

CUT ENERGETIC CHORDS

After engaging with people in any shape or form it is recommended to cut chords with them so that their energy is not lingering in your auric field. It is very important to utilize this tool after having any negative or fearful conversations or interactions, and you can do this before you go to sleep each night to clear your energy before resting.

Suggested wording you can use:

"I cut all energetic chords with everyone and everything I came into contact with today. I reattach all my energetic chords to everything that is of Love, whole, pure, true, real, and for my highest good. I command all energy back to sender that is not mine and command all my energy back to me in full alignment. And so it is".

Thank you!

This is a tool you can use daily that, if you stay consistent, will become a natural part of your lifestyle. You will naturally cut chords when you get home, after you hang out with other people and being out and about.



RAINBOW SWORD TECHNIQUE

The Rainbow Sword technique is great to utilize any time of the day when you are struggling with lower thoughts or thought loops.

Whenever you are experiencing lower thought loops, anxiety, worry, stress, etc. visualize the Rainbow Sword cutting through all of the thoughts.

Examples of words to use:

"I cut chords with all thoughts with my Rainbow Sword."

The more we utilize the Rainbow Sword the quicker we can transform out of lower thoughts & into higher thoughts.



REST CONSCIOUSLY

Before you go to sleep it is good to clear energy, set up protection and set intentions for the next day.

Cut chords with everyone and everything that you had contact with in the day, send all energy back to sender and bring your energy back to you, reattach only the chords that are whole, pure, true real and inline with the highest timeline and your highest good. Ask to rest consciously. Also, ask that your body is protected, healed and rested while you sleep and that you are taken to the Highest Timeline to be of the greatest service to all of humanity.

It is a great intention to set your energetic for the next day before you fall asleep. For example, something like ...
"I will wake up energized, full of joy and excited for the day, thank you."



USE THE RAINBOW BUBBLE

Energetic protection is so important in these moments.

We are each born with a Rainbow Bubble of protective energy around us, but because this is never taught or made aware to us, we don't use it and so it weakens.

However we can activate it with our words and intention. Use this as a form of protection whenever you feel you need it. Recommend activating it every time you leave the house.

The wording you can use:

THANK YOU ANGELS FOR THE PROTECTION OF
THE RAINBOW BUBBLE FROM ALL LOWER
ENERGIES. I AM FULLY PROTECTED. AND SO IT
IS.

Then imagine a rainbow bubble being placed around you

You can also activate this around those that you love and care about. Just ask for the rainbow bubble to be activated for them.

USING THE VIOLET FLAME

When we understand that everything is energy, we become Alchemists. The Violet Flame is a powerful transformational tool.

This can be used in blessing the food we eat and everything we consume. As well as commanding the flame before you on a journey or errand. You can speak out loud and state the intention, say it from your heart, or use your hands to touch the item we wish to transform in conjunction with your intention. Once you start blessing your food consistently, it will become a healthy lifestyle habit that you do naturally.

Examples of the wording you can use (you can say it to yourself or out loud):

Violet Flame, I ask you to please remove anything within this meal that is not for my highest good and replace it with the highest love and light to bless and heal my body. And so it is. Thank you.

Violet Flame, I ask you to go before me, removing all obstacles and highlighting my path with magical moments and synchronistic events. And so it is.

