

A **Cord Cutting and Clearing Healing Session** is designed to help a client release unhealthy attachments and energy cords that may be draining or limiting their emotional, mental, or spiritual well-being. These cords can form between people, places, situations, or past experiences. During this type of session, the client may experience a deep sense of emotional release, energetic clearing, and healing. Here's a detailed description of what the client might experience during a **60-minute Cord Cutting and Clearing Healing Session**:

1. Pre-Session (5 minutes)

- **Preparing for the Healing:**
 - **In-Person:** The client arrives at the healing space, which is typically calm, quiet, and peaceful. The healer might light candles, burn incense, or play soft music to create a soothing environment.
 - **Remote:** The client prepares for the session in a quiet and comfortable space. They may lie down or sit in a relaxed position and be encouraged to close their eyes, breathe deeply, and focus inward.
 - **Setting the Intention:**
 - The healer asks the client to reflect on any relationships, situations, or experiences that may be energetically draining or limiting. The client may have a specific person or past experience in mind, or they might simply wish to release any negative attachments that are impacting their energy.
 - **The Client's Intention:** The client may verbally state or internally set the intention for releasing specific cords, which could relate to past trauma, unhealthy relationships, limiting beliefs, or other attachments.
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2. Grounding and Centering (5 minutes)

- **Client Grounding:**
 - **In-Person:** The healer may gently guide the client to ground themselves by using techniques like deep breathing, imagining roots extending from their feet into the Earth, or gently placing their hands on their body to help them feel present and relaxed.
 - **Remote:** The healer may guide the client to focus on their breath and visualize roots growing from their body into the Earth, creating a sense of stability and connection.
 - **Centering the Healer:**
 - The healer may perform a brief centering practice to clear their energy and focus entirely on the client's healing.
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3. Scanning and Identifying Cords (10 minutes)

- **Energetic Scanning:**
 - **In-Person:** The healer may use their hands to scan the client's energy field, often focusing on the heart, throat, or solar plexus areas (common sites for cords to attach). The client might feel subtle sensations in their body, such as tingling, pressure, or warmth, as the healer tunes into their energy field.

- **Remote:** The healer tunes into the client's energy remotely and may feel intuitively where the cords are located, often focusing on emotional or energetic blocks. The client may experience sensations of heaviness, discomfort, or coldness in certain areas of their body.
 - **Identification of Cords:**
 - The healer might ask the client to visualize or bring awareness to any specific relationships or situations that have left energetic imprints or cords. The client may feel a sense of clarity as old patterns or attachments come into their awareness.
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4. Cord Cutting and Clearing (25 minutes)

- **Energy Cord Cutting (the actual process):**
 - **In-Person:** The healer may use hands-on or energy-based techniques to cut the energetic cords. This might involve visualizing a cord being severed or using physical tools like a pendulum, scissors, or a crystal to symbolically "cut" the cords. The client may feel a sense of release, a shift in energy, or even physical sensations like warmth or pressure as the cords are energetically severed.
 - **Remote:** The healer uses their intuition and energetic tools (like visualization, intention, or symbols) to "cut" the cords remotely. The healer may visualize a cord being severed or energetically dissolved, sending healing energy into the areas where the cords were attached. The client may feel a sudden lightness, sense of relief, or deep release as the cords are cut.
 - **Emotional Release:**
 - During the cutting, the client may experience emotional releases such as tears, laughter, or a sense of liberation. Old emotional baggage or memories may surface as the cords are cut, allowing the client to process and release pent-up emotions. Some clients might feel a sense of grief or sadness as they let go of past connections, while others may feel an overwhelming sense of freedom and lightness.
 - **Healing and Filling the Void:**
 - **In-Person:** After the cords are cut, the healer may focus on filling the void with healing energy, love, and light. This might include placing their hands over the client's energy centers (such as the heart or solar plexus) to restore balance and offer energetic support.
 - **Remote:** The healer sends healing light to fill any empty spaces left by the severed cords, restoring the client's energy field and reinforcing their sense of wholeness and vitality.
 - **Protection and Rebalancing:**
 - **In-Person:** The healer may create an energetic shield around the client to protect them from re-attaching to old, unhealthy cords. This may include visualizing a protective barrier or using crystals or smudging techniques.
 - **Remote:** The healer may use visualizations or energy work to place an energetic shield around the client, helping them feel protected and balanced.
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5. Integration and Rebalancing (10 minutes)

- **Rebalancing the Client's Energy:**
 - **In-Person:** The healer may gently guide the client back to a state of equilibrium by placing their hands on or near specific energy points (such as the crown, heart, or solar plexus). This will help ground and rebalance their energy after the cord-cutting process.
 - **Remote:** The healer continues to send healing energy to the client, focusing on rebalancing their energy field and restoring harmony. The client may feel lighter, more centered, or deeply relaxed as the energy integrates.
 - **Calming and Grounding:**
 - The healer will guide the client through a final grounding exercise, ensuring they are stable and clear. This could include deep breathing or imagining roots grounding them into the Earth to help them process the energetic changes.
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6. Closing and Feedback (5 minutes)

- **Closing the Session:**
 - **In-Person:** The healer might offer a gentle closing touch or perform a final grounding gesture, such as pressing their hands on the client's feet or shoulders. The client is invited to open their eyes slowly and begin to come back into full awareness of their surroundings.
 - **Remote:** The healer will close the session energetically, thanking the healing energy and ensuring the client is fully grounded and protected.
 - **Feedback and Reflection:**
 - **In-Person and Remote:** The healer and client discuss the experience. The client may share sensations, emotions, or shifts they felt during the session. This feedback can offer insight into the healing process and allow the client to reflect on how they feel after releasing old energy cords.
 - The healer may offer guidance on how to integrate the changes after the session, such as journaling, self-care practices, or continued meditation.
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Post-Session (Optional)

- **Hydration and Aftercare:**
 - The healer may recommend that the client drink water to help flush out any residual energy. They may also suggest that the client rest or take time for self-care to integrate the healing.
 - The client might experience continued emotional processing in the days following the session as the energy shifts and balances itself.
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Summary of the Client's Experience:

- **Pre-session:** Setting intentions and preparing for the healing.
- **During the session:** Grounding, identifying, and cutting the energetic cords, followed by emotional release, energetic healing, and protection.
- **Post-session:** Integration and grounding, followed by reflection and feedback.

The client may experience **emotional release, physical sensations**, and a **sense of freedom** as old attachments and energies are cleared. Afterward, they may feel lighter, more empowered, and deeply connected to their own energy, ready to move forward without the energetic drain of past attachments