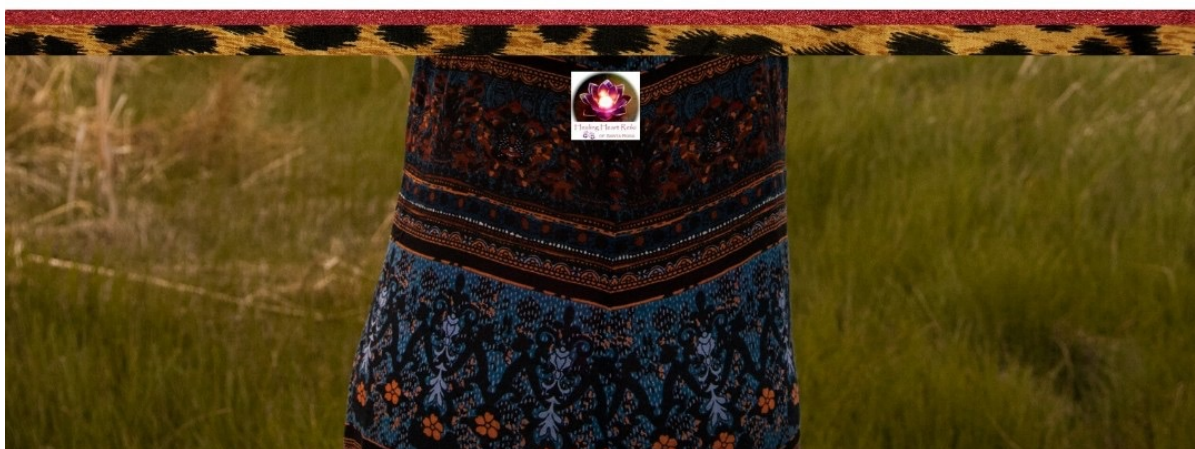




# CLEAR ENERGY CHORDS! ~BOOTCAMP~

Learn the Art of Clearing Energy Attachments In Yourself & Others!



## CLASS MANUAL

Healing Heart Reiki  
[www.SantaRosaReiki.com](http://www.SantaRosaReiki.com)  
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## WHAT IS A CHORD?

A chord is an energy rope of connection between you and another individual. It functions like a hose, allowing one person to offer energy to another, and vice versa. When chords are established, it is always because both parties have allowed for them to root in.

The connection point for chords in the aura is almost always where there is an emotional wound in the energy field. This is because when you're fully inhabiting your body and you have 100% confidence in your identity and abilities, then your energy body is not open or available to energy chords that might give or siphon off your energy.

Most people find chords connecting close to the magnetic points of their chakras.

When chords attach into your Solar Plexus, or center of will, they affect your sense of will power, decision making, and what you feel "allowed" to do in your life. These chords are most commonly found when people are having a hard time living life the way they want to.

When chords attach in your Sacral Plexus, womb, or Root Chakras, centers of identity and family acceptance, you will feel that you can't live without someone. You may feel that they have a hold on you sexually, or that you're sense of identity totally crumbles and you seem to become someone else when you are around them. If you try to detach these lower chakra chords, your legs may feel wobbly, or you may have the sense that you're going to lose all control and die. These chords are often common in very strong love relationships, sexual partnerships, or with authorities that have shaped identity.

When chords attach at the Heart Chakra, there's often a sense of heaviness, tightness, or indecision around what you know to be truly best in the most peaceful part of you, and a sense that your heart is too fragile to handle negativity or breakup, no matter how well meaning. I've noticed that Heart chords are often paired. The chord may go in at the

heart but find its endpoint deep inside of the root, or all the way up in the crown.

Chords that are attached at the throat chakra most often attach at the back of the neck. I call these “control chords,” as they have a tendency to plug into your primary control centers from this place. These chords can completely affect how you view the world, and because they’re coming from behind, you may have a hard time recognizing which people and life relationships are reflection these lessons, even as chords in the throat chakras often create the effect of people feeling silenced. You may feel that it’s unwise to say the things you REALLY want to say.

Chords that attached in the crown often subvert our self-esteem and our connection to God or Higher Self. These chords can be quite challenging to recognize because when they attach at this point, we often hold people in very high esteem and don’t want to remove them from their pedestals, or from the positions of power we have given them in our lives. These chords are quite common in clients I’ve seen that have been psychologically conditioned, either through a traditional religion, cult, or through psychological abuse from a narcissist or other loved one with a condition.

As chords are cleared and the attachment points heal, the healing process helps you to cultivate more wisdom, strength, and character.

