

# Body Wisdom Energy Healing

## Module 6

### Part 1: Cords-Part 3

In our past two classes we have learned the basics of cords and cording. To quickly review,

- You have cords in every chakra to all the individuals in your family of origin, as well as, those who you are deeply involved with currently (children, partners, friends, et.) The male individuals will generally be located on the right side of your chakra centers and the females on the left. The main power center that will have the most influence over these cords is the heart chakra or heart center.
- There are also cords that we consider inappropriate from anyone who might be drawing energy inappropriately from your client through anger, blame, judgement, etc.

Now, we are going to go a bit deeper into familial cords and see how they relate to your core life issues...what you came here to learn and resolve and how you can learn to work with that to more effectively manage your life.

#### Our Past Life History and Your Family of Origin

As you have probably heard me say before, all of us come into this lifetime with exactly what we left with the previously lifetime. Whether it seems like it or not, we came in with a very precise and definite plan of what we wanted to learn and accomplish in this life. Much of it had less to do with material manifestation, as it did with “getting it right” in your attitude and relationships with yourself, others, Earth and Creator. We all have much to “clean up.” In order to do this, we strategically asked specific individuals to partner with us to create scenarios in this life that would resemble in some way, issues that we were dealing with previously. We usually have issues to resolve with just about everyone in our family of origin.

The issues we are dealing with are the same ones we exited with in previous incarnations. Many of us left badly. We were angry, sad hopeless...and the list goes on. When that happens, part of our soul can get cut off, actually left behind. We have a hard time getting all of us “into the light” because part of us is still ‘stuck’ in places all over this planet. Luckily, most of the scenarios we have created in this life are somewhat less violent than they were previously. But when we are involved in those energetic exchanges with others that were **“set up by us, so we could figure it out this time,”** it may not feel like it. It may feel like the hardest thing we have ever done. We may tend to do it over and over again. We may also notice that the emotion we feel in those situations is way out of proportion to the event that is taking place. **Whenever you find yourself (or a client) in a situation that feels like that, with either yourself or someone else, it is your clue to PAY ATTENTION!!**

It is usually a good indicator that you are dealing with a core life issue, one that you or your client came here to resolve. Once you identify that, you can begin to follow the road map backward through your own, or your client’s personal history and discover how to resolve it.

## Tracking Issues

The pivotal relationships in people's lives are generated in their family of origin. Why? They were the ones who knew you first in this current lifetime. They are under contract to re-program you to have the same fears, doubts, angers and judgements, emotional make-up (you name it) that you left with and thought you got out of! So, like it or not, it may be their job to do things that may cause us distress in some way. It may also be their job to do really nice things for you, as well. However, the truth is, we all plan it! Our High Souls are overseeing the situation and giving us all the opportunities they can to make right choices. Our goal is always forgiveness, unconditional love and light for ourselves and all others involved.

As an example, let's say someone finds themselves in a partnering relationship, with a husband, wife, or life partner that has a problem with integrity. No matter how many times they have had discussions with the partner in question, it still keeps happening. It appears that the partner cannot be truthful. Of course, the likely way to look at this situation is that the one who is lying is "the one with the problem." It would be really easy to write them off and move on to the next. And that may happen. But then, wonder of wonders, uh-oh, the next partner does it too! Hum... What do you think this could be an indication of?

How could it be resolved?

One way would be for the partner (who keeps finding partners who lie to them), to begin to look at their emotional attachment to the issues in the relationship. Do they exert a lot of power and control in the relationship? Do things have to be perfect? Do they have to be in control all the time? Is the person who does the lying, afraid? They might begin to ask themselves, what am I afraid of that I feel I need to control everyone and/or everything? What will probably be uncovered is a fear that one or both of them brought in that can be traced back to their family of origin. By recognizing the belief-system distortion creation in the familial roles of the family of origin, current issues can be resolved and individuals can begin to move with more harmony and grace through learning with current partners. It is possible to clean it up without re-creating it.

Naturally, seeing this in your own life is your journey. Helping your clients walk this path is totally another. It is important to remember as you work with folks, that as their healer, you may see very clearly the old story and the path that they need to take to get them to the outcome they want. But your job is not to do that, but to let them come to that conclusion (or whatever conclusion they come to) and remain unattached to their outcome. Your job is to help them get unstuck, but still be able to make their own choices.

Below are a list of tools I offer my clients to assist them in untangling their cords and discerning life lessons with those they love.

