

The Need for Skill

A **cord of attachment** is an energy structure between two people that causes patterns from the past to continue into the present. Cords distort thinking and feeling, moving people around like marionettes.

If you can't see these invisible strings, how much do they matter? Cords of attachment may be the most significant, treatable cause of problems in your life, keeping you stuck in old patterns. This is the first book to teach a comprehensive method for removing them.

Cutting a cord does not mean ending a relationship. It means releasing problems that repeat endlessly on the level of energy.

Considering a tough relationship in your life now, you might wonder, "Am I better off with him or without him?" To decide most wisely, first remove the energy patterns that pull and tug at you, throwing you out of balance.

At least you never need ask, "Am I better off with or without my cord of attachment?" The answer will always be "Yes." Removing a toxic cord of attachment can only improve any relationship.

Sometimes those new to this form of healing worry, "But am I ready to let him go?"

Let go of what? Don't confuse spiritual ties with cords of attachment. Relationships generate both.

Frankly, you'll never be ready to release **spiritual ties**. Why would you? These are beautiful energy exchanges between yourself and those you love. To picture spiritual ties, think ribbons of beautiful light, not puppet strings.

Spiritual ties shine with caring, compassion, wisdom and other heart-melting qualities. We couldn't remove spiritual ties even if we tried. Here at Earth School, all our spiritual learning is cumulative, including the evolutionary power of spiritual ties.

Cords of attachment are another story. Even for the sake of healing a present relationship, it would be wise to remove its cord of attachment. Cords contain patterns of energy that are annoying at best, highly disruptive at worst. The negative effects of a cord of attachment are ongoing and chronic, repeating 24/7 at the level of the subconscious mind.

These energy-based attachments keep old history alive, inwardly repeating events or energies that you would just as soon forget.

When you got up this morning, chances are that you didn't consciously choose to rehash all the painful incidents of your childhood, then relive every trauma from school and work and then, just for fun, remember every time anyone hurt your feelings significantly.

Plus, if you've had any kind of love life at all, surely it has included disappointments and break-ups. Perhaps there have been unpleasant surprises, betrayals, maybe even divorce.

Did you consciously think about all those past influences before you got out of bed? I sure hope not! Still, every one of these memories lives on—vividly—in cords of attachment.

Negative energy from your past is whooshing in and out of your aura right now, moving through cords of attachment. Expect this patterning to continue until the day you die... unless you can release the cords.

So you can see why I'm so excited to be able to teach you this skill. We'll be using the method called **12 Steps to Cut Cords of Attachment™**. You can use it for yourself and also, if you wish, to help others.

What makes this particular method so effective for healing at depth? It contains a set of easy-to-learn techniques that wake up your **Deeper Perception**, which means noticing things at the level

of auras and angels, the very deepest human secrets. From birth, you have had a complete gift set for this kind of perception.

Picture using it, if you will, as learning to swim underwater with eyes wide open. Deeper Perception has a different quality from ordinary perception, yet feels completely natural and effortless once you learn how to use it.

Reading the human energy field in depth and detail, trusting your intuition, paying attention to what really is happening in the here and now—being able to do this is your birthright. Actually, you might also consider it a survival skill for the 21st century. All of us receive far too much information every day, complete with advertising and spin galore. How can you choose what really matters? Use Deeper Perception.

And what else works better with Deeper Perception? **Energy Spirituality.** This is my term for techniques that use direct awareness of the human energy field as a point of entry for holistic healing. Your success as a practitioner of Energy Spirituality is directly proportional to the clarity of your inner experience.

If you're new to Energy Spirituality, cutting cords of attachment is a fine place to begin. And speaking of preparation, any work you do that depends upon being perceptive has prepared you as well. *Emotional healers*, like psychotherapists, counselors and life coaches, are natural candidates for learning Energy Spirituality. So are practitioners of Energy Psychology.

