

THE PROFESSIONAL

Intuitive Healing

PROGRAM



LESSON 6 COURSE BOOK

Lesson 6 - Common Client Scenarios for Cord Cutting

In this lesson, I am going to cover some common scenarios that come up during cord cutting sessions. This will help you should you encounter similar situations with your clients. Namely, we are going to look at:

- Past life energies
- Attachment theory
- Psychic attack (or fear of psychic attack)
- Limerence
- Grief
- Toxic relationships
- & Trauma

FINDING ENERGIES IN THE CORD DYNAMICS THAT COME FROM NEITHER THE CLIENT NOR THE CORDEE

On occasion, you may find past life energies (or other peoples' energies) in a cord of attachment. In this document, I am going to go over how to interpret these, and their potential effects on the client.

In the course of step ten (researching the dynamics within a cord) you may get the sense that the next energy comes from neither the cordee nor the client, but from somewhere else. This is fairly rare in my experience but I wanted to cover it in case it comes up for you.

You are more likely to recognise it when you have cut multiple cords for a client, for example if you are working with a client who has cut a cord to most of her family members, such as her siblings, and her mother. When she cuts the cord to her father, you notice energy from the mother in the cord to her father. You might recognise it because clairsentiently, something about this energy will remind you of the session you did where you cut the cord to the client's mother.

When this happens, it is often the case that the person whose energy is in the cord is interfering in the relationship.

It may also be reflective of triangulation or more specifically, narcissistic triangulation.

So, that is a possibility to look out for. As I said, it isn't very common but it can occur.

ENERGIES COMING IN FROM PAST LIVES

In the course of my Akashic Record Readings, I have often found that we have multiple past lives with the significant people in our lives. (It isn't uncommon to find that we have had 10-30 lifetimes with a family member or loved one.)

When a client accesses past life information (usually when a present life situation or relationship has echoes of a past life one), it is as if a doorway to the past life opens in the unconscious mind. These past life energies may penetrate into the cord of attachment and affect the relationship.

A recent example that came up in my client work was a mother who wanted to cut the cord of attachment to her daughter. Her daughter was in her twenties but had had separation anxiety with the mother for as long as they could remember, and was having a lot of trouble gaining the kind of independence that would be appropriate for someone in her twenties.

I found that within the cord, there were the energies of a past life in 1920s America. In that lifetime, the roles were switched. The mother was the son and the daughter was the father, and they lived on a farm. The son died in an accident (suffocated in a grain silo) while the father had his back turned for a few minutes. The father blamed himself for the accident and told himself that if only he hadn't let his son out of his sight, the accident wouldn't have occurred.

When the daughter was born into this new lifetime, with the mother who had been her son in that previous lifetime, she did not want to let her mother out of her sight even for a moment. This had been going on for years (ever since she was born, in fact) and had caused much exasperation and distress for the mother.

So, that is one example of how past life energies can find their way into present life cords, and impact on relationships.

If you've found past life energy in a cord and you want more details on what it refers to, use the protocol below.

How to Explore Past Life Energies in More Detail

If you're new to channelling, and you want to gain more information about the past life that came up for the client, I do have a set of questions and some charts that can help you with this, specifically, the 'countries' chart, the 'roles' chart, the 'time' chart and the 'situational descriptions' chart.

To gain more info, begin by asking the following questions, using your pendulum:

1. In this past life, was the client male or female in that lifetime?
2. Was the cordee male or female in that lifetime?
3. What was the client's role in that lifetime? (see the 'roles' chart)
4. What was the cordee's role in that lifetime? (see the 'roles' chart)
5. When did this lifetime take place? (see the 'time' chart)
6. Where did this lifetime take place? (see the 'countries chart'*)
7. Is there a situational description which matches the events or relationship of that lifetime? (see 'situational descriptions*' chart) – note that the situational description that comes up may relate to a life lesson the client was learning in that lifetime, or it may refer to a significant event of that lifetime, which might still be affecting the relationship negatively.

*Note: The countries chart allows you to find the area of the world where the client was once incarnated. However, bear in mind that the name of the area or country may have since changed. So if you find that a client incarnated in Iran, bear in mind that it could have been Persia when the client was incarnated there. So, when you deliver this information to a client, it is usually better to phrase it as 'you were once incarnated in the area which is now Iran'.

Once you have asked these questions, you should have some idea of what occurred in that lifetime and its relevance to the cord dynamics. You may just 'know' what happened in that lifetime, and you may receive more details on the events of the past incarnation. If you don't understand the situational description, you may wish to Google it. If you meditate on the situational description and ask the question "what

does this refer to?”, you may find that something more specific comes to you via your claircognizance or clairsaudience.

The process above can be a little involved and drawn-out. If you find it takes you a long time, you can also hang up and let the client know you’ll call her back in 10-15 minutes.

How to Get More Detailed Information on Past Lives Using Clairvoyance

For finding out more information on the relevant past life, there is also an alternative to the method above. It involves using your clairvoyance to do research into a past life.

Using Your Clairvoyance to Do Past Life Research

For this exercise, begin by doing the ‘breath-work’ exercise to raise your vibration. The breath-work exercise goes as follows:

- First, observe your vibration by ‘going within’ and exploring how you feel in yourself for a few moments - what is the underlying emotion? See if you can put a word on your emotional state.
- Next do this breathing exercise: inhale to the count of four, hold your breath to the count of four and then exhale to the count of eight. Do this three times in total.
- Now check in with your emotional state - how do you feel?

Next, ask the following question (using your inner voice or out loud): ‘Please show me the past life relationship that has the most relevance to these cord dynamics.’

Then, see what comes into your mind’s eye. Usually an image or a scene will come to you within a minute or two and you will ‘see’ the events from a previous lifetime, which are leaking into the cord.

What to do if past life energies come up

When there’s past life energies in a cord, I usually recommend a past life regression to the client, in addition to cord cutting, if they feel like the relationship pattern or negative energy has not shifted following the cord cutting.

Past life energy coming up constitutes Spirit pointing us towards the fact that these patterns go much deeper than a present-life cord of attachment.

Please read [this article](#) for more information about past life regression. (It includes information on how to find a good past life regressionist, so you can advise clients on this).

ATTACHMENT THEORY & CORD CUTTING

I wanted to create a section on **attachment theory** in the realm of cord cutting, because as a cord cutting practitioner I have often been asked by my clients to cut a cord with a romantic partner, past or present, and I have found that knowledge of attachment theory can be useful for such sessions. It can sometimes help explain dynamics that occur between two people in a romantic relationship.

WHAT IS ATTACHMENT THEORY?

Based on years of research in the area of emotional attachment, psychologists have found that people behave in one of three ways in relationships:

Anxiously attached people tend to think about their relationships a lot, and may feel insecure about their partner's capacity to love them and be there for them. **Avoidant** people tend to keep their partners at arm's length, equating closeness with a loss of independence, while **securely attached** people are comfortable being close to others, and habitually behave in a warm, loving and reliable way.

So, broadly, there are three attachment types (anxious, avoidant and secure) that govern how we respond and behave in our romantic relationships.

For the most part, the attachment style that we have (i.e. how we relate to loved ones) in our romantic relationships is closely linked to how our caregivers responded to us in our early years.

Children whose caregivers were sensitive and attuned to their emotional needs tend to grow up with a **secure** attachment style. These people expect other people to behave in a warm, responsive way towards them, because that is what they have experienced in the past. And they generally behave in the same way towards others. They are comfortable with connection and closeness.

Children whose caregivers were not attuned to their emotional needs, or were unresponsive or inconsistently there for them emotionally may grow up with an **anxious** attachment style. This means the child habitually became distressed at the lack of response and attunement from their caregivers, and made efforts to increase the attunement and connection, often to no avail.

These children tend to need and want a lot of reassurance and connection in their relationships later on, as a result of this attachment style. They often believe that other people want less closeness than them, and that it is difficult to get their needs for connection and closeness met.

People with an **avoidant** attachment style also usually grow up with one or more caregivers who are not consistently there for them, who are unresponsive, and not well attuned to their emotional needs. But rather than becoming distressed by the lack of connection (like the anxiously attached children) these children tend to withdraw from their caregivers, and tell themselves that they are unaffected. Essentially, they learn that people are not to be relied upon, and they do not feel comfortable relying on others to meet their emotional needs.

These children carry these beliefs and feelings about relationships into their romantic relationships later on, and as a result, they are often distant partners who feel uncomfortable with a lot of closeness and connection.

Note that people with an **anxious** attachment style and people with an **avoidant** style are often drawn to one another. This is because they reinforce one another's beliefs about relationships and love. Avoidantly attached people reinforce anxiously attached people's belief that it is hard to get their emotional needs met in relationships, and anxiously attached people, with their repeated (and often futile) attempts to get closer to the avoidant, reinforce avoidantly attached people's belief that they often feel suffocated in relationships, and that too much closeness makes them uncomfortable.

The fact is, anxiously attached people often feel more comfortable being in relationships with securely attached people, who can provide them with the connection, reassurance and closeness they desire. And avoidantly attached people tend to be better suited to secure as well, since some securely attached people can give them the space they desire, while also being able to provide connection.

How this applies to cord cutting sessions

The reason I delve into attachment styles in this course is because I often get clients wanting to cut a cord with a romantic partner, past or present (or even just someone they dated more casually). A common scenario is for these clients to want to cut a cord to someone who has an avoidant attachment style (although the client often does not yet know that this applies to them). The client may have either a secure or an anxious attachment style, but came across an avoidant in the course of their dating adventures.

Getting into a relationship with an avoidantly attached person can often end up being a highly negative experience for an anxiously attached person, who does not get their needs met, and ends up feeling more stressed as a result. So I get a fair few clients with this attachment style booking a cord cutting session following such an experience. In essence, they want to make sense of the experience, and get it out of their system.

Secure people can also in some cases feel negatively impacted by an experience with an avoidant, as the avoidantly attached person will also thwart their attempts at connection at times.

