

Cutting Energy Cords

by Dirk Gillabel, 2010

Many years ago, a friend showed me some pictures of a friend of hers; we will call him Guy. They were the best pictures I have ever seen of energy cords showing up in photographs. Yes, they sometimes do show up in photographs, as energy cords are a real energetic phenomena that is lying just outside the visual spectrum. Cameras can pick up frequencies and wave forms that our eyes cannot. Guy was having health problems, and had contacted my friend who was a healer. He had also brought some pictures along that a family member had taken of him inside his house. They were all just regular family pictures, except that on many of them there were light beams, straight and curved, that seem to be connected to his body. They would start or end on different places of his body. One picture was even more incredible: he was posing behind a kitchen counter and the wall behind him was visible through his half transparent body! These were real pictures (digital cameras did not exist yet), no tricks, no fakery. I had met Guy one time before on a sweat lodge that was an unusual event too. I had gone on several sweat lodges my friend was holding, and it can very, very hot in it. But that day, no matter how many hot stones and water was used, we couldn't get it even warm. During the preparations, I had noticed Guy, who was there for the first time, and I had psychically picked up that although he was a very nice person all the way through, there was something strange about him. I kept seeing him as Knight's Templar, with sword and all, on a horse.

When I later visited my friend, and she showed me the pictures to get my opinion about him. She then told me that he was a bit overly interested in the Templars! He would go places dressed up as a templar, and/or carrying his large Templar's sword! My friend had to tell him that he cannot do such a thing in our society. It was obvious he was still connected with his past life as a Templar. But there was more. He had been part of a magical circle. He had left the circle, but then his health problems started up. He didn't see the link, but to my friend and I it was obvious. His former magician friends has attached energy cords to him, to suck his energy. Energy cords not only serve for the sucking of energy, but also for gaining information (material and spiritual) from that person, and a means to control that person. This was also the reason why the sweat lodge was not even getting warm. His presence was sufficient to drain the energy around him. In this event it was heat energy.

Now, you might think that all this is just a nice story, or it only happens with people involved with magic. But in reality, it happens all the time. The only difference is that magicians are aware of the existence of energy cords and are deliberately using this phenomenon. We all have energy cords with the people around us. The moment we have a relationship with somebody an energy cord is created that runs from one person to the other. This is a real energetic flexible beam that connects the energy bodies of two people together. Some clairvoyants can see the cords, and some people who had out-of-the-body-experiences have also seen them. Usually they run from solar plexus to solar plexus, but the can

start or end in any other place of the body. I have seen pictures of people where the cords connect to their head. That would suggest mental connection; mental manipulation if used for bad purposes, or inspiration if used for good purposes. You can look around on the web. People have been posting these kind of pictures, usually not knowing what these flexible light beams are. (Some of the light phenomena in pictures have other causes, and are not energy cords).

The more emotional a relationship is, or the longer it has existed, or the closer connection you have with somebody, the stronger this energy cord is going to be. This is a normal phenomenon, it is the way we connect with other people. The energy cord allows us to feel what the other person feels, even if he is thousands of miles away. More gifted people can even feel what the other person is doing or thinking.

In regards to just plain energy, some people are what I personally call "vacuum-cleaners". They live a life that is usually self-centered, which also implies that they tend to be rigid, dogmatic, controlling. Their way of life requires a lot of energy to keep their thus 'armored' energy structure (the body's energy matrix) the way it is. Life energy wants to flow freely, and these 'armored' people have made their energy (you can say their emotions and thinking) so rigid that they have blocked their own energy flow to a certain extent. It is like an artificial dam that blocks the flow of the river. The dam has to be maintained and that requires energy. These people become 'vacuum-cleaners', that is, they unconsciously suck the energy of the people around them. Have you ever felt drained and tired after a conversation with a person? This is the result of that person sucking energy from you through the energy cord during the conversation when you really connected with that person.

This is not unusual. People are so unaware of the energy body and the energy structures that lie at the basis of the physical world, unaware that we exchange energy all the time with our environment, and especially with other people. It is through energy cords that we all have with the people around us, and especially those who are close to us, that we manipulate our friends, our colleagues, or 'loved' ones; AND that we allow ourselves to be taken advantage of too. We all have to exercise self-responsibility in our thinking, our emotions, our actions, but also in our energy. We can voluntarily give energy to others in order to help them, but giving too much will deplete our own energy reserves, and this will result in health problems. Health problems will also result when we are not consciously giving, but somebody is constantly draining our energy because they CAN. By this I mean, that because people are unaware of their energy body, they leave themselves wide open for energy predators. Do you leave your house wide open for thieves to come by? Your energy system creates your physical body. You don't leave it open for other people to steal your energy, or manipulate you through the energy cords. So what do you do about it?

There are many techniques to 'close' your energy system. You are really closing it in the literal sense. Our energy systems are open ended systems that constantly connect with all other energy systems in our environment. If you would literally close off your energy stem, you would die. What needs to be done, is putting up a filter that allows only the good, beneficial energies to enter, and block all

unwanted, harmful energies. In the first place comes intention. Your intention has to be very clear and precise. Determination is very important. A 'maybe it might work' is not good enough. You have to be clear, direct, strong, determined, a hundred percent warrior. You have to know clearly what you want and what you don't want. And don't allow for any security breaches in your energy body. Most important you have to maintain your filters, every day, until it has become part of your attitude.

