



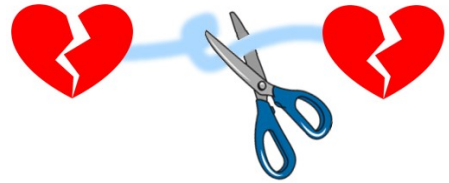
The Intuitive Connection

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Cord Cutting



When we form a relationship with someone, whether it be romantic, friendship, or even a work relationship, we establish energetic ties to the person known as cords. These cords form an energetic attachment between our aura (energy field) and their aura. Cords can also be formed with an object, place, or even a situation. They are a completely normal part of life. When they are created out of love or affection, cords can be an awesome thing as positive energy can be exchanged back and forth between the two connections. On the other hand, it can also be a negative thing if the relationship is not positive, stressful or even abusive.

When these cords are attached to us, we may feel emotions that don't belong to us, which could cause us to become imbalanced. And just because a relationship ends does not mean that the cords tied to the other person (object, place or situation) also ends. If you find yourself out of balance, or you are ready to release old cords that no longer serve your highest good, its time to make some "cuts."

Cord "cutting" is a tool that you can use to remove old energetic attachments that no longer serve you. This is done at an energetic level. You can do the process on your own, all you need is some quiet time to be able to focus your attention. Below is just one method for cord cutting. There are many ways to do this, so find a method that feels right for you.

Start by creating a comfortable, quiet space where you feel safe. Next, close your eyes and take a few deep breaths to allow your body and mind to relax. Imagine that you are being surrounded by a beautiful healing white light. Visualize any and all cords that are attached to you that no longer serve your higher purpose. The cords can be attached to any part of your aura and body. If you have a hard time visualizing the cords, instead try to see if you can notice dense energy, dark spots, a strange vibration, or something that looks or feels out of place. Call on Archangel Michael to aid you in cutting the cords with his sword which is made of love and light. He will gently cut away the cords that are attached to you, sending them back to where they came from with love. Once these cords have been cut, do a final scan of your energetic field to see if there are any additional cords that have come to the surface. If yes, ask Archangel Michael to remove these as well. Now visualize the healing white light that surrounds your body as Archangel Michael uses it to fill in and heal the energetic holes left behind when the cords were cut. Don't forget to thank Archangel Michael for his assistance.

During the process, you might notice a change in your energy, emotions or physical being. That's ok. Letting go of things, especially those things that had a significant emotional meaning is not an easy thing to do. Simply pay attention to how you feel now that the process is complete, relax, rest, and drink plenty of water.

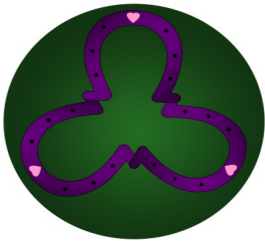
Repeat this process as little or as often as you feel compelled to do so. There is no right or wrong number of times to perform this process, only what is right for you. If you find it difficult to remove the cords on your own, contact an experienced and reputable energy healer for assistance.



Check out our alpaca inspired lip balm flavor of the month featuring Elina!

“A sweet little bunny who likes hanging with the peeps!”

Marshmallow Peep



Trinity Healing

STACEY
FERRELL

Prescott Valley, AZ
Phone: 707-631-0052

E-mail:

contact@trinityhealingconnection.com

Website:

www.trinityhealingconnection.com

Store:

8260 E Plum Creek Way
Prescott Valley, AZ

Services offered:

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*For your convenience, services can be scheduled
in person or remotely*

Referrals

Needing a service I don't provide? I recommend the following:

Anne Angelheart

Transformational Coach, Channeler, Author & Speaker

Website: www.anneangelheart.com

Email: info@anneangelheart.com

530-755-4767

Cindy Holt, Holt Holistic Healing

Medical Intuitive, Emotional Release Healing, Energy Healing

Website: www.holtholistichealing.com

928-273-8576