Thus both types may come in for a cord cutting if they have been involved in this dynamic with their cordee, and in the later stages of the cord cutting process, we sometimes get the opportunity to validate them and put words to a dynamic they haven't yet been able to put their finger on.

Many people (unless they have a background in psychology) have not heard of attachment theory. But having this knowledge can sometimes be very validating and enlightening for our clients. For anxiously attached people, it is particularly valuable, as having this awareness allows the anxiously attached person to seek out secures in future, and to possibly bypass the avoidants in their future dating experiences, if they so wish.

Below I have included a transcript from a session I did with a client called Manaia. She was dating a man called James, who was an avoidant. This was something I was able to deduce from channelling the dynamics, and Manaia later confirmed my impressions.

Please have a read of this transcript, and then take note of the comments at the end.

TRANSCRIPT OF CORD CUTTING SESSION - MANAIA

Anna: Alright. So how do you pronounce your name, I was just wondering. Is it Manaia?

Manaia: Oh yes, that's it.

Anna: Okay. Great. So have you ever had a cord cutting before?

Manaia: I've had it twice before. That was a year or two years ago.

Anna: Okay - so you're somewhat familiar with the process.

Manaia: Yes.

Anna: Okay.

So the first thing I would like to do is bring in a Divine level energy, which is either an Archangel or an Ascended Master, and is the Divine energy that brings the healing in the session.

Manaia: Okay.

Anna: I wanted to ask you, Do you have any preference at all as to who we bring in? Or do you just want me to choose.

Manaia: Um, Archangel Michael.

Anna: Okay, yup. I usually work with Archangel Michael too.

So I'm just going to take a couple of minutes to bring in Archangel Michael, and to prepare the space for this healing.

Manaia: Okay.

Anna: For you and for me.

I'm just going to pop you on mute and I'll be right back.

Manaia: Okay.

Anna: Archangel Michael, please be present and in charge of this healing session.

Archangel Michael, I ask for violet flames to be placed, one in every corner of this room that I'm in, and one in every corner of the room that Manaia is in, and also in the centre of both of these rooms.

And this is to clean up and neutralize any stale or negative energy that we may process during the session or that may be present in the spaces.

And also, Archangel Michael, please place gold and silver light around the edges of this room that I'm in, and around the edges of Manaia's room.

And this is to seal the energy in these places so that only energies of the highest vibrations may enter.

Thank you.

Okay. Next I want to find out who we're going to cut with and just check in with Archangel Michael and make sure that this is a suitable cord to cut.

So do you want to tell me a little bit about why you booked this session.

Manaia: As in, why I booked the session?

Anna: Yeah, yeah.

And whether there was a specific person you wanted to cut with or whether you just wanna.. you want to give me a few choices and we can check in with Spirit and see which one would be most suitable.

It's up to you.

Manaia: Yeah, so, the reason why I booked this session is because it's a problematic relationship dynamic, I have to say, between me and a certain male.

Anna: Okay.

Manaia: But there are... There is one significant male called James, but I'm just gonna check in with... But there is an option of 3 males that I can choose through to cut cords with.

Anna: Okay.

Manaia: It's either James or... Mason or Liam.

So I just want to check in with Archangel Michael which one is the most important one.

Anna: Okay, James, Mason or Liam.

Alright, and I'm just going to take a moment and ask if there is one in particular that would be a good one to cut today.

I won't be a second.

Manaia: Okay.

Anna: Okay. I feel the first one is the most important one to cut.

Manaia: Which one is it, sorry?

Anna: James.

Manaia: Okay.

Anna: I feel it's the one that's.. would be right to cut today.

So we've got.. we have permission to go ahead with that one. Sounds like it's a good one to cut.

And, before we get started, sometimes it can be good for us to set an intention around what would be a good outcome of cutting this cord for you.

So, when I ask that question, does anything come to mind...?

Manaia: Um.. I feel it's about me getting my emotional stability again, like not feeling so drained anymore. So I want to feel, I want to feel more at peace.

Anna: Okay.

Manaia: Yeah.

Anna: I'm just writing this down.

Okay, sounds good.

So what I'm going to do next is I'm going to have a tune-in to your chakra system. Are you familiar at all with the idea of the chakra system?

Manaia: Yes, yes I am.

Anna: Okay. Brilliant.

So what I usually do is I'll just have a quick scan of your energy field and I'm going to ask the question when I do this: How is this cord impacting you?

And I'll usually hone in on three chakras, and I'll tell you about what I'm picking up around how this cord, because obviously the cord of attachment, it's coming in to you, is attached to your energy field and it does impact certain areas of your energy field in certain ways.

So we want to find out **how** it's impacting you.

While I do this, it'll take me a few minutes to do, at least. I'm just going to pop you on mute again and I'll be right back.

Manaia: Okay.

Anna: And while I'm busy doing it, can I also get you to tune in to how you're feeling emotionally at the moment. And see if you can put a word on that, or maybe a few different words if it's more than one thing that you're picking up on.

And I'll be back in a few minutes.

Manaia: Okay.

Anna: Okay. Thanks for waiting.

First of all, the main one that I was honing in on was your throat chakra. The throat chakra, you might know, is the chakra relating to communication and self-expression.

It's where we express feelings and say what needs to be said.

There were a couple of energies sitting in the throat chakra related to this cord. One was irritation. The other one felt like frustration. It felt like the energy of things that upset you that you didn't express. Things that went unsaid. It feels like a blocked energy.

I was given a visual of just this block of wood sitting there. It felt like just something repressing, sort of impeding the flow of that throat chakra energy.

So it could have been one big thing that you repressed that you didn't say at one time, or it could be a series of smaller things.

But I think part of the work that we're going to be doing with this to let go of this cord is to remove that restriction around your throat chakra.

Manaia: Um hmm.

Anna: Because I feel like it's setting up or reinforcing some kind of pattern that could affect other relationships and sort of impede that, that flow as I mentioned.

So that's the first thing that I saw.

The second thing was at your third eye chakra. The third eye chakra is the energy centre of how you see the world, how you see other people and yourself. So your perceptions, your intuition...

I felt like there was the energy of confusion here. Like this cord was causing you to, sort of make it harder for you to see situations clearly. More specifically, see this situation of what was going on with this relationship clearly.

It felt like this, I mean, the visual that I was given was like this smoke that was sitting in front of your third eye chakra, sort of this relationship leaving this mist in its wake, where you're trying to see what's happening and waiting for the dust to settle. And just not being able to see clearly.

So I feel like this cord is impacting, or having you question the way that you're seeing things when they happen.

Manaia: Um hmm.

Anna: So there were two main chakras that came up and I actually think we're really going to be working on the throat chakra for this session.

So I just wanted to check in with you. How did you feel when you tuned in emotionally?

Manaia: Emotionally, I feel just a lot of sadness. Like, a lot of sadness, a lot of ... Like a sense of loss. And... I think that I feel angry but I think... I think I have the sadness and loneliness more than the anger actually.

Anna: Yes. I feel that the anger was what I was picking up on at the throat chakra. That's the block sitting there.

So I think that the anger and the sadness, those two are connected. And when you move the anger out, the sadness will flow through you more easily.

So did that make sense? Was any of that surprising, what I just mentioned to you?

Manaia: The throat chakra, the block on the throat one, really, really makes sense. Because I feel like I haven't been able to be myself with him.

Anna: Okay.

Manaia: The third eye was a bit of a surprise.

Yeah, well it, it's confusing. The whole thing with him and me is sort of complicated, very confusing because his actions and his feelings don't align, so I just can't really tell which one is the truth so I got really confused.

Anna: Yeah. That's um, I think that's what I'm picking up on at your third eye chakra.

Manaia: Yeah.

Anna: That sense of, What the heck is going on? Sort of like this temporary mist hanging in front of you while you're trying to work out what's happening.

So I think it is related to that.

It'll be interesting to see when we actually tune in to the cord and see what's in there, to get a bit more perspective on that.

Manaia: Um hmm.

Anna: I feel like these, when I come across that sort of energy at the third eye chakra, I always think it's good to get rid of because if you leave it there, I think it has the capacity to confuse you long-term, in terms of doubting your own impressions and your intuition.

Manaia: Mmm.

Anna: Because I think you're, when I tuned in to you, I thought, this is somebody who knows her own mind. This is somebody who sees things as they are. So it's this kind of confusion that's, it's just something that can have you doubting that. You know that intuition, that natural intuition that you have.

Manaia: Yeah.

Anna: Which is not good long-term so this is just some energy we want to get rid of.

Manaia: Yes.

Anna: Okay.

So what I want to do next is, I'm just going to tune in to your energy body once again and find out where the cord is located. So sometimes I find that they are located at a particular area on your physical body. Sometimes this can be meaningful.

So I'm just going to tune in and find out about that. Won't be a second.

Manaia: Okay.

Anna: Okay. So the cord is located at your left ear. To me, that's symbolic because the ears are connected to the throat chakra.

Manaia: Okay.

Anna: So that makes sense based on what we've just said.

Okay. And I just wanted to get your permission as well. This is just to confirm that I have permission from you to go ahead and cut the cord between you and James. And also that you give Archangel Michael permission to go ahead and cut this cord.

Manaia: Yes.

Anna: Okay. Brilliant.

So I'm just going to ask Archangel Michael to go ahead and cut this and I'll be right back.

Archangel Michael, please go ahead and cut the cord between Manaia and James so that there is no more back and forth of emotion & energies between them, and so that what belongs to James is returned to James.

Thank you.

It is done. It is done. It is done.

Okay. So Archangel Michael is just in the process of doing that.

I wanted to check in with you.

When we take out a cord like this, it's always a good idea to put something positive back in. So we can ask Archangel Michael to put in any kind of energy that you like in now, and I'll just give you some examples of what people sometimes ask for.

Sometimes Divine love, strength, courage, peace, confidence, self-knowledge, self-love... So anything you like, really.

