

What people call “*cutting negative cords*” is **not about literal cords** attached to your body. It’s a **visualization and nervous-system technique** used to release **emotional attachment, stress responses, or lingering energetic focus** connected to people, situations, or memories.

Think of it as **resetting boundaries**, not removing something physically real.

What “Cords” Really Represent

In psychology and energy work, “cords” usually symbolize:

- Ongoing emotional charge (resentment, worry, guilt)
- Trauma loops or stress habits
- Over-giving or people-pleasing patterns
- Unfinished emotional processing

The goal is **release + reclaiming your attention**, not force or aggression.

A Safe, Grounded Cord-Release Practice (10 minutes)

1. Ground First (Very Important)

Sit or stand comfortably.

- Place one hand on your chest, one on your belly
- Take **5 slow breaths**
- Feel your feet or body supported by the floor/chair

Say (silently or out loud):

“I’m safe, present, and in my body.”

2. Identify What You’re Releasing

Gently bring to mind:

- A person
- A situation
- An emotional pattern

Do not relive the story.

Just notice where you feel it **in your body** (chest, shoulders, gut, jaw).

3. Visualize Release (Not Cutting Yet)

Instead of immediately “cutting,” start with **softening**.

Imagine:

- The sensation loosening
- A thread gently slackening
- Tension dissolving like mist

Say:

“I release what is no longer mine to carry.”

This step prevents emotional backlash.

4. Cord Dissolution (Gentle Method)

Now imagine one of these (choose what feels calm, not dramatic):

- The cord **unraveling into light**
- The cord **dissolving in water**
- The cord **falling away naturally**

Avoid violent imagery. Calm works better for the nervous system.

Say:

“I release this connection with respect and neutrality.”

5. Reclaim Your Energy

Place your hand over where the sensation was.

Imagine:

- Warm light filling the space

- Your breath settling there

Say:

“I call my energy back into myself, whole and steady.”

6. Close the Practice

Take 3 slow breaths.

Gently move your body.

Drink water.

Why This Works (Without Woo)

This practice:

- Signals **closure** to your brain
- Reduces stress-based rumination
- Strengthens emotional boundaries
- Interrupts conditioned response loops

It’s similar to **somatic therapy and guided imagery**.

Important Safety Notes

- You **do not need to do this repeatedly** for the same issue
 - If you feel overwhelmed, stop and ground
 - This does **not replace therapy** for trauma
 - Avoid anyone who tells you cords are *dangerous* or *parasitic* — that language creates anxiety, not healing
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How Often?

- Once per issue is usually enough
- Repeat only if the emotional charge returns
- Daily cord-cutting is **not recommended** (it can reinforce fixation)

□ A More Compassionate Reframe

Instead of “cutting cords,” many practitioners now say:

- *Releasing attachments*
- *Restoring boundaries*
- *Completing energetic cycles*

Those phrases are gentler and more effective.

Energetic Release for Reiki & Shamanic Sessions

(Client-Safe, Gentle Boundary Release)

How This Is Framed

In Reiki and shamanic work, this process is not described as “cutting cords,” but as **releasing energetic attachments and restoring wholeness**.

The intention is **completion and balance**, not force.

Opening the Session (Grounding & Consent)

Practitioner silently sets intention:

“This session supports gentle release, balance, and the client’s highest good.”

Invite the client to:

- Lie fully clothed and comfortable
- Take 3 slow breaths
- Feel supported by the table or surface beneath them

Optional spoken cue:

“You don’t need to focus on anything specific. Simply notice your breath and allow your body to relax.”

✧ Reiki / Shamanic Release Process

1. Identifying the Area of Holding

Without asking for details, the practitioner:

- Notices areas of tension, heaviness, or energetic pull
- Often common areas: heart, solar plexus, shoulders, hips

No storytelling is required.

2. Gentle Energetic Softening (Very Important)

Before any release, the practitioner focuses on **softening**.

Energetic intention:

“Any energy that no longer serves may begin to loosen naturally.”

Hands may be:

- Lightly placed
- Hovered
- Or working at a distance

This step prevents emotional overwhelm.

3. Energetic Release (Non-Violent)

Instead of “cutting,” the practitioner works with **dissolution**.

Common imagery used silently by the practitioner:

- Threads gently dissolving into light
- Old connections unraveling and returning to neutrality
- Energy flowing back to its rightful owner

Internal intention:

“This connection is complete. What belongs to the client remains. What does not may return to Source.”

4. Calling Energy Back (Essential Step)

After release, always **fill the space**.

Hands are placed over the cleared area while focusing on:

- Warmth
- Light
- Steady presence

Energetic affirmation:

“The client’s energy returns whole, calm, and balanced.”

This step prevents feelings of emptiness or fatigue.

5. Sealing & Stabilizing

To close:

- Hands move to feet, heart, or crown
- Energy is grounded downward

Closing intention:

“The client is grounded, protected, and complete.”

Post-Session Integration (Optional to Say Aloud)

“You may feel lighter, calmer, or simply relaxed. Drink water and rest as needed today.”

Avoid suggesting dramatic emotional release unless the client reports it.



Practitioner Best Practices

- Never frame cords as *dangerous, invasive, or external entities*
 - Avoid language of “removal” or “attack”
 - Never encourage repeated cord-cutting for the same issue
 - Always prioritize grounding and filling after release
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☐ Shamanic Variation (If Applicable)

In shamanic work, this may be described as:

- Retrieving lost energy
- Releasing outdated agreements
- Restoring harmony between the client and their environment

Still:

- ✓ Gentle
- ✓ Respectful
- ✓ Client-centered