



CUT THE CORD

WITH REIKI

REIKI RAYS



Reiki Rays

Cut the Cord with Reiki

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Detecting all Types of Negative Energies

By Ananya Sen

Greetings everyone! The universe has been giving me nudges for sometime to write this article and I have been ignoring these nudges, cause I do not like writing about this topic, if I can help. So here goes, what kind of negative energies can get stuck to your aura or body? How to detect these different types of negative energies?

To define, negative energy is a thought or a cord or a feeling that makes you feel stuck or unable to break free. Its source is mainly fear, sometimes conscious and often unconscious fear. Negative energy in your aura can also belong to you or other people!



Image by [paul bica](#)

What are the different types of negative energies that can affect you?

1. **Negative Thought Patterns or Behaviour** – these are often childhood related and can sometimes be past life related. Childhood trauma can block your natural thought process greatly. Childhood wounds do not go away with time, they remain in your psyche for years. They have to be brought out and healed.
2. **Past Life Blocks** – these are usually deeply hidden in the subconscious mind. You will usually not be aware of these blocks. Also, past life blocks usually affect you temporarily as there are lessons attached to these. Once the lesson is learnt in this life time, the block gets removed.
3. **Spells or Curses** – Again these blocks may remain hidden for a long time. You don't get to know you have been cursed or there are spells put on you, till your luck completely runs out. With all curses and spells, the intention of the spell or curse bearer is important. These are easier to remove than others.

4. **Entities or Spirits** – These are very easily detected. If you feel you are not yourself, unable to concentrate, feel emotions that do not belong to you or your eating and sleeping patterns are disturbed, you probably have an attachment in your aura. Simple prayers and rituals can remove these.
5. **Psychic Attack** – These are other people's thoughts and intentions which affect you. Often these are people you regularly hang out with and come back feeling drained. Psychic attacks usually affect the back chakras of a person, blocking out your receiving side. In common terms this is known as 'Evil Eye.'
6. **Cords** – these I have already discussed in my "Cord Cutting" article. But these are projections from the aura that connect you to objects, people and situations. They create tension in your being.
7. **Negative Space in Office or Home** – This is also easy to understand because, it is only when you enter this space you feel drained or irritated. Other times you are all right.

How to Detect these Energies?

I am giving a very simple and yet effective procedure. If you follow this word by word you should be able to detect. Take a few deep breaths and calm yourself. Close your eyes and whisper softly or in your mind "I want to connect with my soul". Say this 2-3 times. Pause for a few seconds. Then ask "Are we connected?" You should ideally hear a yes.

Now this is the main part. Ask "Am I completely clear?" you may get a yes or no answer. You need to ask the same question 2 more times. The majority yes' or no's will give you the actual answer. Which means, if you hear 2 yes' and 1 no that means you are clear.

Suppose you hear a no. Then individually, pick the types of the above-mentioned negative energies and ask about each one 3 times.

For instance, "Am I under psychic attack?" ask 3 times.

"Do I have cords attached to my aura?" ask 3 times.

"Are there any curses or spells on me?" ask 3 times.

"Are there any entities or spirits attached in my aura?" ask 3 times.

"Are there any past life blockages?" ask 3 times.

"Are any childhood memories plaguing me?" ask 3 times.

"Is my office or home space clear?" ask 3 times.

Remember to record the responses in your mind or on paper. This method is good enough for everyone, including Reiki people. However, Reiki people can invoke Reiki before starting the meditative process. You can also invoke the distance healing symbol, as it directly connects you to the type of negativity that is there.

Try this method and share your feedback, no matter whether you are a Reiki practitioner or not. Your channel i.e. your body has to be clear at all times.

Checking the Aura for Attachments

By Ananya Sen

I had written an article for detecting all types of negative energies a while back and had a lot of response from people who had been able to check themselves successfully for various negative energies. Most of them were able to heal themselves and find peace. Today's discussion is mainly about Spirit Attachments. Some call these ***“Earthbound Spirits.”*** These are souls who are hanging around in earth, hanging on to us and we might not even be aware of this for a long time. Not everyone is able to detect these.