## CHORDS & MARRIAGE

In most monogamous relationships today, the partners are chorded with each other and that's what can make those relationships feel so intense. There's a chording and there are levels of relationship where expectations has created grooves of relationship between both parties. Now again, these chords aren't necessarily a bad thing. They only become challenging if those expectations are preventing the partners from actually taking the actions and following the dreams that resonate in their life's purpose.

Will removing the chords, remove the good in a relationship?

No. When a chord is removed, it will allow for more space, and more heart-based interaction in the relationship. If the relationship is toxic, and has a poor foundation, the chord clearing will reveal those truths so that the relationship can either up level or release as a natural part of healing. Most people feel so much better once a chord is removed.

## CHORDS & CHILDREN

Mothers are chorded to their children upon birth and these chords help children healthfully develop and integrate into society. The chords naturally break off over the course of the first 21 years of the child's life (or the development of their first 3 lower chakras). If these chords are cleared, they will often return quite naturally from necessity.

## CASE STUDY #1: BEST FRIENDS

I remember once I had a very good friend and I realized one day that we were deeply chorded. We talked all the time and it was wonderful. I still love her to this day and we still talk. We're still friends. But we hit this point where I literally felt I had to call and tell her every single thing. I wasn't processing my own life, I was calling her to share it with her and receive her opinions about it. She was doing the same thing with me.

It wasn't that she was demanding or being unhealthy, but we both had gone into this space of such intimacy that we were just merged together and we were sharing everything. We had given up our sense of personal sovereignty, and I recognized that she was losing sight of her personal dreams, just as I was losing sight of other goals, because they were being displaced by the time and energy it took to feed this co-dependent relationship.

When I realized that I was pulling her off of her path and she was not doing the things she needed to do because she was afraid of losing my friendship—and I was pulling myself off of my path because even though I was enjoying the friendship, I was spending time feeding that to the detriment of doing other things that I needed to do—that's when I knew

we were chorded and and needed to clear the patterns in our relationship.

In this case, we sat and had a talk, agreeing to create healthy space. Although it was positive and both of us knew it was necessary, there was a strong compulsion to fall back into our patterns, which allowed us both to ignore the rest of the world and its demands. To stop this, I did a chord clearing by sacred bath, with candles, and energetically on my field. I did this for 7 days in a row, and I repeated this sequence once every month at the dark moon for 6 months. Because I'm very intuitive, it took that long for me to repair my psychic boundaries, and another year or quietly rebuilding separate lives before we could reach out and catch up.

This positive experience taught me that chords don't only happen in love relationships. In fact, love relationships are the easiest place to spot chords, but we don't often notice when and where we are giving away our time, power, or authority with friends, because the conflict or co-dependency may not be as obvious.

Note that in this complicated example, I used multiple clearings to recondition the energy. On her end, my friend did the same.

It took a while to reestablish a new pattern of being, but the result was that we both suddenly had so much more personal power in our lives. We both started to move in new directions and we gained a lot of momentum, becoming much more clear as individuals. Then our friendship actually reestablished itself in this really beautiful way and we were able to be of higher service towards each other. What I remember most from that specific chord experience was that once those chords were cleared, a lot of the other things that I had been asking for in my life immediately came to pass.

Does the other person need to know if we're clearing a chord?

No. The chords are in your energy field, so just as you would take a shower without calling everyone you know, you can also do a chord clearing. If someone has been feeding off of your energy (whether consciously or unconsciously), they may become angry or agitated when you pull away. Don't feel intimidated. Clearing the chords actually allows for people to really rise up and meet each other better in relationship.

## CASE STUDY #2: DIVORCE

A really great example is with my son's father who's my ex. That was a very unhealthy relationship toward the end. When I started the process of clearing chords in that relationship, he lost his emotional equilibrium. I watched him spiral into an unhealthy psychological place because suddenly his access to energy had been denied and he had to re-route himself in the earth. Because his roots had sent out energy into my lower chakras, seeking to ground through my personality, it took time for him to find his own connecting with the grounding energy of the earth.

When we're suctioning energy from people through chords, whether consciously or unconsciously, one thing that we're depriving ourselves of is pure source energy. We've forgotten that we need to source our energy directly from spirit or from earth. This core energy feeds us as spiritual beings, and it needs to come from these primary locations, not our loved ones. They aren't meant to be batteries.

When we source correctly from the celestial realms and earth, then we actually strengthen our alignment as embodied humans.

In the case of my ex, he could have just replaced the chording with me by bringing in another beloved to attach to in the same manner. In fact, this did happen for a while and because it was unhealthy it created a toxic level of stress and tension, ultimately leading him to sever those chords and find his own healthy alignment. His relationships with women after that did not suffer the same patterns.

Also, once he rooted correctly in the earth, his career and his sense of life purpose solidified and took off.

