

# Etheric Cord Cutting



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### What Are Etheric Cords?

The reason why people cut cords with others is to generally move on from a person and let them go energetically - this means on an energy level. People who we are close to us form energetic bonds with us that resemble cords of energy that link one person to the other. These are etheric cords, so think of ether as a kind of energy. Those who have seen the cords (and often we can see them in meditation for example) describe them as dark in color. The bonding itself can be light with just a thin cord, or you can be corded heavily with another through your chakras and can have multiple thick cording that shows your attachment, either mentally, emotionally, sexually, or all of the above.

Of course, when you care about another, the cording is not a problem. The cords act as a way we send and receive psychic energy between chakras, theirs and ours. The more energy we send, the bigger the cords, and this is normal in any relationship. Communication between chakras is how much communication happens between people. However, when we want to let someone go because we are not moving on, the cords and the continuing psychic/energy communication between them and us can hold us back. Luckily there are easy ways to remove the cords; no cord is meant to be forever. Whether cords reform again is entirely up to us, but when we are ready to let someone go, we probably will not go to the effort of reforming the psychic ties.

### What is Heavy Cording?

Symptoms of heavy cording include:

- Unable to move on
- Unable to stop thinking or obsessing about a person
- Frequent conversations in your mind with a person
- Frequently remembering what they said in the past, feeling their ongoing judgment or criticism
- Arguments, sometimes daily in your mind with someone (these can be actual psychic arguments)
- Constant memories or emotions that arise - i.e., we used to watch that show together
- The temptation to go back to a relationship that does not serve you
- Stalking another online through social networking, watching them compulsively
- Unable to sleep, or endless processing of the past
- Deep feelings of sadness, anger, and depression around the past
- Feelings of wanting to get revenge, or constantly aware of unfair treatment
- Crying a whole lot, an emotional wreck
- Turning down other offers and invitations, stuck in the past, feeling uninterested

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## What can you expect once the cords are cut?

In simple terms, you can expect to find your mind no longer dwells upon the person as the psychic attachment has been dissolved. Your mind is quieter, calmer and it is like cleaning out a closet - all those old emotions associated with that person dissolve as the communication between you ends. You now have extra space in your mind to fill with something better, and you will certainly be clearer in intent.

Imagine the freedom you can feel having that extra peace of mind, letting go of unwanted baggage, not to mention being free emotionally as well. If this sounds too good, you may be wondering why don't we all do this regularly, why don't people know about this? The reason is that we are never taught. In a world where we tend to believe in only what we see, such psychic cords of attachment go unnoticed and so we tend to carry unwanted energy and connections around with us many more years than we need to.

When you do a cord-cutting on the etheric cords that bind you, the above-listed symptoms lift. Some people charge money to cut the cords for you, this is entirely unnecessary as it is only you who can do this for yourself, not another.

## With Whom Should We Cut Cords?

You can cut the cords with any person who is bothersome to you psychically. This is to say anyone who sends you intense energy and who intrudes on your thoughts and emotions even when you are alone. If you are done with a person but find they always intrude on your thoughts and you can feel them around you or in your mind, you can cut the connection by cutting the etheric cords that attach the both of you.

Some people with strong sexual bonds can find relief here as well by disconnection your sexual chakra to theirs if such a bond was once formed. If an old flame was harmful or hurtful to you in some way, being free on all levels is incomparable. You can literally move on, and a new space is formed around you. You can then proceed to fill that space with more amiable and pleasant thoughts and feelings.

You can also cut the cords with any person who has abused you, either physically or emotionally. Victims of any crime (rape, beating, even bullying) can form bonds with the perpetrators that continue energetically, even long after the crime. Cutting these bonds will help to heal that much faster. This will help you to release the pain and clear out your energy field or aura of that trauma.

You can certainly continue to cut the cords until they no longer recur and you have completely moved on. If a cord cutting fails, this indicates you are not willing to let someone go yet. This is okay; it just means you are not genuinely ready to move on. There may be a lesson in this relationship you have yet to master, and your current attachment is allowing you to learn the lesson for good.

We come now to the actual cord cutting. As I am all about Angels, they are the ones who can facilitate this process for us. Ask, and you shall receive.

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## The Process of Cord Cutting

Cord cutting is done in conjunction with our loving Angels and Spirit Guides, who surgically remove the etheric cords that bind, cutting them entirely from our auric field. While it is our angels( and subconscious mind) who do the work for us of cutting and removing, our job is to ASK them to do so. We cannot just assume our angels 'know' we want our cords cut. Angels cannot intervene unless we invite them to do so. Therefore we must ask or invoke our angels and guides into action. Fortunately, this is very easy to do and takes no time at all.

Say the following words or a version of them with intent.

### Cord Cutting prayer ( Free Podcast)

To listen to a voice recording of this prayer please click on the link above, this will take you to Annmaries PodCast " The spiritual life with Annmarie Lord."

I ask my angels and spirit guides to help me in this task. I wish to free myself for all eternity from \_\_\_(name)\_\_\_ so that both of us may go free from ties that bind and all energy attachments from the past. It is time to move past the experiences we have shared. I am thankful for what I have learned and lessons given, but this attachment is no longer needed and is holding me back and affecting my 'now.'

With power, I now ask for all cords to be cut, for all energetic cords physically and emotionally connecting the two of us to be removed, dissolved, transmuted and cut free, and all energy to be returned to the original sender.

It is my intention that no more energy attachments hook onto me from \_\_\_(name)\_\_\_\_. With forgiveness and peace, I release them to move away from me and move on while I do the same.

I now call upon Archangel Michael to use his mighty blue sword (or Sananda, Saint Germaine, Kwan Yin, Mother Mary) to surround me and cut away the cords and give me protection. I ask that this be complete and sealed NOW. Please cleanse my aura of negative energy and emotions, and seal it with love. Amen.

Spend a few minutes after repeating these words just quietly sitting and breathing calmly whilst your angels work on your energy to remove the etheric cords and hooks. You may notice a shift in your energy at once or you may not, it does not matter. Know that any sensations or warmth you feel during this process is completely safe, please surrender to it and have faith, for this is being performed for you now. You might want to offer up any other prayers or invitations to the angels for help in your life. A good time to use this invocation is just before going to sleep. You can use it as often as you wish, on as many people also that you wish to release from you. It will begin to work immediately as long as you do not reform an attachment to them again.

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This Prayer must be said for 30 days consecutively.

If you miss a day you must return to day one.

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