

S A C R E D S P A C E S S E R I E S

S A C R E D
C O R D
C L E A R I N G

*an ancient practice to clear away negative energies and
open to your truest most divine essence*

T I N A M A R I E S T . C Y R

*This sacred experience, that you create for yourself
in the privacy of your own home, has been handed
down over the centuries by the sages who knew the
power of our energetic being and the need to keep it
cleansed. It has been a process as close to me, and
as life giving as my own breathing.*

*To your expanded life, breath, and divine awareness.
Enjoy. - Tina Marie*

Praise for SACRED CORD CLEARING

I was being harassed and bullied by a man I had broken up with. He would not leave me alone. I reached out to Tina Marie crying one night fearing for my safety. She prompted me through the Sacred Cord Clearing and the very next day he called and told me to leave him alone! I said.. "Sure. Okay." It works. I can attest to it. Do it. - AP

I knew in my heart that good comes of bad but I could not see it clearly when I got fired from my job of 22 years. I was devastated. A friend referred me to Tina Marie's class that weekend. I am so glad I attended. She gave us this Sacred Cord Clearing and I did it. I followed her advice and wrote down what I truly wanted to have happen now. That Monday my dream job called me and offered me a job. I never even submitted a resume. They reached out to me. It was a miracle. I took the job and am so ecstatic! - MM

At first I questioned the validity of what Tina Marie was asking me to do. I listened but a part of me though it sounded crazy. I could not see myself doing it. I Am so glad she insisted and stayed on me, asking me how it went. When I finally did the Sacred Cord Clearing my life had once again had a huge disappointment happen. I did the process that night. I felt an immediate lifting of weight from my being. The next day the very thing that was so painful the day prior, miraculously turned into the biggest blessing! A true believer, JH

I hired Tina Marie as my business coach, not knowing all she had up her sleeve in awareness and strategies. One day, on our call, she asked about my love life. I had been divorced for over 10 years and only slightly thought I would want to date again. She said I was ready for the next step. She sent me this book and asked me to do the process three times in three days. I thought "what the heck" and did them. It was odd at first and I kept reading the process to make sure I was doing it right. A definite weight lifted off of me. It felt like years of pain, regret, remorse and blame left my soul. I slept deeper and more peacefully than I had in so many years. A month later, almost to the day, an old flame from college reached out to me. He said he had been thinking about me for about a month and could not stop thinking about how I was. We began dating and now are very happy. It was as if I had to free myself before he could even reach me. I highly recommend this process just for nothing else than see what happens on the other side. It's magical. - JA

SACRED CORD CLEARING

*an ancient practice to clear away negative energies and
open to your truest most divine essence*

Tina Marie St.Cyr

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For permission requests, please contact: Tina Marie & Co, 230 Westcott St., Suite 220, Houston, TX 77007, 888-721-4204, hello@tinamarie.com

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This book is dedicated to my spiritual masters and guides who showed me the way to spiritual self healing. To Alok Hsu Kwang-han for gifting me the energy of Thunder Mountain and the immense love found in emptiness. To "George" for always reminding me of the guides that are here now and beyond, resourcing my journey beyond my every expectation. To my dearest soul playmate and love, Jackie who has been my biggest fan and cheerleader. Thank you for prompting me to get this toolset into the world.

INTRODUCTION

Throughout the ages people have referred to energies as positive or negative, signifying such polarities with their own descriptive language to indicate feelings, happenings, thoughts or predictions that would have been either favorable or harmful. In my research to more fully understand the need to identify subtle energies and the influence they have over one's life in any area, I found, not only common beliefs of the existence of these energies but also the practices cultures have to clear, rid, align and manipulate them.

In my twenties, as an academic and a professional, the understanding of energies that can influence our lives, thoughts, ways of being and relationships had been only introduced to me at a basic level as in astrology or psychic readings, which I had only loosely participated in, mainly for fun conversation or at parties, but never to give credence that would help influence my decision making.

Later on I would be introduced to the study of Feng Shui and its beliefs of energetic influences in one's life by one's surroundings and the specific placement of objects. My interests in these studies of subtle energies began to peek and I experimented with the use of Feng Shui for myself. This interest led further into the study of one's own energy centers, referred to as Chakras, Chi or Auras in various disciplines.

My studies and research yielded some interesting results in my life, however, the academic in me always questioned the connection of certain outcomes in my life in relation to the 'remedy, cure, or clearing' I experimented with.

Then, on a private trip to Sedona, still on this spiritual unfolding for myself, I met one of my dear spiritual masters, Alok Tsu Kwang-han. The way and means by which I met with Alok was not a simple path and as I share this story with you I am brought back to how unusual our encounter was and even more curious, the means in which we came to meet at all.