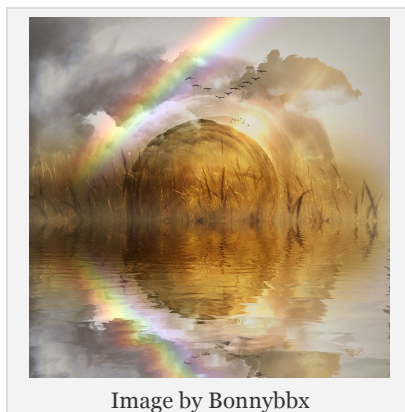


Image by Bonnybbx

Why do they hang onto us or to a particular place? The reasons can be several.

1. They could have joint karma with us from a past life and they are fulfilling that by ***‘being with us’***.
2. They are deceased loved ones from this life or any other parallel life and they feel the need to ***‘protect us’***.
3. They are afraid of transition and are afraid of the heavenly light, so they stick to ***our light*** which is comparatively less scary.
4. They have unfulfilled needs which they are trying to fulfill through you.
5. If we have been depressed or ill for sometime and our aura is weak we can attract these lower vibrations to us.

The point is when we are on our spiritual paths, we become sensitive and therefore susceptible to these energies. Some people like “spooky” stuff and therefore keep on reading about this or thinking about this. These are people

who are definitely giving green signals to these beings. It is in our benefit if we do these check regularly and keep our energy clean.

Do these checks once in two months normally or once a month if you're healing others frequently. The below mentioned symptoms will tell you if you at present have an attachment or not. Not all of the symptoms will plague you. But typically if you have two or more, then it is there.

Checks for Spirit Attachments

1. Concentration, focus or memory problems
2. Headaches, migraine
3. Hair fall, dandruff
4. Skin disease, darkening of skin parts
5. Body Odour, sweating
6. Relationships going haywire, isolation
7. Fatigue, body ache, joint pain
8. For women or men fertility/sexual problems
9. No birth/marriage related functions happening at home
10. Eating & sleeping disorders, addictions like drinking, smoking
11. Prayer or meditation seems difficult or a lack of faith

If any two or more of the above is true, then the procedure to remove these are simple. Call upon Archangels Azrael and Michael to transit them to the light. Always ask for healing the aura after they have transitted because there will be gaps or tears in it. You can also use this Reiki method which I use when I'm doing it for others. Once you regularly start doing clearings for yourself you do not have to depend on others for these kind of things. These are by far the easiest energies to remove than other forms, because a large part of the Spiritual Hierarchy's mission is to get these souls to the light. So you will be successful undoubtedly.

Dark or Stuck Energy, Cords and “Entities”

By Angie Webster

When you hear about dark or stuck energy, does it make you uncomfortable? What about cord cutting? When I first began doing energy work, these things made me uneasy. I had sensed these things in others energy fields for years, but didn't know what they meant or what to do about them. As I learned more, they became less frightening.

Dark or stuck energy often appears as a thick brown or black cloud in the aura or body of a person. It is simply an area where not enough energy or life force (light) is flowing through. These can often be seen by sensitive people in other places as well, such as houses or other buildings and most objects that people and living beings have been active around for any length of time.



Dark, stuck energy is not as scary as it may sound. It is simply an energy that didn't flow through. It got caught and became stagnant. It may have been a very difficult emotion that the person was unable to process fully that got stuck in a repetitive loop of thought-emotion-thought. These can become lodged in the tissues and cause illness, which will appear as darkness.

Negative emotions are very constrictive in nature. When they are experienced and then released, there is usually no blockage and energy continues resumes its normal flow. But when there are repeated negative emotions, or when thought patterns become such that the person remains stuck in processing the old emotional pattern, the emotional energy can't flow through and release. The pathway remains constricted and becomes blocked.

We can become caught in patterns of thought or in relational patterns that are destructive or that once served to keep us healthy or safe, but are no longer needed. If we continue to operate out of these old patterns due to fear or habit,

they can generate stuck and dense energy as well. These dark energies get stuck in our energy field and lock in the pattern, keeping us stuck there and making it harder to break free and often making it difficult to even recognize we are stuck.