What if, rather than specializing in emotions, you're already a *physical healer*? The 12 Steps to Cut Cords will add depth to your practice. So I extend a special welcome to every reader who already is a physician, chiropractor, Reiki healer, Healing Touch practitioner, massage therapist, physical therapist, or other health care provider. Doing yoga, Tai Chi and other forms of self-care can also qualify you as a physical healer, you know. All forms of Energy Medicine (including, and especially, Donna Eden's system of Energy Medicine) count as an excellent preparation for Energy Spirituality.

Finally, although you hardly need be a psychic or medium in order to cut cords of attachment (I'm neither), techniques in this book can help you to supplement any services you provide for clients as a *psychic-level healer*.

Whatever your professional training or belief system, all you really need bring to this work is an open mind and a willingness to open your heart. Plus, like the mainstream 12-step programs, the 12 Steps to Cut Cords of Attachment do require your being willing to connect to a Higher Power.

Otherwise, what you read here is very different from the original 12-step programs. For instance, you don't begin each cord-cutting with an announcement like, "I'm Bobby and I have a really bad cord to my Mom." Your opening statement will likely sound way more cheerful. At this point in our journey together, *my* opening statement goes like this:

"I feel so grateful to everyone who has prepared me to learn and teach this method."

HOW MY 12-STEP METHOD EVOLVED

The story began in 1985. A friend recommended that I go see a healer named Joanna Lester for "amazing" personal sessions that involved cutting cords of attachment. I wondered if this might be important for my spiritual quest. For 17 years, my life had centered around teaching Transcendental Meditation. While helping students, I did well enough. But my personal life was a mess. So I couldn't wait to find out if this cord-cutting stuff would help.

When Joanna opened the door to her house in Takoma Park, Maryland, I become more curious than ever. She was a slender, exotically beautiful woman with enormously kind dark eyes, an expressive voice, and a professional manner that immediately won my trust. Together, we entered a back room that she had fitted out nicely with a massage table. A sweet silence filled the atmosphere.

Thus we began the enormous task of upgrading my sanity by selecting one cord of attachment to cut. Joanna's work flowed like a graceful dance.

By the end, I felt dazed but happy. Joanna's insights were extraordinary, but aside from that I felt somehow different, helped beyond any healing method I had encountered before.

Later I would understand why. Her work belonged to the general category of Energy Spirituality, not psychological healing. At Step 10, I'll clarify this distinction. The important point for now is that, although both are important, these complementary types of healing are apples-and-oranges different from each other. Joanna's healing session had permanently changed my aura.

Back home, my usual skepticism returned. I thought, "Let's find out if all this happy talk actually makes any difference to my *life*."

Within a week, my life did change... significantly. So I scheduled many more sessions with Joanna, cutting a total of 14 cords. I overcame sexual addiction to a very unappreciative man. I released an eating disorder with a 10-year history. And I even made a start on loosening my slavish dependence upon the guru I had followed for most of my adult life, Maharishi Mahesh Yogi.

Nothing had ever helped me so much, not meditation, not psychotherapy, not crystal healing, not Reiki, nothing. Within six months, most of my significant cords of attachment were gone. Still, I nearly burst into tears at the end of one session, when Joanna told me she would soon move to Montana.

Numbly, I went home. Then I started thinking, and the very next day, I picked up my phone to make Joanna an uncharacteristically bold proposition:

"I've been watching how you do our sessions. I think that maybe I could do this kind of work."

Imagine—she didn't laugh. She listened.

And then Joanna did something unlike any spiritual authority figure I had ever known before. She offered to help me.

What a shock! Joanna cared more about helping people than protecting her turf. She sounded open and interested. Without making a big deal about it, she was introducing me to one of the great principles of New Age spirituality: Everyone has wisdom, not just some authority figure on high.

But at this point I knew nothing about New Age. I was used to the role of a spiritual ignoramus whose only hope was to diligently follow my guru's path. Now Joanna was treating me like a peer whose ideas deserved respectful consideration. I was flabbergasted, and all the more so when she added, "How about this? What if I come over to your apartment and you show me what you can do?"

