the client to tune into/notice how she currently feels in her body and her emotions. She may wish to tell you or she can keep it to herself. Then say the following:

Archangel Michael (or whichever Divine Being you called in), ***I ask you to clear all psychic ties that may have formed between (client's name) and anyone she has engaged with in any way, shape or form since birth. I call upon Archangel Michael to dissolve all these ties with a beam of gold light, in every dimension, through time and space. Please fill (client's name) with the energies of love, truth, light and power. Thank you.***

Now ask the client to once again tune into how she feels in her body and emotions. (It may or may not be different.)

STEP SEVEN: Check in with the client

Before you wrap up the session, ask your client if she has any questions about this process.

You may also wish to pull an oracle card or check in with Spirit to see if there is any 'homework' (in my experience, there often is no homework for an aura cleanse session.)

STEP EIGHT: Wrap up the session

Cut psychic ties:

Archangel Michael, I ask you to clear all psychic ties that may have formed between me and (name of client). Please dissolve all these ties with a beam of gold light, in every dimension, through time and space. Please fill me and (client's name) with the energies of love, truth, light and power. Thank you.

Cleanse emotional residues:

Archangel Michael, remove from my energy field any negative emotional energies that do not belong to me.

Remove from my aura anything that is not my burden to carry.

Remove from my aura anything that is not my burden to carry.
Remove from my aura anything that is not my burden to carry.

Cleanse my aura of all this energy now.

Close off your aura:

I call on Archangel Michael to fill and surround me and (client's name) with Divine Love, Divine Truth, and Divine Light. Please close off my energy field to all beings except my Higher Self and those beings of the highest vibration who are meant to be with me on my spiritual path.

Say goodbye.

Aura Cleanse FAQ

Can you add this protocol to the earthbound spirit release session, and do them at the same time?

Yes, you can. However, you'd want to check with Spirit that it was appropriate to do both protocols in one session. More specifically, I'd ask whether it was 'in the client's highest path and purpose' to have multiple clearings done in one session.

Should we clear astral debris before a cord cutting?

Most of the time, no. It may occasionally be the case that Spirit asks you to clear a person's astral debris before they have a cord cutting. It isn't completely necessary (as in the case of having attaching earthbound spirits) but it can happen from time to time. These types of astral debris create 'energetic noise' that can sometimes be distracting. You'll want to defer to guidance from Spirit on this point.

How often should a person get this session?

I would recommend getting it once every 6-12 months (probably closer to once every 6 months for empaths.) An alternative would be to recommend my book The Empath's Toolkit to clients. This book contains the DIY version of the aura cleanse session.

Is everyone equally affected by the astral debris types mentioned in this document?

Not all of these types of astral debris affect everyone across the board — just like with earthbound spirits, certain people are more susceptible to the various types of astral debris.

Let's have a look at who most commonly picks up these types of astral debris & is affected by them:

- **Psychic ties**

Everyone forms psychic ties to those they interact with, but not everyone is sensitive enough to feel the consequences of these psychic ties. Empaths are the most sensitive to them.

- **UIE**

Unwanted influencing energy is most commonly taken on by those who grew up around domineering and controlling people, and those who don't verbalise or enforce their boundaries.

- **Emotional residues**

Emotional residues tend to be taken on by empaths. Non-empaths don't take these on as much.

- **Negative thought forms**

Negative thought forms are formed by those with habitually negative thinking patterns. People with anxiety or depression may create more of these thought forms than people without depression/anxiety.

In summary, I would say that this aura cleanse session is most valuable to empaths, those who are prone to negative thinking patterns (including people with anxiety or depression) and adults who grew up in toxic/dysfunctional families.

Your Homework for this Module

2 pieces of homework:

1. Do this aura cleanse session for yourself. Use the cheat sheet provided and change the wording of it slightly so that you direct the healing session towards yourself rather than towards a client.

2. Complete the astral debris worksheet.

Some Notes on the Effectiveness of This Modality

In last week's session, I talked a lot about the limitations of cord cutting and aura healing, notably when it comes to healing trauma. In this document I wanted to talk more about what this modality can do for people.

