



Debra Gillespie

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Cord Cutting Exercise

Cord cutting removes any cords that are no longer serving us. Every time we engage with anything we create an energetic connection.

Overtime, not all of these cords will be serving us and can be energetically draining us. Think of the impact of a lifetime of not cutting cords. We will be attached to many and much!

Cord Cutting allows the energy that is ours to come home and the energy that is not ours to return to its source.

When we are less energetically entangled, our energy is more pristine and clear, and we will often feel more empowered and calm. We are more easily able to discern what is right for us and stand with more strength and power.

Note: If we are cutting cords attached to those we love, the bond of love will still be there, but we will no longer be energetically entangled.

Details for Cord Cutting follow.

You may like to record the instructions on your device in your own voice and replay back. Alternatively, you can use my recording [here](#). (6.32mins)

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Cord Cutting Exercise Instructions

Allow yourself to be seated comfortably – you can lie or sit. Just ensure that if you are lying, you do not fall asleep!

Ensure you will not be disturbed for 10mins. (I suggest 10mins will be enough time.)

Close your eyes.

Take a breath in and exhale letting all the tension release as you exhale.

Let yourself relax.

Let the tension from your shoulders release like you are taking off a big heavy grey overcoat and letting it lift off you. Let it go.

Take another breath in and release.

Now allow your breathing to come easily and effortlessly, knowing that with every breath you are relaxing deeper and deeper.

Have the intention that you are ready and willing to let go of any cords and attachments that no longer serve you.

When you are ready:

1. Scan your body.
2. Let your attention move over your body and see what area is being brought to your attention?
It may not be at all what you expect!
3. Once an area has been brought to your attention, get a sense or a feeling of what the cord looks like. It is big, small, thin, thick, like a rope, steel, ribbon.
4. Now cut that cord in what ever way is appropriate – it may be with a Sword, a knife, scissors, magic wand, axe, or just your attention.
5. See the cord being cut/severed/dissolve/disappear – whatever is appropriate.
6. Once the cord has been cut, allow the energy that is yours to come back to you and whatever is the other person's go back to them.
We have no judgement, we just allow that which is ours to come back to us and that which is not return to the other.
7. Once the cord has been cut, bring in beautiful pure light to seal and heal the place where the cord was attached. Allow this beautiful pure light to fill up this space.
8. Do this for as long as you need and once done breathe in that new matrix, that new vibration.
9. Give thanks for the part they have played in our lives knowing that you are no longer energetically attached. That you have healed and sealed any attachment points.
10. Repeat steps 1 – 11 as often as you need.
11. To finish, allow yourself to gently come back to the present.
Honour yourself by acknowledging the gifts you bring to the world and the self-care you have just done for yourself. (and the other!)
12. Welcome your return to the day by wiggling your fingers and toes.
13. Open your eyes.

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