It was November 2001 and I had spoken with one of my mentors, Ann McMaster, about my increasing interest in learning more about these subtle energies and 'energy centers' and their impact on our lives, our thinking and our ways of being. She asked me if I had ever been to Sedona. Truth is I had no clue where Sedona was or what was there. "No. Where is Sedona?" I had answered. Ann told me of vortices and the energy centers of the Earth itself. My mind began to expand these new concepts outside of the human body, now to the planet and to all living things. I went home and began to Google Sedona. I decided I wanted to travel there as soon as possible. I booked a flight and looked for accommodations.

In my search, I found teepees you could stay in, houses positioned creekside, hotel rooms overlooking the famous Sedona red rocks and then I pulled up the website for a resort and spa situated in Boynton Canyon. Boynton Canyon was known for its strong vortex energy, specifically the crown chakra, the head chakra and the connection to our highest most divine self. I could sleep right in the crown chakra vortex energy... now that sounded adventurous! In looking through their website, I saw the picture of a delightful asian man smiling and above his picture were the words, "The Artist". There was something about his picture that had me want to meet him. I booked the stay at the Mii Amo resort and spa and set my intention to meet "The Artist".

This meeting began a eight year long spiritual mentorship that opened me up to the very ancient ritual you now hold in your hands. We each have our own spiritual journey, and along the way, we learn from others who, I believe, have been gracefully placed on our path. Just as this book has been placed on your path.

The ancient wisdom in the Sacred Cord Clearing was, as you will discover, introduced to me through series of deep vortex meditations that Alok suggested I do on my many trips back to Sedona over the span of eight years of study with my dear mentor.

My meditations in the multiple vortices at Sedona and other places across the globe, including Assisi; home of St. Francis, Stonehenge, Haleakala Volcano in Hawaii, Enchanted Rock in the Texas hill country and Mt. Hood in Oregon have deeply opened up the ability for me to connect with a supreme level of presencing, and the natural human intuitive, psychic, meditative, and healing energies that had been always present, yet partially dormant in me due to layers of energetic cord damages, psychic weight, and disturbances. In this book I will lead you through my process, sharing what I experimented with, what I learned and what I have mastered over 16 years of application and refinement. I will guide you to be able to know your own energetic cords and their connections to your life now, and your ancestral connections. Did you know you now hold the power to release not only years of toxicity, hurt and fears, but also, the releasing of these old, damaging patterns from past and future generations in your own ancestral map.

The following is a sharing of my own journey, along with the journeys and experiences of my clients who have utilized the wisdom and ceremonies shared in this concise instructional book. We hold reverence for your own magnificent journey as you experience of the power of Sacred Cord Clearing.

I bow to you, Tina Marie

BEFORE THE CLEARING

We do not need more intellectual power, we need more spiritual power. We do not need more of the things that are seen, we need more of the things that are unseen. - President Calvin Coolidge

Life had gotten heavy. To put it simply, I felt trapped. The constructs that I had created for my life, the schedules, the rules, the job, the clients, the proverbial ladder to climb, the material trappings had, by my own creation moved from simple constructs to 'constricts'. Have you ever set out on a path, and by succeeding felt, in the end, that you had actually failed. I remember sitting with a dear friend over lunch and sharing, "At the time in my life when I have succeeded most, I feel like I have nailed my own coffin." Something had to give.

I set out on a journey to unravel my own pain and found a side of life that had not been nourished in me, my soul.

The span of time before my first sacred cord clearing seemed like an eternity. Reading books, listening to cd's, attending mystical gatherings, adopting new, more spiritual labels and rituals to add to an already suffocating identity, sitting in a variety of churches and spiritual lectures, all the while taking in bits and pieces that would lead me to the next open door on my journey. To say I did it all... is honestly an understatement. And it was all absolutely beautifully and divinely guided.

One thing I learned to appreciate is that the pain in life leads us to be present. I realized I had been living most of my life out in the future, the near future at times, and the distant future. The thoughts of "When I get there then..." like if the driven day to day course of my life would one day deliver me to nirvanaa, peace, joy and love.

I recall in one of my early morning meditations, I had the words come into my head... "What if in the pursuit of the meaning of life, you miss it?"

I realized that even in my pursuit of a soul saving spiritual existence I had, once again, become driven to understand. The mind is tricky that way. It's like saying you will be giving up chocolate and sugar to lose weight only to realize weeks later that you are eating chocolate flavored diet protein bars with as much sugar as what you gave up to get here.

I had to learn to slow down... really slow down. And to feel uncomfortable letting go.

