



ENERGY HEALING INSTITUTE

Education for The Consciously Curious

Clearing Cords

Clearing Cords enables interactions with others to operate in current time, without the baggage of other times, places and experiences.

To Clear Cords, visualize the Chakra as a round ball of energy, with energetic Cords attached to its surface – with suction cups.

Imagine a pair of hands that gently covers the surface of the Chakras, releasing the cords and other person's energy and reclaiming your energy from his or her Chakras.