Is there anything... any energies that you would like Archangel Michael to pop back in there..

Manaia: Um... I think it's more self-belief, actually. Self-belief and courage.

Anna: Um hmm. Okay.

So Archangel Michael, thank you for taking out this cord and we ask you to please replace it with the Divine energies of courage and self-belief. And please have those energies be with Manaia for 21 days or longer, until the healing and the processing has been completed. Thank you.

Okay, great. So what I'm going to do next is, I'm going to tune in to this cord and find out what kind of energies it contained. I usually get, like a conversation between you and, in this case, James.

And, it takes me several minutes to get, and then I'll come back and I'll tell you what I've picked up, and then we can have a chat about it.

So I'm just going to put you on mute again.

Manaia: Yup (*waits several minutes*)

Anna: Alright.

So I've got the energies in the cord and I'm gonna read them out to you.

Just to give you a bit of background on what it is exactly I'm going to tell you about. These are the negative dynamics because this is a negative cord that we're cutting.

When you have a relationship with somebody that's impactful, there are two cords that you create. One is the spiritual cord which contains all of the positive stuff, you know, the soul contracts between you, the good energies, so obviously it's not about that. We don't touch that one.

It's the - this one is the shadow side of the relationship. Obviously it's just the negative side.

And also the energies that cords contain, they can be one-off feelings or perceptions from events, or they can be general energies that are present throughout.

So the first energy I picked up on was from you. This felt like the energy of disappointment and disillusionment. It felt like negative feelings in general towards men, sort of like a sense of, Men are all the same. So sort of having an expectation that's not being met by this person.

Manaia: Um hmm.

Anna: Okay.

The next energy was from him and it was an evasive energy. The words that I wrote down was sort of not being able to pin him down, in terms of... It felt like, generally, this is somebody who doesn't... who is not very good at committing. But it also felt specific, as in, cancelling plans or being evasive in that way.

So it's like this evasive energy where you go to rely on this person and they're not there, or you, yeah, sort of not being able to pin him down in that sense.

Manaia: Um hmm.

Anna: The next energy was from you. And this was, this feels like that throat chakra energy that we mentioned. So it felt like a self-conscious energy creeping in, like there's not enough free communication. It's like the energy of having something to say but sort of feeling, Hmm, should I say this? How will it be received?

It's that energy you talked about of not being able to be yourself.

Manaia: Um hmm.

Anna: The next energy was from you and it was also another energy that you've mentioned. It's like feeling lonely. And I feel like it follows on from what we've just said because I think that's a lonely place to be, to feel like you have something to say but you can't really express it.

So it's like this sense of feeling lonely because this person isn't going to get you, or get what you have to say.

Manaia: Um hmm.

Anna: The next energy is from James, and this is like the energy of 'I need you'.

'I need you', it felt like a dependent energy, or like a sense of, 'we can't cut the connection', or 'don't cut the connection'.

The next energy was from you and this is the energy of irritation and bottling up feelings while helping him out in some way. So this is the energy of helping him but not looking out for yourself.

Manaia: Okay.

Anna: Or attending to him, what he wants, while not paying attention to what it is that you want. So it feels like the energy of self-sacrifice and there's some anger or irritation around that.

Manaia: Um hmm.

Anna: The next energy is from James, and this feels similar to the last one. It feels like he's kind of saying, 'It's all about me', 'it's about my needs', 'I feel bad, please be there for me'. It's the energy of feeling sorry for himself, 'feel sorry for me'.

Yeah, and the next energy is from him and it's just the energy of anger.

Then the final energy is from you, and this one says, this one – it's like a suspicion, where you feel like you've realized that he doesn't have your best interests in mind, or maybe he's not that good for you.

So it's like sadness. It's like a sense that maybe he doesn't care about me.

So that's how the cord concludes these dynamics.

So what I want to do now is just check in with you and have a chat about some of these energies.

Just wondering, was this somebody that you wanted to be in a relationship with but it was not possible to pin him down or what exactly was the situation?

Manaia: Um, I think yeah, I'm expecting, I wanted, I wanted to be close to him but... There is just something that just doesn't happen. It just doesn't happen.

Anna: Okay.

When I told you about these energies, what kind of reaction did you have? Is there anything in there that is surprising or does it make sense?

Manaia: Well the energies that come from me, it's an eye opener, actually. You know, the disappointment and disillusionment, that I understand because that's what I felt most of the time.

And feeling self-conscious as well. I wasn't really thinking that I was being self-conscious, I was just feeling afraid at the time.

Anna: Okay.

Manaia: I was just feeling the fear of, if I say something, will it be the wrong thing to say?

So yeah, now that you said it's self-conscious, it makes sense to me, so...

There's a lot of feeling of self-doubt and feeling of I'm-not-good-enough, the feeling of not believing in what I'm with, not really looking out for myself, not really paying attention to my intuition, betraying myself as well. I feel like I've betrayed myself a lot by helping him but not taking care of myself.

Anna: Okay.

Manaia: So the energy that comes from me, that bottling my feelings up as well, that makes a lot of sense and the last feeling of feeling suspicion, feeling not trusting, it's a lot of mistrust, I feel like I couldn't trust him anymore...

Yeah, and but... the energy that comes from him, it's actually, to me it's actually quite surprising.

Well, I know the fact that he's evasive, he's not very good at committing. That one, yes, I understand. But the feeling of being dependent upon ME? Or feeling that he needed me and all that, feeling anger...

Yeah... I was surprised! Because he never said anything.

Anna: Okay.

Manaia: I think we were a mirror of each other. I think he was being self-conscious as well. So he was probably not telling me what he needs and I'm not telling him what I need.

Anna: Mmm...

Manaia: So...

Anna: Yeah. I felt like... that makes sense.

I feel like between you there is this soul contract in terms of... Because often with these experiences or these relationships that we want to, you know, when we want to cut a cord with somebody, it's because there is something that we've learned.

I did tune in to a life lesson around this whole experience and this relationship. I felt it was connected to what I picked up at the third eye chakra. It was the life lesson of confidence.

I think confidence in yourself, confidence in what you offer in a relationship or a friendship, and sort of valuing that. Valuing what you bring to other people and what you contribute to a relationship, and being confident in yourself.

So I feel like this relationship has been teaching you that. And, I guess confidence in also looking out for your own needs.

Manaia: Yeah.

Anna: So... yeah.

I feel like, some of these energies from James, I do feel like they were things that were possibly unsaid, you know, sort of what you mentioned, that there was a lot going on under the surface that was not expressed.

Manaia: Yeah. Yeah. That's right.

Anna: Okay.

So a couple of questions for you. Just to sort of process some of these energies that we're talking about.

One of the questions that I like to ask is, Do you feel like there is something that you learned from this connection, or this experience?

Manaia: I feel like, in hindsight, there are a lot of things like, I wasn't... I doubted myself a lot with him. Like, there are times when I was being myself, but I doubted myself because he wasn't responding like what I expected.

So what I learned from this is about following all parts of me, so not really caring about other people's opinions, I was just being myself. If they don't like me being myself, then they're probably not the right person anyway.

Anna: Yeah.

Manaia: In hindsight as well, I felt like there are a lot of things that I didn't say. I felt like there were times when he cancelled plans or maybe he was making false promises. I didn't say anything because I didn't want to hurt his feelings.

So I felt like I should have said something. I should have said that I feel irritated or I feel upset or I don't like it. But I didn't say it.

So that was my biggest lesson because I was too afraid. I was too afraid to... I was too afraid, and I wasn't being confident, I wasn't really following myself, so... I totally...

I totally get... I'm not really sure whether I'm 100% learning my life lesson through this experience but I'm learning, yeah.

Anna: Yes. I think that when you have the awareness, I think that's enough. I definitely think you knew... With relationships, for it to have a successful relationship with someone, I think sometimes it just comes down to the soul contract that we have with them.

So if you were learning, say for example, the life lesson of confidence that I mentioned, the fact that you went through this experience and you learned those things from it, or you feel like you did, I think that's enough.

That was a successful relationship on the soul level, you know? In the human realm, we think of successful relationships as maybe something that's long-lasting, maybe something that's happy and easy, but Spirit doesn't see it that way.

I believe that sometimes we have soul contracts with people and we just go through the experience and take something from it. And it's because usually it gives us something that we're gonna use later on to help others in some kind of situation or relationship.

So from the spiritual point of view, it sounds like it was a success even though that might sound crazy to hear.

Manaia: I know!

For me, it was, there is some success that I got from this because I interacted with Liam after this experience and I'm feeling like I can express myself. I listen to my intuition and just express myself to him, and if I don't like anything that he suggests, or if I don't like anything that he, you know, I just said that it doesn't work for me.

Anna: Yeah.

Manaia: So yeah, it... I feel a lot more freedom. Like, I feel a lot more free in expressing myself, so yeah definitely I got something out of it.

Yeah, totally.

Anna: Okay. That's great.

So it seems like this process that we're doing today, it feels like it's getting rid of the remnants, really, of that experience. Because it sounds like you've taken what's good from it, and it's just about processing and releasing anything that's negative that's left over.

Good.

What was the other thing I wanted to mention? Yes!

I don't know whether you've ever heard about attachment styles.

Manaia: Um, not really.

Anna: Okay.

So my suspicion, when I looked through the dynamics that were between you and James, my suspicion was that James possibly has an avoidant attachment style and it's probably a bit complicated for me to explain, but I'm going to explain it anyway and you tell me whether this resonates or not or whether it makes any sense.

There was some research that was done several decades ago by a psychologist who did some experiments where he separated, he put mothers and children in a room and asked the mothers to leave.

And then sort of monitored the reactions of the infants. He found that there were, broadly there were three attachment styles. So three styles in which infants had become attached to their mothers, based on how their mothers responded to them.