## HOW DO YOU REMOVE A CHORD?

Chords are actually pretty easy to remove. To remove a chord, you literally take your hand, you find where the chord's plugged into your field, and then you either pull it out kind of the way you'd pull a weed or you try to get the whole root source so there's nothing energetically left.

You can also cut a chord, which is the same as cutting off the top of a tree for example. And then over time the stump is going to die and release from your energy field.

You can also condition a chord, just washing life force over it to clear, clear the energy, clear the energy, clear the energy until it's gone.

To be able to do any of this on an astral level, you have to strengthen your astral body by doing the "Raising Your Astral Ka Body" exercise.

Then you perform the clearing, cutting the chord and then packing that area with light. You can do this by toning or praying over the area. We pack it with light in the same way that you'd pack a deep wound with gauze to help it heal without infection.

Beginning energy workers will often casually clear chords and then just leave your person bleeding out. Does that work? No. You have to pack the wound with light so that it's stabilized until your body has a chance to close that and heal it of its own accord. Otherwise chords with other friends, or other energies will plug into the same spot.

Finally it's important as part of chord clearing to reestablish a new mindset. This is really, really important. I've seen people clear chords and then not re-establish the new mindset that they want to have, a real mindset around where they're trying to go with their life situation.

After a chord clearing, you want the mindset that's really positive because then you will start to attract in new lessons and experiences that are of a higher or lifted vibration than whatever the old chord was attached to.

My personal belief is that when people are chorded, that chord is going all the way into your energy body into some point in your physical body where you have given up your sovereignty; Where you have for even a split second forgotten that you are so magical. That you are so worth everything in the entire universe! That you are divine, that you are a God, that you are a Goddess. That little point inside has forgotten because of something that happened in your past to create this wound point.

Maybe it was parental. Your parents did something or you had some experience in childhood. It could be anything, and so that little part of you is uncertain. And then that is where other people's energy plugs in because you feel that through knowing them or through having certain experiences with them, they're affirming that you're okay. Well the moment that you remember that you don't need their affirmation, you are okay. The wound heals and then nothing can plug back in. We remove the chords to give the body a chance to find its stabilization and heal.

This is another reason why it's really good after relationships to give it a rest and give yourself space and time to come back to the neutral of who you are before jumping into new relationships. you can really, really see where is your sovereignty? Can you trust yourself? Can you rely on yourself? Where are you still clearing the energy of that other person? Where do you need to mourn? Where are you grieving? Where is stuff still unresolved? Give yourself space and time to address that *healthfully* so that you don't just plug new people into the same old chorded spaces and wounds.



## RAISING YOUR ASTRAL KA BODY

This exercise will be easier once you have identified how your Ka body feels. In chord clearing you will use your dominant hand to remove chords and your non dominant hand to anchor energy. Because they will be doing more than just flowing energy, we've got to get your hands energetically very conscious and strong.

To raise the energy of your astral Ka body, you'll need to have as much presence as possible in your hands and limbs. The easiest way to do this is to focus on your hands by looking at your fingers, thinking about the blood rushing down your arm into your hands, and then aligning your breath with that intention.

Let's begin with your right hand.

As you inhale, draw in both oxygen and life force down through your centerline from your crown. As you exhale, send that breath and energy down through your right arm into your right fingertips.

If you have ever seen movies about ghosts trying to move things on the physical plane, that same level of focus that they use to move the physical thing, is the level of focus that you will need to move the astral thing.

Looking at your right hand, breathing energy into your fingers and palm, slowly clench your fingers into a fist and then open.

While you do this, see your physical hand moving, but also imagine your ghostly hand moving at the same time as well. Send your feelings senses, and your intention, into the ghostly hand.

What you are actually doing is allowing your intention to work as a bridge to upload consciousness and body wisdom into your astral Ka body.

For some this will feel very challenging. For others they will feel it quickly. Don't judge yourself, just keep practicing.

Now try this practice with your left hand.



Healing Heart Reiki  
OF SANTA ROSA

CHORD CLEARING BOOTCAMP

## RAISING YOUR ASTRAL KA BODY

In Ancient Egyptian Healing, your Ka body is the astral version of your persona, your intentional actions on the spirit plane, and your human imprint on the spirit plane. This body looks and functions the same as your physical body, and is nested within it. When this body is strong, you can move, shape, and bend reality on the astral plane. This is where you presence your energy in order to actively remove energy chords. In martial arts, this is the spirit body that consciously directs chi.

## WHY DOES CHORD CLEARING FAIL?

I've seen people try to clear chords and nothing happened. I've also had times where I've tried to clear chords and nothing happened. Here are the main reasons why chord clearing can fail:

**You don't have the astral power.** Maybe you're doing all the right things, but you're not present enough on the astral plane to actually pull the chord. If the chord is a huge tree in the earth of your body and you just have the astral power of a mouse, you're not going to pull that tree. You just don't have the life force. To fix that issue, you bring in light. You bring in light, and you bring in guides to help you be as powerful as possible in that moment to clear chords for yourself or others. You also work on your ability to touch, grab, and manipulate energy with your astral hands once you have the energy amassed to do so.

