THE PROFESSIONAL

Intuitive Healing

PROGRAM

Lesson 4 Course Book

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.