



What are Energy Cords and why is it important to clear them regularly?

Cord of Energy

Cords are energetic links we form with others. Whenever we see or interact with people regularly these cords start to form. Most start off healthy and make the relationship function. One of the most prevalent example is one between a mother and child. The child needs to the cord to be nurtured and feel safe and loved. This too can turn toxic over time, if the mother or the child gets to be attached and dependent at an age when they should be developing their independence.

Other types of negative cords include, ex partners, parents, siblings, co-workers. Any relationship which has gone sour or toxic will turn the energy connection into a negative one. These cords represent all of the anger and negativity that started to flow between the two parties. In order to free yourself of these you will have to practice a cord cutting meditation or ritual.

Signs of negative cords include

- You keep thinking of that person and cannot get them out of your mind.
- You keep feeling anger, hurt, jealousy towards that person.
- Your energy levels feel exhausted, especially when you are interacting with people.
- You feel anxious, depressed, and drained out all the time.
- You feel obsessed the particular person and maybe try and see what they are up to on social media.
- They bring negativity into your life
- They try and attack you verbally and emotionally

What is cord-cutting?

Cord-cutting is a spiritual healing process that energetically severs that negative attachment between you and another person so that the shadow of that past relationship or current negativity does not hang over you or affect you and your current situation.

Cord cutting needs to be done once but if you still keep having negatives thoughts and are being pulled by other person then psychic ties are being formed and may turn back into a cord. So its best to repeat the exercise a few more times to ensure that the thinking on their part doesn't reform any energy links. Follow the meditation supplied.

Writing a letter

Another way that very effective in removing negative attachments, emotions and bitterness is letter writing. Sometime we or the other party carry negative thought patterns about each other and the other person maybe causing you to be dragged into drama. Or it could be that you are missing closure, or weren't brave enough to voice your true feelings. The great thing about letter writing is that you can use it to redress the above. The important thing to remember is never to give it to the person you are writing to.

You can either burn it or bury it. If its to remove negativity then burning it is more effective, its communication positive sentiments then burying is the best way.

Guide to Writing Your Letter

Dear xxx

I am writing this letter for xxx reason – here you give the reason you are writing the letter

Point 2: write why you are disturbed by them and what your feeling are towards them.

Point 3: Letting go, now that you have the opportunity to voice your piece try allow your energy of angry resentment go with the letter.

Point 4: This is where you will have to look to forgive them and wish them well.

Point 5: the burning of the letter: make sure you do this safely and in a controlled environment. Again as you watch the flames, let go of all of the negativity, imagine the negativity being cleansed by the fire.

Part 6: Thank the universe for the lesson.