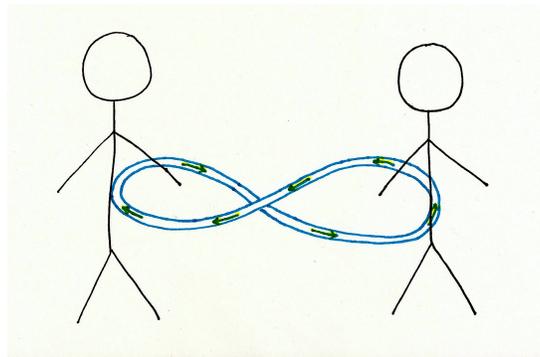


UNCORDING MEDITATION

About the Uncording Meditation:

In many relationships and interactions with other people or beings, there is a flow of energy in the shape of an infinity loop which connects us to that person. This allows energy to flow in and be received from the other person, and energy to flow out which you give to the other person. These dynamics can take place when you are with this person, and even when you are in completely different physical locations.



When to Do this Meditation:

Do this meditation when you are exchanging energies in an unhealthy way with another person.

Perhaps you feel that you are carrying another person's energy. This could be their anger, frustration, sadness, guilt. It could be their ideas or beliefs. You can even be manifesting the same physical symptoms as the other person, i.e. sympathetic pregnancy. The key indicator is that when you tune-in to this energy in your body, you know that it does not belong to you.

You may also feel you have given much of yourself away to this person. You may feel drained, depleted, or like part of you is missing.

You may experience a combination of both.

One example of an unhealthy energy dynamic would be when a loved one comes to us when they are overwhelmed with any variety of negative emotions. Because we care for the person, and want them to feel better, we listen and console with them. After venting, oftentimes that person will feel better. In some instances you may feel worse than before they came to you. If this case you have allowed yourself to pick up their burden, or perhaps given them some of yourself. While this is often done subconsciously, it is an unhealthy energy pattern. Not only does it interfere with your energy system and allowing things to flow smoothly, it also removes responsibility from the other person in owning their energy and working through their issues rather than dumping them on others. In addition, in clearing the slate, it gives you an opportunity to learn to be there for your loved one when they are suffering without giving yourself away.

The Purpose of Uncording

The purpose of this meditation is to return these energies to where they belong, and to stop the energy exchange pattern that is causing the imbalances. This does not mean that you will no longer interact with this person (if they are currently in your life), but there will be a fresh slate with which you can establish healthier patterns. If you chose to do this with a person who you no longer see (perhaps in the case of a break-up, move, or falling out) it will bring you both a deeper level of peace, so you may move on. You can even do this meditation with those who are deceased as well. In the case that you have unresolved issues that were not able to be sorted out before their death, you can return their energies to their spirit, and call back those that belong to you.

Do this meditation as needed. Though relatively simple, most who have done this meditation feel a significant difference when they have completed it.

How to Uncord

- Feel or imagine the person you would like to uncord from in front of you. Observe how they look or feel to you.
- Do a body scan and find any areas where you are energetically connected to this person. This is where the infinity loop meets your energy body. This may feel like it is within you, or it may even connect somewhere in the space around your body. There

may be multiple areas where you are connected to this person. If so, focus on one to start, then repeat this meditation at the other areas.

- As you tune into this area, notice what the energy feels like. Is it tight, spacious, a certain color, angry, missing, tired, etc?
- Bring your awareness back to the person in front of you and say, either aloud or in your mind, anything you need to express to this person.
- Breathing deeply, breath any energy that is this person's that you have been carrying back to her through the infinity loop. Taking your time and being thorough.
- Breathing deeply, breath back any energy that is your's which you have given to her, back through the infinity loop. Taking your time and being thorough.
- Reassess your energy. Are you still holding onto something of hers or missing part of yourself? If you need to go back and repeat either of the last two steps, please do so.
- Once your energy and her's is where it belongs, take a moment to see how you feel, and if the other person's energy or appearance has changed.
- When you are ready, select a cutter of choice (i.e. scissors, bolt cutter, sword, etc.) and cut the cord where it meets in the middle.
- With love, compassion, and awareness, bless the other person for this opportunity to learn and grow, and release her into the light.
- Take a moment to digest the changes that have taken place.
- If there are any other areas of your body that you need to uncord from this person, or any other people you need to uncord from, go back and repeat this process.

Variations:

If you feel you would like extra support, you can call in your guides, angels, or higher energies to assist you in the process. They can hold a safe, compassionate space for

healing and growth for you and the person you are uncording from. They can even sever the cord for you and help you send them to the light if that feels appropriate.

Use your intuition and allow for the appropriate imagery and tools to come up. It may vary from cord to cord, the person you are uncording from, or from day to day. There is no right or wrong way to do it, as long as you are breathing back the energies to where they belong with loving intent.