Below you will find some of the feedback from my repeat clients, and below that, Shelly's healing clients.

I hope it gives you an idea of what this modality can be at its best.

***Note**: there's a lot of references in these testimonials to me having a non-judgmental manner during sessions. This should absolutely be a given and not something people are commenting on, however the only other person who currently offers these sessions (the person who taught me) has quite an abrasive style in interacting with clients, and some of the clients below started out consulting with her, so they noticed a difference there.*

Anna's feedback from clients:

Rosine Caplot, RosineCaplot.com

"Anna is one of my favorite healers in the world and one of the two colleagues I book healing sessions with when I feel I need help from someone else who isn't as

emotionally involved in my life as I am myself, or who offers types of healing sessions I don't do myself.

Here are the main reasons I regularly choose to work with her:

She's gentle and sweet. She will never blame, shame, judge or criticize you. She will honestly tell you the truth without sugarcoating any of it. But she will find a way to do this nicely. I think she's not the tough love kind of person and I like that about her. She's always respectful, careful and thoughtful in how she talks to me. I really appreciate that. When I'm already feeling bad I don't like to be treated harshly, not even for "my own good". A session with Anna is always uplifting and leaves me feeling hopeful, accepted and encouraged.

She's competent. I've had different types of healing sessions with Anna (earthbound spirit, cutting cords of attachment, removal of unwanted influencing energy...) and every time I feel a subtle yet clear positive difference in my life after the session. The information she gets is accurate. Her sessions are effective and do exactly what they are supposed to do.

I highly recommend a session with Anna. She's competent, she's nice, and you are safe with her. Her sessions are really helpful. Over the last few years working with her has been one of the most helpful and valuable tools in my development. Her sessions have enabled me to make incredible progress in several life areas and to feel so much better. I wish there were more Annas out there, maybe speaking other languages, so that more people could have access to this great resource."

Charlotte, UK

"Thank you so much for the cord cutting session we had together. As you know, I had never had a reading or cord cutting session before and although I was open-minded and hopeful the cord-cutting technique would benefit me, I never could have imagined the extent to which it would impact on my life.

Since the session, my relationship with my mum completely changed for the better — I no longer look to her for approval or her opinion, and for the first time in my life, I have started to stand up to her when she treats me like a child.

As a result, we are developing a completely new relationship which is based on mutual respect and reflects the fact that we are both grown adults with our own views and opinions.

It’s amazing to me that behaviours and feelings I had had my whole life simply disappeared immediately after we had the session. And the accuracy with which you were able to describe those behavioural patterns is astonishing.

Thank you so much for enabling me to achieve something that I never thought would be possible."

A.I.

"I've been interested in spirituality for a while, and have received several readings from different people. It was only after working with Anna that I realized that getting a reading is only the step one. Step two is healing after receiving all that information. You can logically learn everything you need to know, but most of us do not know what to do with this information. Cord cutting modality does both steps in one session.

After two cord cutting sessions with Anna, it was clear cord cutting is the modality I've been searching for. Cord cutting is the most effective and most efficient way to release negativity, and antagonistic patterns in your life. It does both - provide you with information within the cord, and heals you at the same time. It may take a few days, but it will leave you different, more self-confident, ready to take on days in a constructive way. It will change your life.

There are a few healers out there that can cut cords, so why go with Anna? Because she is absolutely great at what she does, she's kind and soothing to talk to, and her intuition and insights are spot on, every time! She also insists on you having an intention for each session - in this way you are leading your own healing.

Our first session, Anna recommended I cut the cord to my sister. I was surprised as my sister and I have a great and loving relationship. Even though I was skeptical I decided to trust Anna's guidance.

Two months later, my sister was going through a health issue, which was very unusual as she has always been very healthy. After extensive testing she turned out to be ok.

During the ordeal, however, she was a mess, and our family lived in distress and fear. I was the only one who was calm, realistic, and constructive, and for the first time in

my life, I felt grown up in regards to my family. Being the youngest, I was always protected, and the one needing reassurance.

This time around, my family came to me for support, and it felt very good. (Had Anna not cut the cord, I too would have been a wreck.)

The second cord we cut contained so much negativity, that I felt so much lighter just having it cut. I am still feeling the aftereffects of it.