"Show you what I can do?" I repeated lamely.

"Sure. You can try to cut a cord of attachment on me. Then I'll give you my honest opinion of your work. We'll find out if you really can do this thing."

We set a date. Immediately, my stage fright began. Of all the fears blazing around the back of my head like a miniature forest fire, the worst one involved clairvoyance. Joanna could easily see cords of attachment and everything else about auras. Not me.

In this respect, I was more like most people. I had an equally valuable but different gift set for Deeper Perception, something I'll be explaining at Step 3 in this book but didn't begin to understand in 1985.

At this point, I believed clairvoyants to be far superior to everyone else. So I figured my big audition would play out like *The Emperor's New Clothes*, where even a small child could spot the deluded fool—who in this case would be me.

When cutting my first cord of attachment, I would have been absolutely terrified if Joanna hadn't been such a sweet person. But she was, so I wasn't, and therefore the cord cutting actually went quite well. I enjoyed giving something back to the person whose work had helped me so much.

Afterwards Joanna praised what I had done. Deep down, I knew she was simply being honest, as she had promised to be. Despite my lack of clairvoyance, I had located the cord perfectly and done the whole job just fine.

I asked, “Do you think I could do this kind of work?”

Her answer was a resounding “Yes.” Generously, she even said that she would refer clients to me.

So I was on my way. One session at a time, I begin cutting cords of attachment for friends and, later, paying clients. Within a year, I quit my day job and turned pro. Credentialed as a minister, I hung out my shingle, becoming a practitioner of what I would eventually call Energy Spirituality.

DEVELOPING MY 12-STEP METHOD

Over the years, I learned from experience. Being technique-oriented, I experimented with refining the basic skills I had learned from Joanna.

My next important resource became a group that teaches something called “Inner Sensitivity” (www.teachingoftheinnerchrist.com). Rev. Rich Bell and Rev. Alix Sandra Parness taught me how to detect and remove various kinds of astral debris that can clutter up an aura. I also learned how easily I could connect directly with Divine Beings and yet remain myself.

Technically, this is called “**conscious channeling**,” in contrast to the **trance channeling** during which people connect with spirits of astral beings and sometimes are taken over by them, speaking in a different voice and, personally, being disconnected from the experience. (These days, my preferred term for conscious channeling is “co-creating with spiritual Source.”)

Back in 1986, I was finishing my second course in Inner Sensitivity when my teacher, Rev. Sandi, pulled me aside.

“You’re really good at this,” she said. “Please start to teach it. You don’t need to take the official ministerial training. People need this knowledge. Consider yourself a Lay Minister, effective right now.”

She then, of course, proceeded to knock me over with a feather—or could have.

But Sandi was quite correct that, thanks to her superb teaching, I had learned to consciously connect with Divine Beings. In years to come, I would write book after book by co-creating with one Ascended Master or another.

Other inspiring teachers who come my way were Tantra Maat (www.metapoints.com) and Bill Bauman (www.billbaumann.net). Inspired by their support, I refined my skill at developing The 12 Steps to Cut Cords of Attachment.

By 2001, I had cut so many cords of attachment that I could do it over the phone just as easily as in person, so 95 percent of my sessions became phoners. Next, Japan’s seminar company, VOICE, began to sponsor me, starting in 2003. I discovered that, with the help of a good interpreter, cord cutting could be done in any language.

Clients and healers from different parts of the world began asking me to teach them so they could do this kind of work themselves. For a spiritual teacher, there can be no sweeter call to action. In 2004, I started training students in my 12 Steps. Since then, several have turned pro, making me feel like a delighted grandparent.

This book was written as a teaching tool for those who don’t have the chance to study with me personally. *Cut Cords of Attachment* is for do-it-yourselfers aiming to cut their own cords, as well as for healing professionals who wish to learn a new skill set.

I feel confident that this book will give you all you need to know about this leading-edge technology. You will learn exactly the same method I use.

