

Don't Cut the Cords!

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I'm sure that many of you in the course of your spiritual journey have come across the concept of "energy cords". Whenever we have contact with somebody, we literally connect with them via invisible, yet often tangible threads of energy that connect us to others usually via our chakras. These threads of energy can also connect to us via specific organs and other areas of the body.

It is through these energy threads that we exchange – receive and transmit – information and energy between ourselves and others as well as with more subtle energy realms (angelic, guides, our own Higher Self etc). Our intuitive sense are also fed via these connections. If a relationship is intense, whether negative or positive, these threads will often become thicker and more defined energy cords, some of which can remain long after the physical connection with an individual has ended.

We can either be nourished by the energy moving through the cords, or find ourselves becoming drained of our ability to sustain our internal power if the relationship was a negative one. In other words, the other individual either lovingly supports or literally sucks our power from us – I have known a few of the latter in my lifetime!

As we develop greater self-awareness, we begin to learn about the management of our energy and for most of us, this also means becoming aware of how to protect our auric space and free ourselves of negative or energy draining links with others.

At the vibrational level all energy attachments or cords are at their core simply a vibrational mass of fear manifesting in any number of emotional disguises such as resentment, an inability to forgive, envy, hurt, anger and so on. I am sure you can think of many more 'unloving' emotional connections that you can add to the list! These essentially represent patterns of behaviour that we must transform if we wish to move into higher states of consciousness and spiritual awareness.

Whenever we hold thoughts or emotions of fear, unworthiness, anger, hatred, dislike, self-loathing etc, this vibration ripples out attracting the same vibration back to us through circumstances and people resulting in an energetic linkage, or energy cord. It is clearly in the interest of our evolution and development to release or remove as many of these cords as possible to increase the overall vibration of our being.

The traditional way of doing this in almost all of the spiritual literature I have come across is Cutting the Ties, or cutting the cords. From working with Archangel Michael and his flaming sword, to imagining pink ribbons that you cut, most of the processes involve a severing concept of some sort. In other words, you would go into meditation, find out where the energy cords are and where they are attached and then see yourself cutting them, then sending loving energy to seal and protect your space (in one way or another).

This method of releasing one from the energetic connections through the cords was the way that I was also taught to work earlier on in my own spiritual journey. I even experienced the reality of this connection when I received a phone call from an ex-partner just as I was about to cut the cord! He actually said he didn't know why he was calling, just

that he had a sudden urge to do so – the timing was incredible, and I know that at an unconscious level he felt what I was about to do.

However, a number of years ago, I was busy doing some remote healing with a client and I could see an energy attachment to a past life personality that I was told the person needed to detach from as part of their healing. I immediately prepared the space to cut the energy cord (along with some other work), and heard a booming voice in my head that said :

"Don't Cut the Cords!!"

The voice was so loud that I immediately opened my eyes to see if there was anybody else in the room! I closed my eyes again and placed a loving intent into the space, thinking that perhaps I hadn't quite prepared and protected the space correctly and prepared to do it again.

"DON'T CUT THE CORDS!!" I was again told in no uncertain terms, and even louder than the first time!

So, realising that I was hearing Spirit, this time I listened and asked "why not?", and received information that made such beautiful sense.

I was told that any time we 'cut' the energy cord between our own being and any other person, being or entity, it is akin to a **trauma** that leaves an imprint or memory in our energy field resulting in a weakness or distortion within our energy field. This area of weakness leaves us open to attracting further energy vibrating in alignment with the original fear.

I could feel the truth in these words as I heard them, and recalled a friend, who, many years ago did a cord cutting exercise and realised that the energy cord was so thick that she had to visualise a chain saw to cut it. She physically felt pain as she did this which is not surprising. Can you imagine being hacked at in order to release yourself from another??

Spirit then showed me a way of working that literally resulted in the cords dissolving, and as they did I could see and feel the deep fear of the energy within the cord – this in turn generated an incredible surge of love and compassion that infused the energy field of the person I was working with. My spiritual helpers were then on hand to assist with a loving, gentle release of the attachment and the cord literally began dissolving.

Do not CUT energy cords when you find them, but seek to find the source of the cord within yourself. Concentrate on filling up your heart centre with a golden rose coloured energy, then transmit this loving soul energy from your core into the source of the cord. As you do this, the energy cord will literally dissolve from the inside out, transforming the negative pattern of energy and gracefully releasing you and the other person from this pattern.

There is an elegant simplicity to this process.

Even while I seek and sometimes go deeply into the esoteric understanding of spiritual development and energy work, the energetic alignments I have been gifted to work with have been a constant reminder of the simple and uncomplicated nature of our deepest essence. It is the human mind and ego that seeks to complicate things and set up elaborate structures when this simply is not necessary.

Love, beauty and honouring our own truth are our gift to the world.

This insight and exercise are part of a Home Development program, "A Call to Presence", which has been developed by Julie to provide a practical framework for strengthening your own Higher Self connection. This program is focussed on supporting you in becoming your "diamond self" in a non-fluffy, down to earth way that is also guided by Spirit and supported by science.

Julie is the originator of "The Diamond Light Grid Alignment", a process that assists you in restructuring your energy fields for optimising your potential and maintaining balance. It is "ascension" in its most practical form!

Julie also runs a number of hands-on Diamond development and other spiritual expansion workshops.

**For more information, please visit :
<http://www.diamondlightworld.net>**