These dark densities can sometimes seem to take on a life of their own, which is when they begin to be referred to as entities. This is when we have given an energy power over us for so long that it has its own strength. We empower many emotions and thought forms in this way. Those who are involved in highly charged and unhealthy thought patterns may be unwittingly empowering entities in their energy field and the environment around them. These entities are mainly made of and fed on emotional energy and the negative emotional energy that charges these individuals and family situations is what keep them alive. When the situation is healed, they have nothing to live on, so they leave.

This sounds a bit frightening, but the truth is nearly everyone has some degree of entities around them and in their field. We are all working toward the light. While these entities can become very controlling and nasty in some cases that is not usually what happens. If this does happen, you may need special assistance to remove the entity, such as a shaman who works with entity removal. However, healing the original cause is highly important.

When densities appear, the channels can be opened back up so that the energy (light) can move again. Reiki or other energy work is helpful to do this. It is also helpful to remove the dark or dense energy blockage. Reiki will reduce the size of a blockage on its own and most practitioners are able to see or feel a blockage and energetically "pull" it out. This may take more than one session for larger densities.

Cord cutting brings to mind the idea of something painful. Or the thought that you will be removing yourself from someone or something that you don't wish to be separated from. There is no physical cutting involved in the process. It is all energetic. It is actually the cutting away of unhealthy emotional energy that is stuck in a loop and can't release. It keeps the person stuck and unable to break loose or think clearly for themselves.

These cords can be found and cut with energy. The area is then healed so that a new cord is less likely to grow back and also to soothe the pain of the release. This does not end relationships. It may help soothe the pain of old tethers to a

relationship that is already over and ended, but it will not end a healthy relationship. It may also end unhealthy attachments in an otherwise loving relationship, so that it may flourish.

When you actively and honestly engage yourself in your own healing process, there is little to fear in the darkness. The healing process will not always be a pleasant or easy one, but if you commit yourself to it, the darkness will always come to light.

Cutting Cords with Reiki

By Ashwita Vajandar

When the light comes in, the first thing that we see is the mess we have created. Once we start to see the damage we have let people make in our lives so far, we naturally want to cut off. But when we really start looking at the situation carefully, we understand it's not just about removing them from our lives - it is about removing them from our minds.

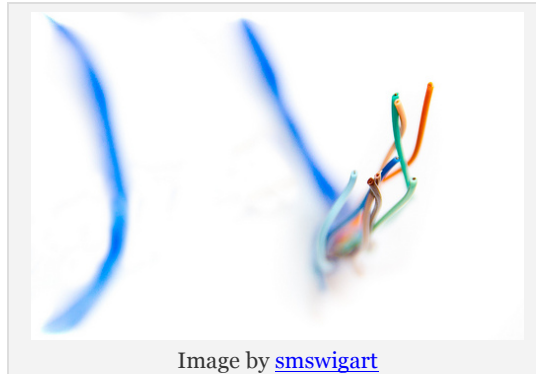


Image by [smswigart](#)

The cord cutting procedure is very simple:

- Create a sacred space. You could light a few lamps or candles - lamps with cow's ghee or sesame oil are said to be the most sattvik. Flowers would be good, incense if you like it.
- Start by observing your breath and entering a meditative space.
- Now imagine yourself in a circle, with the person sitting in front of you, also inside the circle. Slowly allow yourself become aware of the cords attaching the two of you.
- Pick one cord at a time, and ask yourself why you allowed this attachment to form. What was the fear that caused it, and what was the benefit you gained.
- It may be a good idea to ask the other person if they have anything to add. If you can seek permission from the other person before cutting every cord and find out why, if they resist, and resolve that issue, then the cord cutting will bring you much more benefit.
- Once the reason for the presence of the cord is resolved, it may disappear by itself. If not, allow your intuition to guide you to the best way of cutting this cord. Once the cord is cut, burn the remains.
- Thank the person for teaching you valuable lessons, and ask them to leave the circle.

- Complete the process by doing a full self healing. Cord cutting can sometimes leave a little soreness in the aura, and this will heal any wounds.

This process is best done at dusk time.

A few things to keep in mind:

Sometimes the revelation, that it was our own fears strengthening these bonds, can be quite disturbing. If this is the case, I suggest that you let go of the idea of cutting cords for a few days, and allow Reiki to heal the resistance to these emotions, first.