There was secure attachment, which is, I think it's about half of the population, which means that when you were a child, your parents responded, or your caregiver responded well to you and was reliably there for you and responded to your emotional needs and comforted you when you cried.

And that usually results in a secure attachment style, which means that you expect people to be there for you and you're used to someone being warm and responsive.

And then there are also two insecure attachment styles. One of them is anxious attachment, where your parent was only there for you sort of inconsistently, so not reliably. And that means that when there is a separation between you and your caregiver, that you're sort of fretting, you can't soothe yourself.

So some people, I think about 20% of the population have an anxious attachment based on how they were raised.

And then the avoidant attachment, and this is the one I suspect for James, it's when your parent or your caregiver also wasn't there for you consistently, but rather than getting distressed about it, you coped by being detached and telling yourself that you didn't, you don't need anyone to take care of you and becoming withdrawn.

So, how you relate to your caregiver, that translates to how you engage with partners romantically, later on. So people who have an avoidant attachment, they're often quite hard to pin down. They don't like committing. They like some degree of distance. They sometimes give mixed messages.

So there were just a couple of energies in here in these dynamics, which reminded me of when I come across this avoidant attachment style in the past among people that I've worked with.

So if this resonates, there is a book called 'Attached' that's written by a guy called Dr. Amir Levine, if you want to find out more about that topic.

Manaia: Um hmm.

Anna: Just in case you wanted to find out more about that, because I think one of the lessons from an experience like this can sometimes just be recognizing when somebody is, has an avoidant attachment style so that you can decide, you know, whether it suits you to be involved with this person.

Does that resonate at all?

Manaia: Yeah, actually that makes sense because his parents are not that affectionate. And there was one time, he was overseas and had a serious car accident which took a long time to recover from, and his parents, basically his whole family didn't even come to visit him.

And he said to me that it was okay, so he pretended that it was okay, but I knew deep down he just wanted them to be there.

Anna: Right.

Manaia: And also, yeah, so he's feeling detached just for the defense mechanism I suppose, and the thing is, with me as well. It was really good in the beginning but when the feelings got too deep, he wasn't responding to me like he used to before.

He became, he sounded like he doesn't care, he sounded like he just doesn't want to connect with me anymore. There was a lot of disconnection that happened, so I think the more he loves someone, the more he doesn't want to be with that person.

So it's just... it's hard work, I think.

Anna: Yes.

It reminds me of this attachment style. You know, if you just Google 'avoidant attachment style', I think it would be good for you to just do a little bit of research around that, because there are lots of signs and signals that people give out when they have this attachment style, that you can research.

And it makes it difficult long-term to have a connected relationship with somebody who has that attachment style if you are anxiously attached.

And also, it can make you more insecure when you are engaged with somebody with an avoidant attachment style, even if you are somebody who was raised by a responsive caregiver and as a result, you have a secure attachment style.

If you get into a relationship with someone who is avoidant in that way, in some cases, depending on the person, it can actually turn you into somebody who resembles somebody who was raised by an unresponsive caregiver.

Manaia: Mmhmm.

Anna: And if you were somebody who has a more anxious attachment style, if it does make you feel distressed when someone withdraws from you, that attachment style can also be aggravated.

People who have an anxious attachment style, they ideally want to be in a relationship with somebody who's secure because then they will feel more secure. They will feel reassured. They will feel connected.

So this is quite an aggravating attachment style to relate to, if you are somebody who needs a lot of connection and reassurance, who doesn't want to deal with that kind of distance or the withdrawing. So it can be quite hard on the emotional level to get in a relationship with somebody with that avoidant attachment style.

So I would encourage you to do a bit of research into that so that you can avoid that in future because, yes, this cord contains energies which point to that possibly being a part of the dynamics for him.

Manaia: Yeah, yeah. Okay.

Anna: Okay.

The other question I wanted to ask you was, Do you feel like this relationship and this experience, it was kind of a unique experience, in terms of something that you haven't experienced before, it didn't remind you of anything else you've experienced, or do you feel like it, there are echoes, does it remind you of any other relationships that you've had in your life, past or present?

Manaia: It reminded me of my past connection with Liam. That's why I mentioned Liam in the beginning.

Anna: Okay.

Manaia: At the time, it reminded me because at the time, he was quite evasive as well. And there are a lot of... and he's not very good at committing to plans, and I wasn't being myself. It's very hard for me to...

I experienced a lot of anger, a lot of frustration that I didn't say anything.

Anna: Yeah.

Manaia: So I guess at the time, when that happens, I wasn't really fully learning all of the lessons. That's why I got into this one with James, and finally I got, you know, something out of it. Hopefully.

Anna: Okay. That makes sense.

Okay. Right.

So I feel like we've thoroughly looked into all of those dynamics and talked about them. Is there anything else you wanted to say around it, before we conclude this part of the session?

Manaia: No, nothing I can think of.

Anna: Okay. Great.

Manaia: Okay.

Anna: Alright.

So what I'm going to do to wrap up is, I'm just going to tune in to your chakras again. I just want to get a sense for what is happening on the level of your energy field. Sometimes it can look a bit like a, you know when a dust cloud has been kicked up and it's a bit hard to see what's happening, and other times you can see very clearly.

So I'll tune in and I'm also going to ask Spirit if there's any recommended steps, any messages for you around this relationship.

Manaia: Yes!

Anna: So I'm just going to put you on mute again and I'll be right back.

Okay. So I had a tune in to your energy field. There is still some stuff going on there so I feel like you're still in this processing stage. I did also feel like it felt quite tender at the throat chakra, a bit raw, a bit delicate.

So I do wonder whether you're gonna, it's going to cause some sort of emotional turbulence for you. So if you do feel like you, if you feel a lot of strong sadness, anger, frustration, that sort of thing, over the next week or so, I would say that's really quite connected to this cord. And just know that that's part of the releasing process.

Manaia: Um hmm.

Anna: The other thing that I felt was, get lots of sleep. Because I feel like you're going to process this when you're asleep. And if you don't get enough sleep, it's going to be a rockier process.

The other thing that Spirit said to me was, Success. Well done. You've got it.

I feel like we got to the core of what this was about. And I feel you learned what you were meant to learn.

Manaia: Mmhmm. That's cool.

Anna: The other thing that they said to me was, to pass on to you was, you don't need to get into a relationship with someone who's not connecting with you. They said, you'll know when you've found the right person when there is a strong emotional connection there and it's someone who is seeking out connection with you consistently.

Manaia: Okay.

Anna: So Spirit is saying, look for someone who seeks you out, seeks to connect with you.

If someone is not seeking to connect with you consistently, that's a sign that they're the wrong person.

But I feel like you've, that's already something that you know.

Okay. I think that's everything that I wanted to do in this session. Any questions or anything before we finish?

Manaia: Hmm... I'm good actually. I'm good.

Would you be able to send the recording through email?

Anna: Alright. Yes I'll send it now via Hightail, so you'll get a link. You need to download it within seven days. It expires after that.

Manaia: Thank you very much for that.

Anna: My pleasure. In that case, I'll let you go and enjoy the rest of your evening. Bye Manaia!

Manaia: Bye!

Further Notes:

I have done many sessions involving the anxious/avoidant dynamics which resemble the conversation above.

Manaia later emailed me to say that she had found the piece I passed on to her about the avoidant attachment style (and the book I recommended) eye-opening. Therefore it can definitely be helpful to watch out for this anxious/avoidant dynamic in your cord cutting sessions, so that you do not miss an opportunity to validate your client.

Here are some clues that the cordee has an avoidant attachment style (one or more of these will usually come up in the dynamics that you channel):

- You sense an evasive energy, as if the cordee is hard to pin down
- The dynamics indicate that the cordee is not keen on the idea of commitment in general, and seeks a high level of freedom in their relationships
- The dynamics suggest that the cordee is seeking distance at the expense of connection in the relationship
- There is very little input from the cordee – all or most of the energies and dynamics come from the other person, as the avoidant withdraws and stops engaging

- The cordee sends out mixed messages – one moment giving the client the impression they are emotionally available and connected, and the next moment sending the message that they are not.

(Note that you usually want to see more than one sign here for this to possibly apply).

If you're using your pendulum to identify the dynamics using the 'negative energies' chart, you may see the following energies on the part of an avoidantly attached cordee:

- Avoidance (not surprisingly!)
- Fear
- Wariness
- Withdrawal
- Withholding
- Dismissiveness

You may see the following energies from the anxiously attached person in this relationship dynamic:

- Anxiety
- Rejection (i.e. feeling rejected)
- Pain/suffering
- Abandonment (feeling abandoned)

In addition, in the 'setting intention' part of the session, the anxiously attached person may want to restore their peace of mind or their sense of equilibrium. When you read their chakras, you may find the remnants of confusion at one or more chakras (as a result of all the mixed messages). The anxiously attached person may also feel frustrated or angry, and feel affected at the throat chakra as a result of all that is unsaid, as they try to play it cool with their avoidant partner and evade admitting the anxiety they feel in the relationship, for fear of pushing them further away. There is often a lot of miscommunication and lack of communication in these relationships, so this may show at the throat chakra, too.

I haven't (to my knowledge) ever had an avoidantly attached person come in for a cord cutting to get closure on a relationship with an anxiously attached person. This may be because these people tell themselves they are not sufficiently invested in the relationship to want to resolve it. They often do not invest in their relationships as

much, and so may not internalise, or find themselves impacted by, the shadow dynamics in the same way an anxiously attached person might.

How to suggest to your client that they were involved with a person with the avoidant attachment style:

Do not tell the client that the cordee *definitely* has an avoidant attachment style – instead tell them your suspicion, give them some more information about the avoidant attachment style, and ask if it resonates.

If it does, I recommend pointing your client towards a book called *Attached* by Dr. Amir Levine and Rachel Heller, which deals with attachment theory in a very digestible, down-to-earth way.

There is also a good Youtube channel by a lady called Thais Gibson, which goes into a lot of detail about the attachment styles and how they can manifest in relationships. I've recommended that to a few clients, too.

