

# Body Wisdom Energy Healing

## Module 6

### Part 1: Cords-Part 1

Cords are energetic connections we develop, predominantly to persons with whom we are in relationship. All of us have cords that connect us to every life form in the universe at some level, however most of these don't have a predominant influence on our life. The ones that we will tend to focus on in a healing will be in one of two categories:

- 1) Cords that are connected to individuals with whom we have a relationship either in our current lifetime or a former one; or
- 2) Cords which we consider inappropriate from anyone who is feeding on the client inappropriately. In part one, we will be working on the first kind.

When we work with relationship cords, we rarely sever the cords. Rather, because many cords can be connected in one pod in any of our chakras, we may remove a cluster of the cords, clean them up, and re-attach them appropriately. We may also install a valve so that a person can have control over when a cord is open or when they want to keep an energy exchange with a person at a minimum.

We have cords in every chakra that are connected to our birth parents and probably all of our siblings. We may also carry cords from other family members if they were close to us growing up like aunts, uncles, cousins, or grandparents. The ones that usually stay with us forever are our parents. We will also develop cords with people we partner with and/or marry, as well as our children.

All of our cords for our relationships with males tend to be on the right side and those with females tend to be on the left. In appropriate parent situations, a healthy energetic cord should be connected to our parents from every chakra to their corresponding chakra. However, childhood trauma and other influences can cause us to disconnect these cords and reattach them to ourselves or others inappropriately. When healing these situations, the first step is to locate where the difficult is appearing, remove and clean the appropriate cord bundle, replace it and connect in appropriately to the other individual involved. However, since these involve two people, you cannot work on cords without the consent of the other person involved. To get this permission, you will ask telepathically and work predominantly with that individual's higher self. When done on this level, the changes in the physical world can be astounding.

Difficulties can arise with connections in any of the chakras. If there is difficulty in one chakra area, then there will probably be difficulty in several. It might be appropriate to make arrangements to work on each area in separate sessions if there tends to be more than two areas that need attention. For diagnostic purposes, you can determine which chakra cords are in need of healing through a pendulum reading at the beginning of a session, or by feeling with your hand or using guidance. This type of work is usually not done on the first session unless they come with the specific relationship need as the presenting complaint. After some

discussion, you will probably be able to discern which chakra will need the cord work, but you can confirm this with a pendulum reading. For instance, if a woman comes to you complaining that she has a terrible sex life with her husband, you will first look at her second chakra. However, you may also find dysfunction in four and five as well.

## Procedure

1. Do a regular chelation (or other healing modality) noting which chakras may be in need of cord work through the pendulum and intuitive guidance, removing clouds and mucus on the 2<sup>nd</sup> and 4<sup>th</sup> levels.
2. Cords are located on the fourth level, so keep holding this level and remove the glob of cords from the chakra indicated.
3. Clear mucous and clouds from around and between cords. There are usually 3 or 4 cords attached to a pod. You may need to clear more than one pod. You can determine this by checking with a pendulum when you have finished with a pod.
4. Extend the cords out into space.
5. Repair and re-structure the walls of the cords, reinforcing them.
6. Follow each cord to the person on the other end to whom it is attached and kinesthetically connect with the absent person. If this person is deceased, you may have to search up through the levels or get help from Divine Guidance.
7. Telepathically ask the person for consent for you to work on the cords to clear the connection.
8. You may have to work with the person to get them to agree. If you cannot get an agreement, then you are not free to work on that end of the particular cord. In that case, just clear the end connected to your client.
9. Once you have an agreement, assist in running that cord from the other person smoothly to its appropriate place within the client. You may receive guidance to run some of these cords deeply into the client's inner core. This is high level work and it is necessary to pay attention to your intuitive guidance.
10. Make sure the cords are clear and appropriately connected both to the client and the others involved.
11. If this is a relationship that is particularly taxing for an individual, at this point you may want to install a "butterfly valve" inside the cord so that the client can shut off interaction or energy running to that person. If this is the case, install the valve at this time. (To install a valve, simply ask Archangel Michael for a valve and place it in the cord.)
12. Remove any remaining mucus or clouds around the area, fill with rose light, and chelate up from that point.
13. Close as usual.