Before the clearing.. I was a mess. I was more sick than healthy. I was absolutely stressed to the max yet holding it all together and doing my best to make it look good. I was working far too many hours and tolerating so many boundary crossings if I were a country, I would have been taken over by the enemy forces.

Sometimes life has to get hard for us to grow. In fact, sometimes life needs to get pretty rough, stuck and hopeless for us to make the very changes we know in our hearts we need to make but may have lost the courage or the energy along the way. If you are like I was at this time in my life, you may have the thoughts, "What use is it anyway?" or "I said for better or worse... I guess this is the worse" or " I've come this far, it's got to start getting better soon".

Thoughts like these and others plagued my mind and honestly, kept me stuck.

That was until I found the Sacred Cord Clearing and mustered up the courage to do the ceremony for myself.

How stuck is your life?

Are you tired of being tired?

Do you have areas of your relationships you know are draining?

Do you have areas of your life that you are tolerating and putting up with?

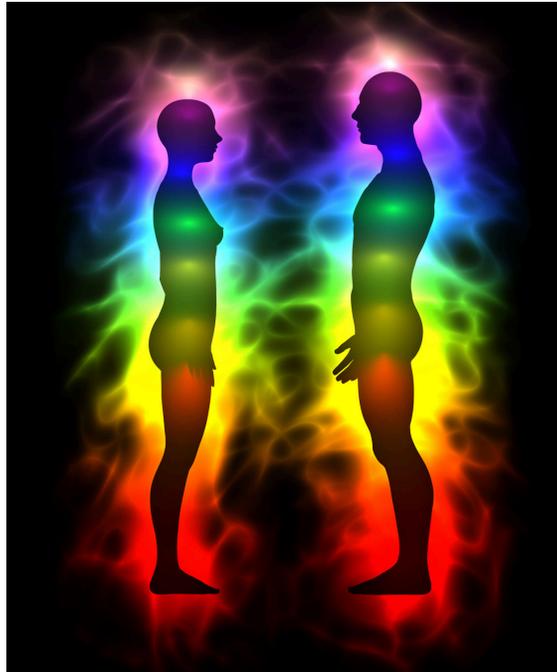
Have you longed for a breakthrough and it just has not come yet?

Are you looking for your big break?

Well... here you go. This ceremony gave me answers to all of this and so much more. With this ceremony the miracles in my life have been endless.

WHAT ARE SACRED CORDS?

There is more that you cannot see than you will ever see. There is more that will be left unknown than you will ever know. In the not knowing you will find the peace and understanding you seek. - Tina Marie



There came a time in my spiritual journey where I realized that in order to fully experience my own spiritual existence I would have to quiet my logical mind and seek to embrace a wilder, more basic experience of life. I would need to trust in something I could not prove. Like the many textbooks I studied in my academic pursuits, I would need to surrender my faith in the experiences of those who came before me and choose to walk their paths, and at times be all alone on my own without the safety net of reason or proof.

Through a powerful series of deep meditations I came to understand, first in concept, and then through actual experience what I call a 'sacred cord'. It moved from being a thought I could study or talk about to a real identifiable, repeatable experience. The more curious I became, the more I began to perceive and experience this higher faculty of vision. I would see, outside of meditation, 'sparkles' and 'streams' that others could not see. They would last

for seconds and sometimes minutes coinciding with goose-bumpy skin and tingles through my body.

What I learned in both my research and in my own experiences, is a Sacred Cord is an energetic connection that keeps you tied to the energy of another person, mental concept or identity of a person. Energy flows back and forth through the energetic cord in much the same way electricity flows through an electric wire.

You have more than likely experienced evidence of cords between you and others in your life. For instance, when you randomly think of a person and they call or text right at that moment. Or when you just had a conversation about someone and then you run into them at the grocery store. Those are fun coincidental experiences for the most part but there are negative flows of energy between people that need definite clearing for both to be able to live their highest lives.

Most people I connect with through my coaching can clearly feel the negative affects of cords between them and another person. When there are negative cords present one may feel tired and exhausted. They can have negative thoughts continuously battling it out in their minds. They can have trouble sleeping, thinking and focusing. They feel powerless and full of worry when thinking of this other person. Yet they can also find themselves obsessing about this other person.

Sacred cords, in and of themselves, are pure and noble. They can, like any part of our being, become damaged, heavy, weighted and even toxic if our ability to learn from the experience, find gratitude and forgiveness becomes stuck. When a cord is resonating with our lives, we feel at peace, willingly connected, and energetic. We can feel in the flow of our lives in a way that feels energizing. When a cord gets damaged or has run its course of need and it lingers in a damaged pattern, it can suck our power and we then will experience symptoms of its drain. Our energies can feel low, sad, depressed, angry and hopeless.