If there are too many cords, you can repeat this process for a few days until all cords are cut. Sometimes one finds cords reappearing – this means it is a deep issue and needs more healing.

It is possible to cut cords without finding out the reasons and resolving them as well. However, the external world is nothing but a reflection of our inner selves, and blindly cutting cords might cause the same pattern to repeat again with another person. Ultimately, you chose to form those cords at a subconscious level. If you remove the reason, the problem heals more deeply.

Cord Cutting with Reiki and Archangel Michael

By Haripriya Suraj

As we go about our lives, we form energetic cords with various people and situations. These cords keep us confined to unhealthy patterns that rob us of precious energy. We may have formed several cords over years (and lifetimes) without any awareness that we were doing this. But hereafter, we can choose to pay attention the minute we become aware that we are forming cords and nip it in the bud. Prevention is always better than cure.

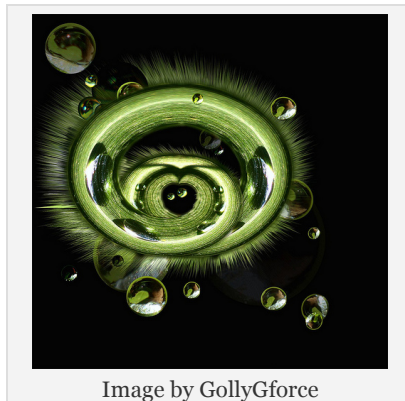


Image by GollyGforce

Cord cutting is a powerful tool used by energy healers to chop off energy draining cords. It can be a rather intense experience and you may benefit by taking the assistance of your **Reiki Guides** and **Archangel Michael** during the process. It can be used to cut cords that have been around for eons of time and also to cut cords that are just beginning to grow. In case of cords that have been present for long periods of time, it might take several attempts before all cords are cut. Subsequently, the cords may grow back if there is something more that needs to be healed. So, keep working at it and always follow your inner guidance about how you must go about it. The following procedure only offers basic guidelines on cord cutting. It does not work the same way for everyone or even every time for the same individual. Use this as a reference but always remember to go with the flow and modify it as per how your process unfolds.

The Procedure

1. Purify your healing space by burning some incense and drawing the Reiki symbols on the walls and everywhere else that you feel guided to.
2. Light a white or violet coloured candle. Play some soothing music if you wish.

3. Sit before the candle and look into its light for two minutes. This light represents the truth of your Being- your Higher Self. Let your Higher Self be your guide as you embark on this process of healing.
4. In this meditative space, make a request as follows: ***“My Dear Reiki Guide and Archangel Michael, please come to me now and assist me with this process of cord cutting and healing. Thank you.”***
5. Wait until you sense the energy of the Higher Beings by your side. Trust the impressions you receive.
6. Now focus your attention on the person (or situation) with which you have cords attached. Feel any emotions that come up. Feel it as intensely as you need to. You are safe and protected in the light of the Higher Beings and your own Higher Self.
7. Take a moment to locate that part of your body from which you sense these cords stemming. They are very often found stemming from the heart, solar plexus and third eye chakra. But they can be found in other areas as well. You may also find them stemming from multiple areas, in which case you will notice multiple cords. You must trust all the impressions you receive without stopping to analyse them logically.
8. Put out your dominant hand out and ask your Reiki guide to bless it. Visualise your hand turning into an energetic Reiki sword. You may also draw the symbols on the sword. And use it to chop off the energy cords that you previously located. As each cord is cut, visualise or intend that it drops into the light of the candle or to the ground and transforms into light.
9. Go slow and take the time to cut each cord that shows up. As you cut, you may find that more cords emerge. Continue to cut them. If you begin to feel overwhelmed, take a break, drink some water and request Michael to step in for you.
10. Lie still and allow Michael to chop off the remainder of the cords with his own energy sword. This is a deeply healing experience. As the cords are cut, you may also get a sense of how the cords feel. Some cords feel sticky, while others feel slushy. Some feel dense, while others feel like threads.
11. As the cords are cut, you are likely to feel various bodily sensations. You may also feel a sense of relief, relaxed, emotional etc.
12. For the final few cords, it would be good for you to get back in action again. Use your Reiki sword of light to chop them off and let them all go.

