

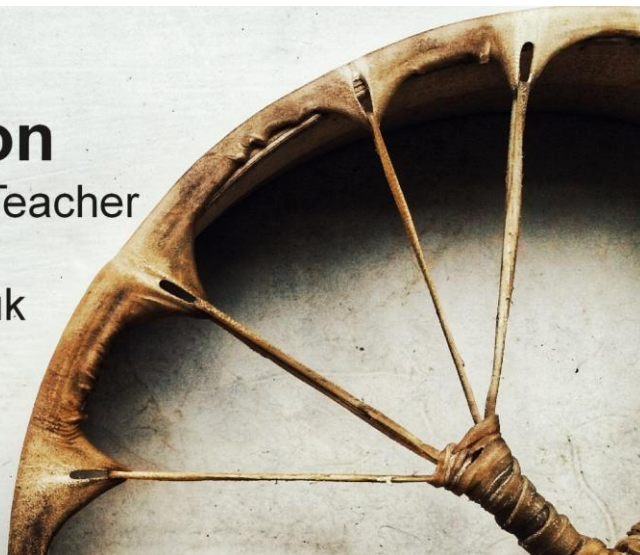
Rahima Ferguson

Shamanic Practitioner & Teacher

www.rahimaferguson.co.uk

rahimakay@live.co.uk

07890 171031



Cord Removal Process

This can be done when you feel there are cords between you and another person. You are not affecting their process, you are just clearing yourself. You do not need their permission to do this work.

For the guided journey by me, go here: <https://www.rahimaferguson.co.uk/cord-removal.html>

As a guided visualise or journey

1. Visualise yourself in a natural forest within a clearing, you are standing at one end of the clearing.
2. See yourself with your True Self, or a Power Animal, or both, whatever feels right for you.
3. You can also ask to see me there with you, if this will make you feel safe and secure during your journey process. Or one of your other allies.
4. Ask for the other person to be there, with their true self, at the other end of the clearing, have your true selves between you, if necessary. You don't want to traumatise yourself, if seeing the other person would cause a reaction.
5. Begin going through each Chakra, noticing or perceiving any cords coming out of you to the other person. Check arms, hands, legs and feet also. Sense the cord, how it looks and feels. This is all metaphor and may give added messages. This is a quick scan of the whole body
6. Ask your teacher (or true self) to pull the cords out of each Chakra in turn. Going through them one by one, and also down the arms, hands, legs and feet. Go from top to bottom. Each one in turn. When you feel you are complete at each Chakra,

www.rahimaferguson.co.uk

07890 171031

rahimakay@live.co.uk

CORD REMOVAL PROCESS

move on to the next. Make sure all the tendrils are removed, with nothing remaining.

7. Once complete and you are happy it is done. You can ask your teacher if there is any energy to be returned to you from the other, asking the teachers to do the exchange, your teacher then returning it to you.
8. Once finished, turn around in the clearing and walk out, returning to the room you are in.
9. Allow yourself to rest a while, until you feel fully back.

A note to remember, it is none of your business what is going on for the other in the journey. It is for you to focus on removing any cords from yourself.

This process is done with one person at a time, and can be repeated as often as necessary as a journey, for anyone you feel you need to de-cord from.

With Blessings,

Rahima