

**MAMMAS
ON A
MISSION**





s.1 | e.10

Clair Hill

Spiritual Life Coach

"I will meet you where you are on your journey, not where I think you should be"

Clair is on a mission to teach people at any stage of their lives they can
"Soul Scape" - redesign, grow and nurture the next version of you.

PSYCHIC AND MEDIUM

clairhillcoaching.com



Photography by [Tiny + Brave](#)

Cord Cutting Practice

Created by Clair Hill - Spiritual Life Coach

Cords are attachments in your energy body to external energies such as other people, places and situations or beliefs.

Cord attachments can often drain us of energy, vitality or mental focus and can be an added stress and physical pain.

These attachments can occur when we allow those outside energies to feed off of us or to mistaken us as their source and support.

Cords can also form from negative abusive imbalanced relationships, fear surrounding situations and beliefs like your job or money.

Detaching from the negative energy is done so you can experience more freedom, health and peace.

Cord Cutting can improve your wellbeing, clear your energy, heal you physically and change relationships.

Cords can be sent to you via social media, in person and over the phone. It can feel like a weight on your shoulders, but you are not 100% sure where it is coming from.

It can also be positive attachments that are maybe just too needy and they can also appear as “*energy vampires*”.

Energetic Cutting Ritual

Identify the person that is being the “energy vampire.” It could be a relationship, old boss or friendship.

Choose one person.

This cord can deplete you of energy and lower your power. We cut the cords to take back our power.

Invite in Archangel Michael (in a nutshell he is the go to angel for protection) see that person in your mind, feel the cord. Where does it lay within your body?

Feel into and really focus on that area and that feeling.

It may be your heart, arms, legs, back, shoulders, chest.

Sacred Contract

The next step is the sacred contract to this person (can be said in your head or written down, whatever you feel drawn to do.)

Dear we are no longer in an energetic relationship. This energy is no longer serving me.

Expel this negativity from my body, turn it into white light and return the clean energy to me.

Listen to the Meditation

Cord Cutting Meditation - **LISTEN NOW.**

This is pretty much everything that we are doing but after this meditation do the next step below so you can do it down the track by just visualizing and not using a guided meditation.

After the meditation, turn it off and focus on visualizing the image of you using a sword, knife or scissors or it may be archangel Michael that comes in to help you cut the cord.

Cut the cord in your mind from that person. See the cord cut to the ground. You will feel relief immediately.

At the end say - **I command that I retrieve any energy that I have lost.**

You can use these steps over and over to cut the cords to all of the people that no longer serve you.

I would recommend tuning into how you feel to dictate as to how often you do this. It is something that I will do daily to clear my energy.

Let me know feedback of how you feel after – and maybe write down over the next few days what you feel.