



# CUT THE CORDS

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# ENERGY VAMPIRE

*(Toxic Person)*

**Energy vampire (toxic person)** is someone who has long-term low energy and therefore he or she needs to replenish the energy from someone else. Most of the time, they do it unconsciously and unintentionally. You, yourself, might be an energy vampire to someone you know without even realizing it. The important thing to keep in mind about energies is that we always pay back whatever we take. It's also true the other way around, we receive a "positive interest in our energy investment" when we uplift someone. When people act shady, allow them. When people betray your trust, allow them. But never, ever sink to their level. Their choices are a direct reflection of who they are, not who you are. No matter how angry, hurt, or disappointed you may be, do not allow them to make you bitter. Surround yourself with people that push you to do and be better. No drama or negativity. Just higher goals and higher motivation. Good times and positive energy. No jealousy or hate. Simply bringing out the absolute best in each other.

## ENERGY CORDS

This cord has the ability to share energy and transmit a high frequency of communication, which may explain why we often feel and connect telepathically to our partner's thoughts and emotions. When the cord is healthy, it can create a vibrant, energetic source exchange but when the cord is unhealthy, it can often lead to feeling controlled or drained in energy. Most of us will intuitively know how strong our cord is with someone, but if you are unsure, a good measure is how strongly or how often you think or feel towards someone, especially if the thoughts are obsessive, manipulative, or fearful.

## CUT TOXIC EMOTIONAL CORDS

Bathe in sea salt, Epson salt, and or Himalayan salt. Negative, toxic cords of energy cannot hold a charge when you bathe your aura in sea salt.

Visual the other person and or situation in your mind, a pair of scissors, and a rope. In your mind's eye, see the rope connecting you to the other person and or situation. Take out your scissors and cut the rope. See the cord of energy severed and go back to both you and the other person. You are now free of the energetic connection with this person.

Positive subliminal messages meditations work wonders reprogramming your thoughts and help you redirect your energy.

Avoid drama at all costs! If you should find yourself in the middle of a gossip session, respectfully excuse yourself from the conversation. Drama and gossip automatically create toxic cords.

# CUT TOXIC EMOTIONAL CORDS

Close your eyes and take three deep grounding and centering breaths. Imagine your energy field is about to be shaved. First, take a moment to become sensitive to your own energy. Become sensitive to the air currents around you. Let your consciousness drop deeper as you continue to breathe deeply. In your mind's eye see or feel energy streams you have coming from your own aura leading to other people. Mentally see these connections as tubes of light linking you to other people in your world. Take a razor, shaver, processor blade, whatever you feel will do the job and shave your entire space. Bonds to other people can be recreated if you want. For now, enjoy your own space.

## VISUALIZE HEALING THE CONNECTION

If there is a particular person in your life that is troubling you, perhaps take a moment to still your mind and visualize the type of cord you have created with this person. Our imagination is often very good at picking up on the subconscious energetic patterns we may have created. Once you have an understanding of the energetic cord, you can visualize how you want the cord to look or you can do a cord cutting ritual. This cord-cutting ritual is great for "resetting" the cords that you have between another person.

Learn to say no. When you say no to someone, you stop the energy flow between you two. They can only steal energy from you if you agree with it at some level (even unconsciously). Your energy always obeys your orders. Think about the moment when you were proud of yourself for saying no to someone. Did you feel more empowered? The reason is that you stopped donating energy to them and instead stopped the flow. Having clear boundaries is very important for creating a balanced life. When you say yes and you know that you shouldn't have, you betray yourself.

Love is the strongest energy. Just like in fairy tales, love always wins. If you manage to feel love and get yourself into this highest vibrating energy then no one can affect you. I know that it's difficult to stay there all the time but you can also feel love for some period of time when you're consciously dealing with the energy vampire. They don't want your love so they'll fall away.