

The Game of Life for the 21st Century BONUS

Disconnect the Cords Guided Journey

Get comfortable...

Place your feet flat on the floor. With your hands gently in your lap, close your eyes.

Focus your attention on your heart and take a deep breath and slowly release it...

Now shift your focus to gratitude of the blessings in your life. Embrace things that you are grateful for and feel the joy of gratitude. Take deep, full breaths of gratitude.

Ask yourself these questions:

Who am I?

What do I want?

What's my purpose?

What makes me happy?

Now simply allow yourself to be aware of your physical body. Your hands in your lap – your feet flat on the floor.

Now focus again on your heart – allow yourself to hear the beating of your heart as a sound or feel it as a sensation.

Take a few deep breaths...

Now I'll guide you through disconnecting the cords:

With your eyes still closed... We begin with a prayer...

Father, Mother, God, Creator of All That Is...

We come together as One with open hearts for healing. We ask that only those of the light be allowed to communicate with us and we ask for your guidance - from a safe space - to face, disconnect and heal pain from the past, in all directions of time. We thank you for your wisdom and your guidance.

In gratitude,

Amen.

Take a deep breath and see before you in your mind's eye, your mighty oak grounding tree. Walk over to the Tree and step into her open heart. Feel your feet merge with the roots and sink into the soils of Mother Earth, down to the core light within her. Pull the vibrant healing energy of Mother Earth up to your feet, up through your legs to your heart.

The branches of your tree open wide to the breath of God. Breathe in deeply of the life sustaining breath of God.

Now from the other side of the tree, Archangel Michael reaches for you.

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Firmly take his hand and step into the realm of the angelic.

With him are your angelic team of angels, guides, and teachers.

They've joined you to hold the safe space for healing in all directions of time. They form a circle of comfort and love around you, while Archangel Michael stands before you.

Ask your angels to show you the core - the beginning - from whence the painful energy you've been experiencing resides.

Allow yourself to experience whatever is revealed to you. You may see an incident in your mind's eye, or you may simply have a knowing within of meeting with the core of the energy.

With a deep breath, pull that energy into the light and allow Archangel Michael to have it.

With another deep breath... Allow yourself to see or feel where this energy is corded to your body.

If there are humans involved, whether living or deceased, ask them to join you in this safe space, so that you may disconnect from them as well.

Archangel Michael will hold the energy and supervise any human spirits involved.

Ever so gently, cherub angels appear and disconnect the cords from your body.

Where they disconnect the cords, a spot is left - it looks like where a vine has been removed from a tomato and that spot may be small or it may be large.

After removing each cord, the cherub angels gently fill the spots with beautiful, glowing love.

Allow them to remove all the cords...

Now with a deep breath, please scan your body to discern if there are any more cords attached to your body.

If there are, point them out to the cherub angels. They will gently disconnect the cords and fill the spot with thick gooey glowing love.

When you are fully disconnected from the painful energy and the people involved. Your angels and I hold hands, surrounding you with a circle of love - together, we send love to the painful energy and the people involved.

With each deep breath, the love light grows stronger and brighter - you grow larger and larger, and the painful energy and the people involved grow smaller and smaller and disappear in the light of love.

Now your angels and I send love to you... all the love of our hearts.

Breathe deeply and embrace this love that we send to you.

Allow the love to flow through your body touching every cell of your being with the love.

Now take a deep breath and thank all the angelic beings that have joined us and helped us.

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It's time to return to the physical world. Step back into your grounding tree and allow roots from your feet to travel through the soils of Mother Earth down to the core light of healing love within her.

With a deep breath, pull that loving light up through the soils, the water, the clay, back to your feet, up your legs, to your heart.

Step out of your grounding tree, bringing all the love with you. When you're ready... open your eyes.