We have cords to many people in our lives. We even have cords to our ancestors and to those who we will be the ancestors of. This is how we can not only say but also feel the truth of the statement, “we are all connected”.

It is our responsibility to keep our cords clean and clear so that those cords with current purpose can fulfill their purpose efficiently and those that are no longer needed are given back to the Universe for energetic recycling.

WHY DO WE 'ATTACH' TO ONE ANOTHER?

"A dream you dream alone is only a dream. A dream you dream together is reality." - John Lennon

Our souls connect with other souls to resource, guide and support our human and spiritual development. The idea of attaching to another person in psychological terms, can sound needy or co-dependent. This is not the case when we are looking at energetic cords. The intersection of our energetic cords is purposeful and divinely guided. When we learn to notice, feel, and partner with the consciousness of the cords we then can honor their usefulness on our spiritual journey.

I was shone a beautiful image, one that touched me deeply and profoundly. In this vision I understood our ancestral ties and the power those in 'other realms', past and future, hold in our current life. My son was born just months after my father passed away at the age of 49 years old from cancer. Right before my father's illness and diagnosis, my father had a dream that he joyously shared with me on one of his visits to our home for dinner. He recounted that in the dream he had seen my unborn baby, a boy, and was playing with him through my tummy. He said that I was standing there watching the two of them play together. As my father tickled his unborn grandson, he said a part of him in the dream knew the baby boy very well, almost as if he were looking at himself as a baby. We laughed it off as another odd 'deja vu' that would go unexplained. I was but two months pregnant and did not yet know the sex of my child, nor that before I would give birth, that my father would be thrown into a coma and would pass before his first grandchild was ever born.

My mother, who was the love of my father's life was left to mourn the loss of her beloved after 25 years of marriage. When my son was born, her first grandchild, a sacred energetic cord was created between their heart chakras and at the soul level. My son's energy became the love and significance my mother needed in the absence of my father.

I was shone this glorious circle of radiant light that danced beautifully between my son and my mother. Their connection was a beautiful one of love and caring.

Sacred cords are not to concern us as bad, quite the opposite, we are to honor them, appreciate them and keep them clean so that we may hear with ears that have not yet heard and see them with eyes that have not yet seen.

When it comes to past relationships that still plague out thinking, one of the most scared and honoring things a person can do for themselves and of the other person is cutting sacred cords that still bind them to previous relationship. In many ways these unhonored and respected ties prevent us from completing those relationships and taking in the graceful purpose the relationship signified. Most people do not realize that when you have a relationship with someone your energetic systems become connected, especially when there is a strong emotional or mental event between both parties such as a traumatic or painful event.

If you have ever received a phone call from someone and winced when you saw their name on your caller ID that would be an example of a negative attachment remaining between the two of you.

Even if a person is no longer in your life, if the energetic cord is still present, it can get triggered by a current event and effect our thinking, behavior and energy. These remaining cords can be reasons why our lives still feel stuck no matter what we do.

Sometimes we have a cord connected to us from the other and we have moved on but they have not yet. We would see evidence of this when we may have dreams about them, or think of them at random times wondering "Why in the world am I thinking about that person".

There is an Indian belief that everyone is a house of four rooms: a physical, a mental, an emotional and a spiritual. Most of us tend to live in one room most of the time, but unless we go into every room, every day, even if only to seep it aired, we are not complete.

How Sacred Energetic cords get established

Energetic cords get created between people when we have sustained strong emotions toward them, either positive or negative. The energy from which they are created begin the affect on ourselves and on the other person. Cords get established when we love them and send beautiful waves of richness their way and then also get established when we hold negative emotions toward them. Energetic cords get established when we have sex, casual or meaningful. In the physical connection with another human being, our energy signature blend and create connections. The more we have sex with the person, the stronger the ties become. Energetic cords also get established when we make conscious or unconscious vows, contracts, promises or oaths (spoken and unspoken) with the other person. Such connected cords are evident when one person may feel complete a relationship, yet the other person can continue to strongly feel and think that those promises are still valid to this day.

Energetic cords also get energized, connected and fueled when we judge others, complain about them, criticize or have strong emotions and when we have discussions about them with other people. Have you ever had the suspicion that someone is talking about you to other people yet you did not have anything else to go on except a gut feeling?

On a positive side, energetic cords become highly energized and activated when we pray for them, especially when utilizing their name. The stronger of prayers connect through the use of sound when we speak the prayers into existence, sing or hum them.

