

## **Cord Cutting**

*Close your eyes. Imagine the event. See it clearly; the sights, the sounds, the smells. It may be about someone who has just cut you off while you are driving or the fight you had with your sister 10 years ago. It doesn't matter when the event took place. If you are spending time thinking, ruminating about things you could have or should have said then you are wasting energy. Imagine all the energy that is going into the event. You make a decision to forgive yourself and forgive the other for any and all behaviors, thoughts and feelings. Forgiveness does not mean that what happened is OK it simply means that you are withdrawing YOUR energy from this/these events as it no longer serves you.*

*While picturing the event, see the cords of energy that are attached to you and going out to the other. Sometimes these cords will be small like strands of string or telephone cords and sometimes they will be as big and thick as redwood trees. Now cut the cords - you may use anything at your disposal scissors, axes, or dynamite whatever it takes to cut them. If you are not a visual person you can do the same exercise by thinking. Your mind will tell you how big your cord of energy is and you can think about how to cut it. Whether you visualize or think it, the end result will be the same. Make sure you pull out any remains of the cord that is attached to you.*

*Now fill your body with healing light. Pay special attention to fill the place you have emptied when pulling out the cord. Maybe apply some energetic cream to ensure complete healing.*

When all the cords are cut and the holes filled, re-imagine the event. How does it feel now? How much energy are you now spending on it? If there is still energy flowing out, then you will need to repeat the exercise, now or later. For some this can take a long time. You will know you are done when you can imagine the event without feelings, when the event is fully neutral.