I look forward to having many more sessions with Anna. I would recommend her to everyone."

Mandeep, UK

"I've worked with Anna several times over the last few months, and it has been a real pleasure. She has always made me feel safe and at ease with her lack of judgement and her understanding.

Through our cord cutting sessions she has successfully highlighted a number of patterns that were affecting my wellbeing and helped me to clear those from my daily life. Her insights were infinitely beyond guesswork as she was able to pinpoint exact details of events and thought patterns that existed in my relationships.

Since my sessions, my relationships with my family are so much more improved and I feel much calmer around them. Although there are certain times where I may still get a reactionary feeling, it's like I have a deep understanding that it's just a pattern that's running and I have a choice and control of how I react in a situation.

I feel that a lot has shifted for me and would recommend a cord cutting session to people looking to increase the emotional stability and foundation in a particular relationship."

Frances Garcia O'Brien, Atlanta, GA.

"I'll be eternally grateful to you Anna, and for our cord cutting session. I truly believe it was an enormous step towards my own healing and advancement in my life, to cut the cord with my mother.

I recently returned from visiting my mom for a couple of days.

As for me, I can tell you 100% I felt something shifted between her and I. I felt more secure and self-confident around her; the "intimidating" thoughts/feelings weren't there anymore. I really believe she felt something changed in me too. She didn't mention anything, but just her demeanor towards me was different. There wasn't much "judging" or "keeping tabs" on me.

I also saw my mom in a different light. All of a sudden I understood exactly where she's coming from and why she acts the way she does. I'm not excusing her by any means, but I did get a sense of, "Wow, it REALLY isn't about me, it's about her and her feelings, etc the reason why she's the way she is.

Again, thank you so much, and I'll be cutting some other cords very soon!"

Kate, L.A., USA

"I have worked with Anna six times now, over the past couple of years. Five of those sessions were cord cuttings to major relationships in my life: a female friendship, my parents, and two exes. The other session was a career reading. Every single session has been life-altering for me, in ways subtle and profound.

Throughout the process of working with Anna, I have gained a real perspective on my life that otherwise I may have had to have at least years and years of therapy!, and as a result have gained more freedom to make wiser choices and move toward greater self–empowerment in my relationships and career.

Anna is the real deal—all of her perceptions are spot-on and specific in ways that she could not have known had she not been truly a gifted, studied intuitive. What I like most about her, though, is that she is a kind, wise and constant guide in these sessions, encouraging her clients to bring their own intention to the session, in order to lead them to their own self–awareness and empowerment.

I'm grateful for her willingness to set aside her own ego and trust us to co–facilitate our own healing and step further into our own power."

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You can read some of Shelly's cord cutting feedback from clients here.

Now let's have a look at what kind of results people can expect from an aura healing/cord cutting in general:

Results vary from one client to another, and also depending on the cord that you choose to cut. Major cords are obviously going to involve more healing (and therefore better results) than minor cords.

Some people consistently get a lot out of this healing modality and those people tend to book repeated sessions. I always recommend that clients start with cutting one cord to see how they like it and if they find it helpful.

In terms of my own results with this modality, I have cut dozens of cords cut over the last 10 years and I experienced a variety of results.

Many of my cord cutting sessions were incredibly impactful, some made a moderate impact, and I remember that 2 of the sessions had no impact at all (I put this down to my lack of readiness to resolve those particular two relationships and the issues that came up during the session).

For example, I first cut the cord to my abusive mother around 10 years ago. At the time I cut this cord, I hadn't done any therapy or trauma healing around this relationship and my insight into the relationship was quite limited — I didn't even know consciously that she was abusive. I also had the cord to my mother cut with my teacher, whose style (as mentioned) was rather abrasive. I don't feel it was a safe enough space in retrospect for that healing to take place.

I later had that cord cut again in 2017 after having had some therapy, and I had the cord cut with a person who was able to hold a safe space for the healing to happen, plus I was no longer in contact with my mother. The timing and conditions were right for me to let go of the cord for good. I don't think I was in that position back in 2010 when I first cut the cord.