As you can see, the use of sound, through language or song, is powerful for either positive or negative energetic cord activation.

Understanding of the power we have through our energetic cords is needed to honor and respect their power. Keeping them clean and clear will allow us to affect the most beneficial outcomes for ourselves and others.

WHEN TO CLEAR THE CORDS

That which is old will renew when we stop holding onto it so tightly.
- Tina Marie St.Cyr

Often times the repeated patterns of pain we create are signs that the energetic cord has begun to strangle us. Loosen it up and let it fall freely away. Those cords that are to bring us more life, will shine brightly while those which have died will gracefully fall back to Earth for their on recycling.

Like with any cleansing or clearing we would do in our lives, a Sacred Cord Clearing serves us, even if we miss seeing the symptoms. I call it “cleaning out our spiritual pipes”. I advise my clients to do a Sacred Cord Clearing at least once a month and if someone is experiencing more than three of the below list of symptoms, to do a clearing intently 5 times over a two week period of time.

Symptoms of heavy cord connections include:

- Feeling stuck in one or more areas of your life
- A feeling of tightness and protectiveness when you are around a person
- Coming to the realization that you tend to do whatever the other person wants to avoid conflict
- Being irritable
- Feeling out of sorts and not knowing why
- Arguments that seem to spark out of nowhere
- Feeling numb and apathetic
- Having a ‘screw it all’ attitude
- Feeling powerless and hopeless
- Feeling lost and alone
- Hearing yourself blame others for your situation
- Patterns of people leaving you
- Patterns of being betrayed or misunderstood
- Crying or feeling like you want to cry without understanding why
- Raging
- Seeing patterns in your life reoccur around any area of life: money, health, relationships, work, friends

- Things breaking around you: car not working, watches stopping, clocks stopping, lightbulbs going out more than would be normal, electronic appliances breaking or malfunctioning
- Being unable to move on
- Hearing yourself tell the same sad or dramatic stories
- You keep thinking or obsessing about a person
- Frequent conversations in your mind with a person
- Frequently remembering what they said in the past, feeling their ongoing judgment or criticism
- Arguments, sometimes daily in your mind with someone (these can be actual psychic arguments)
- Constant memories or emotions that arise – i.e. we used to watch that show together
- Temptation to go back to a relationship that causes you pain and suffering
- Stalking another online through social networking, watching them compulsively
- Or if they are stalking us
- Endless mental processing of the past
- Deep feelings of sadness, anger, and depression around the past
- Feelings of wanting to get revenge, or constantly aware of unfair treatment
- Crying a whole lot, an emotional wreck
- Turning down other offers and invitations, stuck in the past, feeling uninterested
- Seeing areas of your life fall apart, get sabotaged or not progress
- Experiencing “energy surges” or heat flows as you think of areas of your life where you feel trapped, stuck and anxious
- Unexplained shortness of breath
- Headaches, lumps in the throat, gut wrenching pains
- Having hard time focusing or completing tasks or projects
- The inability to lose weight no matter what you seem to do
- The inability to sleep or feel rested after waking

Relationships are eternal. The ‘separation’ is another chapter in the relationship. Often, letting go of the old form of the relationship becomes a lesson in pure love much deeper than any would have learned had the couple stayed together. - Marianne Williamson

NEGATIVE EMOTIONS IN LIFE

Everything that we see is a shadow cast by that which we do not see.
- Martin Luther King, Jr.

Our nervous systems have the capacity to regulate a large number of stressors and emotional drains, that over time can numb our sensitivity to the awareness of negativity. We learn to tolerate, settle, be quiet and not notice that which can be creating heaviness and psychic weight in our lives. You could be carrying the weight of so many years of pain, hurt, negative relationships, trauma, and worry overloading your nervous system, as it is doing the best it can do to protect you from the memories, pain and anxiety.

Once you start to cleanse your energetic cords, this past weight and nervous system tension can lift and fall away. I have had reports of physical pains that miraculously subside and go away. Clients have also reported mental patterns of pain, suffering, and clinical ailments disappearing almost overnight.

This chart shows the duality of emotions we have the capacity to feel at any one time. Through the strategic intervention work I do with clients I am able to strengthen and stretch a client's emotional range, helping them release energetic cords even faster through the use of strategic interventions coupled with the Sacred Cord Ceremony.

Positive Emotions			
Peace	Empathy	Understanding	Happiness
Joy	Compassion	Willingness	Curiosity
Love	Courage	Trust	Playful
Hope	Gratitude	Patience	Humility
Negative Emotions			
Fear	Hate	Pity	Depression
Apathy	Jealousy	Judgement	Righteousness
Guilt	Entitlement	Numbness	Anger / Rage
Sadness	Anxiety	Panic	Worry

THE HEALING POWER OF WATER

Water, taken in moderation, cannot hurt anybody. - Mark Twain



Water is the universal solvent. It heals, cleanses, and can cut through mountains.