13. Now lie still for a few minutes and request your Reiki Guide and Archangel Michael to fill you up with divine healing energy. You may also request several guides and angels to work on you and to heal the areas that were most affected by these cords.
14. Finally, express your gratitude to Reiki, your Reiki guide, Michael and to everything and everyone else who facilitated this healing for you.
15. Give yourself a pat on the back for having made an empowering choice in life.
16. Drink lots of water, relax and enjoy the feelings of freedom and liberation that this exercise brings!

Cord Removal and Clearing

By Angie Webster

Cord cutting, cord dissolving, cord clearing, cord removal and removal of attachments are all terms that represent the same general things. These terms seem to evoke a lot of emotion in people, of one extreme or another. Often either fear of cords or longing to remove them. Some of the reason for this lies in what cords and attachments are made from—emotions and their energy. Another is that there is a great deal of misunderstanding about what cords and attachments are and what their removal entails and what the result of that will be.

Cords are the emotional energy that exists between two people in any relationship, whether it is a family relationship, a work relationship, a friendship or an intimate relationship. They are nothing to fear. We all have them and they are normal. Our systems are always sending out energy and receiving energy from our environment and from the other energy beings around us.

When we interact directly with someone, we send out cords of energy vibrations that send and receive energy signals, which facilitate our communications. To those who can see them, they appear as wavy, flowing energy lines that connect the parties who are interacting. Even if no words are being said, when two people are involved in a relationship of some type or have strong emotional energy toward each other, these cords can be seen or felt by those sensitive to this. Again, this is normal and it is happening constantly, just as your eyes are constantly seeing, your ears are constantly hearing and your skin is constantly sensing.

When we are in ongoing relationships, we often develop a build-up of certain emotional energies in our tissues and in our mental and emotional bodies. Even in a healthy relationship, we have periods where there is a lot of negative emotional energy or it is simply a difficult time. This can also happen after a loss or a death. In difficult, abusive or co-dependent relationships, there will be much negative energy build-up and many difficult periods to release. When we are ready to let go of the energy of that and release those periods of our relationship, we can do a cord cutting to facilitate the process.

Cord cutting can also ease the process if we are ready to let go of a relationship or if a relationship is ending naturally. Cord cutting **will not** and cannot end a

relationship that isn't already ending naturally or that you or the other party are not ready to end. That is not the purpose of cord cutting. It does not interfere in any way with the outcome of the relationship. That is solely between you and the other person and any decisions each of you choose to make. Cord cutting is simply a tool to help remove, dissolve and heal an old, damaging emotional energy that has become attached to you from the relationship. This helps you heal and it does often help the relationship move in new directions. Sometimes these directions are with the two of you moving closer together in a more healed way (which is what everyone wants, of course!) and other times it is the two of you finding resolution apart. Ultimately, cord cutting is about releasing the past and the ways it has attached itself to you and formed harmful patterns in your cells and in your habits so that you can find peace and move forward in a new way. Remaining open to what that new way might be helps you to be fully open to your healing process.

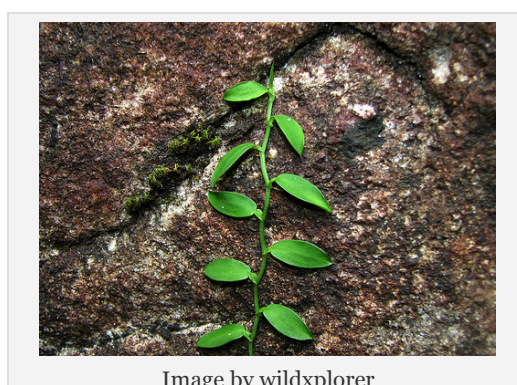


Image by wildxplorer

Cord cutting is done by scanning as you do a Reiki session and locating areas that feel dense, hot or cold. When you find these areas, ensure that you are fully grounded and your aura is strong, and then imagine a small violet flame next to you. This is a helpful and healing, yet strong energy that can handle the cord and the density that you are going to pull out of the person. Lifting your hand slightly above the body, in the aura above the area where you feel the density, heat or cold of the cord attachment, begin to “pull” the dense energy out. If you feel resistance, slow down and ask the Higher Self of the client to release it. That is usually enough for it to break free. See it dissolving from their cells and aura and imagine any holes or weakness in their aura sealing back up and the cord density leaves. Place the density into the violet flame that you envisioned earlier. Finish by placing your hands over the area and sending Reiki for as long as feels appropriate. Use all of the symbols over the area to strengthen and seal it.

