

Releasing Cords with Gala's assistance

Know thy center: The Axis Mundi looks like a giant column of powerful, brilliant light running up the center of your Sacred Heart (full length of your body), or it can be seen as a Tree of Life within you whose roots extend down into the planet and its branches reaching upward into the cosmos. When these connections are not as extensive as they should be for health, we take on cords from others to compensate for these dysfunctional or non-existent connections. These cords need to be disengaged and healed in order to have healthy interactions between the two (or more) people involved.

1.) say: Know and accept; Let love flow.

Explanation: Know of the existence of the cords and accept the energy, though misdirected, that caused the cord in the first place. Love is what will heal the need for the cord to exist.

2.) say: Know the energy; Honor its truth.

Explanation: Know about what was the driving force for the cord to have come into existence in the first place. By honoring the reason as to why your body took on the cord, there is no longer any reason for it to hang on. The reason will feel like a "truth".

3.) say: Release the bonds; Release the hold.

Explanation: Now that the cord's reason for its existence has been honored, it can be let go.

4.) say: Connect and grow.

Explanation: This command is about you growing and reinforcing roots and branches on your Axis Mundi when it's seen as the Tree of Life. Cords are taken on as an attempt to replace or to reinforce missing or malformed roots or branches.

5.) say: Open the gates; Allow the flow.

Explanation: This command allows Grace (healing energy) to flow through the new connections and fill them out to full size so that they can do the job they need to do.

6.) say: Extend the connection above and below.

Explanation: With this command, connections are sent out into all of the Planes of Existence, into the planet, and out into the Universe.