

THE PROFESSIONAL

Intuitive Healing

PROGRAM



LESSON 5 COURSE BOOK

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 clairsentient, you may hear the answer. If you're clairvoyant, you may see something which symbolises the answer and if you're clairaudient 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.

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.

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.

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 clairsaudience.

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.