An alternative method for doing this is to use a cutting or chopping motion with the hand as you blow out sharply. This feels more aggressive to me and I prefer the gentler method I described above, which is at least as effective, if not more so. I do sometimes use the breath, as I feel guided to do so.

You may not feel much the first few times you do this, and you may question whether you are imagining most of it. Trust what you feel. It's real and after the session when you speak to the client you will find verification, if you need it.

How to use Reiki to cut energetic cords?

Is it time for you to move on with your life leaving behind past and old relationships with fresh energy? If yes, there is nothing better to get a new start than by leaving behind every trace of old relationships, past actions or even, your old habits by cutting energetic cords. With every relationship in our life, we exchange energy to form a connecting cord with each other. In order to get fresh start, it is essential to cut these cords as keeping these cords intact can only hold us back.

As every energetic cord can affect you positively or negatively as it can drain out your energy, it is very important to get rid of unnecessary energetic cords created by past relationships. To cut energetic cords, anyone can take help from Reiki as it is a very useful method to get rid of all the unnecessary energetic cords in order to start with fresh and positive energy.

1. **Have Clear Intention.** The first and most important factor before seeing a Reiki master or doing it yourself for cutting cord is to have a clear intention to disconnect from your energetic cords.
2. **Do It Yourself Reiki.** You have two ways to use Reiki for cutting energetic cords. Either find a Reiki master or do it yourself by following simple steps in this article.
3. **Ground Yourself.** If you have decided to use Reiki on your own, first step is to ground yourself by drawing your energy down to earth. Feel that you have roots inside the ground. Feel as if you are strongly connected to the earth's core.
4. **Feel Energy.** Next step is to develop sensitivity in your hands so that you can feel your energy. For this, start with rubbing your hands for a while and then hold them near to each other (1 to 2 inch) and feel energy in the space between your hands. Slowly separate your hands and move your hands towards your body still feeling that energy to transfer it to your body.
5. **Developing Scanning Techniques.** To cut energetic cords, you must first learn to sense a cord in your aura. This can be done through scanning your aura. With your intuition and developed sensitivity of your hands, you can scan and find cords you want to remove from your aura. While scanning your aura, you may feel that your aura thickens into a rope like shape, an indication of a cord.
6. **Cutting energetic cords.** Once you find an energetic cords and the person the cord belongs to, you can then cut it to get rid of the energy

that person shares with you. Think that your hands are very sharp. Use your imaginary sharp hands close to your body on the cord to cut it. Imagine that the energy now moved back to the person it belongs to.

7. Healing the spot. To help the "wound" that's left behind when a cord is cut heal better and faster, wrap both ends of the cord in golden, loving light.

Don't worry about accidentally cutting a "good" cord which was giving both of you positive, uplifting energy. If a cord is meant to be there, it will just form right back shortly. Just have the highest good in mind :).

Following these steps may help you in getting rid of unwanted energetic cords using Reiki. You will feel lighter, with peace and with a new sense of freedom. If you are still unsatisfied with results, you can always turn to Reiki master to seek help.

Cord Cutting

By Ananya Sen

Cords are etheric attachments to your aura that bind you or connect you with a person, object or situation. They create a sense of stress and strain in your being. They may also create obsession and obligation.

If you are feeling drained or obligated in a certain situation or relationship, you probably have cords attached to your aura. Some cords are past life ones, which you have still not cleared. And if those relationships are still there with you in this lifetime, then you will create the same pattern over and over again.

Irritation or sadness thinking of a certain time or episode in your life, also means there are attachments to your aura. Especially if you have had any tragedy or trauma, the cords will be very heavy. You may also not be able to get over the passing away of a deceased loved one. That's because the energy fields between you still have not been cleared. Cords need to be cut. They keep your energy clear and free.

If you are worried about breaking the relationship with a person, don't because only negative and fear based cords get removed. Cords based on mutually beneficial relationships will not get removed. Even if you accidentally cut away these cords the relationship will not get affected. Cords are not just based on people. There are situations and objects people are attached to. Addictions or OCD of certain types can also be cords.