Eventually, if you wish, you can use this method to do professional-level paid work as a practitioner of Energy Spirituality. Or

you can cut cords as a volunteer. Perhaps you may always prefer to cut only your own cords of attachment. Are these great possibilities or what? Now, let me give you a clearer picture of what, exactly, is involved in cutting cords of attachment.

THE PROMISE

You meet John at work. Charming! Smart, too. He makes such a great first impression, by the end of the day you're thinking, "That John could definitely be friend material."

All it takes is one quick thought: "I'm interested." Instantly, the two of you forge a spiritual tie, all sweetness and light, just wonderful for teaching you both about *unconditional* love.

But something else is installed, as well. Faster than you could say "Abracadabra," you and John have been connected by an energy structure about *conditional* love. It becomes as real as the rest of your aura, this cord of attachment.

Cords carry very human emotions, like fear, pain, and worry. Regarding their consequences, they are not unlike puppet strings. And how quickly do they appear? Instantly.

In everyday life, most things take longer. Ever move to a new home where you must wait for days to get a land line? On the level of auras, no problem! Service is instant. Faster than any phone company, the Home Office will automatically install your cable or cord.

Well, congratulations... sort of. You and John are connected by a cord of attachment whose energy will distort your aura's normal functioning. John may become your best friend, a helpful colleague—or your worst nightmare. Whichever energy pattern between you becomes the most toxic, that will dominate your cord of attachment.

How long will the two of you remain connected in this way? Usually you will be stuck with that cord for the rest of your life.

No, I don't mean to depress you. But even after John drops his physical body (becoming what, in earth-speak, passes for "dead"), your cord to him will keep repeating its most toxic pattern, relentlessly repeating 24/7 right until the day you die.

Unless, of course, you can find someone with enough skill to help you to sever that connection.

Soon, of course, that someone will be you.

Physically, what is a cord of attachment? It is made of electromagnetic energy, the same frequencies found in other part of the human energy field, or aura. Later we'll go into more detail about auras. For now, does this help? You could consider the substance in question to be completely real and physical... for something metaphysical.

That cord reaches from part of your body to part of the other person's body.

"How big?" you may be wondering, starting to feel queasy.

When a cord is first formed, the circumference could be as small as a bite of rigatoni. But later, depending on what happens as your relationship develops, your cord to John could grow as wide as a decent-sized pizza. That size depends upon how much energy flows through the cord.

Unfortunately, bigger is not necessarily better. That's because a cord of attachment never contains positive energy. You know how people talk about giving with no strings attached? That would be spiritual ties, that other kind of connection I mentioned earlier.

Spiritual ties don't bind. Actually, a big part of our learning here at Earth School comes from those wonderful, super-evolutionary, positive relationships. Through them, we discover loving kindness, compassion, inspiration, and more. It is the stuff that makes angels weep for joy.

Cords of attachment, on the other hand, set off a different kind of weeping, the kind for which tissues were invented.

Admittedly, learning is involved, but it's a messier kind than the evolution we receive courtesy of spiritual ties.

Have you noticed? One of your biggest assignments at Earth School is to be yourself. For that, you may have to smash through a thousand illusions.

Energetically, socially, physically, sexually, psychologically, spiritually, etc., who are you? One worthy goal for human life is to serenely remain yourself, whatever the give-and-take between yourself and anybody else.

Cords of attachment make this harder. Cutting those cords makes it easier. Here are a few examples of the differences cutting a cord of attachment can make:

- Liam spent three years in psychoanalysis dealing with issues about his father. After cutting their cord of attachment, Liam stopped dealing and started living.
- Valerie's blood pressure would go sky high whenever she spent time with her sister-in-law. The reaction made no sense whatsoever, not until Valerie cut the cord and learned what she had been receiving through it: The equivalent of a ton of rage each day. Afterwards, the reaction stopped permanently.
- Rape, like any trauma, creates its own cord of attachment. Meg did all she could to get beyond the memory, but for more than 30 years she reacted to that rape every day of her life... until the cord of attachment was cut and, finally, she could go free.
- Brian wanted to stay married to Anne, but it was a struggle to deal with her mood swings. Having cut their cord of attachment, he found he could love his wife without taking on her problems, and because of the way the cord was cut, Anne wasn't hurt in any way when Brian regained his peace of mind.