An example of general protection of your energy body, is to visualize a cocoon of white energy around your body, allowing beneficial energy in, but reflecting all harmful energies. You can also imagine a mirror-like coating on the outside of this white cocoon that reflects the harmful energies away.

If somebody is sending you negative energy, you can program your energy body to send it back to the sender. Always send from a neutral point of view. You are doing this out of self-protection, don't allow yourself to get negative too. Don't be angry, don't be upset, don't do this out of revenge. This kind of attitude weakens your energy system, and you will become even more vulnerable.

If you want to keep your connection with a particular person, you could put a filter (like a camera or photo filter) in your energy cord.

Some people like to visualize a golden rain shower that washes away all negativity, but with energy cord problems, you want a permanent solution.

In case you want to sever 'ties' with somebody, because the relationship has become unhealthy, you need to cut the energy cord with that person. How do you do that? This has to be done correctly and not in a 'new agey' way. But first I have to tell you a Greek myth because it specifically tells about cutting energy cords, although in a symbolic way as all myths are.

The second (of twelve) labors of Hercules was to kill the Lernean Hydra. From the murky waters of the swamps near a place called Lerna, the hydra would rise up and terrorize the countryside. A monstrous serpent with nine heads, the hydra attacked with poisonous venom. Nor was this beast easy prey, for one of the nine heads was immortal and therefore indestructible. Hercules set off to hunt the nine-headed menace, but he did not go alone. His trusty nephew, Iolaus, was by his side. Iolaus, who shared many adventures with Hercules, accompanied him on many of the twelve labors. First, Hercules lured the creature from the safety of its den by shooting flaming arrows at it. Once the hydra emerged, Hercules seized it. The monster was not so easily overcome, though, for it wound one of its coils around Hercules' foot and made it impossible for the hero to escape. With his club, Hercules attacked the many heads of the hydra, but as soon as he smashed one head, two more would burst forth in its place! To make matters worse, the hydra had a friend of its own: a huge crab began biting the trapped foot of Hercules. Quickly disposing of this nuisance, most likely with a swift bash of his club, Hercules called on Iolaus to help him out of this tricky situation. Each time Hercules bashed one of the hydra's heads, Iolaus held a torch to the headless tendons of the neck. The flames prevented the growth of replacement heads, and finally, Hercules had the better of the beast. Once he had removed and destroyed the eight mortal heads, Hercules chopped off the ninth, immortal head. This he buried at the side of the road leading from Lerna to Elaeus, and for good

measure, he covered it with a heavy rock.

The long necks of the hydra are energy cords. Cutting an energy cord is only a short term solution, because the energy cords will automatically re-establish itself. In short time, if not immediately, it will connect to your body again.

Therefore, when you sit down in meditation, and imagine cutting the energy cord, you will also have to burn shut the end of the energy cord that leads to the other person. It is also a good idea to burn shut the little piece that is still left on your energy body. You have to do this really good, otherwise it will recover and connect itself to you again.

If you feel for it, can create yourself a ritual around it. Whatever works for you best will do. The cutting of the cord happens with the will, as the will is the director of energies. You could also use a real or ritual knife to emphasize the action. The Buddhists use a kartika (see picture at end of page) for this kind of practice.

How do you know where the energy cord connects to your body? Usually it is at the solar plexus, but it can be anywhere on your body, even at the sides or the back. Go into meditation, or into a peaceful, calm state of mind, and just feel around. Pay attention to any variation in your energy field, or subtle impressions, or images. Knowing the exact location is not that important. The moment you feel an energy cord somehow in your energy field is enough.

You also have to understand that the place where the energy cord was connected has been traumatized if the connection was a negative one. So, after cutting the cord, bring some healing energy (white, golden, or whatever color you associate with healing) to that area. you can just visualize it, or bring it there with your hands, or with any other method.

It is also good to check yourself periodically for any negative attachments.

Although don't do this out of fear, as when your attitude of daily self-protection has become strong, people wont be able to transmit negative energy through the energy cords connecting them to you (you want to keep your positive connections going with most people), and those people you have cut the cords with won't be able to create any attachments anymore. It is all about knowing what you want, be clear about it, and be strong all the time. It is a law of nature that any weakness in a biological system creates fertile ground for parasites.

You might also think that you could call for your guardian angels, St. Michael, Shiva or Shakti etc. to help you with clearing any negativity. The truth is, these spiritual beings, although powerful, will come down to help you once or twice, but they have better things to do than to hang around you in order to solve problems that you can and should solve yourself.



A Kartika, a type of spiritual ritual tool that is sometimes called a chopper or axe. It is used to sever attachments, that are also known as cords, and its use symbolizes the severance of all material and worldly bonds or any circumstance that calls for binding or cutting off. The Kartika cuts and severs those cords and attachments that are no longer serving a necessary purpose in our lives.