Emotional cords can be caused by divorces, separated couples, unable to recover from your break up. Cords always have negative emotions such as ego, fear, hurt, unforgiveness, anger. We often realize this when we enter a relationship or a job with positive expectations and then all hell breaks loose! So let's get down to how we can remove these cords.

The Reiki Way

Do the basic grounding and calming of your mind. Connect to your aura with HSZSN, saying "connect me to all my etheric cords" three times. You will be able to sense or see the rope like attachments in various parts of your body. Pull them out gently. Seal those gaps and points from where you pulled out the cord, with CKR. Keep doing this for all the rope like attachments. You will know when it is done.

If you are not comfortable doing this work on yourself, you can do it on a teddy or ask a Reiki friend to do it for you.

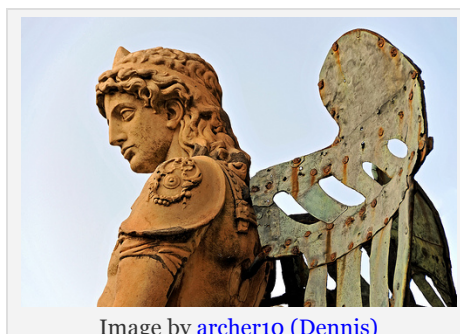


Image by [archerio \(Dennis\)](#)

The Non – Reiki Way

This is for everyone, who wonder that they can't do this exercise if they are not attuned to Reiki ! Simple calling and praying to Archangel Michael will help. He has a heavenly sword which is for this purpose. He will remove all fear attachments from your aura. If you suspect or want to clear past life cords or karmic cords, call upon Archangel Raziel. Whenever, you work with any angels, just ask them to do the thing for you and surrender. It will be done!

You should do it at least once or twice a month, to keep your relationships healthy. Also you feel lighter. I do it almost twice a month. It keeps me energetically light and in control of my personal power. Don't worry if some relationships end because of this exercise, cause they were not serving you any purpose.

Remember cords once cut can come back again. So you will need to repeat this exercise often. Hope this helps!

Different Ways of Cord Cutting

By Rinku Patel

What are etheric cords?

In simple terms, etheric cords are those unseen ropes/cords that attach you to another human or objects in the form of addiction. These cords are most often fear based cords or negative attachment we develop with another person or object. When you cut these cords, it does not mean you are abandoning, ditching or detaching from the person. These cords could be developed between family members, friends, colleagues, your ex or any acquaintances. For example, you have a friend who is very needy and clingy but good at heart. He drains you off your energy whenever you are with him because he is sucking in your energy unknowingly. When you cut the cord, you are not abandoning your friend, you just cut the negative cords that has developed. Another example is, your etheric cords attached with your ex. You have parted but the other person is not moving on or is bothering or harassing you. Do cord cutting with such relations for betterment of both of you. Professionals like healers, doctors, teachers etc. tend to form etheric cords more than others.

Different ways to cut the cords:

Archangel Michael

Sit and relax. Take few deep breaths. Either connect to Archangel Michael with distant symbol or simply call Archangel Michael. Ask him to cut all etheric cords that drains you off your energy and serves you no more. If you have a stale relationship or fear-based relation, ask him to cut all cords related to the person and the issue. Archangel Michael will cut the cord as well as heal you and the other person.

Reiki

Scan your chakras and locate the cords. Connect to the person or the object with distant symbol and imagine him in front of you. Imagine the cords between you and the other person. Talk to the person, ask them to forgive you if knowingly or unknowingly you have hurt them. Bless them with happy life. Imagine a scissor in your hand and cut the cords attached to your chakras as well as the opposite person/object. Dispose the cord by burning it in violet

flame. Draw the power symbol over your chakra as well as on the other person and heal the person. Instead of cutting the cord, you can imagine pulling the cords out.



Crystal Wand

Take a cleansed wand and program it for cord cutting and charge it with Reiki energy. Now starting from Crown chakra, sweep wand down towards each chakra slowly imagining it is cutting the cords wherever it is attached. Do this 3 times. Imagine person in front of you and from top to bottom sweep down his chakras imagining cutting all cords. Now take another wand or cleanse this wand and program it to heal the area with light. Starting from Crown, sweep the wand down filling each chakra with light.