Doing some Googling on attachment styles can also be helpful.

Homework:

1. Your homework for this lesson is to read the book *Attached*, as mentioned above. This is fairly important because if you work with clients, you will at some point encounter the anxious/avoidant 'dance' in the dynamics of a cord cutting session, and very often the anxiously attached person does not know that they were involved with an avoidant. Or they may 'know' at

an intuitive level, but without being able to put words to their experience. And putting words to an experience (aka. validating the client in their experience) is powerful and healing. This book gives you a really good overview and knowledge of the topic, so that you can potentially spot these dynamics in your sessions and explain them to your client.

2. After you have read this book, your second piece of homework is to ascertain your own attachment style, past and present (note that this can change over time, as stated in the book). If you are with someone now, what attachment styles do you and your partner practice in your relationship?

You may wish to journal about these questions, or simply be aware of the answers to them.

If you have an anxious attachment style, and a history of one or more relationships with an avoidant, it is likely that you will also attract anxiously attached clients who have also been engaged in this kind of dynamic.

When I was younger my attachment style was anxious (although it became more secure after several years in therapy, and through being in a good relationship with a secure) but I have had a few short-lived relationships with avoidantly attached men, and thus I am highly attuned to the energy of the anxious/avoidant 'dance.'

For this reason I attract the same scenario a lot in my cord cutting sessions with clients. If you do not have this history, you may attract fewer clients like that – but even so, it is very common in dating situations, and as result it may come up in your client work at some point.

OK, now we've looked at attachment styles, it's time to delve into another fairly common scenario that I see in my cord cutting sessions with clients: limerence. I expect that this issue will come up from time to time in your client sessions, and so it may be helpful for you to have a bit of background information on the topic.

LIMERENCE & CORD CUTTING

Limerence is the psychological term for being madly infatuated with another person. It's a term that was coined by American psychologist Dorothy Tennov in her book 'On Love and Limerence' in 1979. Limerence basically refers to the early stages of being in love.

Limerence is of course usually a positive experience, when it is reciprocated.

However, it can cause significant psychological distress when it is not reciprocated, and it can also turn quite destructive, becoming an obsession that can keep a person in its grip for months, years or even decades. It can also be extremely difficult to break the thinking patterns around limerence, (and we're going to go into the reasons for this in this section). For this reason, you may encounter people with this issue in the course of your work.

The main reason I want to cover this topic here is because not everyone experiences limerence. One of the findings of Tennov's research was that only a segment of the population experiences falling in love in this way. The majority of the people who seek out cord cutting practitioners due to this issue obviously do experience love in this way otherwise they would not be seeking us out. So, as a cord cutting practitioner, you need to have an awareness of this, particularly if you are not someone who has had this experience in the past.

Let's have a look first of all at how Dorothy Tennov defined limerence...

(The limerent refers to the person who is in love and the L.O. - aka limerent object - refers to the person they're in love with.)

Limerence involves:

- Having intrusive thoughts about the L.O.
- Having intense feelings about the L.O. that seem to cause all other thoughts and feelings to fade into the background
- A strong longing for reciprocation of one's feelings
- Lots of daydreaming about the L.O.
- Shyness and insecurity in the L.O.'s presence
- Mood being dependent on how the L.O. is responding to the limerent, or not
- Forgetting about other life areas
- Seeing only the positive in the L.O.

Limerents feel great when the L.O. is paying attention to them, and they feel terrible when they are not. So, the dramatic effect on mood (and irrational/erratic behaviours) are what characterise unrequited limerence.

Let's have a look at why we experience limerence

Humans are evolved to experience limerence because of our propensity towards pair bonding. The evolutionary purpose of pair bonding is to find someone with whom you can reproduce and raise children. Pair bonding often involves limerence, and this has an evolutionary advantage, because it motivates couples to stay together. (The limerence stage of a relationship usually corresponds to the length of time it takes to bear a child and nurture it for its first year of life.) So, from an evolutionary perspective, limerence stabilises the pair bond and this means more likelihood of reproducing, and more likelihood of offspring surviving the first years of life.

On the level of our brains, there are 3 systems that underlie limerence: the reward system, the arousal system and the bonding system. These systems are driven by dopamine, noradrenaline and oxytocin/vasopressin, respectively.

When the limerent meets someone who makes them feel good, their dopamine system identifies that person as a potential reward.

The noradrenaline system becomes activated when the limerent becomes more alert, excited and attentive around their L.O.

The dopamine system also increases their motivation to spend more time with that person.

These stimulating chemicals are produced by the body in reaction to being in the presence of the L.O. The limerent gets used to them, and begins to experience withdrawal in the absence of them (so, when they do not get to see their L.O.) This is why limerents tend to daydream a lot (because it also causes these same chemicals to be produced in the brain.)

In essence, limerence has a strong addictive quality to it. It's an addiction to the neurochemicals produced in the presence of the L.O. It's the same brain circuitry as substances like cocaine, in terms of how we get addicted. And it can be just as difficult as breaking an addiction to something like cocaine, because it is an addiction (in this case, to a person).

Like an addiction, limerence can cause psychological distress when the limerent's feelings are not reciprocated, and they cannot get their 'fix' and cannot break their 'addiction' to the person either.

Note that uncertainty and unavailability heighten limerence. Limerence is more likely to occur for some people wherever there is uncertainty or unavailability, for example if the L.O. is married or otherwise not interested or available. This sparks rumination in the limerent and can really kickstart the cycle of obsession. We see this effect with slot machines and gambling – “maybe this time I'll win.” More dopamine is released in situations where the reward is quite uncertain.

So the purpose of this section on limerence is partly for me to emphasise the severity of the challenge that limerents can face when in the grip of an unrequited love. It isn't just a crush. It is hardwired in the brain, and utilises systems that have been refined over millions of years of evolution.

Can cord cutting help with limerence?

Yes, it can, but in most cases the client has to find the message & lesson in the experience. There is usually something positive that can be taken from the difficult experience of limerence.

Often people find that the L.O. inspires them to change their life or improve themselves in some important way. The L.O. often symbolises something powerful for the limerent; something that is missing from their life.

Note also that the most episodes of limerence lasts around 2-3 years, so clients may find that after a few years their obsession abates, with or without help from cord cutting.

When it's more than limerence

You also need to be aware that very occasionally, the limerence that a client will present with will actually be erotomania. This is a delusional belief characterised by a person strongly (and falsely) believing that another person is in love with them and that they have a relationship with the person, even when they do not. Often it involves someone the client has never even met (such as a famous person or celebrity).

People with erotomania sometimes believe that the loved one is communicating with them telepathically, or through other coded signs such as what they post on social media or what they say on the radio or television. It is usually linked to schizophrenia or bipolar disorder.

Erotomania is supposed to be fairly rare, but I believe I have seen it several times and I also believe that as cord cutting practitioners we attract such people, because of the supernatural element to what we do. Such people may feel we can understand and validate their experiences of telepathy. I have only had perhaps 5 out of 1000 odd clients where there's been a confirmed case of it or a suspected case. Obviously as I am not a mental health professional I cannot know for sure, I can only suspect based on some of the things these clients said to me.

So, if your client has not ever met their loved one, or has only met them once, and talks about telepathically receiving messages from them or receiving covert messages through the TV/social media and is absolutely convinced that this person also loves them, you might want to make a referral to a therapist.

In a situation like that, I would probably say something like, "I think that it would be really good to talk to a therapist about this. There is something you could get from that type of session that you are not going to get out of this one."

Note that much of the information in this section about limerence has come from a good book called 'Living with Limerence'. It's written by a neuroscientist and is aimed at those who are in the grip of unrequited limerence. It's one that I've recommended to clients in the past. It gives a lot of helpful tips on dealing with this experience.

Interesting Links:

- [An online article about limerence that covers the topic in more detail](#)
- [Living with Limerence \(book\)](#)

Homework:

Not everyone is capable of experiencing limerence – Dorothy Tennov says that people fall under one of two categories in this regard – limerent or non-limerent. Which category do you fall into? This is an important question to ask yourself, so

that you can have an understanding of where other peoples' experiences may differ from yours. You may wish to journal about it or simply ponder on that question.

Note that people with an anxious attachment style are more prone to limerence.

PSYCHIC ATTACK, MENTAL ILLNESS & INTUITIVE HEALING

Now let's move on to another topic that can come up from time to time in client sessions - psychic attack.

I wanted to create a chapter that addresses the issue of 'psychic attack' simply because once you start offering intuitive healing sessions to the general public, you may start hearing from people who want you to release a negative/'demonic' spirit for them.

I want to prepare you for this situation (and other situations) so that you can go into it knowing what we can help and can't help people with, and also knowing some of the common misperceptions that are out there in the spiritual community, and how you can correct them for people before you work with them. Sometimes we have to manage expectations and explain the limits of these types of sessions – what they can and can't help with.

As a way into this topic, below I have copied and pasted a couple of the emails I have seen over the last year or so about this topic, so you can see what sort of things come up for people.

Email one:

My name is Catherine and I hope you are doing well! I am interested in a session and I would like to ask if I could get a recommendation for my situation as I would really really appreciate it.

From a very young age I have these recurring nightmares where this entity attacks me and rapes me. It only allows negative people to enter my life and it makes me feel extremely hopeless.

I ran into a psychic at the mall who told me it was a curse that was placed on me from 3 past lives ago and so she did a chakra cleansing for \$500 a chakra. I knew it was ridiculous but did it anyway because I literally feel like I have boulders strapped to my back. When we started to work together the entity started to attack her but she was able to control it. Then the entity would come back and rape me in my sleep and tell me nobody could hear or help me.

Finally after a few weeks of intense meditation I finally feel this thing lifted and I feel amazing but then she came back to me and said she would need \$3000 to release it permanently. I felt she totally got greedy and is trying to take advantage of my situation. She said I may feel good now but if I don't finish it off the entity will be back in one month.