- After realizing that she was in a cult, Sherry did what she could to exit, but this was as hard as leaving behind any other kind of addiction. Cords of attachment increase the challenge of disconnecting from bad influences. Sherry couldn't find the strength to start her new life until that cord was cut.

Yes, cords of attachment are energy structures that keep a person stuck in old patterns. Whether you want to release a relationship or continue it, you'll do better if you can release the corresponding cord of attachment.

For generations, cords of attachment were permanent. But living when we do, at a time of transition into the Age of Aquarius, techniques have become available to remove old obstacles. With skill, cord removal brings freedom to release energetic ties to the past, a freedom that comes cleanly and permanently, quickly and insightfully. That, of course, is what you can experience with the 12 Steps to Cut Cords of Attachment.

Cutting cords is an important set of skills for Energy Spirituality, a 21st century approach for breathing new life into the perennial search for spiritual connection. Humanity is evolving rapidly now, making Deeper Perception available to anyone who seeks it. Using this perception, reading the human energy field, it becomes possible to remove blockages to spiritual clarity. These are forms of astral debris, physical structures that exist at a metaphysical level.

Cords of attachment are especially important to remove. Whether you seek more intimacy in love relationships or a clearer connection to Spiritual Source, cutting cords can help bring the results that you seek.

In this book, I will teach you how to cut cords with professional-level skill, resulting in enormous gains for your emotional freedom, physical healing and spiritual awakening. Other benefits come just from opening up your inner circuits to make what I call an "Energy

Sandwich,” and not the least of these benefits is avoiding the problem I’ll discuss next.

THE PROBLEM

There’s one huge problem with cutting cords of attachment: Quality control. I don’t pretend that one and only one method will work. But many attempts to cut cords of attachment aren’t very effective.

Some people have heard only vague rumors about cords and how to remove them. And, bluntly, some practitioners have such limited technical skill at cord cutting—well, they’d do better wishing on dandelions.

Unfortunately, most people don’t yet know enough to be able to evaluate what’s being offered in the marketplace. Hey, it’s a cutting edge skill!

So how can consumers choose wisely? That big abstract problem with quality control gives rise to many smaller, tangible problems. Sometimes they’re sad, sometimes funny. Here are samples.

“I have a weekly appointment to see my healer. We have to keep re-cutting the cord of attachment to my mother.”

Hold on: We’re not talking manicures here. Cutting cords is supposed to change your aura for good.

Yes, with skill, a cord of attachment is cut *permanently*. Once should do it. The method you’re about to learn will do the job right.

“My healer tried to cut the cord to my ex, Joe. But Joe was way too powerful, so here-corded.”

Puhleeze! Nobody is that powerful. That’s like having a dentist say, “Sorry, I couldn’t pull that particular tooth. It was just too scary.”

When you have learned how to do the job properly, *nobody on earth will have the power to stop you* from cutting a cord of attachment. It’s a matter of technique, not which of you is bigger and badder, the healer or that scary person at end of a cord of attachment.

One story of questionable cord cutting was touching:

“It was a beautiful thing. My therapist asked if I was ready to cut the cord to my brother. I decided I was. After she cut the cord, it reattached instantly, only now it was a beautiful shade of blue. I guess that’s because I still love him.”

Look, I think love is beautiful, too. And I’m delighted to hear about a therapist cutting cords, because this can be such a powerful adjunct to more traditional forms of therapy. But *a properly cut cord won’t pop back up, like spam on the Internet.*

It’s great that this client put a positive spin on what happened, plus she has enjoyed a memorable experience of clairvoyance. But if she (or the therapist) think that they cut a cord of attachment, they could be fooling themselves.