In the Sacred Cord Clearing you will notice that water is used as the 'cutting' and cleansing medium. I have been blessed to be able to do this ceremonial blessing of my energetic cords with waters from many sacred places around the world.

The Earth and all its inhabitants, including you and I, are energetic beings. We operate with positive and negative forces regulating our physical, biological being, of which science and medicine can attest. We also possess and operate with positive and negative forces that act in, through, and around us at all times influencing the unseen, non-physical parts of our being.

Although we, for the most part, are not skilled at seeing these non-physical parts of ourselves, we can still feel them and be affected by them.

Can you see in your abdomen? Can you see your heart? No we cannot see into ourselves, yet through the use of X-rays, MRIs, and CatScans we can obtain pictures of our organ systems and the flow of energy through our bodies, in the form of blood, lymphatic fluids and digestive fluids. We can learn to trust in how the body works and can also sense when the body is not working fully.

Through the use of the Sacred Cord Clearing, you will come to appreciate and understand the non-visible parts of your energetic being, just as you have come to appreciate and understand your physical being.

We are, on a good day, our human bodies average up to 60% water. We operate as a big battery. We require water to have our batteries charged and kept clean. This is true for our energetic being. We use the power of water not only as a cleansing agent for the ceremony, but also as an energizing element that brings vitality back to the energetic being.

When we bless the water, both prior to getting into the bath, and after we emerge from the bath, we honor the power that water has in our healing process and in the pure life giving powers it has for us.

In the process of blessing the waters after the cord clearing, we are sending the energies of the people with whom we are healing positive energy and gratitude. The cord clearings transcend all space and time, healing relationships now, in the past and well into the future.

The blessings are very powerful and absolutely required pieces to this ceremony. I have heard from clients after they have been doing the process for a few days that they did not feel anything really change. I ask them if they blessed the waters, and they reply no every time.

If you want the time you are investing in doing the Sacred Cord Clearing process to change your life for the better, bless the waters.

CLEARING THE SACRED CORDS

You are not a drop in the ocean. You are the entire ocean in a drop. - Rumi



This ceremony was given to me by a Peruvian medicine man fondly know as “El Vejete” who shared this ritual with me after the passing of my mother so that she could move on without any attachment to myself, my brother or my son, Michael.

He later shared that it would heal her passage into her next lives as well as release any residual healing that she and I needed to have as mother and daughter. Although the ceremony was given to me in a very non-formal manner, I came to appreciate the deep sacredness of the ceremony, and its profound ripple effects from my life to thousands of others.

I hold it as one of the richest gifts of my life and am honored every time I hear of the accounts from those who also benefit from it's simple, yet timeless power.

This ceremonial process will not only be a gift to you and your life, but also for the lives of all those who will be called energetically to participate, as they, too, will feel the release and find new available energies open to them in their lives immediately.

Items to have with you and prepare

A wooden bowl or plastic cup

3 or more candles to softly light your space

1 - 2 Essential Oils for clearing energy cords (Oils that help to clear cords are White Angelica, Frankincense, Myrrh, Sage, Rose, Juniper, Basil, Palo Santo, Cedarwood)

A towel to use as a mat for your knees

A towel to dry off with

Preparing mentally

As going through any clearing, cleansing or spiritual metamorphosis can feel shaky at first, you may feel safer in letting another person know you are doing this process for yourself, by yourself.

You can let them know you will call (or text) them afterward just to say it went well. I highly encourage you not to speak at length about your process, although you will have so much energy to want to do so. The sharing of the process can come after 1 -2 days when the energies have realigned and settled. You will also come to find that a new part of you will be sharing, a part that is peaceful and whole, not needy or hurt. It is a beautiful transformation.

You can utilize our support community, The Energy Circle for this support. You will find information about the community at the end of the book. Simply share online, "I am going to go do a Sacred Cord Clearing. Hold me and all involved in light." Those in The Energy Circle will know how to support you with love and understanding.

Creating a Sacred Space

Find a time and place where you can feel safe (as safe as possible) to have at least 30 minutes up to an hour of time alone for yourself. Unless you require the physical assistance from another, this ceremony is best completed on your own in peaceful solitude.

It is best to do the ceremony in a bathtub or water basin with a drain or in a natural pool that has running water out and away from you. You may also do this ceremony in a shower, although it is not as effective as in a tub or water basin.