**You don't bring in enough high vibrational light.** People often just sense a chord and try to pull it, but they're at the same vibration as the cord and you actually want to be vibrating higher and filled with a lot more light. So when you bring in the light, bring in the light, bring in the light, bring in the light, suddenly you have the energy that you need to pull the chord very easily and then light can flood the space and help wash things out. If you don't call in enough light at the outside, it's like trying to wash dishes with no water. Ewww! Right?! A lot of people forget the light piece and they just can't quite cut the chord.

**The person that you're clearing the chord from—and that could be you in some cases—isn't ready.** You may know that there's something there, but you may not be ready to have the chord cleared. There may be lessons that you still feel that you're learning on a soul level where you're not ready to send that person away, or clear out that pattern. It's just too scary. Or there may be deeper reasons as to why they're in your life, and if you haven't fully grasped the lessons at hand, or you're just lying to yourself about them because you don't want to see the whole issue, then the chord may not clear. In this case, lean back and take the longer view. Look at whether there are spiritual contracts at play. Make time to reflect and ask what you're afraid of. Ask where the sense of need or attachment shows up. You may need to review spiritual or life contracts with the person.

The Egyptian Goddess Sekhmet is the healer's healer. She's also the goddess of protection, war, rage, and justice. She created surgery and psychic surgery to teach us how to clear things when they have become toxic and need to be cleared.

Sekhmet is fierce, but she always clears and heals from a place of love and real self-awareness. She is the reminder that it's very hard to clear chords or pull chords in somebody who is lying to themselves about what's going on. As an energy healer, you'll want to cultivate the art of deep listening, not only to a person's words, but to their bodies, so that you can best support them in the chord clearing and healing.





## PREPPING A SPACE AND MINDSET FOR PSYCHIC SURGERY

When you clear chords on others, the environment you create makes a huge difference as to whether the chord clearing is successful. When you are clearing chords you are working intimately in someone's energy field, so you want the space to be as clear as possible. If you were going to cut someone open and do a stomach surgery or an open heart surgery, you would sterilize the entire room.

It's the same with the energy chord clearing. Set an intentional space. You don't want to just pop things out without that sacred container of energy, because if there is stuff going on in the existing environment already, that's how new chords get laid in, or you pick up other types of energies that are really funky. So it's important when you clear chords on the others to create a spiritually safe, high vibrational space and then create a space of trust so that the person you're working on feels that they can talk to you about what's happening.

Then always follow your methodology. Follow the checks and balances in your process for chord clearing. Sometimes when we're clearing chords, the energy can get ramped up really high and we start to forget what the process is and we may skip steps. That in itself isn't a bad thing, but those checks and balances are meant to keep you very safe.

Think of an airplane. Airplanes must be reviewed by an engineer with a long checklist before they are able to take off. All of those checkpoints ensure that the plane will be 100% successful once airborne, even if there are challenges with weather or parts of the airplane's gear. Would you want to get into an airplane where the engineer didn't actually check off all of the little boxes? Of course not! You don't want that plane falling out of the sky.

Likewise, always be aware of your checks and balances and follow your methodology until you become really, really, really, really solid and know where you can take risks and where you can't.

## A HEALING INVOCATION

Use this or a similar prayer to help set the intentionality of your space. If you are Reiki attuned, call in Reiki to set a space filled with light, by creating a "Reiki Mist." Alternately, you can forge a beautiful pink bubble of light, or a bubble of white light with the grace of God and the angels.

There are many ways to create sacred space, but use the prayer in conjunction with setting a physical intentional parameter. When I do chord clearing, I usually sanctify the entire room that I am in, but at the very least I will see myself in a bubble of light that extends around my aura.



CHORD CLEARING BOOTCAMP

## A HEALING INVOCATION

We welcome our guides, guardian angels, our ancestors who love us, and our spiritual allies on the unseen planes to support us in this healing. We welcome Reiki (the Blessings of a channel of Love & Light). We welcome Archangel Michael warrior of light to support us in clearing chords, attachments, and entities that are not for our highest good. We ask that this healing occur in the spirit of love and for the highest good of all. So it is.

## THINGS THAT COMPROMISE CLEARING

Some things will compromise clearing. If you do a big energy clearing and then you're drinking a lot of alcohol the next day, alcohol brings spirit beings and so you're going to probably compromise the nature of the clearing and you could open yourself back up to other things. So this goes for you if you're clearing chords on yourself, but it also goes for you if you're clearing chords on others, don't get drunk the night before you're going to do a Shamanic chord clearing. You want your body to be as stable and energized with life force as possible.