Do you know anyone who could see this dark energy and confirm if it is a curse or what is it? I'm tired of going to scammer psychics, I just want someone I can trust who isn't going to take advantage of me.

- Catherine

Email two (note: this was sent to me by a colleague who was asking for my advice on how to respond.)

Hi,

I'm not really sure where to begin. But I need to be heard. I need to be raw and real here for a moment.

My journey with my gifts began because I can see, hear and sense spirits. And it's been something I've done since I was 10 years old. But into adulthood, I began to suppress my gift. Until 2015. I was 25. The man who is now my husband had moved in with me and things began to happen. My children and I were plagued by a dark spirit that we originally thought only to be a poltergeist. But as the years passed, we learned this wasn't the case.

In March of 2016, my husband was growing dark, secluded, angry and very malicious. He got physical with me and these changes in personality continued to worsen. He

became very physically and emotionally abusive, which led me to my gifts being reawakened. I would wake up at 3 am with a dark, horned figure standing over me. I couldn't move. I couldn't breathe. And it would tell me that I was going to die. That he, meaning my husband, would kill me.

I was terrified. I didn't know what to do. So, I went to a medium who told me that I'm not going crazy and that I have several gifts. I went to her, fully believing that this was a demonic entity. She confirmed this but told me that, because of my gifts, this is a test for me and that I would need to remove it myself. And that there would be several more to follow.

My husband was under possession. I have since removed 6 from him. Things had gotten better. Until recently.

There is a demon that plagues his family. I know the demon's name. But because it's attached to his entire family, it is near impossible to completely clear my husband of its dark energy. It's taken a liking to his parents home and property where my husband spends most of his time.

He began to be abusive again about 3 weeks ago. To the point where I had to put a protective order in place and it killed me to do so. The order is still in place, but they have lifted the no contact order so that he could come home and receive the help and support he needs. Things were okay for 3 days. Then the abuse started again. And this morning, things got physical once again.

I'm asking for help. For prayers. For knowledge. On how to completely remove this dark entity of it's attachment from my husband. And to prevent it from coming back.

I'm also wondering why it's attached itself to him. And why dark is so drawn to him.

I was told that being a healer, I've attracted many broken people into my life.

I know that some of my purpose here is to learn real love, to teach real love. To give it as well as receive it. I know this is a life lesson. But I don't know how to pass this test. I feel lost. I feel overwhelmed. And it's hard for me to speak this truth because it is completely raw and I fear judgement. But I needed to reach out. I hope this post finds you all well, and I apologize that it's a bit lengthy. Any and all recommendations are appreciated. Thank you.”

First of all, here are a few articles I would like you to read to help you to understand how I deal with correspondence like the above ones:

- [Why I Don't Believe in Psychic Attack](#)
- [Are Curses Real?](#)
- [Curses & Psychic Scams](#)

Here are some of the common misconceptions in the spiritual community (that we saw at play in the two emails above), corrected:

- **We can solve psychological issues solely with spiritual solutions**

Cord cutting is an alternative therapy and therefore it should be used as an addition to psychological therapy, not as a replacement. Cord cutting can help us to create change, but it isn't going to resolve any kind of illness, mental or physical. If it helps someone with those issues, it is a happy side effect of the session, but it is not something we can profess to help anyone with.

Similarly, earthbound spirit release does not work on mental illness. You may get people contacting you asking whether cord cutting or earthbound spirit release may help with their mental illness. Always say no. People with a mental illness are more likely to be carrying earthbound spirits with them, but clearing the spirits will not get to the root of their illness. Psychological issues require psychological or pharmacological interventions. Spiritual solutions like the ones we offer will often also help the client in other ways, but they won't help with mental illness.

- **Earthbound spirits can make us do something, like be violent towards another person**

Abuse and violence in a relationship is not caused by spiritual problems like enmeshed or ordinary spirit attachments. Enmeshed spirits can inhibit a part of our existing personality & chakra system, and they can alienate us from ourselves (more on this later). But they do not make us do anything.

Some further notes on domestic violence, in case you encounter a situation like this in your client work...

Domestic violence is caused by one person wishing to control the other. The violence will not go away after a cord cutting or an earthbound spirit release. Like the woman

in the email above, some spiritually-minded people have a tendency to spiritualise their problems in order to avoid the reality of the situation.

If you have read *'Why Does He Do That? Inside the Minds of Angry & Controlling Men'* by Lundy Bancroft (this book is on the reading list), you might have seen the statistic mentioned in the book that on average it takes people 7 attempts to leave an abusive or violent relationship.

Abusive relationships are incredibly difficult to leave, for a variety of reasons.

Often victims of abuse lack the resources to leave. In addition, the manipulation and gaslighting experienced in an abusive relationship undermines a victim's sense of self and perceptions, so that it becomes difficult to know which way is up.

People in this type of relationship become a shell of their former selves and don't feel confident in their own perceptions or decisions anymore. The abuse chips away at peoples' self-esteem over time until when it comes to the time a person really needs to leave, they don't feel able to. Sometimes love for the person makes it harder to leave, because the whole relationship doesn't just consist of abuse; there's also good times. Then there's the trauma bond that is incredibly hard to break.

So if you come across a scenario like this, don't let your client spiritualise the situation. Help them to stay connected to the reality.

I would say that the best time to cut a cord of attachment to a violent person is after someone has left the abusive relationship and is safe.

If you work with a client who wants to leave a violent relationship, you can find and pass along the relevant domestic violence hotline number for their country here:

List of Domestic Violence Hotlines.

Let's have a look at another common misconception in the spiritual community:

- **Demons exist**

Earth is a place where souls come to evolve through light and dark. Therefore, evil exists on earth. However, evil does not exist in the spirit world – there is no devil or hell. The most 'negative' spirit you will encounter in the spirit world is the earthbound spirit, who are negative because they are stuck, not because they are evil. If we are

overwhelmed by fear, we may see the spirit world through a fearful lens and mistake earthbound spirits for really scary beings. That is an earthly illusion however, based on our own mindset.

- **Curses can wreak havoc on our lives**

As explained in the two articles on curses I linked to above, curse energy is real, and it can occasionally be received by a person under the right circumstances but it is not as powerful as people think it is, and it certainly doesn't have the power to have bad things happen to us. It can be cleared simply and easily and it does not need to cost thousands of dollars. If it costs several hundred dollars or thousands of dollars to clear, you're looking at a psychic scam.

- **Spirits can rape us or violate us in our sleep**

I also wanted to mention a detail of the first email:

"...Then the entity would come back and rape me in my sleep and tell me nobody could hear or help me."

This is likely to be sleep paralysis. Many times when a person believes a spirit is doing something to them in their sleep, it can be explained by sleep paralysis.

She may also have been picking up on an earthbound spirit in her home in a half waking, half asleep moment, and was frightened by the experience.

I hope that this document clears up many of the misconceptions clients will bring to you.

Next we're going to look at another common scenario that comes up in client sessions: grief. I am covering this next in this lesson so that we can have an awareness of the events which may cause grief, and respond sensitively to our clients' experiences of grief.

GRIEF & CORD CUTTING

"The mourning process is not a matter of universal understanding – we cross the road when the widow walks by because we do not know what to say. We are embarrassed by her grief. We say, "Oh, she has taken it well" with admiration, meaning you can hardly tell she's just suffered a bit of a setback. We use these ridiculous expressions – "Draw a line under it." "Go on with your life." "Put it all behind you."

– Nigella Lawson (who lost her mother, sister and husband before the age of 40.)

As the quote above illustrates, grief and sadness is not something our culture understands well or is comfortable with. Those who go through a loss are encouraged not to “dwell on it” or even process it properly, and as a result, some people carry around unresolved pain and grief in their psyche.

Grief is not just caused by a person one loves passing away. It can also be caused by any change in one's life which involves losing something. It can also be about the loss of something more intangible such as loss of trust, or loss of security.

One of the things I've seen time and again in cord cutting sessions is people who have no awareness that what they are struggling with is grief. And so in the cord cutting process, we may need to validate a loss for our clients, so it is important to have an understanding of the grieving process.

Here are some of the events which commonly cause grief:

- Deaths
- Break ups
- Betrayals
- Loss of a job or career
- Miscarriages
- Abortions
- Estrangements with family members or loved ones
- Loss of a beloved pet
- Traumas (which can cause a loss of security or spiritual faith)
- Retirement
- Emigration
- Infertility
- Loss of financial resources

- A child leaving home
- An accident or life-changing injury
- A loss of a dream or personal goal

Sometimes grief can be caused by something which “should” be a happy, positive event, such as emigrating and starting a new life in another country. We are expected to focus on the happy and exciting aspect of the new start, which can invalidate what we are really feeling, which is often a sense of loss, in adjusting to what we have left behind.

What are some of the effects of not processing grief properly?

Unprocessed grief can cause:

- Depression
- Chronic pain
- Overactive empathy
- Addictions/compulsive behaviours
- Chronic fatigue

Time does not heal all wounds and unprocessed grief does not necessarily go away – it can remind us of its presence in a variety of ways. It waits for the time when it will be recognised for what it is, and worked through. Sometimes it manifests somatically (in the body) in the form of physical pain or illness.

Here are some common signs and symptoms of grief:

- Intense sadness or yearning
- Crying
- Tiredness & exhaustion; feeling emotionally ‘burnt out’
- Irritability
- Gastro-intestinal issues
- Preoccupation with loss; worrying that you are going to lose more people or good things in your life
- Nightmares
- Numbness and shock (especially in the first few months.)
- Chest pain; a physical feeling of emptiness & a tightness in the chest
- Forgetfulness (short-term memory seems to disappear)
- Headaches or migraines
- Muscular pain
- Insomnia

- A feeling of restlessness or agitation
- Withdrawing from friends or social activities
- Anxiety/panic attacks
- Loss of appetite
- Eating too much
- Difficulties focusing/concentrating
- Difficulties making decisions
- Clumsiness (e.g. walking into furniture)
- A sense of guilt or thoughts of regret (sometimes over how the person died)
- Anger – with God, with yourself, with the person that died, with the whole world or with the doctors who failed to save him/her
- Questioning your spiritual faith
- A lack of interest in things that used to give you joy.