**The Formula of Compassion** – If you are working with a client and come across an issue with a loved one that keeps surfacing, this tool helps them trace the problem back to the original lesson they were trying to learn. You can do the process with them during the healing and help them process while they are on the table. Or you can make a handout to send home with them to journal with, so they can get to answers on their own.

1. Isolate an issue between your client and another person that keeps recurring.
2. Tell them, "Ask your guides and angels for help."
3. Have them ask their guides, "What was the contract I had with this person, what was I hoping to learn?"

4. Have them ask, "What is the reflection of this in my current situation? (Where does it feel the same?)"
5. Have them ask, "What is the gift this person is trying to give me?"
6. Have them ask, "Knowing this gift, can I release any anger, blame, or judgment I hold toward this person?"
7. Have them ask, "Knowing this gift, can I release any anger, blame or judgment I hold toward myself for the role I have played in this situation?"
8. Help them create an affirmation or release statement that they can use (repetitively) to anchor this new way of thinking into their life.

Inform your clients that just because they do this, doesn't mean it will all cease automatically. In fact, the issue will probably resurface again just to let them look at where they are with the issue and if it is resolved. If there is still a charge around it, they can walk themselves through the process again (or you can do it if they are on the healing table.)

Since this is going to be an on-going journey, I also give my clients other tools and suggestions of things they can do on their own to process through these situations. You cannot do this work for them. Your job is just to isolate the blockage, remove it on an energetic level and untangle any cords with the techniques we have learned, and then point them in the right direction.

Here are some other suggestions I give my clients:

**Journal.** Some people find much success with writing out their feelings and the events that have caused them pain so they can release them. It is also helpful because you can go back and read it later and see how you have progressed (or not) as you go along.

**Processing Out Loud.** Others find that they simply must talk it out with someone. In this case it is usually better to seek out professional help (a counselor, minister, energy healer, coach, etc.) to listen and offer advice rather than just a friend, as these kinds of conversations can degenerate into a "feeding frenzy" rather quickly. In this situation you always want to encourage your client to focus their attention on what THEY are doing and how THEY are contributing to the situation, not all the "mean and stupid things the other person is doing to them." If they go down the 'bad' path, they will just get re-corded up with the other person and begin to feed on them. Encourage your clients to remember, they contracted with these people to learn a lesson. They are both equal participants in the event!

**Regular energy work and/or past life regressions.** If you get into situations like this with your client and they truly want to work through them, *REGULAR HEALINGS* will help them move through to completion. If they try to do it on their own, they may go partway down the path and then just stop. If they get to a place where they just can't seem to get through it, suggest a past life regression.

**Intention and Ceremony.** If your clients are familiar with setting intentions and doing personal ceremony, this is also a great way for them to process their situation and work through it. Setting an intent to "clear the issue" or "get clear guidance," etc., then opening a circle, dancing, doing a sweat, firewalk, pipe or personal ceremony are all good ways to get good information and move through energetic blocks.

In this class we are going to do a basic healing, and just be on the lookout for any “cord action,” that might need to be addressed. I have outlined the basic procedure below. I have also included the releases, the eft process, and the Formula of Compassion so they are all handy.

## Procedure

1. Do a regular chelation (or other healing modality) noting which chakras may be in need of cord work through the pendulum and intuitive guidance, removing clouds and mucus on the 2<sup>nd</sup> and 4<sup>th</sup> levels.
2. Cords are located on the fourth level, so stay in this level if there is any cord-work that needs to be done.
3. ***If familial cords are congested, clear the pod from the appropriate chakra using the following steps through step 12.*** If there are ***no familial cords***, but some inappropriate ones, skip ***to step 13***. Clear mucous and clouds from around and between cords. There are usually 3 or 4 cords attached to a pod. You may need to clear more than one pod. You can determine this by checking with a pendulum when you have finished with a pod.
4. Extend the cords out into space.
5. Repair and re-structure the walls of the cords, reinforcing them.
6. Follow each cord to the person on the other end to whom it is attached and kinesthetically connect with the absent person. If this person is deceased, you may have to search up through the levels or get help from Divine Guidance.
7. Telepathically ask the person for consent for you to work on the cords to clear the connection.
8. You may have to work with the person to get them to agree. If you cannot get an agreement, then you are not free to work on that end of the particular cord. In that case, just clear the end connected to your client.
9. Once you have an agreement, assist in running that cord from the other person smoothly to its appropriate place within the client. You may receive guidance to run some of these cords deeply into the client’s inner core. This is high level work and it is necessary to pay attention to your intuitive guidance.
10. Make sure the cords are clear and appropriately connected both to the client and the others involved.
11. If this is a relationship that is particularly taxing for an individual, at this point you may want to install a “butterfly valve” inside the cord so that the client can shut off interaction or energy running to that person. If this is the case, install the valve at this time. (To install a valve, simply ask Archangel Michael for a valve and place it in the cord.)
12. Remove any remaining mucus or clouds around the area, fill with rose light, and chelate up from that point.
13. ***If you find inappropriate cords***, ask for permission to remove the cord. Since these are not permanent cords, reach in and remove them, returning them to their sender. Be sure to have a conversations with your client as needed about how to not be vulnerable to this type of intrusion.
14. Spray the area with rose light.
15. ***If this is a cord in need of Recapitulation***, follow the instructions for Recapitulation **BELOW**, then remove the current cord and spray with rose light.
16. Close as usual.

