



**BODY WISDOM ENERGY
HEALING
MODULE 6- PART 2**

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Module 6 Part 1

- Inappropriate Cords:
- What they are
- How we acquire them
- How we heal them
- Healing on a deeper level

Cords – Part 2

We learned in Part 1, about cording in relationships and how they are supposed to work in a healthy way. Even though cords in our familial relationships can become troublesome, they can be healed and managed so your life can function in a normal way. The cords we are going to learn about this week, are those that are inappropriate.

Because our western society is very bereft of Spiritual Food, many humans find that they can get the "source," (life force or fuel) they need by energetically "feeding" off of others. This is a very common practice, so common, that we usually involve ourselves in these exchanges without our awareness. **ALL THE TIME!** You all have had the experience of being with a person for a short period of time, and then feeling physically, emotionally or mentally exhausted afterward. This is a very good indicator that someone may be "corded" inappropriately with you and this is a situation in need of attention. Before we learn how to address it, it is important to know the causes.



The first thing to consider is that if someone that you are working on is corded inappropriately by someone else, they are usually not an innocent victim. Everybody engages at one time or another in inappropriate cording. It is how this society was formed. Here are some examples of how we inappropriately "feed" on others:

- Judgment – Holding a strong opinion about someone else's behaviors, choices or outcomes;
- Gossip – Discussing these strongly held opinions with others
- Anger – Energetically exploding or trying to control another
- Guilt and Guilt-trips
- Rage
- Jealousy
- Boasting



I am sure if we tried we could add more to the list. The point is, when religions taught against these behaviors it wasn't just to teach everyone to play nice. It is functionally important for our health. When you engage in one of the above behaviors, you send out an energetic cord to that other person and source from them. If you are judging a particular way they behave, you are literally stealing the energy they need to transform that behavior. That can't change because of your strongly held belief. Now, that doesn't get them off the hook. Most times if we feel the need to source from someone, it is because that string has run both ways at one time or another. In other words, by holding a strong opinion, you leave yourself vulnerable for the same response from someone else.



That being said, what is important for you to know as a healer is how to help someone through this. The first step if you find an inappropriate cord, is to have a conversation with the client about where/who it might be coming from and why. Ask them if you can remove it. (Never remove one without their permission. They will just put it back anyway.) If they agree, reach down and pull the cord off (usually from a chakra, but can be from anywhere) and return it to it's sender. Fill the space with rose light and continue with your healing.



You will also want to have a conversation about:

- 1) Tell them to expect some kind of contact from the other person, because they will feel it.
- 2) Talk to them about keeping themselves clear by doing "releases." (I have included them at the bottom of this handout. Please use them freely. They are our salvation when it comes to cords.

This is the first level of inappropriate cording interaction and healing. However, there is another deeper layer. If you are working with someone who habitually gets corded in the same place, or keeps having the same kinds of emotionally painful interactions with folks, it might be time to look deeper. Many times, that person may have experienced a traumatic event (even a mild one, like getting scolded) in childhood or earlier in their life. During that event there was a cord exchange that is still in place. That tangled cord can continue to call in situations that mirror that event until the person heals it. If you run into this then you can take the de-cording deeper and de-cord that event. Then remove the current cords, spray rose light and continue as usual.



Here is how you de-cord an earlier event. (It is called Recapitulation):

1. Ask the client to feel the emotion that comes up with they think of the person currently corded to them. Tell them to feel it deeply. Then tell them to go back to the first time they ever felt that way. They will then tell you an emotional story from probably childhood.
2. Ask who it was with. Have them tell you the story. Explain that when that happened that other person (probably a parent) sent out an inappropriate cord to them. Ask them where they feel that. Ask if you can remove it. When they tell you, tell them to take a deep breath in. Reach in and pull the cord and hand it back to the other person as they exhale.
3. Then tell them that they also sent out a cord to that other person. Ask them where they sent it from and where they sent it to on the other person's body. Once again, have them take a deep breath. Reach up and grab the other cord away from that person and return that energy back to the client as they exhale.
4. Then remove the current cords as usual. Spray the area with rose light.



Procedure

1. Do a regular chelation or other healing modality, noting where there might be cords attached. Remove clouds and mucus on the second and fourth levels (for chelation).
2. Once again, since cords are located in the fourth level, continue to hold fourth level as you go back to look for cords. These can be anywhere but check the chakras as they are the good sources of energy.
3. Ask for permission to remove the cord. Since these are not permanent cords, reach in and remove them, returning them to their sender. Be sure to have a conversations with your client as needed about how to not be vulnerable to this type of intrusion.
4. Spray the area with rose light.
5. If this is a cord in need of Recapitulation, follow the instructions for Recapitulation, then remove the current cord and spray with rose light.
6. Close as usual.



"The Magic Pills - The Releases"

The following "I" statements are life savers when it comes to inappropriate cording. By using I, you enact the God-force within and literally command yourself to let go of your attachments. It works like a charm, even and especially if you don't feel it at the time you say it. So I tell my clients to just say them, whether they feel them or not. If they say them enough, eventually their feelings will catch up. It is also a good idea to have them say them while they are on the healing table getting work done. It helps them go deeper into their field.

I release my anger, blame and judgment at _____.

I release the use of my thoughts and words to source inappropriately from _____.

I release any and all attachment to _____'s behaviors, choices, outcomes, words, or thoughts of criticism."

This technique works on the mental realm to release the belief systems at their source. If your client has trouble holding on to things on the emotional level, teach them the Emotional Freedom Technique (EFT). A handout is attached.



TAPPING with Marcella

EFT HOW-TO CHART

Focus on the distress you want to resolve. If you have several issues you want to work on, focus on the one that's most stressful right now.

Assign a Subjective Units of Distress (SUD) to the problem. On a scale of 1 (lowest) to 10 (highest), rate how intense the distress is.

Create a setup statement. "Even though I [state the problem], I deeply love and completely accept myself." Repeat the statement aloud 3 times while tapping on the fleshy part of the outside of the hand with the four fingers of the other hand.

Tap around the points. Tap lightly about five to seven times on each point in the illustration, starting at the top of the head and ending at the underarm point.

While tapping on the points, say aloud to yourself a short reminder phrase to keep the focus on the issue you're tapping on.

Remeasure your SUD level. After you complete a round or two of tapping, re-visit your initial distress. What SUD number would you give it now? If you're not yet at 0, begin the process again. The goal is to get your SUD to 0.

