

Psychic Cord Cutting Steps

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Invisible cords of energy are formed when we interact with others, and these cords can leave us uncentred by the desires of others. Cutting psychic cords can allow you to feel centred and free of the demands of others.

1. Sit quietly in a place where you are unlikely to be disturbed.
 - Try to ensure that no one else is likely to sit where you regularly choose to meditate by moving the sofa or your chair for meditation.
2. Close your eyes and ask for protection on all levels.
 - Your wording might be -Heavenly father, please send me protection on all levels through the father, the son and the holy spirit.ø
 - If you prefer you might use this wording instead. -Please send me protection on all levels from the source, the manifestation of the source and the energy behind the source.ø
3. Offer thanks for the protection you are receiving.
 - You do this by mentally saying -thank youøthree times, one for each of the levels mentioned previously.
4. Ask for the light to enter your crown chakra and to pass through your body, out through your feet and into the earth.
 - You might ask -Heavenly father, please send the love, light, strength, compassion, power, humility, peace, joy and harmony down through my crown, through every cell of my body and out through my feet and into the earth, through the father, the son and the holy spirit.ø
 - If you prefer, you might use this wording instead. -Please send the love, light, strength, compassion, power, humility, peace, joy and harmony down through my crown, through every cell of my body and out through my feet and into the earth, through the source, the manifestation of the source and the energy behind the source.ø
5. Offer thanks for the light, three times.
6. Feel the light entering your crown and pouring down through your body, cleansing and re-balancing you as it sweeps through your head, neck, shoulders, chest and lungs, spine, your lower torso, your legs feet and toes.
7. In case you need to clear a path for the light to enter your crown, Take a deep breath and imagine a small whirlwind of white light, spinning from your crown, the centre of the top of your head.
 - While releasing your breath, force this whirlwind of light up into the air, to clear the path above you for the light to reach you more easily.

- You might take this whirlwind above the roof line of your home or apartment building and then release it.
 - Return your awareness to your physical body by thinking of your body.
8. Spend a few minutes becoming aware of the light, as it sweeps through your body. If you feel tension or imbalances in any part of your body, concentrate the light on those areas to ensure that they return to balance.
9. When you feel relaxed and calm, take another deep breath.
10. As you release this breath, force a whirlwind of white light out through your third eye chakra (at the centre of your forehead).
- Extend this whirlwind to around a metre in length and 5 - 10 cm across.
 - See or feel this whirlwind spinning rapidly.
 - Turn it around so that it is vertical.
11. Now allow this whirlwind of white light to pass around your body from right to left, cutting all of your cords as it does so.
- It is best to position the whirlwind at around 25 cm (around 10 inches) from your body, so that it can collect any dross as it passes around you.
12. When the whirlwind has encircled your body three times, mentally direct it out the window and off into space.
- Return your awareness to your physical body by thinking of your body.
 - Allow the white light to flow more freely down through your body for a few minutes now.
 - After you have cut psychic cords to your body, it becomes easier to concentrate and to enjoy a deep meditation. Often it is our psychic cords to others which prevent us from being centred in the present.
13. Prepare to end your meditation by offering thanks and requesting that the light cease to flow through your body. If it continues to flow through your body at the rate it does in this meditation, you will become a beacon for lost souls, and needy friends and strangers are likely to cord you for your energy.
- Your wording might be -Heavenly father, thank you for sending me the love and the light. Please stop for now, and please continue to send me protection on all levels, through the Father, the Son and the Holy Spirit.ø
 - Instead you might prefer this wording. -Thank you for sending me the love and the light. Please stop for now, and please continue to send me protection on all levels, through the source, the manifestation of the source and the energy behind the source.ø
14. Offer thanks for this, three times.

15. Prepare to close your chakras, to contain the energies you have just received.
- This is done from the feet up, by concentrating on your feet chakras, and visualising them shrinking, to around 2 centimetres (1/2 an inch) in diameter.
 - Now do the same to your base chakra, ensuring that you close both the front and the rear of this chakra.
 - Now do the same to your navel chakra, ensuring that you close both the front and the rear of this chakra.
 - Now do the same to your solar plexus chakra, ensuring that you close both the front and the rear of this chakra.
 - Now do the same to your heart chakra, ensuring that you close both the front and the rear of this chakra.
 - Now do the same to your throat chakra, ensuring that you close both the front and the rear of this chakra.
 - Now do the same to your brow or third eye chakra, ensuring that you close both the front and the rear of this chakra.
 - Finally, close your crown chakra to the same size as the others.
16. Take three deep breaths and open your eyes.

Take a moment to notice how you feel after this process. If you have effectively completed each step, you are likely to feel calm, centred and at peace with yourself.

The purpose of asking for protection from advanced spiritual beings such as Jesus, Buddha, Mohammed or any of the ascended masters is to protect you from spiritual entities which may seek to distract you from your spiritual purpose. It is simply the process of requesting support from a more experienced spiritual being, just as a student of meditation might seek the assistance of a monk, a mentor or someone adept in the practice of meditation. These beings are referred to in the term manifestation of the source as ascended masters were once living beings, a living manifestation of the spiritual source and a reminder of our spiritual potential.

If you find it difficult to remember each step of the meditation, you might record the steps onto a tape or CD and then allow yourself to be guided by your own voice through the meditations steps. For effective results, you need to cover each step accurately. If you skip a step or leave parts out, a successful meditation is less likely as you have removed some of the essential ingredients.