Sometimes cord stories turn sinister, like this one:

“When my healer cut some cords of attachment for me, I know it really worked because two of the people had car accidents right afterwards. Isn’t that great?”

Not to me. Cord cutting, as you’ll learn it here, doesn’t involve black magic. “First, do no harm” is a time-hallowed goal of healers. The procedure you’re about to learn includes the principle of Divine Homeostasis, a term I will explain later. Meanwhile, know that nobody—and I mean nobody—is going to be hurt when you learn these 12 Steps to Cut Cords of Attachment. What I teach you will lead to *less drama in life, not more.*

After I facilitate a session of Energy Spirituality, a client might, perhaps, receive a phone call from the cordee, despite their having been out of touch for years. But car crashes? Never.

Hey, notice that? Did I just refer to the “cordee”?

Yes, **cordee** is my shorthand expression for “The person at the other end of a cord of attachment.”

Plenty of horror stories come, not from cordees, but from people who tried and failed to remove their own cords. The mildest version sounds like this:

“I cut all my cords of attachment, but so what? It did nothing.”

Of course it did nothing. Sure, I know that some people claim, “Anyone can cut cords of attachment. It takes two minutes.” In what fantasy world does that happen? And how long does brain surgery take there, half an hour?

Most of us have learned not to believe everything we hear, or all that we read on the Net, but some myths about cord cutting are spread by credible sources. For instance, the first person I ever heard discuss cords of attachment was a magnificent spiritual teacher (whose real name I won't mention for a reason that will soon become obvious).

“Gloria” gave me a past-life regression that changed this life forever. She introduced me to Ascended Masters and Archangels. And her character was as much an inspiration as her knowledge. Talk about sweet! Add hard working, compassionate, brilliantly smart.

Gloria's talents included highly developed clairvoyance. So, of course, I believed her when she said, “Any time you have a difficult relationship, call on Archangel Michael to cut your cord of attachment, and he'll do it instantly.”

No doubt, Gloria could see him doing this, too. But she hadn't studied cord cutting in depth, so I'm guessing she never checked back again the next day. Then she might have seen him replace that very same cord of attachment right where it had been before.

Now, if you've ever enlisted the help of Archangel Michael, you know that he does good work. But he won't simply follow your instructions if asked to do something that would, ultimately, hurt you.

As you'll soon understand more fully, the information in a cord of attachment is precious for spiritual and emotional evolution. We're not talking garbage here, where your highest aspiration would be to demand that some cosmic garbage collector takes the smelly stuff down to the dump. What happens if you don't actively use the in-

formation from a cut cord? You'll have to re-create that cord, or the equivalent, in order to learn the intended life lesson.

Nobody likes quick 'n' easy better than I. But some things in life take time. The 12 Steps to Cut Cords of Attachment are as quick 'n' easy as can be... while still getting the job done right.

And, in case you, too, have heard some famous teacher say something like the wishful thinking from Gloria, use your common sense. Just because a psychic can do certain things brilliantly doesn't mean she knows everything. That's God's job. So take the good from any healer or psychic, therapist or teacher, and leave the rest.

Okay, on to a comical story of no quality control, the woman who cheerfully told me:

"I cut my cords every day. It takes me hours to keep cutting them back."

And this is supposed to be a good thing? Is there soon going to be a pop culture version of cutting cords, like spending two hours a day perfecting your hairstyle? My goal is not to add yet another chore to your grooming regimen.

When you cut cords properly, the job takes minutes, not hours. *And every session of cord cutting brings about a powerful, permanent healing.* Lacking quality control, you could be doing the equivalent of trying to mow your lawn with nail scissors.

And speaking of problems with trimming, one client told me:

"I know all about cutting cords. I've been working at it for years. One cord was especially hard. It started bleeding and then it got infected."

Never, ever, in more than 20 years have clients of mine had reactions like this.

So, please, use method, not madness. You can certainly learn how to do these 12 Steps to Cut Cords of Attachment. Just keep reading.