



THE MORE THE FLOW OF ENERGY  
THE THICKER THE CORDS.



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The relationships that we have create an energetic connection between us and other people. They maybe those whom we love or hate. These connections are known as cords and they are energy links that form between two people. Normally these connections/cords extend from our chakras to their chakras. Hence there is a constant unconscious flow of energy between all the people through these cords. The more the flow of energy the thicker the cords.



## **Symptoms of Heavy Cording:**

Can't stop thinking about that person.

Frequently remembering what he/she said, did, etc in the past.

Having constant mental dialogue with that person.

Remembering the times spent together in the past

Temptation to go back to the relationship that does not serve you now.

Following that person on social media.

Harboring feelings of deep anger or of sadness and depression.

Holding a grudge for an unfair treatment received.

Crying a whole lot

Completely uninterested in life.

Refusing to move ahead.



## **Procedure for Cord Cutting:**

- Sit comfortably in a quiet place.
- Invite your Spiritual Guides in the process
- Invite all the angels.
- Invite a Master.
- Ask them to be there with you for the entire process.
- Sit silently for a while (10-15 secs)
- Call upon the Higher Self of the other person by name. (step does not apply if done for material objects or if done in general and not specifically for a particular person).
- Clearly see all the involved brings.



- Tell your guides to remove/cut/pluck all the negative cords that are attachments/fear and all negative emotions that exist between you and that person (by name). For material objects, see the cords starting from your feet and cut them from there.
- Visualize a mesh/network of cords/weeds with the other person, forming an entangled mesh between you both.
- See some as black & brown; and others white.
- Visualize your guides cutting/plucking the brown and black cords using a golden sword.



- The cords have to be cut from all around the body, back and front.
- After this is over request the guides to please heal the cuts with universal energy.
- Ask them to throw the cut cords into the fire of Mother Earth.
- See these cords burning in violet or golden fire of Mother Earth.
- Thank all the Spiritual Guides, Angels, Master (and also the Higher Self of the other person, if one was invoked) for assisting you in the process.



## Forgiveness Prayer

I forgive you <full name> unconditionally for any hurt, harm or pain you may have caused to me knowingly or unknowingly in this lifetime or any other lifetime. I know now that this was done by prior agreement and I have unconditional love for you.

I ask you <name of same person> for your unconditional forgiveness for any hurt, harm or pain I may have caused to you knowingly or unknowingly in this or in any other lifetime.