Pendulum

Cleanse the pendulum and charge it with Reiki. Ask pendulum if it is ready to do cord cutting for you. Most probably it will swing to YES. Invoke angels, guides and Universal energy to help you cut etheric cords that drains you off your energy and doesn't serve you anymore. Ask pendulum to start cord cutting. Most probably it will swing in two different directions- once while cutting and once while healing.

Higher-self

Meditate and connect to higher-self. Now connect to the higher-self of the person with whom you wish to cut the cord. Talk to their higher-self and ask them to forgive you if knowingly or unknowingly you have hurt them. Cut or pull out the cords from your aura and imagine them pulling out their cords. Send violet light to the person and heal yourself as well. Dispose the cords in violet flame.

Note- Cutting or pulling cords doesn't mean break-up or detachment.

Healing Wounded Relationships

By Angie Webster

It is not possible to get through life without having a few bumps and bruises on your heart along the way. Many of us have families that are full of fighting and anger, so we see heartache right from childhood, particularly if that anger is directed at us. In those cases, we may even learn unhealthy ways to be and to interact in relationship with others. Until we are able to begin healing this pattern, we are likely to find that we continue to become involved in friendships and romantic relationships that are unsupportive, inauthentic and destructive.

If you find that you are in a place of wounded resentment in a relationship or that you have ongoing pain with family relationships, consider letting go of the other person's behavior. Offer it to the Divine in healing, just as you would in any other Reiki session. When we refuse to let go, we are restricting the flow of energy to only certain pathways and outcomes. Remember that you are not in control of another's heart or behavior. Your realm is your own heart.



Image by David Goehring

When we only look on the surface at what we perceive to be the problem in a situation, even if the “problem” seems obvious, then we are risking creating blame and that closes our hearts. We have created a wound in ourselves and restricted our own energy pathways. That restriction begins to shut us down. We can't give or receive love as fully and we go into a state of protection, as if love itself is the enemy. Once we can heal this, we often see that we can let go of our expectations of other people and free ourselves by doing so. Paradoxically, this sometimes brings great healing to the entire relationship, though even when it doesn't heal the rift, it heals the grief the rift caused.





Here is a healing visualization exercise that you can use to send healing to your heart and to a relationship that has been wounded. You may wish to hold a piece of rose quartz or other crystal in your hand for this exercise.

Envision your Highest Self or your Guardian Angel holding you gently in their arms. See them stroking your hair and offering you comfort in any way that feels good to you. Allow them to offer you the love, tenderness and affection that you may have been needing from others. Feel them soothing and healing any hurts in your heart. Join your Angel in sending healing energy to your heart. Feel your strength and joy returning as you do so. You may imagine that the rose quartz is your heart if you wish, and beam healing energy directly into that, as a proxy.

Next, envision the relationship you wish to send healing to. No need to focus on any specific circumstance in the relationship. You can simply focus on the connection between your heart and the heart of the other party. Allow the goodwill and the healing energy that you have generated so far to extend to this connection between the two of you. Ask the Angels to help you remove the painful cords that still linger between the two of you. Ask them to help you burn away any attachments that are formed in dysfunction and grief, leaving only the ones that serve love and the Divine.

Lastly, place any remaining thoughts or emotions that you have about the person or the relationship into a symbolic box or bubble. Seal it and ask that it be carried to the Light by your guides and Angels. Fully release it, knowing that you are no longer carrying it. Ask them to help you move forward with openheartedness to see with love and to receive their guidance along the way.

About Authors

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Ashwita Goel

Ashwita was a teenager when she learned Reiki, unaware of the impact it was about to have in her life. There was healing, surges of creativity, and plenty of guidance to develop intuition. She started teaching Reiki a decade later and when she witnessed the miracles it brought, and the ease with which it could bring joy and relief to so many lives, she wanted to do more. In 2007, she left her job as a software engineer to take up Reiki professionally. She now incorporates Reiki, past life therapy, hypnotherapy, EFT and meditation in her healing work. Her book 'Healing Through Reiki' is available on amazon.

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