

Cutting energetic cords of attachment (with additional material)

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We are all linked energetically to the people we interact with. We can't help it - it's part of being human, after all. There are times however, when these links may prevent the healing process. Cutting the energetic ties with someone may help speed the recovery process.

Because of the way we are educated and brought up, most people will never even consider the existence, let alone the effect, of a 'cord of attachment' with another person. If asked, they will say 'It's a good thing! I wouldn't want to be cut off from anyone.' However, some people have the idea of being set adrift on their own in a boat having lost that vital connection – something definitely not to be desired.

The fact of the matter is different however. Cutting ties allows people to remove the hooks that have been in place for years, constantly drawing them into that other person's drama thereby making it impossible for them to enjoy their own peace and freedom. And it allows the other person to enjoy their freedom too. People who have cut energetic ties report a sense of being freed and a release of a burden which is often felt physically.

Cutting a cord of attachment can be done through visualisation but I have found that using EFT is equally effective. It may not be any quicker but it makes it a more tangible process. This is the procedure:

First off all introduce your client to the idea that there may be an energetic link to the person who has created all the negativity that you are tapping for at the moment. Your client will sense it, most often round the stomach area. Ask the question, 'How do you feel about it being there?' You may get a variety of answers, mostly negative, but some may even be positive. When you remind your client that a cord like that only serves to promote and prolong any ongoing issues they will most often readily agree to letting it go. (If they want to keep it in place that's fine – it's not our decision to take it further – but so far I have met no one who has wanted to keep their cord).

Finish by saying that the most important thing is that this process allows you both to gain your own freedom and it allows you to love the other person from a clearer perspective and maybe even unconditionally. With cords in place that is not possible or at best very difficult.

Tap as follows along these lines:

Even though I can feel this big/ heavy/ massive (colour) cord linking me to this person...

Even though this cord is hooking me to this person, I recognize it is not doing me any good and I choose to cut it now for my own good and for the good of this person.

Even though this cord between me and this person has a firm grip on me just here (hand on place) I acknowledge I allowed it to be there but I choose to release it now so that we both can be free of each other. I do so with love, and respect for this person, even though they affected me for all those years...

Example reminder phrases for tapping:

This (colour) cord to my middle ... It has its hooks deep into me ... It feels like a tree trunk ... It's like I'm being pulled into this person's energy ... I don't need this, it serves no purpose ... I'm better off without it ... It's my peace of mind and freedom we're talking about here ... I choose to cut/release it now.

Your client will know when the cord has gone or if it has changed and will tell you so. Maybe it has shrunk in size or the colour has changed, in which case tap for what it has now become. The results are very positive and can have a dramatic effect on a treatment session.

Why not try tapping on yourself? Our cords are there for all family members as well as friends so it's worth doing it for everyone you know. It doesn't stop you loving them: it allows you to love them all the more from a place of loving detachment. You will still be there for them when needed and can continue to give them all your love but you will find you will not be drawn into their dramas when crises occur.

One final point: cords of attachment may slip back in time if an issue remains unresolved so it is best to check every now and again and do some tapping to keep yourself clear.

Addendum:

I only mentioned the visualisation method of cutting cords above but described how to do it in my presentation. For anyone who missed that information on the day here it is now...

Visualise the cord that is in place. Now call upon the energies of St Michael, or the Buddha, or the Prophet Muhammed, or anyone else whom you deeply trust at soul level if you do not adhere to any particular religious belief. They will appear carrying a symbolic sword which they will present to you. Know that this is a sword of peace, that nothing negative can be done with it. Accept this gift with gratitude and allow it to fall through the cord linking you to the other person (or feeling, event, or object). Repeat the process or tap as necessary. In addition Reiki or any other energy therapy may be used to help.

Lastly, a tip to increase one's intuition. We search for flashes of inspiration by looking up to the left or right. The opposite holds true regarding intuition. Looking down unfocused to the floor, left, right or straight ahead momentarily calms the active mind, helping us get out of the way and opening us to our more sensitive side.

The audio recording of the presentation will hopefully be on my website in a couple of weeks.