Some Principles for Working Through Grief

Here is what I have learned about grief. This information was designed to be read by the grieving person.

- It is best not to try to defend oneself against grief. The grieving person must let it pass through them and ride its waves. The waves come and go, and each time they do, it will be slightly less intense than the last time.
- People often do not want a loved one to grieve fully, because they do not want to see their loved one suffer. It is not unusual for friends or loved ones who have not been through a bereavement to fail to understand what the grieving person is going through and to show a lack of support.
- The grieving process is different for each person. It is often helpful to read about other peoples' experiences, but every person's grief path may unfold differently.
- The aim is not to go back to how things were before in one's life – a significant loss changes us forever.
- We do not ever completely finish 100% the grieving process – sometimes a new grief will trigger an old one and we go back and do a bit more grieving of the old one, too.

- The first few months of a loss can sometimes be the easiest time, as shock protects us from the full force of our grief. The understanding of the magnitude of what we have lost seeps into our psyche bit by bit, just enough not to completely overwhelm us.
- Grief is experienced on multiple levels - not just emotionally, but also psychologically, spiritually and physically.
- A significant loss can take years to grieve. The first year is often the hardest and the second year can be very hard, too.
- Tears are important for processing grief. Some men may find it harder to cry than women (testosterone inhibits tears.) I often found that if I had not cried in a while, I would feel a lot of anger or irritability. I used to elicit tears by watching sad movies or listening to sad music, and that would be very cathartic, easing the angry feelings, too. I made a playlist on Youtube of the saddest songs I could find. This is not wallowing. It is a healthy process of eliciting what may be repressed.
- You may also need to release anger. During my grief I took up boxing, I threw crockery against the wall outside in the garden, and I drove out to the middle of nowhere and screamed my lungs out. I also punched pillows.
- You may need to seek out new companions for this part of your journey. Online or offline support groups for people who are grieving can be helpful. You need to have someone around you who can validate or understand what you are going through.
- You are not alone in your grief. It may feel that way. You will feel like you are out on a never-ending trek into a frightening wilderness, where you feel cold, empty and exhausted. The wilderness seems vast and you may lose hope that you will ever come out of it. But there is a beginning, a middle and an ending. I believe there is an outside force that accompanies you in this process, and it will become clear when you are coming towards the end of your mourning process. Things will happen to show you this (synchronicities.)

Some journaling/reflection exercises for cord-cutting practitioners:

(Sorry that these questions are not so jolly, but I want you to consider the role of sadness/grief in your own life, and your own resilience in recovering from it, so you can do this for clients if and when it is needed.)

- Have you experienced any significant losses in your life?
- Do you remember how grief showed its face in your life at the time?
- Do you feel your grief has been properly processed?
- How did you deal with your grief?

TOXIC RELATIONSHIPS & CORD CUTTING

In this section, I want to go into the topic of toxic relationships.

I am covering this topic in this course because it can be helpful to have some awareness around what constitutes a toxic relationship, so that we can validate this for our clients in a cord cutting session.

Note that by nature, cords do contain toxic energy, but there is a spectrum of toxicity – some negative energies are stronger than others. Plus we also need to take into account the amount of toxic energy that a cord contains. Some cords are completely toxic while for others, the negative energy isn't quite as toxic.

Here are some signs of a toxic relationship:

(Note that ideally you would want to see more than one sign in the cord dynamics, for this to apply)

- One or both parties find the relationship draining. Make a note if you feel like the energy of fatigue or energy vampirism are present in the cord dynamics as it may be referring to this
- One person often feels dominated or controlled by the other, e.g. one person may have lots of ideas and opinions about how the other should be living their life
- There is criticism energy in the cord (one or both people may be criticising the other frequently)

- One or both people blame the other for their mistakes or their life not being what they had hoped (look out for 'blame' energy in the cord)
- The connection may be shallow, in that one or both people are not opening up to one another or showing any vulnerability because they don't feel safe to ('withdrawal' or 'withholding' energy)
- One or both people may be feeling trapped and like they cannot create any change in the relationship or the situation ('victimisation')
- One person does all the talking; the other does all the listening
- One person in the relationships emphasizes her needs and doesn't seem to care about the other person's needs
- The relationship feels very transactional; one person sees the other primarily as a means to get what they want
- One person doesn't respect the other, or the relationship lacks respect in general
- One person's needs, ideas and suggestions are often disregarded or dismissed
- One person in the relationship is often accused of being 'too sensitive' when they stand up for themselves
- One person is infantilized or treated like a child; there may be one person talking down to the other
- One person may feel they are 'supposed' to ask permission from the other to do things that normally they would not have to ask permission for
- One person often points out the other's flaws and shortcomings
- One person rarely or never apologizes when they are in the wrong
- There is frequent violating of boundaries that goes on

- One person in the relationship is not there emotionally for the other, despite receiving the same support they refuse to give
- One or both people threaten to end the relationship in order to get their way
- One or both people feel angry around the other
- On balance, the relationship is not a source of peace or fulfillment, and causes more anguish or trouble than it contributes positive aspects.

If you find multiple signs of toxicity in a relationship, you will want to validate that for a client by asking her if she feels this was a toxic relationship.

I would usually couch this in the following terms: “It seems like this cord was particularly toxic. I’m wondering if that was reflected in your relationship?”

If your client asks what you mean, be ready to point out which cord items felt particularly toxic to you.

Then let her decide for herself. It is not a good idea to label the relationship as toxic – leave it to the client to decide what resonates with her.

What is the difference between toxic and abusive relationships?

Sometimes there may be signs of abuse in a cord.

Please read this article about what constitutes abuse: [How to Recognise the Signs of Emotional & Psychological Abuse](#).

The main difference between abuse and toxicity is that abuse is all about control. If you read Lundy Bancroft’s book ‘Why Does He Do That? Inside the Minds of Angry & Controlling Men (it’s on the reading list), you will learn about the mindset of the abuser. There is a common myth out there that abusers are angry and out of control, but it is quite the opposite.

(As an aside, obviously women can be abusers, too. The reason I focus more on abusive men with my reading list is because most of our clients are women, and there are unfortunately next to no resources out there specifically for abused men.)

Not everyone who brings toxicity into a relationship has that abusive mindset. If you see multiple dynamics relating to control, denigration, belittling, humiliation, and generally squashing someone else's light, it's more likely you're dealing with an abusive situation. So, there needs to be a pattern of control for it to be abuse.

As you encounter more of these situations in the cord cutting sessions, you will gain the confidence to suggest to the client that the relationship may have an abusive element; tell her you may be completely off the mark but ask her what she thinks. You need to go into this gently.

TRAUMA & CORD CUTTING

In this section, I want to cover the topic of trauma because this is an energy that can sometimes show itself in the cord dynamics. Trauma can occur within relationships (for example, if one person abuses or betrays another) or a trauma can be experienced by both parties and be found in the cord energies.

In order to work with that, we need to have an understanding of what trauma is and how it affects us. In some cases, we may also need to make a referral to a more specialised trauma therapist. In this section, we're going to cover this in quite a bit of detail.

WHAT IS TRAUMA?

A trauma is an event the mind is unable to process fully at the moment it occurs, due to it being very negative, sudden, and overwhelming. By its very nature, a trauma is something that threatens our survival, or an event we *perceive* to be life threatening.

Undergoing a trauma is effectively like having the rug pulled out from underneath us – it knocks us off our feet, damages our sense of safety in the world, and often undermines our faith or spiritual connection.

Examples of Traumatic Life Events

- Being physically assaulted
- Being raped or sexually abused
- Being involved in, or witnessing a serious accident (or the aftermath thereof)
- Losing your job
- Losing your home

- Being cheated on or betrayed
- Being diagnosed with a serious illness
- A loved one being diagnosed with a serious illness
- Being emotionally/psychologically abused
- Losing a loved one
- Losing a beloved pet
- Having a serious adverse reaction to a medication
- Going into anaphylactic shock
- Having a difficult birth
- Going through a divorce
- Having a near-death experience
- Witnessing an assault or a murder
- Having a miscarriage
- Experiencing a natural disaster (such as an earthquake, hurricane, flood or fire)
- Experiencing or witnessing a terrorist attack
- Having an abortion
- Losing your income or going bankrupt
- Living in a warzone
- Being bullied in the workplace.

Here are some signs that a person may be carrying an unhealed trauma around a past event (the list below was aimed at the trauma sufferer)

- Your mind goes blank when you try to think of a specific past occurrence – you have the sense that you want to avoid it or you have a lot of resistance towards thinking about it
- You still have repeated, upsetting memories or thoughts about a past experience
- You have nightmares about it
- You sometimes avoid places, people, activities or situations that remind you of the past traumatic experience
- You suffer from unexplained physical symptoms that began following a stressful event, such as gastrointestinal problems, aches and pains, fibromyalgia, or chronic fatigue
- You feel withdrawn from life, or distant from other people
- Your present somehow feels dominated by your past
- You often feel powerless
- You suffer from insomnia

- You suffer from depression
- You suffer or have suffered from ‘adrenal fatigue’
- You suffer from hypervigilance – you often feel jumpy and ‘on edge’
- You have a preoccupation with death and/or loss – you often have fearful thoughts about losing loved ones or other good things in your life
- You often feel ‘spacey’ or ungrounded.

THE MIND-BODY RELATIONSHIP TO TRAUMA

Now let’s look at how the body and mind are impacted by trauma.

Trauma & the Work of Peter Levine

Dr Peter Levine is a renowned trauma and stress scholar who has researched the effects of trauma on mammals.

