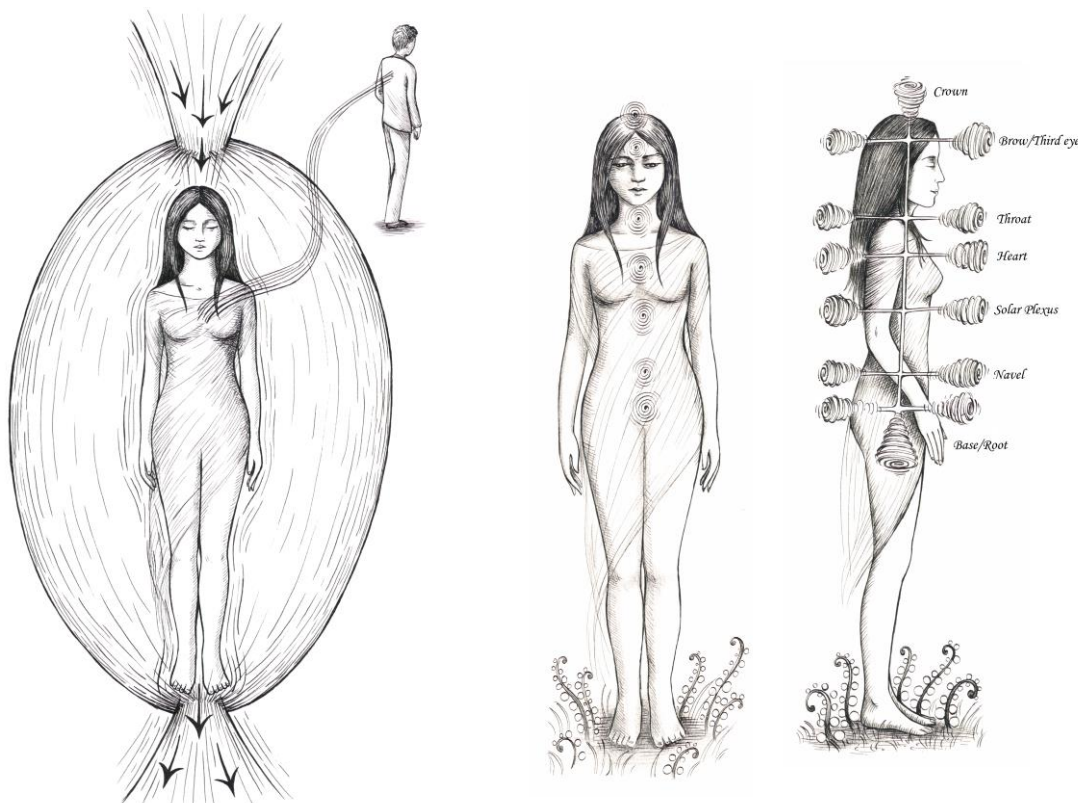


Psychic Cord cutting steps

PAUL FENTON-SMITH



Regularly cutting psychic cords that connect us to others enables better life focus and increased centredness during meditation. As you become more experienced with cutting psychic cords, personal focus will increase, resulting in deeper, more profound meditation experiences.

This process takes 15 - 20 minutes and requires a quiet room where you won't be disturbed. It may seem complicated at first, but with practice it becomes a healthy psychic cleansing habit. You might read this through a few times, or practice it by reading each step before performing it.

- Light a candle. Ensure it is protected from the wind and placed in a tray of sand to absorb any melted wax runoff.
- Ensure you're comfortably seated or lying down.
- Take three deep breaths, consciously releasing your mental concerns with each outward breath.
- State in your mind "I am safe. I will stay safe."

- Ask for protection. You might mentally ask “Please send me protection on all levels and throughout each and every cell of my body.” or “May all of the cosmos support and protect me in my endeavours.”
- Ask for the light. Ask inwardly “Please send me the light down through my crown, through each and every cell of my body and out through my feet, into the earth.”
- Alternatively, you might ask “May universal light flow down through my crown and through each and every cell of my body, out through my feet and into the earth.”
- Take a deep breath and as you force this breath out through your nose, visualise a whirlwind of white light being forced up out through your crown (the top of your head) and up 100 metres (100 yards) above you. This whirlwind is clearing a path for the light to flow down through your body.
- Feel the white light enter your crown and flow down throughout your physical body, relaxing and cleansing each part of you as it flows through you.
- Feel the light flowing out through your feet and into the earth. If you are in a high-rise building, the light will flow out of your feet, down through all the floors beneath you and into the earth.
- Taking another deep breath, force some of this white light out of your third eye chakra into a small whirlwind. This will extend around one metre in length and around 3 cm (one inch) across. In your mind’s eye, snap this whirlwind off from your body and allow it to become a vertical vortex of energy.
- As this whirlwind rapidly spins, it is cutting away dross and psychic cords. Mentally direct the whirlwind from right to left around the front of your body, encircling your body and cutting cords as it moves.
- After it has encircled your upper torso twice, move it down to your waist then to encircle your legs and feet.
- When this is complete, mentally direct this whirlwind out of the nearest window and off into space.
- Focus your mind on your physical body, to draw your awareness back to yourself.
- To end this process, mentally see the small chakras or energy centres in the soles of your feet shrinking, closing down to protect your energy.

- Mentally see your base chakra closing down, shrinking front and back. Now mentally shrink your navel chakra (front and back) your solar plexus chakra, your heart chakra, throat chakra and your third eye chakra.
- Finally, close down your crown chakra and mentally state “I am safe. I will stay safe.”
- Take a few moments to enjoy the peace that usually follows each cord-cutting meditation.

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Paul’s Guided Meditations CD or USB includes a simplified version of this process where he guides you through cutting a single cord to one person. This can help to familiarise you to the process and help with the visualisations.