## Recapitulation

Here is how you de-cord an earlier event:

1. Ask the client to feel the emotion that comes up with they think of the person currently corded to them. Tell them to feel it deeply. Then tell them to go back to the first time they ever felt that way. They will then tell you an emotional story from probably childhood.
2. Ask who it was with. Have them tell you the story. Explain that when that happened that other person (probably a parent) sent out an inappropriate cord to them. Ask them where they feel that. Ask if you can remove it. When they tell you, tell them to take a deep breath in. Reach in and pull the cord and hand it back to the other person as they exhale.
3. Then tell them that they also sent out a cord to that other person. Ask them where they sent it from and where they sent it to on the other person's body. Once again, have them take a deep breath. Reach up and grab the other cord away from that person and return that energy back to the client as they exhale.
4. Then remove the current cords as usual. Spray the area with rose light.

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## "The Magic Pills – The Releases"

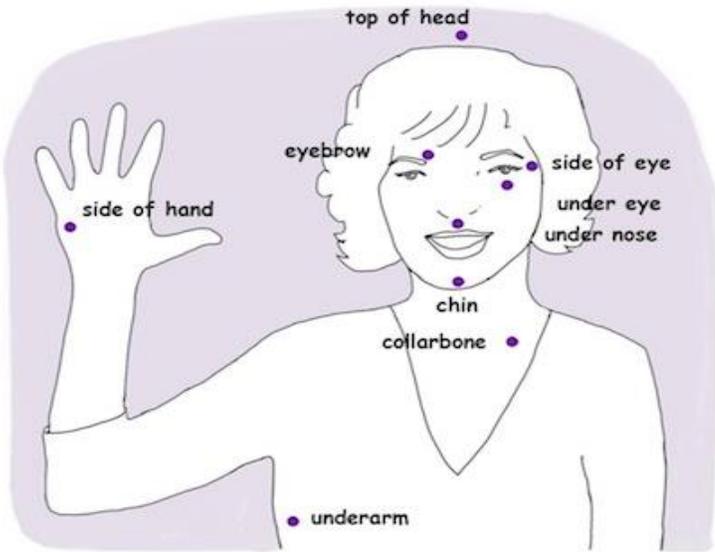
The following "I statements" are life savers when it comes to inappropriate cording. By using I, you enact the God-force within and literally command yourself to let go of your attachments. It works like a charm, even and especially if you don't feel it at the time you say it. So I tell my clients to just say them, whether they feel them or not. If they say them enough, eventually their feelings will catch up. It is also a good idea to have them say them while they are on the healing table getting work done. It helps them go deeper into their field.

I release my anger, blame and judgment at \_\_\_\_\_.

I release the use of my thoughts and words to source inappropriately from \_\_\_\_\_.

I release any and all attachment to \_\_\_\_\_'s behaviors, choices, outcomes, words, or thoughts of criticism."

# TAPPING with *Marcella*



## EFT HOW-TO CHART

**Focus on the distress you want to resolve.** If you have several issues you want to work on, focus on the one that's most stressful right now.

**Assign a Subjective Units of Distress (SUD) to the problem.** On a scale of 1 (lowest) to 10 (highest), rate how intense the distress is.

**Create a setup statement.** "Even though I [state the problem], I deeply love and completely accept myself." Repeat the statement aloud 3 times while tapping on the fleshy part of the outside of the hand with the four fingers of the other hand.

**Tap around the points.** Tap lightly about five to seven times on each point in the illustration, starting at the top of the head and ending at the underarm point.

While tapping on the points, say aloud to yourself a short reminder phrase to keep the focus on the issue you're tapping on.

**Remeasure your SUD level.** After you complete a round or two of tapping, re-visit your initial distress. What SUD number would you give it now? If you're not yet at 0, begin the process again. The goal is to get your SUD to 0.