

# Cutting Cords

BY MAT WALKER ON FEBRUARY 17, 2014

[HTTP://THEASTRARIUM.COM/DEEP-RELAX/](http://theastrarium.com/deep-relax/)

Carl Jung once famously said “The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.” Our interactions with others affects us deeply, even after they are out of our lives. When we interact with someone and connect with them we form a cord linking our energy system and theirs, this is not limited to positive interactions. These cords hook onto our astral layer of our **auric fields** and also within our chakras. There are times when we must realize that someone or their memory is toxic for us, energetically and spiritually. It’s at these times that the mystic must learn to say goodbye to these connections, not just psychologically but on the energetic level.

Cutting or dissolving cords may originate from a practice called Ho’oponopono in the Hawaiian Huna Shamanism system, or it may be much older. The word “Ho’oponopono” means to “make right” and the practice is centered around forgiveness. This becomes difficult when cutting cords with someone we feel has wronged us deeply through physical, emotional or sexual abuse – and understandably so. The idea of forgiveness is not about accepting what they’ve done as “right” or “acceptable”. It’s about not allowing them to poison you any further emotionally or energetically. As the Buddha says, “Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.” Cutting cords is about setting your boundaries, but doing so in a way that doesn’t harm anyone else and asks for their healing. Anyone who is abusive is sick on some level, and needs healing.

**I would never ask anyone to do something they are uncomfortable with, so when it comes to the abusive individual if the words “I forgive you” feel inappropriate try exchanging them for the words “You hold no power over me”.**

## Cutting & Dissolving Cords

1. Relax Deeply
2. Center, Ground and Shield yourself
3. Visualize yourself in a very safe place and call upon Archangel Michael to protect and guard you through this process. If you are not familiar or connect with specific angels you can ask for protective angelic beings or protective guides to watch over you and this process.
4. Call out and visualize the individual with whom you desire to cut cords with standing in front of you (at whatever distance feels safe and appropriate to you).
5. Try to maintain the focus of the cord connecting the two of you in your minds eye throughout this meditation.
6. Focus upon your tenth chakra which connects you to your higher self. This chakra is golden and brilliant like the sun itself. Visualize a chamber of golden light funneling down from it and around you. Feel the infinite love and power pouring through you.
7. Feel the energy from your higher self giving you infinite love, acceptance and healing. Ask the Higher Self of the other individual if it is appropriate to send healing energy, if yes then allow this energy to pour through onto the other person, healing any blocks, judgments, ego or spiritual sickness they have that may be blinding them to the unity of life. If no, then move on to the next step.
8. Once you feel you and the other person are flowing with strong healing energy begin to dialogue with the other individual either verbally or mentally. State, "Thank you for the life lessons, as difficult as they may have been. I forgive and release you in perfect love and perfect trust" or "I acknowledge the life lessons you were a catalyst for, as difficult as they may have been. You hold no power over me and I release you peacefully."

9. If you feel they are the ones holding resentment or have negative feelings towards you, visualize them forgiving you similarly.
10. Focus on the cord connecting the two of you. Now mentally cut the cord linking the two of you, see it begin to spark and dissolve your side of the cord. As you do this visualize them floating away as if the cord was holding them to you like a balloon that has now been released.
11. Focus on your chamber of golden light from your Higher Self and allow it to heal any damage that this cord may have done.
12. Afterwards think of the person, feel what emotions come up. If you're still feeling negative emotions regarding this person or feel affected by them, repeat this technique.