So, this shows that getting guidance from Spirit around the timing is important. In some cases, it may take years before a person is ready to cut a major cord, and there may be other work that is needed to lay the groundwork for an effective cord cutting to occur.

By following guidance from Spirit about which cord to cut next, you will be able to cut impactful cords for people that they are ready to heal from. These are the ones that bring about the best results in terms of the healing.

In terms of how we can measure the results, that is what creating an intention is for! Clients are able to look over that intention a couple of months later to see if it has come about.

How Much Should You Charge For An Intuitive Healing Session?

A few people have asked me how much they should charge for this type of session so I wanted to cover this common question in the course, too.

I tend to think that these sessions should be priced somewhere between $75 and $250 US. But this is simply a guideline - it is totally up to you to decide how much you want to charge per hour.

How much you charge is going to depend primarily on 4 different factors — let's have a look at them:

1. What the market will bear

What are your competitors charging?

There are currently only two people I know of who are offering this type of session in the way I teach it in this course: Shelly (who works via my website) and the person who taught me.

The person who taught me charges $150 for 55 minutes. Shelly charges $205 for 60 minutes. This works for us because I have a large client base and audience built over the last 13 years and so it is not difficult for us to find customers.

2. Your overheads

You also need to factor in your overheads. To do this, list out your overheads and how much they cost per month.

Once you have those listed out, you know what you have to factor into your business prices. Obviously you are not going to want to price at the lowest end of that range if you have a fair few overheads.

3. Do you already have a client base/audience?

If you are already working with clients and have a client base, you can probably charge towards the higher end of the price range I mentioned above.

If you are starting out, you may wish to charge in the low or mid range. This is because it is easier to find new clients when you are very reasonably priced. It is one way to build a client base — attract clients who are wowed by the value of your services in the beginning, then slowly increase prices as your client base is built up.

4. How much do you need/want to earn?

This is obviously something else to take into consideration, too.

Some people are happy to price their sessions lower because they have retired from another career that gave them financial stability. Others are single-handedly supporting a family and need to make a full time wage on part time hours. So, your prices are going to be based on your circumstances and goals in life.

In summary, you will want to strike some kind of balance between the four points above, when pricing your sessions.

Graduation Criteria For Apprentices

If you signed up for the 'Apprenticeship' level of this program, certification is included in your enrollment, and I have detailed the graduation criteria below. Independent Learners are not eligible for certification, so if you are an 'Independent Learner' you can ignore the section below.

Please note that apprentices must graduate within one year of signing up to this program. It is not possible to graduate once that date has passed.

In order to graduate, you need to have completed a total of 10 practice healing sessions, had your final mentoring session, and read the list of books mentioned in the members area. Please contact us at students@annasayce.com when you're ready for your final mentoring session.

Once you've met the above criteria, let me know and I will send you out a certificate. Once you have graduated and completed 10 practice readings, you will be eligible for listing in the practitioner directory which is recommended on my website.

Please submit the following information through this form here:

– A small picture of you (please see the size of the photos already listed in the directory.)
– A short bio
– An email address
– A website address or Facebook page, if you have one.

The practitioner directory is a free resource. The aim is for you to receive free publicity and referrals as a new practitioner and for us to showcase some of the awesome graduates who have completed the program.

If you choose to be included in the practitioner directory, this does not mean that you are required to label yourself or your work in a particular way.

A Note on Copyright & The Course Materials

Can I re-sell any of the teachings, materials or ideas as my own?

The techniques in the Professional Intuitive Healing Program are licensed to you to use in your own business with clients only. This means that you can use the techniques in your client work but you may not sell, teach, reproduce or distribute the contents inside the Professional Intuitive Healing Program in your own business – in any manner. The contents of this program are based on someone else's teachings (who in turn based her teachings on someone else's) but they have been significantly changed by me over a ten year period. They have been adapted; large parts removed and much original material added.

You have permission to teach these methods only if you have been practising for many years, and have adapted them to the point that they no longer resemble the teachings you have learned here. Otherwise I would be grateful if you could refer people to this program. I am on a mission to train as many healers as I can. We will soon be setting up an affiliate program which rewards you for referring people.

Thank you for respecting my work!