I have included instructions on having the ceremony in a shower at the end of the book in the Frequently Asked Questions section.

Light your candles.

While you prepare the space, you may hum or listen to the rhythm of your breathing. The sound of your own breath is a vibration of life energy flow.

Fill the tub with only 5 – 6 inches of warm water, adding a few drops of one or two essential oils.

It is not necessary to fill the tub, as you will want to feel the naturalness and openness of your body as the water cleanses the cords.

Place the small wooden bowl or the plastic cup on the edge of the tub for use during the ceremony.

Roll one of the towels and place it in the water near the center where you will be kneeling. This will allow you to feel comfortable so that you can have an extended ceremony and not feel rushed due to knee pain.

An alternative to kneeling in the water – If you experience low back, knee or leg pain or find it difficult to kneel for an extended period of time of up to 15 minutes, then you can place an appropriate chair in the tub as you would for taking a shower or bath.

Make sure the temperature of the air in your bathroom or room is comfortable without clothes on. You may choose to make the air a few degrees warmer than you are typically accustomed to so that you remain comfortable throughout the process.

You may also choose to do the ceremony with a bathing suit on if you feel more comfortable. The ceremony was given to me and instructed to be done, originally, without clothing. When you do the process in a bathing suit, visualize the cord clearing all the way to your skin.

The Ceremony

Disrobe and stand over the water with your hand out in front of your, palms facing down toward the water.

Bless the waters with kind thoughts through your mind thanking the time you have set aside for your ceremony, thanking the knowledge and wisdom that has opened up to you for your own healing, thanking the unseen powers that influence and bless your very being.

Get into the bath and kneel, facing the 'front' of the tub, which is typically where the drain is located. You may kneel using the rolled towel that is in the water if that is more comfortable for you.

Close your eyes and breathe in through your nose and out through your mouth rhythmically for 3 - 4 breaths. Find a peace and a slowness in your body and in your mind.

Feel the relaxation of the sacred space you have created filling your body and your soul.

Opening your eyes, you may reach to find the wooden bowl.

Using the wooden bowl or the plastic cup, pour a bowlful of water over your head having it first flow into your crown chakra and then down over your shoulders and back.

While the water pours, with your eyes closed, focus your visual energy ahead of you as if watching a movie screen.

Invite people in your life to flow into your visual 'movie screen' and as their faces or the recognition of their energies come into your conscious awareness, bless them and continue to pour the waters over your head and down your body.

During the session you can invite in people, the concept of organizations or leaders.

Envision the cords that connect you to these people, or to this person, to be cleansed by the waters.

Envision those cords that no longer serve you to be gently released and washed away.

Continue to see the faces of these people flow across your movie screen.

Picture them mentally in your mind's eye in front of you. Smile and send them light and 100% forgiveness.

As they come into your consciousness say out loud, "I release you. Thank you for being on my journey. I bless you."

As you continue, see these people, their faces, or the sensations of their energies to flow into your awareness to be acknowledged, blessed and then they gently move on.

Know that any energies that remain between you and the other will be divinely cleansed and graced and all energies that are cleansed and released will be divinely recycled and returned to their source.

Notice if the person continues to remain in your consciousness. Without worry, continue to pour the water over your head, down your front, down your back and over your shoulders repeating each time, "I release you. Thank you for being on my journey. I bless you."

As you keep pouring, it may take more than one time for the strong bonds of attachment to release. Continue the process until you see their faces smile back at you with acceptance and gratitude.

As you begin to feel complete, when no more faces are appearing in front of you on your movie screen, take a moment to take three conscious breaths in through the nose, out gently through the mouth thanking yourself for having given this attention to the cleansing of your energetic cords.

Bless all who came into your mind's. Know in your spirit that this process has added tremendous good into the world for all involved.

When you feel complete rise up and get out of the tub leaving the water in the tub basin.

Blessing the Waters

Dry off and then stand over the water hands out palms facing downward toward the water.

Bless the water, and all the energies of all the people. Close your eyes once more and send an infinite amount of gratitude to the people and to all the cords cleansed with the waters.

Release the drain and watch as the water flows down, hold beautiful thoughts and gratitude in your mind. Bless the water as it goes down the drain.

This is a very important final step that many people skip over, thinking that the most needed portion of the ceremony was the cleansing waters pouring over them. The blessing of the waters is the part of the ceremony that releases the other person and their cords from you.

Be certain to stay present for this portion of the ceremony and remain in strong gratitude.

Blessing Yourself

Hold yourself in tenderness and love. You have gifted yourself a tremendous blessing of wholeness. You have also courageously blessed all who came onto your 'movie screen' and given them back their own power. What a divine beautiful moment you have had.

