

The Game of Life for the 21st Century Module Transcript

Module 20 – Chapter: Love – Mother Worry and How to Disconnect Cords

This is Module 20 – Mother Worry and How to Disconnect Cords

In this module I want to address being out of agreement with our children - specifically Mother Worry. Florence calls it Mother-Fear.

As parents, we judge the decisions and actions of our children - it's the human thing to do. And through this judgment, we decide whether we're in agreement with what they're doing - or not.

As a mother myself, I know when my daughter was born, the umbilical cord was cut. BUT... when it comes to Mother-Fear or Worry, the umbilical cord is never cut – it's ALWAYS there.

When we're out of agreement with our children, the resistance builds between us – and that resistance energy of fear runs right through that umbilical cord directly to our child. The child feels the resistance and then everyone is uncomfortable.

I've talked before about worry and how worry does no one any favors. When we worry about our children, we surround them with fear energy – and whatever fear energy they're dealing with will feed off that energy – growing till it threatens to consume.

The action step of worry is harmful to both our children and to us physically. Worry has the power to make you sick.

Florence teaches us that Love is the most powerful magnetic force in the universe. When we bless someone and infuse them with all the love of our heart – sincerely... from our heart... the way is opened for healing. The love opens the way to create a higher outcome.

When we hold our children in love energy – even when we're not in agreement of what they're doing or saying, two very important things happen:

1. When we hold our children in the light of being *Fully Capable* of making good decisions for themselves – whether we believe they're making a good decision or not isn't the point – the point is we believe and hold them in the light of being *Fully Capable* of making good decisions. While we hold them in this energy and infuse them with all the love of our heart - that energy will hold the space for the highest possible outcome as their reality.

If they pursue what we're not in agreement with and the situation does not work out, the way is opened for them to come to us as a safe space to help and support them.

2. Worry is our human “go to” when we're not in agreement with our children – it's the responsible thing to do, right? Wrong... It's completely irresponsible because the worry surrounds and infuses them with worry energy – how yucky is that? PLUS, the worry energy can make us physically ill! Worry energy is really bad for the human body. But when we send and infuse our children with all the love of our heart when we're not in agreement with what they're doing, we take our power back from worry - and.... our

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children feel that strength of love energy supporting them. And...that love energy supports them to make good decisions - decisions that create their highest good.

And even better... this works for everyone... Everyone and every-thing!

So, if you're not in agreement with your child, or your sibling, or your partner or your friend - with anyone... be *willing to release the human need to worry*... and shift out of the less than love resistance energy of not being in agreement by sending love sincerely from your heart to them --- - and hold them in the light of *being Fully Capable of making good decisions that will create their highest good as their reality*.

This works for everyone - not just our children - but especially our children!

I'll say that again in case you want to write it down: Hold the person you're out of agreement with - and feeling an uncomfortable energy between you - in the light of being Fully Capable of making good decisions that will create their highest good as their reality.

This action step releases your human need to worry. You'll take your power back and support them through love to create a higher outcome instead of pulling them - and yourself - down with worry, resistant energy.

Now I want to talk about the nitty gritty details about cords. That's right, I said cords. I'm going to call them cords, but they're also threads, chains, cables, and ribbons that energetically connect us to others.

An energetic connection is made with everyone we come into contact with. The strength of the connection depends on the dynamic of the relationship. If the relationship is volatile or painful cables and chains may be involved.

When the cords are ribbons of love between you and someone else, they're wonderful cords. When the other person is domineering and controlling, the connection may be made with chains and cables. I've seen the cords as heavy chains with shackles weighing the person down.

You have the power to disconnect these cords and be free of that person. Just be aware, you also have the power to allow them to reconnect to you – even if it's not a good thing for you – you go have that power.

The first time I saw cords was in an angel reading. The young man, we'll call him Bill, was associating with some people who were detrimental to his wellbeing. The angels showed me each person standing in front of Bill. Then they showed me the cables and chains between Bill and each person – which told me they had a lot of power over Bill.

Archangel Michael, Archangel Raphael, and little cherub angels helped us to not only disconnect the cords, but they filled each spot where the cord was on Bill's body with beautiful, healing, thick, gooey love.

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The experience was magical!

We also have energetic connections or cords to places and events, so if there is a place or event you want to disconnect from, you can.

In just a minute or two, I'll walk you through how to disconnect these cords. I've placed this guided journey as a stand - alone audio in the Bonus section. So, select someone – or something you want to disconnect cords from before the music begins.

One other thing... if you have a pet, please do NOT let them sit on your lap or even near you – definitely don't let them touch you while you travel through this guided journey! One time while I was disconnecting my own cords, I had my feet on an ottoman and didn't feel my daughter's little dog jump onto it. When I opened my eyes, there he was and in the next moment, he threw up! Our animals work at absorbing our pain and her little dog did just that, so don't let your pets sit with you while you're disconnecting cords.

So, choose what you wish to disconnect from... and we'll begin by quieting our minds...

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...

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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.

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.

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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.

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.

You have miraculous power at your fingertips. All you have to do is choose to use it. Choose to stop worrying. Choose to send and infuse people and situations with love. Choose to disconnect harmful cords from your etheric and human body. Consciously choose to create and live your version of heaven on earth. All you have to do is *consciously choose and follow through*.

This completes Module 20. Now go to the worksheet.