In his studies, he found that animals that spend their lives surrounded by predators show no signs of being traumatized. This is because when a traumatic event occurs, the ‘stress chemicals’ such as adrenaline that are produced by being in danger are actually used up during the fight or flight process. In addition, the skeletal muscle contraction that naturally occurs when a mammal is in danger is ‘shaken out’ afterwards (if the animal survives, of course). This happens through physical shaking and trembling movements. In this way, the fear energy has a chance to be processed and discharged through the animal’s nervous system soon after the trauma occurs.

This is why people (and animals) shake when they are afraid or in shock. These shaking movements are an innate mechanism to release the fear, tension and adrenaline that course through our bodies when we’re afraid or traumatized.

Animals shake freely following traumas, but humans tend to inhibit these movements, for a variety of reasons. We may not want other people to see us so frightened and vulnerable and so we may numb our reactions by having a stiff drink. Or we may tell ourselves to stop shaking and get it together.

What happens when we suppress natural shaking reactions?

When we do not release the adrenaline, tension and fear generated by traumatic events, these can get stored deep in our skeletal muscles and these muscles remain in a state of chronic contraction. So, even though the traumatic event might have passed, the tension generated by the event and stored in the muscles, signals to the body that we are still in danger.

The body responds by raising the levels of stress hormones in the body, such as cortisol and adrenaline. The nervous system, in its 'activated' state, may also get triggered by sights, smells, sounds and other stimuli reminiscent of the original event, which can result in symptoms such as flashbacks and nightmares. These often occur because memories of traumatic events tend to be poorly integrated into our minds.

Trauma & Memory

Normally, when we experience an event, the brain perceives the event as a bunch of data and sends this data to an area of the brain that processes stimuli and connects memories and feelings to past sensations. This is how we learn to recognize things. We learn not to touch a hot stove because we remember that we touched it once before and got burned. We extracted meaning from the experience and made a mental note that it is not good to touch hot stoves.

But when a traumatic experience occurs, we experience it differently. Our brains get so overwhelmed by this awful event that we can't take it in, and the stimuli is not processed fully. Our brains fail to attach the memories and sensations that we felt to the specific event. Bits of memories are instead stored in our unconscious mind, as pictures, feelings and sounds. These are the unresolved memories that can be triggered later on. We do not yet have a cohesive story that we can make out of what happened. Instead, it is a frightening jumble of memories that still doesn't make sense and affects how we respond in our present lives. And they can cause us to perceive danger where there is none.

I have experienced this phenomenon myself. I was living in the city centre of Christchurch, New Zealand when the city was devastated by an earthquake in 2011. For many months after this event, my instinct was to run for cover every time I heard a lorry going past on the road outside my house because I thought it was another earthquake.

The Long Term Effects of Trauma

Believe it or not, being traumatized can also shape our future, setting in motion a powerful domino effect that means we're more likely to encounter further traumas, dramas and negative events if we do not heal.

There are two reasons for this:

1. When we are traumatized, we are more likely to make poor decisions

Trauma sufferers tend to make decisions from the part of their brain that is triggered and in 'reactive' mode. This is the reptilian part of the brain that has been around for millions of years.

Normally when we make decisions we utilize the neo-cortex, the part of the brain that is responsible for logic and reasoning. This part of our brain looks at a choice from a rational standpoint, taking in all the information available, and often comes to a sound conclusion that benefits us.

However, when we come at a decision from a traumatized place, the limbic system of the brain (the part of the brain that controls our emotions and fight/flight response) kicks in, and makes decisions based on our emotions at the time.

The next reason traumatized people are likely to encounter further traumas if they don't heal is this:

2. When we are carrying something unresolved and unprocessed in our psyche, we naturally seek resolution for it by being attracted to similar events

This is what Freud referred to as the 'repetition compulsion.' The human psyche has an in-built drive to heal and recover from past traumas. In a bid to heal and make sense of traumatic memories, the psyche actually seeks out aspects of the trauma in order to replay it. Essentially, it is prone to staying stuck in the trauma.

To give one common example, people who grow up with abusive parents in childhood will often be drawn to abusive partners later on. By being drawn to a similar energy or dynamic later on, the mind seeks to resolve or somehow change the outcome of the original traumatic experience.

This is why trauma is important to heal.

So, just to recap here's a summary of how trauma affects us:

- When we get traumatised, our skeletal muscles contract. If we do not allow ourselves to tremble and shake following a traumatic event, our muscles will remain chronically contracted and tense

- Our brains, failing to process the overwhelming data that it was faced with at the time, has only taken in fragments of memories, and has not yet made sense of what happened
- This means that the nervous system, when it comes across something even slightly reminiscent of these memories, imagines itself to be back in the traumatizing situation – it pumps out adrenaline, contracts the skeletal muscles and flicks the ‘Warning – danger!’ switch inside our nervous system
- A psychological phenomenon called the ‘repetition compulsion’ means we unconsciously seek out similar traumatic events or relationships in the future in a bid to resolve and process what has happened to us in the past. We keep repeating the same old circumstances that caused the original trauma, until we heal.

The power of old traumas can actually look and feel like the hand of destiny in our lives – but in reality what is driving us is our compulsion to heal old events by replaying them over and over until we ‘get it right’.

In the next section, I’m going to talk about how we can heal traumas.

HEALING FROM TRAUMA

Cord cutting can help to lessen the effects of trauma in some cases, but at the same time it is not my favourite modality for healing significant traumas. (It may work better for healing ongoing relational trauma that occurred in the past.)

In order to heal from trauma, we must:

1. Find a way to process and integrate those fragmented memories of the original traumatizing event
2. Work with the physical body to releasing the stored tension and fear that is stored in the muscles

Cord cutting hits the first point, but not the second.

Therefore, the modalities I recommend for trauma recovery are for the most part **body-based therapies** (to help the body to release traumatic tension) and **talk therapies** that help our brains to organize the fragmented memories into a story that makes sense. A combination of these two can be very effective.

Now let's look at the most effective modalities out there for trauma:

Trauma Releasing Exercises (TRE)

TRE (Trauma Releasing Exercises) are DIY trauma recovery exercises that help discharge muscular tension in the body following a traumatic experience. They were created by trauma specialist David Berceli, and they combine techniques from yoga, Tai Chi, bioenergetics, and martial arts practices.

As mentioned earlier, shaking and trembling are natural responses to traumatic events, enabling us to release our fear and adrenaline. TRE artificially induce these trembling movements in the human body, helping to release any tension that is residing in the muscles as a result of stressful or traumatic events.

TRE can be used to heal a sole instance of trauma that one is aware of, or these exercises can be used on a more regular basis to release stress and tension that has built up over time.

To find out more about these exercises for releasing trauma, check out David Berceli's book: *Trauma Releasing Exercises (TRE): A Revolutionary New Method for Stress & Trauma Recovery*.

(Just a note that I have no affiliation with this author or his work – it is simply a resource that my clients and I personally have found both useful and inexpensive for trauma recovery).

Somatic Experiencing

This healing method was pioneered by the abovementioned Dr. Peter Levine, following his research into the stress response in animals and humans.

In a Somatic Experiencing session, the client is guided to access and release trapped trauma/stress energy by tuning in to the physical sensations that she feels in her body, such as coldness, tightness or tingling. The aim of SE is also to expand awareness of how our mind and body responds in certain stressful situations, and help to create healthier response patterns to stress.

Here is a description of what happens during an Somatic Experiencing session from the Somatic Experiencing website:

“Typically, you will sit comfortably opposite your therapist, be given time to settle, and then asked what issue you’d like to work with.

You’ll then be guided to consciously explore – without judgment – related physical sensations, feelings, thoughts and images as they arise.

Through this simple moment-to-moment process – called tracking – it’s possible for highly charged stress energy in your body to be properly engaged and released naturally. Examples of this discharge include tingling, warmth, and involuntary muscle movements such as twitching or yawning.

The result of this often subtle mobilisation can be immediate; the trapped survival energy at the root of your symptoms is freed, allowing a new relaxation to establish deep in your body and mind.”

This is a modality that is completely focused on releasing traumatic stress, and one that many of my clients have had success with.

You can find the website and practitioners at: TraumaHealing.org

EMDR

EMDR (Eye Movement Desensitization and Reprocessing) is a type of psychotherapy created by Dr. Francine Shapiro that works with memory and the mind. Dr. Shapiro created this technique when she found that she was able to release her traumatic memories effectively by making certain eye movements while thinking about them.

Many of my clients have found this healing method very effective for releasing traumatic experiences.

The EMDR website is at: EMDRIA.org

Craniosacral Therapy

Craniosacral therapy is a type of body work that brings healing through the use of light touch applied to the skull, pelvis and spine. This form of therapy was created by an American physician (Dr. William Garner Sutherland) in the early 1900s. Dr. Sutherland trained as an osteopath, and when working with patients, he found that he was sensing or ‘hearing’ a subtle movement and rhythmic pattern in the body that reminded him of ‘breathing’ – except it did not utilize the lungs.

Dr. Sutherland also found, when examining the joints and bones of the skull, that the skull is perfectly designed for these subtle 'inhaling' and 'exhaling' movements. Another of his discoveries was that traumatic events and physical injuries have the effect of hindering this internal rhythm. By utilizing therapeutic touch, Craniosacral therapy helps to release these restrictions in the body caused by traumas so that the body can 'breathe again.'

Craniosacral therapy is especially recommended for traumas that involved physical injury.

Cord Cutting

On a psychological level, cord cutting can help people to process stressful and traumatic events, situations, and relationships and move forward with their lives. On a spiritual/energetic level, it helps to release stuck energies from the auric field.

For this reason, cord cutting is most often recommended for breakups, estrangements, losses, and for relationships which involved traumatic elements such as bullying, abuse or betrayal.

OK, so now we've covered cord cutting from all angles, we're ready to move on to two other types of intuitive healing sessions - releasing the enmeshed earthbound spirit and doing an aura cleanse.