

MARK STANTON WELCH'S
Tools for Conscious Living
HOW-TO ARTICLES

Clearing Energetic Cords



Energy is everywhere, the vibrational foundation of the cosmos. Every interaction is an exchange of energy. When two people connect they send out cords of energy, called Aka cords in Egyptian Huna. These cords are, for the most part, benign, seeking energetic support or sending energy. And when the two separate, so, too, the cords are severed. But when we spend more time with individuals, or in locales or settings, the energetic cordings begin to attach to our energetic and physical bodies, mostly in a mutually satisfying and nurturing manner in the beginning. But as the issues of the relationship unfold the cords

start to attach more securely. They are seeking support, control, etc, depending on the intention, known or unknown, of the sender. So, over time we become interwoven energetically with others with whom we have relationship. This makes it very difficult to create full separation.

Of course, not all of these cords are depleting, but many are. Actually, it is advisable to stay clear of attachments energetically, no matter how familiar they are. Staying in our own circle of power allows us to be in balance and have all of our faculties available in the moment to address the forms of living.

There exist many who are very low on energy. They seek others for supply, sending out the energy cords primarily from the three lower chakras. In some ways these “energy vampires” are very prevalent due to the demands of living in these times of sweeping inner and outer change. Though there is energy abundant everywhere to meet the demands of us all, most are unaware of how to naturally augment their inner supply with clean, high vibration...so they prey on others, though not necessarily, maliciously. Going about our day and coming into contact with others or even being in the same space without interaction, can leave us with cords attached to our energy bodies and auric field by the end of the day. Clearing these cords regularly is a necessary activity if you desire to stay in your own clean vibration.

The bigger issue here is energetic boundaries. Having strong boundaries inhibits lower frequency energy from penetrating our fields. In this current fear based world in which we live, the necessity for setting our own field daily is obvious. Proper, conscious boundaries help remedy the challenges of energetic cords.

Cutting cords is a maintenance of boundaries. Being aware that energy is attracted to our aura is vital to understanding the purpose and importance of good energy care and is the first step in staying clear of other's energy influence. Your awareness opens your curiosity, which is like an invitation to the cosmos. Answer come. They are shown mostly through your own moments of living. Paying attention to energy and how you feel/sense when around others is a great way to hone your sensitivity. You will feel differently in the company of different people. Some leave you light while some feel heavy. For those, it may be difficult to separate yourself from their influence, resulting in thinking about them, being drawn back to them, and feeling attached to them. That is a sign that energetic cording has occurred.

So, let's deal with some ways to stay clear.

SETTING YOUR BOUNDARY

Briefly, let's use a couple techniques to set a simple but powerful boundary. Speak your entire birth name: first, middle, and last. This name is an energetic blueprint of you in this incarnation. When spoken you call the cells back to wholeness for the instant. You reawaken your soul plan. And you are in a place of real balance. This is temporary, so the more you express the name during your situations the more you are able to return to clarity and stay there. Speaking the name also activates an energetic sphere that encloses you in a high vibration. It effectively keeps anything of lower vibration out of your field and away from your bodies. Speaking your name sets a useful boundary. Use this when you feel unsafe. Speak the name aloud, even softly, to create the sphere.

You can also call upon an ancient Tibetan mantra to set the field of protection. Speaking the words Hung Vajra Peh (*hoong vajra pay*) aloud at least seven times cast the spherical energy field. The more you say the mantra the greater the circumference of the sphere. Remember, speaking ancient mantras calls upon the power of all the times it has been spoken with clear intention. They work.

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Maintaining boundaries daily will go far in preventing future cording. These are two of the many useful ways to set them. What is most important is that you make the choice to set them. When you see the value and have experienced the results, the process can become a regular part of your day and night. Then, you can enjoy the feeling and the knowing that you are being you, uninfluenced by the energies, thoughts, and actions of others.

EGYPTIAN HUNA EMPOWERMENT

Aka cords are very much like the toy frogs that, when tossed and held at one end, stretch out and stick to the wall. They move like entwining vines. Typically they attach to the chakra for which they are intended: root for foundation and sustenance and energy; sacral chakra for vitality, creativity, joy, sensuality, and passion; solar plexus for power. Relationship attachments can put cords in each of these plus the heart and throat chakras. Simply leaving a relationship is sometimes not enough. Energetically, these cordings and connections keep us entangled and holding on or being influenced far after we have decided to leave.