Eat healthy because a poor diet will weaken your life force. Stay active because you want your blood to really be moving in your body so your body has a chance to create new blood, fire new pathways, and not just remain stagnant in the old patterns. You've got to reestablish the new mindset and lifestyle that goes with it.

Drugs and tobacco also weaken life-giving energy. If you're smoking tobacco as a sacred ceremonial thing, that's okay. Same thing with drugs. I'm referring to pharmaceuticals as well as hallucinogens. They may have spiritual components and they may be your allies. If you're working with those drugs in an allied way, then they will not weaken life force. But if you're working with them in a dependent or co-dependent way that is outside of the contract of your wellbeing, then they do weaken life force. So drugs as party drugs, not a good idea. If you have pharmaceuticals that you take for a condition, that's fine.

Negative habits and stress will also weaken life giving energy. When you're doing chord clearing or you're in a healing process around heavy chords, give yourself as much stability as possible.

Learn how to breathe deeply. Do breath work exercises. Make sure you get lots of rest and sleep because your body is integrating new energy and it literally needs the nourishment to create new patterns in your astral body.

If you don't have the sleep, the rest, the breath, the oxygen, the water, the food, you're not going to see results. It's like transplanting a plant into a new pot and then not feeding it anything good for a week. Not only is the plant weakened because of the transplant, but now you're not even giving it any of the nourishment that it was getting before. So when you do this kind of chord clearing work, you really want to give yourself the nourishment, as if you had a surgery or a transplant—as if you're a plant being put in a new pot. Limit as much negative psychic activity as you can.





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## TRADITIONAL METHODS FOR CHORD CLEARING

Traditionally chords were cleared using one of the four elements (earth, air, fire, or water) in combination with palpating or stimulating the area of the body where the chord is attached. These are four

very comon ways:

- In a Bath or baptism
- Through herbal smudge or smoke
- High vibrational music or prayer
- With crysttal, hands, or wand
- By fire



## SELF CHORD CLEARING BY LIGHT

1. Identify what chord you would like to clear for yourself. My example was “unhealthy chords between myself and my mother.”
2. Create your sacred space: In this case your personal bubble of light.
3. Call in Archangels Michael & Raphael with the healing invocation. Envision them both standing around you with protective wings outstretched.
4. Bring in a TON of light. Not sure how? The mantra “I bring in the light” works pretty well when said numerous times with feeling-visualization.
5. Relax. Breathe.
6. Ask yourself out loud, “Where, in my energy field or on my physical body do I have a chord connected to this XYZ situation with my [PERSON’S NAME]?” Point to that place to anchor the energy. Use your activated Ka.
7. Bring in more light, directed to that specific location. Sometimes chords will simply dissolve because of this. That’s great!
8. Say your chord clearing command: “I cut, clear, and sever this cord across all time, space, and dimension.”
9. Using your ka body, make a cutting motion and then take the cord and hand it into the glowing light of Archangel Michael to transmute and dispose. If you have the strength, you can pull the cord out at the root instead of cutting it.
10. Use your fingers to pick, clean, or clear lingering energy, handing it intentionally to Archangel Michael.
11. place your flat palm over the area and call in light to pack the area with light. This goes the same for areas that are in your energy field rather than on your physical body.

