

Powerful Energy Cord Cutting

With Archangel Michael and Archangel Raphael

Cord cutting is a powerful and healing technique used to remove negative energy, events and emotions that have attached to from others and sometimes past life experiences that no longer serves us. Etheric cords are also created when the vibrations are high as well, when we share love, good energy and emotions.

Many of us compassionate empaths give unconsciously and sometimes give too much of our energy with a person or people; we have exchanged negative energy with a person or people that flows back and forth between us that can cause issues for us in the physical; lowered energy, migraines, lack of sleep, shoulder, neck and back pain, mood swings, stomach aches, angry and even frustration to name a few.

Cords can also be cut with objects or material things like the old family home or your first car that you can't bear to sell. Cutting cords can help release the emotion or pain attached to the object in question.

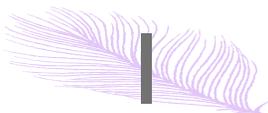
When you are cutting cords know that you are not cutting the love energies or any of the positives unless you choose to cut cords permanently with a person or object.

Built up negative energies overtime can show themselves by just thinking of someone and you all of a sudden feel drained and tired. This is a sign you might like to cut cords with that person.

Time to cut the cord if one or more of these relate to you; this is not inclusive of all matters however some may be very relatable to how you are feeling:

- Someone who drains the energy right out of you ~ family/friend/ co-workers
- Someone you have divorced or separated with
- Someone who affects you in a negative way
- If you are ready to move on from a prior relationship – lovers or partner /business
- If you have any fears of people, places or things
- A loved one who has passed into the light

If you are like me and your ego gets involved and you begin to censor certain people, places or things then having a session with me to cut your cords can be the best solution and ultimately **LIFE CHANGING!**



Steps to Energy Cord Cutting

- 1) Make a list of the people you would like to cut cords ~ note: cutting will be one at a time.
- 2) Ground your Energy with Mother Earth~ image your feet are rooted into the soil like a big beautiful old oak tree – if you are laying down at the end of your day image a cord from the base of your spine down to the core of Mother Earth wrap it around a boulder and then come back up and attach it back to the base of your spine.
- 3) Think and Feel Love & Forgiveness ~to be in a state of love and forgiveness is the key to the cord cutting, if you hold onto anger, frustration or just are unwilling to forgive the cord will be unable to cut.
- 4) Think of the person and Ask AA Michael to cut the cord taking 2 deep breaths and again as he cuts both ends. If you know where the cord is attached ask to have it cut there otherwise AA Michael will know.
- 5) Ask AA Raphael to fill the area with healing energy once again take 2 deep breaths. The Angels will do the work.
- 6) Send love and light to the person you cut cord with and you are done.

Note: Recommended to do at the end of your day as it can make you lightheaded and night time allows you to rebalance your energy. Begin with 6-8 people per day for 2 weeks then when you are practiced and feel comfortable this once a day practice of cord cutting to keep the energy flowing:

Steps 2 thru 6 still apply with this [End of Day Statement](#):

“AA Michael I please ask you to cut any energy cords that need to be cut from this day. I am in love and forgiveness energy.” 2 deep breaths x2

“AA Raphael can you please flow your beautiful healing energy to areas the cords were cut. I send gratitude.” 2 deep breaths