One can quickly cut cords that are fairly recent or superfluous by activating the empowerment of *Suh Htep Nah*. Using the hands as knife blades cut across the chakras in a downward motion in the front and the back while speaking the *Suh Htep Nah* out loud. Concentrate on the Root through the Solar Plexus. If it is a relationship clearing, then clear the heart and throat as well. Remember to go all around the body in this process. When you feel complete, shake the hands off towards the earth or wash your hands to cleanse the vibration. Complete the process by speaking the words, "*And so it is...*" Use this process throughout the day as you move from space to space and people to people. It insures that no energetic cordings will accompany you home.



DEEPER RELATIONSHIP CORD REMOVAL

For those relationships with family and significant others, the cords, as indicated, may be significant. And sometimes, these cords transcend lifetimes. The difficulties you are having with someone may be based on multiple relationships in times past, seeking to clear and release. When this is the case, it is necessary to spend more time with the cord in an attempt to negotiate a release. Here is how this can be accomplished:

- Using your left hand, the sensitive receiving hand, run it slowly down the front of your body from the throat to the root chakras. Feel for energetic substance much like ropes or thick cords. Trust that you can feel something, even making it up if you have to.
- When you get the sense that there is a cord form somewhere on the body, take hold of it like you are pulling on a rope. This cord is going somewhere, perhaps even multi-dimensionally. You have the opportunity to negotiate an ending and a complete release from the energetic influence. Please, be open to the impact of these cords. They can be responsible for beliefs, patterns, actions, ways of living, choices, habits, etc that have been influencing your moments throughout this incarnation. Often, long standing issues or repeating patterns that disempower are tangled up across time and space. The current relationship you are attempting to separate from may be simply a catalyst for change, as set up by your guides and Higher Self.
- Breathe several deep breaths, speak your birth name, close your eyes, and begin to follow the cord like you are pulling on a rope to see what is at the end...hand over hand, slowly. Pay particular attention to inner visions, thoughts, sounds, smells, as it is all a clue to who is at the end. Be open and even invite the energy to reveal itself. Keep following, even when it feels like nothing is there. There are many ways the symbiotic energy maintains its connection. The connection is mutually serving in that it meets the needs of the other, whether an energy source, the perpetuation of a relationship, the guilt for an action, a decision made in a past life, an unfinished bit of business, etc. Keep going until you find somebody or something at the end of the cord.
- Now it is time to negotiate. Discussion is not necessary, though it may be useful. Essentially you are negotiating for mutual release. The energy connection is no longer serving you, nor is it really serving the other, even though it may seem so. State your intention to sever the connection, either by agreement, or via the *Suh Htep Nah*. Pay attention to what the energy wants. Find a middle ground if you are able. Often the energy is bound to you by past

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experience, agreement, or decision. It may feel like it cannot exist without the connection. Re-educate the other by telling them the past is over. Offer forgiveness if needed. Give gratitude and support. Remind the other that they cannot move on in their own evolution unless the connection is severed. Hopefully, agreement is reached.

- Then, at the count of three, you each pull out the cord like pulling a weed out by the roots. When the separation is made immediately fill up the space within you where the cord was attached with some higher frequency energy: light, love, peace, health, color, gratitude, etc. Express gratitude to the other. Say, "It is finished", and then turn and walk away.

If the other is not willing, then inform them that on three you will be severing the cord, leaving them to deal with the energy alone. Sometimes this is enough to reach agreement. If not, then count to three and cut the cord with a strong swipe of the hand while saying "Suh Htep Nah". Immediately fill the space, express gratitude, say, "It is finished" and turn and walk away. Pay attention to how you feel for the next several days as the other energy may attempt to recreate connection. If you feel it use the Suh Htep Nah and invite the energy to go to the Light.

This is a powerful process that works especially to terminate the long standing relationships. Use it as necessary. You can use it also for dis-eases. Go from the site of your issue and follow the cord to a source. Go through the process. Notice the results over time. Many of our challenges are from unfinished business showing up in our face...

In dealing with a relationship partner with whom you have terminated , simply locating the cord(s) and going through the process of negotiating release can be very useful and successful. After pulling the cords out and filling in the space, send them on their way with love and well wishes and forgiveness. And do not talk about it in a negative light again. Move on and set intentions for the people you want in your life. Let the cosmos know what you are willing to have in your personal space.

Use these processes as necessary. Clearing the past energetic influences significantly alters the future we attract. Everything has source. Choosing to consciously clear is a profound act of self care that delivers our true self back. Be a practitioner of boundary care. Monitor and maintain your energetic fields and bodies. Choose to be fully in your own skin. It will bring you the life you desire...

Listen to and download songs about boundaries, [*Boundaries*](#), and, [*Over There*](#).

I am grateful for your choice to purchase this How-to Article from the series, *Tools for Conscious Living*. I know the information will serve you well...if you use it...so use it!

Endless blessings

Mark Stanton Welch