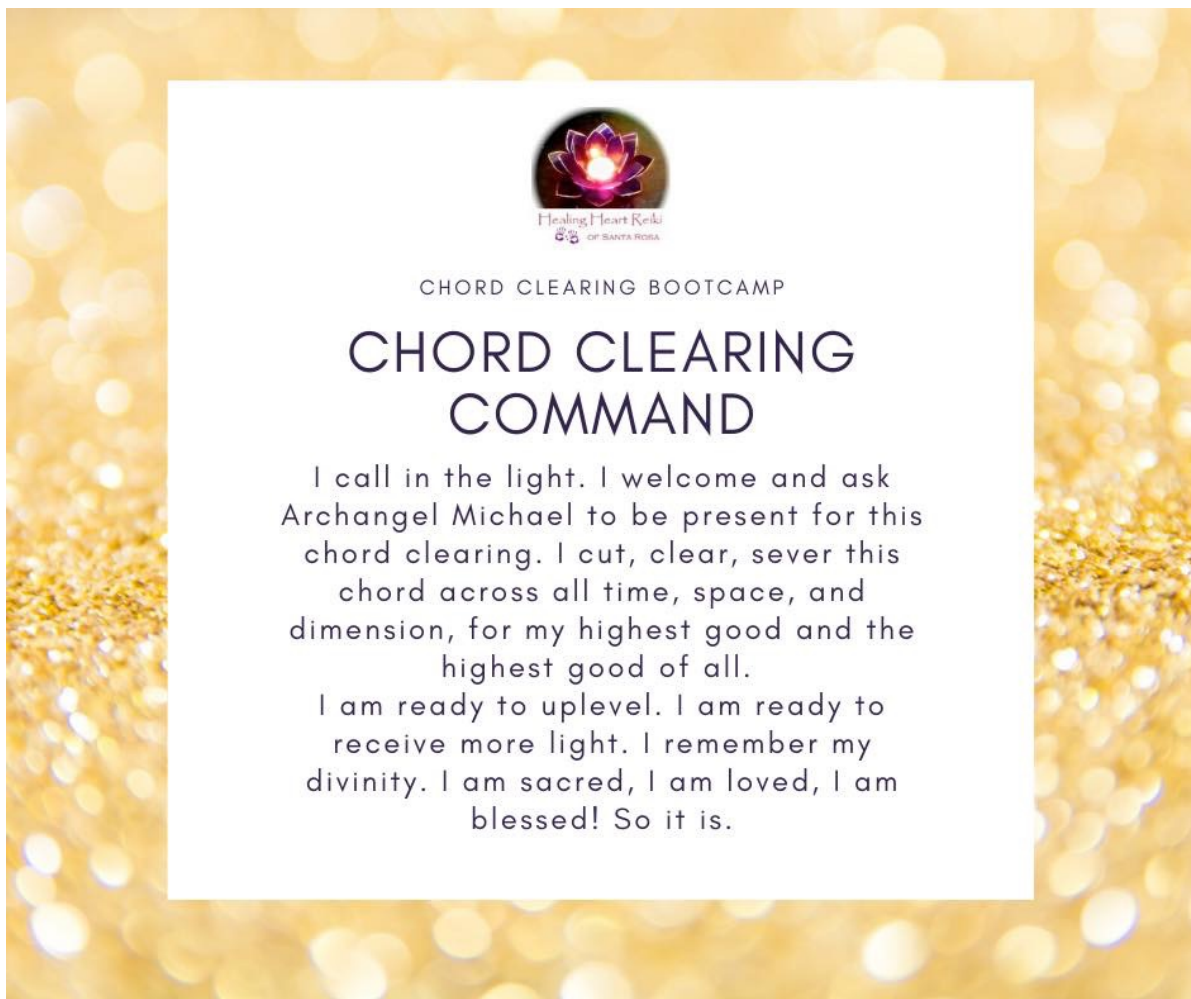
12. Fill your entire field with light and envision the new way you want to be.


13. Give thanks, rest, and do your grounding and closing procedures.

This light work process can ALSO be done in conjunction with a bath, a smudge, or a prayer candle. Trust your heart and creativity, for love anchors the work.

Here is an exact copy of words that you can use when clearing accord. I find that words are very very powerful and said out loud and with intention for moving energy.

As a beginner, please always anchor the work of pulling chords with some sort of verbal prayer. Give yourself all of the support that you can. Remembered that calling your guidance to help you is really great!



  
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## CHORD CLEARING COMMAND

I call in the light. I welcome and ask  
Archangel Michael to be present for this  
chord clearing. I cut, clear, sever this  
chord across all time, space, and  
dimension, for my highest good and the  
highest good of all.

I am ready to uplevel. I am ready to  
receive more light. I remember my  
divinity. I am sacred, I am loved, I am  
blessed! So it is.

## CLEARING CHORDS IN THE MASSAGE TABLE FORMAT

If you want to clear chords and you're putting somebody on a massage table, keep it basic. You'll set up the space with a table, blankets, a candle, a sage smudge, and any other tools you enjoy (singing bowls, statues, etc). Then prep yourself by doing some clearing.

Clear this space and call in a supporting spirit. State your intention so it's very clear that you intend to pull chords. Then do the work.

“Doing the work” means pulling, cutting or clearing the chord depending on what your style is. Smudge where that chord was. Packing that area with hands-on Reiki light and/or sound healing.

To pack the area with light, lay hands on and send Reiki light or high love and light or grace of God light into the area where the cord was. Follow this by a sound such as “OM,” the sound of creation. That vibration will help dissolve lingering energies that don't belong in the person's field.

After, ground the space energetically so that the work will really sink in, and take hold. You'll begin this process by checking in with the person. You might ask them how they're feeling. Some people have a lot to say, some don't know what's happened. Some don't feel anything. Give thanks to your guides or to whoever you called in and let them know the work is done. As you close out that intentional space, imagine all of the energy of the work sinking deep into the earth. Imagine that the room itself is dropping or sinking deeply back into the earth. This is one way to ground a room.