Look yourself in the eyes in a mirror and acknowledge your courage and your willing heart. Freedom and blessings come to those who are courageous.

WHAT TO EXPECT AFTER A CLEARING

Most people share that they feel lighter and more free after the clearing. The results will be in direct response to the most needed area of your life requiring more flow.

Playfulness and creativity return

Money flow comes 'out of the blue'

Relationships can now end naturally or abruptly

Health and energy return to the body

Nagging coughs and ailments can go away overnight

Deals that were a struggle either magically flow forward or fall apart

New opportunities magically appear

People get reunited with you

People who are now free to move on do so, sometimes strangely, other times. gently

You feel lighter, happier and more at peace

Miracles happen

ENHANCING YOUR CLEARING PROCESS

Sleep

To enhance your time and attention given to the Sacred Cord Clearing I recommend you do the process before bedtime. As you go into the sleep state, the healing energies that helped to cleanse your cords will continue to do so as your mind and body rests.

You may notice as you wake the you feel more refreshed than you have in a long while.

Journaling

Some people choose to journal the unique visions, pictures and awarenesses they experience during their cord clearing ceremony. Take a few moments after your ceremony to capture the sense of newness, epiphanies you may have had and visions or faces you may have seen.

Fasting

In Hebrew the true sense of the term that means to fast is simply to 'not speak'. Other interpretations have made it about not eating when in truth the term means to not use one's mouth for speaking. You may choose to go into a period of fasting for one to two days as you commit to doing the Sacred Cord Clearing 2 - 3 times over that same period of time. Combine your clearing with journaling, and napping periods to deepen your cord healing.

FREQUENTLY ASKED QUESTIONS

How do I do the ceremony in a shower?

Ye you can do this ceremony while in the shower. I highly suggest that you do at least three in a tub or basin if you can first as it captures the waters for blessing all at one time.

If you do this in the shower, bless the water in between each person coming into your vision on your 'movie screen'. Hold an intention that all the water that is flowing through the shower are blessed waters before, during and as they go into the drain.

Is forgiveness accepting of what happened to me? Is it making it right?

Forgiveness is an act we do first for ourselves and our healing. Forgiveness does not mean condoning behavior that was hurtful or harming. Forgiveness is to send healing for all involved in a situation. Forgiveness allows you and the other to move on.

How long do I need to do the ceremony?

Each ceremony takes anywhere from 15 - 30 minutes. It is not a lengthy process, yet highly effective.

How many times do you recommend I do this for?

I recommend at least a minimum of three times in the first week to begin clearing the cords. You will feel that things are clearing as the weight from your mind and body will be lifted. If you are still having damaging thoughts, fears, worries and concerns, continue the next week for two more times and repeat until you feel the forgiveness, self love and emotional balance return.

I personally do a cord clearing once every two months or when I notice patterns of self sabotage, "stuckness", worry or negativity in my life.

ONGOING SUPPORT



Through the connection to this sacred process and ceremony that was such a gift in my own life, and continues to be, I have followed the circle of energy to honor that which serves us all.

I know from my own personal experience that it does not feel comfortable doing this process and opening up the magnificence in our lives without a safety net.

This is the reason I created what I call, The Energy Circle, an online community for all who are attracted to living positive, uplifting lives. Many of our members have utilized The Sacred Cord Clearing Ceremony and can hold experiential conversations of support with you as you embark on this beautiful journey to your wholeness.

I invite you to find us on Facebook. Look for the group called “The Energy Circle”. You will see our logo and experience a delightful, engaging community of souls ready to accept you and know you.

This one book is part of a “Sacred Spaces Series”. The other guides in our series include “Creating Sacred Spaces”, a book about transforming your living and working spaces into energized places that nourish your soul and “The Sacred Inside You”, the third in the series which shares of the magnificent mapping of energetic pathways inside your own body.

I trust you will find all three in our series helpful for you in your amazing journey here.

ABOUT TINA MARIE



Tina Marie is a world renown transformation coach, keynote speaker and corporate trainer who has followed her relentless obsession in understanding humanity. Her dedication to developing strategies and systems to help humanity get out of its way and embrace its most divine potential has been the foundation of her research, product development, books and trainings. Tina Marie has worked with world leaders, celebrities, organizations, families, and individuals all over the world. Her insights have been published in periodicals, magazines, newspapers and media outlets including The LA Times, Washington Post, Cosmopolitan, Marie Claire, Huffington Post and Small Business Magazine. We invite you to discover more resources on her website at www.tinamarie.com where you can take assessments, download books and purchase products to help you transform your own life and help bring your extraordinary genius into our world even more.