You really bring that energy back down because you've raised the energy by doing this kind of work and by living in your astral body. If you don't take the time to ground, it's like leaving loose firecrackers in a garage. Make sure everything is neutralized before you leave this space, so it's safe for anybody else moving through.

## TOOLS FOR CHORD CLEARING

Crystals are commonly used to help clear chords. Look for crystals with a long slender body and an unblemished point. **Smoky Quartz** can clear thick or obstructed energy and is very popular in chord clearing. **Obsidian** as an arrowhead is a great way to cut cords and obsidian will absorb negativity, giving you information about what's happening.

**Clear Quartz** points are also popular. Clear quartz is a wonderful super stone and it will cut and clear things for you and give you information on the clearing.

**Hands** are the quickest way to work, and with rare exception, I prefer hands. I love laying hands on people in session, getting the energy going, and then using my hands to open up a portal of energy, a little violet colored trash can, that's a portal for clearing. I ask for Archangel Michael to hold it and then I use my hand to pull the chord. Like pulling a weed I get it out at its root as deeply as possible, and then hand it into the violet pot that the archangel is holding so that the person on the other end of that chord doesn't necessarily feel the disruption. They still are getting nourishment, they're just getting it from Reiki life force and from the angels who can help heal. And then the chorded person can be easily pushed out of your client's energy field. Letting Archangel Michael hold that, I then complete the rest of the chord clearing process, packing that wound with light, sounding a vibration to help break things up, and helping that person to stabilize now that they're no longer plugged into someone else.

## WORKING WITH GUIDES

When you do chord clearing work, call in a guide. I once had an inquiry and this person was going through major metaphysical crises because they'd been doing work with the land and doing some work of really pushing energy without guides, and no protections, and no heart of love. They were having serious healing issues. They were in this foul state of mind, scared and struggling, You can prevent all of that my friends, by working with guides who love you.

The angels are always fun to call because they really show up fast. Even if you just say their name, they show up. It's hilarious. Most otherworldly beings aren't as easy, so I suggest beginning with the angels.

**Archangel Michael** is known for protecting the light and for cutting and clearing chords. **Archangel Raphael** is known for amazing heart healing, and healing the body physically as well. So if you have chords that may also be creating physical issues in the body, call them both.

In the Egyptian Pantheon, **Sekhmet** will help you with psychic surgery. But if you're doing chord clearing on yourself personally, then you might actually call **Osiris** who helps to bring things to the underworld that belong in the underworld. If you have relationships you've got to let go of, Osiris is great. **Isis** teaches about sovereignty and rising in your power. So if you are doing chord clearing on yourself and you really need to rise and see what's inhibiting you, call Isis.

Sometimes your guides don't have human looking faces and they're not big balls of light. The earth is full of allies who love clearing, and the cacao plant is one of those allies. Cacao will help you clear root chords stuck in your root chakra.



## FINAL SUCCESS REVIEW:

**First, strengthen your light body.** Make sure you strengthen your light body and you can do this through breath work.

**Practice bringing light in and calling support.** If you're that person that's afraid to ask for help from your friends; If you're that person that feels you have to do it all on your own; If you have that childhood pattern where you were the one that took care of everyone, you were the caregiver, or it was all up to you and your parents were too busy, or they were neglectful, or they were unintentionally neglectful, or they didn't show up or they did and they were a total mess; Then it's really, really important to practice how it feels to bring in lots of light to your field and to really surrender to support. Really bring in those angels and those guides and those allies. It's not a sign of weakness. It's traditional in shamanic work.

You would never just go out and clear huge entities from a person's body without calling your animal allies, your ancestors, and your light allies to support you. *REMEMBER, you're not here to do it alone. You're connected to the environment. So you've got to practice working with it.*

**Develop a mindset of awareness around your energy field.** It's so easy to go through life and not think about what's impacting you.

**If a chord comes up, then it is asking to be addressed or cleared.**

**Chords are not bad.** They're a part of the process of living. When you're seeing chords, it's just a reminder that there's a way that you can come back into your power more deeply. Chords are a reminder that we're in beautiful working relationships with others, and that there are places where we can stand more deeply in our own power or truth.

Most chords dissolve as we create and heal conflict with others. When a chord is lingering it doesn't mean we're bad, or that something is wrong. The quickest way to dissolve a chord on your own is to figure out where you are doubting yourself or succumbing to the idea that you don't have power in a situation. As you reclaim your power, the chord has no wound to attach to, and clears.

## CASE STUDY #3: Peggy Heals Relationship Chords

I once had a client named Peggy and she came in for healing because she was feeling overwhelming attachment to her ex-boyfriend. They'd been together for 2 years, but they had been broken up for 4 years. She said she felt crazy because she couldn't stop thinking about him, missing him, and she couldn't seem to process the fact that she wouldn't be with him even though she knew on a logical, practical level that it wasn't right for them in the long run. But the intensity of her emotions made her doubt even that truth.

As I listened to Peggy's story, I knew it was likely she was experiencing strong chording with her ex. To me, the tip off on the practical level was the incongruity with what her spirit knew (to let him go), and what her body was asking for (to have him). I could hear in her story that when she spoke of letting go, it was with a calmness and clarity of vibration. On the other hand, when she spoke of wanting him, there was tightness and stress in her voice.

"What do I do?" Peggy asked me.

I thought of laying her on the table to identify and pull the chords directly. But in reflecting that she'd told me this ex was just another version of her dad and the men in her life, I knew that she was dealing with a deeper pattern. Pulling the chord might get her boyfriend out, but I'd need to make sure she was relaxed and ready to clear the entire pattern. I also knew that she was so wound in the idea that something was wrong with her, that I didn't want to agitate that by pointing out that she had an energy chord that needed to be removed. This is what I told her:

"Let's run some energy and allow your body to come down from its heightened state. You clearly have old threads of story and connection with this man, and you're telling me that you're ready to let that go. Will you lay on the table and give yourself permission to simply surrender and relax?"

Yes, she said. But she'd never done energy work before. "You can't do anything wrong, just relax."

I called in guides and angels with a silent prayer. For Chord Clearing I called Archangel Michael, who's a pro at cutting and clearing chords. I envisioned the angels, as well as a version of her higher self, and guiding angel in a circle around the table. Into this circle of light, I called in as much light as I could surrender to (in the form of Reiki).

I set the intention for any chords to clear by pure light, and that any left over chords would be pulled in a secondary session. I knew this would allow Peggy to stabilize in her energy field. I asked her guides to also hold this intention, and I asked her higher self to be on board.

In an initial scan of her body, I felt intuitively that there were several chords. two in her sacral plexus (womb space), one between her solar plexus (center of will) and sacral plexus, another thin one in her heart, and some thin threads of influence around her head. I closed my eyes and saw this reflected in my inner gaze.

I flowed light through Peggy's body for an hour solid, laying hands on her head where she seemed so distressed. I stayed at her head for at least 20 minutes, in one position, flooding the area with light. This is because for this woman, her head was her command center. I could see that even though she was a passionate, emotional woman, her mind would always have the last word. So it needed to be clear. The crown is also the center of self-esteem, and that needs to be strong when someone is clearing anything from their lives.

I also ran energy into each of her chakras, to nourish and fill up her natural well-being. During the session, I could see some of those smaller chords simply dissolving in light. A few of them remained, but I knew we would address those in a second session the following week once she stabilized.

Peggy was dazed after the healing session, but she said she felt really good, really relaxed. She said she felt as if she'd been sleeping, but she was pretty sure she was conscious the whole time.

I told her to stay hydrated, and we would connect the following week to see how she was feeling, and go from there.



The following week, Peggy was a different person. She walked in, saying she felt so good after the session, and she was no longer thinking about her ex. She revealed that she would literally cry about him at night, and all of that had stopped. Her attention had turned to her current life choices, and what she wanted to do for the coming season.

“That’s great,” I said. “So let’s run a bit more energy today to stabilize and fully clear anything that might be left. And because this was such a long term pattern, I suggest we keep two more appointments to stabilize you in the new energy.”

Peggy agreed and we got to work. What I saw pretty quickly in the initial assessment was that, through the energy itself, even more of those chords had cleared. There was a last one in her solar plexus and it was lightly tethered (kind of trying to pull out a small weed in the grass with your hand, versus trying to remove an established baby tree). It was light enough that I didn’t need to call in any extra support. In a similar circle as last time, with Archangel Michael called, there was enough light and clearing for me to directly use my hand to brush the energy up into the light. It was instantly replaced with a flow of pure Reiki light.

The session as uneventful, and as a healing practitioner I felt that the work had really been done in the first session. However, her body seemed hungry for fresh energy and light. This is something many practitioners forget—that when you clear a field, you’ve got to fill it with something else until the body can produce enough of its own light and pattern to stabilize. This was the reason for our multiple sessions. I didn’t want Peggy to attract in another version of her ex. She was ready for new lessons, and having a field of light would support that.

When Peggy came in for her third session, she shocked me by saying she was feeling so good, she’d even started flirting again! The teary-eyed stressed woman of just a few weeks ago was gone. We did a follow up a few months later and Peggy had a new beau! What I saw instantly in her story was that she’d found her voice as a woman in the relationship, and wasn’t at the mercy of the relationship as she’d been with her ex. Instead, she was co-creating with this new partner, and noticing what her internal experience was, every step of the way. I consider this to be a successful case of chord clearing.